

COLUMBUS YOUTH FOOTBALL

Est. 1958

MANUAL

UPDATED

6/5/2025

CLUBVIEW BULLDOGS

COLUMBUS DUCKS

EASTWAY CHEROKEES

EDGEWOOD RED DEVILS

FT. BENNING BLACK KNIGHTS

NORTHEAST SEAHAWKS

PHENIX CITY TITANS

SOUTH COLUMBUS RAIDERS

Volunteers



Cheerleaders



DEFINITION OF A CYF FOOTBALL PLAYER AND CHEERLEADER: ATHLETES THAT ARE GOOD ON THE FIELD AND GREAT IN THE CLASSROOM.

cyfgeorgia@gmail.com

www.cyfgeorgia.com

Table of Contents

<u>NAYS Football, Cheerleading Coaches and Administrative Certification Requirements.....</u>	<u>3</u>
<u>VIP Directory.....</u>	<u>4</u>
<u>Football, Cheerleading Coaches and Administration Clinics.....</u>	<u>5</u>
<u>Constitution and By-Laws.....</u>	<u>6</u>
<u>Rules and Regulations.....</u>	<u>13</u>
<u>Playing Division.....</u>	<u>18</u>
<u>Tiny Mites Flag Division.....</u>	<u>19</u>
<u>Mites Division.....</u>	<u>21</u>
<u>Tiny Tots Tackle Division.....</u>	<u>25</u>
<u>Pee Wee Tackle Division.....</u>	<u>28</u>
<u>Midget Tackle Division.....</u>	<u>29</u>
<u>Mandatory Play Rule.....</u>	<u>31</u>
<u>Cheerleading Rules and Regulations.....</u>	<u>32</u>
<u>Pre-Game Verification Procedures.....</u>	<u>35</u>
<u>Opening Day and Peanut Bowl Host Schedule.....</u>	<u>36</u>
<u>Insurance and Sports Accident Insurance Form</u>	<u>37</u>
<u>Protest Form.....</u>	<u>39</u>
<u>Game Report Guidelines.....</u>	<u>40</u>
<u>Attendance Policy.....</u>	<u>41</u>
<u>Emergency Procedures.....</u>	<u>42</u>
<u>Practice Observation Checklist.....</u>	<u>43</u>
<u>Game Observation Checklist.....</u>	<u>44</u>
<u>Non-Participation Form.....</u>	<u>45</u>
<u>Notes.....</u>	<u>46</u>

NAYS Football, Cheerleading Coaches and Administrative Certification Requirements

The National Alliance for Youth Sports is a nationally approved program. In addition to being a useful tool for beginning coaches and any administrative staff, it helps to increase the knowledge of being a volunteer in youth sports. There is a fee involved paid by each volunteer. This certification is required for all volunteers.

New Coaches or any volunteer

All new coaches and any approved volunteers in any capacity must be NAYS certified in order to participate. This certification must be maintained every year prior to conditioning practice.

This NAYS Coaches and any volunteer must complete free NAYS Concussion, Bullying Prevention, Abuse Prevention, and Special Needs on-line training.

Veterans (Renewals)

Effective in 2008, all renewal certifications must be completed prior to the start of conditioning practice for coaches and administrative volunteer staff if the expiration date is during the season. The website is same as above or call 1-800-688-5437.

Administrative

All CYF Board of Directors, CYF Admin staff, League Board members are required to be NAYS certified before conditioning practice. The session is now on-line.

Training and Certifications:

NAYS member number, concussion training, abuse prevention training, bullying prevention training, and special needs training needs to be turned in to Charter President prior to the 1st day of practice.

COLUMBUS YOUTH FOOTBALL

2025 VIP Directory

Executive Committee

1. Nate Maney (Chairman of The Board)
2. Marquel Stephens

Contact

(706) 478-7027
(762) 385-5094

CHARTER PRESIDENTS

1. CLUBVIEW BULLDOGS

Jerome Bryant

(706) 940-8292

2. COLUMBUS DUCKS

Felicia Hayes

(706) 405-4131

3. EASTWAY CHEROKEES

Earlene Herring

(706) 587-4886

4. EDGEWOOD RED DEVILS

Katrina Gardner

(706) 405-1744

5. FT. BENNING BLACK KNIGHTS

David Lacy

(706) 312-4385

6. NORTHEAST SEAHAWKS

Curtis Crowell

(334) 275-8335

7. PHENIX CITY TITANS

Jasper Washington

(762) 241-7995

8. SOUTH COLUMBUS RAIDERS

Robyn Purnell

(762) 207-6005

FOOTBALL, CHEERLEADING, HEALTH COACHES AND ADMINISTRATION CLINICS

The NAYS certification program has been endorsed unanimously by the Parks and Recreation Advisory Board. To coach on city property, you must receive this certification prior to the start of conditioning practice.

After completing the on-line training and signing the coaches code of ethics, each participant will receive their certification. Included in this certification is a liability insurance policy. This certification is good for one year from the date of completion. There is a cost that must be paid upon completion of the clinic. Payable to NAYS.

For your convenience, effective in 2008 this training became available online at the website:

NAYS@nays.org or call 1-800-688-5437

The copy of the confirmation must be maintained on file with the League to be followed up with a copy of the actual NAYS card. (If any Administrative or Coaches Certification expires during the CYF season, the renewal certification must be completed prior to the starting of conditioning practice. The copy of confirmation must be maintained with the League to be followed up with a copy of the NAYS certification card.

All approved Coaches will receive a CYF contract upon status being confirmed with the Charter President and CYF.

All FB Coaches are required to attend a Coaches Workshop in July the time and location TBA.

All CL Coaches are required to attend a Coaches Workshop in July the time and location TBA.

All Health Coaches are required to attend a Coaches Workshop in July, time and location TBA

“COLUMBUS YOUTH FOOTBALL, INC.” CONSTITUTION AND BY-LAWS REVISED JANUARY 2025

Items in this Manual were voted on by: Board of Director, which are Charter Presidents, and the Executive Board.

Article 1 Mission

The (Mission) of Columbus Youth Football, Inc. is to inspire youth, regardless of race, creed, or national origin, to practice the ideals of sportsmanship and physical fitness in accordance with the standards of the National Youth Sports Coaches Association.

First, the specific mission of the program is to familiarize all youth with the fundamentals of football and cheerleading. Secondly, to offer an opportunity to play the game in a supervised, organized with minimum safety risk in an oriented manner. Finally, to keep the welfare of participants free of any adult ambition and personal glory.

Article 2 Membership

The Columbus Youth Football, Inc. boundaries derived from District 8 Little League Boundaries (excluding Southern and Harris County) and Russell County School District. A confederation of (ten) autonomous (charter playing areas), which include, Clubview, Eastway, Edgewood, Fort Benning, Pioneer, Northwest, Northeast, South Columbus, and Phenix City are chartered into Columbus Youth Football. These charter members are the core participants in games and functions organized by Columbus Youth Football, Inc. Beginning January 25, 1999, these core participants will approve any additional outside groups into Columbus Youth Football. A Charter fee of \$650 which covers up to one team per age division, each additional team in an age division will be an additional \$130 will be payable by Opening Day. A \$25 late fee will be assessed every week the fee is not paid after due date. All games played prior to Charter Fee payment will result in a forfeiture for the delinquent team.

All non-chartered groups must petition the Columbus Youth Football Board of Directors during the timeframe of January 1st and no later than the annual meeting. No petitioner can create a league in an already established area. Any opened area already established by the Columbus Youth Football Board of Directors will be reviewed first for any approved charter league. Upon approval of participation, one-third of the charter fee will be due. (Review boundary map) **Petition** requirement will be waived following 1 year of acceptable participation and good standing with the league. Upon completion of the 1-year probation period, then the league shall appoint one representative to serve on the Board of Directors.

If any Charter member fails to meet the requirements of Columbus Youth Football, Inc. as indicated, then the Executive Committee will determine what will be done with that playing area and participants. All assets of that playing area become property of Columbus Youth Football, Inc.

Article 3 Executive Committee

The governing body of the corporation shall be its Executive Committee, which shall determine all matters of business and policy. The Executive Committee shall consist of not more than seven (7) members and not less than two (2) and shall be elected at the annual meeting by the league (charter group) representatives and Executive Committee.

An additional (1) non-voting member from the division of Parks and Recreation will serve at the discretion of the Executive Committee. This person will be selected by the Parks and Recreation Director (Must be in a managerial position) with approval by the Executive Committee.

Members of the Executive Committee cannot be an active coach or be on the board with a league in CYF. No more than two members of the Executive Committee can be from the same agency, organization or workplace. A (quorum of Executive Committee members) must be present before any official business can be transacted.

Should an Executive Committee member be unable to fulfill his/her term, the Chairman is granted authority to select and appoint a new member to complete the term with Board approval.

Each chartered member providing teams shall have one representative each to serve a term on the Board of Directors to help direct the Executive Committee from December 31 to the first day of registration. All matters of business shall be transacted by a Majority vote of those present and eligible to vote. From the first day of registration to December 31, these (Charter members present) may overrule a decision of the Executive Committee with a unanimous vote against the decision. (Three (3) consecutive un-excused absences will result in removal from the Executive Committee)

Article 4 Officers

The Board of Directors of the Corporation shall elect an Executive Committee of seven (7) members.

The Board of Directors shall elect the Chairman from the Executive Committee. The Chairman shall appoint officers for the corporation as needed.

Four (4) Executive Committee member will be elected in odd calendar years.

Three (3) Executive Committee members will be elected in even calendar years.

In order for a nominee's name to be place on the ballot, a recommendation from the CYF Board of Director's is required.

At any point when the Executive Board seat is available during election, at least a majority vote, of the quorum is required to be elected on the 1st ballot. (No exceptions) The seat will then be declared still opened.

The Chairman may appoint a non-voting secretary and a non-voting treasurer with the approval of the Board of Directors.

It will be the responsibility of the Chairman to maintain the functions of the Corporation in an orderly manner and to ensure compliance of its members in all rules and regulations. (If a quorum is not present, no decision can be made on any matters as it pertains to Columbus Youth Football, Inc.)

Article 5 Meetings

The CYF, Inc. shall hold an annual meeting no later than January 31st, as they may elect, and at such place as the Chairman may designate. The Chairman shall call other meetings at such time and place as the Chairman may designate. Upon written request from the Executive Committee, the Committee Chairman may call a special meeting of the Board of Directors within ten days thereafter. The secretary shall notify each person prior to the time designated unless such notice is waived. The Chairman will appoint persons to necessary committees in a timely manner after the public hearings.

Article 6 Playing Area

It will be the responsibility of the Executive Committee to establish playing areas with definite geographical boundaries. Such areas shall be reviewed and, if necessary, revised annually to better balance the number of available players in all such playing areas. Players shall be suggested to participate with teams in their own playing areas but may play outside of their area if joining team has roster spots available.

Article 7 League Charter Members

Each playing area is to organize and maintain its own organization to manage the affairs of its (playing area). A (charter) President either is elected by the (charter) members or appointed by (Executive Committee) will be the sole spokesman for that (charter) in all matters pertaining to the operations of Columbus Youth Football.

The (charter) President with the approval of the Executive Committee will determine (league) fees, team fund raising projects (prior approval needed from CYF Chairman), equipment, uniform purchases, uniform design, uniform style, helmet, helmet design, socks, mouthpieces, flags, designate duties and responsibilities for individuals in the (charter's) operation. All uniform and Coaches shirt etc., will have the CYF symbol. This includes CYF Volunteers indicated on uniforms as specified by the CYF Board of Directors. Any banquets, game event, t-shirt designs are determined by the Charter President. (CYF reserves the right to oversee the approval of these events as needed.) **All team/ banquets must be completed during October and no later than the second week of December. There must be a minimum of two Parent Meetings. One at the start of the season and a season ending meeting with the meeting Agenda provided 3 days prior or after to the CYF Chairman.**

The (charter) President will be held accountable by Columbus Youth Football, Inc., for all financial matters for that (charter). The (charter) president will be responsible for determining coaches for his/her (charter) **with a Confirmation List of Coaches verbal agreeing to coach provided prior to registration then updated at mid-registration and again prior to the Coaches Workshop/Meeting.**

The (charter) President will be responsible for seeing that all rules & regulations of Columbus Youth Football, Inc., as well as the city of Columbus are adhered to by coaches, parents, and participants in that (charter). The president will have the authority to take what action he/she deems necessary against anyone not abiding by the above-mentioned rules and regulations. CYF Executive Committee reserves the right of the removal or displacement of any volunteer in Columbus Youth Football, Inc. This includes any CYF officers serving at the discretion of the CYF Executive Committee and may be removed when they become detrimental to the CYF program. Each playing area will submit a copy of their constitution and by-laws, which governs them so long as they do not conflict in any way with the provisions of Columbus Youth Football, Inc. Each (Charter) must submit a draft of copy their by-laws by the first day of registration. Any Charter's not submitting a draft or copy must follow the guidelines of the manual of Columbus Youth Football, Inc.

All charters must establish a board that is open to parents, volunteers, coaches, and the community. Upon opening for Charter President, the board will nominate candidates for the Board of Directors, who will be interviewed and elected. Charter Presidents serve a 2-year term and may run for re-election without limit to the number of terms.

All charter members are required to send representation to each board meeting. Any charter that misses more than 2 board meetings in a calendar year will be subject to a fine which will be due with the charter fee the following year.

Recognized Officers by CYF for Charter Boards: President, Vice President, Secretary, Treasurer, Cheerleader Coordinator, Coaches Coordinator, Concession Stand Manager and Health Plan Coordinator

Article 8 Finances

Any items purchased by the CYF Board that costs over \$800 must be approved by the Executive Committee. The CYF Board may continue any season-to-season partnerships it deems necessary.

The Executive Committee shall decide all financial matters pertaining to the Corporation and all Corporation funds shall be turned over to the Treasurer, who shall deposit same in a Bank in the corporation's name.

All withdrawals shall be check signed by the Treasurer and counter-signed by another authorized individual.

The Executive Committee shall raise other necessary funds for the operation of the CYF. This operation of CYF business includes but is not limited to responsibility for all team insurance premiums, fees for game officials and certain post season events.

All chartered playing areas and the Charter's President and their Board of Directors shall approve team fund raising activities. The Charter President of all team fund raising projects shall notify the Executive Committee in writing. A Playing Area Group can maintain its own, distinct treasury for the operation of its teams. All fund raiser final approval will be with the Chairman of CYF.

Each chartered playing area is required to submit a complete financial report to the CYF Executive Committee at the annual meeting. CYF reserves the right to audit chartered playing areas financial reports at any time it deems it necessary.

PENALTY: Eligibility for CYF membership will be withdrawn. The playing area must petition Executive Committee for readmission.

Article 9 Liability

The Program's Directors, Officers, Sponsors, Coaches, Managers, Referees, or any other supervisory personnel are not responsible for the injuries to persons or damage to property. This is entirely the responsibility of persons participating such as players, coaches, managers, officials, parents, and spectators; all of whom participate at their own risk. All coaches listed on the roster must be certified at Parks and Recreation through the National Youth Sports Coaches Association (NAYS).

Article 10 Parental Consent and Waiver

No youth shall be registered as a qualified participant if they have not secured the written consent of their parents or legal guardian, which will also include a waiver of any liability action against a coach, players, CYF, or any associated organizations.

Article 11 Insurance

Players on each team will be insured through a secondary insurance program. It is the responsibility of the injured player's parents and coach to file the complete forms with the League Insurance Coordinator. The Insurance Coordinator will file claims with the insurance company. The health coach must fill out an injury report form requiring medical attention and give it to the Charter President. Then the Charter President shall forward a copy to CYF. (The insurance will be in effect starting the first day of organized practice and end with the Pro Bowl event. After this date, prior approval needed from CYF Chairman.)

Article 12 Awards

Awards of the same size and quality should be given to all teams except for the League Championship awards. Certificates of Participation are always welcome to youth. It is recommended that individual achievement awards not be given to youth at this age. The Charter President must approve awards given to teams. All participants on team must receive an award.

Article 13 League Contest

The Columbus Youth Football Executive Committee will secure a contract for qualified officials with the local football association. The entire board prior to registration must approve the contract. The Columbus Youth Football Association. All other guidelines will be placed in the contract with the local association. **There will be an annual meeting with Officials and the Chairman of CYF and other Representative to review playing rule changes, coaches' contact, each division of play, questions and answers prior to continue the quality of improvement of the games must attend.**

Protest, to be valid must be made at the time of the incident in question. (Procedure--coach must call a time out to request a coach/official conference before the next play is run. If the call is not reversed, the team will be charged with a time out. If the team has no time outs remaining, a delay of game penalty will be assessed against the team.) The official in charge must be notified at the time of the coach/official conference that a protest will be filed. The opposing coach will immediately be notified of the protest. The Charter President, or in the absence of the president, a chartered board member shall notify any member of the CYF Executive Committee as soon as possible that a protest is being filed, and the official protest must be filed within 72 hours in writing with proof stating the rule that was either misinterpreted or misapplied and how and accompanied by a check for \$75.00 (nonrefundable) made payable to Columbus Youth Football.

Protests of Judgment are never valid.

National Federation rules and Georgia high school rules prohibit the use of videotapes to review an official's call or non-call

A protest for an ineligible or illegal player must be filed before the next scheduled game of the team being protested.

1. Ineligible player - A player who has not completed a registration and verification. If upheld, the game protested will be forfeited.

2. Illegal player - A player whose registration information is found to have been falsified at the time of registration as to correct date of birth. If upheld, the game protested will be forfeited. Player that has attended 1 or more practices with another league.

3. Pre-season/season/post season play – No verified player will be allowed to participate in any pre-season Tournament or post-season game without approval in writing from the Charter President **and** CYF Chairman. All requests must be in writing. (No exception will be made for any player playing in a multi-league/association. Travel teams are not allowed, if player participates – the game will be forfeited if upheld and the player’s name will be removed from playing roster and that player will be prohibited from participating in any Columbus Youth Football events). No dual participation allowed i.e., any other youth or travel teams is not allowed. Dual participation is defined as signing up for the team and attending one or more practices or game.

4. A player found to be ineligible or illegal will be removed from League Roster for the remainder of the playing year and prohibited from participating in any Columbus Youth Football events.

5. Any player suspected of being ineligible or illegal must verify their information before being allowed to participate in any CYF contest.

Failure to do so will result in a forfeit of games played while under protest.

The Executive Committee will rule on all valid protests within 5 working days based on the official written protest. Chartered playing areas involved in the protest can appeal the Executive Committee’s decision to the non-involved chartered Presidents.

Postponed Games: any games postponed prior to the scheduled game time. The home team charter president will notify the visiting team charter president and the CYF Chairman no later than 2 hours prior to kickoff. that his/her field is not playable, and the game is postponed. Inside of 2 hours of kickoff the game will be played as scheduled.

Suspended Games: any games the official in charge may suspend for up to 30 minutes when interrupted by events beyond their control except for an injured player. The game shall then be terminated after a 30-minute delay unless agreement can be reached to continue the game from the point of interruption at a later date.

Terminated Games: any games that are terminated after a 30-minute delay shall count as “no contest” if less than half the game is complete or there is a tie. Games terminated after one-half is completed shall be considered a complete game and the team leading in the score shall be declared the winner. If the game is a tie the game will be recorded as a tied game.

Forfeited Games: any games that are forfeited will result in the score being recorded as 30-0.

Article 14 Coaches/Official Rules

A specific set of rules to govern league play, coaches, player eligibility, scheduling, etc....shall be adopted by formal vote of the Board of Directors, annually, prior to the first day of registration. These rules shall be published and made available to participants and parents.

Article 15 National Standards for Youth Sports by the National Alliance for Youth Sports

1. Parents must consider and carefully choose the proper environment for their child, including the appropriate age and development for participation, the type of sport, the rules in the sport, the age range of the participants, and the proper level of physical and emotional stress.
2. Parents must select youth sports programs that are developed and organized to enhance the emotional, physical, social, and educational well-being of children.
3. Parents must encourage a drug, tobacco, and alcohol-free environment for their children.
4. Parents must recognize that youth sports are only a small part of a child's life.
5. Parents must insist that coaches be trained and certified.
6. Parents must make a serious effort to take an active role in the youth sports experience of their child providing positive support as a spectator, coach, league administrator and/or caring parent.
7. Parents must be positive role models exhibiting sportsmanlike behavior at games, practices, and home while giving positive reinforcement to their child and support to their child's coaches.
8. Parents must demonstrate their commitment to their child's youth sport experience by annually signing a parental code of ethics.
9. Parents, coaches, and league administrators must provide equal sports play opportunity for all youth regardless of race, creed, sex, economic status or ability.
10. Parents as coaches, fans, and league administrators must be drug, tobacco and alcohol-free at youth sports activities.
11. **Note from CYF Board of Directors: Parents behavior that has a negative impact on the team, League and CYF will be dismissed up to and including their child.**

Article 16 Amendments

The By-Laws may be amended at the January and February Meeting of the Board of Directors each year. Proposed amendments must be distributed to all Charter Presidents one week prior to the meeting.

A vote to amend the By-Laws will require a 2/3 majority vote of those present and eligible to vote.

Anything not specifically covered by this Constitution and Roberts Rules of Order will govern By-Laws.

The CYF Rules and Regulations may be changed at any board until the first day of practice each season.

COLUMBUS YOUTH FOOTBALL, INC.
REGULATIONS

1. Any aggressive or abusive action, to include physical action or language initiated by any Columbus Youth Football member taken toward a game official will constitute one calendar year dismissal from Columbus Youth Football, Inc. Both parties must put in writing any problems within 72 hours. The Executive Committee will determine aggressive or abusive behavior.
2. There will be no more than one Head Coach (required) and 5 assistant coaches to include 1 statistician and health coach(es) (**required- may not be a football or cheer coach during game**), no ball boy on the field at any time during the game. The statistician (**can be a parent selected by the Head Coach or Charter President**) must complete a report on the actual players that played in the game. This report must include the number of involvements and if no play occurs, a reason why. The Team Mom is not allowed on the sideline during the game at all. (**The Charter President will determine if there will be any Team Moms.**) The only exception is before the game, at halftime, and after the game. A designated CYF Executive Committee member will review any reported violations by the League of Officials. Any approved person on the sideline must wear a Picture ID and have a NAYS card visible around their chest or neck area during the entire time on the sidelines **and during practices**. If a violation has occurred, a CYF official shall contact the head coach to remedy the violation. If the violation continues, the head coach will be suspended for one (1) game after notification from the CYF official.
3. A coach/charter official may be asked to resign or may be relieved of coaching duties whenever he/she is deemed not capable by the Columbus Youth Football Executive Committee of handling participants or cannot properly assume the duties and responsibilities required for their position. (i.e.) sadistic tactics, profanity, etc. (whether used at own league or at opposing league). The league should react first and then contact the CYF Executive Committee to observe his/her actions and coaching methods.
4. All coaches listed on the roster must be certified through the National Youth Sports Coaches Association (NAYS) which may be obtained from Parks and Recreation or on-line. NAYS cards must be provided at the time of player verification/weigh in. No coach will be allowed on the field or sidelines without verification of NAYS certification and picture ID card. Coaches must re-certify every 3 years. Returning coaches must re-certify with NAYS designate and make payment through Parks and Recreation instead of directly to NAYS. All coaches and administrators must pay for certification yearly. This payment must be made payable to NAYS.
5. Scouting: No individual will scout or film any practice session or game of a future opponent. No use of mechanical means of communication or spotters permitted during Columbus Youth Football games.
6. All games will be played according to the mandatory play rule. (See Mandatory Playing Rule) All coaches shall have official team I.D. cards at all scheduled games and practices. Teams must have I.D. cards checked before opening kickoff. Failure to comply shall result in forfeiture of game and the game shall not be played under any circumstance. See separate sheet for Pre-game Player/Coaches Verification Procedures. The CYF Chairman can make changes in this process as needed.
7. Practice sessions for tackle players will be no more than two hours long and finished no later

than 8:30

p.m. There will be no more than four involvements per week to include scheduled game. The week runs from Sunday through Saturday. Individual charter leagues may adopt their own practice regulations not to exceed CYF regulations. (It is recommended that practices end by or before 8.)

8. No coach under any situation will teach or allow the players to use spearing, butt block, face tackling, horse-collaring, chop block, tripping, or using the helmet as primary contact with an opponent, etc. as per National Federation and Georgia High School Rules.
9. A participant must be on roster for a period of seven days before playing in a game. Only new participants moving into Columbus Youth Football area will be allowed to register 14 days after the season starts. Said new participant's registration must be submitted to and approved by the CYF Executive Committee in order for the new participant to be eligible to play. CYF decision as to eligibility to play will be binding. Executive Board will send out any late registrations and player will not receive CYF card until they are cleared by the above rules or at the Executive Boards discretion on a case-by-case basis. There will be no registrations after Opening Day.
10. Non-Refundable date: Refund deadline will be set each year by CYF Chairman and posted on registration form.
11. Presidents and Coaches will attend the Opening Ceremonies. Failure to comply will result in taking away one home game from that team. This must be stressed; all should participate unless excused by the CYF Executive Committee or Charter Presidents. If a Charter President is unable to attend, must submit in writing for approval and must send a representative in your place. Each League will need to provide health coaches throughout the day.
12. All games will be played by Georgia High School Rules and any additional association as needed. Exception: Numbering System will not be followed; all tackle games play 8–10-minute quarters. Tie games will be played under the Georgia High School Overtime Rules starting with a coin toss then the ball is placed on the 15-yard line with first down option for all age divisions.
13. Coaches ejected from games will be suspended (disciplinary action) for the next game. Participant ejected from game will be suspended for next game, as called for under Georgia High School Rules. All charter presidents shall be notified of such ejections and suspensions (disciplinary action). League officials should be made aware of and advised at team's next game. (See Rule 15 and 16) Suspensions may be extended based on the reason for the suspension.
14. Any Coach having disciplinary action must provide a written statement to their Charter President by the next day with an explanation of the incident. From the statement being forward then there will be a determination made on appearing before the CYF Executive Committee before the coach can assume full coaching status. This appointment will be determined in 3 business days. The coach must contact the CYF Chairman for an appointment.
15. Columbus Youth Football will have a minimum of a three-member disciplinary Committee appointed by the Chairman to investigate and handle problems that occur during the season. The committee will turn their findings and recommendations over to the Executive Committee for action. Those disciplined will have the right of an appeal. Any request for appeal before the

Charter Presidents must be done in writing addressed to the CYF Chairman no later than 3 days of the Executive Committee decision. (No exceptions)

16. Definition of 3- and 4-point stance for restricted players:
 - A. 3-point stance: Player bends over at the waist and places the three (3) forward fingers of the strong hand to the ground. Rear end drops parallel to the ground as the knees bend. The head is up and looking straight ahead. The strong side foot (the same as the hand) is one foot behind the other foot with the ball of the foot touching the ground.
 - B. 4-point stance: Player bends over at the waist and places both hands and both feet on the ground, spreading the players weight evenly over the hands and feet.

17. Point after touchdown:
 - A. A scrimmage play from the 3-yard line = 1 point.
 - B. A scrimmage play from the 5-yard line = 2 points
 - C. A kick will count as 3 points from the line of scrimmage at the 5-yard line.
 - D. All tries for points will be from anywhere on either the 3-yard line or 5-yard line between the inbound markers.

18. Each League must get approval from the Executive Committee before changing team colors and/or names. Requests must be submitted by July 1 for approval prior to the season.

19. The Peanut Bowl shall be the championship for the division game in each division of play at the end of the season. To determine teams playing for the division championship, there shall be play-offs in each division of play prior to the Peanut Bowl. Football players will receive trophy or ring and cheerleaders will receive medal or pin at the conclusion of the championship game of their age division (must have been verified and on the field to receive award).

20. Tie Breaker for Play-Offs
 1. The top four (4) teams in each division with 8 or less teams of play shall participate in the play-offs provided each team played at least 6 regular season games. The team with the best record will host and play the team with the 4th best record. The team that has the 2nd best record will host and play the team with the 3rd best record.
 2. Divisions with 9 or more teams will have the top six (6) teams make the play-offs.
 1. The top 2 teams in the standings will receive a bye in the first round. Team #3 will host team #6 and team #4 will host team #5.
 2. The winners on of the first round will then play team #1 and team #2
 3. If there are two (2) teams tied for position, the following tie breaker shall be used to determine play-off position.
 1. Head-to-head
 2. Least Points allowed in head-to-head games
 3. Total points allowed against all teams
 4. Coin Flip

4. If there are three (3) teams or more tied for position, the following tie breaker shall be used to determine play-off position.

1. Head-to-head
2. Least Points allowed in all head-to-head games
3. Total points allowed in all games
4. Coin Flip
5. If at any point during the process one team is eliminated, go immediately to #1 of two team tiebreakers.

21. All games will have a mercy rule as follows: A running clock shall be used any time a team is 30 or more points ahead at any point in the game. The clock will stop only for a team time-out or an injured player. (Note: Once score falls to less than the 30-point differential, normal clock rules apply.)

22. No coach, under any circumstances, will pull his team off the field during any CYF game and refuse to finish that game. Failure to comply will result in the following penalty:

1. The coach shall be banned from coaching until they appear before the Executive Committee to be reinstated for the following season. The time will be determined in 3 business days.
2. A fine of \$280 will be incurred by the team.

23. Preseason/Season/Post Season: There will be a fine of \$100 for any rule violators.

1. No coach will be allowed to participate in any pre-season practicing, games, tournaments or post season practicing, games, or tournaments without approval in writing from Charter President and the CYF Chairman. (All requests must be in writing.) There are no travel teams allowed. Failure to adhere to this requirement will result in disciplinary action and not limited to fines for the coach and the League up to dismissal, as well as NAYS being pulled.

2. The Charter President must provide information on the tournament at the time of the request.

3. If approved a copy of Roster of players and coaches to include their role in tournament must be provided. If players and/ or coaches are from a different CYF League, then that Charter President must be notified.

4. If approved all coaches must be NAYS and a member of CYF Coaches staff.

5. If approved all players must be registered with CYF (no exceptions.)

6. If any person is transporting players and/ or coaches must have valid driver's licenses and valid automobile insurance.

7. If approved **must** also participate in the CYF Pro Bowl Game.

24. No team will be allowed to use any team name other than CYF All-stars, charter league names and only the charter league mascots. This request for approval must be done in writing to the Charter Presidents and the CYF Chairman.

25. Suspended or Banned Coaches: No coach will be allowed to interact during any CYF event with any coach or previous volunteer in the suspended or banned status.

After (1) warning that coach will be suspended or dismissed for the season. Events are defined as any event where CYF is involved, practices, games, tournaments etc.

26. A coach can be a health coach during practice for their team only if they can respond

to an emergency with sound judgment.

27. Proper Procedures for cast wrapping will follow Georgia High School Rules: Hard and unyielding items (guards, casts, braces, etc.) on the hand, wrist, forearm, elbow, or upper arm must be padded with a closed-cell, slow-recovery foam padding no less than ½” thick. No coban or other sticky material may be used to cover the cast. The opposing team is to view the wrapping with the referees and medical staff. Athlete must also have a doctor’s excuse releasing them to play full contact sports. Doctor’s release must be given to team and emailed to cyfgeorgia@gmail.com
28. Social Media use and CYF: Do not put CYF Board meetings on social media, do not speak about each other, other leagues, coaches, athletes, etc. in a negative light. Anyone who violates this rule will be suspended indefinitely.
29. **Coaches must wear appropriate attire for games. Coaching attire will be established by Charter President prior to season and submitted to Executive Committee for approval.**
30. Each team (home and visitor) will provide game ball to the referee for inspection prior to the game. If game ball is not legal, team will play with opponent’s ball.
31. **Fines will be assessed to charters for repeat violations of protocols during practice and game observation. First fine will be \$25, fine will double for each repeat violation. All payments for fines will be due with charter fee the following season.**
32. Practices will be canceled when the heat index reaches 105 degrees.

PLAYING DIVISIONS REQUIREMENTS

- A. The divisions under which Columbus Youth Football, Inc. organizes its teams shall be according to age without regard to ability or weight. The age divisions are as follows.

<u>Division</u>	<u>Age</u>	<u>Age Control Date</u>	<u>Football Size</u>
(WILSON leather footballs only; no composite footballs will be allowed)			
Tiny Mites	4-year-olds	September 1	K2
Jr. Mites	5-year-olds	September 1	K2
Mites	6-year-olds	September 1	K2
Jr. Tiny Tots	7-year-olds	September 1	K2
Tiny Tots	8-year-olds	September 1	K2
Jr. Pee Wee	9-year-olds	September 1	TDJ
Pee Wee	10-year-olds	September 1	TDJ
Jr. Midgets	11 year olds	September 1	TDJ
Midgets	12 year olds	September 1	TDJ
Senior Midgets	13 year olds	September 1	TDJ

B. Tiny Mites Division	4-year-olds	TBA	TBA
Jr. Mites Division	5-year-olds	Monday	7:00 P.M.
Mites Division	6-year-olds	Monday	7:00 P.M.
Jr. Tiny Tot Division	7-year-olds	Tuesday	7:30 P.M.
Tiny Tot Division	8-year-olds	Tuesday	7:30 P.M.
Jr. Pee Wee Division	9-year-olds	Wednesday	7:30 P.M.
Pee Wee Division	10-year-olds	Wednesday	7:30 P.M.
Jr. Midgets Division	11-year-olds	Thursday	7:30 P.M.
Midgets Division	12-year-olds	Thursday	7:30 PM
Sr. Midgets Division	13-year-olds	Thursday	7:30P.M.

*****NOTE: ALL TEAMS ARE SUBJECT TO PLAY SATURDAY GAMES*****

FLAG FOOTBALL RULES AND REGULATIONS

General Rules of Play

1. All rules listed in the Columbus Youth Football Coaches Rules pertaining to flag football will apply.
2. **Each player will wear 3 flags that are not the same color as team uniforms. Each league shall provide 2 sets of belts and flags of different colors for each home game. The visitors shall have choice of color upon arrival for the game. (Flags must break away from belt when pulled to be official.)**
3. All members of the team must play with the amount of playing time balanced among team members.
4. Practices will be limited to 3 per week. Practices may not exceed 1 hour in length. Team may only have 4 involvements per week (this includes games and practices).
5. The Wilson K-2 leather football (same as Tiny Tots) will be used.
6. The game will be officiated by 2 officials provided by Columbus Officials Association or Columbus Youth Football, Inc.
7. All playing rules will be the same as the Georgia High School Association rules except where noted in these rules and regulations.
8. Coaches are allowed on the playing field in the flag division during play. Two offense coaches and two defense coaches. All coaches must be 10 yards from the ball when it is snapped and must remain until play is ended. Penalty will be delay of game 5 yards. Any interference by a coach with game officials will result in the coach being removed to sidelines and no coach being allowed on the field for that team. When teams break the huddle, the coaches must go to a position 10 yards away from the ball. See Rules and Regulations)

Field sketch provided to Charter President

1. The length of the field will be **regulation size field**.
2. **There are no special yard lines.**
3. **The home team is responsible for having the field marked off at least 45 minutes prior to game time.**

Play:

1. The game will be played with 8 players from each team. At least 4 players must line up **½ yard off** of the interior line of scrimmage.
2. On pass plays, all players are eligible. All players must wear an official mouthpiece while in

the game. Official mouth pieces must have the helmet attachment and not be clear in color.

3. To ensure safety, the 3 point or any other “down” stance must not be used. Players may stand upright or with hands on their knees. No extended arm with open hand blocking will be allowed. Hands must be closed, and elbows cannot extend more than 45 degrees from the body. 10-yard penalty.

*****NOTE: No defense player can line up directly over the center. *****

4. Maximum number of players: 25 (The number of teams will be determined by CYF Executive Committee and Charter Presidents.) At the 26th player the team must split.
5. There will be no kickoff in this age division.
6. First downs are obtained by advancing the ball beyond the first down marker. The offense is given four downs to advance the ball beyond a first down marker.
7. Two twenty-minute halves will be played using a running clock except for **the last minute of each half**. The only exception will be if a team has a 30-point lead. Running clock will be stopped only for the following:
 - Official Timeouts **3 per half no carry over**
 - Penalties
 - Injuries
 - Use of a team allotted timeout
 - Halftime limited to 8 minutes

Note #1. Teams will have only 35 seconds after the ball is declared ready to play to run a play. Failure to do so will result in a 5-yard delay of game penalty.

Note #2. After a safety the ball will be placed on the 45-yard line.
8. If the ball is dropped, the play is dead once the ball makes ground contact. The ball will be spotted at the point it touched the ground. There are no fumbles. Ball changes possession only through an interception, on downs, or after a touchdown.
9. When a ball carrier is stopped, the play is dead once a defensive player captures the ball carrier’s flag. If for some reason the ball carrier’s flag has inadvertently fallen off, a simple touch by a defensive player will down the ball carrier and stop the player.
10. If a defensive player unnecessarily knocks the ball carrier down in attempting to capture the flag, it is a personal foul. 10 Yard Penalty
11. A defensive player may not grab or hold the ball carrier during attempt to capture the flag. 10 Yard Penalty
12. A ball carrier may not use his hands or arms to keep a defensive player from capturing his flag. 10 Yard Penalty
13. Extra points will be the same as listed in Coaches Rules.
14. All ball carriers must keep their shirts tucked into their pants to avoid interfering with

attempts to capture the flag. A warning will be issued then further violations will result in a 5-yard penalty from the line of scrimmage.

15. Mouth pieces are required during the game; must have helmet attachment; must not be clear in color.

16. No Punting Allowed in Flag Football.

17. All participants must be verified by TEAM ROSTER with opposing coaches **30** minutes prior to scheduled game time. Participants not present for verification at the scheduled time of the game must do so before the ball is placed on the 35-yard line and snapped, to be eligible for the first half of the game.

18. Penalties: 15-yards for tackling, 15-yard penalty for illegal use of hands, (hacking, pushing, or straight arm of a player 15-yard penalty and loss of downs.

19. Offensive and defensive lines must be in a 2 point stance, hands on knees (no 3 point or 4 point stance, all jerseys tucked in at all times, all teams must have their flags inspected at the beginning of the season (youth flags only no adult flags), if the flags fall off the player the play is considered dead, if touchdown with only 1 FLAG touchdown nullified with ball brought back to original line of scrimmage and loss of down.

20. If (1) Team Mom approved by Charter President must be NAYS otherwise no, Team Mom.

21. Tie games will be played under the Georgia High School Overtime Rules starting with a coin toss then the ball is placed on the 15-yard line with first down. If game remains tied after 3 overtime periods, the game will be recorded as a tie.

MITES DIVISION CHARACTERISTICS

	AGE	WEIGHT
Junior Mites	5-year-old	70 lbs. (over 70 lbs.
Mites	6-year-olds	70 lbs. (over 70 lbs.

- A. Players will have two opportunities before the final verification to make weight. Player's weight after final verification will be the official weight for the entire season in determining game status as either restricted or unrestricted.
- B. Participants not making weight must play as restricted players. These restricted players must be identified by the jersey number series 90-99 or 60-69. All restricted players must be in the 1' X 8' zone on offense and defense and must be in a 3- or 4- point stance (see diagram for restricted players and pg. 16 for stance definitions). All restricted players must be identified at official weigh-in with a special identification card. These players will retain status for the entire season. Players identified as restricted players shall not advance the ball under any circumstances to include fumble recoveries, pass plays, punts, and kick-offs. Restricted players can play on kick-off and receiving teams if a team does not have enough unrestricted players; the opposing coach will pick the restricted players. Restricted players can be the kicker on punts and try for point. Restricted players cannot be the kicker on kick-offs.
- C. All participants, restricted and unrestricted, must report for player I.D. verification 30 minutes prior to scheduled game time with all equipment. Coaches must have current NAYS card and a CYF issued ID card at game to be verified. Participants not present must be verified by the Verification Official and opposing coach before the opening kickoff to be eligible for the entire game; players arriving before the end of the 1st quarter must be verified by verifying official and opposing teams head coach to be able to play in the 2nd half of the game. See separate sheet for Pre-Game Player/Coaches Verification Procedures.
- D. The Junior Mites and Mites will be allowed to walk off punts on 4th down. Exception to scrimmage kick:
1. The coach will notify the official of his intention to punt. Upon notification of intent to punt, the game clock will be stopped. The Official will walk the ball 35 yards down the field. Opposing team will take possession. Clock will run on the snap on first down.
 2. Walk off cannot pin team past their own 20-yard line.
- E. Minimum number of participants per team:
1. Junior Mites (5-year-olds): 13 participants
 2. Mites (6-year-olds): 13 participants
 3. If only one team exists, that team shall play in the Mites 6-year-olds Division (No exceptions)
 4. After the official weigh-in the CYF Board shall determine the number of teams.
 5. Maximum number of participants 30; at 31 teams must split

F. Jr. Mites and Mites divisions can have a protected kick for the try for point after a touchdown. This will be same as protected point on 4th down. The ball must be kicked from the 5-yard line.

I.

Restricted Player

1 X 8 Box

1. The box is 4 yards on each side of the ball and all restricted players must be on the line of scrimmage.
2. You can put as many restricted players as you can fit into each 4 yards. There is no limit.
3. Defense is not limited to tackle but 4 yards to

4 yards. Example: X X X X X X X X

 4 yards X 4 yards
 C

4. Offense can have a strong side with restricted players, 3 or more, as long as they are inside the 4 yards but must be on the line of scrimmage.

Example: X X X X X X X X

 C T G C G T T

 F

 X

 X X

5. Restricted players must be in a 3-point or 4-point stance (defined on pg. 16).
6. Restricted players cannot be in a tight end position. The player must be on the line. (See above #4 and #5)
7. Restricted players are permitted to kick field goals. (See Rules and Regulations item #17-C).

J. The Wilson K-2 leather football is required to be used in all games. (No composite balls)

- K. Coaches are allowed on the playing field in the Mites Division before play but not during the play. There will be only (1) offensive coach and (1) defensive coach allowed to be on the field. **Both coaches must remain outside the numbers until the play ends.** Penalties for the delay of game first a verbal warning, 2nd warning 5 yards and 3rd 15-yard foul penalty and the Coach will be ejected. When the team breaks the huddle, the coach must go to a position 15 yards away from the ball on the field. **Coaches will only be allowed to stand outside of the numbers on the field on different sides of the playing field. The home team at the coin toss will state what side of the field the coach will be on for the entire game.**
- L. The length of the field will be same as all age groups playing tackle football.
- M. The home team is responsible for having the field marked off at least **30** minutes prior to game time.

Play:

1. The game will be played with 11 players from each team with 8-minute quarters.
2. The entire defense will line up 1 yard off the ball.
3. The ball will be kicked off from the 40-yard line (midfield).
4. First downs are obtained by advancing the ball 10 yards. The offense will be given 4 downs to advance the ball beyond the first down marker.
5. Each game will have 4 quarters with 8 minutes regular clock.
6. Extra points will be the same as listed in the coaches' rules.
7. Mouthpieces are required for all games, must be attached to the helmet, and must not be clear in color.
8. All participants must be verified by Pre-Game Player/Coaches

Verification Procedure

9. **Regulation field of play.**

TINY TOTS DIVISION CHARACTERISTICS

	<u>AGE</u>	<u>WEIGHT</u>
Junior Tiny Tots	7-year-olds	95 lbs. (over 95 lbs. restricted)
Tiny Tots	8-year-olds	95 lbs. (over 95 lbs. restricted)

- A. Players will have two opportunities before the final verification to make weight. Player's weight after final verification will be the official weight for the entire season in determining game status as either restricted or unrestricted.

- B. Participants not making weight must play as restricted players. These restricted players must be identified by the jersey number series 90-99 or 60-69. All restricted players must be in the 1' X 8' zone on offense and defense and must be in a 3 or 4-point stance (see diagram for restricted players and pg. 16 for stance definitions). All restricted players will be identified at official weigh-in with a special identification card. These players will retain that status for the entire season. Players identified as restricted players shall not advance the ball under any circumstances to include fumble recoveries, pass plays, punts, and kick-offs. Restricted players can play on kick-off and receiving teams if a team does not have enough unrestricted players; the opposing coach will pick restricted players. Restricted players cannot be the kicker on kick-offs.

- C. All participants, Restricted and Unrestricted, must report for player CYF I.D. verification 30 minutes prior to scheduled game time with all equipment. Coaches must have current NAYS card and CYF issued ID card at the game to be verified. Participants not present must be verified by the Verification Official and opposing coach before the opening kickoff to be eligible for the entire game; players arriving before the end of the 1st quarter must be verified by verifying official and opposing teams head coach to be able to play in the 2nd half of the game. Anyone without a TEAM ROSTER will not be allowed on the sidelines. Any player arriving after kickoff will be unable to play until the second half and must remove pads in order to be on the sidelines. See separate sheet for Pre-Game Player/Coaches Verification Procedures.

- D. The Junior Tiny Tots and Tiny Tots will be allowed to have a protected punt on 4th down. Exception to scrimmage kick:
 - 1. The coach will notify the official of his intention to punt. Upon notification of intent to punt, game clock will be stopped and restarted when kick is made. Defense cannot rush the kicker. Kicker will be allowed to pick-up any bad snap, fumbled snap and kick. The ball must be kicked. The offensive team cannot go down the field until the ball is kicked. The defensive team can have two players deep to field

7. Restricted players are permitted to kick field goals. (See Rules and Regulations item #17-C)

Play:

1. The game will be played with 11 players from each team with 8-minute
2. The ball will be kicked off from the 40-yard line (midfield).
3. First downs are obtained by advancing the ball 10 yards. The offense will be given 4 downs to advance the ball beyond the first down marker.
4. Each game will have 4 quarters with 8 minutes regular clock.
5. Extra points will be the same as listed in the coaches' rules.
6. Mouthpieces are required for all games, must be attached to the helmet, and must not be clear in color
7. All participants must be verified by Pre-Game Player/Coaches

Verification Procedure

8. **Regulation field of play.**

PEE WEE DIVISION CHARACTERISTICS

	AGE	WEIGHT
Junior Pee Wee	9-year-olds	120 lbs. (over 120 lbs. restricted)
Pee Wee	10-year-olds	120 lbs. (over 120 lbs. restricted)

- A. Players will have two opportunities before the final verification to make weight. Player's weight after final verification will be the official weight for the entire season in determining game status as either restricted or unrestricted.
- B. Participants not making weight must play as restricted players. These restricted players must be identified by the jersey number series 90-99 or 60-69. All restricted players must be in the 1' X 8' zone on offense and defense and must be in a 3- or 4- point stance (see diagram for restricted players and pg. 16 for stance definitions). All restricted players will be identified at official weigh-in with a special ID card. These players will retain the status for the entire season. Players identified as restricted players shall not advance the ball under any circumstances to include: fumble recoveries, pass plays, punts and kick-offs. Restricted players can play on kick-off and receiving teams if a team does not have enough unrestricted players; opposing coach will pick restricted players. Restricted players can be the kicker on punts and try for point. Restricted players cannot be the kicker on kick-offs.
- C. All participants, Restricted and Unrestricted, must report for player CYF I.D. verification 30 minutes prior to scheduled game time with all equipment. Coaches must have current NAYS card and a CYF issued ID card at game time to be verified. Participants not present must be verified by the Verification Official and opposing coach before the opening kickoff to be eligible for the entire game; players arriving before the end of the 1st quarter must be verified by verifying official and opposing teams head coach to be able to play in the 2nd half of the game. Anyone without a TEAM ROSTER will not be allowed on the sidelines. Any player arriving after kickoff will be unable to play until the second half and must remove pads in order to be on the sidelines. See separate sheet for Pre-game Player/Coaches Verification Procedures.
- D. Minimum Number of Participants Per Team
1. Jr. Pee Wee 9-year-olds: 13 participants with **8 min. quarters and 8 min. half**
 2. Pee Wee 10 years olds: 13 participants with **8 min. quarters and 8 min. half**
 3. If only one team exists that team shall play in the Pee Wee 10-year-old division. No exceptions.
 4. After the official weigh-in the CYF Executive Committee and the Charter Presidents will determine the number of teams.
 5. Maximum number of participants is 30; at 31 teams must split.
- E. Restricted Player
1' X 8' Box
1. The box is 4 yards on each side of the ball and all restricted players must be on the line of scrimmage.
 2. You can put as many restricted players as you can fit into each 4 yards. There is no limit.

SENIOR MIDGET DIVISION CHARACTERISTICS

11-year-olds 152 lbs. (over 152 lbs. restricted)

12-year-olds 152 lbs. (over 152 lbs. restricted)

13-year-olds 152 lbs. (over 152 lbs. restricted)

Combined 11–13-year-olds Midget Division weight 152

- A. Players will have two opportunities before the final verification to make weight. Player's weight after final verification will be the official weight for the entire season in determining game status as either restricted or unrestricted.
- B. Participants not making weight must play as restricted players. These restricted players must be identified by the jersey number series 90-99 or 60-69. All restricted players must be in the 1' X 8' zone on offense and defense and must be in a 3 or 4-point stance (see diagram for restricted player and pg. 16 for stance definitions). All restricted players will be identified at official weigh-in with a special ID card. These players will retain the status for the entire season. Players identified as restricted players shall not advance the ball under any circumstances to include fumble recoveries, pass plays, punts, and kick-offs. Restricted players can play on kick-off and receiving teams if a team does not have enough unrestricted players; opposing coach will pick restricted players. Restricted players can be the kicker on punts and try for point. Restricted players cannot be the kicker on kick-offs.
- C. All participants, Restricted and Unrestricted, must report for player CYF I.D. verification 30 minutes prior to scheduled game time with all equipment. Coaches must have current NAYS cards and a CYF issued ID card at game to be verified by Verification Official. Participants not present must be verified by the Verification Official and opposing coach before the opening kickoff to be eligible for the entire game; players arriving before the end of the 1st quarter must be verified by verifying official and opposing teams head coach to be able to play in the 2nd half of the game. Anyone without a TEAM ROSTER will not be allowed on the sidelines. Any player arriving after kickoff will be unable to play until the second half and must remove pads to be on the sidelines.

See separate sheet for Pre-Game Player/Coaches Verification Procedures.

- D. Minimum Number of Participants Per Team
1. Senior Midgets 11–13-year-olds: 30 participants at 31 teams must split with
 2. 8 min. quarters and 8 min. half.
 3. After the official weigh-in the CYF Executive Committee and the Charter President shall determine the number of teams.
 4. Restricted players must be in a 3-point, or 4-point stance defined on pg. 16.
 5. Restricted players cannot be in a tight end position. The player must be on the line. (See above #4 and #5)
 6. Restricted players are permitted to kick field goals. (See Rules and Regulations item #17-C.)

Play:

1. The game will be played with 11 players from each team with 8-minute quarters.
2. The ball will be kicked off from the 40-yard line (midfield).
3. First downs are obtained by advancing the ball 10 yards. The offense will be given 4 downs to advance the ball beyond the first down marker.
4. Each game will have 4 quarters with 8 minutes regular clock.
5. Extra points will be the same as listed in the coaches' rules.
6. Mouthpieces are required for all games, must be attached to the helmet, and must not be clear in color.
7. All participants must be verified by Pre-Game Player/Coaches

Verification Procedure
Regulation field of play.

Mandatory Play Rule

Columbus Youth Football, Inc. encourages all coaches to give each player as much playing time as possible. To ensure that each player does play in each game, a Mandatory Play Rule has been adopted.

Each player will play a minimum of 8 plays (4 first half, 4 second half) during each ball game. Kickoffs are considered a play for purpose of Mandatory Play Rule. It is recommended each player play at least one quarter.

Should a player not play the minimum of 8 plays, the parent should notify **the Charter President** after the ball game in writing. The coach will be required to start the player in the next ball game and play him/her on either offense or defense the entire first quarter.

Should there be a failure to follow this rule, the parent may appeal to the Charter President. The League's Board of Directors will have the power to discipline the coach through reprimand, suspension or dismissal. The parent must provide a written statement about the occurrence **prior to the next scheduled game**.

Should there be continued failure to follow this rule, the parent may appeal to the Columbus Youth Football, Inc. Executive Committee will have the power to discipline a coach through either reprimand, suspension, or dismissal. The parent must provide a written statement about the steps taken to resolve the lack of playing time. (Be Specific)

There may be exceptions to the Mandatory Play Rule as follows:

Players will not be required to play the minimum number of plays in cases of:

- Injury/Health
- Disciplinary Action (Parental or Coach)
- Mutual Agreement between parent and coach
- Not attending the required number of practices
- Lack of participation in practice

Note: Prior approval from Charter President must be obtained with any of the above situations and notated on the weekly Game Reports. **All teams must have a STAT Coach to track all plays.**

Each League must have a League Attendance Policy which shall govern participation. Parents must know what the policy states. The League Attendance Policy and Non-Participation Form will be given to the Head Coaches of each team as well as a copy to Columbus Youth Football.

Cheerleader Rules and Regulations

Rule and Regulations must be enforced by the Charter President and or CL Coordinator if not they run the risk of being suspended or removed as a volunteer:

1. The Cheerleading Division will serve as a support unit for the assigned football teams. All cheers, routines, rosters, and uniforms must be approved by the Charter President. All games will be played under Georgia High School Rules. The only exception will be those indicated by CYF.
2. All coaches listed on the roster must be certified through the National Youth Sports Coaches Association (NAYS). NAYS cards and a CYF issued ID card must be in the coach's possession for them to be allowed on the field or sidelines. The card must be visible at the chest and neck area. All TEAM ROSTER's must be checked prior to game time for coaches and cheerleaders to be on the sideline.
3. Any aggressive or abusive action toward a game official will constitute one calendar year of dismissal from CYF. Both parties must put in writing any problems within 48 hours. The CYF Executive Committee will determine aggressive or abusive behavior.
4. Cheerleaders ages shall not be less than 3 1/2 nor greater than 13 years of age as of September 1. No mascot shall be allowed to participate. For the Flag Division only 1 NAYS Certified Team Mom will be allowed on the sideline to assist with the care of the Cheerleaders.
5. There will be a minimum of **(1)** coach and no more than **(3)** per cheerleading squad allowed on the sidelines and the field. (No exceptions!!!)
6. A coach/official may be asked to resign or may be fired whenever he/she is deemed not capable of handling participants or cannot properly assume the duties and responsibilities required for their position (i.e.) sadistic tactics, profanity, etc. The leagues should react first and then contact the CYF Executive Committee to observe his/her actions and coaching methods. **CL Coaches must be able to get along with other Coaches.**
7. All cheerleader rosters will be broken down by team and submitted at the same time football participant rosters are due. Once a cheerleader has been assigned to a roster, no change can occur without approval from CYF.
8. Charter Presidents will set a limitation on squad size. However, the following procedures will be followed:
 - 4 Tiny Mites only
 - 5 Mites
 - 6 Jr. Mites
 - 7 Jr. Tiny Tot
 - 8 Tiny Tot
 - 9 Jr. Pee Wee
 - 10 Jr. Midgets
 - 11 Midgets
 - 12 Sr. Midgets

****Brothers and sisters may be assigned to the same teams. Exception 4-year-olds****

9. Mites' cheerleaders will be limited to no more than three (3) involvements per week to include games. All other cheerleaders will be limited to no more than four (4) involvements per week to include games. Practice is limited to 2 hours per session. The week runs Sunday thru Saturday.
10. **Cheerleaders will be allowed to cheer from the goal line back to the 30-yard lines only. Cheerleaders will be required to cheer during the entire game every game rain or shine.**
11. CL Coaches ejected from a game will be suspended for the next game. Participants ejected from a game will be suspended for the next game, as indicated under the Georgia High School Rules.
12. Any coach having disciplinary action must appear before the CYF Executive Committee before they can assume full coaching status.
13. Presidents and coaches will attend the opening ceremonies. Failure to comply will result in taking away one home game from that team. This must be stressed; all cheerleaders should participate unless excused by the CYF Executive Committee or Charter Presidents.
14. **Cheerleaders will shake hands only with cheerleaders on the opposing teams at the 30 yd line.**
15. All cheerleaders will follow their league rules for cheering during the games and for practices. All parents and cheerleaders must be provided a copy of rules with a copy given to CYF. Rules cannot conflict with CYF rules and regulations.
16. Preseason/ Season/ Post Season; (See rules on page 15 items 22, 23 and 24 will apply to all Cheerleader Coaches.
17. All Cheerleader stunts must be by age group specific. The diagram of acceptable stunts will be provided by the Charter President. Stunts must follow the USAF Level 1 Stunt Rules.
18. All cheerleaders and cheerleader coaches must be on team's roster and Coaches must have proof of their NAYS Certification before going on the football field and/or sidelines. Rosters will be verified at the 30 yd line 15 minutes prior to game time, anyone not on roster will not be allowed on the field.
19. All cheerleaders will cheer for entire game with designated breaks and perform at half-time.
20. If there are multiple home games in the same age division the cheerleading squad must cheer for each game in its entirety.
21. All leagues must have squads participating in the Cheerleader Competition for each age group they have a cheer squad for. There will be a fine of \$250 if a league does not put a minimum of 2 squads in the competition (unless they have prior approval from the Executive Committee)

22. Coaches must make prior arrangement for any childcare needed no children that are not enrolled in CYF are allowed on sidelines or field. Coach will be suspended from practice and 1 game. If there are any additional occurrence during the season a 3-week suspension from practice to include games with a meeting with the CYF Disciplinary Committee is required with request in writing.

Updated Changes in addition: Coaches are not allowed to dance or do routines with cheerleaders on the football field, sidelines, or any events (no exceptions). Squads must have a minimum of 3 squad members and/or a 15-maximum squad. Cheer Squad must travel with their assigned team home and away. Cheerleaders are required to cheer during the game. The Cheerleading Competition Rules must follow USAF Level 1 rules; music must be approved by the Charter President and CYF.

23. Showcase team age groups are 5-6 years; 7-8 years; and 9-13 years. The 3.5-4-year-olds will perform at the cheer competition.
24. Cheerleading Squads must still cheer at games even after the cheerleading showcase.
25. Extra practices may be added to prepare for Cheer Showcase with approval from CYF and your Charter President. Cheerleaders are not permitted to skip games to practice for the showcase.
26. If a League has multiple football teams in an age division, they will need to send the cheerleaders schedule for which game they will be attending to the CYF Executive Board, once the game schedules have been released. Cheerleading Coordinator needs to have prior approval from Charter President for the schedule prior to it being sent to CYF.

Pre-Game Player/Coach Verification Procedures (Required Procedure)

Prior to each game the players and coaches shall go through a verification process to determine eligibility to participate in the game. The verification process shall occur 30 minutes prior to kickoff and shall be administered by a designated home league official (“verification official”). The verification process can be attended only by the head coach (or designated assistant coach) of each team to ensure proper representation. The VO and Head Coach need to both view the TEAM ROSTER. No other coach or league official shall participate. The decision of the verification official (VO) shall be binding for that game. **CYF Executive Committee can overrule the decision.** Any objection to the verification official’s decision shall be communicated in writing to the CYF Executive Committee for review and disciplinary action to the (VO) and his/her league. If the CYF Executive Committee determines the verification official acted in bad faith the league will be fined \$100 payable to CYF, the verification official will be suspended from overseeing team verifications before future games and the home team may be required to forfeit the game. The disciplinary decision by CYF shall be binding.

The following verification procedures shall be followed prior to each game:

- The verification official (VO) overseeing the verification process shall only be a Board Member from that league and cannot be a coach from the team playing that day/night. **If needed the Charter President can appoint a VO for that game.**
- If a (VO) does not show up and verify each team’s players and coaches, the game will not be played, and the home team shall forfeit the game. Each home league will be responsible for having a designated league official present to serve as (VO) and conduct player and coaches’ verification.
- **Each head coach and assistant coach, to participate on the sidelines of the game, will present his/her NAYS card to the (VO). No coach may participate in the game or on the sidelines unless verified by the (VO). This coach’s name must be on the official CYF roster.**
- The verification official (VO) will take custody of team roster from each team to assist them in the verification process. No exceptions. Any coach (or team) unwilling to provide team’s roster shall forfeit the game. Coach from opposing team will view teams’ roster with the VO during verification to verify restricted and non-restricted players.
- Football players that are verified by the verification official and opposing team head coach prior to kickoff will be eligible for the entire game. Any athlete showing up and being verified by verification official and head coach of opposing team prior to the end of the 1st quarter will be eligible for the 2nd half of the game. Any athletes showing up after the 1st quarter are not eligible to participate or be on the sidelines.
- Any head coach or assistant coach overseeing the (VO’s) player/coach verification process that has any objection to the (VO’s) findings shall not engage in any dispute with the (VO) but may inform the (VO) that he objects to the ruling and intends to object in writing to CYF. The (VO’s) decision as to player/coach’s eligibility to play for the game shall be binding. The (VO) shall be subject to any subsequent disciplinary action by CYF.
- All coaches and assistant coaches must be listed on the roster.

Health Plan Coordinator & Health Coach: Required at practices and home game. See Charter President for volunteer duties. Health Coach must have NAYS around neck. If the Home team does not provide a health coach, they will be fined \$100, unless visiting team would like to provide the health coach (Charter President & CYF's approval required) to play the game.

CHARTER SUPPORT SCHEDULE

INSURANCE

The coverage policy provided by Columbus Youth Football is a secondary policy. If your child is not covered by a primary policy, an insurance form must be signed by a parent or guardian stating that the secondary policy will become the primary policy and then pay the deductible.

The secondary policy picks up after primary policy pays the claim. Copy of claim and statement from primary policy must be attached to claim form attached. The parent must request the insurance form and the address for mailing the claim will be provided.

Form must be filled out and signed by Charter President of parent group of insured children with copy sent to CYF Chairman.

**COPY OF FORM PROVIDED BY
CHARTER PRESIDENT UPON REQUEST**

COLUMBUS YOUTH FOOTBALL PROTEST FORM:

*** \$75.00 fee must be submitted with the Protest Form ***

Date:

League:

Name of Team Filing Protest:

Name of Head Official who the verbal protest was

given to: Explanation of protest:

(For additional space use separate sheet)

SIGNATURE _____ Date _____

Name of Executive Committee Member receiving Protest Form

Game Reports are due same evening of game or no later than 10.a.m.the next day to avoid a \$25 fee. Saturday game reports must be in by 12:00 PM on the Sunday following the game. To get a copy of Game Report see Charter President.

Game Reports: Submitted on the online portal

Tracking Form See Charter President

**COPY WILL BE PROVIDED BY
CHARTER PRESIDENT UPON
REQUEST.**

Columbus Youth Football Attendance Policy

1. If an athlete misses all practices during the week with no notification sent to the coaches/team mom they may be benched for the following game(s) by their coaches.
2. If an athlete misses half the practices during the week with no notification sent to the coaches/team mom they may be benched for 1 game that week by their coaches.
3. If an athlete is at practices but is not participating and/or paying attention they may be benched for the next game by their coaches.
4. An athlete may be benched by their parent/guardian and/or coach for disciplinary actions.
5. If an athlete is medically released the day of a game, they may still be benched due to safety concerns from not practicing by their parent/guardian and/or coach.
6. A parent/guardian may bench their child from a game and/or practice.

In the event of any of the above-mentioned instances a Columbus Youth Football Non-Participation Form must be filled out and turned in prior to the practice or game.

Emergency Procedures for Columbus Youth Football

Any Head, Neck, and/or Back injury is a call to EMS. We will keep the child as still as possible and conduct concussion testing while waiting on the ambulance to arrive. No equipment is to be removed from the athlete unless EMS removes the equipment.

Will notify the parents as quickly as possible on the injury to their athlete. Athlete's safety is of the utmost importance. We inform the parents that we will need a medical release stating that their athlete "may return to contact sports" before the athlete will be able to resume practice or games.

Should there be any questions on whether an athlete may have possibly suffered from a dislocation, torn muscle/ligament, and/or broken/fractured bone parents are informed they should take the athlete to the ER or Urgent Care to be fully checked out. Our Health Coaches stabilize the body part for transport. We ask the parent's if they would like us to call EMS in the event of any of these types of injuries and if they say no, we ask them to sign the CYF Injury Report about refusal of medical services. We tell the parents they will need a medical release stating that their athlete "may return to contact sports" before the athlete will be able to resume practice or games.

Our Health coaches have bee sting kits set up in their bags, as well as tape for taping ankles, fingers, etc., Band-Aids, icepacks, towels, triangular bandages.

For weather reports we use the WeatherBug app and the Weather Channel app on our phones. With WeatherBug you check the distance of lightning strikes and monitor the location of storms. With the Weather Channel app, it sends me notification of when rain is likely to begin as well as being able to view the map to track storms. We also have a lightning detector that our staff keeps out at the fields. We shut down practices in the event of lightning being within 3-5 miles of our location. In the event of lightning being seen that is not within the 3-5-mile range we will have all athletes get into parent's cars and wait 30 minutes from the last strike to continue. If lightning continues to strike practice will be called. In the event of water standing on the fields we cancel practice so that none of the athlete's sustain an injury and reschedule for another day.

Practice Observation Checklist

CONCERN	YES / NO
Key leadership personnel on site: At least one of following personnel must be present: (Charter President, Vice President, or Representative.)	
Established procedures in case of an emergency.	
Are trained medical personnel with current credentials on site to cover each practice area?	
Coaches meeting the minimum requirements of background check attended coaching clinic, signed contract, current identification badge, and wearing proper coaching attire.	
Practice location(s) at authorized sites.	
Practice start & end times. Are coaches on time?	
Are team rosters updated and available?	
Are coaches conducting roll call at the start of practice?	
Are teams practicing with only their respective age group?	
Are coaches ensuring players are wearing proper uniforms? - Mouth pieces, chinstrap, shoes, helmet, shoulder pads, etc.	
Water availability and distribution: On site, water points, team hydrating breaks, and 'Scoreboard horn notification' drill. NOTE: WITHOUT WATER, PRACTICING IS UNAUTHORIZED.	
Are parents spraying insect repellent on their child around other children? If yes, this is an unsafe act.	
Field access is ONLY for coaches and players. Non-participants, including parents and other children, are UNAUTHORIZED on practice field.	
Are parents violating the 'barricade' between coaches, players, and cheerleaders during practice? If yes, this distracts coaches from conducting their tasks.	
Post- practice dismissal procedures (Are coaches monitoring their players until they are transferred to the parents)?	

Game Observation Checklist

CONCERN	YES / NO
Key leadership personnel on site: At least one of following personnel must be present: (Charter President, Vice President, or Representative.)	
Established procedures in case of an emergency.	
Are Health Coaches on site with current credentials and wearing her vest with proper supplies and equipment on hand? Game will not start if there is not a Health Coach on duty. Home team will forfeit a game after 15 minutes delay.	
Coaches meeting the minimum requirements of background check attended coaching clinic, signed contract, current identification badge, and wearing proper coaching attire.	
Game location(s) at authorized for home team	
Game starts times. Are coaches on time with team rosters?	
Are team Tracking Sheets available and track by a statistician coach?	
Is Verification procedure process conducted 15 minutes prior to kick off by the Verification Official?	
Are Cheerleaders cheering from correct location? Are chain crews in compliance with Georgia High School Rules with respective age group?	
Is copy of Columbus Youth Football Manual updated on hand? Name of the game clock operator	
Field access is ONLY for coaches and players. Non- participants, including parents and other children, are UNAUTHORIZED on the sidelines. (Unless given permission by the Charter's President or Executive Committee)	
Are parents violating the 'barricade' between coaches and cheerleaders during game?	
Post- game dismissal procedures (Are coaches monitoring their players until they are transferred to the parents)?	

Columbus Youth Football and Cheerleading Non- Participation Form by Parent

I hereby request that my player not participate in today's game/practice. I acknowledge that Columbus Youth Football requires my player to participate in a minimum of eight (8) plays per game; however, for the reason(s) indicated below, I am requesting that my player be excused from this requirement on this date.

Player Name: _____

Date: _____

League: _____

Reason (grades, behavior, etc.): _____

Parent/Guardian Name: _____

Parent/Guardian Signature: _____

Coach's Name: _____

Coach's Signature: _____

League Representative Name: _____

League Representative Signature: _____

A player that is not participating in current game is permitted to be on the team sidelines. But may not wear pads and/or helmet when doing so.

NOTES: