

Sacramento Youth Football
By Laws - Rules

2009

Mission Statement

The SYF is dedicated to the athletic and academic development of our student athletes through football and cheerleading. We will conduct all of our business with the student athlete's safety and mental well being in mind. While doing so, we will accomplish our goal of supporting our local communities and the high schools in which we feed into. The SYF promotes character building, personal accountability, self-discipline, respect, integrity and sportsmanship towards our fellow competitors.

Article 1: Name

We will be known as Sacramento Youth Football Hereinafter referred to as SYF and shall operate under the umbrella affiliation of American Youth Football and it's 501(c) 3, our EIN is 26-4438740. Our place of business and mailing address will be 4420 Beloit Dr Ste 10 Sacramento, Ca 95838.

Article 2: Purpose

The purpose of Sacramento Youth Football league will be to facilitate and run a league of affiliate youth football and cheer associations/teams. To include assisting with fundraising and charitable causes, such as the Youth Shrine Bowl and others.

Article 3: Leadership

Sacramento Youth Football will be governed by a self appointed board consisting of the Commissioner, Louis Jay Erhart and a Division Vice Commissioner for each division of football and cheer offered. These Vice Commissioners volunteer at the discretion of the Commissioner. The Commissioner will run the day-to-day operation of the Sacramento Youth Football league. At his discretion the Commissioner may add or delete affiliate

associations/teams to and from the league. Affiliate associations/teams will have no say in the operation of the league and will only be considered advisors to the league.

Article 4: Finances

The Commissioner and or his designee shall be responsible for the Sacramento Youth Football Leagues banking and financial responsibilities, to include any and all financial reports to the State of California, the IRS and American Youth Football.

Article 5: Book Keeping

The Commissioner and or designee shall have the responsibility to maintain any and all records of the SYF and it's business practices, as well as information related to SYF affiliated associations/teams.

Article 6: Membership

The Commissioner has the discretion to allow associations/teams to participate on the SYF schedule on a season-by-season basis. No associations will be members of SYF or have voting rights as to the operation of SYF. Affiliate associations/teams not meeting the eligibility requirements of the SYF and or fail to follow the rules of the SYF shall be removed from the SYF schedule at the discretion of the Commissioner.

Article 7: Discipline

The Commissioner and or designee will have the sole discretion to discipline, suspend or remove any SYF certified administrator, coach, instructor, player or parent/fan from SYF competition at anytime for violating SYF rules, philosophy or code of conduct.

Article 8: Release of Liability

Any member of an affiliate association/team must sign a release of liability for each season affiliated with SYF. Failure to do so will result in immediate termination of SYF affiliation.

Article 9: Payments

The Commissioner has the discretion to allow payment for equipment, supplies, uniforms, facilities use, private instructors, coaches, advisors and or consultants who render services to and benefit the SYF and affiliate associations/teams. The Commissioner also has the discretion to donate funds to affiliate associations/teams and or other appropriate non-profit organizations.

Article 10: Dissolution

If at any time the Commissioner deems it necessary to dissolve this organization, all funds and assets shall be donated to a State recognized non-profit organization of his choosing.

Article 11: Amendments

These by-laws may be amended by the Commissioner of the Sacramento Youth Football League at any time. Affiliate associations in good standing with SYF may make recommendations for amendments at any time. Amendments to these by-laws go into effect immediately after inclusion unless the amendment specifies a future date and time.

By signing below, I acknowledge that I wrote, read and agreed to uphold these by-laws to the best of my ability. I also take seriously the role and responsibility of the office of Commissioner.

Signed: Louis J Erhart
Founder/Commissioner
Sacramento Youth Football League

Charter

The SYF shall consist of an even number of teams if applicable. All of which must be supported by and affiliated with their local feeder high school and coaching staff. Teams will only be authorized to recruit players from within their high school student enrollment boundaries.

Final decisions on league business as well as the addition or deletion of associations within the league is at the discretion of the league Commissioner, Louis J Erhart.

The previous year's associations/teams President or designee shall come together to vote on the following:

- a. Rulebook (as outlined by Varsity Coaching Committee)
- b. Code of Conduct
- c. Season schedule

Fees

No financial fees are required to be a member of the league

All events will be the financial responsibility of the association gaining the revenues from said event.

The SYF Commissioner and his staff will annually host the league Jamboree, Cheer Showcase/Competition and Championship games. All revenue gained from these events will go towards, said events, league awards and any other league designated functions requiring funding.

Administration

Gold Badges:

- a. Free entrance to all league events
- b. Each association allowed 8 badges (association assigns)
- c. Badges are only valid for the year assigned

General

Each association/team within the league, must be a recognized non-profit corporation with records on file with the State Attorney Generals office, or AYF affiliate non-profit and in good standing

Each association/team will be responsible for their own state and federal mandated reports i.e. taxes, etc

The league commissioner and presidents will meet on a monthly basis to facilitate SYF business

- a. It shall be the responsibility of the league commissioner to schedule locations and times for league meetings.
- b. Meetings will be held in a centrally located facility
- c. Hosting location will ensure ample tables and chairs for all league members who will attend said meetings. Unless otherwise directed, each association President and Cheer Coordinator and or designee must be present at all meetings.

Definitions

League – A grouping of associations with teams of the same age groups (division)

Association – An organization that sponsors and administers one or more teams characterized by geographical coverage (feeder high school recruiting boundaries)

Team – A group of participants organized under the direction of a coaching staff within a given association

Division – One of four (4) age/weight classifications

- a. Jr. Pee Wee
- b. Pee Wee
- c. Jr. Midget
- d. Midget
- e. Frosh (if applicable)

Conference – Sub grouping of associations within the league. This will be accomplished by vote of SYF Div Vice Commissioners and the SYF Commissioner

Schedules – To be determined by SYF staff

Practice – A gathering of players where one of the following takes place

- a. Wearing of association equipment or uniforms
- b. Running of plays, scripted or non, cheers and or stunting
- c. Physical contact with players, sleds etc
- d. Exclusion of others (persons wanting to participate that are not a member of your team)
- e. Any contact, physical or verbal with any association coach or board member

Certification

Certification is the process whereby the league ensures each participant meets the minimum league requirements for participation. This applies to players, coaches and administrators

Camp

A training session provided by your high school coaches, only allowed after July 27th 2009.

Clinic

A training session provided by an outside organization for instructional purposes, players may participate as individuals, but not as a team, or be coached by league coaches. Must be open and available to all for participation.

General Requirements

Coaching – Coaches are subject to decertification, suspension, or expulsion for violations of the following:

- a. Coaches are considered to be in an official status whenever they are participating in and league activities
- b. Badges must be worn during all SYF activities
- c. All Coaches – must be 18 yrs old or older
- d. All instructors must be 15 years of age or older
- e. Each association will be responsible for it's own selection process
- f. Each association will be responsible for their coaches criminal history/background checks
- g. Coaches will refrain from using vulgar or abusive language
- h. Coaches will ensure team / individual/chain crew sportsmanship

Registration

All participants must be registered with the sponsoring association prior to any and all league activities. Each participant must provide the following to be league eligible

- a. Parental consent
- b. Medical clearance
- c. Proof of age
- d. Signed Parental/Player contract
- e. Proof of residency when requested by SYF staff

Academics

Each association will set their own academic standards for participation. The league will assist with the financing of academic awards for each association. Teams are required to send the commissioner a written request for academic funds by October 1st annually. Funds will be dispersed equally among associations based upon availability.

Certification Requirements

Participants:

- a. Certify for one team only
- b. Current league player card W/ Photo
- c. Signed parental consent
- d. Medical clearance to participate (dated after Mar 1 of current year)
- e. Signed code of ethics
- f. Emergency information worksheet / Treatment authorization
- g. Valid proof of age
- h. Valid proof of residency (current)

Proof of Age

Any one of the following is acceptable

- a. Original Birth Certificate
- b. Certified stamped Copy of the original Birth Certificate (photo copy not acceptable)
- c. Military I.D card
- d. Adoption Paperwork
- e. Passport

No other documents will be used for certification!!!!

Coaches

Must have a signed copy of their association's code of ethics/conduct on file prior to interaction with any and all student athletes. Each association will be responsible for the security checks on any and all coaches within their association

Coaches badges: 1 SYF coaches badge will be assigned for every 5 participants on your association/team. SYF badges will be issued to coaches at the discretion of the association/team president for each association.

Weighmaster

Weighing players for certification purposes will be done by SYF staff members only and witnessed by the association President and or designee.

- a. Players will be weighed by SYF staff for certification
- b. All athletes will be weighed on a certified scale
- c. Players will weigh in one time only, after Aug 17th and before Jamboree to be eligible to participate and certify in SYF and Jamboree. All others not certified by Jamboree, will be required to weigh in at the SYF ITC 6:00 – 8:00 pm Sept 8th 2009, to be certified to play in the 2009 season. No players will be certified after this date.

Administrators

Must have a signed copy of their association's code of ethics/conduct on file prior to interaction with any and all student athletes. Each association will be responsible for the security checks on any and all administrators within their association

Team

To be completed prior to league certification/jamboree:

- a. A minimum of two coaches, one of which will be designated as Head Coach
- b. A team Certification binder containing the following
- c. Coaching roster
- d. Participant Id Cards/player cards (signed by association President)
- e. Player roster in numerical order
- f. Emergency numbers for each participant
- g. Player physical (dated after March 1st)
- h. Team Binders will be pre screened prior to Jamboree by an opposing association board member

Practice

Restrictions:

- a. Practice shall not begin prior to the 3rd of August.
- b. No team shall practice more than 10 hours per week prior to Jamboree
- c. No team may practice more than 6 hours per week after Jamboree
- d. Each association will determine their own conditioning program prior to full contact / stunting
- e. A week is defined as 7 calendar days beginning Monday and ending on Sunday.

Gate Admission

Charges –

- a. 12 & up \$4.00
- b. 5-11 \$2.00
- c. 4 & under Free
- d. Seniors \$2.00
- e. Jamboree \$6.00, 4 and under free / Seniors discount tickets must be purchased at jamboree for \$4.00

Protocols –

The following will be admitted free of charge:

- a. Administrators W/Proper ID Badges
- b. Coaches W/Proper ID Badges
- c. Participants, W/Jersey Worn, Cheer Uniform Worn

- d. High school coaches / Administrators w/ district approved I.D

Medical

Each association/team will govern what type of medical coverage they require for practices. Each association/team is required to provide their own medical supplies and team EMT or First Responder at all league events. The hosting association is required to provide the ability to summon Emergency Medical Personnel in a timely manner. It is recommended a certified EMT or Ambulance be on scene at all league events.

Football Rules

Game Officiating –

All games will be played in accordance with the National Federation of State High Schools Association rules, except where noted:

Player eligibility –

Ages and Weights – All Players must meet the Age / Weight limits. The player’s age as of August 1st of the current year shall determine team level of participation. Player weight will determine position eligibility, i.e. skilled player, X-Man. Any player weighing heavier than the skilled player weight will then be certified to participate as an X-Man only.

| | | |
|-------------|--------------|----------|
| Jr. Pee Wee | Ages 7 – 8 | *95 lbs |
| Pee Wee | Ages 9 – 10 | *120 lbs |
| Jr. Midget | Ages 11 – 12 | *145 lbs |
| Midget | Ages 13 – 14 | *170 lbs |

*SP = Skilled Player, Eligible to participate anywhere on the field of play.

X-Man = A player weighing more than the SP weights. Eligible to participate on the offensive line in a 3-4point stance, must play Center, Guard or Tackle. Eligible to participate on the Defensive line in a 3-4 point stance, must be positioned head up or inside the offensive end of the line of scrimmage; may not advance the ball during a fumble or interception. May participate on Kick off and Kick off return teams on the front line only. X-Man will be required to wear a jersey number in the 60s, 70s, so as to be easily recognizable to the officials. X-Man are allowed to be punter and kicker on special teams, but are not allowed to advance the ball.

JPW Punting –

The offensive team will declare a punt to the head official. The ball will be placed by the officials, 20 yards forward of the placement of the ball. The ball may never be moved inside the defenses 20-yard line on a declared punt. i.e., if the ball is located at the 25-yard line and a punt is declared. The ball will be placed at the 20-yard line.

In Eligibility

Ineligible players are those that:

- a. Have falsified documents to gain eligibility
- b. Are participating in other football programs
- c. Are attending school in the 9th grade or above to include private/home or charter schools
- d. Have been ejected or suspended from the previous game they were eligible for
- e. Reside outside of the teams H.S recruiting boundary
- f. Teams, who play ineligible players, will forfeit all games in which the ineligible player participated. Ignorance is not an excuse
- g. Teams found to be using illegal players risk immediate expulsion from future SYF events and or scheduling

Penalties

Failure to comply with the X-Man rules will result in a loss of down and a 15-yard penalty. The penalty will be enforced from the original line of scrimmage. A second violation will result in the same previously mentioned penalty plus, the ejection of the team's head coach. A third violation will result in the contest ending in a forfeit.

Roster Size

Minimum roster will contain 11 players; the maximum roster will be left up to each association. Roster cuts below 30 players are discouraged by the SYF.

Field Requirements

- a. Fields shall be regulation sized
- b. Fields shall have a scoreboard and visible clock
- c. Home association is responsible for the field set up and marking
- d. All fields will be marked in accordance with high school standards
- e. Chain crews will be manned by the visiting association

Game Ball

The only ball authorized for use in a sanctioned SYF game will be the SYF logo'd Baden Composite football. Balls will be labeled JPW/PW and JM/Mid respectively. Teams found using an unauthorized ball for play during a game will receive a 15-yard penalty for a first offense and a head coach ejection for the second. A third offense will result in a game forfeiture.

EQ Requirements

- a. See NFHS rule book for basic guidelines
- b. Helmets must be inspected and certified within the last two years (NOCSAE)
- c. Home team will wear dark Jersey's, when colors conflict
- d. Molded and Screw In cleats are acceptable (see NFHS rules)

- e. Equipment will be inspected during game day certification

Weigh In

Each football participant will weigh in to determine team / position eligibility one time. This will be done at the specified weigh in times during team certification. This must be completed on or before September 8, 2009.

Any player certifying after Jamboree must be weighed in and certified prior to practicing with an individual association. A player's weight certification will be his/ her certification for the remainder of the playing season (see age weight chart). i.e., a player weighing in as an X-Man at certification cannot drop into a lower category if there is a weight loss during the season.

- a. All players will be weighed by an SYF staff member
- b. The official weight as determined by the official scale will be final
- c. In order to make weight a player may remove any article of clothing except undergarments i.e. briefs for males, Sports girdle and sport bras for females (a female staff member must be present)

Scoring

Touchdown – 6

PAT by run or pass – 1

PAT by kick – 2

Safety – 2

Field Goal – 3

Forfeit – 1

JPW (only)

Pass or kick 2 points

Mercy Rule

If one team has a 35-point lead on an opponent at halftime of the contest or anytime thereafter, the contest will be officially ended and the scores frozen and posted accordingly. The losing coach has the option of playing the remainder of the game or continue the contest as a controlled scrimmage. See (NFSH rules) The SYF will encourage the winning head coach to refrain from intentionally attempting to score further points, i.e. playing starters, passing, etc.

Score Reporting

- a. All scores will be emailed to the league commissioner by both associations within 6 hrs after the completion of each week's games.
- b. Scores will be posted after being received and verified by the league commissioner and or designee

- c. It is the responsibility of all associations to verify the scores posted. Failure to do so within 24 hours after being posted will result in scores remaining as is.
- d. Scores for non-league games need to be reported.
- e. Non league games will not be used for standing purposes or tie breakers

Playoffs/Post season

Teams will be determined based upon wins and losses in league games only. SYF league champions will represent the SYF in the Cal / Nev Championships November 14th, 2009, All 4 levels participate in said Championships. Teams must be scheduled in SYF Div 1 to be eligible.

Cheer Rules

All league associations are encouraged to have cheerleaders at the four-listed age levels.

- a. Age, All cheer leaders must meet the age limits in order to certify
- b. The cheer leaders age as of August 1st shall be the certified age for the upcoming season

Team Levels

| | |
|---------|-------|
| Mascots | 5-6 |
| JPW | 7-8 |
| PW | 9-10 |
| JM | 11-12 |
| MID | 13-14 |

Mascots – Mascot cheerleaders are optional. The decision to have them will be left up to the individual associations. If associations choose to have them, they will be required to participate in the certification process and meet all other league rules and requirements.

Team

Coaching – Staff for each age level will be left to the association, with the following stipulations:

- a. All certified coaches must be 18 or older
- b. Instructors must be 15 or older
- c. Coaches and instructors will set an example of positive interaction at all times

Discipline

The head coach (with the approval of the association) may remove any cheerleader for any one or more of the following:

- a. Misconduct

- b. Attendance
- c. Improper attire
- d. Attitude
- e. Safety

Roster

The maximum roster size will be left to individual associations, with the recommendation of 20 by the SYF

- a. Roster size may be cut to the needs of the individual association

Dress

Proper Attire:

- a. Each association will set the standards for dress for their athletes

Hair and Nails

- a. Each association will set the standards for their athletes

Make up & Accessories

- a. Each association will set the standards for their athletes

General

Outside Services – Since we as cheer associations will not be required to compete against one another, outside services such as, Choreography, Music Mixing etc is encouraged. This too will be at the discretion of the individual associations.

Certification

Each Cheerleader will certify at Jamboree. They will be required to have the same certification procedures as set forth previously in this rulebook. See (football certification) No weigh ins

- a. Teams will only certify one time
- b. Teams will be required to attend all League games/Playoffs/Championships and the SYF Cheer Showcase.
- c. Teams will be required to meet the opposing cheerleaders at least once per contest
- d. Teams will have the option of performing a half time routine of their choice
- e. Home teams will be encouraged to provide musical equipment for the playing of the visiting team's routine music.
- f. It will be the responsibility of the visiting cheer coordinator to ensure said equipment will be available, via communication channels

Game Conduct

Cheer & Sidelines

- a. All cheers will be done in good taste
- b. No derogatory cheers to the opposing team will be allowed
- c. Hello Cheers will be encouraged
- d. Mascots may be added for sideline/halftime cheers or routines at the discretion of the association
- e. The use of props, signs and or poms etc would be left to the discretion of individual associations

Music & Song Routines

- a. All music is the responsibility of the association
- b. Music shall not contain any profanity, vulgar or offensive lyrics

Half Time Performance

At the discretion of each association:

- a. Shall not interfere with the start or completion of the football game
- b. Each team will be afforded the same allotted time to perform

Try outs/Camps/Clinics

Will be at the discretion of the association:

- a. Will adhere to the same policy as previously mentioned in (football camps) must be open to all with the exception of Try outs
- b. Teams will be encouraged to attend parades and community events

Competition

No teams will be required to attend cheer competitions:

- a. Cheer teams will be encouraged to represent the SYF at outside cheer events and competitions.
- b. Associations would be encouraged to attend the annual SYF cheer competition held at Sacramento State University
- c. Combining teams for outside competitions would be at the discretion of individual associations.
- d. Combining teams would not be encouraged for league events, but the decision will be left up to the association

Stunts

The following will be at the discretion of individual associations. Each association is held responsible for the safety of all of its student athletes:

- a. Tumbling,

- b. Pyramids
- c. Tosses
- d. Dismounts