

Thurston County Youth Football League (TCYFL)



HANDBOOK

(Updated Policies/Guidelines/Rules for TCYFL)

Last updated 10/20/2025

T.C.Y.F.L. HANDBOOK TABLE OF CONTENTS

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TCYFL MISSION STATEMENT

The Thurston County Youth Football League is a non-profit organization that has the sole purpose of providing youth football and cheerleading in Thurston County and South Sound areas for youth between the ages of 5 and 14. We are dedicated to providing the best coaching, equipment, playing facilities, and competition for all who participate in this league. Though this is a competitive league, safety and sportsmanship shall never give way to competition.

OUR GOALS

Instill and promote the character values:

- Respect - For yourself, opponents, officials, spectators, and the game
 - Responsibility - Accountable for one's own actions
 - Integrity - Truthfulness and following through with commitments
 - Servant Leadership - Putting the team goals before personal accomplishments and inspiring others to do the same
 - Sportsmanship - Fair play
 - Develop skills in football and cheerleading
 - Minimize the number of participants per coach
 - Develop team spirit
 - Promote health in mind and body
 - Encourage fun and enjoyment
-
- The TCYFL Board reserves the right to refuse service at any time. Any actions by a coach, player, parent, spectator, referee, or any other individual participating in a TCYFL event or season, may be removed if their actions are perceived to be in conflict with the Mission Statement of TCYFL.

LEVELS OF COMPETITION

Competition levels are separated by age of the participant on July 31st of the current year and are as follows:

- Flag Football - K - 1st Grade (Must be 5 years old on or before 7/31, max age of 6 on 4/30 of current year)
- Minors - 2nd and 3rd Grade (Max Age of 8 on 4/30 of current year)
- Major Junior Varsity - 4th and 5th Grade (Max Age of 10 on 4/30 of current year)
- Major Varsity - 6th Grade (Max Age of 12 on 7/31 of current year)
- Senior Junior Varsity - 7th Grade (Max Age of 13 on 7/31 of current year)
- Senior Varsity - 8th Grade (Max Age of 14 if attending 8th grade in the current year)

TCYFL BOARD MEMBER ROLES/RESPONSIBILITIES

As per Washington State Law, any nonprofit organization must have a board of directors. TCYFL has a minimum of three (3) and a maximum of twenty (20) board members. At minimum, it will consist of a President, Secretary, Treasurer and one (or more) Vice Presidents.

BOARD OF DIRECTOR ROLES:

PRESIDENT

1. Ensures TCYFL has a clear vision, is well organized, is staffed with competent officers, and is progressing toward its overall goals based on the TCYFL Mission Statement.
2. He/she is responsible for making sure board members are executing their duties as outlined below. If the president has a concern about a board member, he/she will bring it to the board for discussion/vote, after a private discussion with the president (and another board member, if needed), unless he/she feels it is urgent in nature or a private discussion is not possible.
3. Works with the Secretary to facilitate and lead meetings, ensures that time is allowed for documentation during meetings.
4. Member of executive board
5. Is a signer on the TCYFL bank account
6. Any other duties as outlined in the TCYFL bylaws

SECRETARY

1. Schedules, prepares (provides agenda), records, and takes attendance at TCYFL Board meetings.
2. Ensures quorum is present for business to occur. A quorum is the minimum number of members of a group that must be present at any meeting, to ensure that enough voices are heard for the decisions made during that meeting to be valid (50% of the board must be present).
3. Ensures the Board uses an effective process for meetings, decision-making, League communications (email, etc.) and that all motions are stated correctly, seconded and recorded appropriately.
4. Ensures all critical documents are organized, safely stored, and readily accessible to other board members and staff leadership
5. Keeps board/FHC/FCC/FCs contact list up to date
6. In charge of ordering board polos/gear for new members, as needed
7. In charge of updating the handbook when rules are approved and sent to the website coordinator for publishing.
8. Member of executive board
9. Any other duties as outlined in the TCYFL bylaws

TREASURER

1. Works closely with the League's accountant and oversees financial controls including taxes, payments, etc.
2. Responsible for TCYFL's financial performance.
3. He/she shall deposit all monies, checks and other credits to the TCYFL account.
4. He/she shall sign all receipts and vouchers for payments made to and all vouchers and checks made by the league jointly with such other officers as may be designated by the executive board.
5. He/she shall report total monies in account at each board meeting and report expenses paid and due from franchises.
6. Works with an accountant to file with the secretary of state yearly.
7. Member of executive board.
8. Any other duties as outlined in the TCYFL bylaws

VICE PRESIDENT OF FOOTBALL

1. Works with Franchise Head Coaches to ensure rules are followed and ensures the TCYFL President is kept updated with concerns/complaints/problems/etc.
2. Reports to board re: concerns with football program/coaches/players/parents
3. Can be part of subcommittees to deal with concerns regarding football player/coach/parent behavior
4. Deals with complaints from parents/coaches/players that are specific to the football program
5. Responsible for planning events like camps, fundraising, championship and all star football
6. Member of executive board
7. Any other duties as outlined in the TCYFL bylaws

VICE PRESIDENT OF CHEERLEADING

1. Works with Franchise Head Cheer Coaches to ensure rules are followed and ensures the TCYFL President is kept updated with concerns/complaints/problems/etc.
2. Reports to board re: concerns with cheer program/coaches/players/parents
3. Deals with complaints from parents/coaches/players that are specific to the cheer program
4. Can be part of subcommittees to deal with concerns regarding player/coach/parent behavior
5. Plans events like camp, fundraising, competition and showcase for cheerleading
6. Works with certification to make sure cheer volunteers/coaches have passed background checks
7. Creates and presents cheerleading certification classes
8. Member of executive board
9. Any other duties as outlined in the TCYFL bylaws

VICE PRESIDENT OF FLAG FOOTBALL

1. Works with Franchise Head Coaches to ensure rules are followed and ensures the TCYFL President is kept updated with concerns/complaints/problems/etc.
2. Reports to board re: concerns with flag football program/coaches/players/parents

3. Can be part of subcommittees to deal with concerns regarding flag football player/coach/parent behavior
4. Deals with complaints from parents/coaches/players that are specific to the flag football program
5. Responsible for managing flag uniform and ordering.
6. Responsible for flag rules update
7. Any other duties as outlined in the TCYFL bylaws

VICE PRESIDENT OF FLAG CHEERLEADING

1. Works with Franchise Head Cheer Coaches to ensure rules are followed and ensures the TCYFL President is kept updated with concerns/ complaints/ problems/etc.
2. Reports to board re: concerns with flag cheerleading program/coaches/players/parents
3. Can be part of subcommittees to deal with concerns regarding flag cheerleading player/coach/parent behavior
4. Deals with complaints from parents/coaches/players that are specific to the flag cheer program
5. Responsible for flag cheer rules update
6. Any other duties as outlined in the TCYFL bylaws

DIRECTOR OF FIELD PROCUREMENT

1. Secures and manages field availability.
2. Addresses field concerns before/during/after use.
3. Ensures billing is directed to the treasurer for timely payment

DIRECTOR OF GAMEDAY OPERATIONS

1. Ensures game day operation runs smoothly at each site
2. Personnel is in place, and critical functions such as field marshal, announcers, timers, etc. are covered.
3. Responsible for acquiring the required insurance coverage for the League and its participants.
4. Responsible for educating the franchises about insurance procedures.
5. Responsible for making sure the secretary has a copy of all insurance documents.
6. Responsible for Jamboree and championship weekend coordination

DIRECTOR OF RULES

1. Responsible for evaluating, updating, and enforcing the League rules.
2. Responsible for calling Protests and Disciplinary Committees.

DIRECTOR OF SCHEDULING

1. Game scheduling, including conference/division structures, and a clear playoff system.
2. Expected to have schedules out in a timely fashion.

DIRECTOR OF CERTIFICATION/COORDINATORS

1. Responsible for researching, accumulating, and distributing a handbook of best management practices of operating a franchise to the Franchise Head Coaches.
2. Updates and presents football certification classes and presents all volunteers/coaches with badges at the start of the season.

DIRECTOR OF OFFICIALS

1. Responsible for coordinating with the Officials scheduler to ensure that all games have officials; responsible for scheduling officials' clinics prior to the season; investigates complaints concerning league officials.

DIRECTOR OF REGISTRATION

1. Registers participants, produces rosters, verifies eligibility, and manages the registration database.
2. Works with FHCs and FCCs regarding waivers based on waiver rules for season

DIRECTOR OF MARKETING/WEBSITE COORDINATION

1. Responsible for advertising, league visibility, public image, and media relations
2. Responsible for producing and maintaining the TCYFL website.
3. Assists with registration as needed

DIRECTOR OF WAREHOUSE/EQUIPMENT

1. Responsible for purchasing, maintaining, and storing League equipment.
2. Follows up with board and FHCs about missing gear and bills accordingly

WAREHOUSE ASSISTANT

1. Three (3) assistants may be brought in as voting board members to assist warehouse director of warehouse/equipment.

EXECUTIVE BOARD/COMMITTEE

1. Consists of the President, Secretary, Treasurer, VP of Football, and VP of Cheerleading.
2. Extension of the board of directors, acting as their eyes/ears when the board can't meet.
3. Recommended to be an odd number of people to ensure a majority vote.
4. Make decisions between board meetings, resolving urgent matters, and being accountable to the board of directors.
5. Decision making between board meetings will need to be addressed at the following scheduled board meeting and can be overturned with majority vote of board members.
6. Any other duties as outlined in the TCYFL bylaws

OTHER BOARD RULES:

1. The Board will meet throughout the year to conduct league business.
2. The Board will have one meeting to review rules/policies/code of conduct to ensure that notes are up to date.
3. Board members are expected to volunteer and be present at league events, including but not limited to:
 - a. Jamboree
 - b. Cheer Showcase
 - c. Championship Sunday
 - d. League gear check in/check out
 - e. Fun Fair (or other local events that represent TCYFL)
4. Board decisions will be approved by a simple majority of those present.
5. Only those board members present may vote.
6. Each board member has one (1) vote, regardless of the number of board positions held.
7. If a board member cannot attend a meeting, but wishes to participate in the discussion, an informal affidavit can be submitted to the board for discussion.
8. Board members may abstain when a vote from a specific board member represents a conflict of interest. That board member may state the conflict of interest and it will not be counted against the number of total votes
9. Voting majority
 - a. Majority Vote: More than 50% voted in favor.
 - b. Super Majority Vote: More than 2/3 voted in favor.
10. New board members must be elected by a majority vote of the total number of board members.
11. Open board positions will be offered to current board members before being open to the public.
12. The President and the Secretary are the only board positions that cannot hold more than one board position at a time.
13. All board positions are volunteer.
14. There are no term limits to any board position.
15. The board will attempt to avoid having more than three people from a "Home Franchise" on the board at one time.
16. "Home Franchise" applies to the team a board member's child is on or if they coach/hold a position within one franchise.
17. The board will not have two members who are married or partnered to maintain vote integrity.

BOARD MEMBER ATTENDANCE/REMOVAL OF BOARD MEMBERS

1. Regular attendance is essential to keep members current on concerns and issues facing the board, and to ensure that decisions reflect the opinions of the board as a whole.
2. If a board member is absent three (3) meetings in a row may forfeit their position on the board, if the absences are deemed "unexcused" by the executive committee.

3. If a board member has six (6) absences within one year they will forfeit their position on the board.
4. Board positions forfeited due to attendance will need to be approved by the board to be reinstated.
5. All absences, barring extreme emergencies, must be reported to the Secretary prior to the start of the meeting.
6. Board members can be removed from the board by a super-majority (2/3 votes), with or without cause.
7. Executive board may suspend a member until the board can meet for a board meeting, this must be a majority executive board vote.
8. Possible reasons for removal from the board include (but are not limited to): poor attendance, not fulfilling objectives, not fulfilling responsibilities of their position, creating an unsafe work environment, or acting in contrary with the goals and mission of the league.
9. If a board member has a concern about another board member, he/she may bring it to the board for discussion/vote.

SCHOLARSHIPS:

1. Each franchise will receive two (2) scholarships to be used for any football/cheer registration as they see fit.
2. Franchise Head Coaches (FHCs) receive one (1) scholarship to be used for any football/cheer registration they see fit. Can be used for their own student athlete or another athlete inside or outside their home franchise.
3. Board members receive two (2) scholarships to be used for any football/cheer registrations they see fit. Can be used for their own student athlete or another inside or outside of their home franchise. Board members also receive one (1) scholarship for their own student athlete cheerleader in addition to board scholarships.
4. FHCs who are also board members will not receive an additional FHC scholarship in addition to their two (2) awarded two their franchise.

TCYFL VOLUNTEER ROLES/RESPONSIBILITIES

The Thurston County Youth Football League (TCYFL) works toward achieving its mission through dedicated volunteers and committed parents and players. The children in our communities benefit immensely from having safe, responsible, and reliable role models in their lives, and volunteering with the TCYFL is a great way to get involved and make a difference.

Every volunteer must submit to and pass a thorough, secure background screening by the National Center for Safety Initiatives, LLC (NCSI), and attend, and participate in various training and certification courses. The safety of TCYFL participants is our priority.

If you are interested in volunteering, visit our Volunteer Information page to learn more. Please note that the cost of the NCSI background screening is \$23.00, and must be paid in full by the volunteer at the time of registration.

WHO HAS TO REGISTER?

All volunteers who will or intend to interact with participants and/or will need game and practice field access. Roles that require registration include, but are not limited to:

- Board Members
- Franchise Head Coach (FHC)
- Franchise Coordinator (FC)
- Franchise Head Cheer Coach (FCC)
- Head/Assistant Coach (Football)
- Head/Assistant Coach (Cheerleading)
- Photographer
- Coach in Training (CIT)
- Volunteer

See **“REGISTRATION CHAPTER”** for information regarding:

- How to Register
- Coach Certification
- Coaches/Coordinators Team Communication
- Volunteer Background Checks

VOLUNTEER RESPONSIBILITIES:

FRANCHISE HEAD COACH (FHC)

- League appointed head of a franchise
- Ultimately responsible for everything that happens with both the football and cheer programs
- Attends league and franchise board meetings
- In charge of making sure franchise gear check out and check in dates are scheduled through the league
- Reviews waiver requests (incoming and outgoing)
- Addresses questions/comments/concerns with parents/guardians that cannot be answered by FC or FCC.

- Ensures jersey order is ready on time
- Oversees team splits, if applicable
- Works with HS football program, if possible
- Appoints other board positions within franchise:
 - Franchise Coordinator (FC) - See duties below
 - Franchise Head Cheer Coach (FCC) - See duties below
 - Head Football Coaches - See duties below
 - Other recommended positions (but not required):
 - Assistant Franchise Head Coach
 - Treasurer
 - Team Parent Coordinator
 - Responsible for making sure that all Team Parents (one per team) get the forms that are necessary for franchise activities (fundraising, photos, etc.). Relays any information from the Team Parent to the Franchise Coordinator or Franchise Head Coach, as appropriate.
 - Fanwear Coordinator
 - Responsible for working with vendors to get fanwear available for football and cheer programs. Works with vendors to get the franchise the best available deal (cost, variety, timeliness, etc.) Responsible for delivering fanwear to the Team Parent Coordinator for distribution to Team Parents when fanwear is delivered.
 - Equipment Manager
 - Responsible for ascertaining the equipment needs of the football program and supplying the necessary equipment to each team prior to the beginning of each season. Will pack, and deliver, coaches equipment bags to each team, including helmet and shoulder pad repair pieces. In charge of the franchise tackling dummies, sled, shields, etc. Will also have the franchise equipment trailer at each practice, or find an individual that will do so.
 - Player Safety Coach
 - Responsible for administering baseline concussion tests for each player and cheerleader in the franchise.
 - Will work with each team at least one day in the first week of practice to show safe tackling techniques.
 - Responsible for ensuring that each first aid kit is fully stocked and will deliver one to each head coach and the Franchise Cheer Coach prior to the beginning of the season.

FRANCHISE COORDINATOR (FC)

- FHC appointed position in the franchise
- Responsible for coordinating all of the activities within the franchise.
- Includes photographs
- Concessions, if applicable
- End of year party
- Fundraising events
- In charge of social media updates, webpage updates, etc
- Works with FCC to manage finances, if a treasurer isn't elected
 - It is recommended to have a separate franchise board member as treasurer
- Another point of contact to address questions/comments/concerns with parents/guardians

FRANCHISE HEAD CHEER COACH (FCC)

- FHC appointed position in the franchise
- Responsible for running the cheer program for their franchise.
- Responsible for keeping the cheer program in alignment with the league's rules and franchise goals.
- Responsible for completing league cheerleading certification, ensures all assistant coaches have their certification as well.
- Appointing assistant coaches/CITs for their team
- Appointing a team parent, if applicable
- Scheduling practices for games/showcase
- Responsible for communication and addressing questions/comments/concerns with parents/guardians of cheerleaders.
- Must be present at every franchise sponsored event, includes but not limited to:
 - League/Franchise gear checkout/check in
 - Franchise end-of-year celebrations
 - Camps, etc.
 - If FCC is unable to attend, an assistant coach must go in their place
- Responsible for end-of-year recognition awards
- Team bonding throughout the season
- Establishes cheers to be learned, approves halftime dances, etc.
- Assigns cheerleaders to attend football games and work with HS cheer program, if possible
- Responsible for the cheer portion at the end of year party
- Works closes with FHC to ensure collaborative environment between football and cheer
- If cheer program has separate finances, the cheer program will be responsible for:
 - Financing end-of-year party
 - Financing gifts for SV cheerleaders
 - Ensuring FHC and Franchise Treasurer have access to bank accounts for league liability reasons
- If cheer program finances are NOT separate, the football program will be responsible for the above.

HEAD COACH (FOOTBALL)

- FHC appointed position in the franchise
- Responsible for completing league coaching certification and ensures assistant coaches have their certification as well
- Appointing assistant coaches/CITs for their team
- Appointing a team parent
- Scheduling practices
- Ensures all equipment issued is returned at the end of the year
- Must be present at every franchise sponsored event, includes but not limited to:
 - League/Franchise gear checkout/check in
 - Franchise end-of-year celebrations
 - Camps, etc.
 - If head coach is unable to attend, an assistant coach must go in their place
- Responsible for end-of-year recognition awards
- Team bonding throughout the season
- Communication with parents about team events that are not handled by the team parent.

ASSISTANT COACH (FOOTBALL/CHEERLEADING)

- Appointed by Team Head Coach (football) or FCC (cheer)
- Responsible to be at practices/games unless excused by Head Coach or FCC

- Helpful to head coach in training and preparing student athletes for games/scrimmages/showcase etc.

PHOTOGRAPHER

- FHC appointed position in the franchise
- Responsible for taking game day pictures of all players from the sideline.
- May have a football photographer and cheerleading photographer on the sideline at one time, but never more than 2 photographers during a game. See rules for more information on photographers in the “FIELD MARSHAL” chapter of this handbook

COACH IN TRAINING (CIT)

- A coach between 14-18 (between 9th-12th grade) responsible for assisting the head coach/assistant coaches
- May earn volunteer hours for high school while a CIT
- May help direct student athletes, but is never directly responsible for coaching
- May only coach with an approved head coach/assistant coach over the age of 18 year old (21 years old if flag team)

GENERAL VOLUNTEER

- Parent volunteers are helpful to work with parent coordinator or franchise coordinators in relaying information/paperwork/orders to teams
- Are helpful in holding down markers (chain-gang) during games, as appointed by head coach
- Are helpful in running clocks for games, as appointed and trained by head coaches

FIELD MARSHALL (see FIELD MARSHAL CHAPTER)

Organization Chart of Leadership in TCYFL

See chart to view structure of organization and the relationships and relative ranks of its parts and positions.



TCYFL FIELD MARSHAL DUTIES

GENERAL DUTIES

It is recommended that each team has an assigned field marshal and clock operator prior to game day. Field Marshal is responsible for the oversight of all field operations on game day. To report game day rule violations, please send an email to the TCYFL Director of Rules.

- Supervise proper field set-up.
- Monitor game clock and scoreboard operations.
- Direct teams on where to warm up.
- Assist referees, as requested, in the event of field or rule disputes.
- Monitor player, coach, and spectator activities to ensure all adhere to the governing school district field use policies.

SUPPLIES

The Field Marshal shall have the following items on hand or available digitally at each game:

- TCYFL rules.
- List of contacts and emergency numbers for the Director of Officials, the Director of Gameday Operations, and facility site managers.
- The Field Marshal badge.
- Team rosters with weights and jersey numbers.
- Incident report forms.

PRE-GAME DUTIES

- Site should be close to the field, protected from rain, outside of end zones, or on the track. Site should not be in the scorer's booth.
- Should be able to see the playing field and the whole facility, scoreboard, and clock.
- Prior to each game, ensure someone is assigned to run the scoreboard and clock.
- Check for proper operation of scoreboard and clock.
- Ensure the person(s) running the scoreboard and clock know how to operate them and understand the official clock management rules.
- Inspect the field for play.
- All necessary equipment accounted for, down box marker, 10-yard chain-set, goal post padding, goal markers, sideline yard markers, benches, and water if available.
- All nonessential equipment is moved to a safe distance away from the playing field.
- Greet each team and referees
- Remind them of TCYFL-specific rules regarding time-outs per half (2), the Mercy Rule (running clock if ahead by 21 points in the second half; if gap closes, clock will return to normal), and the overtime procedure in playoff games (Kansas City Tie-Breaker from the 10-yard line; maximum of 3 rounds).
- Checking/verifying all badges of sideline volunteer participants (coaches/coordinators/photographers/etc)

DURING THE GAME

- The referees usually are not educated about TCYFL-specific rules including weight limits, time outs, etc.
- Any football-related judgment call by the referees is final.
- Different fields have different viewing areas.
- Spectators and any non-badged individual must stay off of the field, sidelines, and surrounding track at all times, including un-registered dependants of field marshall.
- The use or possession of tobacco/smoking, vapes, alcohol, illegal drugs, or weapons at any TCYFL event (practices, games, etc.) and/or on school property is strictly prohibited by TCYFL.
- All non-service pets are prohibited, including emotional support animals.
- Water is the only beverage allowed on any field.
- During game play, badged photographers must remain at least 6 feet from the sideline at all times, and are restricted from the coaches box. They should stay on their team's sideline.
- Only one photographer per team allowed within the inside and outside edge of the running track surrounding the playing field.
- Field lights operation.

AFTER THE GAME

- The following must be reported to the TCYFL Director of Game Day Operations.
 - E-mail any incident report Saturday night or Sunday at the latest.
 - Email the final scores Saturday night or Sunday at the latest.
 - Return the Field Marshal badge, if applicable

GAME DAY RESPONSIBILITIES

The home team is responsible for providing a field marshal for the game following their own. If you are the first team to play on the field, you need to provide the field marshal for your game AND the game following your own.

The visiting team is responsible for staffing the chain responsibilities. This will require three people who all must be over the age of 18. Children under the age of 18 cannot be on the field unless they are a participant for insurance reasons. The visiting team is also responsible for providing a time keeper for the game following their own. The time keeper needs to go right to the booth after their game so the start of the next game is not delayed. They will have to miss any team huddle.

The head coach is responsible for making sure these positions are filled. If the responsibilities are not fulfilled, the head coach is held accountable and is given a "strike" in the league and suspended for the next week's game. A coach is allowed three "strikes" and then they are no longer allowed to coach with the TCYFL.

TCYFL CODE OF CONDUCT POLICY

PLAYER CODE OF CONDUCT

- Play safe. Tell your coach if you are injured. Make sure all of your gear fits and is in good condition. If you are unsure, ask your coach. If you are thirsty, get water.
- Work hard every minute of practice and in games. Let your example be a role model for other players. After or before practice don't be afraid to ask your coach what you can do to improve.
- Pay attention to your coaches. They are there for you.
- Show respect for your teammates by cheering for them and helping them as much as possible. Don't tease them or make fun of them.
- Encourage fair play. Always play by the rules.
- Show respect for everyone in the program, especially the referees and the opposing team.
- Never ever give up. Even if your team loses, know that you have always done your best.
- When you wear your jersey off the field, remember that you are representing your entire team by the way you behave.
- Play for fun.
- Put the team ahead of yourself in every situation.
- As a player, you shall:
 - Emphasize the ideals of sportsmanship, ethical conduct, and fair play.
 - Show courtesy to your opponents and officials.
 - Recognizing athletic contests are serious educational endeavors.
 - Give complete allegiance to my coaches who are the instructional authority for your team.
 - Discourage fans, fellow players, and parents from undercutting my coaches' authority.
- You shall not:
 - Use profanity or talk "trash" before, during, or after any game.
 - Use drugs, alcohol, or tobacco.
 - Criticize your teammates.
 - Act in any way that may incite spectators.
- Players who cannot abide by this code of conduct will be asked to sit out of the remainder of the game/practice. See VIOLATION for more information.

PARENT/GUARDIAN/SPECTATOR CODE OF CONDUCT

- Children participate in TCYFL activities for their own fun. They are not here to entertain you; they are not miniature professional athletes, and this is not a farm club for future professional athletes.
- Encourage fair play. Always play by the rules.
- Be supportive, i.e. be sure your child attends practices, is on time and attends all games.
- Parents should role model respect for everyone in the program, especially the referees and the opposing team. Wait until after the game or practice before approaching the coach with questions or concerns.
- Recognize the value and importance of your child's coach or coaches. They are volunteers who donated a tremendous amount of time and effort to make this a positive experience for your child. Please maintain respect for these volunteers at all times.
- At games, make sure your comments are positive, or please make no comment at all. Parents and spectators are required to be in the stands at all times. Only authorized TCYFL-certified coaches are allowed on the field. This includes practice fields. Applaud good plays and efforts

by the opposing team, as well as your team. NEVER ridicule or scold a child for making a mistake during a game.

- Spectators and any non-badged individual must stay off of the field, sidelines, and surrounding track at all times, including un-registered dependants of field marshall.
- The use or possession of tobacco/smoking, vapes, alcohol, illegal drugs, or weapons at any TCYFL event (practices, games, etc.) and/or on school property is strictly prohibited by TCYFL.
- All non-service pets are prohibited, including emotional support animals.
- Respect the decisions of the referees - even if you disagree with them. In our minor division we use volunteers for referees; please respect them.
 - Please remember that as a parent, you are a role model - do not use profane language or harass referees or players.
- As a parent/guardian/spectator, you shall:
 - Support your child's/ward's team/squad and teach the value of commitment to the team/squad, emphasizing the ideals of sportsmanship, ethical conduct, and fair play.
 - Help your child/ward and American Youth Football make athletic contests a positive educational experience.
 - Show courtesy to opponents and officials.
 - Direct constructive criticism of your child's/ward's athletic program, to the athletic director or association officials, and work toward a positive result for all concerned.
 - Condemn unsportsmanlike conduct in any way, shape, or form.
 - Accept decisions of the game officials (including referees and coaches) on the field as being fair and that they were called to the best ability of said officials.
- As a parent/guardian/spectator, you shall not:
 - Criticize officials, direct abuse or profane language toward them, or otherwise subvert their authority.
 - Intrude onto the field, stand on the sideline, or yell from the bleachers at or to the coaches, referees, or administration.
 - Criticize your players team OR the opposing team, its players, coaches, volunteers, or fans by word of mouth or gesture.
 - Use physical or verbal abuse or profane language at any time at the game, practice field, or other TCYFL functions.
 - Be under the influence of or in possession of and/or drinking alcoholic beverages and the possession or use of any illegal substance on both the game and practice fields.
 - Express complaints about coaches in stands or to coaches in front of or around the children (e.g. right after a game or practice).
- Parents/guardians/spectators who cannot abide by this code of conduct will be asked to leave the field, see VIOLATION for more information.

VIOLATION

Any player/cheerleader/participant who violates the code of conduct risks further participation in the program. The procedure is as follows:

- First offense: Participant shall receive a warning
- Second offense: Suspension for 1-2 games
- Third offense: Expulsion from TCYFL without financial reimbursement

An FHC may request a removal of a player from their franchise due to conduct issues. The Director of Rules will form a subcommittee to include the Director of Rules, VP of the program the participant is in and a third board member of the Director of Rules choosing. A decision will be made to confirm the

removal of the participant and the parent and FHC will be notified of the outcome. The parent may petition the full board at the next board meeting.

Depending on the severity of the incident, the board of directors may decide to ban future participation in the program for up to three years.

Any parent/guardian/fan/spectator who violates the code of conduct risks the further participation of the child in the program. The procedure is as follows:

- Any fan who violates the code of conduct or becomes a nuisance will be asked to leave by the head coach and can be suspended from all team activities.
- If the fan fails to leave upon request, the child may be suspended from further participation in team activities by the head coach.
- The head coach, along with the executive board, will decide if the duration of the suspension is to be longer than one to four weeks, or if the child will be dropped from the program. That decision will depend on the attitude of the parents.
- Any parent or fan who violates the code of conduct risks the future participation of his/her children in the program. Depending on the severity of the incident, the board of directors may decide to ban future participation in the program for up to three years.

COACH CODE OF CONDUCT

- I will place the emotional and physical well-being of my players ahead of my personal desire to win.
- I will treat each child as an individual, remembering the large range of emotional and physical development for the same age group.
- I will provide a safe playing situation for my players.
- I will lead by example in demonstrating fair play and sportsmanship to all my players.
- I will avoid coaching styles that humiliate and degrade self-esteem.
- I will be knowledgeable of the rules and techniques of my sport and I will teach these to my players.
- I will remember that I am a youth sports coach and that the game is for children and not adults.
- I will respect league officials and volunteers and follow TCYFL rules.
- I will coach for the love of the game and the love of the athlete.
- I will reward effort and behavior and not the outcome.
- I will keep the game simple and fun.
- I will put the needs of the team ahead of any individual.
- I will lead by character and by example.
- I will come to practice looking like a coach.
- I will remember the 8-play minimum and make sure each player gets their playing time.

Coaches are responsible for the actions of their teams while in uniform, both on and off the field, while engaged in TCYFL activities. Any report of misconduct of a participant(s) that is not considered in the best interest of the TCYFL is to be forwarded, in writing, to the TCYFL Board of Directors. The Board of directors will give the matter immediate attention to resolve the matter. A decision will be made within one week of the incident, and the offending participant(s) will be advised of the decision and consequences.

REGISTRATION POLICY

It shall be the purpose of this policy, and the intent of the guidelines, to provide a comprehensive structure for the registration process. TCYFL endeavors to make the process clear, precise, and fair so as to allow as many participants as is reasonable without creating an undue burden on the league registrar, equipment directors, or franchise head coaches and coordinators.

REGISTRATION REQUIREMENTS FOR ELIGIBILITY

1. All participants shall have their registrations complete prior to participation in a league event.
 - a. Registration fees, birth certificates for all participants, signed participant waivers, read and sign the "Head Injury and Concussion" parent and player awareness form (new law requirement with no exceptions), and a league weight obtained according to league rules are requirements.
2. If the requirements are not met, the participant will be considered ineligible to participate in a league game until the registration requirements are met in full.
3. Using an ineligible participant will be grounds for a protest and any game that an ineligible participant participated in may be forfeited.
4. Sanctions will be imposed on a coach found to have used an ineligible participant during a game:
 - a. First offense - 1-week suspension from practices and events.
 - b. Second offense - 10-year non-appealable suspension from the league.
 - c. Sanctions are cumulative throughout the career of the coach.

EARLY REGISTRATION

1. The period considered as early registration will be determined by the TCYFL Board and shall not begin prior to March 15 of the current year nor end after June 1 of the current year.
2. The registration process shall begin with the activation of online registration.
 - a. TCYFL only accepts online applications via our registration website.
 - b. Computer access is made available during gear checkout times.
3. Online registration will be activated no later than April 1 of the current year.

GENERAL REGISTRATION

1. Will open no later than April 1 and close July 15. The intent of a mid July date is to provide the equipment directors enough time to order necessary equipment so the participants will be ready for practice on August 1. It will also allow the franchises an opportunity to know how many teams, and therefore how many coaches are going to be required for the upcoming season.
2. No participant in possession of equipment from any prior year will be allowed to register until either the equipment is returned, or payment is made to cover the costs of replacement.
3. No participant with monies owed to the league or franchise from any prior year will be allowed to register until payment is made for the outstanding debt.

LATE REGISTRATION

1. Any registration after the close of general registration must meet the following criteria and is subject to a late fee:
 - a. Late registration will be open from July 15 thru July 31.
 - i. Late registration adds an additional \$50 per participant
 - b. No registration will be accepted after July 31
 - i. Exception: Unless the team is under 17 players.
 - ii. Exception: Military families that have PCS'd will accept families until Jamboree.
 - iii. This is not allowed if the team has split before the mandatory 34-player split.
2. To be officially registered with the TCYFL and be eligible to participate in any TCYFL activity you must meet all the registration requirements:
 - a. You must have a registration on file and be paid in full.
 - b. You must have had your age verified. This is accomplished by turning in a copy of your birth certificate if you have not in a prior season. All birth certificates must renew in 2023
3. All football participants must have an official weight on record.
 - a. Prior to Jamboree, official weights are gathered during gear checkout.
 - b. In order to participate in TCYFL games, a player must have an official game weight as recorded in Rule SR-4.
4. All equipment from the prior season(s) must be turned in and any money owed to the league must be paid in full.

WAIVERS/CONSENTS SIGNED BY PARENTS/GUARDIANS AT REGISTRATION:

PARTICIPATION CONSENT:

I, the parent/guardian of the participant, do hereby give my consent and approval for my child/ward to participate, and further assert that I have verified with my child/ward's physician, and in my opinion, my child/ward is physically fit and can participate without limitation in any and all Local, Regional, National, League, Conference, Association and team/squad activities, including transportation to and from the activities by a licensed driver, and including out-of-state travel if necessary. I acknowledge that I understand the potential dangers of participation in any sport and I fully understand that participation in football, cheerleading, dance, and/or step may result in serious injuries, paralysis, permanent disability, and/or death. Furthermore, I fully acknowledge and understand that protective equipment does not prevent all participant injuries. I understand that the registered activities will require my child/ward to engage in vigorous physical activity. I understand that participation in sports may cause injuries. I agree that in the event my child/ward is disabled, injured, or incurs a disease of temporary or permanent nature, I will waive all claims or liabilities against the Thurston County Youth Football League (TCYFL, league). I hereby certify and take full responsibility that my child/ward's age and address provided in this registration form are correct and meet the requirements of the league.

EQUIPMENT/UNIFORM RESPONSIBILITY

I assume full responsibility for any and all equipment/uniforms loaned to my child/ward and I agree to promptly return, upon request, the uniform and other equipment in as good condition as when received except for normal wear and tear. If I fail to adhere to this policy, I will be responsible for and promptly pay the replacement cost of such equipment.

WAIVER AND RELEASE OF LIABILITY - MINOR

In consideration of the participant, my child/ward, being allowed to participate in the American Youth Football, American Youth Cheer, Regional/National Championships, and/or the football and or cheer programs of Thurston County Youth Football League, the Local Organization, which is a legally distinct organization and is not operated or controlled by American Youth Football, despite its membership with American Youth Football, Inc., the undersigned acknowledges and agrees that:

The risks of injury and illness (ex: communicable diseases such as MRSA, influenza, and COVID-19) to my child/ward from the activities involved in these programs are significant, including the potential for permanent disability and death, and while particular rules, equipment, and personal discipline may reduce these risks, the risks of serious injury and illness do exist; and,

The risk of injury to my child/ward from the activities involved in these programs is significant, including the potential for permanent disability and death, and while particular rules, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and,

FOR MYSELF, SPOUSE, AND CHILD/WARD, I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my child's/ward's participation; and,

I willingly agree to comply with the program's stated and customary terms and conditions for participation. If I observe any unusual significant concern in my child's/ward's readiness for participation and/or in the program itself, I will remove my child/ward from participation and bring such attention to the nearest official immediately; and,

I myself, my spouse, my child/ward, and on behalf of my/our heirs, assigns, personal representatives, and next of kin, HEREBY RELEASE THE other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of premises used to conduct the event ("Releasees"), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property incident to my child's/ward's involvement or participation in these programs, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, to the fullest extent permitted by law.

I, for myself, my spouse, my child/ward, and on behalf of my/our heirs, assigns, personal representatives, and next of kin, HEREBY INDEMNIFY AND HOLD HARMLESS all the above releases from any and all liabilities incident to my involvement or participation in these programs, EVEN IF ARISING FROM THEIR NEGLIGENCE to the fullest extent permitted by law.

MILD TRAUMATIC BRAIN INJURY (MTBI)/CONCUSSION ANNUAL STATEMENT AND
ACKNOWLEDGEMENT FORM

I, the parent/guardian of the participant, my child/ward, have discussed with my child/ward that they have chosen to participate in a sport where injuries may occur and we understand that it is their responsibility to report all of their injuries and illnesses or suspected injuries and illnesses to the organization's staff, including but not limited to: coaches, team physicians, and athletic training staff. I/We further understand and recognize that my child/ward's health and safety are of utmost importance and, without disclosing all injuries and or illnesses, it cannot be properly determined if you are in the physical condition necessary to participate. I/We understand that I must provide a full and accurate medical history including any symptoms, health complaints, and any prior injuries and/or disabilities I have experienced before, during, or after athletic activities.

By signing below, I acknowledge:

- My organization has provided me with specific educational materials including the CDC Concussion fact sheet (link below) on what a concussion is and has given me an opportunity to ask questions. Fact sheets are different for Parents, Coaches, and Players.
- I/We acknowledge that I/we have read the fact sheet on the CDC Website for Parents and Players.
- I/we have fully disclosed to the staff any prior medical conditions and will also disclose any future conditions.
- There is a possibility that participation in sports may result in a head injury and/or concussion. In rare cases, these concussions can cause permanent brain damage and even death.
- A concussion is a brain injury, which I am responsible for reporting to the team physician, athletic trainer, coach, parent volunteer, or official.
- A concussion can affect the ability to perform everyday activities, and affect reaction time, balance, sleep, and classroom performance.
- Some of the symptoms of concussion may be noticed right away while other symptoms can show up hours or days after the injury.
- If I suspect a teammate has a concussion, I am responsible for reporting the injury to the staff.
- I will not return to play in a game or practice if I have received a blow to the head or body that results in a concussion or related symptoms.
- I will not return to play in a game or practice until my symptoms have resolved AND I have written clearance to do so from a qualified healthcare professional.
- Following a concussion, the brain needs time to heal, and you are much more likely to have a repeat concussion or further damage if you return to play before your symptoms resolve.
- Based on the incidence of concussion, as published by the CDC, football, and cheer, among other sports, have been identified as high risk for concussion.

Please see "TCYFL INJURY POLICY" and "CONCUSSION GUIDELINES" chapters for more information.

HELMET WAIVER:

I/We acknowledge and understand the risks involved in my CHILD/WARD, by playing FOOTBALL, which is a collision sport; The National Operating Committee on Standards for Athletic Equipment (NOCSAE) has adopted the following warning to be read by and signed by, both the parent/guardian and participant:

"DO NOT USE THIS HELMET TO BUTT, RAM, OR SPEAR AN OPPOSING PLAYER. THIS IS IN VIOLATION OF FOOTBALL RULES AND CAN RESULT IN SEVERE HEAD, BRAIN, OR NECK INJURY, PARALYSIS OR DEATH, AND POSSIBLE INJURY TO YOUR OPPONENT. THERE IS A RISK THAT THESE INJURIES MAY ALSO OCCUR AS A RESULT OF ACCIDENTAL CONTACT WITHOUT INTENT TO BUTT, RAM, OR SPEAR. NO HELMET CAN PREVENT ALL SUCH INJURIES."

IMAGE RELEASE - MINOR:

In consideration of the participant, my minor child/ward, being allowed to participate in any way, in the Thurston County Youth Football League ("TCYFL"), American Youth Football, Inc. ("AYF") (dba American Youth Football and American Youth Cheer,) national championships and any other official TCYFL and/or AYF events and activities, the undersigned agrees that TCYFL and AYF are hereby granted the unrestricted right and permission, free from approval or review, to copyright and/or use my child's/ward's likeness in all media now or hereafter known, including but not limited to, pictures and videos of my child/ward which they may be included intact or in part for promotion or other commercial use. The TCYFL reserves the right to photograph/video facilities, activities, and program participants for potential future use. All photos/videos will remain the property of the league and may be used for publicity or promotional purposes only.

PARENT INVOLVEMENT

Parents can play many roles in sport: current or former athlete, coach, fan, motivator, role model or critic. A few studies have shown that family members may influence an athlete's involvement and achievement in sport more than coaches. Parents also are the first and most critical agents at socializing sports.

VOLUNTEER

If you are interested in volunteering, visit our "Volunteer Information" page to learn more. Please note that there is a cost for the background screening and it must be paid in full by the volunteer at the time of registration.

WHO HAS TO REGISTER?

All volunteers who will or intend to interact with participants and/or will need game and practice field access. Roles that require registration include, but are not limited to:

- Board Members
- Franchise Head Coach (FHC)
- Franchise Coordinator (FC)
- Franchise Head Cheer Coach (FCC)
- Head/Assistant Coach (Football)

- Head/Assistant Coach (Cheerleading)
- Photographer
- Coach in Training (CIT)
- Volunteer

HOW TO REGISTER

1. Fill out a registration form, including electronically signing all required waivers and consent forms using the link below.
2. Submit to and pass an NCSI background check (pay for the cost of the background check).
3. Attend a TCYFL Coach Certification class.
4. Complete the USA Football Heads Up certification online.

VOLUNTEER ROLES/RESPONSIBILITIES

Please see “VOLUNTEER ROLES/RESPONSIBILITIES” chapter for more information

COACH CERTIFICATION

- As part of The Thurston County Youth Football League's alignment with the USA Heads up Football program, all coaches and team coordinators must take the in-person Coach Certification class as well as USA Football's Heads Up Football Class - Youth Tackle Certification.
- You do not need to bring your completion certificate to the class this year, however, we will be running completion reports to verify completion before badges are issued.
- Without these two classes, you will not be allowed to coach or be a team coordinator. All badges will be given to the FHCs before the first practice. No badges will be handed out at these classes.
- This class is not required for team photographers. If you have any questions regarding certification dates, classes, paperwork needed, etc., please contact the Director of Certifications.

COACHES & COORDINATORS

One of the essential functions of coaches and team coordinators is to manage team communications with players and their families. If you are a coach or team coordinator, SportsEngine has created a *Team Management Guide for Coaches and Team Managers* to help you use our website and mobile app to efficiently and effectively communicate and manage your teams.

BACKGROUND CHECK

A volunteer must complete a criminal background check as provided by the league. Such background checks may or may not be funded by the TCYFL.

The following will be grounds for automatic rejection of a candidate's registration:

1. **All Sex Offenses** – Regardless of the amount of time since the offense. Examples include but are not limited to: child molestation, rape, sexual assault, sexual battery,

sodomy, prostitution, solicitation, indecent exposure, etc.

2. **All Violent Felony Offenses** – Regardless of the amount of time since offense. Examples include but are not limited to: murder, manslaughter, aggravated assault, kidnapping, aggravated robbery, aggravated burglary, etc.
3. **All Non Violent Felony Offenses and Non Sexual Felony Offenses** within the past 10 years from August 1 of the current season year. Examples include but are not limited to: non-violent drug offenses, theft, embezzlement, fraud, child endangerment, etc.
4. **Misdemeanor Offenses** that would be considered a potential danger to children within the past five years from August 1 of the current season year. Examples include but are not limited to: contributing to the delinquency of a minor, providing alcohol to a minor, child endangerment, etc.
5. **All Misdemeanor Offenses within the past three years** from August 1 of the current season year.

All other offenses not listed above and/or outside the time frames listed above will be reviewed by the TCYFL Executive Board for final approval.

TCYFL SOCIAL MEDIA POLICY

Thurston County Youth Football League (“TCYFL”) recognizes the importance of the Internet in shaping the public’s perception of our organization. TCYFL also recognizes the importance of our Board members, Franchise Head Coaches, Franchise Head Cheer Coaches, Franchise Coordinators, Coaches, Employees, and Volunteers in leading and setting the tone of social media interactions in a manner that advances TCYFL’s mission and goals.

APPLICABILITY

This Social Media Policy applies to all Board members, Franchise Head Coaches, Franchise Head Cheer Coaches, Franchise Coordinators, Coaches, Employees, and Volunteers (“TCYFL *Members*”). This Social Media Policy applies to all social media content posted by TCYFL Members in their professional and personal capacity to the extent such content is related to TCYFL.

ASPIRATIONS

TCYFL strives to create a positive and inclusive organization that is dedicated to helping young athletes reach their potential. In furtherance of this goal, TCYFL aspires to engage members of Thurston County and the surrounding community in positive, honest, transparent, and knowledgeable dialogue about TCYFL through social media. TCYFL views social media as an important tool for communicating its successes and opportunities for athletic and individual development. TCYFL also views social media as a platform for receiving constructive feedback from the community and for discussing TCYFL’s challenges and opportunities for improvement in a positive and constructive way.

GUIDELINES

All TCYFL Members shall abide by the following guidelines when using social media:

1. Be positive and respectful, and always take the high road. When disagreeing with others’ opinions, remain appropriate and polite. If you find yourself in a situation online that is becoming antagonistic, ask the TCYFL Board of Directors or your Franchise Head Coach for advice on how to disengage from the dialogue in a polite and respectful manner that reflects well on TCYFL.
2. Do not post content that would harm TCYFL or damage TCYFL’s reputation. Remember that even while you are on your own personal time, you are a representative of TCYFL, and people may interpret your online postings or social interactions as though they were official TCYFL statements.
3. Use good judgment when posting comments on any official TCYFL sites. Bear in mind that your comments can create liability for TCYFL. If you are unsure whether a comment is appropriate to post, either do not post it or obtain prior approval from the Board of Directors.
4. Be smart about what you publish. Once something is posted, it exists online forever. Ask yourself, “would I want to see this published in the newspaper or posted on a billboard tomorrow or ten years from now?” If the answer is “no,” do not post.
5. Encourage others to engage in positive interactions on social media. If you are concerned about any TCYFL Member’s use of social media, please bring your concerns to the attention of your Franchise Head Coach or a member of the TCYFL Board of Directors.
6. Personally identifiable information (information, such as a name and date of birth and/or a street address which, when taken together, can identify a particular individual) should not be

disclosed in any manner on official TCYFL social networking sites without the approval of Franchise Head Coach or TCYFL Board of Directors.

VIOLATIONS

The TCYFL Board of Directors shall have the authority to monitor and enforce this Social Media Policy. The TCYFL Board of Directors, and any individual appointed by the Board of Directors, shall have the authority to remove any inappropriate or offensive comments from official TCYFL sites and to block any individual or organization from posting on any official TCYFL social media platform if they determine, in their sole discretion, that such removal or block is in the best interests of TCYFL. The failure of any TCYFL Member to adhere to this Social Media Policy shall be considered a violation of the TCYFL Code of Conduct, and any TCYFL Member who fails to adhere to this Social Media Policy shall be subject to disciplinary action, up to and including termination of such individual's involvement in TCYFL.

TCYFL EQUIPMENT POLICY

It shall be the policy of the TCYFL to ensure that all equipment owned by the league is properly maintained and cared for. The TCYFL Director of Equipment will set the guidelines for proper maintenance, care, and cleaning of all league equipment. All equipment will be examined for wear and damage prior to being checked out by players. It shall also be examined for wear and damage when turned back in. All equipment that is deemed unsafe or not repairable shall be disposed of and not retained for future use.

If a player receives equipment that he or she feels is substandard it will be their responsibility to bring it to the attention of the warehouse staff. The equipment will be checked at that time for wear and safety.

The warehouse has hundreds of shoulder pads, helmets, individual pads, practice/game pants. It is staffed by 3 or 4 people who work to inspect, repair, and catalog all the equipment during the off-season. It takes hundreds of hours that are all volunteered to ensure that our equipment is in the best condition possible for the safety of our players. Please respect the investment that the league has made and follow the Rules and Guidelines concerning equipment.

Rules

1. Never exchange your equipment with another player or let your coach take it. Every helmet and shoulder pad has a league ID number. If it is recorded when you check it out and if you don't have the right equipment when it is checked in, you may be charged.
2. All pads must be removed prior to washing. Pads should NEVER be placed in the dryer. The heat will melt the glue, the pad will come apart, and your child will not be safely equipped. You will also be charged for the damaged padding.
3. Bleach should never be used when washing. Pants will come clean without the use of bleach. Using bleach shortens the usable life of our uniforms.
4. You should never use tape on shoulder pad straps or tie the straps in knots. It degrades the strap and may cause it to fail. If the strap continually comes loose see your equipment manager for a new strap. However, shoulder pads receive a lot of pushing and twisting during normal use. Loose straps are normal and should be checked and adjusted frequently. It is "part of the game."
5. You must never physically alter any of the equipment. Cutting or sewing equipment to make it fit is prohibited. You should make sure it fits at checkout time and if it doesn't, exchange it for something that does.
6. Never throw, drop or sit on your helmet. It protects your most valuable asset, your brain. It's the most important piece of protective equipment you have. If it doesn't fit properly have it checked by your equipment manager for possible adjustments or replacement.
7. There are many small parts that may become lost during the season. Don't try to jerry-rig something together to fix it. See your equipment manager and have it fixed right.
8. You are responsible for the removal of all foreign objects from your helmet prior to turn in.
9. You are responsible for gear turn in. Don't give it to a coach to turn in for you. They are not permitted to take gear from players.

10. Apparel/Uniform fittings may not be held at a private residence (i.e. coach's home or participant's home).

Guidelines

All franchises are required to have an equipment manager to fix parts or equipment that may become damaged in the normal course of the season. Coaches should not repair or alter equipment. Their intentions may be good but in the interest of keeping practice going or the game moving they may cut corners. See the equipment manager and get it fixed right.

Every year we have gear returned that has clearly been damaged or altered by the player. The claim that "we got it that way" is not a valid excuse and will not be accepted. All gear has been inspected during the off-season and if you receive a piece of equipment that you feel is substandard return it for something that is not.

Every year we purchase new equipment to replace damaged and old equipment that has been taken out of service. However, your chances of getting new equipment is about 1 in 10, but all the gear is in good condition.

Unfortunately, sometimes equipment gets lost, not returned or damaged beyond what is considered normal use. You will be responsible for lost or damaged equipment. Replacement costs vary and are at current market value.

Equipment Return

- Return all equipment that was checked out. You will be charged for missing or damaged items.
- Equipment must be clean and in good order:
 - a. Game Pants:
 - i. All the laces should be present and knot free.
 - ii. Any rips or tears in the pad pockets are repaired. Clean prior to turn in.
 - iii. Remove belts, they are yours.
 - b. Helmets:
 - i. All award stickers removed.
 - ii. Mouthpiece removed.
 - iii. If your helmet came with a chinstrap it must be returned. Helmet cleaned.
 - c. Pads:
 - i. Proper number of pads returned (2 thigh, 2 knee, 2 hip, 1 tailbone).
 - ii. Pads are in good condition. It is obvious when pads have been exposed to high heat in a clothes dryer and you will be responsible for damages.
 - iii. Clean pads with soap and water.
 - d. Shoulder Pads:
 - i. Drawstring present with no knots.
 - ii. All straps and buckles are present and in good shape.
 - iii. All tape and knots removed from straps (should not be there in the first place). Pads cleaned.

- Check all equipment serial numbers with your original equipment sheet to make sure you have the equipment you were issued. Helmet number is either inside or outside the left ear hole. Shoulder pad number is on the left chest.

Please remember that this league exists as a result of a team effort. Everyone wants their kids to get good equipment. Please turn your gear in the way you would like your child to receive it next year.

All equipment must be turned in at the end of the season on the scheduled dates. If you cannot make one of the return dates you must make arrangements to return the equipment with one of the warehouse directors.

All charges for equipment damage or missing equipment must be paid at the time the equipment is turned in. If you have not returned your gear to the TCYFL Warehouse by December 1st of the current season, you will be assessed full replacement costs. Upon return of the gear, the fee will be reduced to \$50.

TCYFL PRIVACY POLICY

This Privacy Policy applies to the websites and services (“Services”) operated by the league or team or youth sports organization (“Organization”) to which this policy is linked. The Organization will update this Privacy Policy soon. This Policy sets out how the Organization and certain of its partners may collect and use any personal information which you provide through the Services.

INFORMATION COLLECTED

The Organization collects any information that you provide to the Services, including for example when you register for an account and provide your email address, password, and your name. Depending on how you use the Services, the Organization may also collect:

- Contact information such as the address and phone number of players and family members;
- Team member information, including where applicable information about your children;
- Messages and chats you send via the services;
- Team information, such as rosters, schedules, attendance, statistics, and scores;
- Activity information you upload, including photos, news, information, and other content;
- Payment information;
- Messages and feedback you send to the Organization; and
- Transactional information.

AUTOMATICALLY COLLECTED INFORMATION

The Organization may also collect information from your device when you use the Services, including:

- Information about your computer, mobile phone, tablet, and all other similar electronic or mobile devices, including your IP address, operating system, and browser type, device identifiers, device settings, device attributes, browser settings, the web pages of the Services you have visited, Services visited before and after you visit a Service, and the content and advertisements you have accessed, seen, forwarded and/or clicked on.
- *Social Media Information.* If you engage with the Services through social media services or other third-party platforms, such as Facebook, the Organization may have access to certain Information in your profile depending on your privacy settings.

USE OF INFORMATION

Your information may be used by the Organization to:

- Provide the Services
- For any specific purpose for which it was provided or volunteered.
- To send you information
- To Prevent fraud and defend legal rights
- To comply with applicable law

DISCLOSURE OF INFORMATION

The Organization may share your information with:

- Service providers that perform certain business-related functions on its behalf.
- Social Networks: if you use social networks through the services.
- Other Users: depending on how you use the Services, your information may be available to other members of the league.
- As required by law with Law Enforcement Agencies or Regulators.
- National Governing Bodies: The Organization may share your information with the following National Governing Body of your sport, for instance, to confirm your eligibility to participate in a sport.

SPORTSENGINE

The Services are powered by SportsEngine. SportsEngine collects information from users depending on how they use the Services, as set forth in the NBCUniversal Privacy Policy.

- For logged-in users, SportsEngine may collect:
 - device identifiers and usage data for analytics purposes,
 - data related to messages in the SportsEngine account, and
 - volunteer information such as name and email address.
- When administrators are logged-in, SportsEngine may collect:
 - device identifiers and usage data for analytics purposes,
 - data related to messages in the SportsEngine account,
 - administrator information such as name and email address data, and other relevant information when the administrator connects with SportsEngine personnel, for instance through the built-in chat feature.
- When users are not logged-in to SportsEngine, SportsEngine collects device identifiers and usage data for analytics purposes.

YOUR RIGHTS & CHOICES

- You may unsubscribe from your Organization's email newsletters or promotional emails by following the opt-out instructions contained in the email. You may not be able to unsubscribe from service-related or transactional emails.
- You may be able to access and correct certain information through the features provided by the Services or by contacting the Organization.

TCYFL TEAMS & DISTRICTING POLICY

FOOTBALL TEAM COMPOSITION

1. Individual team sizes shall be limited to a maximum of 33 players. If registration numbers for a team exceed 33 players, that team must divide into at least 2 teams of at least 17 players each, with exception of Senior Varsity (SV), they must split if their team exceeds 38 players. A franchise may choose, at their own discretion, to split teams with less than 34 players.

DIVISION AGE GROUPS

League age for team composition is determined by the age of the player on July 31 of the current year. It is encouraged and expected that teams are split with as equal talent as possible.

1. Minors (Age qualified 2nd and 3rd Grade) An equal number, (+/- 1), of 7-year-olds, shall be placed on each resulting Minors team following a split. An equal number, (+/- 1), of 8-year-olds, shall be placed on each resulting Minors team following a split. An equal number, (+/- 1), of 9-year-olds, shall be placed on each resulting Minors team following a split.
2. Major J.V. (Age qualified 4th and 5th Grade) An equal number, (+/- 1), of 9-year-olds, shall be placed on each resulting Major J.V. team following a split. An equal number, (+/- 1), of 10-year-olds shall be placed on each resulting Major J.V. team following a split. An equal number, (+/- 1), of 11-year-olds shall be placed on each resulting Major J.V. team following a split.
3. Major Varsity (Age qualified 6th Grade) An equal number, (+/- 1), of 11-year-olds, shall be placed on each resulting Major Varsity team following a split. An equal number, (+/- 1), of 12-year-olds, shall be placed on each resulting Major Varsity team following a split.
4. Senior J.V. (Age qualified 7th Grade) An equal number, (+/- 1), of 12-year-olds, shall be placed on each resulting Senior J.V. team following a split. An equal number, (+/- 1), of 13-year-olds, shall be placed on each resulting Senior J.V. team following a split.
5. Senior Varsity (Age qualified 8th Grade) An equal number, (+/- 1), of 13-year-olds, shall be placed on each resulting Senior Varsity team following a split. An equal number, (+/- 1), of 14-year-olds, shall be placed on each resulting Senior Varsity Team following a split.

FRANCHISE ASSIGNMENT

Thurston County Youth Football League operates with 16 franchises, all of which serve a specific geographic boundary and feed into specific High Schools. This provides many benefits, including allowing players/cheerleaders to move through the age divisions while participating with TCYFL and keeping consistency with teammates. This format will strengthen the unity of the players/cheerleaders as they prepare to move into High School level activities. This format also allows for High School programs to continue to be engaged with the TCYFL program, without criticism of potential recruiting concerns as the players within the franchise are consistent with students in their school boundaries.

- Participants will register to a franchise based first on the public school they will attend in the fall of the current season. Elementary/Middle School boundaries generally are designated to feed into specific High Schools. The TCYFL franchise names are consistent with High School names to easily identify which franchise a player/cheerleader should align to. Registrants will be requested to provide documentation to verify school registration for the current season.

- In some circumstances, Public Schools may have split boundaries and feed into multiple High Schools. The franchise alignment for participants at this point will be determined by the home address, to designate which of the High Schools they would attend once they are of High School age.
- Home School, Private School, Specialty Schools - Registrants that attend schools that do not align with a Public High School, will register for the franchise that aligns with their home address (i.e. the home address will fall within a Public High School boundary, which will designate the franchise alignment).
- Out of TCYFL boundary schools - Registrants that live and attend school outside of the TCYFL boundary, may register for the franchise closest to where they live.
- If a franchise does not field a team at a designated age division, players/cheerleaders that would have aligned to that franchise/team will have the option to select another franchise needing players, beginning with the next closest to where they live.

WAIVERS AND OUT OF BOUNDARY REGISTRATION

- In order for a player to participate in a Franchise that is outside of their designated franchise, they must:
 - Get approval from the TCYFL Waiver Subcommittee
 - Written waiver requests **MUST** be received no later than June 30th.
 - FHCs will be able to make recommendations on accepting or releasing the waiver
 - Being a TCYFL coach for an out-of-designated-boundary franchise, no longer automatically grants a waiver to the coach's children who are participating.
- If approval to play outside of the designated franchise is **NOT** granted by the TCYFL Waiver Committee, and the coaches/parents still want to pursue registering outside of the designated boundaries, they may make a request for consideration by the TCYFL Board for approval.
- Approved waivers are **ONLY** approved for the current school year, so this would include the spring 7v7 and girls flag football. Waivers must be approved every school year.
 - This subcommittee is made up of the Registrar, President, Director of Rules, and VP of Football or VP of Cheer (depending on if it is a cheer waiver or a football waiver).
 - Franchise Head Coaches will be able to make recommendations on accepting or releasing the waiver
- Any franchise transfer is not final until the close of registration and cannot be approved if it forces a team to split. This is specific for football and does not include cheerleading.
- The waiver subcommittee is made up of the following TCYFL Board Members: President, Director of Registration, Director of Rules, VP of Football or VP of Cheerleading (depending on which program they are enrolling in).

ADDITIONAL GUIDELINES

- All participants are required to register with the TCYFL using the online registration process by the registration cut-off date.
- Registration is required for any participant or volunteer to participate in any practice, game, or other TCYFL activity.
- Players may play up one age group with Franchise Head Coach, Team Coach, and Parent/Guardian's permission. No player may play down an age level.
- A player may not be re-aligned or change age division after the start of the first game.
- Each Franchise Head Coach will supply a list of out-of-district players and their out-of-district coaches to the TCYFL Director of Rules one week prior to the Jamboree. Any player identified to be registered out of their designated boundaries without the appropriate approvals will be

responsible for the cost to replace their game jersey in re-aligning them to the appropriate franchise.

- Participants must not be delinquent with league registration fees, team uniform payments, or any other monies owed to the league, franchise, or their officers in order to be allowed to participate. Per League Registration Guidelines, delinquency restrictions shall apply to all siblings and parents involved.
- Cheerleading: division of participants for flag and sideline squads and participation will be decided by the Franchise Cheer Coach.

TEAMS AND DISTRICTS/SCHOOLS

LACEY SCHOOLS (North Thurston School District)		
North Thurston Rams	River Ridge Hawks	Timberline Blazers
Elementary Schools: <ul style="list-style-type: none"> • South Bay • Pleasant Glade • Lacey • Mountain View Middle Schools: <ul style="list-style-type: none"> • Chinook • Salish* 	Elementary Schools: <ul style="list-style-type: none"> • Meadows • Seven Oaks • Lydia Hawk • Olympic View • Evergreen Forest Middle Schools: <ul style="list-style-type: none"> • Nisqually* • Salish* 	Elementary Schools: <ul style="list-style-type: none"> • Chambers Prairie • Horizons • Lakes • Woodland Middle Schools: <ul style="list-style-type: none"> • Komachin • Nisqually*
<i>*High school will vary depending on home address, please check school boundaries</i>		
OLYMPIA SCHOOLS (Olympia School District)		
Olympia Bears		Capital Cougars
Elementary Schools: <ul style="list-style-type: none"> • Lincoln • Centennial • Madison • McKenny • Pioneer • Roosevelt • Boston Harbor Middle Schools: <ul style="list-style-type: none"> • Washington • Reeves 		Elementary Schools: <ul style="list-style-type: none"> • Garfield • Jefferson • LP Brown • Hansen • McLane • Griffin Middle School: <ul style="list-style-type: none"> • Marshall • Griffin
TUMWATER SCHOOLS (Tumwater School District)		
Tumwater T-Birds		Black Hills Wolves
Elementary Schools: <ul style="list-style-type: none"> • East Olympia • Little Rock • Peter G. Schmidt Middle School: <ul style="list-style-type: none"> • Bush 		Elementary Schools: <ul style="list-style-type: none"> • Black Lake • Tumwater Hill • Michael T. Simmons Middle School: <ul style="list-style-type: none"> • Tumwater

TEAMS AND DISTRICTS/SCHOOLS (continued)

Yelm Tornados	Steilacoom Sentinels
<p>Elementary Schools:</p> <ul style="list-style-type: none"> ● Prairie ● McKenna ● Mill Pond ● Lacamas ● Southworth ● Ft. Stevens ● Ridgeline <p>Middle School:</p> <ul style="list-style-type: none"> ● Yelm 	<p>Elementary Schools:</p> <ul style="list-style-type: none"> ● Cherrydale Primary ● Harriet Taylor ● Anderson Island ● Chloe Clark ● Saltar's Point ● Beachwood ● Carter Lake ● Greenwood ● Evergreen ● Hillside <p>Middle Schools:</p> <ul style="list-style-type: none"> ● Pioneer <p>Other:</p> <ul style="list-style-type: none"> ● All schools in JBLM & Clover Park School District
Chehalis Jr. Cats	
All schools in Chehalis School District	
Rainier Mountaineers	Rochester Warriors
All schools in Rainier School District	All schools in Rochester School District
Tenino Beavers	Shelton Climbers
All schools in Tenino School District	All schools in Shelton & Mason County School Districts
Eatonville Cruisers	Centralia Tigers
All schools in Eatonville School District	All schools in Centralia School District

TCYFL INJURY POLICY

1. It is the policy of TCYFL to encourage safe play and to avoid injuries and accidents.
2. FHCs will supply all head coaches of their franchise a basic first aid kit that must include nitrile gloves, bandaids and ice packs.
3. Coaches or their designated assistants shall treat any minor injury which requires a bandaid and/or ice pack. Any injury requiring additional attention or treatment shall be referred to medical professionals.
4. If a player/cheerleader sustains an injury that stops the game or if a player requests help, the coach will render aid to the player. The coach will determine the nature and severity of the injury. If a player/cheerleader receives a minor strain or sprain and the injury can be treated with ice, the coach will offer an ice pack. In the event of an injury not mentioned above, such as but not limited to severe bleeding, possible bone fracture, or dislocations, 9-1-1 shall be called for emergency medical assistance. If a child cannot come off the field, a parent will be escorted to the field to tend their child.
5. All incident/accident reports shall be reported to the League within 48 hours of the incident/accident to the TCYFL Director of Game Day Operations.
6. Any player requiring treatment from a medical professional, regardless of why the treatment was sought, must have a medical release before the player may be allowed to practice. A copy must be sent to the league as well as the Franchise Head Coach and the Team's Head Coach. A copy of the form is attached below.



Thurston County Youth Football League
www.tcyfl.com

Medical Clearance Form

The Medical Clearance Form must be dated after January 1 of the current season.

As evidenced by my name and signature below, do certify that I am a State Licensed Medical Examiner in the state of Washington and am qualified in determining that my patient, "student athlete" listed below, is physically fit and I have found no medical or observable conditions which would contraindicate him/her from participating in youth flag football, tackle football, cheer, dance, step, or athletic activities. I am therefore clearing this individual for athletic participation.

Student Athlete Name (Print Clearly)

Student Athlete DOB

Medical Provider Signature

Date (must be dated after January 1st of the current season)

Medical Provider Name (Print Clearly)

Office Phone

Medical Provider Office Name/Address

PLEASE NOTE: *If this Medical Clearance is voided by injury, accident, or illness, it will be the responsibility of the Parent/Legal Guardian to notify the participant's Coach and League Officials. It will also be the responsibility of the Parent/Legal Guardian to obtain WRITTEN permission from his/her State Licensed Medical Examiner to resume participation. A "Doctors Resume Participation Medical Clearance Form" is available from the league or you may have the doctor supply his/her own WRITTEN Clearance as long as it is on the doctor's official stationary and includes the following statement: "(Participant's Name) is physically fit and I have found no medical or observable conditions which would contraindicate him/her from participating in youth flag football, tackle football, cheer, dance, step or athletic activities. I am therefore clearing this individual for athletic participation."*

This statement must be supplied by the physician attending to the injury, accident, or illness. This form can be modified or substituted ONLY to comply with local and/or state laws or due to medical practitioner regulations.

TCYFL CONCUSSION GUIDELINES

SUGGESTED GUIDELINES FOR MANAGEMENT OF CONCUSSION IN SPORTS National Federation of State High School Associations (NFHS) Sports Medicine Advisory Committee (SMAC)

Introduction

A concussion is a type of traumatic brain injury that impairs normal function of the brain. It occurs when the brain moves within the skull as a result of a blow to the head or body. What may appear to be only a mild jolt or blow to the head or body can result in a concussion.

The understanding of sports-related concussion continues to evolve. We now know that young athletes are particularly vulnerable to the effects of a concussion. Once considered little more than a “ding” on the head, it is now understood that a concussion has the potential to result in a variety of short- or long-term changes in brain function or, rarely, death.

What is a concussion?

You’ve probably heard the terms “ding” and “bell-ringer.” These terms were previously used to refer to “minor” head injuries and thought to be a normal part of collision sports. Research has shown that a concussion is a brain injury and by no means minor. Any suspected concussion must be taken seriously. The athlete does not have to be hit directly in the head to injure the brain. Any force that is transmitted to the head may cause the brain to bounce or twist within the skull, resulting in a concussion.

It was once believed that a person had to lose consciousness or be “knocked-out” to have a concussion. This is not true, as the vast majority of concussions do not involve a loss of consciousness. In fact, less than 5% of athletes actually lose consciousness with a concussion.

What happens to the brain during a concussion is not completely understood. It is a very complex process, primarily affecting the function of the brain. The sudden movement of the brain causes stretching and tearing of brain cells, damaging the cells and creating chemical changes in the brain. Once this injury occurs, the brain is vulnerable to further injury and very sensitive to any increased stress until it fully recovers.

Common sports injuries such as torn ligaments and broken bones are structural injuries that can be detected during an examination and seen on x-rays or MRI. A concussion, however, is an injury that interferes with how the brain works and cannot be diagnosed by MRI or CT scans. Therefore, the brain looks normal on these tests, even though it has been injured.

Recognition and Management

If an athlete exhibits any signs, symptoms or behaviors that make you suspicious of a concussion, the athlete must be removed from play and closely observed. Sustaining another head injury after a concussion can lead to worsening concussion symptoms, increased risk for further injury and, rarely, death.

Parents/guardians and coaches are not expected to “diagnose” a concussion. That is the role of an appropriate health-care professional. However, everyone involved in athletics must be aware of the signs, symptoms and behaviors associated with a concussion. If you suspect that an athlete may have a concussion, then the athlete must be immediately removed from all physical activity.

Signs Observed by Coaching Staff

- *Loss of consciousness (even if brief)
- *Seizure
- *Increasing sleepiness
- *Worsening headache
- *Persistent vomiting
- Dazed or stunned appearance
- Confusion about assignment or position
- Forgetful, for example, doesn't follow instructions
- Uncertainty of game, score or opponent
- Clumsy movements
- Slow response to questions
- Mood, behavior or personality changes
- Inability to recall events *prior* to hit or fall
- Inability to recall events *after* hit or fall

Symptoms Reported by Athlete

- Headaches or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy or groggy
- Concentration or memory problems
- Confusion
- Emotions of "not feeling right" or "feeling down"

When in doubt, sit them out!

When you suspect that a player has a concussion, follow the "Heads Up" 4-step Action Plan.

1. Remove the athlete from play.
2. Ensure the athlete is evaluated by an appropriate health-care professional. (RED FLAGS: If any red flag present, the athlete should go to the emergency department)
3. Inform the athlete's parents/guardians about the possible concussion and give them information on concussion.
4. Keep the athlete out of play the day of the injury, and until an appropriate health-care professional says the athlete is symptom-free and gives the okay to return to activity.

The signs, symptoms and behaviors associated with a concussion are not always apparent immediately after a bump, blow or jolt to the head or body and may develop over a few hours or longer. An athlete should be closely watched following a suspected concussion and should never be left alone.

Athletes should never try to "tough out" a concussion. Teammates, parents/guardians and coaches should never encourage an athlete to "play through" the symptoms of a concussion. In addition, there should never be an attribution of bravery or courage to athletes who play despite

having concussion signs and/or symptoms. The risks of such behavior must be emphasized to all members of the team, as well as coaches and parents.

If an athlete returns to activity before being fully healed from an initial concussion, the athlete is at greater risk for a repeat concussion. A repeat concussion that occurs before the brain has a chance to recover from the first can slow recovery or increase the chance for long-term problems. In rare cases, a repeat concussion can result in severe swelling and bleeding in the brain that can be fatal.

What to do in an Emergency

Although rare, there are some situations where you will need to call 911 and activate the Emergency Medical System (EMS). The following circumstances are medical emergencies:

1. Any time an athlete has a loss of consciousness of any duration. While loss of consciousness is not required for a concussion to occur, it may indicate more serious brain injury.
2. If an athlete exhibits any of the following:
 - Seizure
 - Increasing sleepiness
 - Worsening headache
 - Persistent vomiting

Rest

The first step in recovering from a concussion is rest. Rest is essential to help the brain heal. Athletes with a concussion need rest from physical and mental activities that require concentration and attention as these activities may worsen symptoms and delay recovery. Exposure to loud noises, bright lights, computers, video games, television and phones (including texting) all may worsen the symptoms of concussion. Athletes typically require 24-48 hours of rest, though some may require longer.

Return to Learn

Following a concussion, many athletes will have difficulty in school. These problems may last from days to weeks and often involve difficulties with short- and long-term memory, concentration and organization. In many cases, it is best to lessen the student's class load early on after the injury. This may include staying home from school during the short period of rest, followed by a lightened schedule for a few days, or longer, if necessary. Decreasing the stress to the brain in the early phase after a concussion may lessen symptoms and shorten the recovery time. Additional academic adjustments may include decreasing homework, allowing extra time for assignments/tests, and taking breaks during class. Such academic adjustments are best made in collaboration with teachers, counselors and school nurses.

Return to Play

After suffering a concussion, no athlete should return to play or practice on that same day. An athlete should *never* be allowed to resume play following a concussion until symptom free and given the approval to resume physical activity by an appropriate health-care professional.

Once an athlete no longer has signs or symptoms of a concussion and is cleared to return to activity by an appropriate health-care professional, he/she should proceed in a step-wise fashion to allow the brain to re-adjust to exercise. In most cases, the athlete should progress no more than one step each day, and at times each step may take more than one day. Below is an example of a return to physical activity program:

Progressive Physical Activity Program (ideally under supervision)

Step 1: Light aerobic exercise- 5 to 10 minutes on an exercise bike or light jog; no weight lifting, resistance training or any other exercises.

Step 2: Moderate aerobic exercise- 15 to 20 minutes of running at moderate intensity in the gym or on the field without equipment.

Step 3: Non-contact training drills in full uniform. May begin weightlifting, resistance training and other exercises.

Step 4: Full contact practice or training.

Step 5: Full game play.

If symptoms of a concussion recur, or if concussion signs and/or behaviors are observed at any time during the return-to-activity program, the athlete must discontinue all activity immediately. Depending on previous instructions, the athlete may need to be re-evaluated by the health-care provider, or may have to return to the previous step of the return-to-activity program.

Summary of Suggested Concussion Management

1. No athlete should return to play (RTP) or practice on the same day of a concussion.
2. Any athlete suspected of having a concussion should be evaluated by an appropriate health-care professional.
3. Any athlete with a concussion should be medically cleared by an appropriate health-care professional prior to resuming participation in any practice or competition.
4. After medical clearance, RTP should follow a step-wise protocol with provisions for delayed RTP based upon return of any signs or symptoms.

References:

American Medical Society for Sports Medicine position statement: concussion in sport. Harmon KG, Drezner J, Gammons M, Guskiewicz K, Halstead M, Herring S, Kutcher J, Pana A, Putukian M, Roberts W; American Medical Society for Sports Medicine. Clin J Sport Med. 2013 Jan;23(1):1-18.

McCrory P, Meeuwisse WH, Aubry M, et al. Consensus statement on concussion in sport: the 4th International Conference on Concussion in Sport held in Zurich, November 2012 J Athl Train. 2013 Jul-Aug;48(4):554-75.

Returning to Learning Following a Concussion. Halstead M, McAvoy K, Devore C, Carl R, Lee M, Logan K and Council on Sports Medicine and Fitness, and Council on School Health. *Pediatrics*, October 2013. American Academy of Pediatrics.

Additional Resources:

Brain 101 – The Concussion Playbook.
<http://brain101.orcasinc.com/5000/>

Concussion in Sports- What you need to know.
<http://www.nfhslearn.com/electiveDetail.aspx?courseID=15000>

Heads Up: Concussion in High School Sports
http://www.cdc.gov/concussion/headsup/high_school.html

NFHS Sports Medicine Handbook, 4th Ed, 2011.

REAP Concussion Management Program.

<http://www.rockymountainhospitalforchildren.com/sports-medicine/concussion-management/reap-guidelines.htm>

Sport Concussion Library

<http://www.sportconcussionlibrary.com/content/concussions-101-primer-kids-and-parents>

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DISCLAIMER – NFHS Position Statements and Guidelines

The NFHS regularly distributes position statements and guidelines to promote public awareness of certain health and safety-related issues. Such information is neither exhaustive nor necessarily applicable to all circumstances or individuals, and is no substitute for consultation with appropriate health-care professionals. Statutes, codes or environmental conditions may be relevant. NFHS position statements or guidelines should be considered in conjunction with other pertinent materials when taking action or planning care. The NFHS reserves the right to rescind or modify any such document at any time.



A FACT SHEET FOR STUDENTS

ARE YOU SITTING DOWN TO READ THIS?

Then your heart is probably beating around 80 beats per minute. That's average for a resting teenager.

IF YOU START DOING SPRINTS, IT CAN GO ABOVE 200 BEATS PER MINUTE!

Your heart is a crazy piece of equipment. Every day, IT **BEATS ABOUT 100,000 TIMES** and **PUMPS 2,000 GALLONS** of blood. That's like 12,800 regular sized bottles of Gatorade a day!

CAN YOU THINK OF ANY OTHER MACHINE OR DEVICE THAT WORKS THIS HARD AND NEVER STOPS? WE CAN'T.

Well, the heart can stop and it's never good when it happens. It's called Sudden Cardiac Arrest. Despite what you may have heard, it's not just an adult thing. It is the **#1 CAUSE OF DEATH OF STUDENT ATHLETES** and it takes the lives of thousands of children every year .

SUDDEN CARDIAC ARREST OCCURS WHEN THE HEART STOPS BEATING, SUDDENLY AND UNEXPECTEDLY. It just stops pumping blood and you collapse.

This means that nothing in your body is getting blood or oxygen. What happens to a car that runs out of gas? How about a plant that doesn't get water? Exactly.

GOOD NEWS! THERE ARE WARNING SIGNS.

- 1 Fainting or seizure during or right after exercise.
- 2 Unexplained shortness of breath.
- 3 Dizziness.
- 4 Extreme Fatigue.
- 5 Racing Heart.

We know if you're exercising, you get tired, your heart beats faster and you're short of breath. So, how can you tell?

PAY ATTENTION TO YOUR BODY, YOU KNOW IT BEST. Does it take too long to catch your breath? Are you dizzy at strange times? Does your heart race when you're not working hard? Are you always exhausted? **YOUR HEART MAY BE STRUGGLING TO DO ITS JOB.**

There's something else you should know about **YOUR FAMILY.** Has anyone ever died... If the cause of death is unknown, **IT COULD BE HEART RELATED.**

WHAT TO DO? If you feel any of these symptoms, talk to your parents, coach and family doctor. Most of the heart conditions that cause sudden cardiac arrest can be detected and treated!

TCYFL TEAM SPLIT GUIDELINES

TEAM SPLIT

MINORS & MAJORS TEAMS (Minors, MJV & MV) individual team size shall be limited to a maximum of 33 players; must split at 34. Teams must divide into at least 2 or more equally sized teams. A franchise may choose, at their own discretion, to split teams into smaller than the maximum size (e.g. 60 participants into three teams of 20 in lieu of two teams of 30).

SENIORS (SV & SJV) individual team size shall be limited to a maximum of 37 players; must split at 38. Teams must divide into at least 2 or more equally sized teams. A franchise may choose, at their own discretion, to split teams into smaller than the maximum size.

FLAG football team sizes are limited to a maximum of 15; must split at 16. Teams must divide into at least 2 or more equally sized teams. A franchise may choose, at their own discretion, to split teams into smaller than the maximum size.

The TCYFL recommends splitting team sizes to no smaller than 17 participants for tackle football.

SPLIT PROCEDURE

- The Franchise Head Coach shall oversee each team split to ensure that it is conducted per this procedure and the spirit of the rule. Any unforeseen issue or discrepancy that is not covered in the F.A.Q. will be resolved by the FHC.
- After an agreed upon evaluation period, the participants will be drafted by the coaches, one at a time.
- A coach may protect from the draft up to a maximum of four participants. Those participants shall first be the children of certified coaches on the staff. Any remainder may be participants that played for the same head coach the previous year.
- Each team must have the same number (+/-1) of each age group per team. (e.g. if there are 11 nine year-olds for two teams then one team will have five and the other six).
- If one sibling is protected by a coach, then all siblings are protected and the other coach may pick up-to the amount of additional siblings before draft order is established.
- If a coach selects one of a set of siblings, that coach must use his next consecutive pick(s) on the remaining siblings.

FAQ

Why are we adopting this procedure?

The Board of Directors fields comments and questions from parents and coaches all year long about league policies and rules. Some of the comments and questions could be summarized by “What is the split procedure in the league?” and “Why do we obviously allow franchises to split teams into ‘A’ and ‘B’ teams?” In addition, we receive comments from parents that their child is “stuck” on the “B” team every year, because the same players stay together year after year.

The Board of Directors could point to the old procedure, which forced teams to even out the ages and asked that the teams be split evenly by talent. The Director of Rules would audit the splits and ensure

compliance with the age splits, but could not hope to know if the teams were split evenly by talent. It became obvious that some were, and some weren't. This begged the question, "How were franchises splitting teams so that some of them are resulting in even records (good, bad, or average), and others are grossly unbalanced (8-0 vs. 0-8)?"

Last year, the Board formally asked the question. Each franchise was required to develop and submit their franchise-wide split procedure. A committee was formed to evaluate the procedures to see if they were in line with our mission and league policies. After very few comments, the committee approved the individual procedures. After last season, the final records of the split teams were evaluated, and the coaches from the teams with the greatest disparity were asked to come before the Board and explain what happened.

With few exceptions, the teams that were unbalanced were split using a procedure where a large number of players were kept by a coach from the previous year. As that team became more successful, more talent would flock to that team. Players that were good enough would force their way onto the team, and new talented players would be recruited or otherwise gravitate to that same team. In practice a majority of the talent was perpetually on the same team. At the same time the less successful team(s) saw their talent dwindle by both defection and quitting, because they were stuck on the "B" team. Kids were quitting in 6th grade because they had lost for four straight years, while other kids they went to school with won three or four championships. These kids may never play football again.

The Board had asked for talent to be distributed evenly between the split teams. This was not happening, and was perpetually getting worse. One option was to limit the number of automatic holdovers from the previous year. This would throw more of the talent into the draft pool. Each coach would be drafting from roughly 80%+ of the pool instead of only 50%.

What do you define as a "sibling"?

First, we're not looking to split up nuclear families. So, if they're brothers, half-brothers, step-brothers, or living under the same roof in some form of domestic partnership they qualify as siblings. We have girls that play football too, so substitute sister for brother, when appropriate. Exchange students would be considered siblings to the host family. The franchise head coach can use his/her best judgment if some other situation is present. Cousins or other relations are not considered siblings unless they are living in the same house.

How does protecting siblings work?

Coach Smith protects the three coaches' kids and may protect one additional player that he coached the previous season. He chooses Josh. Josh's brothers, Peter and Sam, will also be protected. Coach Ralph can now make two picks to even the teams before the draft order is decided and the draft begins.

How does selecting siblings work?

Coach Smith uses his 4th pick on Caleb. He must use his 5th pick on his brother Aiden and his 6th pick on his other brother Luke. The intent is to prevent Coach Smith from taking advantage by picking Caleb and leaving Aiden and Luke to his last picks because the other coach cannot pick them.

Can I protect four players and dare the other coach to pick my coaches' kids?

No. You must protect your coaches' kids first before protecting any players that played for the head coach the previous year. Before the draft, the coaching staff and any free-agent coaches (coaches that will coach for whichever team drafts their kid) must be declared to the franchise head coach. The coaches' sons or daughters must be protected first.

The intent here is not to keep a group of seven or eight elite players together on one team. The intent is to distribute the talent as evenly as possible across the teams.

I was an assistant coach last year, and now am head coach. Can I protect any of the players I coached last year?

No. Only a returning head coach can protect players other than coaches' kids. If the other coach protects four, and you only protect two, you can take the first two picks prior to beginning the draft.

Can I have a kid's dad sign up to coach, so I can protect the kid?

Yes, he needs to go through all steps of certification, and then we would expect him to be an active coach (at least two practices a week and games on the weekend). We understand that life happens and coaches with the best intentions are drawn away for work or other circumstances. However, if there was no intention that the dad would be able to contribute as a coach, it would not be within the spirit of the rules to name him coach just to protect his son. Any head coach that would twist a rule like that is someone we don't want coaching in our league.

TCYFL SCHEDULING GUIDELINES

Field Procurement.

The Director of Field Procurement shall procure fields for the eight game days and the Jamboree. Enough field time shall be procured for the expected teams using 1 hour 15 minute game times for Minors and 1 hour 30 minute game times for Majors and Seniors.

Scheduling

Conferences

Each age division shall comprise one or two conferences, based upon the number of teams for that age division for that year. If an age division is comprised of 10 or less teams, there will be a single conference established. If the age division is comprised of 11 or more teams, two conferences will be established. In the event two conferences are established, the teams will be broken out into a "North" – American Conference, and "South" – National Conference. This will be done in order to allow teams to play closer to home during the regular season.

Scheduler will have discretion to make adjustments to conference alignments in the best interest of scheduling for the regular season.

When two conferences are established, conferences should include week 5 rivalries, as long as scheduling permits. Rivalries within the league are as follows:

- Bears and Cougars
- Wolves and T-Birds
- Rams and Blazers
- Climbers and Mountaineers
- Warriors and Beavers
- Hawks and Sentinels
- Tornados and Cruisers
- Jr Cats and Tigers
- Teams paired based on availability

Jamboree

The suggested format for the Jamboree will consist of the following, however, may be modified as needed for scheduling purposes:

The Jamboree format consists of two groups of three teams on the field at once. Each group occupies half of the field. In each group, one team plays offense, one team plays defense, and the other sits out during each play session. The clock runs continuously for the allotted time (suggested 10-12 minutes) and the teams run as many plays as they wish. At the end of a session, there is a break (suggested five minutes) while the offensive team rotates out, the defensive team rotates to offense, and the third team rotates to defense. After all three teams have participated once at offense, defense, and resting, the two groups leave the field and two other groupings take the field.

Should an age division consist of a number of teams that is not a factor of three, the most groupings of three shall be used with the remainder being groupings of two. For example, if there are ten teams, there shall be two groupings of three teams and two groupings of two teams.

The scheduler shall schedule the youngest age divisions early in the day and progress to the oldest age divisions later in the day.

An attempt shall be made to avoid grouping teams that play each other in the first week of the season. An attempt shall be made to avoid grouping teams that share the same jersey color.

Pairings

Once conferences are established, a randomizer tool will be used (i.e. League Lobster: League and Tournament Schedule Generator) to determine the pairings for the first 5 weeks of the season (Regular Season).

Once weekly pairings are complete, games will be scheduled as detailed below:

Game Days

The scheduler shall maximize the usage of the stadium fields that TCYFL rents each weekend.

The scheduler shall attempt to follow the scheduling requirements of the rented stadiums (i.e. Ingersoll and Tumwater District Stadiums). 50% of the teams participating at these venues shall be local teams.

A minimum of two Minor games shall be scheduled consecutively due to referee scheduling differences between Minors and Majors/Seniors.

The scheduler shall schedule the youngest age divisions early in the day and progress to the oldest age divisions later in the day. The scheduler will have flexibility to accommodate special requests as long as deemed appropriate and feasible.

The scheduler will make an attempt to group franchise games at the same location when possible.

Rivalry Week will be week 5 of the regular season. The scheduler will pair teams based on the rivalries listed above, as long as feasible.

Playoffs

The TCYFL uses a three week playoff structure. Each age division shall fill an eight-team championship bracket using the seeding criteria set forth below.

Playoff weeks shall be scheduled using the same criteria as the regular season games referenced above. However, all five championship games in week 8 shall be scheduled at the same venue.

Within the Championship bracket, the higher seeded team shall be listed on the schedule as the home team.

The TCYFL will make its best effort to pair the two non-winning teams from the semifinal games in each division to play each other the following week.

Semifinal games will all be played at the same venue, allowing for more seasoned officials to oversee/manage the Semifinal games.

NOTE: Tie games count as one-half win and one-half loss for both clubs.

TO BREAK A TIE WITHIN A CONFERENCE

If, at the end of the regular season, two or more clubs in the same conference finish with identical conference won-lost-tied percentages, the following steps will be taken until a champion is determined.

Two Clubs:

1. Best won-lost-tied percentage in games played within the conference.
2. Head-to-head (best won-lost-tied percentage in games between the clubs).
3. Best combined won-lost-tied percentage of teams beaten (Strength of victory).
4. Coin toss.

In the event a tie breaker is to settle a 4th or 8th seed position to enter the playoff bracket, a Kansas City Tie Breaker will be scheduled instead of a Coin Toss, no later than Wednesday of the week before playoffs begin.

Three or More Clubs:

NOTE: If two clubs remain tied after third or other clubs are eliminated during any step, tie breaker reverts to step 1 of the two-club format.

1. Best won-lost-tied percentage in games played within the conference.
2. Head-to-head (best won-lost-tied percentage in games among the clubs).
3. Best combined won-lost-tied percentage of all teams beaten (Strength of victory).
4. Coin toss.

Bye Rule

Certain conditions may require standings to be determined between teams with a differing number of regular season games due to byes-weeks or cancellations. In this event, the following criteria will be used for Conference Standings:

- Best won-lost-tied percentage in games played within the conference.
- Head-to-head (best won-lost-tied percentage in games among the clubs).
- Best combined won-lost-tied percentage of teams beaten within conference (Strength of victory).
- Coin toss,

and all won-lost-tied percentage of the first X games played by each team being considered, where X is the least amount of regular season games played by the teams being considered.

For example, teams Red and White played 5 regular season games, but team Blue played 4 regular season games because of a Bye/Cancellation. The appropriate standings criteria would be calculated based on the first 4 regular season games played by each team.

Any tie-breaker that proceeds to a coin toss, and would result in the loser being eliminated from the championship bracket, will instead be decided by a Kansas City Tie-Breaker per the TCYFL rules governing such tie-breakers.

Division Standings (Playoff Seeding)

Seeding for the championship bracket differs depending on the number of conferences in the age division.

1. Single Conference Age Division:

- Top eight teams seeded in the championship bracket.
- Seeding will be determined by ranking the win-loss-tied percentages of the conference and applicable tiebreakers.

2. Two Conference Age Division (“North”- American / “South”-National):

- Top four teams in each conference are seeded in the championship bracket.
- Conference standings ranked by intra-conference win-loss-tied percentage and applicable tiebreakers.
- Brackets will have cross-conference pairings in first round of playoffs (e.g. American #1 vs. National #4, American #2 vs. National #3, etc.).

EXCEPTION: Any age division with 20+ teams will have a 16-team playoff schedule.

- Playoff schedule will begin week FIVE for teams in this category.

TCYFL TACKLE FOOTBALL RULES

The following Special Provisions are used in the Thurston County Youth Football League ("TCYFL") and supersede any conflicting provisions of the current National Federation of State High School Associations (NFHS) Football Rules Book. You can download a copy for a fee at: <https://nfhs.org/sports-resource-content/nfhs-rules-app-information/>

The Special Provisions may apply to any or all of the League's age divisions. Special Provisions can be identified by the following:

- (Minors) Relating to the Minors Age Division of Football
- (Majors) Relating to the Majors Age Division of Football
- (Seniors) Relating to the Seniors Age Division of Football

Some Special Provisions will be accompanied by an explanation of the rule being changed and/or the intent of the Special Provision. This text will be identified by *italic text*, and will immediately follow the Special Provision to which it applies.

RULE 1: THE GAME, FIELD, PLAYERS, AND EQUIPMENT

SECTION 3: GAME EQUIPMENT

- Art.1 is revised to read:
 - (Minors) The ball shall be an American Youth Football recommended brand and model that is designated for ages under 9 years old.
 - *Minor balls are designated as "Pee Wee" by most manufacturers.*
 - (Majors) The ball shall be an American Youth Football recommended brand and model that is designated for ages under 13 years old.
 - *Major balls are designated as "Junior" by most manufacturers.*
 - (Seniors) The ball shall be an American Youth Football recommended brand and model that is designated for ages under 15 years old.
 - *Senior balls are designated as "Youth" by most manufacturers.*
- Art.6 is revised to read:
 - (Minors, Majors, Seniors) A timing device referred to as "the game clock" or "the clock", if provided, shall be operated by a designated member of the visiting team from the previous game or the visiting team, if the game is the first game of the day at that venue.
 - *The visiting team shall be responsible for the operation of the scoreboard and clock for the following game at that venue.*
 - If the venue is not equipped with a timing device, the officials will keep time on the field.

SECTION 5: PLAYER EQUIPMENT

- Art.1.b.2. is revised to:
 - (Minors, Majors, Seniors) Delete the reference to the color "white."
 - *Teams are provided only one colored jersey style by the TCYFL. If either of the coaches feels there will not be adequate contrast between the*

teams, he may contact the League's Director of Equipment for alternate jerseys for that contest. Contact must be made within 24 hours of the posting of the schedule to request alternate jerseys. Alternate jerseys may not be available. In that case, the game shall be played to the best abilities of the players, coaches, and officials.

- Art.1.b.2.(e) is deleted in its entirety.
 - (Minors, Majors, Seniors)
- Art.1.b.3. is revised to:
 - (Minors, Majors, Seniors) Delete the reference to the color "white."
 - *Teams are provided only one colored jersey style by the TCYFL. If either of the coaches feels there will not be adequate contrast between the teams, he may contact the League's Director of Equipment for alternate jerseys for that contest. Contact must be made within 24 hours of the posting of the schedule to request alternate jerseys. Alternate jerseys may not be available. In that case, the game shall be played to the best abilities of the players, coaches, and officials.*
- Art.1.b.3.(e) is deleted in its entirety.
 - (Minors, Majors, Seniors)
- Art.3.a.1(a) is amended with the following:
 - (Minors, Majors, Seniors) A logo located on the sleeve and depicting the TCYFL logo, the team sponsor, or a TCYFL-sanctioned memorial shall be allowed.
- Art.3.a.1(b) is deleted in its entirety:
 - (Minors, Majors, Seniors)
 - *The TCYFL logo shall be worn on one sleeve and a sponsor or memorial logo may be worn on the other sleeve.*

SECTION 6: COACHES AND EQUIPMENT

- Art.1. is revised to read:
 - (Minors, Majors, Seniors) Communication devices including but not limited to audio recorders, Local Area Network (LAN) phones and/or headsets, mobile phones, still photograph(s), film, analog or digital video(s), and/or internet depictions, shall not be used to communicate with a player.
 - *Communication devices shall not be used on the sidelines except in the case of emergencies. No communication between a player and a sideline coach or a coach or spectator in the stands or scorer's booth for the purpose of gaining any tactical advantage is allowed.*
- Art.2 is deleted in its entirety.
 - (Minors, Majors, Seniors)
 - *Communication devices shall not be used on the sidelines except in the case of emergencies. No communication between a sideline coach and a coach or spectator in the stands or scorer's booth, for the purpose of gaining any tactical advantage, is allowed.*

RULE 2: DEFINITIONS OF PLAYING TERMS

SECTION 46: BALL-CARRIER WEIGHT

Art. 1: (Minors, Majors) Players on A must meet the ball-carrier weight for their age division to be aligned at the snap as an end or back.

- Art. 2: (Minors, Majors) Players on B that exceed the ball-carrier weight for their division must align on the line of scrimmage and with any part of their body within four (4) yards on either side of the spot of the snap.
- Art. 3: (Minors, Majors) No players on K nor R during a free kick may exceed the ball-carrier weight. If a team does not have 11 weight-eligible players, the remaining positions may be filled beginning with the lowest-weight player remaining on the roster.
- Art. 4: (Minors, Majors) The ball-carrier weight for Minors is 85 lbs. maximum.
- Art. 5: (Minors, Majors) The ball-carrier weight for Major J.V. is 110 lbs. maximum.
- Art. 6: (Minors, Majors) The ball-carrier weight for Major Varsity is 120 lbs. maximum.
- Art. 7: (Minors, Majors) All players that exceed the ball-carrier weight for their age division shall wear a distinctive helmet sticker provided by the TCYFL. Wearing the sticker during games is mandatory.

Weight restrictions for offensive and defensive ends, backs, blockers, kicking teams, and kick return teams have been implemented in the Minors and Majors for player safety. The intent is to have players that exceed these weight limits play on their respective lines.

SECTION 47: RESTRICTED AREA

- Art. 1: (Minors) The restricted area is a rectangular area extending laterally from sideline to sideline beginning at the line of scrimmage and extending four (4) yards into the defensive side of the field.
- Art. 2: (Minors) Only six (6) of B's players may be aligned in the restricted area at the snap.
- Art. 3: (Minors) No player in the restricted area may align directly behind or "stacked" behind another player in the restricted area.

Minors football is aimed at player development where 11-man box defenses and stacked blitzes are not appropriate.

SECTION 48: NO MAN'S LAND

- Art. 1: (Minors) No man's land is a rectangular area extending laterally between the outside of the closest feet of the linemen nearest the snapper and extending from the line of scrimmage to the defense's end line.
- Art. 2: (Minors) The maximum distance between the snapper and the next closest lineman is 18", meaning that no man's land can be no wider than the snapper's feet plus 36".
- Art. 3: (Minors) No B player may align with any part of their body in no man's land.

Minors football is aimed at player development where the fundamentals of executing a snap can be a challenge. No man's land is intended to provide the snapper with the opportunity to complete the snap without distraction. No man's land is not intended to allow the quarterback to run unimpeded. Therefore the split limitation was added.

RULE 3: PERIODS, TIME FACTORS, AND SUBSTITUTIONS

SECTION 1: LENGTH OF PERIODS

- Art.1 is revised to read:

- (Minors) The clock running time for a game shall be 40 minutes with periods and intermissions as indicated in Table 3-1.
- (Majors, Seniors) The clock running time for a game shall be 32 minutes with periods and intermissions as indicated in Table 3-1.
- Art.2 is revised to read:
 - (Majors, Seniors) At the end of the first half, or at any point in the second half, if the point differential between the teams is 21 points or greater the game will continue with a running clock. If the 21-point differential is reached in the first half, the running clock may be used at the agreement of both head coaches. If at any point the differential drops below 21, the clock will resume normal operation.
- Table 3-1 is revised to read:

Period of Timing	Clock Time: Minors	Clock Time: Majors & Seniors
First Half: First Period	10 minutes	8 minutes
First Half: Intermission for changing goals	1 minute	1 minute
First Half: Second period	10 minutes	8 minutes
Intermission: When teams leave the field	5 minutes	5 minutes
Second Half: Third Period	10 minutes	8 minutes
Second Half: Intermission for changing goals	1 minute	1 minute
Second Half: Second period	10 minutes	8 minutes
Charged Time Outs	1 minute	1 minute

- Art. 6 : (Minors) An overtime period is an untimed play after a regulation playoff game has ended with the score tied. During an overtime period, each team has an opportunity for an offensive series of downs. However, an overtime period may include only one offensive series of downs if the defensive team scores a safety or touchdown.
 - *Minor games only extend to overtime in the playoffs. Otherwise, a tied game at the end of regulation ends in a tie.*
- Art. 6: (Majors, Seniors) An overtime period is untimed play after a regulation game has ended with the score tied. During an overtime period, each team has an opportunity for an offensive series of downs. However, an overtime period may include only one offensive series of downs if the defensive team scores a safety or touchdown. A maximum of three (3) overtime periods will be played during regular-season games. If the score is still tied at that time, a tie game will be awarded to both teams. (Minors, Majors, Seniors)
- Art. 7: (Majors, Seniors) When the score is tied at the end of the fourth period, and overtime is warranted, the referee will instruct both teams to return to their respective team boxes. There will be a three-minute intermission during which both teams may confer with their coaches. All officials will assemble at the 50-yard line, review the overtime procedure, determine the number of the second-half time-outs remaining for each team, and discuss how penalties, if any, including any carry-over penalties from the regulation contest will be assessed to start the overtime procedure. (See 8-3-5,6) At the end of the intermission, the linesman will go to the team on the side of the field where the line to gain equipment is located and the line judge will

go to the other team. They will inform the coaches of the number of time-outs each team has remaining and any special penalty enforcements that apply.

SECTION 2: STARTING A PERIOD – HALF

- The first sentence of Art.1 is revised to read:
 - (Minors) Each half of the game shall be started by a play from scrimmage commencing from A's 35-yard line.
 - *Minors do not kick-off to begin the game or kick-off after scoring.*
- Art.3.a is revised to read:
 - (Minors) To choose whether his team will begin on offense or defense.
 - *Minors do not kick-off to begin the game or kick-off after scoring.*
- Art. 5: (Minors, Majors, Seniors) At the coin toss in the center of the field prior to an overtime period, 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.

SECTION 4: STARTING AND STOPPING THE CLOCK

- Art. 2a is revised to read:
 - (Majors, Seniors) 1. For an official's time-out.
- Art. 3 is revised to read:
 - (Majors, Seniors) The clock shall start with the snap or when any free kick is touched, other than the first touching by K if the clock was stopped because:
 - The ball goes out of bounds.
 - A legal or illegal forward pass is incomplete.
 - A request for a charged or TV/radio time-out is granted.
 - A period ends.
 - A team attempts to consume time illegally.
 - The penalty for a delay of game foul is accepted.
 - *Middle school clock rules shall apply in order to expedite games. The clock will start after spiking the ball after a change of possession.*
- Art. 4 is revised to read:
 - (Minors) The clock shall be stopped when:
 - An Official's time-out is taken for an injured player, and the injured player remains on the field for longer than one (1) minute of clock time.
 - An Official's time-out is taken for any other reason.
 - A charged time-out is granted.
 - The period ends.
 - A score occurs.
 - *Minor games shall have a running clock.*

SECTION 5: CHARGED AND OFFICIAL'S TIME-OUTS – INTERMISSIONS

- The first sentence of Art.1 is revised to read:

- (Minors, Majors, Seniors) Two time-outs only may be charged to a team during each half of a regulation game
- Art. 12: (Minors, Majors, Seniors) Each team shall be permitted one additional 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. The final score shall be determined by totaling all points scored by each team during both regulation time and overtime periods.
- ART. 13: (Minors) During the final two minutes of the second half, if the point differential is 12 or more, the leading team shall not request or be granted a time-out.

SECTION 6: BALL READY FOR PLAY AND DELAY

- Art. 2.a is revised to read:
 - (Minors) Failure to snap or free-kick within 35 seconds after the ball is marked ready for play.
 - *Minors games shall have a 35-second play clock.*

RULE 4: BALL IN PLAY, DEAD BALL, AND OUT OF BOUNDS

SECTION 1: PUTTING THE BALL IN PLAY

- Art.1 is revised to read:
 - (Minors) To start each half and resume play after a field goal or after a try, the ball shall be put in play by a snap from scrimmage at A's 35-yard line.
 - *Minors do not kick-off to begin the game or after scoring.*
- Art. 2 is revised to read:
 - (Minors) To resume play after a safety the ball shall be put in play by a snap from scrimmage at A's 35-yard line.
 - *Minors do not free-kick after a safety.*

RULE 7: SNAPPING, HANDING, AND PASSING THE BALL

SECTION 2: FORMATION/POSITION, NUMBERING, AND ACTION AT THE SNAP

- Art.5.b is deleted in its entirety.
 - (Minors, Majors, Seniors) The TCYFL does not enforce numbering by position.
- Art. 5.d is revised to read:
 - (Minors, Majors) B players may be anywhere on or behind their line of scrimmage as long as they meet any ball-carrier weight restrictions.
 - (Minors) B players must align in accordance with the restricted area and no man's land as defined in Rule 2.

SECTION 3: HANDING THE BALL

- Art.2.a is revised to read:
 - (Minors, Majors) A ball-carrier-weight eligible lineman who has clearly faced his end line by moving both feet in a half-turn and is at least one (1) yard behind his line when he receives the ball. The spirit of the ball-carrier weight rule shall not be circumvented by this rule.

SECTION 4: FUMBLE AND BACKWARD PASS

- Art.2 is amended with the following:
 - (Minors, Majors) A backward pass shall not be intentionally directed at a non-ball-carrier weight player. The spirit of the ball-carrier weight rule shall not be circumvented by this rule.
- The fumblerooski play is NOT ALLOWED in any division of TCYFL that has a weight limit.

SECTION 5: FORWARD-PASS CLASSIFICATION

- Art.6.a is revised to read:
 - (Minors, Majors, Seniors) All A players eligible by position include those who, at the time of the snap, are on the ends of their scrimmage line or legally behind the line (possible total of six). The TCYFL does not enforce numbering by position.

RULE 8: SCORING PLAYS AND TOUCHBACK

SECTION 1: POINT VALUES

- Table 8-1 is revised to read:

Scoring Play	Points
Touchdown	6 points
Field Goal	3 points
Safety	2 points
Successful Try: 1. Touchdown	1 point*
Successful Try: 2. Field Goal or Safety	2 points
Forfeited Game	Offended Team: 1, Opponent: 0
*(minors) a completed forward pass resulting in a touchdown during a try is worth 2 points	If offended team is ahead, the score stands

SECTION 3: TRY

- Art.3 is revised to read:
 - (Minors, Majors, Seniors) During a try, A may score one point from what would be a touchdown or two points for a field goal or safety by B under rules governing play at other times during the game. Only A may score during a try. The TCYFL does not enforce numbering by position.
- Art. 3 is amended with the following:
 - (Minors) During a try, A may score two points from what would be a touchdown resulting from a completed forward pass.

PRESEASON COMMUNITY FOOTBALL/CHEERLEADING EVENTS:

See TCYFL Supplemental Football Rules & TCYFL Supplemental Rules for Cheerleading

TCYFL SUPPLEMENTAL FOOTBALL RULES

The following Supplemental Rules ("SR") apply to Minor, Major Junior Varsity ("MJV"), Major Varsity ("MV"), Senior Junior Varsity ("SJV"), and Senior Varsity ("SV") divisions. The Thurston County Youth Football League ("TCYFL") Board of Directors ("Board") reserves the right to modify Supplemental Rules. Teams and/or coaches impacted by any changes shall be notified in advance of said changes.

Grade and Age Requirements

1. Persons are eligible to participate in the TCYFL if they are entering grades 2, 3, 4, 5, 6, 7, or 8 in the fall of the season year and are not over fourteen (14) years of age on July 31 of the current season year.
 1. First-grade players must have a signed waiver by a parent or legal guardian, and approval from the team's Franchise Head Coach.

Practice Requirements

1. Each player must participate in twelve (12) or more practices before participating in their first game of the current season. All players who attend the required number of practices can participate in the game each week.
 1. The franchise may institute an attendance policy that cheerleaders must adhere to in order to participate each week for each game.
2. Practices may begin no earlier than August 1 of the current season and must conclude at the close of the current season. Practices shall be no more than two (2) hours in duration each and no less than (45) forty-five minutes. No more than one TCYFL practice is permitted per day. No practice session held Monday through Friday shall commence prior to 5:00 p.m.
 1. No football, contact practice sessions may occur before three non-contact practice sessions have occurred. No football participant shall participate in a contact practice until said participant has participated in three practices without contact.
 2. A minimum of two (2) practices, and a maximum of three practices, of no more than two (2) hours duration each, shall be conducted each week during the entire season for the Minors, Major JV, and Major Varsity teams.
 3. A minimum of two (2) practices, and a maximum of five practices, of no more than two (2) hours each, shall be conducted each week during the entire season for the Senior JV and Senior Varsity teams.
 4. The Minors, Major JV, and Major Varsity coaches may opt to conduct one practice week consisting of four practices of no more than two (2) hours duration each, prior to the beginning of league play.
 5. During the week of the Jamboree, three practices consisting of no more than two (2) hours duration each may be conducted by the Minor, MJV, and MV teams in addition to the Jamboree.
 6. Six (6) days prior to or six (6) days following a scheduled "BYE" game, Minor, Major JV, and Major Varsity teams may schedule a scrimmage and conduct 3 practices not to exceed two (2) hours in duration.
 7. Prior to August practices of the current year, participation in parades and/or community days is allowed with the restriction that the team is limited to walking and promoting the TCYFL as a franchise to support their community. All other types of participation, prior to August practices of the current year, are prohibited.

Football: Player Weight and Age Restrictions

1. All weights must be recorded using an official TCYFL scale. The current season's Jamboree is designated as the official weigh-in place and date. Players who weigh more than the ball-carrying weight designated for said player's division will be recorded by a TCYFL Board Member. Players who weigh less than or equal to the ball-carrying weight designated for said player's division will be recorded as having been officially weighed. An official weight may be recorded at the discretion of the Board. There may be additional weigh-ins, as deemed necessary by the Board, during the current season. For divisions of play without weight limits, the Board will determine if an official weight will be recorded for players in said division.

MINOR DIVISION

1. Players entering grades 2 or 3 in the fall of the season year and are not over 8 years of age on April 30 of the current year may participate on a Minor division team. Those not meeting the age requirement will play, without exception, at the Major Junior Varsity level. At the request of the parent or guardian, and Franchise Head Coach, any player under 8 years of age on July 31 of the current year may also participate in the Minor division.
2. Only players weighing 85 pounds or less, as weighed by an official TCYFL scale, may align as or by shift become, an eligible Pass Receiver, Running Back, or Quarterback on a Minor division team. Refer to SR-6 for Special Teams limitations.
3. On a Minor division team, players weighing more than 85 pounds, as weighed by an official TCYFL scale, shall align on Defense on the line of scrimmage, inside of the free blocking zone*. Refer to SR-6 for Special Teams limitations.

MAJOR JUNIOR VARSITY

1. Players entering grades 4 or 5 in the fall of the season year and are not over 10 years of age on April 30 of the current year may participate on the Major Junior Varsity division team. Those not meeting the age requirement will play, without exception, at the Major Varsity level. At the request of the parent or guardian, and Franchise Head Coach, any player under 10 years of age on July 31 of the current year may also participate in the Major Junior Varsity division.
2. Only those players weighing 110 pounds or less, as weighed by an official TCYFL scale, may align as or by shift become, an eligible Pass Receiver, Running Back, or Quarterback on a Major Junior Varsity division team. Refer to SR-6 for Special Teams limitations.
3. Players weighing more than 110 pounds, as weighed by an official TCYFL scale, shall align on Defense on the line of scrimmage, inside of the free blocking zone*. Refer to SR-6 for Special Teams limitations.

MAJOR VARSITY

1. Players entering grade 6 in the fall of the current season and are not over 12 years of age on July 31 of the current year may participate on a Major Varsity division team. Those not meeting the age requirement will play, without exception, at the Senior Junior Varsity level. At the request of the parent or guardian, and Franchise Head Coach, any player under 11 years of age on July 31 of the current year may also participate in the Major Varsity division.

2. Only those players weighing 120 pounds or less, as weighed by an official TCYFL scale, may align as or by shift become, an eligible Pass Receiver, Running Back, or Quarterback on a Major Varsity Division team. Refer to SR-6 for Special Teams limitations.
3. Players weighing more than 120 pounds, as weighed by an official TCYFL scale, shall align on Defense on the line of scrimmage, inside of the free blocking zone*. Refer to SR-6 for Special Teams limitations.

SENIOR JUNIOR VARSITY

1. Players entering grade 7 in the fall of the current season and are not over 13 years of age on July 31 of the current year may participate on a Senior Junior Varsity division team. Those not meeting the age requirement will play, without exception, at the Senior Varsity level. At the request of the parent or guardian, and Franchise Head Coach, any player under 12 years of age on July 31 of the current year may also participate in the Senior Junior Varsity division.

SENIOR VARSITY

1. Players entering grade 8 in the fall of the current season and are not over 14 years of age on July 31 of the current year may participate on a Senior Varsity division team. Those not meeting the age requirement will not be eligible to participate in the TCYFL. At the request of the parent or guardian, and Franchise Head Coach, any player under 13 years of age on July 31st of the current year may also participate in the Senior Varsity division.

**Being on the defensive line of scrimmage is defined as within one (1) yard of the neutral zone (Rule 2-25 of the NFHS Rule Book). The free blocking zone (Rule 2-17 of the NFHS Rule Book) extends four (4) yards in each direction from the ball towards the sidelines.*

FOOTBALL: OFFICIAL WEIGHTS

1. Weights determined at the official weigh-in are determined by a league-official scale only. The weight printed in the TCYFL season program, with exception of typographical errors, will be considered the players' official weight for the entire season. Head Coaches should be sensitive to excessive player weight gain. There is no maximum weight for SJV or SV. Any player who is not officially weighed will be deemed over ball-carrying weight for their division of play. For players participating in divisions without weight limits, the Board may elect not to record an official weight for players in said divisions.
 1. A second official play-off weigh-in will be required of players who qualified as a ball-carrier and were within five (5) pounds or less of the requirements in SR 4-2, SR 4-3, SR 4-5, SR 4-6, SR 4-8, and/or SR 4-9 at the official regular season weigh-in. Weights are determined by league official scale and representative only. Weights will be recorded before the start of the first official playoff game. A 5-pound allowance increase will be given to Minor, MJV, and MV players. Any player that does not have an official playoff weigh-in or fails to meet the weight requirements may not participate in the ball-carrier category as defined by the criteria in the rules listed above.
2. Kickoff and Kickoff Return teams will include players whose weights qualify under SR-4, SR 4-5, and SR 4-8 restrictions. If the team does not have enough players, who are under the weight restriction, to field a Kickoff and/or Kickoff Return team, the next closest player in weight

may be used in a frontline position only. In other words, only ball-eligible players may participate in Kickoff and Kickoff Return teams, unless, per above, a team does not have enough qualified players to field a Kickoff or Kickoff Return team.

FOOTBALL: EQUIPMENT

1. Prior to contact sessions, each player must have a colored mouth guard, other than white or clear, to practice and/or participate in a game.
2. Eye black may be used in one strip under each eye.
 - a. No designs or full face paint
3. Teams must use footballs that are brown with white stripes. Minor division teams will use Pee-Wee sized footballs. The MJV and MV division teams will use Junior sized footballs. All other division teams will use Youth sized footballs. If during a game a team does not provide the proper sized football for their team, they must use the opposing team's football provided it is the proper size. Teams also must use the football provided by the TCYFL in the current season for game play.

FOOTBALL: TIME AND SCORING

1. Games shall consist of four (4) 8-minute quarters with one (1) minute between quarters, and five (5) minutes between halves.
2. Official regular-season games in the MJV, MV, SJV, and SV divisions ending in a tie at the end of regulation time shall be settled through a "Kansas City Tie Breaker" to be administered by the senior official present at the game. Play shall commence from the 10-yard line. There will be a maximum of three (3) overtime periods. If there is no winning team after three (3) overtime periods, the game will end in a tie. The regular-season Minor division games are exempt from the "Kansas City Tie Breaker" process. All divisional playoff games ending in a tie will be settled through the "Kansas City Tie Breaker" until a winner is determined.
3. A team has the option of kicking, running, or passing to attempt for the point after touchdown ("PAT"). A successful run or pass is awarded one (1) point; a successful kick from a placement is awarded two (2) points.
4. Mercy Rule: if a team is ahead by 21 points or more, there shall be a running clock from the start of the second half. If both Head Coaches agree, the running clock can be started in the first half.
 1. A running clock does not stop except for the following:
 1. The running clock will be stopped for the PAT attempt and restarted with the start of the next play following the PAT attempt.
 2. The running clock will be stopped to tend to injuries. At least one (1) minute must run off the clock prior to stopping the clock due to injury.
 3. At any time, the game referee may stop a running clock, especially when the game referee is keeping the official time.
5. All touchdowns shall be followed by a PAT attempt, even though the outcome of the PAT has no effect in determining the winner of the game. This rule shall remain in effect as long as points scored against during the season decide ties in the league standings.
6. All participants will play a minimum of eight (8) plays per game, providing they have met team practice requirements, or unless the player is injured, removed for disciplinary reasons, or if the player opts not to play. See "8-play rule" for details.

7. Due to insurance concerns there shall be no non-participants past the inside edge of the running track surrounding the playing field. When playing on fields with grandstands, all non-participants shall remain in the grandstands.
8. Each team will be allowed 2 (two) timeouts per half.
9. Once the ball is snapped, three (3) coaches may stay in the restricted area. The restricted area is the area known as the coach's box. This rule is a modification of NFHS rule 1-2-3g.
10. A player's jersey number will not designate said player's eligibility as a receiver. A player's eligibility will be determined by said player's alignment in the offensive formation, in accordance with the NFHS rulebook and any limitations dictated by the TCYFL's weight limits for ball-carriers. This rule is a modification of NFHS rule 7-2-5.

FOOTBALL: MINOR DIVISION SUPPLEMENTAL RULES

1. No defensive player, no matter the distance from the line of scrimmage, may line up directly over the center or in either gap to the center's right or left. The defensive line will have no more than six (6) players on the line of scrimmage. All players not lined up on the line of scrimmage must be four (4) yards from the line of scrimmage and may not move forward until the snap of the ball. Stacking players, one behind the other, within four (4) yards of the line of scrimmage is prohibited. The maximum line split between the Center's foot and the Offensive Guard is 18 inches. A 5-yard encroachment penalty will be assessed if the offensive or defensive teams violate these rules.
2. Kick-off situations will be substituted with the offense starting at their own 35-yard line 1st and 10. Punting is allowed.
3. One (1) coach is permitted on the field while the game is being played. This coach is permitted in the huddle.
4. Time between plays is 35 seconds and will be strictly enforced.
5. A game will consist of four (4) ten-minute running clocks, SR 13-1, quarters. A one (1) minute break will be allotted between the 1st and 2nd quarters and between the 3rd and 4th quarters. Teams will not change sides of the field during the one (1) minute break between the 1st and 2nd quarters and between the 3rd and 4th quarters. The intent of the one (1) minute break is to allow coaches an opportunity to substitute players. Halftime will be five (5) minutes in duration. There will be two (2) time-outs allowed per half.
6. The coaches of the last game shall clean and return the field to pre-game condition.
7. During game play, fumbles can be advanced.
8. If a team is ahead in score by twelve (12) or more points with less than two (2) minutes remaining in the second half, that team cannot use their timeouts.
9. A completion of a forward pass resulting in a successful PAT attempt shall be awarded two (2) points. Note: The completion does not have to be in the end zone. for the following week.

Supplemental Rules for Ejection of Participants and Coaches

1. The ejection of a player from a game will result in the following:
 1. Any participant ejected by a referee from a regular-season game will be ineligible to play in the team's next league game.
 2. The ejected participant will remain on the bench throughout the penalty game.
 3. Coaches shall make this rule clear to all players prior to the start of the season.
2. The ejection of a coach from a ball game will fall under the League's three-strike policy.
3. The ejection of any person (coach, parent, spectator, chain gang, board member, etc.) game falls under the League's three-strike policy.

1. The ejected person is required to leave the stadium and field area immediately.
2. The ejection will also result in this person being suspended for a minimum of one (1) week from attending TCYFL-sponsored events and may result in further disciplinary actions pending the investigation and findings of the TCYFL Oversight Committee into the incident.

Supplemental Rules for Referees

1. Official referees will be contracted by the TCYFL. A minimum of two (2) referees are to be assigned for each game.
2. In the event of official referees not showing up, the Field Marshall will work with the Head Coaches of both teams to try to find one (1) or two (2) impartial officials. If no officials can be found or if the Head Coaches do not agree with the volunteers, the game will be canceled and rescheduled.
3. If a game is canceled by the League due to inclement weather or no officials, it may be rescheduled during the practice week with coaches officiating.

Eight-Play Rule

1. Each player will play a minimum of eight (8) plays per game providing they have met team practice requirements, or unless the player is injured, or removed for disciplinary reasons, or if the player opts not to play.
 - a. If a coach has a player that has not met team practice requirements, the coach must communicate with the parents within 24 hours before the game, so the parents are aware of the play time.
 - b. Mandatory meeting before the start of the game between both head coaches and field marshal. In this meeting a head coach must submit a roster indicated who and why they may not get their required 8 plays (i.e. attendance or disciplinary)
 - c. If a HC does not disclose at the HC and Field Marshal meeting any players that may not get their 8 plays they could be subject to disciplinary action/forfeit of game
2. If a complaint is made to the TCYFL Board by a FHC within 24 hours from the close of the contest that a player did not receive their eight play, an investigation will be conducted by a committee headed by the Director of Rules, the VP of Football, and another member of the TCYFL Board. The reporting FHC will need to provide supporting documentation and video with the complaint.

If a violation of the rule is found to have occurred by the committee, the following minimum penalty will be applied

- The player who did not have eight plays, will be required to START the next game and make up their plays PLUS eight additional plays. (i.e. if they missed 4 plays, they will START and have a minimum of 12 plays for the following game)
- The HC who's team violated the eight-play-rule shall receive a strike, and be suspended for a week, including the following game.

If the offense is found to be egregious the following penalties shall be imposed

- The team who violated the eight-play-rule will receive a forfeit for the game where the rule was violated

If a team has been found to violate the eight-play-rule more than once in a season:

- the above penalties will apply AND the team will forfeit the ability to participate in playoffs, regardless of season record.

3. Additional 8-play-rule related rules

- A play that is not completed due to a penalty does not count as a play toward the 8-play minimum
- Kneel downs do not count as a play toward the 8-play-rule
- If a team is found to put backup players in and false start intentionally and count it as a play, that head coach will receive a strike and a suspension for the following week.

Pre-Season Community Events

1. Prior to participating in parades and/or community days, the TCYFL V.P. of Football, Director of Game Day Operations, and Secretary must be informed of the football franchise's participation.
2. Per the TCYFL Board of Directors, football teams, at the end of a season may all get together and participate in the local, community, holiday parade.

PRESEASON CAMPS:

1. CAMPS: May be sponsored by TCYFL Franchises, but must remain open to any participants between Kindergarten and 8th Grade. Camps must be free and not specific to football/cheerleading. I.e. strengthening/stamina/conditioning/flexibility etc.

PRESEASON CONDITIONING:

1. Beginning July 1st until August 1st, franchises may opt to hold up to two (2) conditioning practices per week, for tackle football and sideline cheerleading, no more than two (2) hours long to prepare for the season. These conditioning practices must be run by a TCYFL badged coach and the field usage is at the expense of the TCYFL Franchise, NOT the TCYFL League.
 - a. These conditioning practices:
 - i. Will NOT be mandatory
 - ii. Will NOT review plays/cheers/halftime dances
 - iii. Will NOT count toward mandatory practices prior to game play/game participation
 - iv. Will NOT be contact practices; no football gear is allowed.
 - v. WILL encourage strengthening and conditioning for football/cheer season
 - vi. WILL ONLY be offered to Tackle Football Teams and Sideline Cheer Teams (flag football/cheer is not allowed to participate prior to August 15)
 - b. These practices will help get student athletes into shape in preparation for football/cheer season. They are NOT to get a head start on practices for the season.
2. Franchises must report time/dates of planned conditioning practices, to the Secretary, prior to practices taking place.

TCYFL FLAG FOOTBALL RULES

All flag football games will follow NFL Flag Football Rules. Modifications and additions to the NFL Flag Rules shall be listed as Supplemental Rules and approved by the TCYFL Board of Directors (“Board”).

A team may consist of no more than twelve (15) players unless authorized by the Board. Such authorization is in effect for only the season year for which authorization was granted. FLAG football team sizes are limited to a maximum of 15; must split at 16. Teams must divide into at least 2 or more equally sized teams. A franchise may choose, at their own discretion, to split teams into smaller than the maximum size. Minimum amount of players on the field during the game is five (5).

1. The playing field will be approximately 36 yards wide and 50 yards long, including the 10 yards of the end zone. Most games will be played on a field specifically marked for Flag Football. For games not marked specifically for flag football, a full-size football field will be divided into two (2) playing fields as follows:
 1. The playing field length will be designated as from the 40 yard line to the end line of the nearest end zone.
 2. The playing field width will be designated from the home side line to the far hash marks, approximately 36 yards in width.
 3. Including the 10 yards of the end zone, the field shall be 50 yards in length and 36 yards in width.
 4. Players may wait to enter the game between the 40- and 50-yard lines.
2. The field will not include “no run” zones.
3. Games will be 40 minutes in length, split into four (4) 10-minute quarters. A one (1) minute break between the first and second quarters and a one (1) minute break between the third and fourth quarters. A 5-minute halftime will be granted. The clock is a continuous running clock with no stopping of time. The Referee shall keep official time for the game, if no referee is present prior to the start of the game, the home team Head Coach will designate a volunteer to be the timekeeper for the game. The volunteer does not need to be a certified coach. The home team Head Coach will be responsible for the designated timekeeper’s conduct.
4. Prior to game play, all players will assemble at the 25-yard line to perform a flag check. All players will “pop” or remove their flags from their belts to ensure correct function. A player without properly functioning equipment will not be allowed to play until they are properly equipped.
5. One (1) coach from each team can be on the designated playing field during game play.
6. A coin toss will determine which team shall begin the game on Offense.
7. Offense will start on the 25-yard line. Offense has three (3) plays to reach the 10-yard line. Reaching the 10-yard line gives the Offense three (3) plays to score. If the Offense scores, they will be given one (1) try for the Point After Touchdown (PAT) from the 5-yard line. Unused plays do not carry forward. Failing to reach the 10-yard line or score, will turn the ball over. The Defense then starts on Offense at the 25-yard line.
8. Forward passes are not required to cross the line of scrimmage.
9. Defensive players may not cross the line of scrimmage or rush the Quarterback until the ball has been passed or handed off from the Quarterback to another player.
10. Interceptions shall result in a dead ball with the Defense taking over on Offense at the 25-yard line.

11. Teams of ten (10) or less players will provide a minimum of twenty (20) minutes of playing time for each participant. Teams of more than ten (10) players will provide a minimum of twelve (12) minutes of playing time for each participant.
12. The TCYFL does not record the results of the games. Scores may be kept for the game, but the game results are not recorded for league purposes.
13. A team may have an adult volunteer as an on-field volunteer for games. This volunteer must register with the TCYFL as a Team Coordinator and pass the required background check.
14. A parent/guardian must be present to assist with bathroom breaks for flag football/flag cheerleaders for all practices and games
15. There is a 35 second play clock to minimize prolonged huddles.
16. Guardian caps are allowed in games/practice for TCYFL so long as the guardian caps match and are in the team color. TCYFL does NOT supply guardian caps.

TCYFL 7 v 7 RULES

The goal is to provide a fun, competitive program that will further develop football players in our community.

PRACTICES/GAMES:

- Practices may begin the week of April 1 with practices being no more than 3 times per week, with a maximum of 4 hours per week.
 - Practice days and lengths will be determined by each head coach within the program.
- All games will be played on Friday nights at the Regional Athletic Complex Lacey WA, as long as scheduling permits. Games will run for 7 weeks.

ABOUT:

- 7v7 is a fast paced “non contact” sport that develops the passing game and defensive coverages.
 - Games are 25 minutes in length, with seven players on each side of the ball, starting at each team's 40-yard line.
 - There is no tackling, there are no linemen.
- Registration includes a sleeveless compression shirt, athletic shorts (loose fitting), and a soft helmet. Players will be required to obtain cleats and mouth guards.
- TCYFL Franchise Boundary Alignments will apply.
 - Franchise waivers from the tackle season will carry over to the 7v7 season.
 - Any franchise transfers will follow the same guidelines provided for tackle football.
 - If a player was moved to a different franchise due to their home franchise NOT fielding a team, that is NOT a waiver. They must report back to their home franchise for the next season.

GENERAL PROVISIONS:

- Games shall be played with seven players on the field each for each team (see Offense rules below).
- A minimum of 5 players are required to start the game.
- There is not a maximum roster at this time, however, the goal is for players to get play time and splits should occur as deemed appropriate by the FHC.
- All players must be registered to play through TCYFL.
- Players may only be rostered and play on 1 team.
 - Players will be rostered based on the TCYFL grade and age guidelines as provided for tackle football. *Note players are allowed to play up one grade level with FHC approval.
 - 5/6 Grade: Players must be currently in 5th and 6th grade.
 - 7/8 Grade: Players must be currently in 7th and 8th grade.
- Field will be 50 yards. 40 yard playing field with a 10-yard end zone.
- All play will be from the 40-yard line in.

GAME PLAY

A coin toss will determine which teams get the ball first. With the team beginning possession being from the 40-yard line.

- A whistle will begin each game.
- Each game will have a 25-minute running clock.
 - Clock will only stop for: an injury, referee / coach timeout.
- Referee will keep the official time and score.
 - Referee will alert the team at the: 10min, 5min, 1min mark of games.
- All players must wear uniforms, mouthguards and soft helmets.
 - No player will be allowed to participate without mouthguards and soft helmets, except.
 - Quarterback positions will be the only exception of mouthguard and soft helmet.
 - Players are permitted to wear standard football cleats with plastic or rubber spikes.
 - No metal spikes are allowed.

OFFENSE

- Offense will have 5 eligible Receivers & 1 QB on the field for play.
 - Offense is allowed to have a 7th player as a Non Eligible Receiver playing Center if they want to snap the ball in a shotgun formation.
- Offense possessions will start at the 40-yard line.
 - All snaps must be off the QB-TEE or snapped from a Non Eligible player acting as center (shotgun snap), the first person to control the football off the QB-TEE is deemed the Quarterback.
 - The Quarterback is never eligible to run.
 - The Quarterback will be responsible for the moving of the QB-TEE to the line of scrimmage as determined by the referee.
 - Quarterback has 4 seconds from the snap of the ball to release the ball or the play will be called dead.
- All passes must be thrown past the LOS unless they are thrown outside the tackle to tackle box.
- Offense has three (3) downs to gain a first down, the first line to gain will be at the 25-yard line. The second line of gain will be at the 10 yard line. Once inside the 10-yard line, the offense has 3 downs to score a touchdown.
- Offenses will have the option of taking an automatic 1 point or go for 2 points from the 10 yard line. Once the decision is made the team cannot change their decision. Failure to complete 2pt PAT does not grant 1 point.
- Blocking is not permitted by the offense. However, an offensive player may shadow the defender.
- Offensive player is ruled down when touched below the neck and above the ankle. By either one hand or two.
- If the ball carrier's elbow or knee touches the ground the ball will be considered down.

- Diving to reach the ball forward on offense is not permitted.
- If an offensive player leaves their feet and dives forward, the play will be blown dead at the spot they left their feet.
- Offensive players can reach the ball forward if he or she is upright and on both feet.
- Offensive players can leave their feet to dive and catch or bat down a ball.
- Offensive fumbles will be ruled dead at the spot of the fumble.
- The Offense will have 25 seconds to put the ball in play, the offense will also be responsible for retrieving and returning the ball back to the official/QB TEE.
 - If offense breaks the huddle and then substitutes players, the defense has 5 seconds to make an adjustment. Offense may run no huddle, however, if the offense substitutes they must allow time for a defensive substitution.
- Offensive formations must have all receivers outside the tackle box. With at least one receiver on each side. Offense cannot load 5 players to one side.
 - Tackle box defined as 4 yards either side of the ball on the LOS and 1 yard deep.
 - Players may line up in the backfield.
- Offense can have up to 8 players in the backfield (not in the Huddle).
 - Offensive subs in the backfield must take a knee 5 yards behind the Huddle.
- Offense must break the huddle with 6 or less players, not including the QB.
 - Offense breaking the huddle with more than 6 players results in automatic loss of down. (this allows the defense to identify who is on the field and sub accordingly)
 - *Please note all Loss of Down penalties occurring on 3rd down will be a turnover on downs.

OFFENSIVE PENALTIES:

● False start / illegal motion	0yds	Loss of Down
● Delay of Game	0yds	Loss of Down
● 8 Men	0yds	Loss of Down
● Illegal Forward Pass	0yds	Loss of Down
● Pass Interference	0yds	Loss of Down
● Blocking	0yds	Loss of Down
● Unnecessary Roughness	15yds (From LOS)	Loss of Down
● Un-Sportsman	15yds (From SOB)	Loss of Down

DEFENSIVE PENALTIES:

● Offside	5yds	Replay of Down
● 8 Men	5yds	Replay of Down
● Defensive Holding	5yds	Replay of Down
● Pass interference	Nearest LTG	First Down

DEFENSE

- Blitzing is not permitted.
- Defensive pass interference is an automatic 1st down to the nearest line to gain.
- Pass interference occurring between the 10 yard line and endzone, or in the endzone, results in an automatic 1st down and ball spotted at the 1 yard line.

- Defensive players may line up prior to the snap at the line of scrimmage, however, there is a no “chuck” rule in high school football.
 - 7on7 is intended to improve the passing and defensive coverage game, and better prepare these players for high school play.
 - As such we will follow high school rules with “illegal contact” or “no bump and run”.
- If a defensive player dives to make a tag, the runner can continue until tagged.
- Defensive players can leave their feet to dive and catch or bat down the ball.

STANDINGS

The league will maintain a record of wins (2 pts) Ties (1 pt) and Loss (0 pts)

SCORING

- Six (6) points for a touchdown
- One (1) Extra Point is automatic, or teams may elect to go for two.
- Two (2) points for a PAT from 10-yard line.
 - Failure to complete PAT does not result in automatic One (1) Extra Point
- Three (3) Points for Interception (no runbacks or “pick 6”)
- Turnover on a PAT is dead ball (including INT)

OVERTIME

There will be NO overtime in league play.

COACHES

- Defensive Coaches are not allowed to be on the field.
- They can be on the sideline or behind the back of the endzone.
- Only 1 offensive coach for the offense is allowed on the field.

HOUSE RULES

- Away team will be responsible for providing a volunteer to maintain the down marker.
- Home team will be responsible for providing a field marshal for the game following.
- First home team of the day is responsible for their game also.
- All spectators must remain on the sidelines, in the stay behind the boundary lines.
- Excessive celebration or aggressive and/or taunting gestures during game play, will be considered Unsportsmanlike conduct and result in a loss of down, including PAT following a touchdown.
- Playtime: While we will not have a “minimum play” rule, the goal is for players to have meaningful time on the

TCYFL GIRLS FLAG FOOTBALL RULES

Overview

- This is 7-on-7, minimal-contact, non-blocking, legal-screening, free-release flag football.
- The most general rule of the game is to avoid contact that is judged to be significant or forceful.
- Players cannot make contact that is judged as gratuitous, deliberate, or incites roughness.
- Each player, coach and official must regulate contact through self-control, training, and enforcement.
- Unsportsmanlike conduct and egregious personal fouls are accompanied by a cool down period at a minimum.
- Player's waist-worn flags must meet specifications, be legally worn and capturable.
- Fields are 30-yards wide and a minimum of 50 yards long (plus end zones).
- Fields have two lines-to-gain. Pass-Only / No-Run Zones are five yards from the goal line.
- Teams will have four downs to gain a first down by achieving a line-to-gain.
- Once across a line-to-gain teams are awarded a new set of downs, teams will have four downs to achieve the next line-to-gain or score unless awarded an automatic-first-down by penalty.
- Pass-Only / No-Run Zones: Offenses must execute a forward pass that breaks the line-of-scrimmage.
- All players are eligible receivers.
- Officials will mark the ball where the ball was at the time it became dead, not where the flag was pulled.

Two 25-minute halves, five minute half

All players must wear game breaker helmets and mouth guard during gameplay with TCYFL-approved uniform

Offense

- The play clock is 25 seconds from the Ready-to-Play whistle.
- Snaps must be made between the center's legs (pistol, shotgun or under center).
- A seven second "play clock" will be used, beginning when the ball leaves the ground at the Snap.
- The Passer must hand off or pass the ball off before the play clock expires or the play is a "sack" (the ball will be returned to scrimmage and the down is consumed).
- Physical-contact blocking is not allowed.
- Offensive players are given Right-Of-Place (ROP) if they remain still after the snap. ROP is a higher precedent (i.e. defeats) Right of Way (ROW).
- Legal screen blocking is allowed only behind the line of scrimmage.
- The player taking the snap (Passer) cannot run the ball through scrimmage unless the ball clearly left and returned to their possession.
- Any player other than the player taking the snap may run the ball through scrimmage.
- On fourth down teams must "Play" and may not "Punt".
- If they "Play" and fail, the opposing team will take possession from the 40 yard line.
- Ball carriers may use any number of backward passes and legal pitches anywhere on the field.
- Fumbles, passes, muffs and bad snaps are dead when (not always where) they hit the ground.
- Ball carriers can leave their feet, jump, and spin if they don't put other players' safety at risk.
- Ball carriers may not dive or hurdle to advance the ball.
- Ball carriers may extend the ball in front of them to gain additional yardage.
- Ball carriers may not physically deny defenders the opportunity to capture their flag (flag guarding).

Defense

- Defenders must make all reasonable efforts to minimize contact while capturing an opponent's flag.
- The game is "free release", defenders cannot "chuck", "jam", "bump", "press", etc., a receiver. They may place a hand on the receiver to "find or track" them as long as they do not restrict, redirect or delay their opponent.

- Before a legal snap a Blitz Line will be set 7-yards from the line-of-scrimmage.
- Up to two defensive players may declare Right-Of-Way (ROW) by a clear and obvious hand signal, pre-snap.
- ROW may not be materially impeded on their path to the line-of-scrimmage in the direction of the initial position of the Passer, not to the Passer themselves (i.e., if the Passer moves after the snap).
- ROP defeats ROW.
- If a player claiming ROW player lines up illegally or breaks the Blitz Line pre-snap, it is a Defensive False Start.
- After crossing scrimmage, defenders may be legally screened in the backfield.
- Other defenders not 7-yards from scrimmage at the snap may enter the backfield once the ball is passed or handed off or clearly touches another player. However, they will not have ROW.
- Stripping / attempting to strip (including punching the ball) from a player is illegal.
- Defenders may safely dive to capture an opponent's flag. They must avoid noteworthy contact.
- Defenders may not use their hands, arms, etc. to displace a screen blocker (i.e., push out of the way, clear a path, shoot a gap in the offensive line). Defenders must work around a screening opponent.

THERE ARE NO TIMEOUTS/OVERTIME

Scoring

- Touchdown 6 points
- Point After Touchdown (PAT) Attempts
- 1 point automatically may be accepted following a touchdown.
- 2 points from the 10-yard line, run or pass
- Interceptions result in a defensive score of 3 points.
- Interceptions during PAT attempts will result in a dead ball and turnover on downs.

TCYFL SIDELINE CHEERLEADING RULES

The Thurston County Youth Football League (“TCYFL”) has adopted rules supported by the Cheerleading branch of the National Federation of High Schools (“NFHS”) Spirit Rules, American Association of Cheerleading Coaches and Advisors (“AACCA”), and ESP Insurance Brokerage Company’s non-competition guidelines. The TCYFL reserves the right to modify any cheerleading rules within the guidelines of the contracted insurance policies and the needs of the TCYFL. These rules apply to all TCYFL Sideline Cheer and Flag Cheer activities, events, games, and practices throughout the current TCYFL season.

GENERAL CHEER SAFETY RULES/GUIDELINES

The Franchise Cheer Coach (“FCC”) and Head Cheer Coaches, of any squad, must be a minimum of 21 years of age. All Assistant Cheer Coaches, of any squad, must be a minimum of 18 years of age and must have graduated from high school or hold a GED certificate. All cheer franchises may be allowed to have a Coach in Training (“CIT”) or Student Demonstrator (“SD”) program that consists of 13- to 18-year-olds who, and may only, carry out the instructions of the Head or Assistant Coach.

1. All TCYFL Cheer Staff must wear their badges visibly at all TCYFL activities, events, practices, and games.
2. All Cheer Coaches and Cheer Staff must follow the guidelines set forth by the Franchise Cheer Coach.
3. All cheer coaches must take certification classes including Sudden Cardiac Arrest and Concussion Awareness classes. Cheer coaches are subject to the same registration policy as football coaches (see registration policy).
4. If a team is going to stunt, at least one (1) coach has taken TCYFL Stunt Safety Training through V.P. of Cheerleading or WIAA.
 - a. Coaches must require proficiency before skill progression. Coaches must consider the individual, group, and team skill levels when performing either on the sideline or in a routine performance. An attendance log shall be taken at each practice/game. A skills progression chart/recording is recommended be recorded at each practice.
5. Apparel must cover the midriff when the participant is standing at attention. Safety pins may not be used on uniforms as they present a safety hazard. Apparel and accessories must be appropriate for the activity involved to minimize the risk for the participants. This can include tops, shorts, leggings, socks, bows, etc.
 - a. Apparel/Uniform fittings may not be held at a private residence (i.e. coach’s home or participant’s home).
6. Athletic shoes must be worn while participating in any TCYFL cheer activity. TCYFL cheer activities include practices, games, special events, and competitions. No dance shoes or boots, gymnastics slippers (or similar) are allowed. Shoes should have no accessories or adornments. Shoes must have a solid sole. If you can roll it up and put it in your pocket, it’s illegal.
7. A participant must not chew gum or have candy or food in their mouths while performing during any TCYFL activity, event, practice, or game.

8. Jewelry of any kind, including but not limited to ear, nose, tongue, belly button, and facial rings, transparent plastic jewelry, anklets, bracelets, necklaces, ropes, hair elastics on wrists, and pins on uniforms are prohibited. Jewelry must be removed and may not be band-aid/taped over.
 - a. An exception to this rule is rhinestones that are adhered to a uniform.
 - b. Rhinestones are illegal when adhered to the skin.
 - c. Religious medals cannot be attached to a chain; it must be taped and worn underneath the uniform.
 - d. Medical alert bracelets and anklets need to be covered with a neoprene sleeve or thick covering.
 - e. Medical alert tags need to be covered with clear tape or material that covers the entire tag and corners.
 - f. A medical alert medal must be off the chain and taped and it may be visible.
9. Artificial or natural fingernails must be kept short, near the ends of the fingers, to minimize risks to the participants. Acrylic nails are strongly discouraged in the TCYFL.
 - a. Nail polish and/or color is at the discretion of the Franchise Cheer Coach.
10. Hair must be worn back and off the shoulders during any TCYFL cheer activity, event, game, or practice.
 - a. Hair must be secured away from the face and not interfere with the cheerleader's ability to stunt safely or obstruct vision.
 - b. Hair control devices, accessories, and other adornments in the hair that are securely fastened, appropriate to the activity, and do not present an increased risk to any of the participants are allowed.
 - c. Head coverings worn for religious reasons so as not to expose one's uncovered head may be worn and must be attached in such a way that it is unlikely to come off during a performance. It must be made of non-abrasive, soft materials; must fit securely and not pose a danger to any other participant.
11. Any height-increasing apparatus, stool or box used to increase height or stand on is prohibited.
12. Flags, banners, signs, poms, and non-electric megaphones are the only props allowed.
 - a. Hiding or hidden type props are prohibited as well as items that may damage the performance surface.
 - b. The use of lighted signs with bulbs and batteries is prohibited.
 - c. The top person may obtain and use poms or props when secure in a stunt.
 - d. Use of poms and/or props is prohibited during tumbling, stunt load-ins, stunt dismounts, and during stunt transitions.
 - i. Exception: A base and top person may share a pom during a dismount from a thigh stand, shoulder sit/straddle, or prep.
13. When using props that are made of hard materials or have sharp corners or edges:
 - a. A top person may not release the props to the ground
 - b. A person on the ground must gently toss or place the prop
 - c. Squad members must gently hand off or place the props so that they are under control (e.g., throwing a hard sign across the mat from a stunt would be illegal).
14. The placement of props or poms should be a safe distance away from skills being performed to eliminate any safety hazards.

- a. The cheerleader must not step on, throw, or kick poms or other props.
 - b. Any uniform piece purposefully removed from the body and used for visual effect is prohibited.
15. Required spotters for all levels must be your own team members.
- a. Coaches are allowed to be backup spotters on the sidelines but not in competition.
 - b. All participants assigned as spotters in a stunt group must remain in the ready position during the entire stunt.
 - c. Ready position means eyes are always focused on the top person at all times. All participants assigned as bases are required to keep their eyes on their top person.
 - d. A glance when transitioning is allowed but the remainder of the time, bases need to be focused on their stunt group and not looking around.
16. All jumps must always land with both feet together when performing on a practice surface.
17. All loose glitter in hair, on hair accessories, on signs, or on the body, excluding glitter/shimmer eye shadow, is prohibited. The only exceptions are laminated signs where glitter is sealed inside and hair pieces with attached glitter strands from the manufacturer.
18. A participant in full head and/or body costume (i.e. mascot) must not spot/stunt/tumble.
- a. This rule also applies to participants wearing hooded sweatshirts, any type of warm-ups, and any form of gloves/mittens that aren't legal stunting gloves.
 - b. Long socks or leggings may not be worn by a top person when in any type of stunt.
19. When the area where the cheer squad is participating whether it is an activity/event/game/practice is considered damp and/or wet, either from rain or other unknown influence(s), then stunting will be prohibited until the area is deemed dry and safe for stunting. All Cheer Coaches should take caution in deciding if the wet area is safe for jumping.
20. Any participant who exhibits signs, symptoms, or behavior consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the activity/practice/event/game and shall not return to play until cleared by an appropriate health-care professional with a doctor's note.
21. A participant who is bleeding, has an open wound, has any amount of blood on his/her uniform, or has blood on his/her person, shall be directed to leave the activity until the bleeding has stopped, the wound is covered, the uniform and/or body is appropriately cleaned, and/or uniform is changed before returning to participation.
22. All TCYFL Cheerleading Staff will adhere to all safety and public health guidelines created by the TCYFL Board of Directors including but not limited to air quality, disease/virus, facility/field situations, and personal/participant injuries.
23. Due to the risk of injury, organized cheerleading from the spectators stand is prohibited.
24. Throwing items from the sideline to the stands is prohibited.
25. Throwing items from the stands to the sidelines is also prohibited.

CASTS/BRACES/GLASSES/MEDICAL EQUIPMENT

1. Casts:
 - a. Participants may participate in a limited capacity while wearing supports, braces, soft casts, etc. if such items have not been altered from the manufacturer's original design.
 - b. Cheerleaders wearing casts may not stunt in any capacity.

2. Braces:
 - a. Hard braces with metal hinges are prohibited.
 - b. Braces may be made of fabric with covered hinges.
 - c. Any covering may not restrict the movement of hinges.
3. Velcro:
 - a. All Velcro closures must be completely covered with either medical/athletic tape or a neoprene or similar sleeve.
4. Glasses:
 - a. Glasses may be worn but must be secure.
 - b. If they fall off, they must be quickly retrieved, a sports strap for all participants wearing eyeglasses is highly recommended.
5. Medical Equipment:
 - a. Any participant requiring a medical device shall be allowed to participate if medical documentation is available.
 - b. The extent of the participation (e.g., stunting, etc.) should consider the safety of all participants involved.

GENERAL TUMBLING

1. The ONLY tumbling allowed are (provided the athlete can perform them safely):
 - a. Cartwheels
 - b. Roundoffs
 - c. Front Walkovers
 - d. Back Walkovers
2. Tumbling into and within any stunt is prohibited.
3. Running tumbling is also prohibited
4. Tumbling while holding or in contact with any prop is prohibited.
5. Spotted, assisted, or connected tumbling is prohibited.
 - a. (Example: Double person cartwheels and chorus line flips are illegal.)
6. All dive rolls are illegal.
7. Flips, tucks, aerials, and dive rolls are, without exception, strictly prohibited.

STUNTS

1. No extension stunts are allowed in TCYFL.
 - a. A stunt may pass through extension position but may not be held at extension
 - b. Extension is any stunt where the base holds the feet of the flier above her/his head
 - c. Exception: students in 6th, 7th, or 8th grade can perform an extension.
 - i. This is with appropriate progression basic stunting proficiency
2. All stunts MUST have two bases and a backspot, at minimum.
3. Individual leg stunts are prohibited above prep level
 - a. Individual leg stunts MUST have two bases and a backspot, at minimum
4. No stunt or individual may move over or under another stunt
5. Single-based split catches are prohibited.
6. Transitional stunts may not involve changing bases. All bases need to remain in contact with the stunt.
7. Twisting & flipping during stunts is prohibited.

- a. Exception: 6-8th graders may half twist from load to prep-level.

DISMOUNTS

1. Cradles, bump downs, and shoulder sits are the only dismounts allowed in TCYFL.
 - a. Prep level teddy bear dismount are allowed for all
 - i. Extended teddy bear dismounts are allowed for students 6th, 7th, and 8th grade

RELEASE MOVES

1. Any release moves not permitted in “Stunts” and “Dismounts” are prohibited.
2. Release moves may not land in a prone position.

INVERSIONS

1. Inversions are prohibited.

TOSSES

1. Any/all tosses are prohibited.
2. Helicopter tosses are prohibited.
3. Basket tosses are prohibited.

PRESEASON COMMUNITY FOOTBALL/CHEERLEADING EVENTS:

See TCYFL Supplemental Football Rules & TCYFL Supplemental Rules for Cheerleading

TCYFL SUPPLEMENTAL RULES FOR CHEERLEADING

The board has the option to alter the Supplemental Rules, but all teams or coaches impacted by the changes need to be notified in advance of said changes.

1. Cheerleaders will comply with the same registration requirements as football players.
2. All franchises will have a designated Head Cheerleading Coach (FCC).
3. Cheerleaders are not subject to any weight requirements.
4. Persons are eligible to participate in the TCYFL if they are 5-years-old on July 31st of the current year. Flag cheerleading is separate from sideline cheerleading (please see Flag cheerleading for 5 & 6 year olds)
5. Practices may begin no earlier than August 1 of the current season and must conclude at the close of the current season. Practices shall be no more than two (2) hours in duration each and no less than (45) forty-five minutes. No more than one TCYFL practice is permitted per day. No practice session held Monday through Friday shall commence prior to 5:00 p.m.
 1. Prior to August practices of the current year, participation in parades and/or community days is allowed with the restriction that the team is limited to walking and promoting the TCYFL as a franchise to support their community. All other types of participation, prior to August practices of the current year, are prohibited.
 2. Prior to participating in parades and/or community days, the TCYFL V.P. of Cheerleading, Director of Game Day Operations, and Secretary must be informed of the cheer squad's participation.
 3. Per the TCYFL Board of Directors, cheer squads at the end of a season may all get together and participate in the local, community, holiday parade.
6. Each cheerleader must participate in twelve (12) or more practices before participating in their first game of the current season. No stunt sessions may occur before three (3) non-stunt sessions have occurred per sideline cheerleader. All players who attend the required number of practices can participate in the game each week.
 1. A minimum of a minimum of two practices, and a maximum of three, shall be conducted each week during the entire season.
 - i. Exception: during the 2 weeks prior to showcase, sideline cheerleaders may have one (1) extra cheer practice, per week, no more than two (2) hours in duration for preparation.
 - ii. These practices are for sideline cheerleading, not to prepare for competition season. Please see "CHEER COMPETITION RULES" for details on competition practice.
7. There shall be no non-participants or agents of the league (coaches, chain gang, and referees) within the inside and outside edge of the running track surrounding the playing field. Per League rules, non-participants are not allowed within the 30-yard field marks when the cheer squads are present. When playing on fields with grandstands, all non-participants must remain in the grandstands/bleachers.
8. One cheer coach is required for the first 10 cheerleaders per individual squad. Additional coaches/C.I.Ts are encouraged for each additional 10 (ten) cheerleaders over the original 10 (ten) cheerleaders.
9. The Franchise Cheer Coach (FCC) may have a designated, separate Cheer Coordinator.
10. The Franchise Cheer Coach is responsible for the actions and coaching of the Cheer Staff.
 1. All persons involved with the Cheer Staff are required to be certified by the TCYFL.
 2. The Franchise Cheer Coach will report all inappropriate actions and issues to the Franchise Head Coach (FHC).

11. The Franchise Cheer Coach (FCC) is responsible for the Franchise sideline cheer uniform design and/or what is required for the Franchise sideline cheer uniform. Full uniform will be purchased through Varsity for \$250 this includes: Bow, Shell, Undershirt, Skirt, Briefs, & two pairs of socks. Partial uniforms may be purchased through Varsity for individual cost per item
12. Sideline cheers will alternate between the cheer squads with each squad remaining respectfully silent while the other squad is performing. A friendly reminder is in order if a squad does not begin a cheer within three minutes of the completion of the other squad's last cheer. If a team scores a touchdown, then a touchdown or simple cheer is allowed at the same time the other squad is cheering.
 1. Cheerleaders may continuously cheer, without worry about overlapping other cheer teams, during the TCYFL Jamboree and other, designated, special TCYFL events.
13. As a show of sportsmanship after a game, both cheer squads will line up and cheer off both football teams. If a cheer squad for the following game is prepared to take the field at the end of a game, that squad is welcome to help cheer off the football teams as well.
14. No cheer squad will take the field before the current game is finished unless invited to the sidelines by another squad to help cheer on the game.

PRESEASON CAMPS:

2. CAMPS: May be sponsored by TCYFL Franchises, but must remain open to any participants between Kindergarten and 8th Grade. Camps must be free and not specific to football/cheerleading. I.e. strengthening/stamina/conditioning/flexibility etc.

PRESEASON CONDITIONING:

3. Beginning July 1st until August 1st, franchises may opt to hold up to two (2) conditioning practices per week, for tackle football and sideline cheerleading, no more than two (2) hours long to prepare for the season. These conditioning practices must be run by a TCYFL badged coach and the field usage is at the expense of the TCYFL Franchise, NOT the TCYFL League.
 - a. These conditioning practices:
 - i. Will NOT be mandatory
 - ii. Will NOT review plays/cheers/halftime dances
 - iii. Will NOT count toward mandatory practices prior to game play/game participation
 - iv. Will NOT be contact practices; no football gear is allowed.
 - v. WILL encourage strengthening and conditioning for football/cheer season
 - vi. WILL ONLY be offered to Tackle Football Teams and Sideline Cheer Teams (flag football/cheer is not allowed to participate prior to August 15)
 - b. These practices will help get student athletes into shape in preparation for football/cheer season. They are NOT to get a head start on practices for the season.
4. Franchises must report time/dates of planned conditioning practices, to the Secretary, prior to practices taking place.

CHEER SHOWCASE:

1. As of 2025 Season, showcases will be a single day event.
 - a. 2025: Cougars to host
 - b. 2026: Rams to host
 - c. Following years will be determined by a volunteer FCC who shadows the year before.

TCYFL FLAG CHEERLEADING RULES

The TCYFL Flag Cheer program is designated to be an introduction to cheer program for 5 and 6-year-old participants.

TCYFL Flag Cheer is a separate branch of cheerleading from the TCYFL Sideline Cheer Program which has its own set of rules. All guidelines and rules of the Sideline Cheer Program are in place for the Flag Cheer Program unless specified in the Flag Cheer Rules.

1. Must be 5 years old as of July 31st within the current season. The participant's birth certificate must be uploaded into the system prior to July 31st.
 - a. Flag Cheerleaders consist of ages 5 and 6 and cheer for the Flag Football Program. Flag Cheerleaders are prohibited from participating in Sideline Cheer or at Tackle Football games. Sideline Cheerleaders consist of grades 2nd-8th and cheer for the Tackle Football Program.
2. Flag Cheer Registration fee is \$125. This includes a cheer uniform.
3. The Head Flag Cheer Coach must be 21 and always be with the Flag Cheer Squad during all TCYFL practices and games.
 - a. Flag Cheer Coaches can utilize current-year certified Coaches in Training/Junior Cheer Coaches as assistant coaches.
 - b. Flag Cheer will have a limit of three (3) Cheer Coaches on the sidelines per game.
 - c. There should be at least 2 (two) flag cheer coaches per team, regardless of number of registrants.
4. Practice starts August 15th of the current season.
 - a. Flag Cheer is allowed 1-2 practices per week, 75 to 90 minutes in duration for each practice.
 - b. Flag Cheerleaders must complete five (5) cheer practices prior to cheering in the first game.
 - c. Flag Cheerleaders must attend minimum weekly practices to cheer at Saturday games.
5. Flag Cheer Coaches are encouraged to have their Flag Cheerleaders form a tunnel for the Flag Players and their Football Coaches to run through.
6. Flag Cheer Coaches need to make sure their Flag Cheerleaders and themselves are standing in the correct space prior to the game starting. The Flag Cheer Coaches need to make sure the area surrounding their cheerleaders is safe to participate in.
7. There should be no non-participants in the Flag Cheer area during any portion of the Flag Game they are cheering for.
8. Flag Cheerleaders perform cheers and basic jumps on the sidelines
9. Flag Cheerleaders do not execute stunts during any TCYFL activity, event, game, or practice.
10. Flag Cheerleaders may perform a routine – not to exceed one (1) minute – during Flag Football halftime. Flag Cheer Coaches need to be respectful of football halftime and not take excess time to get on and off the field. Home Team Squad has the right to perform at halftime but can defer to the Visiting Squad if not performing at the current Flag Game.
11. Flag Cheerleaders only cheer at designated Flag Football games.
12. Flag Cheerleaders are not allowed to cheer/perform on Cheer Sidelines during Tackle Football games.
 - a. Except for during “Buddy Week” where the flag cheerleaders may be invited to cheer for a portion of a sideline game, decided by the Franchise Cheer Coach (FCC).
 - b. Flag Cheerleaders do not participate at Jamboree.
13. Flag Cheerleaders that are currently 6 years old on July 31st may be offered to be moved up

to Sideline Cheer. If they move to sideline cheer, they are eligible for stunting..

- a. Flag cheer squad must have a minimum of five (5) cheerleaders
14. Flag Cheerleaders are invited to Cheer and/or do a routine at the annual TCYFL Showcase that will not exceed 2 minutes.
15. Apparel must cover the midriff when the participant is standing at attention. Safety pins may not be used on uniforms as they present a safety hazard. Apparel and accessories must be appropriate for the activity involved to minimize the risk for the participants. This can include tops, shorts, leggings, socks, bows, etc.
 - a. Flag cheerleaders may wear FCC approved leggings/jacket during games at participant/parent discretion
16. Athletic shoes must be worn while participating in any TCYFL cheer activity. TCYFL cheer activities include practices, games, special events, and competitions. No dance shoes or boots, gymnastics slippers (or similar) are allowed. Shoes should have no accessories or adornments. Flag cheerleaders may wear shoes with velcro during games. Shoes must have a solid sole. If you can roll it up and put it in your pocket, it's illegal.
17. A participant must not chew gum or have candy or food in their mouths while performing during any TCYFL activity, event, practice, or game.
18. Jewelry of any kind, including but not limited to ear, nose, tongue, belly button, and facial rings, transparent plastic jewelry, anklets, bracelets, necklaces, ropes, hair elastics on wrists, and pins on uniforms are prohibited. Jewelry must be removed and may not be band-aid/taped over. An exception to this rule is rhinestones that are adhered to a uniform. Rhinestones are illegal when adhered to the skin. Religious medals cannot be attached to a chain; it must be taped and worn underneath the uniform. Medical alert bracelets and anklets need to be covered with a neoprene sleeve or thick covering. Medical alert shoe tags need to be covered with clear tape or material that covers the entire tag and corners. A medical alert medal must be off the chain and taped and it may be visible.
19. Artificial or natural fingernails must be kept short, near the ends of the fingers, to minimize risks to the participants. Acrylic nails are strongly discouraged in the TCYFL. Nail polish and/or color is at the discretion of the Franchise Cheer Coach.
20. Hair must be worn back and off the neck and shoulders during any TCYFL cheer activity, event, game, or practice. Hair must be secured away from the face and not interfere with the cheerleader's ability to stunt safely or obstruct vision. Hair control devices, accessories, and other adornments in the hair that are securely fastened, appropriate to the activity, and do not present an increased risk to any of the participants are allowed. Head coverings worn for religious reasons so as not to expose one's uncovered head may be worn and must be attached in such a way that it is unlikely to come off during a performance. It must be made of non-abrasive, soft materials; must fit securely and not pose a danger to any other participant. Please be careful when picking out hair accessories since long streamers can violate safety issues while stunting. Bobby pins are strongly discouraged however gymnastic-type clips are recommended by the NFHS
21. Any height-increasing apparatus/person used to propel a competitor is prohibited.
22. Flags, banners, signs, poms, and non-electric megaphones are the only props allowed. Hiding or hidden type props are prohibited as well as items that may damage the performance surface. The use of lighted signs with bulbs and batteries is prohibited.
23. Casts, Braces, Glasses, and Medical Equipment
 - a. Casts: Participants may participate in a limited capacity while wearing supports, braces, soft casts, etc. if such items have not been altered from the manufacturer's original design. Soft, non-abrasive, and/or non-hardening supports, braces, soft casts, etc., that are unaltered from the manufacturer's original design/production do not require any additional padding. Hard and unyielding items (guards, casts, braces, etc.) on the hand, wrist forearm, elbow, or upper arm must be padded with a closed cell. A participant

- wearing a lower body plaster cast, or a walking boot must not be involved in jumps.
- b. Braces: Hard braces with metal hinges are prohibited. Braces may be made of fabric with covered hinges. Any covering may not restrict the movement of hinges.
 - c. Velcro: All Velcro closures must be completely covered with either medical/athletic tape or a neoprene or similar sleeve.
 - d. Glasses: Glasses may be worn but must be secure. If they fall off, they must be quickly retrieved, a sports strap for all participants wearing eyeglasses is highly recommended.
 - e. Medical Equipment: Any participant requiring a medical device shall be allowed to participate if medical documentation is available. The extent of the participation (e.g., stunting, etc.) should consider the safety of all participants involved.
24. Any participant who exhibits signs, symptoms, or behavior consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the activity/practice/event/game and shall not return to play until cleared by an appropriate health-care professional.
 25. A participant who is bleeding, has an open wound, has any amount of blood on his/her uniform, or has blood on his/her person, shall be directed to leave the activity until the bleeding has stopped, the wound is covered, the uniform and/or body is appropriately cleaned, and/or uniform is changed before returning to participation.
 26. All TCYFL Cheerleading Staff will adhere to all safety and public health guidelines created by the TCYFL Board of Directors including but not limited to air quality, disease/virus, facility/field situations, and personal/participant injuries.
 27. Due to the risk of injury, organized cheerleading from the spectators stand is prohibited.
 28. Throwing items from the sideline to the stands is prohibited.
 29. Throwing items from the stands to the sidelines is also prohibited.
 30. A parent/guardian must be present to assist with bathroom breaks for flag football/flag cheerleaders for all practices and games

TCYFL CHEERLEADING COMPETITION RULES

TCYFL Recreational Competition Rules Approved for 2025-26 Season

Competitive cheerleading is an exciting experience for athletes, coaches, and families. To ensure a fun and successful season, take the time to learn the ins and outs of competing in the TCYFL

Rec league.

COMPETITION

Competition Costs 2025-26

- \$200 per routine for Rec. This price does not include the insurance cost by TCYFL that will be split among the TCYFL cheer squads competing.
- Prices may vary depending on each franchise and how many coaches you have. If you plan to cover coach's travel or stipend them in any way you will need to charge for that.
- Sideline uniforms should be worn to save costs, but you may purchase new uniforms if that is what you wish to do. You should only have to purchase signs, props, a cheer bow, and practice shirt. These items are not mandatory.
- You will also need to arrange practice space which could potentially be another cost for the season.
- Music and routine choreography is up to the coaches. • You can find the competitions being offered on the WIAA website.
- TCYFL squads may only participate in the "Game Day" category.

Rules and Regulations

Competition safety is regulated by the National Federation of High School Associations.

NFHS Spirit Rule Books are available in eBook and printed versions at:

<https://www.nfhs.org/resources/publications/>. If you have questions regarding if a stunt is legal you can email ucarules@varsity.com. Safety and technical violations may result in penalties and points deducted from your performance score. Penalties may be appealed up to 20 minutes from the time of notification.

- Game Day Skill Restrictions:
- No tosses (basket, sponge or elevator) are allowed.
- No inversions are allowed.
- No twisting released dismounts are allowed.
- No running tumbling is allowed.
- Stunts are not allowed during the team's entry to the floor or any time prior to starting the performance.
- Single leg stunts are limited to liberties and liberty hitches.
- Standing tumbling is limited to one tumbling skill and a back tuck is the most elite tumbling skill allowed. Examples: Rippled single back handsprings would be allowed. Jump tumble (single skill) would be allowed. Standing full is not allowed.
- In between elements, teams must always return to the performance surface. Teams may kick, jump or tumble but may NOT stunt.
- During the Band Chant, only kicks and jumps are permitted.

THE GAME DAY CATEGORY MUST FOLLOW THIS ORDER: BAND CHANT, SITUATIONAL SIDELINE, CROWD LEADING Cheer, FIGHT SONG

BAND CHANT: should have an emphasis on crowd appeal and practicality. Squads should utilize spirit raising props and focus on creative movements such as level changes or ripples,

execution of the material and encouraging the crowd to participate.— No stunting or tumbling is permitted, however jumps and kicks are allowed.

SITUATIONAL SIDELINE: Following the band chant, the announcer will give squads a game scenario indicating an offense or defense situation. Teams should show their definitive understanding of the situation with an offensive or defensive crowd-leading response..

SITUATIONAL CUES

OFFENSE SIDELINE:

"And that's another... first down for the home team."

The home team takes control of the ball on their own 25 yard line.

"What a catch! That sets our team up in the red zone ready to score."

"It's 1st and 10 for the home team."

"It's a close game and our home team is driving down the field for a score."

DEFENSE SIDELINE:

It's 3rd down for the D, get on your feet and make some noise.

"Our team needs a big stop here"

"Let's push 'em back defense!"

"The home team is digging in to get the stop on our own goal line."

"Our team needs to make a stop here to seal the win."

"After that turnover, our team needs to make a defensive stand."

Situational Cues process for State

Teams will not have advance notice of their cues

The list provided by WSCCA (above) will be used

The announcer will announce a team's cue following their Band Dance.

A prepared schedule with a script will be provided for the announcer.

CROWD LEADING Cheer : Following the Sideline, Crowd Leading can include a cheer reflective of a timeout, general sideline / spell-out or other cheer material with minimal words, inciting a response and encouraging a crowd to yell along. Teams are required to incorporate spirit props and practical skills (stunts and/or tumbling, if the division allows).

FIGHT SONG: The final element should reflect your school's traditional Fight Song. Fight Song incorporation is limited to three (3) consecutive 8-counts of stunts and/or tumbling. Counting will begin with the initiation of a skill and continue until either the incorporation is complete or the end of the 3rd 8-count. (If the Fight Song repeats, the incorporation will only be permitted both times if the skills are repeated exactly the same.). Squads should utilize spirit raising props and add creative movements such as level changes or ripples as well. For teams that do not have an official Fight Song, it is recommended to use a second selection of band chant music. Teams may add up to 1 (one) mascot in their Game Day Routine. The mascot must meet all the eligibility requirements as the athletes. The mascot must enter the floor with the team and should be used to raise crowd energy and participation. The mascot is not allowed to be involved in any stunts / technical skills and or tumbling and should position themselves away

from skills being performed. The mascot will not count towards the total number or gender

Game Day links for scoring rubric

- [Band Dance/Fight Song](#)
- [Crowd Leading](#)
- [Game Day Cues](#)

Stunt Certification is required for cheer coaches who intend to have their cheer squad(s) perform stunts. The certification program must be approved by either the Washington State Cheer Coaches Association or the WIAA.

Coaches must be recertified every two (2) years. **V.P of cheer certification class will not be considered a valid certification for the competitive season.**

Approved Categories for TCYFL:

- **Game Day:**
- Routines are limited to three (3:00) minutes (there is no music time limit for the Game Day category.) The 54 'x 42 'cheer mat area represents the performance boundary area for Game Day Routine. The Game Day routine must follow this order:
 - BAND CHANT
 - SITUATIONAL SIDELINE
 - CROWDLEADING CHEER
 - FIGHT SONG

Recreational Cheer - Middle School - High School JV Recreational divisions are determined by WSCCA. Traditional categories are separated into age divisions. An athlete's age for the season is determined by their age on August 31, of that year.

Scoring

Four (4) WOA/WSCJA judges plus two (2) safety/technical judges will judge each routine. Judges will be positioned on one side of the facility. Points deducted for any safety violations will be subtracted from the final score. Skills are categorized into Low, Average, and High brackets with minimum ratio and execution requirements. It is important to familiarize yourself with the scoring rubric, ratio tables, and scoresheet for your category.

WSCCA Jr State Championships

The annual WSCCA Junior State Championships are an opportunity for recreational, high school JV, and middle school/junior high cheerleading squads to compete for a state title!

- Qualification is not required for teams to compete in the WSCCA Jr. State Championships
- Affiliated High School JV, Middle School or Junior High teams are welcome to compete.
- Recreational squads must be non-school affiliated teams that are attached to a bona fide City Parks Department, Boys & Girls Club, Pop Warner program, recreational association or youth sports program.
- Recreational squads **MUST NOT** be formed solely for the purpose of competition. Recreational programs must include a sideline squad that cheers for an organized sport.
- All recreational teams that plan to compete will need to provide a letter, on letterhead, from the overseeing director of their league (City administration, Pop Warner, YMCA, Boys & Girls Club, Junior Football League, etc.) that proves the legitimacy of the organization. This letter must also include confirmation that background checks have been done on all coaches who will be working with the team at the WSCCA Championships. Please

include the full names of those coaches.

General rules:

1. Not mandatory for franchises to participate in the off season, or have a competitive team.
2. Age divisions are up to the FCC's, but athletes must be at least 6 years old to participate. You may have multiple teams if that's what you choose, but not necessary as all ages can Cheer on the same team if that's the way you would like to run it you can. However if you separate your ages groups, just keep in mind that all game day teams will compete against all game day divisions. They do not separate age groups for rec game day.
3. Must have one coach WIAA stunt certified.
4. Number of competitions a team attends is up to the FCC.

Competitive practices:

1. 2-3 practices per week no more than 2 hours a practice
2. May start in October, but must be separate from the sideline practices
 - No more than 2 practices per week in October during regular TCYFL Season.
3. Season goes from November- January

Any questions please reach out to VP of cheerleading. Cheerleaders may join a different franchise if their own franchise is not competing. FCCs do not have to take on additional cheerleaders from other franchises. This does not affect waivers or regular season cheering.

Game Day Age Divisions:

GAME DAY CATEGORIES

Recreational Game Day categories will be combined as listed if there are not at least 2 teams in each division.

- 8-12 years, female/male
- 14-18 years, female/male

BIRTH YEARS	DIVISIONS				
	8Y	10Y	12Y	14Y	10-18Y
2019 AND LATER	X	X	X	X	
2018	X	X	X	X	
2017	X	X	X	X	
2016		X	X	X	
2015		X	X	X	X
2014			X	X	X
2013			X	X	X
2012				X	X
2011				X	X
2010					X
2009					X
2008					X
2007					X

The age of the athlete will be determined by the **birth year** for the competitive