

All-Valley Youth Football League
Governing Rules
2007

Armona – Corcoran – Delano
Farmersville – Hanford – Lemoore – Porterville
Selma – Tulare – Visalia – Visalia Enforcers

AVYFL Governing Rules

Section 1 – AVYFL Governing Rules

- A. The purpose of the All Valley Youth Football League (AVYFL) shall be to establish and interpret all uniform rules and guidelines for the proper operation of the AVYFL including game rules, personal conduct of players, coaches, parents and fans and to resolve complaints, protest and enforce said rules upon those found in violation.
- B. The AVYFL board is the highest authority and its members shall consist of the following:
- President
 - Vice President
 - Secretary
 - Treasurer
 - Cheer Coordinator
 - Presidents and Vice Presidents of participating towns
- C. The AVYFL in and of itself, can only be challenged for recall by an executive session and by a quorum of the voting members.
- D. The AVYFL is the highest league authority and shall have the power to initiate and/or conduct investigations on any suspected rules violations, bring charges and discipline any and all individuals found to be in violation of the AVYFL rules.
- E. Any individual refusing to answer questions from the AVYFL regarding alleged violations of rules will be placed on temporary suspension pending completion of the AVYFL investigation, at which time, a final decision will be made.
- F. Any protest or appeal must be logged with the AVYFL President or VP within 24 hours and must be followed by a writ¹⁰ protest/appeal within 72 hours submitted to the Secretary. The Secretary will notify the AVYFL and the President and VP of the affected town board of the team in question to allow time for preparation of a rebuttal. The protest fee is \$50 and will be refunded after the case is heard. This fee will be lost if the protester loses the case. The fee will be deposited in the league account.
- G. Only protests on rules interpretations or the eligibility of a player will be considered by the AVYFL. The judgment of officials call on a play is not subject to protest, although misconduct on the part on an official should be reported to the AVYFL.
- H. Protests are decided in accordance with the administrative procedures of the AVYFL and based on evidence gathered at the conclusion of the investigation.
- I. Questions of or relating to the interpretation of the rules and regulations shall be addressed in writing to the AVYFL and should be clearly stated.
- J. If a special AVYFL meeting must be called to deal with alleged rules infractions committed by adults (Coaches, Administrators, Weighmasters, parents, fans, etc.) the community where the alleged violations belong to will be responsible for the cost of the

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meeting site as well as any fine that may be imposed by the AVYFL. If found in violation of said rules.

- K. Parents/spectators 18 or older may be used as witnesses with the approval of the AVYFL buy not players or cheerleaders.
- L. The decision of the AVYFL board will be final without further appeal.
- M. Annual AYFL fees are \$400 per town and will be due by March 31st of each year.

Section 2 – Members of the AVYFL Board

- A. President – The President bears the overall responsibility with any matters with AVYFL. The President must be at least 21 years of age and experienced in community youth programs. The President is in charge of all league meetings but has no vote except in cases where there is a tie vote. The term for this position is two years and must be absent for one year from the President position before eligible for re-election back into the President position. (Note – President may be re-elected for consecutive terms but only if there is 75% vote in favor by board members)
- B. Vice President – The VP must be at least 21 year of age and experienced in community youth programs the VP is in charge during the absence of the President. The term for this position is two years. (Note – Vice-President may be re-elected for consecutive terms but only if there is 75% vote in favor by board members)
- C. Secretary – The Secretary must be at least 21 years of age. The Secretary must be present at all AVYFL meetings and reports directly to the President. (Note – Secretary may be re-elected for consecutive terms but only if there is 75% vote in favor by board members)
- D. Treasurer – The Treasurer must be at least 21 years of age. The Treasurer must be present at all AVYFL meeting and will be responsible to maintain an accurate report of the AVYFL account. The Treasurer reports directly to the President. (Note – Treasurer may be re-elected for consecutive terms but only if there is 75% vote in favor by board members)
- E. Voting Members – Include the Presidents and Vice Presidents of the participating towns. They must be at least 21 years of age. Each community will provide a typed list of all board members along with telephone numbers and addresses to the Secretary prior to the beginning of the season.

Section 3 – AVYFL meetings with scheduled annual agendas.

- A. In the January general meeting, the AVYFL shall receive from each town board their suggested changes for the following year.
- B. The proposed rules changes must be formalized the secretary and prepared for discussion for the February meeting. All proposed rule changes must be typed.

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- C. At the February meeting, the proposed changes will be discussed and votes on. The proposed rule changes must be approved by a majority vote. If approved, the rule change will become a part of that years rule. All rules can be re-discussed.
- D. Rules changes will be made for that year except by a unanimous board vote.

Section 4 – Responsibility of participating communities.

- A. All participating communities must field junior and senior teams based on the following populations:

Community Population	Number of Junior Teams	Number of Senior Teams
• 0 – 17,000	One	One
• 17,000 – 34,000	Two	Two
• 34,000 – 68,000	Three	Three
• 68,00 – 136,000	Four	Four

- B. New teams admitted to the AVYFL must have a junior and senior division team. When a new community comes into the AVYFL, it must enter the AVYFL with teams based on its community population ratios.
- C. A new community may elect to waive the required number of teams upon board approval, with a two year probation period. Upon expiration of the probation period, the community must field the proper number of teams in each division in accordance with the population ratio.
- D. If a community can field more teams than required by the population ratios scale, they shall not be repressed.
- E. Boundaries: The AVYFL does not recognize boundaries. A player may play for any team he/she desires to play for.

Example: *A player may commute from one town to another and play for said team, even if the player's home town has an existing team in the AVYFL.*

- F. If you don't have a team you indicated you would have after the deadline to announce teams has passed. Then that town will be assessed a fine of \$500 due to hardships that will occur due to that team not being created.
- G. Existing & Non-Existing Boards – An existing board can join the AVYFL with the AVYFL Board approval.
 - A new board forming in a town with an existing board in that same town may join the AVYFL, but only with the existing board's approval and the AVYFL approval.
 - An existing board is a board that has been affiliated with another league or organization. (i.e. Pop Warner, Central)

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- A non-existing board is a board that has never been affiliated with any other league or organization.

Section 5 – Ages & Weights

A. Senior Division (Stripped Weight) – Ages 12, 13, and 14 (**no 15 year olds, freshmen or ninth graders allowed**). Playing weight is as follows:

- Senior Division – There will be no minimum weight for this division and a maximum of 191 pounds stripped and 200 pounds with pads (nine pounds will be allowed for uniform and equipment excluding the helmet). This rule will be in effect and cannot be reviewed again for two years
- The maximum playing weight shall be 200 pounds with pads, should a player go over the maximum playing weight he/she will not be allowed to play or suit up for the game.

B. Junior Division (Stripped Weight) – Ages 10, 11 and 12 (**no 13 year olds**). Playing weight is as follows:

- The maximum playing weight is 140 pounds stripped and 149 pounds with pads (nine pounds will be allowed for uniform and equipment excluding the helmet).
- *Exception* – A 10 year old weighing over 119 pounds must move up to the Junior Division. A 10 year old that weighs 119 pounds or under at the start of the season has the option of remaining in the Pee Wee Division (should participating community not have a Pee Wee program then the 10 year old 119 pound minimum for Junior eligibility will not pertain to them).
- The physical weight on the back of the contract will determine whether a 10 year or 12 year old plays for the Pee Wee, Junior or Senior Division.
- The maximum playing weight is 140 pounds, should a player go over the maximum playing weight he/she will not be allowed to play or suit up for the game.

C. Pee Wee Division (Stripped Weight) – Ages 7, 8, 9 and 10. Playing weight is as follows:

- Maximum playing weight is 119 pounds stripped and 128 with pads (nine pounds will be allowed for uniform and equipment excluding the helmet).
- The physical weight on the back of the contract will determine whether a 10 year old plays for the Pee Wee or Junior Division.
- The maximum playing weight shall be 119 pounds, should a player go over the maximum playing weight he/she will not be allowed to play or suit up for the game.

D. A player's age on December 1st determines his/her playing age, applies to all three divisions.

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- E. Any 10 year old that is 119 pounds and under has the option to play in the Pee Wee Division or Junior Division, but only with that approval of the President of that town's Board.
- F. Any 10 year old that signs up after Carnival and weighing 90 pound or more will automatically be placed on a Junior Team.
- G. All 12 year olds must be weighed at Carnival.
- H. Any 12 year old that is 140 pounds and under has the option to play in the Junior Division or Senior Division, but only with that approval of the President of that town's Board.
- I. If a 12 year old's physical weight on the back of the contract indicates he/she is above 140 pounds, they must be placed on a Senior team.
- J. Any 12 year old that comes out after the Carnival and weighs above 110 pounds must be placed on Senior team.
- K. If a 12 year old is on a Junior roster and weighs in at Carnival above 140 pounds he/she must move up to the Senior Division.
- L. Any player that is 10 pounds or more over the maximum weight may not be put in uniform or pads. This includes practices and games (all divisions).
- M. Minimum weight in the Senior Division may be achieved in uniform. The minimum weight shall remain the same for the entire season.

Section 6 – General Rules

- A. Pee Wee and Junior/Senior Carnivals will be chosen by means of a hat pick.
- B. Contract Certifications will be done the night before Carnival at a designated and central location. It is mandatory for each town's President and Vice-President to be present with their town's teams' Contract books. These books will contain the contract in order to verify the player's birthdate, birth certificate and picture. At the day of Carnival only the weight will be verified and the picture to ensure it matches the player.
- C. A typed or computer generate team roster and team information sheets must be submitted to the Executive Secretary at the Carnival. Rosters must follow the standardized league roster format, hand written rosters will not be accepted.
 - In order to ensure the personal safety of all minors participating the AVYFL, all personal information regarding any minor (names, phone numbers, and addresses) will be strictly confidential. Any persons involved with AVYFL will be prohibited from releasing and/or disclosing any information about any minor unless specifically authorized by the President. Failure to follow the above expectations could result in disciplinary action up to and including a life ban from

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AVYFL. AVYFL volunteers must recognize the harsh realities that sexual predators reside in or around our communities.

- D. Not more than 40 players and not less than 20 players shall be certified on a team roster. Any team with less than 20 certified players will not be permitted to form.
- E. A minimum of 16 players per team must be dressed and ready to play at the start of each game. If the team fails to dress the minimum number, it will forfeit the game to its opponent. Any team that must forfeit two consecutive games by reason of insufficient players shall be disbanded. Said team, will forfeit the remainder of their games for the season.
- F. Drops and Adds – A team may add a certified player by reason of moving. Players not certified may be added to a team roster prior to being eligible to play in a game. 10 hours of conditioning per week is possible. All players must make August maximum weight for said players division to be certified regardless of date they join a team. This weight must be witnessed and certified by an AVYFL member not from that community. There will also be no more add ons after September 29th.
- G. No team is permitted to run a “taxi squad”.
- H. A player that’s cut from a team may play for another team without requiring a waiver from the team who dropped him.
- I. Each Junior and Senior Team will ensure they have home and away jerseys

Section 7 – Weighmaster

- A. A Weighmaster shall be assigned to each team. The Weighmaster can be a coach but is not required and shall be at least 21 years of age.
- B. Duties of the Weighmaster:
 - Ensure that all sections of the contract are properly completed before players are certified eligible to play.
 - Weighmaster or alternate must be present during practices with player contracts.
 - Supervise all weigh-ins with opposing team's Weighmaster. Decisions by Weighmaster at the weigh-ins regarding player eligibility are final. The Weighmaster shall be available to weigh-in players until the start of the third quarter.
 - Take charge of filing teams insurance forms, unless otherwise specified on his team information sheet.
 - Accompanies injured player/s to the hospital if a parent or guardian is not on the premises.
 - Weighmaster shall be on the sidelines with their team at all times. If the Weighmaster must leave, an alternate can fill in. The alternate must be a coach.
- C. All Weighmasters must an orientation meeting prior to the first day of practice.

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- D. All Weighmasters must provide a copy of their team's roster to the opposing team at time of weigh-ins.

Section 8 – Coaches

- A. A Head Coach must be at least 21 years of age. The Head Coach will bear the overall responsibility for his/her actions and those of his assistants, players and parents.
- B. Assistant coaches must be at least 18 years of age. No more than two ball/water boys are allowed per team on the sideline.
- C. The bench area is reserved for players, coaches, ball/water boys, the Weighmaster and the game physician. No more than ten rostered personnel shall accompany players in the bench area during games.
- D. The Head Coach will determine the assignment of the assistant coaches.
- E. In the absence of trained medical personnel (paramedic, physician, specially trained volunteer), one of the coaches on each team must hold a valid Red Cross Multi Media card or equivalent. The card holder must be present before practice can start.
- F. Approval of coaches will be at the discretion of each local board. Coaches may be required by the AVYFL board to submit their name for a police background check. Any applicant found to have been convicted of a sexual crime or related charge shall be barred from coaching in the AVYFL.
- G. Requiring coaches to attend off season clinics shall be up to each local board.
- H. Coaches from the various communities do not make AVYFL policy rather, they carry it out. However, on both the playing/practice field, the coaching staff is in complete charge and shall not be interfered with except in cases of rules violations or any other conduct deemed by higher authority to be harmful to the welfare of the youth.
- I. All Head Coaches must attend an AVYFL mandatory orientation prior to the first day of practice. Disciplinary action may be taken against each coach that does not attend.

Section 9 – Coaches Conduct

- A. No alcoholic beverages or tobacco of any kind will be allowed at any meetings, games or practices.
- B. No criticizing of players in front of spectators. Reserve constructive criticism for private or in the presence of the team if others will benefit.
- C. Accept the decisions of the game officials on the field as being fair and the best of said official's ability. Remember, your players are learning from you.
- D. No criticizing opposing teams' players, coaches or fans verbally or with gestures.

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- E. Emphasize that good athletes strive to be good students and that both are physically and mentally alert.
- F. Strive to make every football activity serve as a training ground for life, and the basis for good mental and physical health.
- G. Emphasis that winning of the game is the result of team work.
- H. Refrain from using abusive or profane language before anyone during games or practices.
This rule will be strictly enforced by the AVYFL.
- I. Refrain from “piling it on” as the phrase is used when a team gets a commanding lead and desires to raise the score as high as it can. In these instances, every effort shall be made to let every player play.
- J. Services as a coach are voluntary.
- K. Will not permit an ineligible player to participate in any game.
- L. Will not permit or encourage “sweating down” tactics in order for a player to make playing weight.
- M. Will not deliberately incite unsportsmanlike conduct.
- N. You will remove from a game or practice any player when even slightly in doubt of his/her health, whether or not as a result of injury, until competent medical advice is available.
- O. Will uphold all the rules and regulations of the AVYFL.
- P. Head Coaches bear final responsibility for all of their actions, their assistants, players and parents.

Section 10 – Players

A. Registration:

- Each player must have parental consent from a parent or legal guardian indicated by signature on the player’s contract.
- Each player must have medical certification from an examining physician stating that the player is physically fit to play tackle football.

Note: If a player is injured in practice or a game and sees a physician, that player shall not be allowed to resume practice until a medical clearance in writing is provided from the treating physician. It is mandatory that all such injuries be reported to the executive secretary before that team’s next game and that original signed release accompany the player’s contract.

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- Proof of age: Birth Certificate (can be a photocopy of the original), or the following original documents – passport, baptismal certificate, school record, Medi-Cal card or any legitimate proof of the date of birth pending acceptance by the AVYFL, along with a photo (not more than a year old) attached to the player's contract.
- Academics should be encouraged at all times. Playing football should not take precedence over school.
- Sign-up fees will be at the discretion of each town board.

B. Certification of players:

- An AVYFL member will weigh all players at the Carnival (scrimmage).
- Players not weighed at the Carnival must make August weight in the presence of an AVYFL member to be certified.
- Players may not participate in any game until they are certified. Certification is that process where by a team files with the league, of which it is a member, a completed roster for the regular season schedule.
- A player must be dropped from the roster by September 30th if he failed to make weight for his division of play in any game up to that point. Exceptions: injured players may attend a weigh-in in September to be certified.
- If a player is certified, and is then found to have a falsified contract, then the Head Coach, the Weighmaster, and the parents of said player shall be asked to come before the AVYFL.
- An AVYFL member may not certify his own team's player contracts.

Section 11 – Weigh-ins

A. Roster will be handed in at weigh in to the opposing coach. This roster will have current jersey numbers and players. The Jersey numbers must comply with the position being played. We need to ensure compliance with this rule

B. The Weighmaster will adhere to the following procedures and rules at weigh-ins:

- Scales shall be zeroed and checked by both team Weighmasters and set at the determined weight for that game.
- The pointer is held to the top and the player steps up on the scale.
- When the pointer is released, if it brakes away from the top bar at any point the player has made weight.
- If the pointer does not break away, the player may be stripped weighed at the discretion of his Head Coach.
- If a player is stripped weighted, a privacy barrier must be utilized in order to maintain that players privacy and dignity.
- If the player does not make weight at this point, he is ineligible to play and shall remove the shoulder pads and helmet for the remainder of the day.
- If a player makes weight in uniform, then his eligibility cannot be questioned in regards to playing weight.

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- C. Extra protective equipment such as rib pads, arm pads and shin guards does not have to be worn during weigh-ins and a shoe may be changed for kicking purposes. Otherwise, no alteration of equipment is allowed after weigh-ins.
- D. Weigh-in times shall be set by the home team and reported on the team information sheet at the start of the season. However, late arrivals may be weighed in no later than the start of the third quarter.
- E. Teams playing a non-AVYFL team during pre-season shall be allowed to have their heavier players weigh at another time within that week by requesting an AVYFL member from another town to conduct the weigh-in.
- F. Only representatives of the AVYFL board members may fill out the weigh-in section of a player contract.
- G. After teams weigh-in, players must go directly to the field or warm-up area in sight of the other team (not a locker room area). Teams may go to the locker room at half-time only if locker rooms are available for both teams.
- H. All scales must be certified by Weights & Measures before the start of the season. Batter and/or Digital operated scales are allowed but must be verified for accuracy prior to the start of weigh-ins with an object such as a 10 pound dumbbell.
- I. Coaches have no decision at weigh-ins regarding the eligibility of players.
- J. There will be no “Weigh-ins” during playoffs and championship games. There certification from the regular season will remain intact for the playoffs and championship. Players will still go through the process of “weighing-in” but the results of these will not change the player’s status to play in that game. Thus if a player has been certified for their divisions during the regular season and weighs in at a higher weight for a playoff/championship game, that certification for the regular season will serve a validation for them to play in that respective game

Section 12 – Practices

- A. Except for an approved AVYFL Passing League, pre-season practice may not begin earlier than July 23, 2007 in accordance with climate and other factors determined by the AVYFL in establishing a common starting date for all teams within its jurisdiction.
- B. The first week of practice shall be devoted entirely and exclusively to conditioning, without the use of pads. Only helmets may be issued the first week. Full pads and contact is allowed at the start of the second week of practice. Players who join a team after the first week may wear pads but cannot have contact until they have had the 10 hours of conditioning.
- C. Blocking sleds may be used after players have had 10 hours of conditioning.
- D. Warm weather precautions: Teams must guard against serious problems, which in extreme high school, college and professional conditions occasionally result in death.

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The training regimen of any team practicing in high heat and/or humidity will adhere to the following:

- Limit or eliminate laps entirely, and not assign laps for disciplinary reasons.
- Schedule practices for early evening when the sun is low in the sky.
- Regardless of the water you may have been denied by your coach when you played, today the best medical advice requires you to give your players all of the water they want to drink when they want it. Substituting soft drinks or other sugar-laden drinks for water should be discouraged.
- Do not ignore signs of heat exhaustion.
- Within each hour of practice, there should be a minimum of a 10 minute water break. A good idea would be to use this time for talk or bookwork.

E. Prohibited from practice:

- Use of “bull ring” or any other drill where the player may be subject to a hit from a direction they cannot see will not be allowed. Half ring or other practice drills of this nature may be used where the player has at least peripheral vision and can anticipate a hit.
- Any sled or dummy that employs a spring loaded or mechanical principle that “shoots” out part of the apparatus in order to stimulate the movement or impact of an imagined opponent.

F. Teams are allowed 10 hours per week of pre-season practice, 2 hours per day, 5 days per week for 3 weeks. Beginning on the fourth week, practice is limited to 7 ½ hours per week. No practice shall end later than 8:30 p.m. Practice is not allowed on Saturdays or Sundays.

G. Each team is allowed a controlled team scrimmage, or participation in an AVYFL carnival before the start of the season. The town hosting the Carnival will be entitled to keep all profits from the concessions. There will be a \$2.00 admission fee during Carnival. Ice chests will not be allowed at the Carnival (except for team ice chests, which must be carried in by coaching staff). AVYFL will receive one half of the gate money. During the Carnival, the following rules will be followed:

- Coaching will be permitted on the field.
- Time-outs may be taken between plays to allow coaches to critique and instruct players.
- Coaching staff may inform each other of plays they are going to run in order to focus on defensive/offensive plays.
- Game score is not kept and is not the primary goal.
- No official time is kept.

H. To prevent possible bending of rules as a protection of children, a practice is defined as a gathering of players, without minimum number, requiring the presence of at least one coach, where football skills are discussed physically or mentally. A team party at any location may be considered a practice. This rule will be followed in order to prevent

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injuries to players and/or to not allow any one team to get an unfair advantage over another team within the AVYFL.

Section 13 – Games

- A. Non-League games – regulation 4-quarter games with game officials, game clock and score. The outcome of non-league games does not count in team’s standings or toward any play-off qualification. Pee-Wee division games do not require CIF (California Interscholastic Federation) officials but may use adults (non-coaches) or High School athletes as officials.
- B. The Secretary shall provide each town President with a complete schedule of games. Unless other arrangements are made, each home team will telephone the Secretary with game results the same evening the game was played or no later than 10:00 a.m. the following morning.
- C. Playoff games will be played at the site of the team with the better record/seeding. It will be played at that site even if there is not a visible scoreboard.
- D. Playoff and championship schedules are to be decided each year by the AVYFL board. If a town has two or more teams in the championship game, game times must allow for the members of the community to attend both games. Game times will be set by the AVYFL if not settled otherwise. In such cases that there is 3 or 4 way season ending record tie, the tie breaker to determine which teams advance to the playoffs will be determined by a “hat draw” or “coin toss” system.
- E. The Championship Game for each division will be played at a neutral site which will have a visible scoreboard. This site will be selected by a hat pick. – Board Approved.
- F. The President/Vice President from each town will be present at all Championship Games. If it is not your town’s team in the Championship Games the President/VP from each AVYFL town will still be present at this game. These individuals will be present to deter conflict of interest; will serve as third parties if any conflicts arise. – Board Approved.
- G. Games ending in a tie at the end of regulation shall be played off to achieve a win-loss status. High School tie breaker rules will be followed. No ties will be allowed to stand.
- H. Teams are allowed post-season Bowl games only with prior approval of the AVYFL President. This may include Bowl games against teams outside of the AVYFL.
- I. All rules apply beginning with practices and ending with post-season playoffs and Bowl games. No teams, on its own, may arrange a game. All games, regardless of type, must be arranged through and with the sanction of the AVYFL. Unless otherwise authorized by the AVYFL, no game will be scheduled on Sundays. The first regular season game, shall not take place earlier than July 4th, regardless of climate. A period of at least 4 full days (96 consecutive hours) shall elapse between the end of any game for a given team and the beginning of the next game. (Exhibition, Pre-Season, Regular Season, Playoffs, or Bowl games).

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- J. The following items shall be worn by all players beginning with the first day of contact:
- Helmet – only helmets displaying a current “Seal of Certification” shall be worn. Each town must provide proof of current helmet certification upon request by the AVYFL.
 - Shoulder Pads
 - Pants with belts
 - Hip, Kidney and Butt pads
 - Thigh pads
 - Knee pads
 - Jerseys – Each team (with the exception to the Pee Wee Division) must have both dark (Home) and white (Away) jerseys. Each Head Coach will be responsible for notifying the opposing Head Coach of any jersey problem no less than 24 hours before a game.
 - Mouth Guard (Keeper strap to helmet is required)
 - Athletic supporter (optional)
 - Shoes and socks (cleats may be detachable or soft composition only)
 - Eye glasses, when needed, shall be shatter-proof glass or contact lenses.
 - Face shields are not allowed, unless prescribed by a physician in writing and must be clear only.
- K. Basic Playing Rules:
- Unless stated otherwise by the AVYFL, games are played under CIF rules for varsity football, under the National Federation of State High School Athletic Associations.
 - Teams scouting is allowed at games. Use of films for future scouting is allowed. Films shall not be watched while the game is in progress. Any coach affiliated with a team may not film that team’s game.
 - The use of walkie-talkies or telephone for spotters is allowed.
 - The home team will be responsible for the presence of a game physician or ambulance at each game. In the absence of a physician or ambulance, the minimal safety requirement shall be the presence of one individual associated with the home teams who is qualified in first aid and holds a current Red Cross/Multi-media card or equivalent. An additional person must know the location of the nearest public telephone or cell phone and have previously memorized the phone number to the nearest ambulance service or rescue squad.
- L. Officials
- AVYFL shall arrange for the presence of at least 2 qualified officials and 2 trainee officials at each scheduled game. A qualified official is one who is an apprentice position, working toward certification as a registered high school or college official.
 - There shall be a minimum of four qualified officials at every post-season game.
 - Payment of the officials is the responsibility of the home team.
 - The commissioner for the officials shall be provided a copy of the AVYFL rules.
 - Junior/Senior Division – It is mandatory that there will be 2 qualified officials and 2 qualified individuals to assist the Referees at each game.

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Pee-Wee Division

- Pee Wee's will start kicking the ball off from the beginning of the season. All Pee Wee teams will be required to kick-off from the 40 yard line to start a game or after a PAT attempt.
 - Coaches are not allowed on the playing field during the games.
 - A "free punt" rule without the rush of a defense will be in effect. The Head Coach or team captain will declare to the Official that they will be punting. The Official will instruct the defense that the offense will be punting and not rush. Once the offense has declared their intentions to punt, they cannot advance the ball in any other manner.
 - There will be a mandatory one qualified official and 2 trainee officials (depending on availability) at each Pee Wee Division game. The 2 trainee officials may be High School students. **But the 2 qualified officials must be adults.** All Pee-Wee Officials must possess a thorough knowledge of the game.
 - Inappropriate behavior from coaches, players, or fans toward any Pee-Wee Official may result in adverse action against that person, including the Head Coach and the team.
- THIS RULE WILL BE STRICTLY ENFORCED!**
- Official's judgment calls are final.

M. Game Ball

- An intermediate ball, 14-15 ounces shall be used by both divisions. The ball must be a good condition grade leather or rubber.
- Each team may use any legal ball of its choice during a game.
- The decision of the official is final involving the acceptability of a game ball.
- Pee-Wee Division will use a junior size ball compatible to that age group.

N. Playing Field

- The home team is responsible for the preparation of the playing field and all requirements for a game, but is not responsible for providing water to both teams.
- Unless preciously approved by the AVYFL, the standard 100 x 53 1/3 yard playing field is authorized for all divisions.
- The fields shall be equipped and marked in accordance with high school standards.
- Lime and other caustics shall not be used.
- The bench area is reserved for rostered personnel and game physician only. The sideline area is reserved for the chain crew. The general vicinity of the playing field shall be clear except for the presence of ambulance and law enforcement.
- The home team shall provide a three man chain crew (minimum of 1 – 16 year old and 2 – 14 year olds).
- The cleaning of the bench area and bleachers is the responsibility of the Head Coach of the home team.

- O. Senior Division shall play 10 minute quarters.

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P. Junior Division shall play 8 minute quarters.

Q. Pee-Wee Division shall play 10 minute quarters. A continuous clock will run during the first 3 quarters of play. During the 4th quarter, the official will stop the playing clock in accordance with the same rules of the Junior and Senior divisions.

R. Intermission

- 2 minutes at the end of the 1st and 3rd quarters.
- 15 minutes at the end of the 2nd quarter
- 20 minutes between games (may be reduced as long as both Head Coaches agree)

S. A team shall be permitted no more than 4 time-outs per half.

T. Scoring Values

- Touchdown = 6 points
- PAT (Run/Pass) = 1 point
- PAT (Kick) = 2 points
- Safety = 2 points
- Field Goal = 3 points
- Forfeit = 1 point

Pee-Wee Division

- No field goals. PAT will be run or pass only.
- PAT from the 3 yard line (run or pass) = 1 point
- PAT from the 5 yard line (run or pass) = 2 points

U. Players

- Free substitution rules are always in effect.
- The eligibility of a player may be challenged as noted earlier herein.
- Coaches should use extreme discretion once a player is removed by reason of injury before he/she is allowed to resume the game.

V. The Rules of the National Federation are repeated:

- Spearing and Butt blocking will not be tolerated.
- Spearing is deliberately and maliciously driving the helmet into a player who is down or who is held so he is going down, or whose forward progress is stopped or obviously out of the play. It is a disqualifying personal foul.
- Butt blocking is defined as a blow with the facemask, frontal area, or top of the helmet as the primary point of contact, driven directly into an opponent. The technique is considered dangerous to both the blocker and the opponent and carries a 15 yard penalty.

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- Any AVYFL coach found to be teaching such techniques shall be subject to dismissal from the AVYFL.
- There is a Gentlemen's agreement between all towns that there will be no instruction or use of chop blocking in games.

W. Game Administration

- Admission fees shall not exceed \$3.00 for adults and \$2.00 for children. Towns may choose to charge less but may not charge more.
- Admission fees for Carnival shall be \$2.00 for adults and children.
- Half of the gate money from the Pee Wee and Junior Senior Carnivals will go to the AVYFL account for AVYFL expenses. League Fees will remain the same for this season. – Board Approved.
- AVYFL will issue coaches passes with their picture on it versus coaches' passes as in the past.
- League passes entitle bearer to free admission to AVYFL games within the restrictions stated on each pass.
- Each town will take pictures of their coaches and submit them to the AVYFL Board by a determined deadline. These pictures will then be used to create the badges. Pictures must be taken with a digital camera.
- These passes will have the coach's picture, Name, Division, and Team. They will also be worn around the neck or on the shirt in order to be visible at gate entry and during a game.
- Each coach with this badge will be allowed entrance to a game at no charge.
- A coach's wife may be allowed entrance to a game a no charge but only if accompanied by her husband who is the coach.
- The maximum coach's passes for each team is 10 passes. The Weighmaster is included in this 10 pass maximum.
- The league may issue additional passes to league officials as needed.
- Anyone, regardless of position, that does not show a valid league pass is expected to pay for admission.
- Each town must provide a game administrator at all home games.
- The administrator shall be the contact person for the game officials should there be any problems regarding the game.
- The game administrator shall identify himself/herself as such, before the start of the game, to the head official and the opposing coach.

X. Lopsided Scores/Intentionally Run-Up Score

- Any game in which a team has lead over the other team by 28 points or more at any point can be considered a game with a lopsided score. At this point, the coach that has the lead shall take necessary measures to refrain from adding to his point total unless the other team scores. This can be done by playing the second-string players on both offense and defense.
- Intentionally run-up scores are the result of conscious and a deliberate effort by the winning team to amass as many points as possible while denying the opponents and

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continuing to play the starters on offense or defense or both, even though the other team is hopelessly behind.

- The Head Coach of the losing team may ask the AVYFL to conduct an investigation if he feels the score was deliberately run-up by the opposing coach. This request must be made no later than noon of the day after the game was played.
- Before declaring an intentional run-up score, coaches should be aware that there could be circumstances that make a difference between a lopsided and an intentionally run-up score.
- If after a preliminary investigation the AVYFL determines that further action may be warranted, a meeting will be called and will include but not limited to:
 - Both Head Coaches will be required to attend.
 - Key witnesses may be allowed to participate with prior approval of the AVYFL.
 - Game film can be used as evidence if approved by the AVYFL.
- AVYFL will make the final determination as to whether the final score was lopsided or an intentionally run-up score.

Section 14 – Police Powers and General Provisions

A. Hearings

- Each town has authority over adults and juveniles connected with their teams and can settle disputes between individuals as well as imposed disciplinary action against any individual involved with or acting in the capacity of the AVYFL for violation of these by-laws. All matters detrimental to the integrity of the AVYFL will be brought to the attention of the AVYFL President.
- AVYFL has authority over all its members (Adult & Juveniles), local boards, when said group and/or individual is in violation of any of these by-laws.
- The AVYFL President can intervene in the affairs of any participating town when said town is unable or incapable of performing its duties.
- If a participating town has a dispute within itself, the AVYFL President can rule to allow a 72 hour period for said town to resolve their problem via their own board. Written documentation detailing the matter and the outcome will be provided to the AVYFL President who will determine if the AVYFL board will need to review the case. In all such cases, the AVYFL President has the authority to call witnesses as needed.

B. Mandated Disciplinary Action – Adult Offenses

- The AVYFL board has the authority to review all matters pertaining to Rules Violations including ethical and moral issues. Penalties may include one or more of the following:
 - Verbal Reprimand (Warning)
 - Probation – 1 week minimum and up to 1 year maximum
 - Suspension – 1 week minimum and up to 1 year maximum
 - Permanent Suspension
 - Fine assessed to the offender – Up to \$100 maximum

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-Forfeiture of game(s).

- Head Coaches will bear the overall responsibility for the conduct of the players, coaches and parents/spectators. The actions of the Head Coach during an incident such as preventive measures, attempts to de-escalate the situation, will assist the AVYFL board to determine appropriate action taken on said Head Coach and/or team.

C. Mandated Disciplinary Action – Juvenile Offenses

- The AVYFL President has the authority to suspend any player ejected from a game for any type of unsportsmanlike conduct, disrespectful behavior to players, coaches, and/or league officials for one week of practice and 1 game. Repeated offenses could result in suspension for the remainder of the season.
- *Note: It is the responsibility of an ejected player's Head Coach to report said ejection to the AVYFL President by no later than 10:00 a.m. following the day of the game in which the suspension took place.*

D. Mandatory Duties

- All Head Coaches of a home game will call in the final score of the game to the Secretary no later than 10:00 a.m. the following morning.
- Each participating town must be represented at all AVYFL meetings.
- From time to time, mandatory meetings will require the presence of the Cheer Advisors and the Weighmasters with the contract books.
- Repeated failure to adhere to these duties could result in a fine of up to \$50.00.

E. Parents/Next of Kin

- Effective the start of the 2005 season, all parents/next of kin of each participating player/cheerleader will be required to sign a “Parent/Next of Kin Code of Conduct” contract.
- The contract will include language advising the parents regarding the code of conduct expectations by the AVYFL and results of failing to follow such expectations.
- Failure to sign such contract will be grounds to deny a player/cheerleader participate in the AVYFL. A copy of the signed contract will be provided to each parent/next of kin.
- Each Head Coach will be responsible to ensure that the original contract remain part of each player's contract for the remainder of the season.
- The absence of a “Parent/Next of Kin” contract during weigh-ins will result in such player being ineligible to participate for that game.

ALL RULES ARE SUBJECT TO CHANGE WITH BOARD APPROVAL.