NIAGARA / ORLEANS FOOTBALL ASSOCIATION
RULES & REGULATIONS
2023 SEASON

RULE 1------PLAYER QUALIFICATIONS

1. Each athlete must have a physical examination to cheer or play football, each year. And produce proof that the athlete is eligible to participate.

2. Each athlete is required to produce Proof of Birth Date as subscribed in Rule #3 Section 9 upon registration.

3. At least one parent/guardian is required to sign the athlete's registration form.

4. Each athlete should have satisfactory and passing grades in school.

RULE 2-----INSURANCE

1. All organizations within NOFA must carry comprehensive general liability insurance protecting bodily injury and property damage with a limit of $1,000,000 per occurrence. Each organization will be responsible to provide NOFA with a certificate of insurance on or before the 1st of July of each year. The records are to be filed and kept with the NOFA Secretary.

2. All insurance must name NOFA as the loss payee and as additional insured.

3. If a League doesn't have insurance in place and a copy of their insurance on file with the NOFA Secretary – that League will not be able to practice or play any games or participate in any cheerleading events, until such time as that League's Insurance is on file with the NOFA Secretary

4. Should an organization practice without proper insurance being on file with the NOFA Secretary – each week without insurance on file will result in a game forfeiture at each Level by the violating Organization.

RULE 3-------TEAM & GAME ROSTERS & PROOF OF AGE

Note - All penalties are based on an Executive Board Decision. All Penalty phases will be reviewed by the NOFA Executive Board and Commissioners and/or Directors. This statement will not be inserted after each penalty/fine – however, this is the STANDARD and will apply to each penalty.

1. The NOFA Statistician will communicate with only one representative from each Organization. This person will be designated as the Organization Statistician. The purpose of this is to eliminate confusion and to simplify matters for NOFA as well as each individual team. Each Organization's Statistician must attend the annual mandatory meeting prior to the start of each season. If this meeting is not attended there will be a $25.00 fine imposed on the offending Organization.

2. Each Organization's Statistician will be responsible for the following:
   a) ALL Correspondence from an Organization's Statistician must be sent to the NOFA Statistician, NOFA Football Coordinator and the NOFA Secretary…. This is to ensure that information is not missed.
   b) Turning in complete Team Rosters 10 days prior to the start of the season.
   c) Turning in copies of Proof of Birth Date as subscribed in Rule #3 Section 9 grouped in alphabetical order and separated by team. (This should be done as new registrations are received).
   d) Turning in complete Game Rosters – Minimum Play Tally following each game in accordance to NOFA rules and regulations
   e) Texting game scores at the end of each game day to the NOFA Statistician and NOFA Football Coordinator. $25.00 Fine for not complying.

f) Emailing in game scores and the Official 6 Play Talley Sheet, at the latest, by the day following the game (Sunday), no later than 8pm to the NOFA Statistician, NOFA Football Coordinator and NOFA Secretary. $25.00 fine for each day past the deadline without prior notification to NOFA Statistician.
g) Emailing for ID #'s and line numbers on the Friday prior to game day. The times to call will be established by the NOFA Statistician at the annual meeting prior to the start of each season
h) Contacting the NOFA Statistician with any questions or problems as soon as possible.

3. For League wide uniformity and ease the following will be observed by each team. Following the steps outlined, will ensure that your organization will have a minimum of roster fines.

TEAM ROSTERS

a. Each Organization will be sent a template that is to be used…. It is the format that the NOFA Executive Board has approved – any other form will not be accepted.
b. NOFA will appear on the top line of each team roster
c. Year with the word Team Roster (ex. 2017 Team Roster)
d. Your Organization Name
e. Team Name (ex. Beginner, Mini, JV, Varsity) followed by Team Nickname (ex. Roosters)
f. Age Division (ex. 6-7, 8-9, 10-11, 12-13)
g. Head Coaches Name
h. Head Coaches Phone Number
i. Athlete's name as it is written on the Birth Certificate – listed alphabetically (Last Name (legal suffix), First Name, Middle Initial)
j. Athlete's address (house # and street, Town)
k. Athlete's School they are attending.
l. If a Athlete is attending a private or parochial school the address on file with the school is the deciding address for the Athlete – the School District in which the Athlete would attend.
m. Athlete's phone number with area code
n. Athlete's date of birth (MM/DD/YY)
o. Athlete's NOFA ID. (This number can only be issued by the NOFA Statistician) (To receive a NOFA # A copy of the birth certificate must be turned into the NOFA Statistician in alphabetical order by Team, by Organization. Additional players may be added weekly after the original Team Roster has been turned in, in accordance with NOFA Rules and Regulations.) (If a player registers after the Team Roster has been submitted a copy of a birth certificate must be supplied to the NOFA Statistician no less that ten days prior to the player receiving a NOFA number. By NOFA Rules every new registered player must have a minimum number of practices before they can be eligible for a game.)

4. Game Rosters/Minimum Play Tally Sheet – This is a list of team players for game day. The names should be exactly as they are listed on the Team Roster. This roster should be filled out in duplicate. The original (top copy), goes to the HOME Team Statistician after the games have been completed, the second copy is given to the AWAY Team Statistician.

a. All information must be complete otherwise a fine may be assessed per Game Roster/Minimum Play Tally sheet for each line left blank or incorrect. Maximum Fine of $25.00 will be assessed per roster sheet. The only exception to this is the line that refers to ejected coaches or players. Those lines are to be filled in only if a coach or player has been ejected. *Please note – missing Name or NOFA Number is $25.00 fine per Roster Sheet.
b. There will be NO Fine for leaving the Game Score off the Beginner Game Roster/Minimum Play Tally Sheet. However, the information should be filled in properly.
c. A new athlete cannot be placed on a roster without receiving a line number and NOFA ID # from the NOFA Statistician. All new players/cheerleaders must be placed at the bottom of the roster. Adding players without the NOFA Statisticians approval will result in a monetary fine and/or forfeiture of that game. Minimum Fine of $25.00 will be assessed. (If the NOFA Statistician is unavailable the NOFA Secretary may issue a NOFA Number – however, that NOFA Number must go in sequence of the Organization's NOFA Number List).

d. Once a Player/Cheerleader is placed on a team roster, that player must remain on that roster for the duration of the season.
e. No Players/Cheerleaders are allowed to be moved from one Level to another Level for any reason – other than medical which can only be approved by the NOFA Executive Board, Commissioners and/or Directors.
f. No Players/Cheerleaders are allowed to Transfer from one Organization to another Organizations in NOFA unless – the Athlete moves to another School District. The Transfer Paperwork must be signed off on annually by both affected Commissioners and the NOFA Statistician with approval by the NOFA Executive Board, and a T is to be placed after the NOFA ID#.
g. There is a Grandfather Clause that allows Players/Cheerleaders to remain in their originating Organization if a Franchise is granted to a new Organization. However, The Transfer Paperwork must be signed off on annually by both affected Commissioners and the NOFA Statistician with approval by the NOFA Executive Board and a G is to be placed after the NOFA ID#. Likewise, should a younger sibling choose to play within the existing Organization as their older sibling they too will be Grandfather-ed and the same paperwork will be generated.
h. Players status (listed are the only acceptable remarks) The use of any other word, not included below may result in a fine to your organization. It is each organizations responsibility to teach your coaches the accepted terminology.

- Ø ELIGIBLE or OK (if a player is cleared to play)
- Ø ABSENT (player does not show up to the game)
- Ø INJURED
- Ø QUIT (a line must be drawn through the entire line)
- Ø TRANSFERRED (if a player has moved to a different school district during the season – proof of school district change and proof of residency must be provided)

i. Players reason for not having minimum plays (listed are the only acceptable remarks). The use of any other word, not included below may result in a fine to your organization. It is each organizations responsibility to teach your coaches and statisticians the accepted terminology.

- Ø HEALTH (player gets sick during the game and isn't listed as ABSENT in the Eligibility Column)
- Ø INJURY (player gets injured during the game and isn't listed as INJURED in the Eligibility Column)
- Ø DISCIPLINARY (player fails to make the required number of practices during the previous week, player acts inappropriately during the game and is sat for that behavior)

5. Effective as of the 2015 Season Cheerleaders will also have to be checked in 30 minutes prior to the start of the game with the Football Players. They will have to produce the Game Roster to the Opposing Statistician for this.

6. Team rosters will be limited to a maximum of 35 active players/cheerleaders but must have at least 14 players and 3 cheerleaders listed alphabetically and submitted to the NOFA Statistician for approval 10 days prior to the start of the season.

Note: Minimum football roster size is 12 to be eligible for playoffs and championship games; however, football rosters of less than 14 will still incur the mandated fine.

7. Game rosters shall not be less than 14 eligible players, 3 cheerleaders or more than 35 eligible players/cheerleaders Commissioners must communicate with the NOFA Secretary by Wednesday prior to Saturday's Game no later than 8pm to notify NOFA that there is a Forfeiture and at which Level. If there is not notification of Forfeiture by Wednesday, there will be a $25.00 fine. At Game time – if there is Forfeiture by the Visiting Organization – that Organization will be responsible for paying for the Referee Fees. Anytime there is a Team/Squad that doesn't field a team there will be a $25.00 fine levied.

8. 10 days prior to the first game a complete roster, including the name, age, and address of the player shall be furnished as a league record. Failure to do so will result in forfeiture of the game regardless of the outcome. This rule applies on a weekly basis throughout the season until a roster is submitted.

9. To receive a NOFA Number - A copy of a birth certificate, baptismal certificate, adoption paper, high/elementary school report card or any other legal form of identification containing both the full name and birth date must be submitted to the league statistician no later than 10 days prior to the first practice. Along with that Athletes full

home address including school that player/cheerleader is attending. As players/cheerleaders are added – the information must be sent to the NOFA Statistician so a NOFA Number can be issued.

10. The playing season is defined as; the date the league roster is submitted for approval until the completion of the League schedule...Under no circumstances will a team be able to powerhouse.

11. Each organization may have only one team in any given age division.

12. Any team may not sign up additional players/cheerleaders to their roster after September 15th – unless their Roster goes below 18 Active Players/5 Active Cheerleaders. Active players will be defined as any player holding a line on the game roster not marked "QUIT." Should a Player be injured and unable to return for the season – that player will be listed as Injured Reserved (IR) (Injured Reserved will be an Official New Category) and cannot play for the remaining season – including Playoff's and Championship Games or NOFA CheerZone. However, should a Team fall below 18 at that point they can add a Player or 3 Cheerleaders they can add a Cheerleader. All established rules governing practices and player registration would apply. New players added after this date must be submitted no later than the Wednesday prior to the scheduled game in order to have a league number assigned to them. Players added during the season will be required to have 5 practices on record before that player may play in a league sanctioned game. No player may play without a league number.

13. No player can change his or her Jersey Number unless the Jersey is changed with the NOFA Statistician. The Player is issued a Jersey Number for the Season.

14. How to Report your League Scores to the NOFA Statistician – use this format for texting in game scores at the completion of each of your levels and on your email coversheet with your scanned game rosters.

Report Away Vs. Home

Example: Akron is playing RoyHart in RoyHart

Mini 8-9 years old
Akron 0 Vs RoyHart 0

JV 10-11 years old
Akron 0 Vs RoyHart 0

Varsity 12-13 years old
Akron 0 Vs RoyHart 0

RULE 4-----DIVISIONS, WEIGHTS & AGES

Football Requirements:

Beginner Football Players: Age 6-7 (Must be 6 by 12/1, can't turn 8 prior to 12/1) Unlimited Weight for all positions.

Mini Football Players: Age 8-9 (Must be 8 by 12/1, can't turn 10 prior to 12/1) Unlimited Weight for all positions.

JV Football Players: Age 10-11 years (Must be 10 by 12/1, can't turn 12 prior to 12/1) Unlimited Weight for all positions. ***Age Exception: For organizations that fail to field a Varsity division, JV Football Player can't turn 12 prior to 11/1 or be in the 7th grade *****

Varsity Football Players: Age 12-13 (Must be 12 by 12/1, can't turn 14 prior to 11/1 or be in the 9th grade) Unlimited Weight for all positions.

Note: Regardless of age, 9th graders are ineligible to play in the NOFA league.

Cheerleader Requirements:

Beginner Cheerleaders: Age 6 – 7 Must be 6 by 12/1

Mini Cheerleaders: Age 8 – 9 Must be 8 by 12/1
JV Cheerleaders: Age 10-11 Must be 10 by 12/1

Varsity Cheerleaders: Age 12 - 14 Must be 12 by 12/1 Can't turn 15 prior to 12/1

1. A player/cheerleader must turn 6 years old by December 1st, in order to register in NOFA.

2. The League recognizes a "beginners football team" for the purpose of instructional football 6 & 7 year old children. The score will be recorded at the beginner level to create win/loss records.

3. Players and Cheerleaders will go through a check-in line 1/2 hour prior to the start of each game. A player who has not checked-in prior to the start of the game will be allowed to check- in at the games halftime period. No athlete may be checked-in for the first half of play once team announcements have started. All check-ins will be performed at a designated area decided by the Home Team.

4. Check-In line consists of giving the opposing Statistician and Coach the players Name, their assigned jersey number, a tap on their cup, and showing of their cleats. Each Player must address the opposing Coach and Statistician in the uniform they will be wearing for the game, full uniform is described below.

5. Check-In line for cheerleaders consists of giving the opposing Statistician and Coach the cheerleaders name. Each cheerleader must address the opposing Statistician and Coach in the uniform they will be wearing for the game.

6. A player may not participate or be enrolled in more than one (1) organized football program at any time during the season except for modified football. Players will be deemed ineligible to play for NOFA if they are enrolled to play freshman, Junior Varsity or Varsity football. Players may participate in any other sports activity, such as soccer, basketball, hockey, intramural programs and modified football. Teams found to be in violation will forfeit any game in which the violating player is on a NOFA roster, whether that player played or not. EXCEPTION: Players who join a high school program and quit that program prior to the first scheduled NOFA game will be eligible to join NOFA. The organization who signs up such a player will be responsible to obtain a letter from the high school Coach or Athletic Director stating that the player was released from the high school program and the date that player left the team. This letter will be kept on file for the entire season in order to resolve disputes. Failure to obtain a letter will be cause to rule against the offending organization. Players who move from a community outside of NOFA's sphere of influence into a NOFA district will be deemed eligible to join at that organizations discretion. Junior Varsity and Varsity players may participate as instructors for organizations for the purpose of instructing youth players on proper techniques. No J.V. or Varsity player may knowingly be listed as a Player on any roster for any reason. Any elected official from a NOFA organization or their coaches, who knowingly use ineligible players in any NOFA activity such as practices, scrimmages and regularly scheduled games will be subject to, but not limited to the following penalties: 1) A lifetime ban from all NOFA activities. A Fine may be levied by the NOFA Executive Board and Commissioners.

RULE 5----PRACTICES

1. NOFA has established a minimum of 5 practices before a player will be deemed eligible to play in his first game. For the purposes of establishing eligibility, NOFA considers eligibility to begin the week those players birth certificates are submitted to the NOFA Statistician and NOFA Secretary. During the pre- season a team may consider organized sport practices and games as counting towards eligibility as long as they overlap. When a question of eligibility arises, the NOFA Statistician will have the right to see documentation. Lack of documentation (weekly practice rosters) will result in that player being deemed ineligible and the game will be forfeit.

2. No Organization can start practice prior to the designated start date of the Last Monday in July, or the designated date set by the NOFA Executive Board.

3. All practices must be held at an approved and insured practice site.

4. All practices must be supervised by NOFA Approved Coaches.

5. All practices will adhere to High School Practice Guidelines. The first two (2) days of practice must be non-contact, without the use of protective equipment and mechanical blocking devises. The use of cones, ropes, ladders, step-over dummies, soft hand shields and similar devices as teaching aids is permissible. Helmets may be worn. The next three (3) days provide a transition from the conditioning phase to full contact. During this phase, players are permitted to wear a helmet and shoulder pads. Blocking dummies, sleds and similar devices are permitted. During this phase, player to player tackling drills, team scrimmaging, running full contact plays, etc, are not permitted. The following six (6) days consist of contact practice with full protective equipment and the use of all training devises. Full player to player contact and team scrimmaging is permitted. Interscholastic scrimmages may commence after eleven (5) practices have been completed by the individual player and team. The fine for non-compliance is $25.00/team or squad.

6. All practices will adhere to the proper Hydration Guidelines.

7. All practices will adhere to the NYS Heat Index Guidelines.

8. Football and Cheerleading camps can be held prior to the start of the Official practice date if they are open to all players/cheerleaders within the NOFA boundaries and are approved by the NOFA Executive Board at least one month prior to the scheduled date of the camp.

9. This is to be followed by Football and Cheerleading. There are to be no practices on Saturday or Sunday. The only exception to a Saturday practice is if practice was cancelled due to lightening or heat index. NOFA Secretary must be notified prior to a Saturday practice. All practices occurring after the set start date of practice and prior to school starting practices can be held a maximum of 4 days per week with a maximum of 2 hours per practice. Once school is in session practices can be held a maximum of three days per week with a maximum of 2 hours per practice. The NOFA Youth Varsity level ONLY will be permitted to continue practicing a maximum of 4 days per week with a maximum of 2 hours per practice.

10. Any Organization that does not follow the above practice rules is subject to not be allowed to participate in Playoffs and/or Championship Games and/or CheerZone.

11. If a NOFA organization wishes to implement an INNER-NOFA (controlled) scrimmage at any level prior to the first games of the season, same can ONLY be done by engaging an existing NOFA organization team and same can ONLY be done the Saturday preceding opening day of that year's season. (This controlled scrimmage could count as a practice for preseason tally purposes.)

RULE 6----NOFA BEGINNER DIVISION

1. Present NOFA rules and regulations will apply to Beginner Division. Focus will be on fun, education and discipline.

2. Beginner games will start 2 hours prior to scheduled Mini game.

3. Check-In's are ½ hour prior to scheduled starting time.

4. Games will have 15 - minute quarters with running clock. Time will stop for injury or instructional timeouts. Time will stop when either team calls a timeout. Teams are allowed three (3) timeouts per half for water or substitution purposes. Instructional timeouts will not count towards a team's timeout allotment.

5. The Beginner Half Time – it is 10 minutes. This will accommodate the Cheerleaders halftime routine.

6. The clock will be stopped by an injury.

7. The score will be recorded at the beginner level to create win/loss records. The top two teams will play a beginner level championship game.

8. Penalties called will stop play, (but not the clock) and will be used as an instructional opportunity only with NO deduction in yards. The down should be replayed from the previous spot. Penalties can be declined at the Beginner level of play.

9. Two coaches are allowed on field from each team. Coaches should be a minimum 10 yards from line of scrimmage once the players break the huddle.

10. Instructions end once lines are set and QB cadence begins. Coaches cannot instruct while the play is being run. Coaches are allowed to approach lines to instruct and set lineman prior to the play.

11. Defense- Blitzing will not be allowed. This means Linebackers, Safeties and Cornerbacks in particular. These positions should be a minimum of 5 yards off the line of scrimmage. Defensive lineman cannot line up head on with the center. Defensive lineman must position themselves so that their inside shoulder is outside the "A" gap. (The A gap is defined as the area between the center and the player lined up on either the right or left hand side.) Alignments must be adjusted and corrected prior to the snap.

12. There be no more than a 6 down lineman on defense or it is a penalty

13. Offense- Straight ahead QB sneaks will not be allowed in lieu of the defensive alignment stated in point 10. The QB can carry the ball, although it must be outside the A gap area and not straight ahead. Muffed exchanges between the QB and centers will be blown dead and replayed without consequence. However, continual muffed exchanges will result in loss of down example – after the third muff in a row will result in loss of down.

14. A coin toss will determine initial possession, visiting team will call heads/tails.

15. Three paid Referee's will be assigned to this game. Their role is to keep order and assist in the instruction process while refereeing.

16. 60 Second play clock to get the snap off once the ball is whistled into play. If not, a flag will be thrown and it is a loss of a down. After that, the clock goes to 30 seconds. If not snapped in 30 seconds, another flag will be thrown and a loss of another down. Once the ball is snapped without a flag, it will go back to 60 seconds until the next flag. This is all while still using a running clock.

17. Shotgun snaps at beginner level are live balls, not muffed snaps. No do overs, the ball is live.

18. The punt distance is 30 yards. If you choose to puint in your opponents territory, the ball will be placed on the 20.

RULE 7-----CHECK-INS AND GAME ROSTERS

1. The official check-in for players/cheerleaders is as described in RULE # 4 subsection 3.

2. Each Team Statistician must submit to the opposing Team Statistician a NOFA approved original game roster indicating the players name and jersey number and their NOFA ID number. No player may checked-in or play without a NOFA ID number. The Team Statistician or team representative from both teams must be present any time a player is checked in.

3. The original game roster shall be emailed to the NOFA Statistician, NOFA Football Coordinator and the NOFA Secretary at his/her email address not later than the Sunday at 8pm of the week after the game is played. One copy is to be given to the opposing coach and the home team should retain the second copy. If the Game Roster is received late a maximum $25.00 fine will be levied per league. When an Organization doesn't have access to a scanner – the Game Roster can be sent via picture however, a scanned copy must be received no later than 12pm the next day (Monday) unless it is a Federal Holiday then by 12pm the following day (Tuesday).

4. All rosters must be filled in completely and the NOFA statistician must approve any alterations to the game day roster. Failure to fill in all appropriate spaces will result in that roster being considered an invalid roster. Teams that are consistently in violation run the risk of possible points being deducted from their season ending standing.

5. It shall be the duty of the NOFA Statistician to report at the monthly meeting which team is in violation of the above-mentioned rule. Once a team has been warned the Chairman at his discretion may deduct one point for each subsequent violation.

6. If a player is dropped or quits for any reason, a single line will be drawn through that player's name on the game roster and the word quit must be placed in the appropriate spot on the roster. There is a $25.00 fine per athlete that doesn't follow this. This is per week fine.

7. Coaches have the option of stamping the right backhand of the opposing team during check-in to avoid confusion during the check-in procedure.

8. All players must check-in wearing their complete uniform including helmet, mouth guard, shoulder pads, and player's jersey. The jersey # must coincide with the number appearing on the game day roster. NOTICE - The players must have their game footwear on at the time of check-in.

10. ROSTERS- Inclusion of the Injured reserve clause. Can be on roster but does not count towards minimum or maximum requirements.

*** All rosters for each level of football (beginner, mini, jv, varsity) will be shared with the commissioners prior to the first game and will be re-sent to commissioners when any changes have been made. Rosters must include but not limited to name, date of birth, age and number.

RULE 8-----ACADEMIC ELIGIBILITY

1. The league shall adopt a policy of academic eligibility by which all league participants (football & cheerleading) should be in compliance with their school systems standards. It shall be the responsibility of each individual organization to monitor the eligibility of their own children in conjunction with that child's parents or guardian. The league will issue a standard form; however, each organization may adapt that form or use their own in order to meet their own unique situations.

RULE 9-----GAMES

1. The first game of the schedule and the length of the season shall be established by the scheduling committee subject to approval by the NOFA Executive Board of Directors and Commissioners. Scheduling committee will alternate all NOFA team location home vs. away every other year as best as can be achieved with all determining factors.

Forfeit Rule

If an organization must postpone or cancel a game for any reason you must contact the NOFA Secretary

A) Any team failing to meet a scheduled game will lose that game by forfeit. Commissioners must communicate with the NOFA Secretary by Wednesday prior to Saturday's Game no later than 8pm to notify NOFA that there is Forfeiture and at which Level. If there is not notification of Forfeiture by Wednesday

there will be a $25.00 fine. At Game time – if there is Forfeiture by the Visiting Organization – that Organization will be responsible for paying for the Referee Fees
B) Forfeit all 4 games
C) Reschedule within 1 week with both Commissioners and the NOFA Executive Board in agreement
D) Play on the opposing team's field or another field. If the home team cannot provide a field within the week they automatically forfeit all 4 games or the Level that had the forfeit.
E) Concessions must pay for the Referee's for those games, ex. If you are the home team and you have to go to your opponent's field and they do concessions they must pay for the Referee's. If the home team forfeits or cancels games they must pay the Referee's. The final word of any decision made comes from the NOFA Executive Board.
F) Game rosters shall not be less than 14 eligible players, 3 cheerleaders or more than 35 eligible players/cheerleaders. Commissioners must communicate with the NOFA Football Coordinator & NOFA 1st Vice Chairman by Wednesday prior to Saturday's Game no later than 8pm to notify NOFA that there is Forfeiture and at which Level. If there is not notification of Forfeiture by Wednesday there will be a $25.00 fine. At Game time – if there is Forfeiture by the Visiting Organization – that Organization will be responsible for paying for the Referee Fees.
H) Forfeits are now a 42-0 Loss.
Note: Minimum football roster size is 12 to be eligible for playoff and championship games; however, football rosters of less than 14 will still incur the mandated fine.

2. It shall be the visiting team's responsibility to call the home teams Commissioner and the NOFA Football Coordinator and NOFA 1st Vice Chairman no later than three (3) days prior to a game to eliminate any confusion or conflicts that might arise. Any deviation of the NOFA Schedule must be cleared through the NOFA Football Coordinator.

3. If a visiting team does not show for a home game and has not given a three day notice to the opposing Commissioner, the visiting team shall be responsible to reimburse the home team for the cost of the officials. If the offending team does not reimburse the home team within 30 days, that team shall not receive a ranking at the conclusion of the season and all of the games from the time of the infraction to the end of the season shall be considered forfeit. If the offending team wishes to compete the following season they must have satisfied all of their debt from the previous year.

4. Whenever possible every effort will be made for games to be scheduled for play on Saturday and will begin at 10:00 am and run through until the conclusion of the last game. Each individual franchise will retain the right to schedule their games in accordance with their own field availability. (Ex. If playing Sat. afternoon interferes with high school games that franchise may elect to play their games Fri. night Some teams may elect to play under the lights.) The date of play will be decided at the scheduling meeting and scheduled accordingly. A side note – the Beginner Level will begin two (2) hours prior to the Mini Level Game.

5. Games will be played with the Beginner Division playing first, followed by the Mini Division, Junior Varsity Division and ending with the Varsity Division (youngest to oldest) unless agreed upon by both commissioners. Each game is allotted two hours to play each game – they may end quicker or longer pending on the game. But no time should be shaved off of the allotted game time.

6. All teams will be responsible for providing a numerical roster (Jersey Order) to the announcing booth 1/2 hour prior to the start of the game. This includes the Cheerleaders list in Alphabetical order. The visiting Cheerleaders will be announced followed by the Players, then the home Cheerleaders will be announced followed by the Players. Once Cheerleader/Player Announcements have been made the National Anthem will be played followed by the coin toss. Announcers will refrain from calling the action as it happens so as not to be misconstrued as coaching from the booth. Any team may request through the referee that the announcer discontinue the practice if he feels it unjustly interferes with the game. The referee's decision will be final.

7. Whenever possible the official rules that govern high school (section 6) play shall be used – however, any rules that are placed in the NOFA Rulebook take precedence.

8. Neck tackling is prohibited. Neck tackling shall be defined as any contact above the shoulders, except in close line play. Rules that apply to equipment, field size or length of quarters shall be governed by our own rules and regulations. In the Beginner & Mini Divisions only, the coach is permitted to call time out to confer with his team between the hash marks.

9. No kick-offs or punts will be allowed in the Beginner or Mini age division. The ball shall be put into play at the punting team's 40 (30) yard line whenever a kick-off would normally be made. Teams in possession on fourth down situations may elect to run a play. If they do and fail to make first down yardage the ball will be turned over to the opposing team at the spot of the ball. If the team elects to call for a punt on fourth down the receiving team shall have the ball placed 25 yards from the line of scrimmage, as long as the kicking team is on their side of midfield 50 yard line (40 yard line). Once a team penetrates the defending team's side of the field and elects to punt, the ball will be placed at the receiving team's 25 yard line. All divisions will kick off from their 40 (30) yard line. No punts will be allowed in the Junior Varsity division, however, if a team elects to call for a punt the same rule that applies to the Mini division will be in effect. NOTE: An 80 Yard Clarification – the 80 Yard placements are in parenthesis.

10. During the Mini and JV games when you are opting to punt the ball, you have the same time as a normal down (25 seconds) once the option to punt has been called the clock will stop, the ball will be marked off, and the clock doesn't start again until the snap of the ball on the next possession. Varsity will remain the same.

11. The use of headsets is prohibited anywhere on the field, on the sidelines or in the stands for the purpose of communicating to players or coaches.

12. The use of cellular devices is prohibited from use by all members of the chain crew and anyone on the sidelines. Any coach, person on the sideline, or chain crew caught using a cell phone will be warned and then removed and then will follow the ejection penalty and fines.

13. In the Beginner and Mini Division only, if a safety is scored the ball shall be move to the 50 yd line and awarded to the team that scored the safety.

14. All games must have a minimum of 3 league-approved referees scheduled by the referee organization under contract to NOFA. In the event that only 2 referees show up, those games may be played as long as there is mutual consent by each franchise coach. The NOFA Executive Board will reschedule games suspended due to insufficient number of referees.

15. Any referee may remove a player whom he deems to have an aggravated injury. A team representative on the sideline, for the most part, will decide the extent of an injury. If for any reason a player is removed by medical personnel and treated at the field, the attending medical specialist shall have the final say as to whether that player can re-enter the game. Any player leaving the field by ambulance will not be allowed to re-enter that day's game. Any player who is told to follow up an injury with a visit to his/her doctor must bring a note to their coach indicating when they may resume full contact. All injuries must be reported to the NOFA Secretary on the NOFA Injury Report within 24 hours of injury. All players/cheerleaders must follow the return to play policy.

16. Return to Play after a Concussion: Before an Athlete can return to practice following a concussion, they must have a Doctor's note that states they are able to return to play/cheer. And follow the Progressive Return to activity:

> Step 1: Begin with light aerobic exercise only to increase an athlete's heart rate. This means about 5 to 10 minutes on an exercise bike, walking, or light jogging. No weight lifting at this point.
>
> Step 2: Continue with activities to increase an athlete's heart rate with body or head movement. This includes moderate jogging, brief running, moderate-intensity stationary biking, moderate-intensity weight lifting (reduced time and/or reduced weight from the athlete's typical routine).
>
> Step 3: Add heavy non-contact physical activity, such as sprinting/running high-intensity stationary biking, regular weight lifting routine, non-contact sport-specific drills (in three planes of movement)

Step 4: Athlete may return to practice and full contact in controlled practice.

Step 5: Athlete may return to football/cheer competition.

Remember: The participant's primary role during their youth experience is their education! Their football/cheerleading experience at this level is an entry level experience…we want to keep them involved, their safety comes first!

*** If an athlete obtains an injury other than a concussion, they must have a minimum of 3 practices before participating in a game.
*** All players must participate in a minimum of 4 games to play in the playoffs and championship games.

17. One point shall be awarded for the P.A.T. after a touchdown if the ball is run or kicked successfully. Two points will be awarded for the P.A.T. after a touchdown if the ball is successfully passed and caught in the end zone (ie. It cannot be thrown, then caught and then run into the end zone). The try for the point after will be spotted on the two yard line. Any forward pass past the line of scrimmage is worth 2 points. Any running pass past the line of scrimmage is worth 1 point.

18. All quarters in all divisions (except Beginners – refer to their rules) will operate under a 10 minute stop clock with the official time kept by the officials on the field.

19. If for any reason, a team has to play all of its games away that team will be responsible to pay ½ of the referee's fees.

20. If a Player, Cheerleader, Coach, or member of the Chain Crew is ejected from one game, that Player, Cheerleader, Coach or member of the Chain Crew the Organization will receive a $100.00 fine plus a minimum game suspension of 4 full quarters subsequent to ejection. If a Player, Cheerleader, Coach or member of the Chain Crew is ejected from a second game that Player, Cheerleader, Coach, or member of the Chain Crew will receive a $300.00 fine plus a minimum game suspension of 3 up to season removal based on the ruling of the NOFA Board. If a Player, Cheerleader, Coach or member of the Chain Crew is ejected from a third game that Player, Cheerleader, Coach, or member of the Chain Crew will receive a $500.00 fine plus a minimum game suspension of the remaining season based on the ruling of the NOFA Board. Should an ejection come at the last game of the season – the Organization must pay the fine by the last meeting of the year and will serve the penalty phase the following season. All suspensions are final and not subject to appeal to overturn by the NOFA Board. The hosting Commissioner must request a written incident report from the Head Referee for any ejections, with instruction to send the report to the NOFA Football Coordinator by the Sunday following game day. Note: A Referee must also be asked to sign the team roster providing an explanation to the Head Coach & Commissioner of any warnings given in regards to their Players, Cheerleaders, Coaches, and members of the Chain Crew. If a Player, Cheerleader, Coach, or member of the Chain Crew is ejected that person must remove themselves from the playing field including the bleachers. Any ejected Player must remove their shoulder pads.

21. There will be an uncharged official time out at the 4 minute mark of the 2nd & 4th quarters. At that time one coach may speak with his players in accordance with the rules governing a charged time out. The 2nd and 4th quarter time outs are to be used for substitution purposes only.

22. Alcoholic beverages will not be served or consumed by any NOFA organization, member or spectator of any event that is sponsored by NOFA for its youth. This rule shall be in effect one-half hour prior to the event to one-half hour following the events conclusion. Tobacco products of any kind are also prohibited at youth events. This rule does not apply to adult only functions.

23. The initial block on the line of scrimmage must be above the waist. Blocking below the waist will not be permitted anywhere on the field, including the line of scrimmage.

24. A Red Flag for the Head Coach to be able to have a conference with the Referee to discuss a call. One per half – if you don't use your flag in the first half you lose that flag – it doesn't carry over to the second half of the game. The Conference is to be no longer than 2 minutes. There is to be no shouting – if shouting occurs it is called off immediately. If the Referee feels this is confrontational - the conference can be terminated immediately. Only the Head Coach can enter the field – and only the Head Coach for the side that has thrown the flag. Each Organization must provide their own Red Flag.

25. All Play Rule stating that all players who have attended practice regularly and are not restricted due to health or disciplinary issues shall play a minimum of 6 plays per game. The 6 play minimum shall apply to all season games, including playoff and championship games. Team statistician's report will document that each player on the team roster has played a minimum of 6 plays, and will be reviewed and signed by the head coach after the completion of a game. Each team during each game will assign an individual (statistician) whose primary responsibility is to work with the opposing team (statistician) to assure that all eligible players have met the minimum play standard. These statisticians primary responsibility is to communicate with each other and to communicate with the coaching staff to assure that the standard minimum 6 play rule is met. A written explanation on the Six Play Minimum Statistician Sheet shall be submitted after each game to NOFA and the opposing coach as to why a player did not participate in the minimum number of plays. Example (health, injury or disciplinary issue). NOFA will set a standard fine for each non-compliant occurrence. Parents/Guardians of all players will be notified of this rule prior to each team's first practice. Any league not in compliance would be fined as follows: 1st offense $25.00 fine per player that didn't play the minimum number of plays, 2nd offense $50.00 fine per player that didn't play the minimum number of plays, and 3rd offense $100.00 fine per player that didn't play the minimum number of plays. The format would be the roster with 6 boxes and a line with a reason for not playing. A discussion should be held by the team statisticians prior to the game starting. It must be stipulated that you must go through your League first for any playing time complaints– if a parent doesn't get a resolve the parent can put in a signed written complaint and file it through the NOFA Secretary as always. As always, all NOFA Meetings are closed meetings.

26. Deflation of standard NOFA issue balls will result in as follows:

1st time REFEREE inflicts a 15 yard penalty on the violating team.
2nd time HEAD COACH is removed from game and premises.

*After offense inflicted and remedied herein, that organization is on probation with next offense losing post season eligibility in completion.
**If a head coach is removed a second time, that head coach is done for the season's calendar year from coaching in completion (practices and games).

27. Football: All players at all levels MUST check-in a minimum of 3 games in order to participate in that season year's playoff and championship competitions.

28. MINI LEVEL FOOTBALL: Defensive linemen must position themselves to that their inside shoulder is outside the "A" GAP. Alignments must be adjusted and converted prior to the snap of the ball. Blitzing will be allowed for linebackers, safeties and cornerbacks through the "A" GAP at the snap of the ball as long as they are lined up a minimum of 5 yards from the line of scrimmage. Goal line defense allowed inside 5 yard line. No quarterback sneaks through the "A" GAP. PENALTY: A penalty for an infraction of Rule #28 is a 5 yard penalty from original line of scrimmage

RULE 10-----PLAYING FIELDS

1. Teams applying for admission to NOFA shall have their field inspected by a committee designated by the NOFA Chairman. That committee shall have the authority to approve a playing field. If there is not unanimous agreement, the NOFA Executive Board will make the final determination.

2. Unless otherwise approved, the playing field will be 53 1/2 yards wide and 100 yards long. A 10 yard cushion on all sides of the playing field is recommended for player safety. The entire length of the playing field will be roped

off so that only players, coaches and team statisticians have access to that area. The referee has the right to enforce the cushion and remove Non-essential personnel from that area.

3. All designated playing fields, require an American Flag and the National Anthem or Reciting the Pledge to Flag before every game.
*** All fields require a functional and visible time clock.
*** All game balls must be filled to the specs of the manufacturer. The home team will provide the referees a pump/gauge prior to the start of the game and any time requested during a game.

4. Only Players and Certified Coaches and NOFA Approved personnel will be allowed along the sidelines. All other spectators must observe the game in the area designated behind the cushion. Only those people with NOFA Credentials are allowed to be within the game fields.

5. It shall be the responsibility of the home team to ensure that ambulance service is either at the field or on call for regularly scheduled home games. This arrangement must be filed with the NOFA Secretary prior to the start of the Practice season.

6. The Referees are in charge of all instances on the field and sidelines (from bench to bench) – the Commissioners are in charge of the fans in their stands. However, a Referee can eject a participant after a warning has been issued. Head Coach is to be warned and Commissioner informed.

7. Coaches are only allowed to stand between the two 25 yard marks and they are not allowed on the field, with the exception of the beginner and mini divisions, where coaches are allowed on the field for game instruction.

8. Cheerleaders are to cheer between the 5 yard mark and the 20 yard mark when there is no track for them to cheer on. When there are bleachers only on one side, the cheerleaders are to cheer between the 5 yard mark and the 20 yard mark – should they want the cheerleaders will switch sides to give each a time to shine. This is at the discretion of the Directors.

RULE 11-----PENALTIES & FINES

Note - All penalties other than what has been written are based on a Board Decision. The NOFA Executive Board and Commissioners and/or Directors will review all Penalty phases. This statement will not be inserted after each penalty/fine – however, this is the STANDARD and will apply to each penalty.

1. Any coach who falsifies records, birth certificates or otherwise misrepresents a player's name or age will be punished as follows:

a) The team for which that player is registered shall forfeit all games play that season.
b) The guilty coach shall be disqualified from any further participation in the NOFA activities.
c) The team forfeits the right to any and all monies, equipment, or other embellishments distributed by NOFA.

2. If a player/coach is found to be playing/participating in any illegal manor for an organization; as determined by the Board of Commissioners, the organization will forfeit all games that the illegal player/illegal coach participated in. Illegal manor includes, but is not limited to, falsifying records, birth certificates or otherwise misrepresenting a player's name, address or age. Once the player/coach is found guilty he/she is to be immediately removed from the roster. A guilty coach will be removed from the roster and immediately relinquish his/her duties.

ADDENDUM TO RULE 11 SUBSECTION 2

The penalty phase of this rule will be initiated as follows:

FORMULA FOR ASSESSING POINTS:
5 POINTS FOR A WIN OF 42 POINT DIFFERENTIAL OR BELOW

3 POINTS FOR A WIN OF 43 POINT DIFFERENTIAL OR ABOVE
0 POINTS FOR A LOSS OF 44 POINTS OR LESS

TIE BREAKER RULE FOR PLAYOFFS AND CHAMPIONSHIP GAME COMPETITIONS:

Rule 10 Points

Overall Record

Head To Head

Record Against Common Opponents

Points Common Opponents Scored Against You
(Old rule was points scored against common opponents)

Reason For Change of #5: It will help teams deter running up the score.

ADDENDUM TO PLAYOFFS AND CHAMPIONSHIP GAME COMPETITIONS TIE BREAKER RULE:

1. You will play everyone in your division once and the rest of your games versus the other division. This will ensure everyone plays head to head for tie breaking purposes.

2. Fines issued by the NOFA Statistician must be paid to the NOFA Treasurer at the following NOFA meeting. All fines and monies due to NOFA must be paid before the January meeting or that organization will be ineligible to vote until such monies are paid.

3. Any organization (Commissioner and Director) not in attendance at a NOFA sanctioned meeting (Board Meeting, Mandatory Annual Meeting, CheerZone Competition, Playoff Games, Championship, Etc.) will be assessed a $25.00 fine per violation. Organizations not in attendance must notify the NOFA Secretary prior to the meeting in order to be excused and avoid a fine.

4. Each organization is responsible for supplying volunteers for NOFA sponsored events, such as Playoff, Championship and Cheerzone. A fine of $25 per absent volunteer, per event, will be assessed to the organization. Minor aged volunteers do not fulfill the volunteer requirement. The Volunteer and Event Coordinator will track and report incidents of absenteeism to the Treasurer.

5. If you refuse to play a scheduled game, you will be fined $150 and lose 5 points in standings for this year and next year.

RULE 12-----COACHES

1. No Coach shall be permitted to Coach in more than one Youth Football League at a time without express permission from the NOFA Executive Board.

2. Each Team within each League must have at least one coach from each team/squad shall be trained in an accredited advance First Aid and CPR/AED course by a certified First Aid Trainer. Those certified Coaches must be at every practice and game; therefore, you should really have more than one trained person per team and squad.

3. A coaches meeting will be called, League-wide prior to the start of the season. One coach for each level must represent all teams. The agenda for this meeting will be to discuss rule changes and to establish contacts with the NOFA designated Referees. Other business pertinent to coaching will be discussed at that time. All organizations will be responsible to equally share the expenses this meeting incurs whether or not they are in attendance. The NOFA Executive Board can cancel this meeting if they deem unnecessary.

4. The information required is the Persons First Name, Middle Initial, Last Name, Street Address, City, State, Zip Code, Any Coach, Assistant Coach, Team Statistician and Team Parent(s) not meeting NOFA requirements will be asked to step down from their duties. Leagues that fail to comply with NOFA requests shall forfeit all games.

5. Each Organization's Board Members (Commissioner, Vice-Commissioner, Director, Statistician, Treasurer, Secretary, and (anyone else, on their Board, that comes into contact with the Players/Cheerleaders)), Head Coach, Assistant Coach, Team Parent, Team Statistician will participate in a National Background Check. This must be done prior to any consequential training that is provided (NYSCA or USA Heads Up Football). Currently (2018 Season), the WNYAFA will be paying for this service and each background check through Protect Youth Sports will be good for two seasons. If the WNYAFA decides not to pay for this service other options will be discussed. The background check process can take up to three weeks for results so plan properly.

6. All NOFA Head and Assistant Coaches Football and Cheerleading must have a minimum certification of a NYSCA Coaches Clinic, which is provided by the National Youth Sports Coaches Association. This is to affirm that all Coaches within the NOFA Association have the basic skills and knowledge of being able to deal with the youth in our program in a professional and proper way. Completion of this clinic also protects each and every coach in good standings with a minimum of $1,000,000.00 of liability insurance.

7. All Football Coaches must be certified through USA Football – Heads Up Football Certification. Each Head Coach and Assistant Coach must be re-certified annually prior to be able to coach.

8. All teams within NOFA will be required to supply the NOFA Coordinator of Coaches (Football Coaches), NOFA Coordinator of Cheer Coaches (Cheerleading Coaches) and the NOFA Secretary the following items for all Head Coaches, Assistant Coaches, Team Statisticians, Team Parent(s) prior to the June meeting (remember – you can't get your training started until the approved background check is done and you are a green light status), to be kept in the NOFA records in case there ever is any problem with a coach that should involve NOFA:

A. An Original Copy of the Coaches Application (this form can be kept annually, however if your information changes you must re-file a new form). Application must include all of the same information on the NOFA Coaches/Volunteer Application. An Organization can add more but not have less than the NOFA Application
B. An Original Copy of the Current Year's Code of Conduct – this must be filed annually.
C. A copy of all Coaches current NYSCA Certification Cards.
D. A copy of the Football coaches USA Heads Up Football Certification.
E. See Rule 12 section 5 for the Background Check Requirements.
F. See Rule 12 section 2 for CPR/AED Requirements.

9. Under no circumstance is a Football Coach permitted to become verbally abusive to a Director of Cheerleading and vice versa. If a Football Coach has a problem with a Cheerleader he is to go to the Head Cheerleading Coach to discuss the situation.

10. Each approved NOFA Executive Board Member, Organization Board Member, Coach, Team Parent will receive a NOFA Issued Badge. This badge must be worn at all times on game day. No Badge you will not be allowed to interact with the players/cheerleaders. If you don't have your badge you will be asked to remove yourself from the field (practice or game). Note for safety purposes while at practice your badge must be with you but may be in a pocket so as not to be a hazard for the players/cheerleaders.

11. Ejected coaches will be required to leave the facility immediately for the remainder of the day. This ejection includes the following /next weeks' game(s) (not including a bye or forfeit). NOTE: Each Organization will get one copy of the NFHS Rule Book for Football and one for Cheerleading – they will be paid for by NOFA.

RULE 13-----REFEREE'S

1. NOFA will adopt a policy to prosecute any person known to VERBALLY ABUSE, THREATEN, or PHYSICALLY harm any referee. The offending organization, as identified by the referee, will be required to submit in writing to

NOFA no later than 3 calendar days a full report including the names of the offenders or that organization will forfeit that day's games and all subsequent games until an adequate report is submitted.

2. League penalties for the offender are as follows:

a) Spectators will be barred from the following week's games.
b) Ejected coaches will receive a one game suspension as well as being barred from the facility while those games are being played.
c) Second time offenders will be suspended from any league activity for 1 full year.
d) A third offence will result in permanent suspension from any league activity.

RULE 14 – LIGHTENING RULE

The "UOA" lightning policy has been written to be fair to all games during the course of a Saturday. If we followed the High School Rule assume there are three games on a Saturday - 12:00, 2:00 and 4:00. At 12:30 lightning is spotted and that game is suspended. The skies clear at 1:00 and the "all clear" is given. We may not get the 4:00 game started until 4:30 or 4:45 (Assuming that there is no further lightning or other stoppages). Again, the High School rule is for one game on that site each day - not the 3-4 games scheduled on a youth field. The lightning policy in effect for all games in 2017 (regardless of the league) is as follows: If any official sees lightning then the game that is currently underway is suspended. This is not negotiable. The officials are to remain at the site (preferably in under shelter) until the scheduled tending time of that game. If there is no lightning for thirty (30) minutes prior to the originally scheduled start time for the next game, that game and all subsequent games will be started and played as if there was no occurrence. For example, if there is lightning during the 10:00 game (first game of the day at that site), that game is done. The officials will be paid for that game and, as such, will remain at the field until 11:30 pending the crew chief's decision as to the ability to play the second game at 11:30. If there is no lightning seen after 11:00, the second game, and all subsequent games will be played. If not, we may give a few minutes leeway to start the next game. If any game is cancelled, notify Head Referee as soon as possible. The decision to terminate a game due to lightening will be a consensus of both Commissioners and the Head Referee. The Head Referee will reschedule officials for the make-up game, if necessary. If the lightning stops the final game of the day, that game is suspended and the teams will wait for 30 minutes, putting forth best effort to play the game until completion. The home team will be responsible for paying for all game started on any day. Officials will be paid for each game completed, as well as the game that was stopped. Additionally, the officials who will work the make-up game will be paid a regular game fee for the game (or portion of a game) played.

RULE 15 - GEOGRAPHICAL BOUNDARIES

It shall be the policy of NOFA that each organization must respect the geographical boundaries of each organization as a general rule. All players/cheerleaders must physically reside and/or attend a school district within the geographical boundaries set forth in the NOFA By-Laws, Article 1, Title and Geographical Location. Any athlete registered in the 2018 season that lives outside the geographical boundaries of NOFA will be allowed to continue playing for NOFA. Organizations are prohibited from actively recruiting players in another organizations area. If area high schools blend their high school football teams that are where the Players/Cheerleaders will play.

Guidelines for this rule are:

1. Players already enrolled in another organization prior to Jan 1, 2002 may, at their discretion, elect to remain with that organization.

2. Coaches are strictly forbidden to tamper with another organization established players. (Established players are players already with a league ID number).

3. Disputed players will not be issued a League ID number until the dispute is settled.

4. Disputed players may not practice with either organization.

5. If for any reason an agreement cannot be reached concerning a player's status, the NOFA Executive Board will meet with both Commissioners to hear verbal arguments. The NOFA Chairman and NOFA Statistician will then confer and render a decision as to that player's eligibility. All decisions rendered will be final and binding.

PENALTIES

Coaches/Organizations found to be in violation of other organizations boundaries may be subject to, but not limited to the following penalties:

1. Coaches may be subject to anywhere from a 1 year suspension to a lifetime suspension, depending on the severity of the alleged tampering.

2. Organizations may be fined up to $250.00 per recruiting violation.

3. No penalty will be imposed until the FULL Executive Board and Board of Commissioners have heard the charges and the offending organization have the opportunity to defend them.

4. A majority vote of the Commissioners will determine innocence or guilt.

5. The Commissioners will determine the penalties to be imposed.

6. Commissioners may elect to penalize the coach and not the Organization. NOTE: Organizations wishing to join NOFA must have boundaries established by a school district other than the ones already established by an already existing organization.

RULE 16 – EQUIPMENT

1. Football Cleats will be as follows: Detachable Cleats will be allowed up to ¾" all plastic, no exposed metal on the cleat.

2. There is to be one Standard Football for all Leagues to be used as Game Balls – the choice of Football is to be selected by majority vote of Commissioners prior to the start of each season. The Beginner and Mini Teams will use the K Football, JV = Junior Football, Varsity – Youth Football The Football of Choice is the NIKE Spiral Tech Football Sizes are Beginner = K Football, JV = Junior Football, Varsity = Youth Football. Any League not using the correct Football will be fined. The NOFA Executive Board will select the Footballs to be used each year – based on availability and likeness to the High School Footballs used most. The Football will be decided upon annually.

3. No sticky or slippery substances of any kind are to be used on any part of the uniform.

4. Gloves may be worn however they must comply with the National Federation High School Rule #1, article 2, and section c.

5. It shall be the coach's responsibility to ensure that all players are properly equipped for a game. Proper equipment shall include, but is not limited to: A helmet which meets NOCSAE standards and has at least a double bar face mask, a mouthpiece (must be colored, not clear) shoulder pads with cantilever suspension, jersey, football pants, hip-thigh, tailbone and knee pads, cup or pelvic protector, sneakers or cleats. Additional equipment such as rib vests, neck rolls, forearm pads or sweatshirts or clear face shields will not count against a player. (Water shoes, slippers or any other non- approved football gear is not acceptable for check-in purposes.) Soccer and lacrosse equipment are not approved football gear and will not be allowed on the field.

6. The USA Football Guidelines for Equipment fitting shall be followed.

RULE 17 – GENERAL RULES

1. NOFA has drawn a hard line on swearing at a player, pushing a player, or grabbing a player will not be tolerated. There is no wiggle room in this.

2. THE NOFA BOARD OF GOVERNORS RECOGNIZES THAT AS OF JAN 1, 1999 THIS LEAGUE SHALL BE OFFICIALLY FORMED AND OPERATING FOR THE PURPOSE OF PLAYING YOUTH FOOTBALL AND CHEERLEADING. THE ABOVE MENTIONED RULES WILL BE SUBJECT TO AMMENDMENT OVER THE COURSE OF TIME.
3. All NOFA Teams are split into 2 divisons, which are as follows:

East- Albion, Attica, Batavia, Holley, LeRoy and Tri-town
West-Akron, Barker Roy-Hart, Newfane, Pembroke, OAE

4. You will play everyone in your division once and the rest of your games versus the other division. This will ensure everyone plays head to head for tie breaking purposes.

RULE 18 - TIE BREAKING PROCEDURE

Overtime rules follow the High School Rulebook:

At the coin toss in the center of the field the visiting-team's captain shall be given the privilege of choosing "heads" or "tails" before the coin is tossed. The winner of the toss shall be given his choice of defense or offense first, or of designating the end of the field at which the ball will be put in play for this set of downs. The loser will have his choice of the other options. The referee will indicate the winner of the toss by placing a hand on his shoulder. To indicate which team will go on offense, the referee will have that captain face the goal toward which his team will advance and indicate this with the first-down signal. The other team captain will face the offensive captain with his back toward the goal he will defend.

Each team shall be permitted one time-out during each overtime period (a series for A and a series for B). The team scoring the greater number of points in the overtime shall be declared the winner.

To start the overtime, the offensive team shall put the ball in play, first and goal, on the defensive team's 20-yard line or succeeding spot if carry-over penalty has been administered anywhere between the hash marks. The first offensive team shall have a series of four downs. (1st and 10) That series shall be terminated by any score by the offensive team or if the defensive team has possession of the ball.

If the team on offense scores a touchdown, it is entitled to the opportunity for a try unless the points would not affect the outcome of the game or playoff qualifying. A field-goal attempt is permitted during any down. If the defensive team gains possession, the ball becomes dead immediately and the offensive team's series of downs is ended. After the first team on offense has completed its series of downs, the first team on defense will become the offensive team with the ball in its possession at the same 20-yard line anywhere between the hash marks. The same end of the field will be used for possessions by both teams during the two sets of downs to ensure equal game conditions and conserve time.

If the score remains tied after each team has been given one series of downs in an overtime period, then the procedure shall be repeated with other overtime periods until a game winner is determined. In this case, there shall be an intermission of two minutes. At the subsequent meeting of team captains, the loser of the overtime coin toss will be given first choice of the options. If additional overtime periods are required, then first options will be alternated with no coin toss.

The offensive team shall be awarded a new series of downs when any one of the following occurs: a. Offensive team recovers a scrimmage kick (field-goal attempt) between the goal lines after it has been touched first by the defensive team beyond the neutral zone. b. Defensive team is guilty of roughing the kicker, place-kick holder, snapper or passer. If the defensive team scores a safety or touchdown, the game is ended.

RULE 19 – CHEERLEADING STUNTING GUIDELINES

Beginner Rules:

BEGINNER TUMBLING

1. All tumbling must begin and land on the performance surface.
2. Dive forward rolls are not allowed.
3. Tumblers may not be holding signs, props, poms or be in contact with any other athlete while tumbling.
4. Tumblers may not perform skills over or under any athlete or prop.
5. Any airborne tumbling may only be performed on a cheerleading mat.
6. Tumbling must never be performed on wet grass.
7. Only tumbling skills that are executed properly and safely may be performed.
8. No twisting skills may be performed at this level; exception: roundoffs are legal.
9. The only legal tumbling at this level is forward and backward rolls, cartwheels and roundoffs unless the athlete has had formal tumbling/gymnastics instruction and can independently and proficiently perform more advanced skills.

BEGINNER STUNTING

1. Stunts are only permitted at prep level or below. A thigh stand and straddle/teddy bear sit is considered waist level.
No front spot is needed for a teddy bear sit
2. Stunts at this level must have at least one base and a back spot. The back spot will have contact with the spotter from the load into the stunt all the way through until the flyer has at least one foot on the performing surface.
3. Single leg stunts may only be performed below waist level. A knee stand will be considered below waist level and will be a legal level for a single leg skill. These stunts must have at least one back spot. The back spot will have contact with the spotter from the load into the stunt all the way through until the flyer has at least one foot on the performing surface.
4. Shoulder sits are allowed with one back spot.

BEGINNER RELEASES AND TRANSITIONS

1. Releases are not allowed
2. Inversions are not allowed.
3. Tosses are not allowed.
4. Moving stunts are not allowed.
5. Rotating stunts are only allowed at waist level with a back spot and a front contact spotter or non-contact is not allowed.

BEGINNER DISMOUNTS

1. From any legal beginner level stunt, the only allowed dismount is a step off that is guided to the performing surface by the back spot or a sponge down.
2. In all dismounts, the back spot will assist in slowing the momentum of the flyer before making contact with the mat/grass.
3. Flyers shall remain vertical through the entire dismount.
1. Any time a non contact spotter is used, that spotter may only be watching a single mount.
Example: A team performs three simultaneous shoulder stands - there MUST be three non contact spotters used, one per mount, if front spotters are not used.
2. Anytime a non contact spotter is required, that spotter must be in place PRIOR to the initiation of the skill and remain in place until the skill is dismounted or transitioned to a different skill that does not have a non contact spotter requirement.
3. A back spot must maintain eye contact with the head/neck/shoulder area and serve to protect this area through the entirety of any stunt
4. Contact spotters may not place hand underneath sole of flyer's foot.

BEGINNER PYRAMIDS

1. Stunts may connect to make a pyramid by using hand/hand or hand/arm connection
2. Only stunts legal in this section may be used in a pyramid structure.
3. Hand/foot connection (ex. hitch) is not allowed at this level.
4. Pyramid structures may not move.
5. Bracers must disconnect prior to dismounting from stunts.
6. Bracers may not provide primary support to flyers.
7. Any single leg stunt may not be in direct connection with another single leg stunt.

BEGINNER SPOTTERS

1. Any time a non contact spotter is used, that spotter may only be watching a single mount.
2. A team performs three simultaneous shoulder stands - there MUST be three non contact spotters used, one per mount, if front spotters are not used.
3. Anytime a non contact spotter is required, that spotter must be in place PRIOR to the initiation of the skill and remain in place until the skill is dismounted or transitioned to a different skill that does not have a non contact spotter requirement.
4. A back spot must maintain eye contact with the head/neck/shoulder area and serve to protect this area through the entirety of any stunt.
5. Contact spotters may not place hand underneath sole of flyer's foot.

Mini Rules:

MINI TUMBLING

1. All tumbling must begin and land on the performance surface.
2. Dive forward rolls are not allowed.
3. Tumblers may not be holding signs, props, poms or be in contact with any other athlete while tumbling.
4. Tumblers may not perform skills over or under any athlete or prop.
5. Any airborne tumbling may only be performed on a cheerleading mat.
6. Tumbling must never be performed on wet grass.
7. Only tumbling skills that are executed properly and safely may be performed.
8. No twisting skills may be performed at this level; exception: roundoffs are legal.
9. The only legal tumbling at this level is forward and backward rolls, cartwheels and roundoffs unless the athlete has had formal tumbling/gymnastics instruction and can independently and proficiently perform more advanced skills.

MINI STUNTS

1. Stunts are permitted at prep level and below
2. Stunts at this level must have at least two bases, a back spot and a front spot. The back spot will have contact with the spotter from the load into the stunt all the way through until the flyer has at least one foot on the performing surface.
3. Single leg stunts may only be performed at prep level or below.
4. These stunts must have at least one back spot and one front spot. The back spot will have contact with the spotter from the load into the stunt all the way through until the flyer has at least one foot on the performing surface.
5. Teddy/straddle sits are allowed at prep level.
    *Clarification - the seat of the flyer must not be higher than the heads of the bases.
    *These stunts may rotate but must not move.
    * Must have two bases and one back spot who is located at the seat of the flyer.

MINI RELEASES AND TRANSITIONS

1. Releases are allowed. It must be a straight ride toss with no tricks.
2. Inversions are not allowed.
3. Moving stunts are allowed below prep level only and flyer must have both feet in bases hands prior to initiating movement.
4. Rotating stunts are only allowed at prep level with a back spot and a front contact spotter or non contact spotter.

5. 1/4 turn entry into stunts at prep level and below may be used.

MINI DISMOUNTS

1. Cradle dismounts are allowed at this level.
2. For two legged stunts, a pop or sweep initiation to cradle may be used.

Mini Rules

3. For single leg stunts, only a sweep initiation to cradle may be used.
4. In all dismounts, the back spot will assist in slowing the momentum of the flyer before making contact with the mat/grass.
5. Flyers shall remain vertical through entire dismount.

MINI SPOTTERS

1. Any time a non contact spotter is used, that spotter may only be watching a single mount.
2. A team performs three simultaneous shoulder stands - there MUST be three non contact spotters used, one per mount, if front spotters are not used.
3. Anytime a non contact spotter is required, that spotter must be in place PRIOR to the initiation of the skill and remain in place until the skill is dismounted or transitioned to a different skill that does not have a non contact spotter requirement.
4. A back spot must maintain eye contact with the head/neck/shoulder area and serve to protect this area through the entirety of any stunt.
5. Contact spotters may not place hand underneath sole of flyer's foot.

MINI PYRAMIDS

1. Stunts may connect to make a pyramid by using hand/hand or hand/arm connection only.
2. Only stunts legal at this level may be used in a pyramid structure.
3. Hand/foot connection (ex. hitch) is allowed at this level.
4. Pyramid structures may not move.
5. Bracers must disconnect prior to dismounting from stunts.
6. Bracers may not provide primary support to flyers.
7. Single leg stunts at waist level may be braced by other single leg stunts at waist level or below.
    a. All flyers for this pyramid structure may only perform liberty body position.
    b. Each flyer must have their own back spot.

JV Rules

JV Tumbling

No restrictions.

Stunts

1. Spotters:
    a. A spotter is required for each top person above prep level.
    b. Single based stunts with multiple top persons require a separate spotter for each top person.
2. Stunts – General:
    a. During transitions, at least one base must remain in contact with the top person. Exception: See Release Moves
    b. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid, individual or prop.
    c. This pertains to an athlete's torso/head moving over or under the torso/head of another athlete; not the arms or legs.
    d. A top person may not pass over or under the torso/head of another top person regardless if the stunt or pyramid is separate or not.
3. Stunts – Levels:
    a. Single leg extended stunts are allowed.
    b. Extended single leg stunts may not brace or be braced by any other extended stunts.

4. Stunts – Twisting:
    a. Up to 1 twist allowed.
    b. Full twist transitions must land and originate from prep level or below.
    c. May does not exceed a ½ twist to and from an extended position.
5. Stunts - Release Moves:
    a. Release moves must:
        1. Start at waist level or below.
        2. Land at prep level or below.
    b. Release moves must not:
        1. Pass through or land inverted.
        2. Release from inverted to non-inverted.
        3. Pass above extended arm level of the bases (not the back spot).
6. If distance is greater than the length of the top person's legs must follow Toss or Dismount rule
    a. Come in contact with other top persons in separate release moves.
7. Release moves that land in a non-upright position must have:
    a. 3 catchers for a multi-based stunt
    b. 2 catchers for a single-based stunt.
8. Skills performed during the release move are restricted to:
    a. A single skill/trick.
    b. 0 twists.
9. Log/barrel rolls:
    a. Up to 1 twist.
    b. Must land in a cradle, or flat and horizontal, body position. i.e. Flat back or prone
    c. Must have two catchers for single-based log rolls. Multi-based log rolls must have 3 catchers.
10. Helicopters are not allowed.
11. Stunts-Inversions:
    a. Inversion Levels:
        1. No inverted stunts above shoulder level except multi-based suspended rolls.
    b. Multi-based suspended rolls must:
        1. Roll to a cradle, load in position, flat body prep level stunt or the performing surface
        2. Have both hands of the top person connected to separate hands of the base(s)
12. Twisting Inversions:
    a. Up to 1 twist to prep level and below.
    b. Up to a ½ twist to extended level.
    c. Multi-based suspended forward rolls:
        1. Up to 1 twist allowed.
        2. That exceed a ½ twist must land in cradle.
    d. Multi-based suspended backward rolls may not twist.
13. Downward Inversions:
    a. Downward inversions are allowed at waist level and must:
        1. Have two catchers in contact with the waist to shoulder region.
        2. Maintain contact with an original base.
        3. Not pass through prep level and then become inverted below prep level.
        4. Not come in contact with other downward inversions.

<u>JV Pyramids:</u>

1. Pyramids – General:
    a. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid, individual or prop. This pertains to an athlete's torso/head moving over or under the t torso/head of another athlete; not the arms or legs.
    b. A top person may not pass over or under the torso/head of another top person regardless if the stunt or pyramid is separate or not.
    c. Extended single leg stunts may not brace or be braced by any other extended stunts.
2. Pyramids – Twisting:
    a. Twisting TO extended is allowed up to 1 twist

1. Must be connected to a bracer at prep level or below and a base.
2. The connection to the bracer must be hand/arm to hand/arm.
3. The connection to the bracer must remain the same and stay connected throughout the entire transition.

3. Pyramids – Inversions:
a. Must follow Stunt Inversion rules.
b. A top person may pass through an inverted position if:
1. Top person remains in contact with a base(s) that is in direct weight bearing contact with the performing surface and a bracer at prep level or below.
2. The base that remains in contact with the top person may extend their arms during the transition, if the skill starts and ends in a position at prep level or below.
3. The connection to the bracer must remain the same and stay connected throughout the entire transition

4. Pyramids - Release Moves:
a. Anytime a top person is released by the bases during a pyramid transition and does not adhere to the following rules,
b. The top person must land in a cradle or dismount to the performing surface and follow the dismount rules.
c. During a pyramid transition, a top person may pass above 2 persons high and perform:
1. Level 3 Stunt Release skills or Dismounts if:
1a. Connected to one bracer at prep level or below.
d. Up to 1 twist if:
1. Connected to two bracers at prep level or below with arm/arm connections.
e. Non-Twisting/Non-Inverted Release Moves if:
1. Connected to two different bracers at prep level or below.
2. Connected to one bracer by hand/arm-to-hand/arm.
3. Connected to a second bracer by hand/arm-to-hand/arm or hand/arm-to-foot/lower-leg (below knee).
4. Braced on two separate sides (i.e. right side-left side, left side -back side, etc.) by two different bracers.
5. Braced on 2 of the 4 sides of the top person (front, back, right, left).
f. Contact must be maintained with the same bracer(s) until contact is made with a base on the performing surface (This does not include the uniform or hair).
g. These release transitions may not involve changing bases.
h. These transitions must be caught by 2 catchers (minimum of one catcher and one spotter).
1. Both catchers must be stationary.
2. Both catchers must maintain visual contact with the top person throughout the entire transition.
i. Release moves may not be braced/connected to top persons above prep level.
j. Pyramid transitions may not involve inversions while released from the bases.

JV Dismounts:

1. Dismounts – General:
a. Up to 1 trick allowed during a dismount from any two-leg stunt.
b. Up to 1-¼ twists are allowed from any two-leg stunt.
c. Any dismount from prep level and above involving a skill/trick (i.e. twist, toe touch) must be caught in a cradle.
d. Dismounts from an inverted position are not allowed.
e. Dismounts to Cradle
2. Up to 1¼ twists are allowed from any two-leg stunts (does not include platform position).
3. Only basic straight cradles and ¼ twist cradles are allowed from any single leg stunt.
4. When cradling single based stunts with multiple top persons:
a. 2 catchers must catch each top person.
b. Catchers and bases must be stationary prior to the initiation of the dismount.
c. Dismounts to the Performance Surface

5. Only straight pop downs from any single leg stunt allowed.
6. Only straight pop downs from any prep level or higher two-leg stunt allowed.
7. Up to one trick allowed from any waist level two-leg stunt allowed.

Tosses:
1. Up to 1 trick allowed (may not exceed 1¼ twist). Clarification: An 'arch' is not a trick.
Exception: A Ball-X toss is allowed.
2. During a twisting toss, no skill other than the twist is allowed.

Varsity Rules:

Varsity Tumbling:
No restrictions.

Varsity Stunts:
1. Spotters:
    a. A spotter is required for each top person above prep level.
    b. Single based stunts with multiple top persons require a separate spotter for each top person.
2. Stunts- General:
    a. During transitions, at least one base must remain in contact with the top person. Exception: See Release Moves
    b. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid, individual or prop. This pertains to an athlete's torso/head moving over or under the torso/head of another athlete; not the arms or legs.
        Exception: An individual may move under a stunt, or a stunt may move over an individual.
3. Stunts – Levels:
    a. Single leg extended stunts are allowed.
    b. Extended single leg top persons may not connect to any other extended single leg top person.
4. Stunts – Twisting:
    a. Up to 1½ twist allowed.
    b. Twisting TO an extended position is allowed but:
        1. Must not exceed a ½ twist.
        2. If exceeds ½ and up to 1 twist must land in a two-leg stunt, platform position or a liberty (Nobody positions)
        3. Clarification: An extended platform position and a liberty, must be visibly held prior to hitting a single leg body position variation.
5. Stunts - Release Moves:
    a. Release moves must not:
        1. Pass through or land inverted.
        2. Pass above extended arm level of the bases (not the back spot)
    b. If distance is greater than the length of the top person's legs must follow Toss or Dismount rules
    c. Come in contact with other top persons in separate release moves.
    d. Release moves that land extended must:
        1. Start at waist level or below.
        2. Not twist or flip.
    e. Release moves from extended may not twist.
    f. Release moves that land in a non-upright position must have:
        1. 3 catchers for a multi-based stunt
        2. 2 catchers for a single-based stunt.
    g. Release moves from inverted to non-inverted must:
        1. Be inverted at the bottom of the dip.
        2. Not twist.
        3. Have a spot if landing at prep level or higher.
    h. Helicopters are allowed with:
        1. Up to 180-degrees rotation

2. 0 Twists

3. Caught by 3 catchers, one of which is positioned at head and shoulder area of the top person.

6.Stunts-Inversions:

a. Inversion Levels:

1.Extended Inverted Stunts allowed.

b. Downward Inversions must have:

1. 3 catchers

**Exception: Downward inversions that do not pass above waist level do not require 3 catchers.

c. Two of the catchers must be in contact with the waist to shoulder region.

d. Maintain contact with an original base.

**Exception: Side rotating downward inversions, such as cartwheel-style, may lose contact with the top person when it becomes necessary to do so.

e. Not come in contact with other downward inversions.

f. Downward inversions are allowed at prep level and below and must:

1. Not pass above prep level and then become inverted below prep level.

g. Two leg "Pancake" stunts:

1. Must start at shoulder level or below

2. Allowed to immediately pass through the extended position during the skill.

3. May not stop or land inverted.

h. A controlled lowering of an extended inverted stunt (example: handstand) to shoulder level is allowed if initiated from an extended inverted stunt (does not include passing thru extended)

Pyramids - General

1. No stunt or pyramid may move over or under another stunt, pyramid or prop.

This pertains to an athlete's torso/head moving over or under the torso/head of another athlete; not the arms or legs.

2. A top person may not invert over or under the torso/head of another top person regardless if the stunt or pyramid is separate or not.

3. An individual may move under a stunt, or a stunt may move over an individual.

4. Extended single leg stunts may not be braced by any other single leg extended stunts.

5. Pyramids – Twisting:

a. Twisting TO and FROM extended is allowed up to 1½ twists

b. Must be connected to a bracer at prep level or below.

c. A connection to the bracer must remain throughout the entire transition.

6. Pyramids-Inversions:

a. Must follow L4 Stunt Inversion rules.

7. Pyramids - Release Moves:

a. During a pyramid transition, a top person may pass above 2 persons high and perform:

1. Up to 1½ twists

2. Non-Inverted Release skills

3. Non-Inverted Release moves that change bases if:

b. Catchers are not involved with any other skill or choreography when the transition is initiated.

c. Connected to one bracer at prep level or below.

d. Contact must be maintained with the same bracer(s) until contact is made with a base on the performing surface. (This does not include the uniform or hair).

e. A top person may travel over another top person while connected to that top person at prep level or below.

f. Must be caught by at least 2 catchers (minimum of one catcher and one spotter).

g. Both catchers must be stationary.

h. Both catchers must maintain visual contact with the top person throughout the entire t transition.

I. Release moves may not be braced/connected to top persons above prep level.

8. Pyramids - Release Moves w/Braced Inversions (including braced flips)

a. Are allowed if:

1. Contact is maintained with two bracers at prep level or below.

2. Contact is maintained with the same bracers until contact is made with a base on the performing surface. (This does not include the uniform or hair).

b. Braced on 2 separate sides (i.e. right side-left side, left side -back side, etc.) by 2 different bracers.

c. Braced on 2 of the 4 sides of the top person (front, back, right, left).

d. Up to 1-¼ flipping rotations, 0 twists.

e. Not involving changing bases.

f. In continuous movement.

g. Caught by 3 catchers.

**Exception: Braced flips that land in an upright position at prep level or above must have a minimum of one catcher and two spotters.

h. All required catchers/spotters must be stationary

I. All required catchers/spotters must maintain visual contact with the top person throughout the entire transition.

j. The required catchers/spotters may not be involved with any other skill or choreography when the transition is initiated.

k. Not traveling downward while inverted.

l. Not in contact with other stunt/pyramid release moves.

m. Not braced/connected to top persons above prep level.

Dismounts – General:

1. Up to 2 tricks allowed during a dismount
2. Up to 2¼ twists allowed from any two-leg stunt.
3. Up to 1¼ twists allowed from a platform position.
4. Up to 1¼ twists allowed from any single leg stunt.
5. Dismounts from an inverted position may not twist.
6. Dismounts to Cradles:

a. A cradle from a two-leg stunt that exceeds 1¼ and up to 2¼ twists, no skill other than the twist is allowed.

b. When cradling single based stunts with multiple top persons:

1. 2 catchers must catch each top person.
2. Catchers and bases must be stationary prior to the initiation of the dismount.

Tosses:

1. Up to 2 tricks allowed.
2. Up to 2¼ twists allowed.

RULE 20 – CHEERLEADING ELIGIBILITY

1. A cheerleader may participate in both NOFA cheer and School Cheer, as long as the cheerleader is age eligible, regardless of school grade. Cheerleaders may participate in any other sports programs including Flips, Greater Buffalo or any other gymnastic gyms. Squads found to be in violation will forfeit NOFA CheerZone.

2. High School level cheerleaders may help each organization or may use this time for their community service hours.

RULE 21 – CHEERLEADING COACHES

1. An annual Coaches meeting will be called by NOFA prior to the start of the season. All teams shall be represented by their respective Cheerleading Directors and at least one Coach from each team. The agenda for this meeting will be to discuss the rule changes and other business pertaining to cheerleading at that time. All organizations will be

responsible for information given and share in any expenses these meetings incur whether or not they are in attendance.

2. Each league will have their Cheerleading Director attend the NOFA Monthly Meeting. If the Coordinator cannot attend they must send another representative or a fine of $25.00 will be levied.

3. Any cheerleader coach who is removed from any NOFA activity because of unsportsmanlike conduct shall have a fine levied against the team of no less than $25.00. If removed two times during the season, they shall be deemed ineligible for the remainder of the season.

4. Any coach who falsifies records, birth certificates or otherwise misrepresents a Cheerleader name or age will be punished in as follows:

*The team for which the cheerleader is registered shall forfeit CheerZone.
*The coach will be disqualified from any participation in NOFA.
*The squad forfeits the right to any and all monies distributed by NOFA

5. No coach will be permitted to coach in more than one youth football or Cheerleading league at a time without expressed permission from NOFA Board and Cheer Coordinator.

RULE 22 – CHEERLEADING GENERAL RULES

1. There is no moving of cheerleaders – all cheerleaders are to cheer with their appropriate age group.

2. All cheerleaders must comply with the NOFA Rules.

3. In the case where a particular League can't field a football team at a certain level, the Cheerleaders for that particular team can sideline cheer at a different level. However, regarding Cheer Zone, they must compete at their original level. If the next season the League fields all teams, the Cheerleaders must cheer at the correct age level, unless an exception as outlined above is in place.

4. Absolutely NO jewelry is to present at practices, games, competition, or while in uniform! No nose, brow, ear or belly rings allowed.

5. No loose glitter is allowed however any hairspray glitter or approved cheerleading glitter facial decals or stickers (like the type you can get from Razzle Dazzle) can be used.

6. Fingernails should not extend past end of finger. If done so at Cheer Zone a 0.5 deduction will be applied to the final score on both the Dance Routine and Team Cheer.

7. If eyeglasses should be worn, they must have the back tie wrap. If the back tie strap is not worn, a 0.5 deduction will be applied to the final score on both the Dance Routine and Team Cheer.

8. Anyone interested and wanting to participate in cheerleading that doesn't turn 15 prior to 12/1 is allowed to cheer , even if they are participating in a JV or Varsity Football Cheerleading Program.

9. Mascots / water carriers will only be allowed on the sidelines. They can't perform in the halftime performance, they can't stunt, and they can't compete in the NOFA CheerZone or any other competition.

10. Any squad may not sign up additional cheerleaders to their roster after September 15th – unless their Roster goes below 4 Active Players. Active players will be defined as any player holding a line on the game roster not marked "QUIT."

11. Cheer sneakers are required for game days as well as competition. If a cheerleader does not have on cheer sneakers at CheerZone a .5 point deduction will be applied to the final score on both dance and cheer routine.

12. No nail polish is to be worn to practices, games and competition. At CheerZone a .5 point deduction will be applied to the final core on both dance and cheer routines.

13. All hair needs to be pulled back and off shoulders for competition. At CheerZone a .5 point deduction will be applied to the final score on both dance and cheer routines.

RULE 23 – CHEERLEADING COMPETING

1. All squads must participate in the NOFA competition CheerZone, and attendance will be taken prior to the competition. This is mandatory with no exceptions. This is inclusive of the Mandatory Fundraiser for CheerZone.

2. All squads have the ability and shall be able to compete at other cheerleading functions outside of NOFA's competition as long as it does not conflict with any NOFA games, practices, competitions, or functions!!!! NOFA COMES FIRST!

3. NOFA CheerZone competitions will not be the responsibility of any one league, all leagues will split responsibility and participation equally or they will be subject to a fine levied by the NOFA Board and Cheer Coordinator. NOFA Executive Board will run CheerZone.

4. The CheerZone event schedule and coordination is subject to change annually, at the discretion of the NOFA Cheer Coordinator and the NOFA Board.

5. Divisions for CheerZone:

The divisions would be set as follows, this covers all age groups.

Div 1: 4 largest per submitted rosters – Top Four Squads
Div 2: Next 4 largest groups per submitted roster – Next Four Squads
Div 3: Final 3 remaining groups – Next Three Squads

- Ø In the case that the squads have equal numbers, the previous years CheerZone finish will determine who moves to the upper division. For example there are two squads of 35 in division 1, the next 2 largest squads each have 25. The squad that finished higher in the previous years CheerZone would move up to Div 1.

6. Cheer sneakers are required for game days as well as competition. If a cheerleader does not have on cheer sneakers at CheerZone a .5 point deduction will be applied to the final score on both dance and cheer routine.

7. No nail polish is to be worn to practices, games and competition. At CheerZone a .5 point deduction will be applied to the final core on both dance and cheer routines.

8. All hair needs to be pulled back and off shoulders for competition. At CheerZone a .5 point deduction will be applied to the final score on both dance and cheer routines.

9. There will be a meeting with Cheer Directors and Judges prior to CheerZone.

10. All score sheets will be reviewed by a judge or NOFA board member before the runner takes them to be tallied. This is to ensure they are filled out completely.

11. Any cheerleading team who performs an illegal stunt at Cheerzone will automatically receive last place in their designated division for that performance, regardless of the total score.

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