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## **PART I – SCKCYFL STRUCTURE**

***SCKCYFL is dedicated to the boys and girls of the community who participate in youth football and cheer, and to their safety and enjoyment. The rules for SCKCYFL activity of any type as published in this book are to be followed meticulously.***

Failure to enforce them can result in legal actions and/or loss of Association Charter.

Each family and each adult volunteer in the program must be covered by medical and liability insurance of some type. Although SCKCYFL football/cheer is a statistically safe sport, such insurance should include coverage for “participant risk”. All SCKCYFL football and cheer activities are open to both boys and girls, including “mixed” teams/squads. However, for the sake of convenience, some of these rules refer to participants as if of the male gender only.

This rulebook and the Conference By-Laws DO ***NOT BECOME PERSONAL PROPERTY***, but belong to the team or association that the volunteer belongs too. Both are to be returned to the parent organization when the volunteer leaves.

### **PHILOSOPHY & GOALS OF THE SCKCYFL**

**Football is an international program operated for the benefit of its youthful participants. Since 1960 the Program’s philosophy has been to develop well-rounded young men and women who learn not only the fundamentals of football, cheerleading, dance, and step, but also the importance of an education, in an atmosphere conducive to developing sound mind, body and character and having a good time while participating!**

**The general objectives of SCKCYFL football are to inspire our youth, regardless of race, belief, religion or national origin, to practice the ideals of sportsmanship, scholarship, and physical fitness.**

**SCKCYFL strives to make the game “fun” for all boys and girls. Coaches must constantly keep in mind the ages of our participants. The program stresses learning lessons of value far beyond the playing or cheer days of the boys and girls involved, such as: self-discipline, teamwork, friendship, leadership, good sportsmanship, and their education.**

**With such goals in mind, and by providing an opportunity to participate in an organized, supervised environment with emphasis on maximum safety and**

participation, SCKCYFL offers young men and women an exceptional experience.

**ALL volunteers must submit to a mandatory background check, all meaning, Conference Directors, Association Board Members, Parent Volunteers and all coaches, Flag, Tackle and Cheer, this will be done by methods approved by the Conference. This is done solely to protect our children.**

## **PART II - SCKCYFL STRUCTURE**

### **DEFINITIONS**

#### **KING1: CONFERENCE:**

The term "Conference" means the highest local authority (HLA). The Conference has total jurisdiction over all Associations and Teams.

#### **KING2: ASSOCIATION:**

Associations are organizations that sponsor and administer one or more teams. They raise money; buy equipment, recruit coaches, secure fields, etc.

#### **KING3: DIVISION:**

Division has several meanings, the most common of which refers to one of the seven (7) Age classifications. 6U, (8U) Tiny Mite, 9U (Mitey-Mite), 10U (Junior Pee Wee). 11U (Pee Wee), 12U (Junior Midget), and 14U (Midget).

#### **KING4: Team:**

A team is the universal, basic unit of organization. At minimum, a team consists of a group of participants organized under the direction of a coaching staff in a given age division. Each football team may have a maximum of two cheer squads, one primary cheer and/or one dance/step squad.

### **INTRODUCTION TO THE RULES**

**KING1:** The rules contained herein ARE REQUIRED to be enforced by the Conference and each Association in the SCKCYFL.

**KING2:** FOR ALL PURPOSES, THE SCKCYFL PLAYING SEASON SHALL BE DETERMINED BY THE CONFERENCE AT THE BEGINNING OF EACH YEAR FOR THAT SEASON.

All members of the Conference and Associations; administrative personnel, coaches, volunteers parents, players and cheer participants are subject to

disciplinary action for violations of SCKCYFL rules and regulations at any time during a stated playing season.

**KING3: NO RULE WILL BE ADDED AFTER THE BEGINNING OF THE CURRENT SEASON UNLESS IT IS A SAFETY ISSUE. THE BEGINNING OF THE SEASON IS DEFINED AS GAME 1 (or any deadline set by the Conference prior to game 1) OF THE REGULAR SEASON.**

#### **KING4: CHANGES OR AMENDMENT TO RULES**

No playing rules can be changed after the beginning of the season unless a safety issue. Rules may be changed by simple majority vote outside of the regular playing season considered (January up to Game Week 1 or any deadline set by the conference prior to Game Week 1) of the current season. Changes or amendments will normally be submitted in writing to all Presidents and Executive Board Members for review/discussion in the rule committee and then put to a formal motion vote at Rule Committee meetings.

### **PART III – SCKCYFL REGULATIONS ALL PROGRAMS**

#### **ARTICLE 1: POWERS/AUTHORITY OF CONFERENCE**

**KING1:** The Conference has, among its powers, the obligation and authority to enforce its rules.

**KING2:** An Association may not make Conference rules less strict, i.e., it cannot increase/decrease maximum age, grade, or abolish Mandatory Play, etc.

**KING3:** Associations may also establish their own rules, which shall have full force and effect within their own jurisdiction and will be fully supported by SCKCYFL, provided:

- A. Said rule(s) is (are) consistent with those appearing in this book;
- B. Said rule(s) is (are) adopted in accordance with procedures outlined in the SCKCYFL by-laws.
- C. Copy of said rule(s) is (are) on file with SCKCYFL.

#### **ARTICLE 2: BOUNDARIES**

**KING1:** SCKCYFL is responsible for the establishment and administration of Association boundaries. Associations shall not infringe upon the territorial rights or boundaries of another chartered Association. Petitions for any changes, modifications to charter areas, established agreements or recruiting assignments of

open charter areas will be submitted to the Conference for review and resolution each January, or sooner if it is deemed an emergency request. Boundaries will be established by the city limits that the association practices in. Game field locations do not establish chapter boundaries. No chapter will be allowed in the SCKCYFL within the city limits of an existing chapter without a prior agreement with the chapter of that city.

### **ARTICLE 3: COACHES REQUIREMENTS**

A team's or squad's coaching staff is in complete charge of the team or squad whenever it is together on the practice or playing field, traveling as a group to and from practice sessions and games, or together for any team function, such as a banquet. The coaching staff is under the direction of the Head Coach; other coaches are called Assistant Coaches. The following applies to all coaches:

**KING1:** A Head Coach must be at least 21 years of age.

**KING2:** An Assistant Coach must be at least 18 years of age and a high school graduate, or hold a GED Certificate. A team/squad may have a maximum of eight (8) Coaches, plus a maximum of one (1) General Manager.

**KING3:** Teams/Squads are permitted to carry a Coach-Trainee, who must be a minimum of 16 years of age; trainee must complete the same paperwork as a participant, contract, physical, etc. Trainee is only applicable to practices and not on game days.

**KING4:** The Head Coach will determine the assignments of the Assistant Coaches.

**KING5:** The Head Coach and one (1) Asst. Coach or GM must be the holder of a current Red Cross Certificate in Community CPR and First Aid or its equivalent. In addition, all coaches must complete The USA Football HEADS UP level 1 course and any other courses required by the conference.

**KING6:** Coaches are to be selected by methods approved by Conference rules and/or by-laws, if an applicant has been convicted or plead guilty to a crime that requires you to register with any law enforcement agency, an offense involving a firearm or weapon (listed on the coaches' application), crimes against children, spousal abuse, domestic violence or any other violent crime, that application would be denied. All coaches must submit to a mandatory background check, there are no exceptions.

**KING7:** Once **approved** for a coaching position, the coach is considered a volunteer **at will** and can be terminated at the discretion of the Association or Conference at any time. Coaches are automatically terminated at the close of each season. To coach the following year, Association/Conference approval is required. **Any violation of the rules committed by a coach during the season, even though the hearing is not held until after the close of the season, is still under the jurisdiction of the sponsoring Association and/or Conference.**

**KING8: Coaches do not make team or Association/Conference policy.** Rather, they carry it out. However, on the playing and practice fields, the coaching staff is in complete charge and shall not be interfered with except in cases of rules violations and any other conduct deemed by higher authority to be contrary to the welfare of youth.

**KING9:** The Head Football Coach has final responsibility for his/her actions, those of his/her assistant coaches, players, staff and parents.

**KING10:** The Head Cheer Coach has final responsibility for his/her actions, those of his/her assistant coaches, cheer participants, staff, and parents.

**KING11:** SCKCYFL shall establish its own rules regarding the placing of coaches with sons, daughters or siblings within its own boundaries.

#### **ARTICLE 4: REGISTRATION**

A candidate cannot begin practice with a team or squad until he/she has “signed up” and completed “all conference forms”. To register, the candidate must sign a standard SCKCYFL contract. The registration fee should be collected at this time. All coach trainees and teen demonstrators under the age of 18 must be certified in the same manner as all other minors participating in SCKCYFL Football, Cheer and Dance. All candidates must furnish the following:

**KING1: PARENTAL CONSENT:**

A written statement from either parent or the legal guardian, stating that the child has his or her permission to play, cheer, or dance. The Conference will supply a standard form.

**KING2: MEDICAL EXAMINATION:**

A signed statement from an examining **medical physician** that the candidate is physically fit and there are no observable conditions which would prohibit him/her from playing football or cheer/dance.

Note: If regular school medical examination was performed after January 1 of the current year, and the results are releasable to parents, a copy of such a report may be used in lieu of a new examination. The Conference will supply a standard form.  
*\*\*SPECIAL NOTE: A person with a loss of limb may participate if the individual has a signed statement of approval from an examining physician and that the use of an artificial limb is no more dangerous to players than the corresponding human limb, and does not place an opponent at a disadvantage.*

**KING3: PROOF OF AGE:**

California State ID, a certified color copy of the birth certificate on file bearing the seal of the issuing office of the state of birth is the best guarantee of reliability of claimed birth date. Passports are also reliable. Military ID cards are acceptable. Certified wallet-size certificates issued by a state of commonwealth are acceptable.  
**Any other alleged “proof of birth date”, including photo copies of “originals”, are NOT to be accepted by ANY team administration. A teams schedule will be forfeited should fraudulent application later be determined.**

**KING4: PROOF OF ACADEMIC GRADE:**

Proof of academic grade will be determined by final report card.

**KING5: SCHOLASTIC FITNESS:**

Proof of satisfactory progress in school is required. A 2.0/70% or the equivalent shall be the minimum grade point average acceptable to participate. In cases of doubt or conflict of opinion, a written statement by the school administration shall be deemed final.

NOTE: This rule as it relates to scholastic grades may not be made more stringent by any team, association. No local team/squad may be eligible to participate in Conference Championships and/or bowl games if it has not met SCKCYFL scholastic requirements.

**KING6: DUAL PLAY**

No dual play will be allowed between any conference and or High School Program. If found out, there will be immediate termination for player from SCKCYFL. If the youth coach is found to have known of this, they will be banned from the SCKCYFL indefinitely.

**KING7: MONDAY NIGHT FOOTBALL**

When Monday Night Football Committee determines the game of the week - the Association/Coach does not have the ability to decide to play or not. If they choose not to play, forfeit rules apply.

## **ARTICLE 5: RECRUITING**

Association may recruit anywhere but may not pass out flyers or milers or have a physical sign up in any other city that belongs to a current association. Associations may not practice or hold a training camp public or private in another association's boundary. No associations may share the same practice or game field, unless otherwise agree upon by both associations.

## **ARTICLE 6: WAIVERS**

There are no waivers granted in SCKCYFL.

## **ARTICLE 7: FREE AGENTS**

**This is not applicable to SCKCYFL.**

## **ARTICLE 8: FORMATION OF TEAMS AND SQUADS**

Tryouts of any kind within SCKCYFL are prohibited. Tryouts are defined as any means used to determine the level whereby a participant is placed on a team/squad, including assessments, evaluations, or any other method used to place a participant in SCKCYFL. Not more than thirty-six (36) players shall be assigned to a football team.

## **ARTICLE 9: MANDATORY CUTS**

Any participant must be cut who:

**KING1:** is found to have signed up because of parental pressure or tells team management he/she does not really want to play/cheer/dance.

**KING2:** refuses or cannot furnish the five (5) required items - Parental Consent, Medical Examination, Proof of Age (California ID), Copy of Birth Certificate and Report Card.

**KING3:** is a member of any other organized SCKCYFL football/cheer team/squad or non-SCKCYFL football/cheer team/squad during the SCKCYFL season (including pre-season practice and games) or participating in non- SCKCYFL football/cheer

team/squad practices/games/competitions over SCKCYFL practices and regular/playoff/championship games or competitions.

**KING4:** attempts to intimidate fellow participants/coaching staff/Association and/or Conference board members in practice by word and/or physical deed. No refunding of fees shall be required.

**KING5:** is an extreme discipline problem (and then, only with the concurrence of the Association).

## **ARTICLE 10: VOLUNTARY CUTS**

A participant shall be considered a voluntary or “self-cut” participant when he/she simply no longer shows up at practices or games of his/her own free will. While voluntary cuts are not charged to any team for the purpose of these regulations, a coaching staff may attempt to disguise its cutting pattern by arranging practices in such a way as to discourage participants of lesser ability into quitting on their own. While these practices are not common, they have been known to occur and are considered intentional avoidance of the rules, regulations, and are, therefore, punishable as a result of a hearing. If a team or cheer squad loses 20% or more of its assigned participants before certification, it is mandatory that the association investigates the causes for the participants voluntarily leaving the team or cheer squad, and takes whatever appropriate action may be needed. The results of this investigation shall be reported to the Conference and the Conference shall have final authority as to whether appropriate actions were taken.

## **ARTICLE 11: CERTIFICATION**

**KING1:** Certification is that process whereby the team or Association will file with the Conference, a complete roster of players and a complete roster of cheer/dance participants for the regular season schedule.

**KING2:** Rosters must be certified by the date established by the Conference.

**KING3:** This will be accomplished on the official SCKCYFL Football or Cheer roster form, or on any form developed by the Conference.

**KING4:** Certification must be completed before the opening game of the regular Conference schedule. The procedures for accomplishing certification are discussed hereafter. **[See the Conferences Eligibility Manual for additional information/procedures.]**

To be certified onto a team or squad roster, a participant shall qualify under the following:

- A. Each association shall attempt to assign a first-time participant to the lowest age and grade division for which he/she is qualified.
- B. Once certified for a particular grade/age division, a participant shall not be permitted to re-certify to a lower or higher division of play during the current season under any circumstances.
- C. Ages shall be verified by California ID and birth certificate.
- D. Associations will require a new picture of a football player or cheer participant every year.

## **ARTICLE 12: RETENTION OF ELIGIBILITY**

Once certified, a participant must meet the following requirements to retain eligibility:

**KING1:** Transfer policy in case of change of residence will be decided by the Conference.

**KING2:** Retain parental consent.

**KING3:** Maintain sound physical condition.

**KING4:** Continue to maintain sound scholastic standards. In cases of doubt, the Conference shall have the right to require a written statement by the school administration, which shall be deemed final.

## **ARTICLE 13: DROPS AND ADDS**

**KING1:** A team or squad may add participants to its certified roster as long as said roster was certified below the maximum number permitted.

**KING2:** SCKCYFL shall establish the Drop & Add cutoff date at conference discretion.

## **ARTICLE 14: NO ALL-STARS**

All-Star teams or squads are prohibited in SCKCYFL. Any Association found to play a game(s) with All-Star players, or perform cheer/dance at a competition or exhibition event with All-Star cheer participants, from different rosters of regular season teams or squads will have its charter revoked. This rule does not apply to Conference All-Star Teams.

## **ARTICLE 15: PRACTICE**

**KING1:** DEFINITION: To prevent possible bending of the rules and as a protection for children, practices are defined as a gathering of players or cheer participants, without minimum number, in the presence of at least one (1) coach, where one or more of the following activities take place:

- A. chalk talk
- B. viewing of fundamentals videos
- C. group conditioning
- D. individual skills sessions (QB, receiving, blocking, tackling, kicking, etc.)
- E. group skills sessions
- F. dummies and other inanimate contact
- G. play run-through without pads (shorts & T-shirt)
- H. play run-through with equipment, but without contact
- I. Intra-squad scrimmages with full pads and equipment

**Use of a football field is not required to satisfy the definition of a “practice session.”**

**KING2:** Pre-season practice shall not begin until a date established by the Conference. The actual date will be determined in accordance with other factors determined by the Conference in establishing a common starting date for all teams within its jurisdiction.

Pre-season conditioning and player evaluations may begin starting June First (1st). This is not mandatory for the players to participate and it does not count toward your mandatory ten (10) hour conditioning that is required the first week of official practice. Pre-season conditioning is not to exceed ten (10) hours per week and is limited to five (5) days workout, not to exceed two (2) hours per day.

1. Must be a current certified SCKCYFL Head Coach or Assistance Coach to conduct workouts.
  - a. Player Contract
  - b. Physical within one hundred twenty (120) days of June 1<sup>st</sup>.
2. Must have a current SCKCYFL Certified Coach at practice site.
  - a. Must maintain contracts on the field at all times.

- b. Be responsible in making sure that adequate breaks, fluids and medical attention is being provided.
3. The Chapter President will be responsible for any and all actions that occur at the designated pre-season condition site.
  - a. Will report to Conference the location, date and times the practices will be held the first workout.
4. There may be physical contact with dummies and bags during pre-season conditioning. Dummies and bags must be held by coaching staff during contact drills. The use of team equipment, footballs, helmets, and position training materials is permitted. If any of the rules of this Conference are broken, penalties will be assessed accordingly.

**KING3:** All practices must be attended by at least one person hold a Red Cross Community CPR and First Aid Certificate, or its equivalent or by an EMT or volunteer physician (such as a parent of one of the participants).

**KING4:** 6U-14U - Practices are not to exceed two (2) hours per day.

**KING5:** 6U-14U - Practices are not to exceed ten (10) hours per week.

**KING6:** From the 1<sup>st</sup> week through the conclusions of the Super bowl: 6U-14U Practices are not to exceed two (2) hours per day and 6 hours per week.

**KING7:** BREAKS: Break time is not counted against the hours of allowed practice time.

**KING8:** CONTROLLED INTER-SQUAD SCRIMMAGE: After the first week of August, teams may engage in joint practice sessions with other team(s) in what are called controlled inter-squad scrimmages.

**KING9:** Any player added after a team has formed and/or after the season has started, must be subject to the same ten (10) hours of condition before any contact.

**KING10:** The following exercise and drills are banned from all practices and pre-game warm-ups; leg lifts, neck bridges (sometimes referred to as neck rolls), bull in the ring, Barrel Rolls and any and all drills and exercises not generally accepted as safe and that may not be reflective of actions that would normally occur during the course of a football game. ***Leg lifts with knees bent are acceptable.***

## **ARTICLE 16: LIMITS ON FULL CONTACT**

**KING1: AB•2127 interscholastic sports: full contact football practices: concussions and head injuries:**

Full Contact is defined as tackling to the ground. Full contact is limited to two (2) practices during the week Monday - Friday. Full Contact periods cannot last more than ninety (90) minutes in any one practice. For Games/Scrimmages occurring on Saturdays, Full Contact is allowed. Teams cannot exceed the weekly practice hour limits and Full Contact periods are limited to ninety (90) total minutes. Saturday is not counted in the two (2)-day maximum limit.

**KING2:** Teams are allowed two (2) blocking/tackling "THUD" days during the month of August. Beginning September 1<sup>st</sup> only 1 "THUD" practice is permitted. Players are permitted to wear "SHELLS" (Helmet and Shoulder Pads) during "THUD" days' - person to person contact is allowed, however tackling to the ground is not. Coaches should use these days to develop good blocking and tackling techniques without players being brought to the ground. Although contact is allowed it should be limited. All contact periods cannot exceed ninety (90) minutes.

**ARTICLE 17: TEAM CHECK IN**

All check-ins will be conducted as follows:

**KING1:** General Manager shall present rosters and associated documents to the Field Commissioner (or designated Association personnel) and line up team at check in area forty-five (45) minutes prior to the scheduled start of the game for document audit and safety check.

**KING2:** Home teams check in first with the visitors immediately thereafter. Cheer squads will be checked in after check-in of players. Designated Association personnel must check the roster for team staff names and check badges prior to the game.

A: COMING TO CHECK-IN: Teams will remain quiet. No loud chants of any kind will be permitted, loud hand clapping or any other disturbance that interferes with or distracts from the game or cheerleading that is in process, will not be tolerated. Head Coaches that need this type of motivational action to ready his team must do it out of the stadium and earshot of the crowd. Bad changes, on or off the field will not be tolerated. Failure of Head Coaches to cooperate with this policy and permits this type of annoyance, can be charged with violation of a written policy (conduct unbecoming) by the Head Coaches of games in process, Head Coaches of team getting ready to play and/or the Host Field Member Association President. Penalty if found guilty; suspension

for two games away from the team (Sunday to Sunday). Repeated offense, suspended for the remainder of the season.

B. Check-in is complete when the last player in line of the visiting team has checked in. only one team official from each team will be allowed at the check-in. a player may be allowed to check in up to five minutes prior to the scheduled start time other side late players will sit in the stands, wait until half time to check in and play the second half. Late coaches must check-in with personnel before taking sidelines.

**TAPE:** Tape may be used only to help support equipment, (i.e., around the waist or thighs to hold up uniform or wrist or ankle for added support). Unnecessary TAPE must be removed prior to check-in or player will be disqualified for the game.

**JEWELRY:** No jewelry of any type is permitted to be worn by players or cheerleaders. See Rule Book (Rule 12) for medical emergency bracelets or religious medallions.

**JERSEY:** The visiting Head Coach shall contact the team he/she is scheduled to play no later than Wednesday to clarify game time and jersey color to prevent a game conflict. Officials determine conflicts.

**NFHS JERSEY NUMBERING SYSTEM:** Is recommended by this Conference.

**HANDSHAKE AFTER THE GAME:** Teams and Cheerleaders will line up on the 50-yard line at the conclusion of each game for the traditional handshake.

**AFTER CHECK-INS:** Teams (including cheerleaders) are not allowed to leave the field and must wait for their game to start and shall remain well behind (five yards or more) the goal posts or designated area, remain quiet and in no way interfere with the game in process.

**INJURIES:** Players with any type of bandage, cast (soft or hard), etc., are not eligible to be checked in or play on game day without parental consent and safety covering of bandages/cast. Cheerleaders - Supports, braces, etc., which are hard and unyielding or have rough edges or surfaces shall be appropriately covered. A child with a leg/ankle cast requiring the use of crutches or unyielding support devices (knee brace with metal supports) must sit in the stands and will not be allowed to participate or sit on the field with their squad. A child with an arm/wrist cast or unyielding wrist support device may participate in cheers/sideline changes, but may not participate in stunting or tumbling with their squad. Children with large bandages (covering stitches) will not be on the field participating in any physical activity.

**KING3:** Association or Conference personnel must wear standard identification badges visibly around their neck.

**KING4:** Member Association Home Team greeting committee shall greet visiting team, Cheer squad to inform them of warm-up area, check-in time, and location. Announcer will greet parents and fans; inform them of any safety precautions peculiar to the stadium, bleachers, location of restrooms, and snack bar. Additionally, an announcement will be made that there will be no introduction of tobacco/marijuana (including smokeless), alcohol or drugs and that a Zero tolerance for violations of any of the above is the norm.

**KING5:** Additionally, announce that bicycles, skateboards, roller blades, boom boxes, bullhorns or amplified audio devices are not allowed in the stadium.

**KING6:** Announcer will state that only authorized personnel will be allowed on the field, Team personnel with cameras must check in with the Member Association Official in the Announcers Booth and that all picture taking will be accomplished from the stands except for news media personnel who are allowed on the field.

## **ARTICLE 18: CAMPS**

**KING1:** No SCKCYFL Association or personnel associated within shall require or mandate that a football or cheer camp. There shall be no exceptions. However, a SCKCYFL football or cheer team/squad, in part or in whole MAY attend a camp, providing the following conditions are met:

- A. Coach or other team-affiliated personnel does not make it MANDATORY.
- B. Camp provides as part of its services an accident insurance plan for camp participants.

**KING2:** Any camp, whether for players or cheer participants, shall not be endorsed or sponsored by Association, or Team, which does not provide as part of its services, an accident insurance plan for the camp participants.

**KING3:** Upon the request of Associations, SCKCYFL will attempt to provide, camps for football and cheer, which will be either free or for a nominal charge, the camps will provide as part of their services accident insurance and will not be underwritten by the Conference.

## **ARTICLE 19: IMPORTANT POINT - MEDICAL**

The home team or hosting organization has the responsibility to provide medical coverage at each game or competition. In the absence of a physician and or ambulance on the site, the minimum safety requirement will be the presence of one individual associated with the home team/host organization who is currently EMT qualified or is currently certified in Red Cross Community First Aid and Safety or its

equivalent. Work together with your local EMT to establish an emergency plan that fits your specific area and needs. Your emergency plan should include, but not be limited to, the following:

- A. Introduce or identify health care provider to visiting coach;
- B. Home team/host organization review emergency plan with visiting team;
- C. Designated duties for coaching staff and or athletes;
- D. "How to call EMS" next to phone, know the location of a land phone;
- E. Specific directions to your facility for emergency medical service (EMS);
- F. Emergency numbers;
- G. Injury report forms;
- H. Treatment authorization card or contract;
- I. List of administrators that the coach is required to contact.

Practice your emergency plan early in the season, and repeat often throughout the season. A similar plan should be in place for teams traveling to away games. All teams are required to have a staff member carry the entire team's medical release forms and emergency numbers for all players and cheer participants in case in an emergency their parent(s) or guardian must be reached. Having the family physician's number opposite the participant's name is also recommended.

## **ARTICLE 20: CHARGING ADMISSION**

No mandatory admission shall be charged to participating (in that days event) players, cheer squads, or coaching staff members of a team playing any SCKCYFL game, whether it is a regular season game, post-season game, post-season bowl game, conference playoff game and championships.

***Admission will be charged at the SCKCYFL Cheer Competition and Conference Play-Off and Championship Games, (and any other event involving the rental of any facility) to all others including parents, siblings, relatives, fans, etc.***

## **ARTICLE 21: PROTESTS**

**KING1:** Only protests involving the eligibility of a player or cheer participant shall be considered.

**KING2:** Protests are decided in accordance with the administrative procedures of the Conference.

**KING3:** Teams and Associations have the responsibility to communicate protests as soon as they are known to exist. Lack of prompt notification may result in denial of the protest.

## **ARTICLE 22: REFEREES**

**KING1:** 6U division will utilize two (2) Referees

**KING2:** 8U-11U will utilize three (3) Referees

**KING3:** 12U-14U will utilize four (4) Referees

## **ARTICLE 23: CONFERENCE ALL STARS**

SCKCYFL may choose to participate in All Star Conference play or Travel Championships. The formation of All Star Teams and Coaches selections are at the discretion of the Conference Commissioner.

## **COACHING ETHICS**

1. Requires that all Coaches need a valid driver's license and must complete background check.
2. The Coaching Staff shall refrain from using tobacco/marijuana in any form in the presence of minor participants on the practice and playing fields.
3. He/She will not criticize players in front of spectators, but reserve constructive criticism for private, or in the presence of the team.
4. He/She will accept decisions of officials on the field as being fair and called to the best ability of the officials.
5. He/She will not criticize the opposing team, the Coaches, referrers or fans, by word of mouth or gesture.
6. He/She will emphasize that good athletes are good students and both are physically and mentally alert.
7. He/She will emphasize and strive to see that all players maintain at least a (2.0) grade average.
8. He/She will strive to make every football activity serve as a training ground for life and basis for good mental and physical health.
9. He/She will emphasize that winning of a game is the result of "teamwork".
10. He/She will refrain from using abusive profane language.
11. He/She will set an example in personal appearance at all times.
12. The Head Coach (on game day) must play all certified SCKCYFL football players on the game day or game time Roster; a minimum of SIX (6) plays per game; beginning from the start to the end of the third (3<sup>rd</sup>) quarter of an

official SCKCYFL game. All plays count; kick-offs, punts, special teams, offense and defense plays throughout the entire game. A team designated volunteer (MPR) shall record the number of plays on a six (6)-play chart; the Chapter Designee shall retain the chart. Penalty for not playing six (6) plays is a Suspension for the next game.

NOTE: Exceptions for players will include injury, discipline, refusal to participate or disqualification shall be noted on the six (6)-Play Game Chart.

13. Any Coach that is removed from a Chapter by the Chapter President or Commissioner with Board approval will not be allowed to coach with another Chapter for one calendar year.

## **CHAPTER COMMISSIONERS**

Chapter Commissioners will administer the Rules of Conference. He/She will be given certain discretionary powers to permit carrying out the policies of the Executive Council expeditiously and must be certified by attending a Commissioner's Clinic scheduled by the Conference Commissioner. He/She will also report any actions taken directly to the Conference Commissioner verbally and in writing.

## **CHAPTER RESPONSIBILITY**

1. The Host Chapter is responsible for spectator control, playing field requirements and any other game control requirements. All games are played on public property where the consumption of alcohol and drugs is illegal. It shall be the responsibility of the Chapter to enforce this restriction using local Law Enforcement Agencies if necessary. Failure to act may result in severe disciplinary action by the Conference.
2. Alcohol, marijuana and/or illegal substance use or possession will not be allowed at practice or game fields. Anyone breaking this rule will be permanently suspended.
3. The Home Team must provide at least one (1) qualified First Aid Attendant at each game. Qualifications to be evidence of completion of Conference Sports Medicine Clinic for current season or a current Red Cross First Aid Card. All teams must be represented. Additional qualifications could be an individual with a current (non-expired) Nursing License, EMT/Paramedic License or certification. Also, a licensed doctor or practitioner. A copy of their current license and CPR card must be submitted and retained by the Conference Training Director.

NOTE: The game will not start until the qualified attendant is available and has reported to the game officials.

4. There shall be a means for outside communications easily accessible at all game locations in case of emergencies and emergency room procedures communicated to each visiting team.
5. All Home Teams requirements shall be interpreted to apply to the Host Chapter when they are hosting neutral site games.
6. Referee fees of game scheduled at a neutral site are to be split equally by both teams scheduled to play and **PAID** to the conference prior to game day (NO EXCEPTIONS).

#### **PART IV - ENFORCEMENT POLICY**

##### **POLICE POWERS/HEARINGS & APPEALS**

All SCKCYFL Associations will be called upon from time to time to do the following:

- A. Resolve disputes within their organization.
- B. Take action to enforce SCKCYFL rules and regulations.
- C. Discipline both adult and juvenile members.

##### **NOTE: SCKCYFL DOES HANDLE APPEALS.**

However, each Association is advised to set up its own tribunal to handle matters in a timely fashion at the association level.

*WARNING: Failure to do so could result in being taken to court.*

##### **MINIMUM MANDATED PENALTIES**

Minimum mandated penalties for specific offenses are required by the rules to assure that punishment for the most serious infractions will occur on a uniform SCKCYFL basis.

##### **KING1: ADULT OFFENSES**

**ENDANGERMENT OF JUVENILES:** (i.e. Physical, verbal or psychological abuse, dispensing of prohibited substances, etc.). Suspension for one (1) year or permanent suspension upon repeated offense.

##### **TEACHING PROHIBITED OFFENSIVE & DEFENSE TECHNIQUES:**

Suspension for one (1) year, or permanent suspension upon repeated offense.

**FIGHTING:** Suspension for one (1) year, or permanent suspension upon repeated offense.

**CHEATING:** Suspension for one (1) year; permanent suspension upon second offense.

**THREATS:** Suspension for one (1) year; permanent suspension upon second offense.

**GAMBLING ON GAME OUTCOME:** Suspension for one (1) year.

**LACK OF COOPERATION/OBSTRUCTION:** Suspension until compliance is achieved.

**VIOLATION OF MANDATORY PLAY RULE:** First (1<sup>st</sup>) violation: Suspension; second (2<sup>nd</sup>) violation: dismissal.

**TAMPERING:** Reaching out and Contacting a player from an opposing team within SCKCYFL via social media (Facebook, Instagram, Snapchat...etc... or phone (text or email): 1<sup>st</sup> violation: \$250 fine and suspension for a minimum of four (4) weeks; second (2<sup>nd</sup>) violation; dismissal.

**FALSIFICATION OF DOCUMENTS:** Any individual found guilty of falsifying documents (**CA identification/passport/military id, birth certificate, contract, physical, report card, or any athlete/player forms, etc.**) will be automatically suspended for a minimum of one year and the chapter will receive a fine for each individual infraction.

**EJECTION:** If a Coach is ejected from a game for any reason, he/she is suspended for a minimum of two (2) weeks - Sundays to Sundays with ABSOLUTELY no contact with the team. If he/she has a child(ren) that participates on said team, he/she may take and pick up child(ren) to/from practice. BUT will NOT be allowed at either Home or Away Games.

**SCKCYFL EXECUTIVE COMMITTEE HAS THE AUTHORITY TO DETERMINE THE TOTAL TIME OF A SUSPENSION OR DISMISSAL AT ITS OWN DISCRETION.**

**KING2: JUVENILE OFFENSES:**

- A. Fighting first (1<sup>st</sup>) offense: removal from the game and up to a two (2) week suspension. Second (2<sup>nd</sup>) offense: suspended from team for the balance of the season.
- B. Disrespect for coaches, game and team officials: first (1<sup>st</sup>) offense: removal from the game and up to a two (2) week suspension. Second (2<sup>nd</sup>) offense: suspended from the team.
- C. Badgering opponents by word of mouth with the purpose of intimidation: First (1<sup>st</sup>) offense: removal from the game and up to a two (2) week suspension. Second (2<sup>nd</sup>) offense: suspended for the rest of the season.
- D. Ejection: If a player is ejected, the Chapter Commissioner will notify the Conference Commissioner. The Conference Commissioner will then notify the Member Association President and Head Coach after fact finding. It will be at the Commissioners discretion to suspend the ejected player for one (1) to two (2) weeks (Sunday to Sunday) including practices.
- E. Any participant who is disqualified during regular playing time will not be eligible to participate in overtime. Any participant suspended by a Member Association or the Conference that attempts to check-in for a game will be

suspended for an additional two (2) weeks. The Head Coach will be on suspension for one (1) week inclusive of game.

### **KING3: TEAM AND ASSOCIATION OFFENSES**

**A. FAILURE TO KEEP FAITH WITH JUVENILES & PARENTS** is defined as any deliberate practice of a team or association that places the health, welfare and safety of juveniles in jeopardy, or exploits or treats them in such a manner that the juvenile becomes a “tool” of the team. To file this charge, the violation must result from team or association policy, and not be an aberration of one individual. This implies that the practice is carried out by order of, or with the knowledge of, the association and no steps is taken to end it. **MINIMUM PENALTY:** Probation of the Association coupled with permanent suspension of its president and all others who participated in the practice. Upon a second offense, the association will be suspended until all officers are removed.

**B. FIGHTING/RIOTING/INCITEMENT TO RIOT:** Game related: First offense forfeiture of the game; Second Offense; forfeiture of the season. Scrimmage-related: at the discretion of Conference. If a playoff game is stopped due to fighting/rioting/incitement to riot, the game will be called and subsequently reviewed by the Conference Commissioner for determination of continuation and/or outcome of the game.

### **PROHIBITIVE CONDUCT**

The Conference Rules list Adult, Juvenile, Team, and Member Association Offenses, including, violating the mandatory play rule, and utilizing an illegal player, etc. In addition to the above mentioned offenses, this Conference has established additional prohibitive conduct that will not be tolerated and are considered a detriment to good order and sportsmanship.

1. No Member Association, Officer, Director, Coach, or agent thereof, and no Officer, Executive Director or agent of the Conference, and no player/cheerleader, and no parent or guardian of a player/cheerleader shall:
2. Tamper with a player/cheerleader or coach properly affiliated with another Member Association;
3. Fail to immediately refer charges against any Officer, Director, Coach, player/cheerleader or other person that is a member or has status of any Member Association who has violated any of the provision of this section.
4. Publicly criticize any member of status with a Member Association, Conference, and or game officials. Complaints of this nature will be in writing and forwarded to the Conference Commissioner or Hearing Officers.

5. Fail to present a team at the game site, etc. On time, unless such failure is caused by an unavoidable accident in travel or conditions beyond control. Removing a team from the field during a game unless directed by a referee. Violation of this sub-paragraph, subject to the Hearings Commission, such team could forfeit a win or tie and incur sole liability of the financial loss suffered by the opposing teams Member Association. The Hearing Officer will decide such determination.
6. Utilize Coach/Assistants (Tackle or Cheer) without prior approval of the Executive Directors.
7. Fighting, physically or verbally abusing any Coach, player/cheerleader, official, spectator (parent, fan, etc.) or other participant in the Conference.
8. Engage in unsportsmanlike conduct, unethical recruiting, of the use of profane language, whether on the field or as a spectator.
9. Fail to abide by the team doctor or physician's decision in all matters pertaining to injuries. Fail to require physical examinations for all players/cheerleaders prior to commencement of conditioning practice.
10. Filming an opponent's scheduled game (including pre-season) is allowed so long as it is done from the stands or any publicly designated area. Coaches may freely exchange game film between each other to prepare their teams for upcoming games.
11. NO COACH, TEAM PARENT OR ANY OTHER PERSON having a direct relationship with another Member Association may be present at another Member Association's team's practice session unless prior approval is given by the Member Association President. Violation of this Rule can/will result in a suspension of offending party(ies), forfeit, or any other punishment deemed appropriate by the Conference Hearing Officers.
12. Film any practice, scrimmage, or game except by a team representative. Violation by a team representative is punishable by not being allowed to participate in the Championship Play-offs.
13. Fail to comply with the following crowd control policies.
14. Home Field - Only authorized personnel are allowed on the sidelines during games, such as, Referees, Coaches, Players/Cheerleaders, Chain Crew, Mandatory Play Monitors and Member Association President. If field is not fenced, as a minimum it should be roped off to keep spectators at least ten (10) yards from the playing field.
15. Failure to comply with home field rules. (i.e. no noise makers, no sunflower seeds, parking in restricted areas, adhering to restrictions at fields with artificial turf, etc.)

**Any violation in the above rules will result in immediate removal from said Member Association.**

## PART V - SCKCYFL 11 - MAN TACKLE FOOTBALL

### PLAYING RULES

Except as specifically modified for SCKCYFL Football, all games are to be played under the state rules for varsity football of the applicable governing body - the National Federation of State High School Athletics. It is recommended that each coach purchase a copy of the current year's high school rules.

Write to:  
National Federation  
P.O. Box 690  
Indianapolis, IN 46206  
Web address: [www.nfhs.org](http://www.nfhs.org)  
or to  
NCAA  
P.O. Box 6222  
Indianapolis, IN 46206-6222  
Web address: [www.ncaa.org](http://www.ncaa.org)

### RULE 1: AGES

#### **KING1:** CUTOFF-CONFERENCE AGE:

6U-14U the player's age on July 31<sup>st</sup> of the current year shall be the players' age for the coming season.

#### **KING2:** OPERATION OF SCHEMATIC:

The schematic provides a uniform series of basic years of age/grade qualification for each division of play. (See Rule 1, KING4)

#### **KING3:** TACKLE AGE/GRADE SCHEMATIC

DIVISION NAME	GRADE	AGE
6U	N/A	6 - Cannot turn 7 before 7/31
8U	N/A	8 - Cannot turn 9 before 7/31
9U	N/A	9 - Cannot turn 10 before 7/31
10U	N/A	10 - Cannot turn 11 before 7/31
11U	N/A	11 - Cannot turn 12 before 7/31
12U	N/A	12 - Cannot turn 13 before 7/31
14U	N/A	14 - Cannot turn 15 before 7/31

**NOTE:** Kids can play up from their division; however, they will NOT be able to play down for any reason. Once a player has certified up on a division they may not recertify down for any reason at any chapter within SCKCYFL. Nor can a player switch teams once he/she has certified unless their team folds.

## **RULE 2: ROSTER SIZE**

### **KING1: MAXIMUM ROSTER SIZE:**

8U - 14U: Not more than thirty-six (36) players shall be certified onto a team roster. A team with less than sixteen (16) certifiable players will not be permitted to form and play.

### **KING2: MINIMUM ROSTER SIZE:**

A minimum of thirteen (13) players must be dressed and eligible to play at each game. Any team, which forfeits two (2) successive games by reason of an insufficient number of players, shall be investigated by the Conference for a determination as to whether to forfeit the balance of the season.

## **RULE 3: MANDATORY PLAY RULE**

The following shall be the Minimum Mandatory Play Rule (MPR) for all SCKCYFL teams 6U-14U. All MPRs should be based on eligible players at the time of the game. (Mandatory Plays = 6 regardless of roster size for King Conference Games only)

### **(REGIONAL AND NATIONAL MINIMUM PLAY GUIDELINES)**

16-25 players - 10 plays

26-30 players - 8 plays

31-36 players - 4 plays

- A. The plays must be from the line of scrimmage.
- B. MPR plays may include special teams plays in the 6-play MPR Rule.
- C. A play shall not count toward fulfillment of the MPR if the play results in a penalty that causes the down to be replayed.
- D. All players shall be provided their mandatory plays by participation in "active" plays, without the intent to minimize the action or integrity of the plays. Plays such as, but not limited to, having the center snap the ball to the quarterback, and then the quarterback fall to the ground, while substitutes are playing the other positions, shall NOT be considered as active plays.
- E. All players shall receive their mandatory plays by the end of the third quarter, or they shall enter the game at the start of the fourth quarter, and remain in the game until they have received their required number of plays.

## **RULE 4: 6U, 8U & 14U SPECIFIC RULES**

**KING1:** There shall be no rushing of punts, field goals or point after touchdown (while attempting a kick) in play.

**KING2:** All 14 year old players (as of 7/31) whether in middle school/High School are eligible to play. They must provide a signed waiver from High School Coach and league president. If found to have violated this rule-penalty will be to the discretion of League Commissioner pending further investigation. *It is the President's job to verify that any child either 13/14 years old is not playing on HS Program.* All 13/14U players in high school must maintain a 2.0 GPA in order to be eligible to play. This is to be verified by President.

**KING3:** 6U will be allowed a maximum of (2) two coaches on the field. 8U – 14U coaches may not be on the field and must coach from the sideline.

**KING4:** At the 6U division ONLY, a defender may not line up over the center, nor can a defender penetrate the "A" Gap. The offense may not run thru the "A" Gap.

## **RULE 5: REQUIRED EQUIPMENT**

The following items shall be worn by players in all divisions beginning with physical contact in practice sessions:

- A. Helmet: Only helmets bearing the NOCSAE Seal of Certification (No OLDER than 2 years from the current year) may be worn. All helmets must bear the current NOCSAE approved "Warning Label" in a visible position on the outside of the helmet. This "Warning Label" is the same label that is furnished by all helmet manufacturers and quality reconditions. (Note: Regulations regarding chin straps and face guards are to be followed per the National Federation or NCAA regulations, whichever is applicable.)
- B. Shoulder Pads
- C. Pants: One Piece or Shell
- D. Hip Pads
- E. Tail Pad
- F. Thigh Guards
- G. Knee Pads
- H. Jerseys
- I. Mouth Guard (Keeper Strap required). **Clear is allowed with braces only.**
- J. Athletic Supporter (male players only), Compression shorts or one-piece compression undergarment.

- K. Shoes: In all divisions of play: sneakers, molded rubber cleats (soccer style) are permitted. Detachable rubber/plastic cleats are permitted in all tackle divisions, length shall not exceed ½ inch. **No metal cleats are permitted.**
- L. Eyeglasses: When worn, shall be of athletically approved construction with non-shattering glass (safety glass) or contact lenses.
- M. Any additional equipment worn by players shall be approved by the Conference.
- N. Jewelry of any type shall be prohibited, except religious or medical medallions, which must be covered by the player's uniform.
- O. The wearing of headgear is prohibited, **i.e., beads, decorative hair ornaments.**

## **RULE 6: BLOCKING AND TACKLING RESTRICTIONS**

Both the National Federation and NCAA rulebooks contain extremely strong language on blocking and tackling. It is the responsibility of every SCKCYFL coach to be fully informed of, and abide by, all such rules of the governing body (National Federation or NCAA). In addition to other specific prohibitions in the National Federation and NCAA rulebooks, no butt blocking, chop blocking, face tackling or spearing techniques shall be permitted. If such techniques or any others forbidden by the National Federation or NCAA rulebooks are taught by SCKCYFL coaches, said coaches shall be dismissed from the program, upon being found guilty following a hearing.

## **RULE 7: LENGTH OF PERIODS**

Maximum length of periods by divisions of play is:

6U.....8 minute quarters  
 8U - 12 U.....10 minute quarters  
 14U.....12 minute quarters

## **RULE 8: INTERMISSION LENGTH**

Between quarters.....1 minute  
 10 minutes.....Halftime

## **RULE 9: TIME CLOCK**

The referee shall decide where the clock will be kept if the field is not equipped with a scoreboard timing device. In any event, the referee has final authority to have the

clock kept on the field if, in his judgment, the home management's clock operator is not qualified.

#### **RULE 10: TIME-OUTS**

6U-8U = 2 timeouts per half

9U-14U = 3 timeouts per half

#### **RULE 11: PLAYERS**

**KING1:** It is STRICTLY PROHIBITED for a player or group of players to participate in any practice session or game with players from another division of play (i.e., 12U vs. 14U).

**KING2:** Injured player: Once removed or carried off the field, by reason of injury, a player shall not re-enter the game without the approval of a currently certified EMT, paramedic, a person certified in First Aid and Safety, or available licensed physician.

**KING3:** Players removed from game with concussion symptoms cannot return to any activity until standard concussion protocol is followed.

#### **RULE 12: REGARDING INELIGIBLE PLAYERS**

Forfeiture of all games in which the ineligible player was a member of the team shall be the penalty applied to the team involved. There shall be no exceptions whether the player is ineligible by age or falsified documents.

**KING1:** There are five (4) unequivocal definitions of an eligible player, from which there are no appeals:

- A. Over age or under age.
- B. Failure to prove scholastic eligibility or proof of current grade.
- C. Falsification of any documents concerning any of the above.
- D. Participation in school tackle football or any other non-affiliated football program and SCKCYFL Football in the same season.

**KING2:** Participation in any post-season play may also be prohibited upon recommendation of the Conference.

#### **RULE 13: SCORING VALUES**

**6U – 12U**

Touchdown.....6 points

Point after TD by run or pass.....1 point  
Point after TD by kick.....2 points

Safety (awarded to opponent).....2 points  
Field goal points.....3 points  
Forfeit (offended team wins by).....1-0

#### **14U**

Point after TD by run or pass.....2 points  
Point after TD by kick.....1 point  
(as per CIF)

### **RULE 14: SCORES**

All scores are to be turned in by 12:00 pm following any/all games by the home team. Failure to do so will result in a \$100 fine.

### **RULE 15: SIDELINE PERSONNEL**

**The only personnel positioned within a team box during the game will be the head coach, assistant coaches, and coach trainee or trainer. All badged personnel must be listed on the roster. Team parents are not permitted on the sidelines. The total number of team personnel in a team box (25 yard line to 25 yard line) shall not exceed 9.**

### **RULE 16: RADIOS AND COMMUNICATION DEVICES**

#### **6U - 14U**

Headset communication gear is allowed for each team to wear. NO cellular phones shall be allowed on the field during the game. All headset communication gear can be purchased by each team. It is not the responsibility of the opposing team to provide headsets for their opponent. Only one (1) Certified Coach on that team's roster may be up in the booth area and both home and visiting coach must have the same visual vantage point. **(This will only be allowed within Conference play. It will NOT be allowed in Regional or National Play)**

### **RULE 17: PRACTICE DEVICES**

In addition to the requirements for practice in Article 15, the following also apply:

**KING1: PRE-SEASON: See ARTICLE 15 PRACTICE.**

## **KING2: WARM WEATHER PRECAUTIONS:**

Teams must guard against serious heat problems, which in extreme high school and college cases have occasionally resulted in death. The training regimen of any team practicing under high heat and/or humidity conditions must:

- A. Limit or eliminate laps entirely. Do not assign laps for disciplinary reasons.
- B. Schedule practices for early evening, after sun is low in sky.
- C. Give players all the water they want to drink, when they want it. Do not substitute soft drinks for water.
- D. Each coach must keep an eye on all players and his fellow coaches for the slightest sign of heat exhaustion or fatigue.
- E. A fifteen-minute (15) break is mandatory in the middle of each practice, not to be counted against practice time.

## **KING3: MANDATORY BREAKS:**

A mandatory ten (10) minute break after each hour of practice shall be required. Break time is not counted against the hours per week or per day allowed practice time.

## **KING4: FULL PROTECTIVE EQUIPMENT REQUIRED:**

At all practices, pre-season or in-season, where person-to-person contact with tackling to the ground takes place, each player must be dressed in the full complement of protective equipment described in Rule 7, "Required Equipment."

## **KING5: CONTROLLED INTER-SQUAD SCRIMMAGE:**

After August 1<sup>st</sup>, teams are permitted to engage in joint practice sessions with other teams in what are called controlled inter-squad scrimmages. In a controlled inter-squad scrimmage, there is prior agreement between coaching staffs that:

- A. Coaches will be permitted on the field.
- B. Long time-outs are taken between plays so that coaching staffs can instruct and critique their players.
- C. Coaching staffs may inform each other of the plays they are going to run so one team can concentrate on its offensive sets while the other improves its defense and vice-versa.
- D. Officials can be present during scrimmages.
- E. Game score is not kept; scoring is not the primary goal.

F. No official time is kept other than to assure the practice maximum is not violated. A mandatory ten (10) minute break is taken at the end of one hour, said break not to be counted against the allowed practice time.

G. No player or team is permitted at any time to engage in a controlled scrimmage or any form of contact drills involving a player or players, or team from a different age division of play.

## **RULE 18: SCHEDULES**

### **KING1: SCHEDULED GAMES**

A. The chart in sub-section B summarizes the number and types of games teams may play during a season by each Grade/Age division.

B. A Conference may schedule a maximum number of total season games as shown in Column D. The maximum number of each type of game permitted by division of play is shown in columns A, B, and C. A Conference may schedule fewer regular season games than the maximums shown in column B, but less than six (6).

Division	(A) Pre-Season Games Max	(B) Regular Season Games Max	(C) Post Season Games Max	(D) Number of Games Max
6U	N/A	8*	2**	12**
8U	N/A	11*	2**	15
9U	N/A	11*	2**	15
10U	N/A	11*	2**	15
11U	N/A	11*	2**	15
12U	N/A	11*	2**	15
14U	N/A	11*	2**	15

\* Regular Season Schedule includes any Conference playoffs.

#### **\*\*Additional games to be approved by the Conference**

In any division, a team may play any combination of games in columns A, B, and C (up to the maximum in each column), but shall not exceed the total number of games in Column D. Pre-season exhibitions (Column A), Conference playoff games (part of Column B), and post-season bowl games (Column C) are not required to be played.

### **KING2: SCHEDULING PROHIBITIONS:**

A. Under no circumstances will a team be allowed to play a game, scrimmage, or practice against a team of another division (i.e., 12U vs. 14U, etc.).

B. No team may schedule a game against a team whose ages and grades are not FULLY in compliance with those printed in this rulebook, unless it is approved by the Conference Commissioner.

**KING3: COMMON REQUIREMENTS - ALL SCHEDULING:**

The following requirements apply to all scheduling beginning with practice and ending with post-season bowl games:

A. **No Association or team, on its own, may arrange an In Season game. All games, regardless of type, must be with the approval of the Conference.**

B. A period of at least four (3) full days (72 consecutive hours) will elapse between the end of any game for a given team and the beginning of the next game for pre-season exhibitions, regularly scheduled Conference games, post-season and bowl games. The penalty for this infraction shall be determined by the Conference Commissioner. The Conference shall be permitted to waive the four (3) full days (72 consecutive hours).

**RULE 19: POST-SEASON BOWL GAMES:**

**KING1:** Each team above is permitted a maximum of three (3) post-season bowl games.

**KING2:** For a team to be eligible for bowl game participation, the following conditions must be met:

- A. All requests for Bowl Game participation must be made through the Conference Scheduling Director or his/her designee.
- B. Requests to participate must be made by the designated Association official only.
- C. All Associations must be in good standing to have their teams eligible for post-season play.
- D. All bowl game contracts shall require the written approval of the Associations involved.

**KING3:** Football organizations outside this Conference may require different weigh in/check in procedures. The Conference will try to get information and let the Head coach know of any differences that may occur, prior to the game(s).

**KING4:** All special criteria such as fees, etc., shall be immediately sent to a team expressing interest in playing the game.

**KING5:** The applicable state standard (NCAA or National Federation) will be the only rules in effect at all bowl games.

**KING6: Any Association or team that arranges an In Season game(s) without approval from the Scheduling director or his/her designee, will be subject to disciplinary action, and will include a fine of \$500.00, no exceptions.**

**KING7:** Any team that does not fulfill its contractual obligation to participate in a post-season game will automatically be fined \$300.00, **no exceptions.**

#### **RULE 20: TIE BALL GAMES**

**KING1:** The Conference shall have the option of breaking ties in all regular season and post-season games.

**KING2:** Ties shall be broken in Conference playoff/championship games using the established high school tiebreaker.

**KING3:** Ties during regular season games are allowed to stand as ties.

**KING4:** In all Conference Championship Games, the “ten yard overtime procedure” tiebreaker as outlined in local National Federation High School Rules will be used without exception.

**KING5:** Sudden Death tiebreakers are prohibited.

#### **RULE 21: CONTACT WITH OFFICIALS**

**If a player or adult should strike (hit) or threaten a game official, the offender shall be subject to suspension or to being banned from SCKCYFL activities for life.**

#### **RULE 22: AYF CHAMPIONSHIP ELIGIBILITY**

**KING1:** Must be declared Conference Champions. Information on the AYF Championships will be distributed at a later date. You can also access the AYF website at [www.americanyouthfootball.com](http://www.americanyouthfootball.com) for current information.

**KING2:** Must have filed a certified roster with the Conference by the specified cut-off date.

**KING3:** It is recommended that the corresponding cheer squads accompany football teams competing at all games.

**KING4:** All teams must be accompanied with a copy of the certified roster, Conference registration forms with phot identification, birth certificates, medical release forms, and scholastic eligibility forms.

**KING5:** An absentee sheet for any participant absent from a certified roster must accompany said team.

## **PART VII**

### **ARTICLE 1: GAME REGULATIONS**

The Official Rule Book for conducting of all games shall be the National Federation of State High School Rules used by the C.I.F. (more commonly known as C.I.F. - Rules). This Book shall be superseded only the written rules of the Inland Empire Conference as applicable.

#### **Section A: HOME TEAM RESPONSIBILITY**

1. It shall be the duty of each Home Team Athletic Director to communicate with the Visiting Team at last seventy-two (72) hours in advance, Wednesday prior to game, to verify/confirm date, place, time and jersey colors.

**NOTE:** If there is an unresolved conflict regarding game time, place or jersey color, and the advance notice has not been given, the game may be forfeited in favor of the visiting team at the discretion of the Conference President or Commissioner.

2. Only the Scheduling director/President may change the approved Conference Schedule with regard to date, place or time. Scheduled game that are canceled due to the unavailability of the designated home field, for whatever reason, will be rescheduled by the Scheduling Director at the earliest date on the first available field.
3. Team check in must be started at the beginning of the fourth quarter and be completed before the scheduled start time of the game.

#### **Section B: OFF SEASON CONDITIONING**

Off-Season conditioning starts on January 1 of any year and concludes at 8:00pm PST on May 31 of the same year. All chapters are allowed to conduct non-contact strength, condition, and agility workouts for off-season player development (i.e. camps, personal / group, organized training) internally or through external vendors. New Players and non-sanctioned chapter workouts are not covered under the Conference insurance coverage/liability. It is highly recommended that Chapters obtain waivers for these players to participate in Chapter sanctioned workouts

absolving the Chapter from any liability. These events can be attended by current chapter players and/or individuals from the general community.

#### THE FOLLOWING DESCRIBES NON-CONTACT STRENGTH, CONDITIONING, AND AGILITY WORKOUTS:

- ATTIRE - (1) football shoes; (2) one sweatshirt(s); (3) shorts or sweat pants; (4) optional - protective equipment for the ears and head. (Football or other head plastic helmets will not be permitted because of the hazard to other players).
- EQUIPMENT - (1) air dummies; (2) stand-up dummies; (3) two or seven-man sleds; (4) tackling dummies; (5) blocking aprons.
- CONTACT - There shall be no live tackling at any time.

Players can participate on a touch, flag or passing league team. No restrictions shall be placed upon the personnel composition. A coach from the Chapter as an individual can coach such a team. Players may attend and participate in football activity at any public recreation, private football school or camp. A coach from the Chapter may serve as an instructor at such a camp. Private football camp is defined where there are players from 3 or more Chapters in attendance and the camp is not being run by a specific coach from a Chapter who has players in attendance. Failure to comply will result in disciplinary actions taken against players, coaches, and Chapters.

#### ARTICLE 2: PLAYING RULES

1. Chapter Presidents, Commissioners and General Manager's shall have access to the sidelines and bench areas except as limited by paragraph 2 in this section.
  - a. A Conference identification tag must be visible on the upper body above the belt line at all times while on the playing field. A Conference identification tag must be issued only to those on Team Officials Agreement.
  - b. The Coaching Staff, a maximum of nine (9) support staff all shall be issued identification tags.
2. No parents, Chapter officials, or other unauthorized personnel are allowed on the field of play during the game, except for Coaches/Trainers attending to injured players or Coaches consulting with their team during official timeouts. All persons, including Coaches, who enter the playing field without the consent of the game officials, shall be ejected subject to further disciplinary action and the game subject to forfeiture by action of a Conference Hearing Board.

3. If both teams are on one side of the field, the allowed space is from mid-field to the twenty (20) yard line nearest a team's bench. If teams are on opposite sides of the field, the restraining area shall be between the twenty-five (25) yard lines.
4. Team check-in must be started by the 4<sup>th</sup> Quarter of the prior game and be completed prior to the scheduled start time of the game.

**NOTE:** Statisticians, photographers or newsmen will be allowed full use of the sidelines for the full 100 yards of the field. These people will not coach in any way, or they will comply as the Coaching Rules apply. These persons shall wear field passes per C.I.F. above.

5. Divisions will be penalized in accordance with C.I.F. Rules.
6. Non-chargeable time-outs will be: injury of player, repair of equipment and officials' time-out. An injured player for whom the clock is stopped, or from whom the ready-for-play signal is delayed, shall be replaced for at least one play. His team shall be charged with a time-out.
7. The Official will not charge a time-out to a Team when the Captain calls for a time-out by reason of injury, etc. He will inform the Captain, in this case, that he is already calling a time-out, which is not chargeable, and that the team's request will not be honored unless the Team Captain desires to have the additional time-out taken and charged.
8. Coaches will be informed by the Official closest to them of the player's number, if possible, and the Rules infraction for which a penalty is imposed.
9. Only approved team officials such as Coaches, Trainers, General Manager, doctors and Team Chaplains of the teams currently playing, with the Team Officials Agreement on file, are allowed in the team box. All others will be removed by the Team General Manager.
10. Five (5) minutes prior to the start of the third quarter, the Official shall give each team a warning to ensure that the Coaches have sufficient time for a MANDATORY warming-up period of team members prior to start of play.
11. Conversion Scoring:
  - a. 6U, 8U, 9U, 10U, 11U and 12U will receive one (1) point for passing or running and two (2) points for kicking.
12. 6U and 8U teams will be allowed one (1) Coach in each huddle, offense and defense, prior to every play. Once the offensive team breaks their huddle, both Coaches shall remain at least ten (10) yards behind the line of scrimmage and will refrain from any verbal or physical involvement with their players until the play is ended by the game Officials.  
VIOLATION: Minor unsportsmanlike conduct penalty - five (5) yards.
13. Electronic or telephone communications for spotting purposes only during a game will be allowed only if both competing coaching staffs have equal

- equipment and observation positions for 12U and 14U by a Certified Roster Coach of that team.
14. Noisemakers: No mechanical noisemaker (horns, bells, victory bells, sirens, chimes, musical instruments other than those in the band, etc.) will be permitted inside the stadium at any SCKCYFL football game (practice, league or playoff). Cheering devices such as wooden blocks, or other similar objects, are prohibited. Megaphones shall be used only by uniformed cheerleaders for the purpose of directing the controlling, rooting sections. The improper use of any of the above-listed devices by supporters of a team would subject that TEAM to a possible forfeiture of the contest (game).
  15. No season games can end in a tie. Ties will be resolved in accordance with the "10-yard line overtime procedure" or as determined by the Conference.
  16. At the end of the fourth quarter, the teams have identical scores; the tie may be resolved by a method approved by the State High School Association. The following play has proved successful in resolving times. All game rules will apply except:
    - a. The line-to-gain shall always be the goal line
    - b. No try will be made if the winner of the game has been determined
    - c. If Team B scores a safety, the game is ended
    - d. If Team B gains possession, the down and series of A ends immediately
    - e. No free kick privileges are awarded following a (air catch or awarded fair catch), when the score is tied at the end of the fourth quarter. The Referee will instruct both to return their respective team boxes. There will be three (3) minute intermission during which both teams may confer with their Coaches. All Officials will assemble at the fifty (50) yard line, review the procedure and determine the number of time-outs remaining for each team. 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 to the other team, to inform the Coaches of the number of time-outs each team has remaining and escort the respective team Captains to the center of the field of the coin toss. At the coin toss, the visiting teams Captains shall be given the privilege of calling the coin while it is in the air. The winner of the toss shall be given the choice of defense or offense, or of designating the end of the field at which the ball will be put in play. The Referee will indicate the winner of the loss by placing a hand on his shoulder. To indicate the winner of the loss by placing a hand on his shoulder. To indicate which team will go offense first, the Referee will place a ball in that team Captain's chest area while he is facing the goal toward which his team will advance

and give the first down signal. The team Captain will face the offensive Captain with his back toward the goal, which he will defend. Each team shall be permitted one (1) additional time-out for each extra period, plus any unused regulation game time-outs. 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 the regulation and overtime periods. To start the overtime, the offensive team shall put the ball in play. First and goal on its ten (10) yard line anywhere between the inbound lines, team A shall have a series of four (4) downs. The series shall be terminated by any score by Team A or if Team B has possession at the end of any down. Team A shall be awarded a new series when:

- I. The penalty for defensive pass interference is accepted; or
- II. Team A recovers a scrimmage kick/field goal attempt between the goal lines after it has been touched first by B beyond the neutral zone.

III When Team B is guilty of roughing the kicker or placekick, holder or passer. If team A scores a touchdown, it is entitled to the opportunity to try for point, except when it is unnecessary to break the tie. A field goal attempt is permitted during any down. If the defense team gains possession, the ball becomes dead immediately and Team A's series is ended. After Team A has completed its series, Team B will become offensive team with the ball in its possession at the ten (10) yard line anywhere between the inbound lines. The same end of the field will be used for both possessions in order to ensure equal game conditions and conserve time. If the score remains tied after each team has been given one series, the procedure shall be repeated until a winner is determined. There will be an intermission of two (2) minutes during which the loser of the coin toss will be given first choice of the options. If additional periods are required, first choice of options will be alternated.

17. Any player(s) ejected from a game for fighting will be ineligible to participate in the next Conference scheduled game (Bowl games are not Conference Scheduled games). Ejections are to be reported in accordance with Article IV, Section A, number four (4) and the Chapter Commissioner shall pull and hold Section A, number four (4) and the Chapter Commissioner shall pull and hold the ejected players Conference ID card until player eligibility re-established.

18. Any player(s) ejected for other than fighting must be reviewed by Chapter Commissioner and results submitted to Conference Commissioner by Friday prior to next week's game.
19. Once a player has left the game field including the sidelines, he may not return as a participant in the game, with the exception of using restroom facilities. However, a representative of the opposing team must be invited to accompany the player.

### **GAME CANCELLATION**

1. The only authority for cancellation of a game for reason of inclement weather is by C.I.F. game officials or the Conference commissioner.
2. Any team that fails to show up for a conference scheduled game will be fined \$300 plus the entire cost of the Officials for that game. Fine must be paid before any further practice is allowed.
3. If a team forfeits a scheduled a game through the Scheduling Director before game day, the forfeiting team shall pay the entire cost for game officials. If an entire Chapter forfeits two (2) or more games at one site, that Chapter shall pay one half of the game official's fees for all games that were scheduled and forfeited.

### **SCORE REPORTING**

1. Each Chapter shall submit to Conference the name of an individual within each Chapter responsible for reporting scores to Conference by 6:30pm the following day.
2. Each Chapter must report the scores of their games in the following manner:
  - a. Give the name of the Chapter
  - b. Report the scores stating Home vs Away 6u, 8u, 9u, 10u, 11u, 12u, 14u
  - c. Report who each team played
  - d. Give a phone number for call back if necessary
3. Any Chapter failing to report their scores as outlined above shall be fined \$25 per score not reported, and after a second infraction, the Chapter shall be subject to forfeiture of play-off Championship site selection.

### **RULES, VIOLATIONS AND PENALTIES**

## Section A: PROTESTS

1. Protests on matters involving judgment as rendered by an Official will not be considered.
2. Protest of pre-game violations must be registered with game officials and opposing team prior to the opening kick-off. Any protest of pre-game violations after start of kick-off will not be considered.
3. All other protest will be handled by the Hearing Board as outlined herein.
4. Protests must be received by the Commissioner or in his absence, a Deputy Commissioner, no later than 9:00pm on the Monday after the violation in question by the protesting Chapter. Protests must specify the Articles and Section of the Conference Rule Book or By-Laws which are in question. This protest will be in writing, accompanied by \$200 and addressed to the President and pay an additional cost the Conference may incur. If the protest is sustained by the Hearing Board \$100 will be refunded.
5. A Hearing Board decision may not be appealed.
6. The Hearing Board decision shall be issued in writing and given to all parties. The decision must contain, at a minimum, the cause of action, the decision rendered, and the discipline imposed.

## Section B: COACHING RULES

1. Penalties:  
A Coach, advisor or other adult acting in an Official capacity may be barred from further participating in the Conference by violation of any of the following rules and will be subject to the prescribed penalties. These penalties will be at the direction of the Hearing Board.
2. Definition of Penalties:
  - a. Penalty A: Permanent Suspension
  - b. Penalty B: One Calendar Year Suspension
  - c. Penalty C: Suspension of two (2) weeks and/or monetary fine
  - d. First, second and third offenses are cumulative from season to season.
3. Coaching Rules:
  - a. He/she will not be on the game or practice field under the influence of alcohol and/or drugs. He will be relieved of all coaching duties immediately as agreed upon by at least two (2) Officials on the practice or game field. The local Chapter shall file the details with the Conference Commissioner within four (4) days. A Hearing Board may be held to confirm the Ruling.
    - i. First Offense - Penalty A

- b. He/she will not strike any other Coach, Athletic Director, Player or spectator during practice or games. "Strike" is defined as touching the body of another person in an aggressive manner with intent to do or attempting to strike even though contact is not made.
  - i. First Offense - Penalty B
  - ii. Second Offense - Penalty A
- c. He/she will take action to prevent kicking, profanity, and gouging and/or dirty or unsportsmanlike play.
  - i. First Offense - Penalty B
  - ii. Second Offense - Penalty A
- d. He/she will take action to prevent players from using profane or abusive language, cursing or gestures to taunt or harass spectators.
  - i. First Offense - Player or players involved to be suspended for remainder of the day and Chapter fined \$100.
  - ii. Second Offense - Player or players involved to be suspended for remainder of the day. Coach subject to Penalty B, Chapter fined \$200.
- e. He/she will not film or scout opponents practices.
  - i. First Offense - Penalty B
  - ii. Second Offense - Penalty A
- f. He/she will not permit a boy to re-enter a game once he is badly bruised or injured to such an extent that further play would jeopardized his health.
  - i. First Offense - Penalty C
  - ii. Second Offense - Penalty B
- g. He/she will abide by the Team Doctor or Physician's decision in all matter of injury.
- h. He/she will not willfully permit an ineligible player to participate in a game. All games that the ineligible player participates in shall be forfeited.
  - i. First Offense - not less than Penalty C
  - ii. Second Offense - Penalty B
- i. He/she will not allow any uniform changes after weight-in, unless approved by the game Official.
  - i. First Offense - Penalty C
  - ii. Second Offense - Penalty B
- j. He/she will not permit any practice or scrimmage to last over two (2) hours, nor will he/she allow more than the number of practice sessions as outline under Article VI, Section B, number 2 and 3.
  - i. First Offense - Penalty C
  - ii. second Offense - Penalty B

- k. He/she will not threaten, challenge or use derogatory language toward Officials on or off the field.
  - i. First Offense - Penalty C
  - ii. Second Offense - Penalty B
- l. He/she will not be ejected from a game
  - i. First Offense - \$100 fine and a ten (10) day suspension.
  - ii. Second Offense - \$100 fine and Penalty B
- m. He/she will not push, shove or strike a game Official at any time.  
"Strike" is defined as touching the body of another person in an aggressive manner with intent to do harm or attempting to strike even though contact is not made.
  - i. First Offense - Penalty A

#### Section C: SUSPENSION AUTHORITY

1. The Conference President or Commissioner, or his designated Deputies, can suspend any Coach or Team Official from participating in the conference for any period of time upon verbal notification. The notification must include the specific Rules violation and the source of allegation. The suspended individual may request the Hearing Board convene to rule on the suspension. The request must be made to the President or Commissioner by 9:00pm on Monday after the suspension or the suspension stands. The HEARING Board must meet by 7:30pm on the Thursday following the request. The decision of the Board is final. If the Board is not convened, the suspension is automatically lifted.
2. A suspended person may not participate in any manner in Conference, Chapter or team activities and may not have contact with or have verbal or visual communication with participants at practices or games.

#### Section D: HEARING BOARD

Hearing Board will be appointed by Conference Commissioner, all Chapter Presidents or Hearing Board will be appointed by Conference Commissioner, all Chapter Presidents or Commissioners have a right to attend the hearing, however, only the selected Committee will have discussion rights and voting rights. The outcome of the Hearing Board will be included the monthly Commissioner's message at the board meeting.

#### Section E: LOCAL CHAPTER COMPLAINTS

1. Any parent, Chapter or Team official can make a complaint to the local Chapter in accordance with the By-laws of the Chapter. If resolution is not obtained at the Chapter level, they may refer their problem to the Conference Commissioners, or his designated Assistant, for evaluation of merit for referral

- to the Executive Council (i.e. elements for consideration normally include, violation of Chapter By-laws, and or inadequate Hearing at Chapter meetings).
2. For any Chapter problem referred to the Executive Council by the Conference Commissioner, all parties to the problem must be notified of the time and place of the Executive Council meeting and the nature of the complaint at least forty-eight (48) hours prior to the meeting time.
  3. The local Chapter has the right to impose any of the penalties on any person in their Chapter who has violated any of the above rules, or any of the Chapter rules.
  4. The local Chapter will report to the Conference any disciplinary action that occurs at the local level.
  5. If a Chapter cannot resolve local complaints after all efforts are exhausted, the issue can be referred to the Conference President or Commissioner.

## GAME OFFICIALS

### Section A: CONFERENCE GAMES

1. All game Officials will be qualified C.I.F. Officials.
2. Any Official that has been barred from game officiating the Executive Council will not be allowed to officiate in any capacity without the approval from the Executive Council.
3. Conference shall supply each Chapter with addressed, stamped scorecards to rate the officiating of each game. Scorecards properly signed shall be sent to Conference Commissioner immediately following each game day. Conference shall request the services of those Officials most highly rated to work the Play-off games. The scorecards shall rate the Officials on proper use of signs, hustle, demeanor in front of the players, attentiveness to the game at hand and punctuality. The cards will also designate whether the Chapter filling out the card won or lost the game(s) and whether the Chapter was at home or on the road. The scorecards will be signed and dated by the Chapter President.

### Section B: INTER-CONFERENCE, RESERVE AND BOWL GAMES

The Host Team shall make suitable arrangements for officiating complying with Section A.

## **PARTY VIII- SCKCYFL 6U FOOTBALL RULES AND REGULATION INTRODUCTION**

In addition to the general regulations found in Parts I-III, the following SCKCYFL rules govern all participants playing 6U football.

### **ARTICLE 1: ORGANIZATION**

The 6U DIVISION is the youngest unit of our tackle teams, which consists of teams in the same age division.

## **ARTICLE 2: REGISTRATION**

Each team must conform to all registration provisions, as the higher tackle divisions.

## **ARTICLE 3: DIVISION OF PLAY**

**KING1:** 6U Division age cut-off date is July 31<sup>st</sup> of the current year and shall be the participants Division age for the coming season.

**KING2:** Unlimited Division

### **6U AGE: 5 & 6**

**KING3:** Ages shall be verified by methods outlined in Part III, Article 4, KING-3.

**KING4:** If a player starts a season in one division, he/she must finish in that division.

**KING5:** A player is ineligible if he/she is a member of a school tackle program or if he/she is playing SCKCYFL tackle football. He is also ineligible if he/she is competing in another football/cheer program (unless as part of school curriculum).

**KING6:** A player/cheerleader shall furnish a written consent to play from either parent or legal guardian.

**KING7:** A signed statement from an examining physician that the candidate is physically fit and there are no observable conditions, which would contra-indicate him playing football or her cheering. Note: If regular school medical examination results are releasable to parents, a copy of such report, if not older than January 1<sup>st</sup> of the current year, may be used in lieu of a new examination.

## **ARTICLE 4: 6U FOOTBALL RULES**

**KING1:** There shall be no rushing of punts, field goals or point after touchdown (while attempting a kick) in play.

**KING2:** No more than six (6) and no less than four (4) defenders on the line of scrimmage.

**KING3:** No player can be lined up directly over the center. No blitzing in "A" gap.

**KING4:** After the snap, the ball is to be considered a live ball in the event of: Botched Snap and/or fumbled after the exchange between center and QB.

## **ARTICLE 5: THE FIELD AND MARKINGS**

**KING1:** The home team is responsible for the preparation of the playing field and all required accessories for a game. All fields will be equipped and marked in accordance with high school standards. Lime and other caustics shall not be used. All tackle teams will play on a 100-yard field.

**KING2:** The bench area is reserved for players and coaches only. The sideline areas are reserved for the game MPR staff and chain crew, with the balance of the sidelines kept clear except for the presence of medical (ambulance) and law enforcement personnel, and authorized members of the press. Each Association shall be permitted to determine on which side of the field the chain crew shall operate. In the absence of a Conference stated position, the local high school rules shall apply.

## **RULE 1: EQUIPMENT**

### **KING1: GAMEBALL**

The 6U division will use the peewee size ball.

### **KING2:**

#### **GAME UNIFORMS**

- A. All team members must wear the same color jersey. The referee will require that all shirts are tucked into the pants to avoid this situation. Should a player continue to intentionally ignore this rule an unsportsmanlike penalty must be assessed (10 yards).
- B. All jerseys will be numbered, front and back.
- C. Jerseys will be tucked in at all times.
- D. Sneakers are allowed; however, non-detachable, rubber-cleated shoes are preferred. No other footwear is acceptable.
- E. All (male) players must wear an athletic supporter cup or compression shorts.

### **KING3 EYE GLASSES**

Eye glasses, when worn, shall be of athletically approved construction with non-shattering glass (safety glass).

### **KING4 MOUTHGUARDS**

Mouth guards are required to be attached to the helmet.

## **RULE 2: PROHIBITED EQUIPMENT**

**KING1:** Spiked or street shoes.

**KING2:** Hard metal or any other hard substance on a player's clothing or person.

**KING3:** Slick or sticky substances such as grease or glue.

**KING4:** Any equipment, in the opinion of the referee that will endanger or confuse players.

## **RULE 3: THE RULES OF THE GAME**

### **KING1: PLAYERS**

The single-platoon rule is always in effect.

**KING2: TEAM CAPTAINS**

- A. Each team will have at least one captain on the field at all times during the game.
- B. The captain will address the referees only on matters of interpretation and to obtain information.

**KING3: TEAM COACHES**

One coach for each team will be permitted on the field in the Tiny Mite Division.

- A. The coach may enter the huddle between downs, call plays and give coaching instruction. When the team breaks the huddle, the coach must be at least five (5) yards back from the deepest player and opposite the referee and cannot give any further instruction.

**KING4: TIME**

There will be:

- A. 8 minutes (running clock - max game time = 90 minutes-real time)
- B. 6U = 2 timeouts per half

**KING5: KICKOFFS**

No kickoffs - Ball will be placed on the forty (40) yard line after a score. If a team is losing by thirty-five (35) points or more, the ball will be placed at mid field (fifty (50) yard line) no kick off.

**KING6: PUNTING**

- A. The offensive team may punt at any time.
- B. A punt is always a free kick.
- C. Punting intentions are announced to the referee by the captain, or acting captain.
- D. Rushing the punter is prohibited. No offensive or defensive player may move across the line of scrimmage until the kick has been made.
- E. Free Catch-There shall be a free catch of a punt. The receiver shall signify his intentions for a free catch by waving his hand clearly over his head.
- F. No Fakes.
- G. Five (5) players from each team must be on the line of scrimmage. One (1) defender can line up over the center 2 yards back on punts only.

**KING7: CENTER**

- A. The center must snap the ball between his legs.
- B. He must have both feet on the scrimmage line with no part of his body beyond the forward point of the ball.

- C. He may adjust the long part of the ball at right angles to the scrimmage line for one time only.

#### **KING8: DEAD BALL**

All balls touching the ground are immediately dead (except punts). For example, the ball is declared dead at the following times:

- A. When the ball carrier touches the ground with his body, other than hands or feet.
- B. Following a touchdown, safety or touchback.
- C. When the ball goes out-of-bounds for any reason.
- D. If the center snap hits the ground before reaching a backfield man.
- E. When the ball hits the ground as a result of a fumble or muffed ball.

#### ***THERE ARE NO FUMBLE RECOVERIES IN SCKCYFL 6U***

- F. If a lateral pass touches the ground (ball is declared dead at that point). If a lateral pass goes out-of-bounds, the ball is ruled dead at the point it crosses the boundary line.
- G. If a forward pass strikes the ground or is caught at the same time by an opposing player(s).
- H. When a player on the kicking team touches a punt before a player on the receiving team.
- I. A free catch (cannot be advanced).

#### **RULE 4: SCORING VALUES**

Touchdown six (6) points

Safety two (2) points

Points after touchdown: from ten (10) yard line - two (2) points; From five (5) yard line-one (1) point forfeit (offended team wins by) 1-0.

#### **RULE 5: TIE GAME**

KING1: All tied games will go into overtime (post season only). Ball will be placed on the 10 yard line, line to gain will be the goal line. Each team will have 4 downs to score, field goals allowed, all regulation rules applied.

#### **RULE 6: INJURED PLAYERS**

Once removed from a game because of injury, a player must sit out at least one down, and may not re-enter the game without the approval of attending medical personnel.

## **RULE 7: PRACTICES**

**KING1:** Practice shall not begin until the Monday of the fourth (4<sup>th</sup>) week in July.

**KING2:** Practices **AFTER** August 15<sup>th</sup> are limited to six (6) hours per week, not to exceed two (2) hours.

## **RULE 8: SCHEDULES**

To include a full season including playoffs and a Super Bowl.

## **RULE 9: PENALTIES**

The 100-yard field will be assessed ten (10) and five (5) yard penalties. With this in mind, references to penalties will be given as (15-10) and (5-5) in the following listings.

### **KING1: LINE OF SCRIMMAGE-Centering**

- A. Offside, defensive or offensive (5-5)
- B. Illegal snap (5-5)
- C. Failure to observe 30-second rule (5-5)
- D. Illegal motion-more than one backfield man in motion (5-5)
- E. Illegal formation, offense (5-5)

### **KING2: PUNTING**

- A. Failure to announce to the referee (5-5) and punt is repeated, or the receiving team may take the ball at the spot where the ball is declared dead.
- B. If the kicking or receiving team enters the neutral zone before the punt (5-5) from the spot where the ball is declared dead after the kick.

### **KING3: PASSING**

- A. If an illegal forward pass is thrown and intercepted, the play will continue until the ball is declared dead. The intercepting team has the option of possession from that spot or accepting the penalty (5-5).
- B. Passer crosses the line of scrimmage (5-5) and loss of down.
- C. Intentional grounding (5-5) and loss of down.
- D. Offensive pass interference (15-10) from line of scrimmage and loss of down.
- E. Defensive pass interference-first down from spot of infraction for the offensive team.

### **KING4: DELAY OF GAME**

- A. Continuing to play after the ball is dead (5-5) from spot where the ball is dead.
- B. Advancing a fair catch (5-5).
- C. Unnecessary delay of game for any reason (5-5).

**KING5: ILLEGAL HAND-OFF**

- A. If the ball is handed forward beyond the scrimmage line (5-5) and loss of down.
- B. Handing or snapping a ball to a lineman (5-5).

**KING6: ILLEGAL SUBSTITUTIONS**

- A. More than eleven (11) men of the field (5-5)
- B. Substitution(s) while the ball is in play or before it is declared dead (5-5).
- C. Disqualified player entering game (15-10).

**KING7: BLOCKING**

- A. Leaving feet to block (15-10).
- B. Cross body blocking or roll blocking (15-10).
- C. Holding a defensive player (15-10).
- D. Defensive player blocking or pushing the ball carrier out of bounds (15-10).
- E. Flipping (15-10).
- F. Interlock Blocking (15-10) from spot of foul.

**KING8: UNNECESSARY ROUGHNESS**

- A. Offensive and Defensive (15-10).
- B. Disqualification of guilty player or players if repeated.

**KING9: UNSPORTSMANLIKE CONDUCT**

- A. Fighting (15-10) offenders ejected from game.
- B. Insulting and abusive language (15-10).
- C. Interference with progress of the game by coaches or any other team personnel (15-10).
- D. Illegal play (15-10).
- E. Team leaving field before game is completed (15-10). Failure to return-Forfeit. Win for team remaining on the field.
- F. Failure of teams to control players or fans (15-10).
- G. Forfeit if not controlled.

**RULE 10:  
PROTESTS**

**KING1:** Only protests involving rules' interpretations or the eligibility of a player shall be considered - never the judgment of an official in calling a play.

**KING2:** Protests are decided at the local level in accordance with the administrative procedures of the Conference.



## CHEER

### Article I - Duties of Cheer Officers

The Cheer Commissioner CAN NOT currently hold ANY position (i.e. but not limited to Board Member, Coach, Commissioner, etc.) with a current Chapter whether the Chapter participates with SCKCYFL or any other League

#### Cheer Method of Operation:

**Section 1.1 Cheer Commissioner** shall perform the following duties, but are not limited to:

- Preside over all Cheer Meetings – Current Season
- To appoint Cheer Committee positions with the approval of the Executive Board
- Present all contracts, proposals and/or changes to the Executive Board
- Serve as ex-officio member on all cheer events committees.
- Shall perform all duties pertaining to cheer.
- Shall inform the Cheer Committee the information from the Board/Meeting including a copy of the minutes.
- Shall attend all Board/Cheer meetings.
- To organize/facilitate the annual coaches certification.
- To assist and support all other SCKCYFL sanction events

**Section 1.2 SCKCYFL Cheer Directors** shall perform all duties, but are not limited to:

- Will work directly with the Cheer Commissioner and Cheer Representative
- Will attend all Cheer Committee meetings
- Will serve on any assigned Cheer Committee
- Shall distribute all bylaws to coaches
- Will collect and assemble all documentation for certification – Current Season

**Section 1.3 Cheer Secretary** shall perform the following duties, but not limited to:

- Will attend all Cheer Committee meetings
- Will serve on the Cheer Committee

- Will work directly with the Cheer Commissioner and Cheer Representatives to maintain records, distribute, and keep a record of all Cheer Representatives and Cheer Committee meetings and file accurate records of the minutes from each Cheer meetings and send the minutes to the League President and League Cheer Commissioner
- Secure all documents, contracts, and copies of SCKCYFL Cheer files.
- Maintain a copy of the final roster of every team.

**Section 1.4 Cheer Representatives** shall perform the following duties, but are not limited to:

- Shall assist Cheer Director in performing all duties pertaining to cheer.
- Shall help to enforce all official League bylaws and Competition Rules and Regulations as set forth by the SCKCYFL with their Chapters.
- Shall attend all Cheer Committee meeting and SCKCYFL sanctioned events. Will be responsible that all by-laws are followed and to ensure the safety and sportsmanship, but are not limited to assisting Chapters in any way necessary to

#### **Section 1.5 Head Coach (1)**

- Requires that all Head Coaches need a valid driver's license and must complete background check.
- The Head Coach is in charge of the team whenever it is on the practice field, playing field or traveling as a group. This person must be at least twenty-one (21) years of age. They are responsible for their own actions or inactions, their assistants' actions or inactions and the actions of their Cheerleaders.

Cheerleading coaches must answer to and are under the supervision of SCKCYFL or Chapter.

#### **Section 1.6 Assistant Head Coach (2)**

- Requires that all Assistant Coaches need a valid driver's license and must complete background check.
- 
- The Assistant Coach must be at least twenty-one years (21) and be willing to assume the responsibilities of the Head Coach with the cheer team.

## **Section 1.7 Assistant Coach (2)**

- Must be eighteen years (18) of age by the start of the season and must have graduated high school or hold a GED certificate. They must have general knowledge of cheerleading and a cheerleading safety rules.

## **Section 1.8 Junior Coach (4)**

- The Junior Coach must be at least fourteen (14) years old and maximum (17) years old, currently attending an accredited high school and SCKCYFL certified.
- They only follow given instructions of Head Coach and Assistant Coaches. It is recommended all Junior coaches be at least four years (4) older than the youngest cheerleader on the team.
- Every Junior Coach must have a 2.0 GPA to participate with the League.
- The Junior Coach is not allowed to conduct or practice with any cheer teams without a certified SCKCYFL Cheer Coach present.
- Junior Coaches are **NOT** to carry any disciplinary action towards any cheerleader.

## **Article II - Cheerleading Rules and Regulations**

### **Attendance at Cheer Meetings:**

To start a Cheer Meeting, a quorum of the Cheer Directors must be present. A quorum shall be defined as fifty percent (50%) plus one (1) of the Executive Officers and Board of Directors and/or Cheer Representatives. Chapters not in attendance at the League scheduled meetings and the Cheer Representative Meetings will be assessed by the League – Current Season

Violation of this rule will result in the following:

- First Violation \$25.00
- Second Violation \$35.00
- Third Violation \$50.00
- Subsequent violations may result in an additional suspension and additional assessment to be determined by the Executive Board

The Cheer Committee Meeting will be held monthly during preseason and/or bi-weekly starting in June at a designated location. Meeting dates are subject to change.

### **Grievance:**

Any grievances to be considered shall submit in writing, signed by the aggrieved and presented to the Commissioner of Cheer. The Cheer Committee shall consider the grievance within five (5) days. The aggrieved party shall receive a written reply as to the time and place of the meeting to appear. If a meeting is not needed then the Board must send the aggrieved a written response no later than five (5) days after meeting.

### **Rules:**

Any complaint of rule violations of these by-laws must be presented to the Commissioner of Cheer and/or the Cheer Representative(s) in writing within one (1) days of the occurrence. Failure to do so will result in forfeiture of the complaint - 2018/2019.

The League does not condone the cutting of any cheerleader based on skill level, who in good faith registers to cheer.  
Jewelry is STRICTLY PROHIBITED for cheerleaders and coaches while interacting with their team.  
Tryouts or cuts of any kind are strictly PROHIBITED

Cheerleaders doing "in your face" gestures, cheers, motions and dances that are offensive, unsportsmanlike, or in otherwise bad taste, shall be addressed immediately with the Cheer Director for that Chapter. If the issue is not resolved at that time, it must be reported to the Cheer Representative and the Director of Cheer and/or Cheer Representative(s) within twenty-four (24) hours for further investigation.

### **Violations of the rules shall result in the following:**

- First Offense - No half time performance
- Second Offense - Probation and \$50
- Third Offense - Suspension and \$100
- Subsequent violations may result in an additional suspension and additional assessment to be determined by the Executive Board

Cheerleaders are required to cheer the whole game, with appropriate bathroom breaks. In case of inclement weather, cheerleaders may leave the sidelines, but the cheerleaders may NOT leave the field unless the Official/Referees, Director of Cheer and/or Cheer Representative dismiss the cheerleaders. The Commissioner of Cheer must be notified immediately.

Taunting is not allowed during any League sanctioned event. Examples: name calling, finger pointing, and/or flipping up the skirts or no obscene gestures.

All Cheer team/squads are required to attend and cheer at regularly scheduled games which includes **Monday Night** games in full uniform until the end of the current season.

Teams/squads will cheer between the ten and thirty (10-30) yard lines. Cheer team/squad may move from one (1) side of the field to the other.

### **Team/Squad Ages and Age Divisions:**

The cheerleader must turn the minimum age requirement for that age division on or before July 31<sup>st</sup>, (**Must be age 6** of the current year and the maximum of 14).

(6U) minimum age is 6 and maximum age is 7

(8U) 8 & under minimum age is 6 and maximum age is 8 (9U) 9 & under minimum age is 7 and maximum age is 9 (10U) 10 & under minimum age is 8 and maximum age is 10 (11U) 11 & under minimum age is 9 and maximum age 11 (12U) 12 & under minimum age is 10 and maximum age is 12 (13U) 13 & under minimum age is 12 and maximum age is 14

### **Team/Squad Size:**

A cheer team/squad must have a minimum of eight (8) and a maximum of twenty-five (25) cheerleaders.

You must fill the MANDATORY cheer squads/teams first. The mandatory age divisions are determined by SCKCYFL Executive Board.

### **Article III Check-in Procedures**

#### **The check-in procedure will be as follows:**

Coaches and teams will meet at home team goal post at the beginning of third (3<sup>rd</sup>) quarter of the preceding game. In the event a cheer coach is unavailable, seek the assistance of a Cheer Representative for the other Chapter or a Football Head Coach and notify the Commissioner of Cheer and/or the Cheer Representative of this incident immediately in writing via email/text .

All Registration Cards must be in alphabetical order

The Registration Cards and Certified Rosters will be used to check-in each cheerleader at the game.

Cheerleaders must be in full uniform in accordance with the team in order to be checked in and must participate for the entire game.

The opposing Coach shall initial EVERY cheerleader's Registration Card that is present and indicate the status of the cheerleader for that game (i.e. "OK" Ok to play, "NO" No show, "Disc." Discipline, "INJ" Injury, "BYE" BYE week, "HC" Homecoming).

If it's Homecoming for your Chapter, please notify the opposing Cheer Coach.

Violation of these rules will result in the following

- o 1<sup>st</sup> Violation \$25.00 Assessment
- o 2<sup>nd</sup> violation \$35.00 Assessment
- o 3<sup>rd</sup> Violation \$50.00 Assessment
- o Subsequent violations may result in an additional suspension and additional assessment to be determined by the Executive Board

#### **Half Time:**

Due to limited space on the field, coaches are prohibited to sit on the field during game time. EXCEPTION: If there's a field where there is a high fence or gate obstructing your visibility of the cheerleaders. Coaches may come on the field during the (6U performance) no other exceptions to this rule.

Visiting team/squad performs the "Half Time Performance" SECOND

Only two (2) coaches may escort the cheer team to the opposite side.

Within two (2) minutes after the start of the third (3<sup>rd</sup>) quarter, cheerleaders must be on the field cheering.

### **Article IV - Competition Rules and Regulations**

#### **Cheer Competition Rules and Regulations:**

The Cheer Commissioner and Cheer Representative(s) will review the Cheer Competition Rules and Regulations annually and distribute these rules to the Cheer Director before the first (1<sup>st</sup>) League scheduled regular season.

Any Chapter failing to abide by the by-laws and the SCKCYFL/AYC Cheer Competition Regulations of the current cheer season will be disqualified and assessed.

The SCKCYFL Cheer will follow the National Federation of State High School Associations (NFHS) Spirit Rule Book for Cheer and the Desert Pacific Region (AYC) Cheer Competition Rules

Every cheer team MUST participate in both cheer competitions: the Annual SCKCYFL Cheer Competition AND Desert Pacific (AYC) Regional Competition

**Violation of this rule will result in the following:**

- \$250.00 assessment per competition
- Subsequent violations may result in an additional suspension and additional assessment to be determined by the Executive Board

**Cheer Competition Qualifications:**

Any cheerleader missing more than two (2) regularly scheduled games will not be able to participate in the annual SCKCYFL Cheer Competition

Exception: All religious holidays, written doctor excuses due to illness and a death in the family are excused absences.

The Final Certified Roster given on the Monday after the seventh (7<sup>th</sup>) game will determine which category (small or large) you will be placed in for SCKCYFL Cheer Competition. There will be no changes made after the deadline.

Example: If Chapter A gives the SCKCYFL Cheer Director and/or Cheer Representative a roster on the Monday after the seventh (7<sup>th</sup>) game and it has twenty-two (22) cheerleaders registered, that team will be registered in the large division; regardless of how many cheerleaders the team has on SCKCYFL Cheer Competition Day

**OUTSIDE COMPETITION**

In order for a team to compete in any competition outside of the SCKCYFL and AYF/AYC a written document must be on file with the League, providing details of the competition, number of participants from the Chapter, and whether or not the team will be traveling out of town.

It is the First Priority of American Youth Cheer teams to support and participate in AYC Local, Regional, and National Championships. If a scheduled "Outside" competition conflicts with an AYC sanctioned event, you will be expected to participate in the AYC sanctioned event. The cheerleading **Regional Cheer Commissioner**, with the approval of the local League, shall be in charge of all outside competitions. All cheerleading teams report to the **Cheer Commissioner** for approval of any outside activities. Cheer teams may participate in outside competitions in the traditional cheer season in accordance with the traditional football season as stated in the AYF Playing Season/Practice which is the 4<sup>th</sup> Monday of July through the national tournament in December. Cheer teams may also participate in outside cheer competitions ALL Year Round, with AYC Sanctioned Competitions receiving First Priority. Cheer teams shall register in outside competitions in the age divisions comparable to AYC.