



NORTHEAST CONFERENCE YOUTH
FOOTBALL LEAGUE
“Where Traditions Begin”



Northeast Conference Youth Football League
Rules & Guidelines For Football & Cheering rev 6D 06/23/10

For football, the NECYFL will follow as many guidelines from the MIAA and NCAA that can be adapted to youth football. Any rule or regulation not specifically covered in our documents automatically falls back to the written rules in the AYF Official Rules and Regulations.

For cheering, the NECYFL will follow as many guidelines from the MSSAA and NFHS that can be adapted to youth cheering. Any rule or regulation regarding safety/skills not specifically covered in our league documents automatically defaults to the written rules in the AYC Official Rules and Regulations which is also governed by National Federation of High Schools.

ASSOCIATION TEAM STRUCTURE:

Teams will be grouped together by grade and based on registrations an association may have a team at every grade level. The grade guideline is as follows:

1st / 2nd grade 3rd/4th grade 5th/6th grade 7th/8th grade.

The grade based levels will be referred to as:

1st / 2nd – Titans 3rd/4th – Crusaders 5th/6th – Spartans 7th/8th – Gladiators

The AYF structure of age protected grade levels will be the guide used by the NECYFL for all football teams.

Weight Limits – No Limits on a players weight for any position on the field.

ROSTER SIZES:

Football teams will be allowed to have a maximum of 35 players and a minimum of 16 players to be considered a valid team roster.

Note: Football teams must have 16 eligible players to play the game.(not only a roster of 16). See “Valid Rosters for Games” below.

Cheering Squads will be allowed to have a maximum of 35 cheerleaders and a minimum of 10 with exceptions reviewed and approved by league based on registrations. **Cheering Squads must have a minimum of 10 cheerleaders to be considered a valid competition team. Any squad with a roster of less than 10 will be considered an exhibition squad.**

Teams must be split evenly by method of drafting players or cheerleaders. An even amount of kids from each grade level must be on each team. The League must approve any potential split before it takes place.

Football Teams being divided due to the amount of registrations must have a minimum of 24 per team to be a valid split. We will work within the guidelines but at start of season league judgment can be made on a team



NORTHEAST CONFERENCE YOUTH
FOOTBALL LEAGUE
“Where Traditions Begin”



with less than 24. Cheering squads will have to have at least 40 cheerleaders at one level to be able to request a split. Cheering squads will also follow the guidelines for evenly divided teams.

TRYOUTS:

Tryouts are not permitted for football and cheering. Roster is the same for games, playoffs, championships and competitions.

Registration deadline will be three days after opening day. After the agreed deadline a league approval with the association will be needed.

PRACTICES:

Each season will officially start on an agreed upon start date along with a no later date voted on during the off season meetings. No team can practice before or after these agreed upon dates. In cheering, this includes not participating in any organized team choreography or tumbling practices. Any association not abiding by these guidelines will be penalized. Practice start dates will be discussed and decided on during the preseason meetings for the following season.

Opening day of each season will be determined and announced during the preseason meetings every year.

All associations must condition for at least 10 hours before full contact is allowed. In cheering, all associations must condition for at least 10 hours before stunting is allowed to begin. Practice times and guidelines are: pre- season, 10 hours maximum; in- season, 8 hours maximum with a maximum of 2 hours per day. Mandatory breaks are required; this time is not included in the count. Team meetings are not included in the amount of hours listed. At least one coach must be present during practice. It's recommended that a coach be present at least 15 minutes prior to designated practice start time. All associations must have a process for dealing with medical emergencies during practice. A medical professional or EMT should be available during practice time.

COACH EXPECTATIONS:

No more than 5 coaches on the roster and two MPR monitors the sidelines during a game. Head coaches will be responsible for controlling the coaches during a game (SEE BELOW). Only the head coach will be allowed to address the referees during a game. The Titan level will have an option to have coaches on the field. Minimum age for a head coach is 21 yrs old and minimum age for an assistant coach is 18 yrs old, each association may choose to make it a higher minimum age.

Cheering - Minimum / maximum age for coaches are the same as outlined in football. Student demonstrators must be in 9th-12th grade and age appropriate to the team they are coaching; they must be at least 2 years older than the cheerleaders they are coaching. They must also be no younger than 14. Student Demos should not be left alone with cheerleaders without the presence of a rostered and CORI/SORI'd adult coach.



NORTHEAST CONFERENCE YOUTH
FOOTBALL LEAGUE
“Where Traditions Begin”



All coaches and workers (defined as board members / team parents) in the association will be CORI and SORI checked. All associations must have the provided CORI/SORI proof designated by the league by the designated date within the present season. Each association must assign a CORI/SORI representative to be the contact for the Safety Officer of the NECYFL. All associations have agreed to send their CORI/SORI check to Intelicorp with the aid of the association management software.

Coaches are expected to stay with their team until the last player or cheerleader is picked up by a parent or guardian.

GRADE & EQUIPMENT Confirmation:

All associations will collect report cards handed out in June showing the final decision for the students grade in September of the present Season. This is to verify the grade being the declared by the registrant.

All associations must also have the provided Equipment Affidavit signed and returned to the league by the designated date of the present season. Any special pricing deals established through the league will always be made available to the associations. All equipment must meet NOCSAE standards. No metal cleats allowed. Molded or removable cleats will be acceptable.

BOOKS:

There will be a formal book check where all appropriate paperwork is expected to be available and complete. Included with paperwork should be pictures and rosters as well as forms with coaches' pictures in front of book. All required paperwork must be completed and stored in a book organized and sorted by jersey number order for football and alphabetically for cheering.

REQUIRED PAPERWORK:

Required for each participant is an association registration form with appropriate parental signatures and permissions, copy of child's birth certificate, physical or medical form stamped/signed by a physician as of October 31st of the previous year, and an end of present year report card. Associations are also required to provide current season pictures of each participant on the registration forms. Football players must be wearing their jersey number along with team designation. Cheerleaders and student demonstrators must also show team designation in each picture. Coaches for football and cheering are required to have a coach's registration form along with a current season picture/team designation. Student demonstrators in cheering have the same paperwork requirements as cheerleaders though they need not pay a registration fee. Paperwork for student coaches must be included in official books along with being included on all team rosters.

Proof of CORI/SORI check for all adults associated with players and cheerleaders in any capacity. All associations have agreed to send their CORI/SORI check to Intelicorp with the aid of the association management software.



NORTHEAST CONFERENCE YOUTH
FOOTBALL LEAGUE
“Where Traditions Begin”



CORI/SORI:

All associations agree that all CORI/SORI checks will be submitted to the league approved company Intellicorp and the CORI/SORI checks will be paid for by the league. Any coach or parent assistant not CORI/SORI checked by the official book check will not be considered an eligible coach or parent assistant.

PARENTS/GUARDIANS AT PRACTICE:

Only CORI / SORI checked coaches and personnel should have direct contact with football players and / or cheerleaders during games and while practicing.

GAMES:

VALID ROSTER FOR GAMES:

Teams must have no less than sixteen (16) players ready and able to play at the start of a game. Any team not able to field 16 players will forfeit the game although it may be played with caution by the referees based on the true number of able players. **A late player must be declared and enter a game before the end of the first half to be eligible. In the case of each team having a valid reason to forfeit each team will be given a loss.**

MPRs:

Minimum Play Sheets must be used and turned over signed to the Football Director. All plays are considered valid plays except plays call in a Victory Formation (Take Knee). Special teams count on MPR. All players must play and the league will not govern as of now the enforcement of getting players in by the start of the fourth quarter but expects associations to have coaches understand the reasons it is best for all.. The referees will give a reminder notification at the beginning of the fourth quarter.

FOOTBALLS:

All associations will use the same footballs. The 7th and 8th grades using the Wilson TDY and the 3rd through 6th grades using the Wilson TDJ and the 1ST and 2nd graders using the Wilson K2. Football brand is noted as guideline. Required size equivalents must be followed if alternate brand is utilized.

BOOK RECOGNITION:

Each association will keep a book for each level of football containing the registration form and a picture of every player in a numbered jersey attached to said form. For all games a book recognition period will take place and the time to do this will be not later the beginning of the 4th quarter of the presently played game. First games of the day should have the book recognition period no later than 20 minutes before the start of the first game. **Any player late for a game must be declared as present to the opposing team and enter the game before the end of the first half. Additionally, players known to be arriving late must be declared to the opposing team’s head coach at book recognition. A team without a book for book check will forfeit unless the book is presented before the start of the game. In the case of each team having a valid reason to forfeit each team will be given a loss.**



NORTHEAST CONFERENCE YOUTH
FOOTBALL LEAGUE
“Where Traditions Begin”



TIME:

All games will have 10 minute quarters with 10 minute half times. Each team will have 3 time outs per half.

REFEREEES:

There will be three referees at each game except the Titan level will have two. Host associations are expected to pay referee fees for only the quantity designated; 2(Titans) or 3 (all other levels). A separate referee addendum will exist.

ELECTRONIC EQUIPMENT:

No Electronic equipment can be used for communication between coaches during any game situations.

CHEERING at GAMES:

Cheerleaders are required to cheer at all games. They are also expected to cheer in inclement weather just as the football players are expected to play. The exception being thunder and lightening as reflected in the safety bylaws. Additionally, if opposing team does not have a cheering squad, cheerleaders are still expected to participate with their respective football team

EMT's:

EMT's must be at all games with the home team paying for the EMT and referees for those games. It is assumed that each association has confirmed individual qualifications for all EMT's used at their games. It is recommended that some level of medical professional be available at all practices also.

POSTPONED GAMES & RESCHEDULING:

Games being rescheduled either for time or venue must be approved by the league and must be decided at least one week before the requested change. Games being cancelled for any reason on game day must be cancelled two hours prior to game so the referees and all parties can be notified. On game day, referees not notified of a cancellation will expect to get full pay for the game if they show up to referee at the allotted time. Cancelled games must be made up within the week (Mon, Tues, Wed, Thurs) of the scheduled date or the home team forfeits. In the case of a field cancellation due to rain or any other circumstances, opponent should be given the opportunity to host game. If game is switched from home field to opponent field, both associations will split game day costs 50/50. If home team opts to rent a neutral field, they are responsible for field rental fee; however both teams will split ref fees.

SITE ADMINISTRATORS:

Every association must submit to the league the name of a person that will be designated as the Site Administrator for their home field.



NORTHEAST CONFERENCE YOUTH
FOOTBALL LEAGUE
“Where Traditions Begin”



FILMING / SCOUTING:

Filming games and scouting is allowed. All filming must be done from the stands and it is an infraction to film games from any location at field level. In the spirit of fair play tape exchange concept like the high schools do is recommended to avoid any unfair advantages.

SIDELINE INFRACTIONS:

Any coach penalized and ejected from a game **must leave park** and the team will not be penalized. Two infractions in the same game by the same team, then the head coach will be ejected and a penalty will be attached to the ejection. The next game following the ejection must be sat out by the coach ejected being allowed in the park but not on the field

SLAUGHTER RULE:

All games will be subject to a slaughter rule that will go into effect in the 4th quarter when a team is ahead by twenty eight points (28): A letter explaining the reason for lopsided scores must be submitted to the league by the presidents and the head coaches of the teams involved in the infraction, both sides.

ADJUSTMENTS TO GAME AFTER Invoking the Slaughter Rule: Running clock in the 4th quarter.

Team that is behind has the choice of getting the ball on the 50 yd line instead of a kickoff

If a kickoff is selected then the team ahead must kick from their 25 yard line

The team ahead can not pass and must run between tackles only: No onside kicks.

OVERTIME:

Games that end in a tie will be decided by a ten yard shootout. **For the first overtime period a team scoring a touchdown has a choice of kicking the extra point or running a play.** Any period after the first, a team scoring a touchdown must run or pass for an extra point. Ball possession alternates.

SPECIFIC RULES AND GUIDELINES FOR THE TITAN LEVEL (1ST / 2ND GRADE):

Kickoff are allowed

Having 1 coach per team on the field is optional

Centers do not have to long snap for attempted punts. Centers can turn and flip the ball to the punter but it is a recommendation of the league that players be taught how to long snap. No rushing on punts and no fake punts. No rushing on kicks, no fake kicks.

No blitzing at all. No more than 5 players on LOS. No walked up linebackers

30 minutes run time halves with a 5 - 7 minute halftime

Expected controls handled by associations and refs to prevent coaches from taking too much time in the huddle. A suggested guideline will be 40 seconds to get a play in and out the huddle.

The League will add a timed control if necessary.

Time outs and the play/ball going out of bounds must stop the clock.

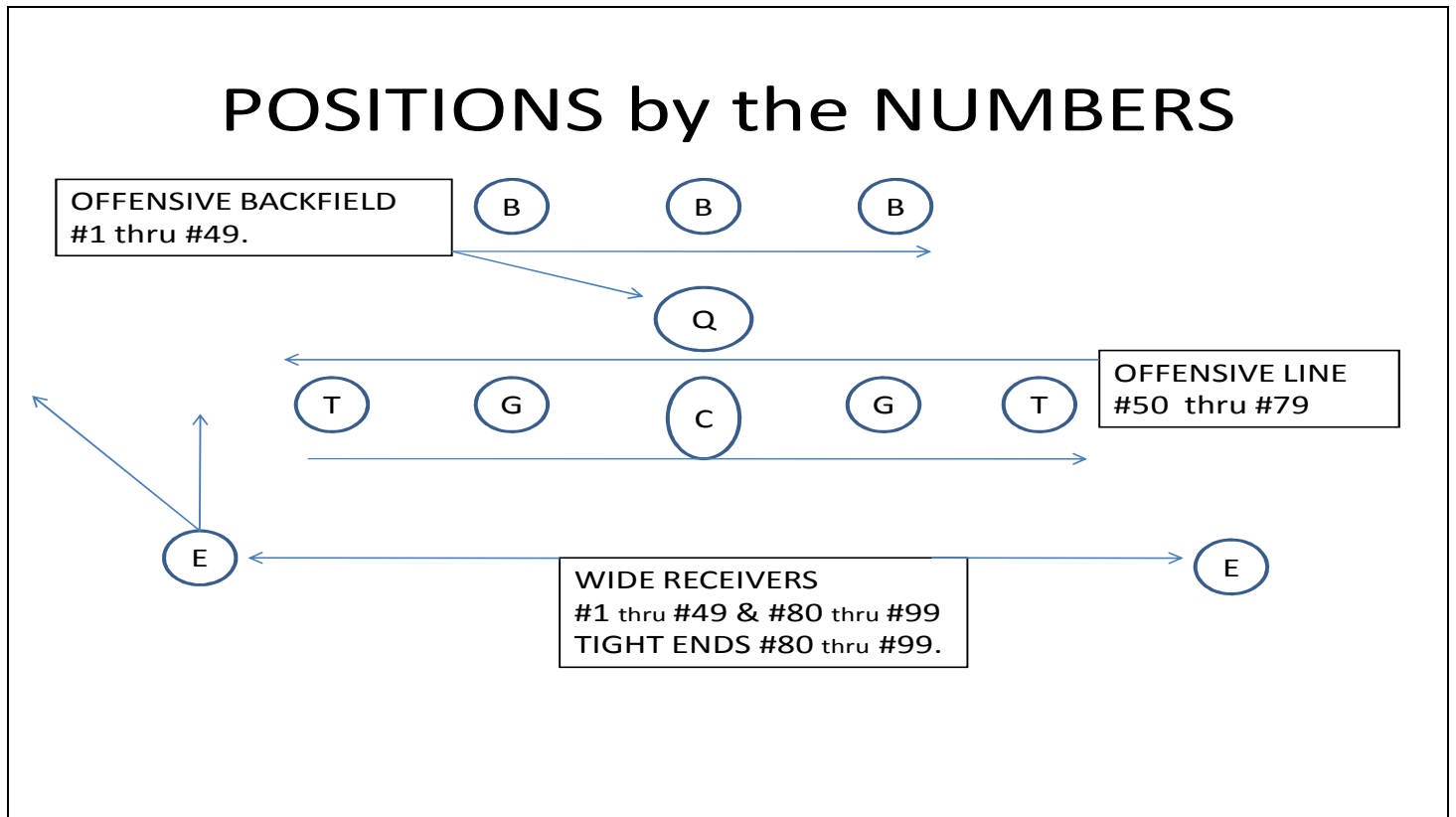


NORTHEAST CONFERENCE YOUTH
FOOTBALL LEAGUE
“Where Traditions Begin”



Offensive Player Numbering System:

Numbering for offensive players must be as follows in the chart below. We follow this procedure to better control putting big lineman in the backfield. If a coach wants a player to be a running back then supply that player with the proper number and teach them to play the position. This is only for offensive positions. Defensive ball players can play any position on defense wearing any number.



Please note: If you are attempting a non-kicking “PAT” you must adhere to the rule.

Penalties for violations are as follows:

- 1st offense is 5 yd. illegal procedure call and sideline warning.
- 2nd offense is 15 yd. unsportsmanlike conduct and Head coach ejection.

The rule must be and will be adhered to by all levels!



NORTHEAST CONFERENCE YOUTH
FOOTBALL LEAGUE
“Where Traditions Begin”



PENALTIES LEVELS FOR ALL INFRACTIONS:

Level 1 - written warning.

Level 2 - game suspension

Level 3 – multi game suspension and the potential for expulsion

Each level will have written examples of offenses specific to the level. What is not written is backed up by rules and guidelines in AYF rulebook.

Infractions/ Fines:

Use of tobacco products by coaches; \$100 fine to association; repeat offense, additional \$100 fine and coach will be expelled. Any proven conduct, unbecoming of a coach: \$100 fine to association; repeat offense, additional \$100 fine to association and coach will be expelled.

Late paperwork at book check - \$50 per team within that association

Proven falsified documents - \$500 fine to the association and president is asked to step down.

POOL TOWNS:

All situations regarding players or cheerleaders from a non NECYFL community, that make a request to join one of our associations, must bring this request to the league first. Under no circumstances should NECYFL Associations make arrangements with one another or potential coaches from other communities to acquire players/ cheerleaders without bringing specific situations to the league. Each case will be examined on a case by case basis. Kids that have been allowed to play /cheer in an association due to agreed upon circumstances in a previous season will be grandfathered in for the current season. The association must disclose to the league, names and circumstances during current season registration and at current season book check.

MEDICAL EMERGENCIES:

An EMT will be present at all games, playoffs, championships and cheer competitions. All associations should have an emergency plan for practices for football as well as cheerleading .It is also recommended that cheering programs use mats for practicing. Anything involving stunting and tumbling should always take place on a matted surface.

END OF SEASON Competitions and Tournaments:

FOOTBALL:

Playoff structure: Each season the top four teams ranked 1 -4 from each level except the Titan level will be in the playoffs. Teams ranked 1ST will play teams ranked 4TH and teams ranked 2ND will play teams ranked 3RD.

Specifics of each season’s playoff structures will be distributed and updated accordingly through the season.



NORTHEAST CONFERENCE YOUTH
FOOTBALL LEAGUE
“Where Traditions Begin”



CHEERING STRUCTURE FOR COMPETITION:

The AYC cheer rules, guidelines and score sheet have been modified to fit the structure of the NECYFL Cheering Program. NECYFL Cheer competitions are done on local level only. There will be 2 separate competitions with a winner at each grade level announced at the end of championship round. The placements are determined by a cumulative, points based system where the scores from each competition are combined and totaled. Scores will be handed out at the end of the first competition for use as a coaching tool in preparing for the championship. Scores from the final round are also provided to the coordinators at the end of the day.

Titans - Grades 1 / 2 - Exhibition only.

Crusaders - Grades 3 / 4

Spartans - Grades 5/ 6

Gladiators - Grades 7 /8

Each level is expected to follow all technical /skill /safety rules set forth in sample skills guidelines specific to that grade level, e.g., 5/6- follow Spartans 5/6 plus any skills levels below that grade level. Teams are not permitted to work above the designated skill/grade level)

The NECYFL score sheet tallies to 100, with higher points' value given to specific categories where all programs can compete with one another on an equal basis, no matter the size of the teams. At competition, squads are judged within the context of the number of team members, its creativity, as well as execution of required skills and elements.

Cheering Squads must have a minimum of 10 cheerleaders to be considered a valid competition team. Any Squad with under 10 rostered cheerleaders will be considered an exhibition squad.

COMPETITION PROCTOCOL:

Only rostered coaches may enter the competition area with their team.

Coaches and coordinators may not approach judges before or after competition.

The decision of judges is final. Cheerleaders and coaches are expected to exercise good sportsmanship before, during and after competition. Coaches (head, assistant, student) must remain with their team before during and after their team competes. Accommodations will be made for any coaches who have daughters competing and want to watch their child perform.



NORTHEAST CONFERENCE YOUTH
FOOTBALL LEAGUE
“Where Traditions Begin”



CHOREOGRAPHY & MUSIC:

Organizations and /or parents are not permitted to pay for choreography. Choreography must be age appropriate and not suggestive.

Paying for music is permitted.

Routines are not to exceed 2 1/2 minutes

Music should not contain any profanity and or suggestive lyrics. Time on music is not limited, however, coaches are advised to be aware squads are also being scored on voice.

All coaching and choreography must be done on a volunteer basis by coaches rostered to said association and conducted within the practice guidelines and parameters set forth by the NECYFL.

Any team found in proven breach of these rules; head coach will be asked to step down and the coordinator will be issued a written warning. More than one team within an organization with a proven violation; the head coach will also be asked to step down as well as the coordinator. Additionally, teams affected by these infractions risk potential disqualification from competition pending a review by the NECYFL Executive Board. The following are specific situations:

#1 Any team found with a proven organized team practice and/ or choreography/music/tumbling practice session prior to the official league practice start date.

#2 Any team with a proven violation of paying for choreography/coaching services(cash, check or gift) and /or requesting parents contribute to said services.

DANCE:

Associations with a dance team must also have an existing cheer program.

Dance teams will perform at league cheer competitions as an exhibition only.

Dance teams are expected to practice within same practice guidelines set forth for cheering program.

All dance rules and guidelines are set forth in the AYC Rule book.

Routine specifics –

Performance must clearly consist of 3 dance styles -Cheer/Funk/Showmanship-Jazz Performance with specifics outlined on page 19 of the AYC Rulebook.

All tumbling skills are prohibited with the exception of forward rolls and one shoulder backward rolls).

Tumbling skills are defined as any hip over head rotation.

The same expectations for age appropriate choreography and music apply to dance as outlined in cheering.

Exception – Dance performance is not to exceed 3 minutes.

Music -Required throughout performance