

# Rules and Regulations

## 2025



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# Article I. Statement of Principles

## Section A. Objectives

The Objective of this program is to: Inspire youth regardless of race, religion, color, creed, national origin, or gender. Bring them closer together through the means of a common interest in football, by practicing the principles of healthy living, maintaining high moral and ethical standards, a sense of fair play, good sportsmanship, and teamwork. Impart the game elements in a safe and intelligent manner and keep the wellbeing of the player first and foremost, entirely free of any adult lust for glory and self-promotion.

## Section B. Specific Purpose

To teach the players, within the rules of the game, the fundamentals of passing, running, kicking, blocking, and tackling.

To teach, through the game, good sportsmanship and teamwork, appreciation and enjoyment of the game and encourage them to play to the best of their ability; knowing that football is a contact sport.

## Section C. Division Framework

To maintain uniformity, teams must fall into one of the following divisions: Bantam, Junior, Intermediate or Senior. Each team, so classified, must be in accordance with the requirements set forth in Article II, Section B

## Section D. Chapter Duties

It shall be the duty of each chapter to establish the necessary procedures to assure compliance with the rules contained in this book, bearing in mind that no chapter may establish any rules that contradict any rules or bylaws of CCYFL. To remain a chapter in good standing with CCYFL, all organizations must accept the following standards.

1. Obey and promote all rules, regulations, and bylaws of CCYFL.
2. Pay all fines and bills when due or immediately upon notification by the league. Failure to do so will result in the chapter being put on probation. Probation is defined as their voting rights withdrawn.
3. Provide quality Game Field Commissioner for all home games that are familiar with all aspects of the game and CCYFL rules. The Game Field Commissioner must be on the field during the game to enforce/interpret CCYFL rules. S/he must be identifiable to both Head Coaches. VIOLATION: \$250 chapter fine.
4. Discipline coaches in a swift, fair, and appropriate manner for ethics violations.
5. Not allow coaches to cut, discourage or run-off weaker players
6. Provide proper representation at all regular and special CCYFL meetings.
7. Maintain an active board capable of managing their own internal affairs and satisfying all CCYFL administrative requirements. Submit all paperwork required by CCYFL, in the time that it is required, to help CCYFL be able to conduct its affairs in an efficient manner.
8. Treat visitors fairly and respect them as if they were the home team.
9. Violations are referred to in Article IX
10. All coaches and Game Field Commissioners must take a USA certification test to be eligible to participate as a coach or GFC. Each chapter shall receive the test (or test code). All tests must be filed with CCYFL prior to the first game.

## Section E. Terminology

1. Use of the term CYFL, in these rules, refers exclusively to the Central Coast Youth Football League.
2. Use of the term chapter refers to a chapter franchised by CCYFL, under such rules and regulations as are contained in the CCYFL rules and bylaws.
3. A franchised team is one that has met the requirements of its chapter and CCYFL.
4. Scheduled games refer to all weeks in which CCYFL games are scheduled. This includes jamboree, regular, pre-season, post season and playoff games. This does not include games outside of CCYFL.
5. Practice is defined as any activity involving at least one coach and one player, lasting more than ten (10) minutes, where the skill of football is being taught, including viewing game films.
6. A scrimmage shall be defined as an event where teams from the same division, and the same or different chapters, get together to run plays against each other.
7. A designated coach is a coach that has been qualified by a chapter, at least seven (7) days prior to the beginning of conditioning week.

## Section F. Volunteer Screening

1. Any adult volunteer serving as a coach, assistant coach, team parent, team photographer, practice field assistant, chapter board member or CCYFL board member, or having an opportunity to supervise/work one on one with any CCYFL participant will be required to complete the appropriate CCYFL application and submit to a background screening.
  - a. All coaches and volunteers must complete the official CCYFL application. No alternate applications will be accepted.
    - i. Applications must be submitted to the local chapter where the applicant intends to volunteer.
    - ii. Chapters must submit copies of all applications to CCYFL by the end of conditioning week.
      1. Copies of applications submitted to a local chapter after conditioning must be provided to CCYFL within five (5) days of receipt.
    - iii. Submissions of false information will be considered suspicious, and the applicant shall be deemed ineligible to volunteer within CCYFL.
  - b. A Megan's law registry check will be conducted on all adult volunteers within ten (10) days of CCYFL receiving their application.
  - c. Volunteers must be fingerprinted prior to conditioning week before they are qualified to coach.
    - i. CCYFL will provide forms with the CCYFL ORI# to all chapters. Volunteers may visit any licensed live scan facility, with this form, to be fingerprinted. Any fees associated with this service are the responsibility of the volunteer and/or local chapter.
    - ii. CCYFL will may attempt to provide a few opportunities for Live Scan at remote locations, which may include CCYFL meetings.
    - iii. Volunteers recruited after conditioning week may visit a licensed live scan facility to complete Live Scan fingerprinting.
2. Applicants whose background check shows any criminal charges will be considered ineligible.
  - a. The applicant will be given written notification and a copy of their results, via certified mail. A CCYFL Custodian of Records will send out these notifications.
    - i. The applicant must immediately cease all interaction with CCYFL participants.
      1. They will be allowed to return to the field, only if they are reinstated by the committee.
    - ii. The applicant will be allowed to appeal their ineligibility, in writing. Correspondence should be sent from the chapter President directly to the committee at [ccyflcustodianofrecords@gmail.com](mailto:ccyflcustodianofrecords@gmail.com)
    - iii. Appeal requests must include the following items.

1. Statement from the chapter President stating what position the volunteer will have and a chapter endorsement of the volunteer.
  2. Statement from the volunteer providing background on the criminal conviction, why this conviction is not currently a reason to deny eligibility and how the volunteer handles themselves in a conflict or stressful situation. Statement must include phone and email for volunteer.
  3. At least one personal reference letter from an adult. Allowing youth to participate in this process will be deemed inappropriate and the volunteer will be considered ineligible.
  4. Badgering of a committee member, chapter board member or CCYFL board member will also be deemed inappropriate behavior. Such behavior will result in the applicant being ineligible.
- iv. The applicant has the right to decline the review process. Applicants who decline this process will be considered ineligible.
- b. The Custodian of Records Committee (as outlined in the CCYFL bylaws) will review and rule on eligibility within seventy-two (72) hours of receiving all appeal documents from the chapter President.
    - i. the committee will consider factors such as, but not limited to:
      1. How long ago the crime was committed?
      2. How many convictions are on the record?
      3. Was time served? How long?
      4. Has the applicant been involved with the league for a year or more without incident?
    - ii. CCYFL will not reinstate any volunteer with a crime against a minor or a violent felony.
    - iii. Reinstatements will be recorded with CCYFL and will exempt the applicant from the need to re-appeal in subsequent seasons.
      1. However, subsequent arrests will result in an automatic suspension. This suspension will remain in effect until the offense is cleared.
        - a. Applicants will be required to have a new live scan administered in order to re-apply for any volunteer participation within CCYFL.
    - iv. All reinstatements will include a minimum of 1 year probation with CCYFL.
3. CCYFL will provide a complete volunteer list to each chapter at the January CCYFL meeting, the July CCYFL meeting and then weekly between the end of conditioning week and the first week of scheduled games.
    - a. List to show volunteers full name, chapter, position, team connection and live scan status (not scanned, pending info, eligible, ineligible), no personal information may be included.

## Article II. Player Eligibility

### Section A. Must be an Amateur

1. To be an amateur under CCYFL football rules, players cannot:
  - a. Play for monetary benefits such as cash, merchandise, or any compensation. Nor can they compete against any such athlete in football.
  - b. Compete under an assumed name or compete on any outside tackle football team, during the same season, exclusive of CCYFL All Star Teams.
2. The definition of an amateur sportsman is, "One who engages in the sport solely for the pleasure and physical, mental or social benefits he derives there from and to whom the sport is nothing more than an avocation."

### Section B. Division and Certification

#### Division Placement and Conditions

1. Each player will be placed in the appropriate age division based on their age as of September 1st of the current year. There shall be no deviation from the placement system except through the approved waiver process or adjustments and exceptions listed below.
2. If a chapter is found intentionally misplacing players, that chapter will be fined \$250 and lose voting rights for one (1) year from the date the infraction is discovered.

### Section C. Division Structure

1. Bantam Division
  - a. All 7 and 8-year-olds
  - b. Players aged 9 and under 66 lbs. may choose to play in either the Bantam division or the Junior division unrestricted.
  - c. Players 90 lbs. and above are restricted.
2. Junior Division
  - a. All 9 and 10-year-olds
  - b. Players aged 11 under 76 lbs. may choose to play in either the Junior division or the Intermediate division unrestricted.
  - c. Players 115 lbs. and above are restricted.
3. Intermediate Division
  - a. All 11 and 12-year-olds
  - b. Players aged 13 under 95 lbs. may choose to play in either the Intermediate division or the Senior division unrestricted.
  - c. Players aged 13 between 96lbs and 101 lbs. may apply for a safety waiver. If the safety waiver is granted, they will be restricted players.
  - d. Players 140 lbs. and above are restricted.
4. Senior Division
  - a. All 13 and 14-year-olds
  - b. Any players 166 lbs. and above are restricted.
5. Children under age 6 and younger are not eligible to play. No exceptions.
6. All players must be in the 8th grade or less to be eligible to play in CCYFL. Players that are home schooled or in special education programs will be handled by the CCYFL Executive Council on a case-by-case basis.
7. If a player is found to be playing in the wrong division, that team will forfeit a minimum of one and a maximum of all games in which the player participated. Subject to CCYFL Executive Council majority vote.

## Section D. Adjustments and Exceptions

If a chapter is having difficulty fielding a single team in a particular division, the CCYFL Executive Council may, by majority vote, allow the eldest from the division below or the youngest from the division above, to play in that division for the chapter. This will be done by dates, not by choosing particular players.

A player may play in a higher division by choice. The player's parent or guardian must provide a statement explaining that they understand the higher risk for injury.

## Section E. Restricted Players

1. A restricted player is defined as
  - a. Any senior player weighing 166 lbs. or above.
  - b. Any intermediate player weighing 140 lbs. or above.
  - c. Any junior player weighing 115 lbs. or above.
  - d. Any bantam player weighing 90 lbs. or above.
  - e. Any player receiving a safety waiver to play in a younger division will be deemed to be a restricted player by the CCYFL Executive Council.
2. A restricted player may not be a ball carrier (i.e., fullback, tailback, quarterback, receiver, tight end, tackle eligible, kick return, kick off, etc.), with the following exception A yellow striped player may return an unintentional loose ball such as a fumble, or interception.
3. A restricted player must play in a tackle-to-tackle position. A restricted player on defense must make forward contact with an offensive lineman prior to moving backward in a linebacker position. Tackle to Tackle is defined as:
  - a. Covered by an end or be covered by a tight end and be within the lateral boundaries of the free blocking zone. Players must line up in a three or four-point stance on the line of scrimmage. In a four-man front, they will play heads up on the offensive tackle.
    - i. Senior division (ONLY): may line up "outside shade" of the tackle in a four-man front.
  - b. First violation: warning.
  - c. Second violation: five (5) yard penalty.
  - d. Third (and subsequent) violation: fifteen (15) yard penalty and could result in the ejection of the Head Coach.
4. Restricted players must be clearly labeled on game day rosters.
5. Restricted players will be marked with a **yellow stripe** on the top of their helmet. The stripe will be supplied by CCYFL before the start of the season. The stripe must not be covered by any other decals. It must remain on the helmet throughout the entire season.
6. If a restricted player is found playing without the proper stripe on the top of the helmet, that game may be forfeited by a vote of the CCYFL Executive Council.
7. **Restricted players may serve as a place kicker on field goals and extra point attempts.**
  - a. **If the restricted player does anything other than kicking, regular restricted player regulations still apply.**

## Section F. Physical Requirements

No player shall be registered or certified if he has not attained and does not maintain a sound physical condition. A duly qualified physician shall attest to the fulfillment of sound physical condition. No player is permitted to enter any type of physical training without first obtaining a signed health certification. CCYFL PHYSICAL FORM REQUIRED.

## **Section G. Children of Football Officials and Cheer Judges**

If children of game officials, or judges of cheer competitions, participate in a CCYFL game or competition, it is the responsibility of the chapter to notify the CCYFL Executive Council of such participation. CCYFL will notify the proper scheduling organization and request that the parent does not referee or judge their child(ren)'s game or competition. This is to eliminate any perceived conflict of interest

## **Section H. Weight Verification Process**

1. The CCYFL Executive Council, or its designated committee, shall conduct verification of all players' weights and ages. The time and place of Official Scheduled Verification shall be determined by CCYFL. Another verification shall be held at Jamboree, if a player with a written explanation, did not make the Official Scheduled verification. A player that weighs in at Jamboree shall not need a CCYFL board member's signature on the official roster. CCYFL shall determine which two board members will be at Jamboree to verify. Any player whose weight has not been verified before the day of the first scheduled game shall be a restricted player for the first two games. A final weight verification, of players that DID NOT weigh in at the Official Scheduled Verification date, shall be held at every playing field prior to the start of the third game. The official roster, at the 3rd game verifications, shall require a signature from a chapter president or AD (outside the player's chapter) or CCYFL board member, next to their certification date. This must be on every copy of the team's official roster from then until the end of the season. Any player whose weight is still not verified by the start of the 3rd game shall be ineligible for the remainder of the playing season.
2. A player that is already restricted shall not need to be verified at the 3rd game or need an official signature on the roster.
3. Official verification shall only happen once for every player. There shall not be any re-weighing of any player for any reason once they have been verified.
4. Late signups will be verified by CCYFL board appointment.
5. A calibrated scale, supplied by CCYFL, must be used for verification. The scale must be certified by the Department of Agriculture or Bureau of Weights and Measures on a yearly basis. This is the responsibility of the chapter.
6. Players who have not been certified by draft will be placed on teams by blind draw.

## **Section I. Proof of Residency**

1. Residence shall be established and supported by documents of the current year, but no later than the date of registration. A player will be deemed to reside within their chapter boundaries if either of the player's parents (or court appointed legal guardian) resides within chapter boundaries. ALL CHAPTERS WILL REQUIRE PROOF OF RESIDENCY DOCUMENTATION AT THE TIME OF REGISTRATION AND SHALL KEEP COPIES OF THE PROOF ON FILE.
2. Residence shall be established and supported by a report card and ONE item from the following list. Document to determine residency of parent or guardian. Documents must show customary usage or consumption to demonstrate bona fide habitation as determined by CCYFL.
  - a. Voter's Registration
  - b. Welfare/childcare records
  - c. Federal records
  - d. State records
  - e. Local (municipal) records
  - f. Support payment records
  - g. Homeowner or tenant records
  - h. Utility bills
  - i. Financial records (loan, credit, investments, etc.)
  - j. Insurance documents

- k. Medical records
  - l. Vehicle records
3. A player will be deemed to attend school in the boundaries of their register chapter if the physical location of the school where they attend classes is on the boundary list established in 2025. Note: Home school, Charter Schools, Private schools and cyber schools are encouraged to play in the chapter where the school resides but may also play in the chapter they reside according to the boundary requirements set out in **Boundary List 2025**.
- a. "School attendance" refers to the (place) physical location the player in question attends school during the traditional academic year. Once established, a location of attendance shall not be considered changed unless the player is enrolled and attends another school or is no longer enrolled in the previous school.
  - b. School attendance shall be established and supported by a document indicating enrollment of the current academic year, with the physical location of the school, from ONE of the following categories, to determine school attendance by such player.
    - i. Official / certified school enrollment record
    - ii. School issued report card or performance record
4. If a player is found to be playing in the wrong chapter, that team will forfeit a minimum of one and a maximum of all games in which the player participated. Subject to CCYFL Executive Council majority vote.

## Section J. Boundary Waivers

1. No waiver will be considered for players to play outside of the boundaries of the chapter in which they reside unless:
  - a. Their chapter does not field a team for which he/she is qualified.
  - b. The sending chapter cuts players down to a full roster and the receiving chapter does not have a full roster.
  - c. The player attends school in a different school district than their primary residence occurs.
  - d. Split guardianship
  - e. A special circumstance that requires attention by the CCYFL Executive Council
  - f. If a player must switch chapters through no fault of their own (i.e., their chapter doesn't field a team for which he/she is qualified) for 2 or more consecutive years said player may choose to either return to their home chapter at the end of the season, or to remain with the chapter they switched into and may remain permanently.
2. No waiver will be granted due to the personal desire of a coach, parent, or player to play elsewhere.
3. Boundaries for each chapter are designated in the CCYFL Chapter Boundaries 2004.
4. A boundary waiver must:
  - a. Be on the official CCYFL Boundary Waiver Form.
  - b. Have an approved signature of both Chapter Presidents (sending and receiving) on the CCYFL Boundary Waiver Form.
5. A boundary waiver will be valid for the year granted and any consecutive years the player plays.
  - a. If a player goes to a different chapter then the one the boundary waiver was originally granted for they will have to repeat the boundary waiver process if they would like to return to the team the following year.
  - b. Chapters must keep original boundary waiver (paper or digital) with registration as long as the player plays for them.
6. All boundary waivers must be submitted to the chapter's respected VP (either North or South) before the draft. The VP will review the boundary waiver, along with another member of the CCYFL Executive board before approving.
  - a. Both Chapter President's must sign off on the boundary waivers.
  - b. All paperwork must be properly submitted.
  - c. Any special circumstances will be presented at time of submission.
  - d. Copies of the submitted boundary waiver paperwork will go to each of the chapter presidents and the CCYFL secretary.
  - e. No boundary waivers will be accepted after the draft unless it is a special circumstance and is presented and approved by the CCYFL Executive Council. The late, special circumstance must meet all boundary waiver criteria as defined above.
  - f. A copy of the boundary waiver form, will all approving signatures/stamps, must be in the coach's binder.
  - g. In the event a new chapter joins CCYFL, whose chapter boundaries would conflict with an existing chapter, the participants in the existing chapter, who live within the new chapter's boundaries, have the option to be grandfathered into the existing chapter for as long as they participate in CCYFL / CCYCA.

## Section K. Certification of Rosters

1. Each chapter shall be expected to do everything in its power to expedite the certification process on certification day. Certification shall be accomplished in alphabetical order, according to the player's last name.
2. Each chapter shall provide an original, typed official CCYFL roster. Rosters shall be on a standardized form provided by CCYFL, no exceptions.
  - a. Each player on the team shall be listed on the roster, in alphabetical order, with jersey #, last name, first name, date of birth (DOB), weight (WT), restricted, cert city, cert date, notes. All information must match, exactly, with the verified CCYFL computer file.
  - b. For each player, the following items shall also be provided and placed in the team binder, in the exact order stated below.
    - i. Player's picture
    - ii. Registration form
    - iii. Head's Up Concussion form
    - iv. Proof of Residency (one item from list)
    - v. Report Card
    - vi. Proof of age (if not a certified birth certificate, see #4 below)
    - vii. Physical form completed and signed.
    - viii. Covid Waiver Form (if applicable)
3. Each team roster shall then be certified, on binder night, with the stamp and signature of a CCYFL Athletic Director or their designer. On binder night, each chapter will bring their flash drive with rosters attached. A printer shall be delegated or provided by the hosting CCYFL AD. Binder night shall be held on the day following the week of Jamboree. No roster shall be stamped or signed unless ALL paperwork is included and verified. The chapter will retain the original copy and a second copy will be given to the president of CCYFL. This copy will be on file with the secretary of CCYFL.
4. Upon request, proof of a player's age shall be presented. Proof of age is by state (or county) certified copy of the player's birth certificate. If this cannot be provided, then at least one of the following will be furnished.
  - a. A CCYFL computer listing of prior certifications.
  - b. A passport.
  - c. US Military birth registration or ID card
  - d. Federal government birth certification
  - e. A county birth registration
  - f. A letter from the school the player is attending attests to the birth date of the player. The letter must include the full name of the player and the names of the player's parents, as carried on the school records. The letter must be on school letterhead stationery and signed by the principal, vice-principal, counselor, or registrar of the school. The letter must be dated.
  - g. Hospital record with the hospital seal and doctor's signature.
5. Any team that has a player that is found to be ineligible will forfeit all games that the player has participated in.

## Section L. Transfers

Once a participant is certified, the participant may obtain a release from the team to which he is certified, upon application to, and subsequent approval of, his/her chapter player agent. Note: In these instances, the regional athletic director and the CCYFL secretary will be notified immediately. The reason for removal of the participant must be stated, in writing, dated and submitted to the chapter player agent, regional AD and CCYFL secretary. Under no circumstances may the team staff remove a participant from a certified roster. Dropped participant's names shall be left on the certified roster but shall be lined out in a manner that will leave the information legible.

## Section M. Safety Waiver Process

1. If a chapter feels a player has been inappropriately placed in a division, they may apply for a safety waiver on his/her behalf. A Safety Waiver Request Form will be required and can be obtained from the chapter representative. The chapter representative will present the player's Safety Waiver Request Form to the CCYFL board. Any player requesting a safety waiver for medical or emotional reasons, must have a doctor's or physician's note.
  - a. The CCYFL President will appoint two (2) CCYFL representatives to evaluate the player requesting the safety waiver. Each CCYFL representative must evaluate within forty- eight (48) hours of receiving the request. If both approve, the waiver will be granted. If not, the waiver is denied.
  - b. Only Safety Waiver Forms that have been completely filled out will be reviewed. The chapter president and the parent(s) must sign the Safety Waiver Form. The chapter president is responsible for verifying the accuracy of the information on the form.
  - c. Any chapter found in violation will lose all CCYFL voting rights for one (1) year and the associated team will be eliminated from any and all post-season play or the current season.
  - d. All safety waiver players will be restricted.
  - e. Approved Safety Waiver Forms must be kept in the coach's team binder at all times.

## Section N. Rosters

1. Each chapter will turn in a certified roster, along with a coaches list, for each team, at binder night.
2. Failure of a chapter to submit certified rosters by the first week of scheduled games will result in forfeiture of all games that team, or chapter, participates in until the certified rosters are received by the CCYFL secretary.
3. Team moms, auditors, and anyone else who receives one of the eight (8) team badges will be included on the coaches list. No alternates allowed.
4. The coaches list will include team position, name, phone # and email address.
5. Prior to the first league game, CCYFL shall provide each chapter with a copy of all certified rosters for the entire league. All game day rosters shall match exactly to this certified roster. Any changes after certification shall be signed by the CCYFL president and filed with the CCYFL secretary. Use of any non-matching roster shall result in forfeiture of the game. Jersey number changes shall be made with agreement between both head coaches and the Game Field Commissioner. All changes shall be noted on the game day roster copies.
6. Certified rosters will not be posted on the CCYFL website.
7. Player / coach additions, and/or deletions, will be submitted to the CCYFL secretary. The CCYFL secretary will email the changes to all interested parties. Failure of a team/chapter to notify CCYFL, within 14 days, will result in a fine of \$250 and/or forfeiture of games.

## Section O. Insurance

1. Each chapter shall have at least one (1) individual identified as the Chapter Insurance Representative.
2. A player requiring the services of doctor (illness or injury) cannot return to practice or game play until he/she has a written release from the doctor. The release is to be attached to the team roster and shall be available for review by any CCYFL official, upon request. The Head Coach is held responsible for ensuring that the written release is obtained and properly recorded.
3. All insurance claims must be accompanied by a CCYFL accident report. The accident report must be filled out by the head coach or a CCYFL representative. The insurance claim form and the CCYFL accident report will be forwarded to the CCYFL Insurance Director, who will mail the forms to the insurance company.
4. Any player injured during a practice, scrimmage, or game, that requires the services of a doctor, shall have an accident report filed with CCYFL, whether an insurance claim is to be made or not. The report will be available, for review, to the CCYFL Executive Council.

## Section P. Team Composition

1. Team composition shall consist of players based on the first to sign up is the first to play.
  - a. Sign-up forms shall be dated and numbered based on the order in which a player has signed up.
  - b. Returning players cannot be given preference. Any chapter found in violation of this rule shall be fined \$250.00.
2. Each team shall consist of a minimum of eighteen (18) players and a maximum of twenty-five (25) certified players. Except in the intermediate and senior divisions, this may have a maximum of twenty-eight (28) certified players. After certification day a team may fill vacancies in its roster. However, no team may increase the size of its roster over the amount originally certified, without CCYFL Executive Council approval. At least fourteen (14) certified players must be present, suited up and available to play every game.
  - a. For the intermediate and senior division, a minimum of twenty-two (22) players per team must be available to expand.
  - b. A chapter must split the bantam and junior divisions at thirty-six (36), fifty-four (54), seventy-two (72) and every eighteen (18) players thereafter, provided they have the equipment, coaches and funds available.
  - c. A chapter must split the intermediate and senior divisions at forty-four (44), sixty-six (66), eighty-four (84) and every twenty-two (22) players, thereafter, provide they have the equipment, coaches, and funds available.
  - d. Chapters requesting team expansions requiring more than twenty-five (25) players in bantam or juniors and twenty-eight (28) in intermediate or seniors, must be approved by CCYFL each playing season.
3. Any player added to a team must meet all requirements of this rulebook and have completed ten (10) hours of physical conditioning before any body contact is allowed.
4. No waiting lists, reserves, alternates, or other terminology may be used to hold players back from playing, once they have indicated they desire to play. Everyone who wants to sign up must be placed on a team, in their respective age category, provide that a head coach is available and meets the criteria in accordance with team composition rules.
5. No player shall be registered or certified if he has not attained and does not maintain a sound physical condition. A duly qualified physician shall attest to the fulfillment of sound physical condition. No player is permitted to enter into any type of physical training without first obtaining a signed health certification.

## Section Q. Draft Procedure

1. The purpose of this draft procedure is to prevent the stacking or building of a dominant team. This shall be accomplished by understanding the intent of, and adhering to, the procedures that follow.
  - a. There will be a mandatory all coaches and chapter presidents meeting, within two (2) weeks, following the draft date (date TBD by CCYFL). One for the north and one for the south. The meeting will be facilitated by the vice president and president of CCYFL. If a head coach does not attend this meeting, s/he cannot be a head coach during the current season (exceptions can be made if there is a valid reason and if approved by the executive board). If a coach has been ejected from a game, or suspended for any reason, then that coach must meet with a vice president and the president of CCYFL before they can be considered to coach at all. The time and place of this meeting to be determined by CCYFL.
2. Draft Administration
  - a. The draft is to be done during the week of conditioning.
  - b. The draft shall be monitored by a four-member draft committee, comprised as follows:
    - i. One member of the coaches committee, the athletic director and either the secretary, treasurer, or player agent of the chapter and a CCYFL official.
  - c. A list of the chapter's board approved coaches must be sent to the CCYFL Executive Council by the start of clinic week.
  - d. If none of the chapter's board members are available or eligible, a CCYFL Executive Council member, from another chapter, will officiate the draft.
  - e. The athletic director shall preside over the draft, provided s/he is not a football coach in the division being drafted.
  - f. Either the chapter secretary, treasurer or player agent shall provide a master list of all eligible players.
  - g. Each player will be designated as a returning player, a protected player, or a player to be drafted from the draft pool. Any special placements requests shall be heard and ruled on prior to the drafting of players.
  - h. A returning player is a certified player returning to the same division and remaining on the same team as the previous season.
  - i. A draft pool player is a first year or non-protected player advancing to a new division.
  - j. A designated coach is a coach who has been named to a coaching staff prior to the start of clinic week. All designated coaching assignments must be approved by the chapter. Each chapter must turn in a list of designated coaches, and what teams they are coaching, to the CCYFL president before the start of clinic week. Any chapter who has not turned in a designated coaches list on the Sunday before clinic week will not have any designated coaches.
  - k. A protected player is protected if s/he is the son or daughter of a board approved, designated coach. Each team may have no more than four (4) protected players.
  - l. The athletic director shall interpret and enforce the proper draft rules and procedures.
  - m. "Hat picks" are only allowed after all eligible players are selected.
  - n. The decisions of the draft committee are final. No trading of players is permitted.
  - o. Each drafting team may be represented by no more than two (2) coaches.
  - p. All rosters and other draft paperwork (i.e. team rosters, rulings, decisions, etc.) shall be turned into CCYFL seven (7) days from that chapter's draft. CCYFL will provide a computer disk to enter all certified players' information. This disk is part of the roster information.
  - q. Any players who sign up after the draft will be placed onto a team by the chapter athletic director. Any drops or player movement (because of weigh problems, etc.) will be done only with the approval of the athletic director and CCYFL.
  - r. No pre-drafts allowed.

### 3. The Draft

- a. Returning players remain on their respective teams in their respective division.
- b. Returning players moving up to a new division will be placed in the draft pool with any new players.
- c. Consideration should be made if one team has much greater success in the previous year's playoffs when it comes to determining draft order.
- d. Teams with the worst record from the previous season, will have first pick in the draft. The next worst record will have the second pick and so on. Each team will pick on a one-for-one basis throughout the draft.
- e. Protected players will be added to the roster and do not enter the draft pool.
- f. Any team having a lesser number of players, after the protected players are added, will draft on a two-to-one basis, starting on round three (3). The two-to-one draft will continue until each team has an equal number of players.
- g. If parents request that siblings be on the same team, they must be drafted consecutively. If one of the siblings is a returning player, the other child must be picked up in the third round.
- h. A ride share consists of a player, who is not a returning player, requiring transportation from another player or coach on the same team. If a ride share request is with a coach, who has a child on the team, it will count as both. (You cannot request a ride share with the coach and another with a player). Ride share players must be drafted consecutively, starting in the third round. Rideshares will only be granted if all coaches, in said division, agree within the chapter.

### 4. Expanding a division

- a. When expanding the number of teams in a division, for any chapter, all previous teams are disbanded.
- b. Each team may have up to four (4) protected players.
- c. All other players will remain in the draft pool.
- d. Draft order will be chosen by drawing numbers, drawing straws or another random method.
- e. All other draft rules apply.

### 5. Contracting a division

- a. When reducing the number of teams in any division, for any chapter, one team will be disbanded.
- b. The most recently formed team will be disbanded and all of that team's players will be placed in the draft pool.
- c. When the most recently formed team cannot be identified, the chapter's board may disband a different team.
- d. If duly appointed head coaches agree, they may ask their chapter board to disband a team other than the most recently formed team.
- e. All other rules apply.

## Article III. Athletic Directors, Coaches and Team Officials

### Section A. Eligibility

1. The head coach and athletic director must be twenty-one (21) years of age or older.
2. A twenty-one (21) year old or older head or assistant coach must be present at practices and games.
3. All personnel must be registered with their chapter on the team registration and roster forms.
4. They must not have been convicted of any crimes, which would cause them to register under section 290 of the California Penal Code or section 11590 of the California Health and Safety Code. CCYFL will do a background check on any person that is going to be on the field with the players.
5. They must not advocate the overthrow of the United States Government, by force or violence, or be affiliated with any organization that has such aims.
6. They may be found ineligible by their chapter, or by the CCYFL Executive Council, for conviction of any crime.
7. No person who earns any portion of their income from coaching youth football/cheer, during the current calendar year, shall be allowed to coach or be a chapter or CCYFL board member. Subject to CCYFL board approval on a case-by-case basis.
8. Each chapter is encouraged to conduct a coaching and conditioning clinic at the start of each season.

### Section B. Responsible Team Official

1. The head coach shall be completely responsible for the conduct and behavior of this team, team parents, assistant coaches, and game day helpers. S/he shall be held accountable by the chapter and CCYFL, if a written complaint is filed and collaborated, by that coach's chapter board of directors. A coach will be suspended or banned if, in the CCYFL Executive Councils opinion, s/he did willingly incite or not take any action to cease the behavior of the aforementioned staff. A mandatory one game suspension for infractions.
2. All persons charged with the responsibility for a team must be familiar with the CCYFL and NFHS (National Federation of High School) rulebooks and comply with the provisions set forth. Ignorance will not be a defense for any disciplinary actions.
3. All individuals who assume the management type of authority and responsibility for a team, shall ensure that proper coaching ethics, good sportsmanship by his players and proper behavior are always adhered to.
4. The head coach must bring three copies of the certified team roster to each game. One for the opposing coach, one for the game field commissioner and one for the announcing booth.

### Section C. Coaching Ethics

All members of any team staff of CCYFL shall adhere to all the following coaching ethics.

1. S/he will not criticize players in front of non-team members, but reserve constructive criticism for a time when it can be done in the presence, and for the benefit, of the whole team.
2. S/he will accept the decisions of the officials on the field as being fair and impartial. They shall acknowledge that the judgment of the official or officials is final.
3. S/he will not criticize the officials, opposing team players, opposing player's parents, coaches, or fans by word of mouth, gesture, or print. S/he shall reserve all controversy or dispute of league rules for league meetings when it is appropriate to do so.
4. S/he will emphasize to his/her athletes the importance of academics, as well as the significance of keeping physically fit and mentally alert.

5. S/he will strive to make every football activity serve as a training ground for life and as a foundation for maintaining good mental and physical health.
6. S/he will emphasize that winning a game is the result of individual effort and teamwork.
7. S/he will not use abusive, profane, or vulgar language in front of, or directed toward, anyone connected with or being a spectator of the game.
8. S/he will not “pile it on”, as the phrase is used, when his team gets a commanding lead or demonstrates the team’s ability to score at will.
9. S/he will not be on the playing field, or at any team function, under the influence of alcohol or dangerous or illegal drugs. Nor shall he use any form of tobacco (snuff).
10. S/he will always set an example in personal conduct.
11. S/he will not interfere with or prevent medical examination/treatment, for any injured player, by the Field Emergency Medical Technician (EMT) or qualified medical personnel hired by CCYFL. If a player is injured during a game, only the EMT or qualified medical personnel may touch the player. During practice, the coach (or team staff member) shall remove from practice any participant (when even slightly in doubt about his/her health), whether or not it is the result of injury, until competent medical advice is available. Only the EMT hired by CCYFL can sign off a player to higher authority, if needed.
12. If a complaint is filed, by a Game Field Commissioner or referee, for a game day ethics violation against a coach, s/he will be suspended until:
  - a. The chapter takes action.
  - b. CCYFL takes action.
13. Violations are referred to in Article IX

#### **Section D. Act of Disbarment**

A coach, another adult acting in an official capacity, or parent will be barred from further participation in CCYFL by violating the following rules.

1. Paid coach by receiving any portion of his annual income for services as an Athletic Director or coach in CCYFL.
2. By striking any coach, athletic director, official, spectator, player, or other participant in CCYFL.
3. Any sufficient cause, whether on the field or as a spectator, such as unsportsmanlike conduct or using vulgar, profane, abusive language and/or gesture.
4. S/he shall not permit “sweating down” tactics in order for a player to make the team weight. Sweating down to include, but not be limited to:
  - a. Steam rooms
  - b. Steam cabinets
  - c. Rubber sweat suits
  - iv. Any method that is injurious to the health of the player
5. The use of chemicals of any kind to lose weight.
6. S/he will not knowingly permit a player to re-enter a game once he is badly bruised or injured to such an extent that further play would jeopardize his health or wellbeing.
7. S/he shall not permit a previously injured player to practice, scrimmage, or play in a game without written release from a doctor.
8. S/he will abide by the team doctor or physician’s decisions in all matters of injury.
9. S/he will not permit an ineligible player to participate.
10. S/he shall not incite or encourage unsportsmanlike conduct.
11. S/he must remain in compliance with coaching ethics.
12. S/he must never attempt to discourage, run-off or cut weaker players.
13. S/he may never alter any CCYFL forms.

## Article IV. Playing Fields and Equipment

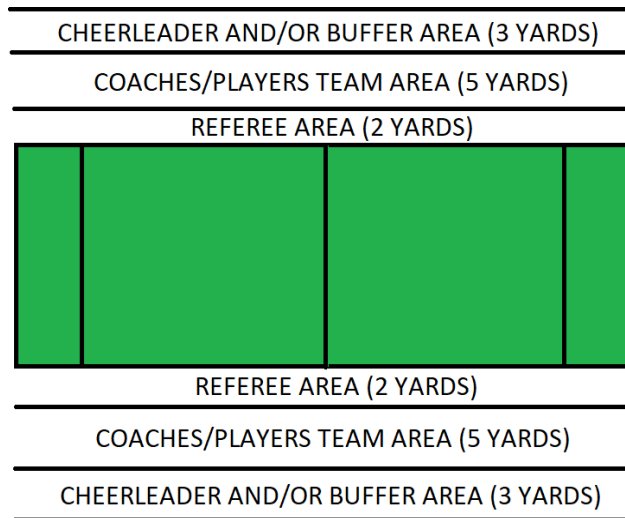
### Section A. Field Specifications and Equipment

1. No team(s) shall be approved to play home games unless they have an approved field, as defined in Section B.
2. The fields shall have the following:
  - a. All divisions will play on a regulation field, 120 x 53 1/3 yards. Exceptions must be approved by the CCYFL Executive Council on a yearly basis.
  - b. All fields will be properly marked to include yard markers and field goal pads. The use of CIF defined pylons at the end zones will not be required, although some equivalent, less expensive markers are to be used.
  - c. The host chapter shall furnish a down marker with numbers, visible from the opposite sideline and a ten-yard chain. Host chapters must have a fence (minimum of 4' high) between players and spectators.
  - d. It is very desirable that a time clock be visible to both benches. A visible clock will be required for all playoff games. If a visible clock is not available, the home field will have a minimum of one (1) timepiece for use by the head official on the field. If official time must be kept on the field, a two (2) minute warning will be given in all four (4) quarters.
  - e. The host chapter will have the chain gang on their side of the field. The home team furnishes three (3) people to work chains and down marker. No member of the coaching staff, of either team, may man the chains or down markers. Whenever possible, adults will be used on all chain gangs.
  - f. There must always be a registered EMT or qualified professional at the playing field on game day. This person will be responsible for evaluation or temporary treatment of any injury and will see that an ambulance is called if necessary. The Game Field Commissioner should see that the EMT is introduced to coaches at the start of each game, so that the EMT can be easily recognized and summoned when needed. If such qualified emergency personnel are not available, all games will be suspended until such a person is available.
  - g. If a host chapter/team provides any type of cover or shade device for the "home" team's player bench area, then the host chapter shall provide the same cover or shade device for the "visitor" bench area. Note: The "home" sideline can be either sideline.
3. A first aid kit and ice pack must be available at all practices and games.

### Section B. Playing Fields

1. All playing fields during the regular season must adhere to the following specifications.
  - a. Stadiums
    - i. Spectators must be in the assigned stadium seating area.
    - ii. Spectators are not permitted to be on the field or on the track.
    - iii. Accommodations may be made by the GFC for handicapped and/or spectators with physical ailments.
    - iv. cheer teams will be given unrestricted access to the track area.
  - b. Parks/open areas
    - i. Regular and post season games will not be allowed to be played at parks/open areas unless an unforeseen emergency occurs(ie. weather etc)
      - If a park or open space needs to be used for a Regular Season or Post Season game it must be presented to the Executive Board to be voted on and approved.
  - c. field violations

- i. It is the responsibility of the hosting chapter and/or GFC to enforce these boundaries for the duration of the game. Failure to do so may result in a \$500 chapter fine and/or loss of hosting privileges for further games as per the direction of the CCYFL Executive Board.
2. All postseason games must be played in a stadium.



**Section C. Official Ball**

1. Any approved ball used in the proper division may be used for games. The Game Field Commissioner will approve game balls at the 50 yard line prior to the start of the game.
2. No other ball, except an approved, official CCYFL ball may be used for the entire game. If a coach is found in violation, an unsportsmanlike conduct penalty will be called and a fifteen (15) yard penalty. The Head Coach will be ejected from the game and the following week’s practices and games.
3. The Game Field Commissioner shall provide an approved CCYFL game ball to teams in non-compliance with the rule.
4. The Bantam division will use balls from table #1. The Junior divisions will use balls from table #2. Intermediate and Senior divisions will use balls from table #3. The CCYFL approved game ball list is at the back of this rulebook. Pee- wee balls are allowed for Bantam division only..
5. A list of approved balls will be issued each April. The CCYFL Board will approve additions.
6. All balls will be made of rubber, composite or leather and have leather or rawhide laces.

**Section D. Minimum Equipment Requirements**

All teams must be equipped, during all practice sessions, scrimmages, and games, with equipment meeting the minimum protective standards, outlined in rule 1 of the NFHS football rulebook including:

1. The HELMET is the most important, single piece of equipment a football player wears because it protects the nerve center of the body. The helmet shall be made of either one- or two-piece construction of high quality, plastic type material, and head-cushion or suspension type. As a minimum, a double bar facemask shall be attached to the helmet. The four-point chin strap will be standard equipment for all helmets. The helmet must meet NOCSAE standards and be NOCSAE approved.
2. The SHOULDER PADS shall be of corrugated, molded fiber or plastic material. For sanitary reasons, they shall be coated with a washable finish. They should have adjustable underarm straps and should be of a cantilever type.

3. The GIRDLE, HIP and BUTT PADS, shall be made of heavy padding to protect the kidneys, hip and spine. They can be of a vinyl coated material, with or without fiber inserts. Care must be taken to guard the exposed edge of the hip, the base of the spine and the kidney area.
4. THIGH GUARDS shall be molded, corrugated fiber or plastic material with padding.
5. KNEE PADS which are unaltered from the manufacturer's original design/ production, which are worn over the knee and under the pants and shall be at least 1/2 inch thick or 3/8 inch thick if made of shock absorbing material. Shall be constructed of a shock absorbing material and **must cover the knees**.
6. PRACTICE JERSEYS should consist of either an all-cotton jersey or a combination of cotton, polyester, and nylon materials. No numbers or extras are required.
7. GAME JERSEYS for all divisions should consist of a durable material, such as nylon or polyester (or a combination of materials). Tear away jerseys are not allowed. It is recommended that the numbers be sewn on (tackle twill), air dye or processed stenciling. The minimum recommended size of numbers is six (6) inches in the front and eight (8) inches in the back. The numbering of jerseys, in accordance with the CIF rulebook, is not applicable. Only last name and first initial may be put on the jersey. This is to be put at the top back of the jersey. Their name must match the roster. No nicknames are allowed.
8. PANTS which completely cover the knees, may be of either a shell or one-piece construction, natural or colored. One-piece pants must have removable pads. Knit material, or either polyester or nylon, is recommended, along with tunnel belt loops, slotted belt loops or an attached webbed belt.
9. Allowable FOOTWEAR for all divisions includes non-detachable rubber molded cleat, bar cleat, Little League baseball shoes, detachable rubber or nylon cleats or tennis shoes. Steel, aluminum, hard rubber or nylon with metal cleats are not allowed. Detachable cleats cannot have their screw post broken off or exposed. All footwear must be in good condition. All one- piece molded shoes are permissible.
10. A MOUTHPIECE, approved by CCYFL or prescribed by a licensed doctor or dentist, must be worn at all times.
11. ILLEGAL equipment includes:
  - a. Eye shade (grease or no-glare strips or stickers) that is not a solid stroke or includes words, numbers, logos, or other symbols within the eye shade.
  - b. Eye shield attached to the helmet that is not: (a) Constructed of a molded rigid material; or (b) Clear without the presence of any tint.
  - c. Play cards not worn on the wrist or arm.
  - d. Equipment not worn as intended by the manufacturer.

## Section E. Game Uniforms

Uniform colors, for all teams in all chapters, shall be reported to the CCYFL Athletic Director and/ or CCYFL Executive Board Representative prior to Jamboree. Changes in uniform after Jamboree must be reported and approved by the CCYFL Executive Board.

## Article V. Conditioning and Practices

### Section A. Conditioning and Practices

1. No organized team activity or conditioning may start before the first Monday, following the first Friday in August. Instructional, non-contact / non-team clinics, prior to the first week of practice are at the discretion of the individual chapter. Chapters may break players into divisions based on player sign ups.
2. No player shall take the field for conditioning or practice until all paperwork is turned in. NO EXCEPTIONS.
  - a. Player picture
  - b. Registration form
  - c. Proof of age
  - d. Physical form (completed and signed)
  - e. Proof of residency, as listed in Article II, Section I
3. There will not be any physical contact, except for calisthenics and isometrics, during the first week of practice.
4. Helmets may be worn at both clinic week and conditioning week if the chapter chooses.
5. Full player contact may start on the week following heck/conditioning week, as long as the minimum 10 hours have been met.
6. Scheduling of practice sessions are at the discretion of the coaches. Night sessions shall not go past 8:30pm for all divisions.
7. For practice purposes, the start of each week is Monday. No teams may practice more than two (2) hours per day Monday – Friday. Any team found practicing on Saturday or Sunday will receive an automatic suspension for the season and a chapter fine of \$250.00.
8. Conditioning or practice sessions shall not exceed two (2) hours in any one day, nor shall they be conducted more than four (4) days per week, after the first week of scheduled games.
9. Before the first day of scheduled games, teams in all divisions may practice five (5) days per week.
10. After the first week of scheduled games, practice sessions for the Bantam and Junior divisions will be limited to six (6) hours per week, within three (3) days maximum. No more than two (2) hours per day. Practice sessions for the Intermediate and Senior divisions will not exceed eight (8) hours per week, within four (4) days maximum. No more than two (2) hours per day.
11. In addition to practice sessions outlined in Article V, Section A, item 10, each team will be permitted one (1) hour of classroom time, per week, for films or chalk talk. Classroom sessions must be held during the week (Monday – Friday). No conditioning or contact allowed.
12. Game day practices are not allowed. However, a team may start warming up, at the game site, one (1) hour before the scheduled start of their game.
13. No player may have player-to-player contact until s/he has participated in pre-season conditioning practice a minimum of five (5) practices. (10 total hours of conditioning).
14. No player may participate in a scrimmage or game, until s/he has had at least six (6) hours of contact of the Bantam and Junior divisions and eight (8) hours of contact for the Intermediate and Senior divisions.
15. Player-to-player contact may only occur when players are wearing their equipment, as specified in Article IV, Section C
16. Cheerleaders may practice after they have had physicals and as soon as insurance starts.
17. All chapters will be allowed to hold a scrimmage or Jamboree on the Saturday prior to the first scheduled games.

## Article VI. Scheduling of Season and Post Season Play

### Section A. Scheduling

1. CCYFL will set the starting and ending dates of seasonal play. No teams will play before or after these dates unless special permission is granted by the CCYFL Executive Council or “a” below.
  - a. CCYFL Spring Flag Limited Contact League runs approximately February – May
2. The CCYFL Executive Board will also approve alternate sites prior to scheduling games
3. The CCYFL appointed scheduling member shall administer and oversee the scheduling process to ensure equity and compliance with the rules.
4. CCYFL will attempt to have all teams play eight (8) games during the season of play, weather permitting.
5. All unresolved issues and discrepancies pertaining to the scheduling process shall be brought to CCYFL for review and resolution. The decision of the CCYFL board is final.
6. If a chapter is absent, then it will be a non-vote for the absent chapter(s) and the scheduling of the season and post-season games will continue.
7. A period of at least seventy-two (72) hours must elapse from the conclusion of one game prior to the playing of another game by the same team. Except if waived by the CCYFL Executive Council for play-off game conflicts.
8. Unless it is an extreme hardship on a chapter, the closest teams will start the day’s events.

### Section B. Non-Franchised Teams

Teams shall not practice, play, or otherwise compete against non-franchised teams, unless permission is granted by the CCYFL Executive Board.

A non-franchised team shall be defined as any team not a member of a chapter franchised by CCYFL.

### Section C. Scrimmages

Controlled scrimmages may be scheduled, but such scrimmages shall not exceed three (3) pre- season scrimmages, prior to the first regularly scheduled game. No scrimmage shall be held prior to the Friday at the end of the second week of practice.

Under no circumstances may a team play or scrimmage a team which is not in the same age and weight classification. Note: Two (2) teams in the same chapter and division can co-practice and scrimmage each other throughout the season.

A scrimmage constitutes a practice session for the purposes of Article V, Section A

### Section D. Post Season Play

All post-season play must be approved by the CCYFL Board.

CCYFL approves expansion of league into a Spring Limited Contact Flag League, 7x7,5x5 or another non tackle version of Football. All activities would not be able to start till at the earliest January after the end of the regular Football Season.

## Article VII. Game Regulation

### Section A. Home Team Requirements

All member chapters must provide the following:

1. An official set of CCYFL Rules and Bylaws must be available at the playing field.
2. In the event visiting team's colors are conflicting, it is the responsibility of the home team to have a contrasting jersey.
3. A Game Field Commissioner, with a vast knowledge of the game, CIF rules and CCYFL rules will be provided and available at all games.
  - a. The GFC will hold a pre-game meeting at the 50-yard line, with the head coaches of each team, charging auditors and head referee.
  - b. S/he will also be at the coin toss and make themselves available to both sidelines throughout the game.
  - c. They will sign off charting forms every quarter and then they will collect charting forms at the end of the games. These will be forwarded to CCYFL.
  - d. They will report rules and ethics violations to CCYFL within seventy-two (72) hours of the game.
  - e. They will call in scores for all games played on their field to the CCYFL statistician no later than Sunday evening, following the Saturday game.
  - f. They are responsible for the twenty-four (24) point rule implementation.
  - g. The GFC must be on the field during the game to enforce/interpret CCYFL rules. S/he must be identifiable to both head coaches. Violation \$250.00 chapter fine.
  - h. EMT's
    - i. Each chapter is responsible for supplying a certified EMT to be on the field at all times.
    - ii. Each chapter is responsible for supplying EMT equipment. iii. Each chapter will supply all forms and reports.
    - iii. The EMT on duty, for the game being played, is responsible for filing out any injury reports.
    - iv. The EMT is the only medical personnel that is allowed to examine an injured player. The EMT is the only person allowed to release the player back into the game.

### Section B. Weigh-Ins

A certified scale will be provided to each CCYFL chapter for weigh-ins. Scale must be maintained by each chapter.

### Section C. Playing Rules

1. No unauthorized personnel are allowed on the field during the game. Game Field Commissioners will clear the field before the game is resumed.
2. No member of the coaching staff is allowed on the playing field, unless a player is injured, or he has permission from the officials.
3. If both teams are on one side of the field, the allowed space is from mid-field to the 20-yard line nearest the team's bench. If teams are on the opposite sides of the field, the restraining area shall be the 30-yard lines.
4. Divisions will be penalized in accordance with NFHS Football rules.
5. When a player is injured, both teams are required to take a knee (CCYFL rule).
6. Non-chargeable time-outs will be the injury of a player, repair of equipment and official's time-out. A non-chargeable time-out will be allowed to question a CCYFL or NFHS rule violation. If there is no violation, the time-out becomes a chargeable time-out to the team requesting it.

7. An injured player, for whom the clock is stopped, or for whom the ready-for-ready signal is delayed, shall be replaced for at least one play. His team shall not be charged a time-out. If a player is removed by the EMT/doctor, s/he will not be allowed back in the game until cleared to play by the EMT/doctor.
8. Coaches will be informed by the official closest to them of the player's number (if obtained) and the rule infraction for which a penalty is being imposed.
9. Each team will be permitted to have a maximum of eight (8) personnel on the field with a team (i.e., coaches, assistants, trainer, statistician, or parent helpers). (MONITORED BY GFC)
  - a. CCYFL will provide badges for all team personnel.
    - i. Badges will be distributed at the mandatory coaches meeting.
    - ii. Any badge not picked up at the coaches meeting will be released to the chapter President or AD, only, for distribution at their board's discretion.
  - b. Teams in violation: First violation: sideline warning, second violation: 5 yard penalty, third violation: 15 yard penalty until the situation is corrected.
  - c. The pass must be visible during the game.
  - d. A maximum of two (2) water boys/girls will be allowed. Adults may not be water boys/girls.
10. Each team will be allowed one photographer badge, which will be issued by CCYFL. This badge will allow access to the sideline, between the 20-yard lines and the end zones, for the purpose of taking pictures. Cameras are not allowed inside the coaches/team box.
  - a. A person wishing to be a team photographer must complete a CCYFL Photographer application. This application must be submitted to the local chapter and to CCYFL by the Tuesday following conditioning week.
  - b. The application must be approved by the head coach of the team and the chapter President.
  - c. The applicant must submit to a Live Scan background check.
  - d. CCYFL will check each application against the Megan's Law Registry within five (5) days of receipt.
  - e. CCYFL Photographer badges will be approved by the DOJ Committee and distributed via the Chapter Presidents.
14. Playing time shall be as follows:
  - f. The Bantam, Junior, Intermediate and Senior divisions shall play four (4) ten-minute quarters with a maximum of ten (10) minutes allowed between halves (including a compulsory three (3) minute warm-up). The play clock will be a 25 second clock.
11. Five (5) minutes before the start of the third quarter, the officials and/or Game Field Commissioner shall give each team a warning to ensure that coaches shall have sufficient time for a proper warming up period for team members, prior to the start of play.
12. The official rulebook shall be the National Federation of State High School Associations Rulebook. This shall be superseded only by the written rules of CCYFL, which conflict with it. In these cases, the CCYFL rules shall take precedence.
13. Conversion scoring: a team will receive one (1) point for running and two (2) points for kicking with a defensive rush. A team will receive one (1) point for a PAT kick with no defensive rush. The offensive team must declare no rush prior to lining up on the line of scrimmage.
14. A no-rush PAT does not count as an action play on the audit sheet.
  - a. A no-rush PAT must be a clean play. The holder must field the ball on his/her first attempt to catch the ball. If the holder drops the snap, or the snap is bad and the holder cannot catch the ball, the play shall be blown dead. The kick must be attempted within three (3) seconds once the holder fields the snap. A no-rush PAT is not allowed in the Intermediate or Senior division.
15. The EIGHTEEN (18) POINT RULE. After a team scores, if at any time, it is still behind eighteen (18) points or more, it has the option to kick off or receive. This rule is instituted prior to the blowout rule or at the

start of the third quarter. An onside kick is unsportsmanlike conduct with a 15-yard penalty; Receiving team automatically gets the ball.

a. SEE ARTICLE XII FOR POSTSEASON CHANGES TO (18) POINT RULE

#### 16. BLOW OUT RULE

a. An official time-out will be called, after the kick, following a score of twenty-four (24) points over the opposition. The two head coaches, the referee and the Game Field Commissioner will meet at mid-field. They will discuss and choose at least one of the following options:

i. Substitution of four (4) total players from the dominant team. The four removed players can return, at the beginning of the fourth quarter, to a non- impact (tackle to tackle) position until the player has completed the twelve (12) play rule. Coaches must be apprised of the balance of plays for each individual player.

ii. A running clock

iii. Jamboree

iv. Calling the game over

v. Doing nothing is not an option.

b. **Once players have been pulled due to the blow out rule, if the dominant team does not have 11 non-restricted players for the ensuing kick offs, then the non-dominant team must select one of the following options:**

i. **The pulled players may return for the kick off only.**

ii. **The non dominant team must match the number of players the dominant team has for the kickoff.**

c. Once the point differential between the two teams becomes seventeen (17) points or less, the starters may return to play.

d. Implementation of any or all the previous options is at the discretion of the losing coach. The CCYFL GFC will monitor/approve the process.

e. In an instance of extreme disparity between teams, such that proper implementation of the above rule is inadequate and player safety becomes an overriding concern, the GFC will (at his discretion) call for another coaches/official's mid-field meeting. The purpose of this meeting will be to implement further institution of the above options. Failure of the dominant team to address the above rule will result in forfeiture of the game and/or a \$500 chapter fine.

f. SEE ARTICLE XII FOR POSTSEASON CHANGES TO BLOW OUT RULE

17. TIE BREAKER. In the event of a tie, a team will start play at the 20-yard line and work to get a first down. If no first down or score, then the opposing team takes over. If a tie has not been broken after two (2) complete overtime series have been completed, then the game will be recorded as a tie.

18. If a game is suspended, for any reason, the game will be replayed from the start of the game (unless other arrangements are made between the head coaches and agreed upon by the CCYFL Executive Council).

### Section D. Bantam Division Rules

All Junior division rules apply to the Bantam division.

1. One coach is allowed on the field, with their team, on offense or defense. Coaches are allowed to direct and line up their players before the snap of the ball. Coaches must be silent and be ten (10) yards behind the nearest team player, at the snap of the ball. Violation: 5-yard penalty
2. Nose guards are not allowed. Defensive guards must line up head up, on the offensive guards. Defensive guards can line up in the center guard gaps or on the goal line defense (inside the 10-yard line) and on the third or fourth down and 2 yards or less to go for a first down. Penalty: Illegal formation, 5-yard penalty.
3. Kick-offs will begin from the 45-yard line of the kicking team.
4. A No-rush punt is allowed under these conditions (ONLY FOR BANTAMS)

- a. Must be declared prior to the play.
- b. Ball must be long snapped a minimum of three (3) yards.
- c. Kicker may field the ball and then punt if ball is dropped or fumbled.
- d. Punt fakes are not allowed after a no-rush punt has been declared.
- e. Offense may not pass the line of scrimmage until the punt is off. Defense can have a maximum of two (2) players receive the punt. All others must remain on the line of scrimmage until the punt.

### **Section E. Junior Division Rules**

As many players as desired may line up on the defensive line of scrimmage, but every player except the defensive ends must be in a three or four-point stance. The defensive ends may use a two-point stance. Violation: Illegal formation, 5-yard penalty.

Linebackers and blitzing players must be three (3) yards off the line of scrimmage. Blitzing players cannot start their blitz until the ball is snapped. Violation: Illegal formation, 5 yard penalty.

### **Section F. Mandatory Play Rules**

All eligible players will play a minimum of twelve (12) action plays per game. This may be on offense, defense, special teams, or a combination of the three. A no-rush PAT is not an action play and will not count on the audit sheet.

1. An action play is defined as any play in which the ball is legally in play as defined by Rule 4, Section 1 of the NFHS Football rules.
2. Special Teams are:
  - a. Kick off.
  - b. Kick off receiving.
  - c. Punt
  - d. Punt receiving
  - e. Field goal
  - f. PAT
3. Players may play both ways on special teams, however they may not violate any other rules.
4. Head coaches may discipline players by not allowing them to play. The player(s) will play twelve (12) plays or miss the game entirely. NO EXCEPTIONS. Player(s) must be declared before the start of the game.
5. Failure to abide by the above rules may result in an automatic forfeiture of that game. A second violation will result in the dismissal of that coach

### **Section G. CCYFL Division Standings and Play-off Seeding**

1. The following is the official method of determining a team's win/loss record in each division.
2. Seeding will be determined by the win/ loss record of all games played. If any teams are tied, the following tie breakers will be applied, in order, until resolved.
  - a. If tied win/loss record, head-to-head. If multiple teams are tied but did not all play each other head-to-head, go to b.
    - i. Example, team A, team B, and team C are all tied with same record. Team A has beaten team B, but has not played team C. Because they did not all play head-to-head, the league will go to the next tie breaker to determine seeding.
  - b. If tied, then strength of schedule point system applied. One point for every win that a team got that you have beaten.
    - i. Example, you beat a team that has 5 wins- you receive 5 points.
  - f. If any teams remain tied, coin flip or other random tie breaking measure will be taken



## Section H. Scouting Rules

Films and videotapes may only be taken by people associated with the team that are playing. Viewing of the films or videotapes during the game, including half-time, is not allowed.

There will be no scouting of practices or scrimmages.

## Section I. Spotting Rules

Spotting (passing information from stands to bench) during the game is not allowed.

No electronic devices (i.e., cell phones, radios, headsets, etc.) shall be used on the playing field. Game Field Commissioners and EMT's are excluded from this rule.

## Section J. Team Auditing

1. Each team must chart their own team.
  - a. The official CCYFL charting form must be used.
  - b. The form must be signed at the completion of each quarter and turned into the GFC at the end of the game. It is the responsibility of the auditor to bring their form to the GFC at the end of each quarter.
  - c. The GFC will send the forms to CCYFL each week.
2. If a coach wishes to chart the players of their opponent, s/he may do so. For any protests to be heard, regarding the number of plays that players are getting, the coach must:
  - a. State the intention to chart thirty (30) minutes prior to the start of the game.
    - i. The opposing auditor must be one of the eight (8) badged coaches assigned to the auditing team. During playoffs, a CCYFL board member or chapter board member may be used to audit an opponent.
    - ii. All playoff games will be audited if personnel allow it.
  - b. S/he must inform the opposing coach, as well as the GFC.
  - c. Each auditor must sign the approved CCYFL charting form, along with the GFC. The team that is being audited will supply charting forms that match each other.
  - d. Chart from the opposing team's sideline.
  - e. The complete form must be turned into the GFC at the conclusion of the game.
  - f. The auditor must be with the opposing team auditor, until all players have twelve (12) plays.
  - g. Opposing auditors must have no contact, verbally or with gestures, with the sidelines of either team.
  - h. The coach being charted may ask to see the chart at any time, to check the status of plays remaining for players.
  - i. Once all the charted team's players reach the maximum number of plays required, the charting coach MUST NOT return to his team's sideline.

## Section K. Player and Coaches Ejected from a Game

1. Any player or coach ejected from a game shall be ineligible for the following game. A coach ejected MUST leave the stadium (NFHS). A child may remain in the stands.
2. If any player or coach is ejected for a second time during the season, they shall be suspended for the rest of the season.
3. Any player or coach suspended by CCYFL shall be notified in writing by CCYFL.

## **Article VIII. Concussions and Return to Play**

### **Section A. Return to Play**

In the event a player sustains a concussion, the following return to play protocol will be followed.

- Stage 1: Written clearance from a physician stating player has been symptom free for a minimum of twenty-four (24) hours and is physically fit to return to participation.
- Stage 2: One day of light aerobic exercise only, such as walking, swimming, or stationary cycling.
- Stage 3: One day of sport specific activities, such as simple non-impact drills or running.
- Stage 4: One day of non-contact training drills, such as passing, resistance training or more complex practice drills.
- Stage 5: Full contact practice. Players must participate in at least one full contact practice before they can participate in a game.

### **Section B. Failure to Comply**

1. Players who do not have written physician clearance may not participate in any physical activity.
2. Coaches who allow players to participate without written physician clearance or who do not follow the Return to Play Protocol, will be suspended for a minimum of one (1) week. CCYFL will review these violations and determine if additional consequences are warranted.
3. If it is determined the chapter was compliant in the violation, the chapter will be fined \$250.00 and placed on probation for the remainder of the season.

## **Article IX. Rules and Violations**

### **Section A. Chapter Authority**

Any violation of rules contained within this rulebook shall be handled first by the individual chapter. Any violation will be reported to CCYFL within seventy-two (72) hours of the violation.

The CCYFL Executive Council has the right to increase or decrease any penalty imposed by the chapter.

Any action taken by a chapter, which could result in the Act of Disbarment, must be presented in writing to the CCYFL Executive Council at the next regular meeting.

CCYFL will fine any chapter \$250.00 for each coach or fan that has been ejected from the game, by an official or GFC. NO APPEALS ARE ACCEPTED. Fines not to exceed \$500.00 in one day.

### **Section B. Appeals**

A team or individual may appeal a chapter decision to CCYFL by submitting a letter to the protest/infraction committee. The matter may be heard, pending review and recommendation of the protest committee.

An appeal must specify the articles and sections of the CCYFL rulebook that apply.

### **Section C. CCYFL Authority**

Nothing herein contained prohibits CCYFL from acting on a violation, within any chapter formally presenting it, if the CCYFL Executive Council decides this action to be in the best interest of the players and the division.

All decisions of CCYFL are final and binding on all chapters, team, and individuals. NO APPEALS ARE ACCEPTED. The CCYFL Executive Board is empowered to deviate from these rules, if it is in the best interest of the league.

## Section D. Penalties

1. A violation of any rule(s) contained herein may subject a chapter, team or individual to any one or all the following penalties. These penalties will be levied by the CCYFL Executive Council.
  - a. Forfeiture of game(s)
  - b. Disqualification from competing for or taking part in championships.
  - c. Disqualification from participating in bowl or post season games.
  - d. Suspension, expulsion, ineligibility, disbarment, or probation
  - e. Loss of franchise
  - f. A chapter may be subject to a fine of not less than \$25 and no more than \$250 per violation.
  - g. Any team found practicing before the first Monday, after the second Friday in August, will have the head coach suspended immediately and chapter fined \$250. The coach's suspension will be for one year.
  - h. A game may be forfeited for the following reasons:
    - i. Coaches exhibit unsportsmanlike conduct toward any official, player, coach, director or opposing coach or player.
    - ii. Parents and/or followers of a team use unsportsmanlike conduct toward any official, player, coach, director, or opposing coach or player.
2. The chapter shall take the necessary action to discipline violators. All disciplinary actions shall be in writing and submitted to CCYFL.
  - a. Upon review by the CCYFL Council, for failure of a chapter to take disciplinary action, CCYFL has the authority to impose a two (2) game suspension of the violator and/or to fine the chapter up to \$500.
  - b. If it is the second offense that a chapter fails to take action on the same person, CCYFL has the authority to suspend that person a minimum of three (3) weeks and/or fine the chapter up to another \$250. If the violator is a different person, the one game suspension and/or chapter fine of up to \$250 applies.
  - c. On the third offense of any person for the same chapter committing an offense of the laws of the land, CCYFL Rules and Regulations and CCYFL policies, the CCYFL Executive Council shall determine the necessary disciplinary action. This would include, but not be limited to, banning the violator from CCYFL activities, fines and placement of the chapter on probation.
  - d. CCYFL will not tolerate the misconduct of any person or chapter and shall take the necessary action to correct the violation.

## Article X. Game Officials

### Section A. Games

1. There shall be a minimum of one (1) CIF certified official at each game, as the head official.
2. There shall be a minimum of two (2) certified officials at each Bantam division game.
3. Any official finding it necessary to eject a coach or team official shall make a full and detailed report, in writing, to their Official Association and the CCYFL Executive Council President within forty-eight (48) hours of the incident.
4. CIF Game officials will do their best to inform the appropriate team coach of the number of the player who commits the infraction.
5. The head official must explain interpretation of the rules to the head coach for deducting points.
6. The official must have an extensive knowledge of and have authority to enforce all CCYFL rules.

## Article XI. Protests

### Section A. Protests

1. Protests on matters involving judgment, as rendered by an official, will not be considered.
2. Protests of pre-game violations must be registered with the game officials and opponent's chapter President or designated official prior to kick off.
3. Protests must specify the affected articles and sections.
4. Protests shall be acted upon in accordance with CCYFL bylaws.
5. Any grievance must be presented in writing, to the President of CCYFL, for review. S/he will give it to the protest/infraction committee, who will investigate and make recommendations to the Executive Council on any further action.
6. Persons or chapters protesting must attend the protest hearing or the protest will not be heard.
7. Videotapes may be accepted.
8. Email protests will be considered if, a hard copy of the protest and a \$50 check follows them.
9. Protests must be submitted/approved by the chapter President.

## Article XII. CCYFL Championships

### Section A. Location

All playoff games shall be played in stadiums when stadiums are available. In addition, all semi- final games and Super Bowl must be played in a stadium.

### Section B. Officials

There shall be a minimum of four (4) certified officials at each championship game. The head CCYFL official shall approve these officials.

### Section C. Championships

1. There shall be a Super Bowl Championship game for each division of CCYFL.
  - a. Bantam
  - b. Junior
  - c. Intermediate
  - d. Senior
2. Division representatives will be determined by the scheduling process. Please refer to Article VI, Section A for the criteria
3. The highest seeded team will be the home team.
4. A championship game shall not end in a tie. The NFHS tie breaker rules, with the exception that CCYFL starts from the 20 yard line, shall be used until a winner is determined. The referee, GFC and CCYFL Executive Council members can meet and declare a tie, due to time constraints.
5. A minimum of one neutral CCYFL Executive Board member shall be appointed as GFC for each Super Bowl game.

6. Playoff bracket to be played as shown.
  - a. If there are fourteen (14) teams or more in a division, there will be twelve (12) teams and ties (up to sixteen teams) playoff.
  - b. Depending on how many teams tie for the 12th spot, teams seeded 1 through 4 will have a bye.
  - c. Teams 1 through 4 will be playing depending on how many teams tie for the 12th seed.

Example:

    - i. If there are 13 teams, team 4 will play team 13.
    - ii. If there are 14 teams, team 3 will play team 14.
    - iii. If there are 15 teams, team 2 will play team 15.
    - iv. If there are 16 teams, team 1 will play team 16.
    - v. If more than sixteen (16) teams are eligible, teams 13 through 16 will be determined by the current CCYFL tie breaker rules.
  - d. If there are thirteen (13) or less teams in a division, there will be an eight (8) team playoff.
  - e. Playoffs will start in the ninth (9th) week of scheduled games.
  - f. The CCYFL Athletic Directors will try to schedule the top seeded teams as close to home as possible. It is possible that a higher seed team may have to travel if there are no local game slots available. The top seeded teams do not get to choose where they get to play. The CCYFL AD's will schedule the games.
7. POST SEASON BLOW OUT RULE
  - a. An official time-out will be called, after the kick, following a score of thirty-five (35) points over the opposition at the beginning or during the fourth quarter. At that time the clock will be a "running clock"
  - b. During all post season playoffs, all-star and championship games the regular season (18) point rule and blow out rule will not apply.
  - c. The CCYFL GFC will monitor/approve the process.
  - d. Failure of the dominant team to address the above rule will result in forfeiture of the game.

## Article XIII. Clarifications

1. If a player wants to move up to a division s/he does not certify in, then that player loses his sign-up number and is put at the bottom of any waiting list in that division. If after s/he is in an upper division and wants to move back down to a lower division, s/he will be placed on a team by a CCYFL board member, after the CCYFL board member talks to all coaches and the chapter president.
2. Clinic Week
  - a. You may:
    - i. Thoroughly warm up the players
    - ii. Show them how to stretch (very important)
    - iii. Do drills like:
      1. Get off drills.
      2. High knee drills
      3. DB drills iv. Stances
    - iv. Throw and catch.
    - v. Kids may throw the ball.
    - vi. Kids may hit bags with their hands.
  - b. You may NOT:
    - i. Run wind sprints.
    - ii. Run more than one lap.
    - iii. Hit bags with shoulders.
    - iv. Run plays.
    - v. Be in teams.
3. Strength of Schedule example:

Provided is an overall point system based on strength of schedule. A point will be assigned for each win of a defeated opponent's final season record. Example:

Paso Robles Patriots	Paso Robles Redskins
5 – 3 Record / 20 points	5 – 3 record / 9 points
<i>Season Record of Defeated Opponents</i>	
5 – 3 Paso Robles Chiefs	2 – 6 Atascadero Raiders
6 – 2 Orcutt Bears	3 – 5 Orcutt 49ers
5 – 3 Santa Maria	2 – 6 Templeton Mustangs
1 – 7 SLO Tigers	1 – 7 SLO Tigers
<u>3</u> – <u>5</u> Orcutt 49ers	<u>1</u> – <u>7</u> Morro Bay Pirates
<b>20 – 20</b>	<b>9 – 31</b>

## ARTICLE XIX ALLSTAR GAMES & RULES

### SECTION 1-ALLSTARGAMESAND RULES

1. The Allstar game will be played North vs South with the north consisting of any chapter Nipomo and above and the South being any chapter Guadalupe and south. If a new chapter is added to CCYFL the Executive Board will determine with a majority vote on the division of chapters for Allstars.
2. The games will be played at Cal Poly unless the venue is unavailable and, in that case, a central location will be chosen by the Executive Council.
  - a. All chapters will participate in insuring there are enough volunteers to host the Allstar game.
  - b. A chapter from the north and a chapter from the south will have the opportunity to be co-hosts as an opportunity for fundraising.
3. The top ranked team at the end of the regular season, in both the north and the south, will have the opportunity to have their coaches be the Allstar coaches. Those coaches must be decided by the end of the first week of playoffs. If the coaches decline the next seed will have the opportunity and so forth.
4. Allstar teams will consist of no more then 30 players. 15 on offence and 15 on defense playing only on one side during the game. The 30 players will consist of no more than 18 specialty players and no less than 12 linemen.
  - a. The number of players that each team gets will be determined by standings at the end of the regular season with the top seed getting more then the second seed and so forth. The exact numbers of specialty players and lineman combined per team will be determined by the CCYFL Executive Council.
  - b. All teams must have their Allstar picks no later than the end of the first week of the Playoffs to ensure that uniforms can be ordered in a timely manner.
  - c. If a player is hurt or backs out of participating in Allstars, the chapter who's player is no longer playing, can replace that player. If the chapter has no more players available or does not want to replace the player, that chapter may give their Allstar spot to a chapter seeded lower then them. If no chapter is seeded lower than them or no chapter seeded lower has an available player the may give their spot to a chapter above them working backwards.
    - i. (Example if a 4 seed has no one below them they must first offer to the 3<sup>rd</sup> seed, then 2<sup>nd</sup> seed and then 1<sup>st</sup> seed)
  - d. All normal season playing rules will apply to the Allstar Game.

## Approved Ball List

<b>Manufacturer</b>	<b>Senior/Intermediates</b>	<b>Junior/Bantam</b>
Baden	Composite 5007 Composite F7C	Composite 5007 Composite F6C
Cham Pro	Series 500 INT	Series 500 JR
MacGregor	Leather MXY Composite MCFMXYTH Composite MCY	Leather MXJ Composite MCFMXJNR Composite MCJ
Nike	Spiral-Tech FT0205 Youth Spiral-Tech 3 FT0232 Youth Tacktician FT0207 Youth Vapor Flight FT0215-201 Youth Vapor One FT024 I Youth	Spiral-Tech FT0204 Junior Spiral-Tech 3 FT0233 Junior Tacktician FT0206 Junior VaporFlightFT0216-201 Junior Vapor One FT0242 Junior
Rawlings	Composite ST5CYB Leather PROSYB	Composite STSC.IB Leather PRO5JRB
Riddell	Leather RDY Composite RDY-C	Leather RDJ Composite RDJ-C
Spaulding (Pop Warner)	Leather Youth 629549 Composite Youth 629528 Advance Composite Youth 726208	Leather Junior 629539 Composite Junior 629518 Advance Composite Jr 726088
Under Armor	Composite UA495 Youth Composite UA395 Youth Leather UA695 Youth	Composite UA495 Junior Composite UA395 Junior Leather UA695 Junior
Wilson	GST TDY F1320 Leather TDY FI300 Composite TDY F1714 NCAA Composite TDY Pattern Football	GST TDJ F1321 Leather TDJ FI360 Composite TDJ F1713 NCAA Composite TDJ Pattern Football

Note: Any ball that was previously listed as an approved ball can be used. Senior and Intermediate Divisions use the Youth size or Size 8 ball. Junior and Bantam Divisions use the Junior or Size 7 ball. Any ball not appearing on this or previous lists must be brought to a CCYFL Board Meeting for approval.