



Northern California Federation of Youth Football and Cheer

Rules of Operation

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RULES OF OPERATION OF THE NORTHERN CALIFORNIA FEDERATION YOUTH FOOTBALL

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Document Version Changes

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2/20/2018	2018 1.0	Update	NCF Board / J. Oates
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3/27/2018	2018 1.2	Cheer host appendix events TBD added	NCF Board

CHAPTER 1

OBJECTIVES

The essence of Northern California Federation Junior Youth Football, hereinafter referred to as NORCALFED, is a physical fitness program in an atmosphere conducive to the development of mind and character.

NORCALFED football presents to each adult affiliated with the program a unique opportunity to share in the molding of youth. Adults, so affiliated, must teach that hard work develops respect for discipline. Self-discipline, properly taught on the football field by a NORCALFED volunteer, can be a major factor in turning a youth's life of self-indulgence to meaningful self-respect, respect for the rights of others and respect for the law.

America's future lies in her youth. The lessons of life, so readily adaptable from the football field, can complement the work of the home, the church, and the school in molding young people. Discipline teaches youngsters that it isn't sissy to refrain from smoking, to get good grades, to eat a proper diet, to practice good sportsmanship and to keep themselves physically fit. All of this takes place in the context of youngsters playing NORCALFED football. NORCALFED enables youth to develop a sense of pride in their community. Competent coaching, adequate equipment and medical precautions combine to establish a sound youth football program. The program emphasizes school grades. A victory recorded by a game score is a short-term accomplishment and soon forgotten. Lesson contributing to character development learned on the gridiron can serve as valuable guidelines for life.

The NORCALFED adult fulfills his/her role best when he/she realizes that his/her job is to prepare youngsters for the High School teacher and coach. Building the right foundation is half the battle in making a good football player or cheerleader. Youth football players who can block and tackle, and youth cheerleaders who can cheer, dance and stunt will develop the proper attitude and confidence, and who are willing to work hard scholastically and physically are the ideal graduate from NORCALFED. Adults are required to concentrate their primary efforts on preparing youngsters by instilling in them a desire to work hard in the classroom and on the football field.

Many parents find it difficult to adjust to the changing relationships they encounter with their youngsters entering early adolescence. NORCALFED adults can help by pointing out to parents the importance of youth succeeding with their peers. The major responsibility of parents is to help their early adolescent to attain and hold membership in group activities of his contemporaries, such as the local NORCALFED team. Parents can play a big role by supporting their youngsters in their efforts to contribute to their team.

All Conference, Teams, Associates, Sponsors, Booster Clubs and adults affiliated with NORCALFED must embrace the NORCALFED tenets and philosophy as set forth above.

NORCALFED membership is voluntary and a privilege, not a right.

NORCALFED and member Associations reserve the right to refuse participation to anyone without comment.

NORCALFED and member Associations may terminate participation to anyone without comment.

Appeal hearings may be requested per Chapter VIII of these Rules of Operation.

CHAPTER 2

AFFILIATION AND MEMBERSHIP

The following requirements are establish to maintain membership within Northern California Federation of (NORCALFED) Youth Football and Cheer.

1. Associations wanting to renew their membership will file an application for acceptance at the January Semi-Annual Business meeting of each year. The Commissioner will review each application and present such applications to the Board of Directors who in-conjunction with the membership shall cast a majority vote of approval
2. The right to vote in each calendar year remains with the general memberships who are in good standing with all debts paid to NORCALFED in full. Members who are unable to clear a debt to NORCALFED shall have the opportunity to seek financial support from their conferences and be required to present a repayment plan for payment to the conference.
3. Associations will cast one vote pertaining to issues effecting NORCALFED per association.
4. The membership must cast its votes through the Association Presidents. An officer of that Association's Board of Directors may only hold a proxy as a representative of the Association. The proxy allows the representative to vote for the Association, even after discussions at the meeting, which may cause a representative to rethink the Association's position.
5. These Rules of Operation are applicable on a year-round basis.

CHAPTER 2

AFFILIATION AND MEMBERSHIP

6. A request to affiliate to join NORCALFED as a new member must receive a recommendation by the affected conference. The new member must attend three or more conference meeting to view the functions and operations of the conference policies and procedures. The affected conference will present an initial recommendation for approval or disapproval, and application to the NORCALFED Board of Directors who with the majority of the general membership will cast a vote of approval or disapproval at the January Semi-Annual Business Meeting.

The application shall consist of the following documents for review by the affected conference and NORCALFED Board of Directors:

- a. Comply with NORCALFED Association By-Laws - item non-negotiable.
- b. List of Board of Directors must receive a green light from the National Center for Safety Initiatives (NCSI) for background checks - item non-negotiable.
- c. Comply with NORCALFED's and Conference's Rule of Operations and all established decisions.
- d. Agree to one-year probation period starting from the date of entering NORCALFED
Note: this item non-negotiable.

- e. Provide NORCALFED and conference one to two year of financial statements of association stability. Note: item non-negotiable.

- f. Providing last year registration numbers.

CHAPTER 3

GEOGRAPHICAL BOUNDARIES

1. The geographical boundaries of a Conference shall be identical to the boundaries of its associations. The geographical boundaries of an Association shall be identical to the boundaries of its teams.
2. The geographical boundaries of an Association team must be expressed in public Senior High School attendance districts, or portions thereof. For the purpose of this section, division lines of public Senior High School attendance districts must be precisely established as directions from freeways, major streets through main line railroad tracks, and/or geographical features such as a creek, river, drainage, or irrigation canal.
3. An Association may not claim for its geographical boundaries public Senior High School attendance districts or parts thereof which it cannot adequately serve.
4. All boundaries must be approved by the Conference. Association boundaries may be adjusted with Conference approval to geographic, in lieu of High School District boundaries.
5. When Associations from different Conferences claim the same boundaries, the Conference boards must establish the boundary to be used, to eliminate the Association conflicts.
6. Any player who is registered with an Association may not play for another Association without a transfer letter. This rule applies throughout their tenure in NORCALFED. The only exception is if the player physically moves his/her residence to the geographical area of another Association.
7. A one-time transfer is granted to any player regardless of reason. No second transfer will be issued, EXCEPT if the sole reason for the first transfer was because their home team was full. All players and cheerleaders are veterans of the association that they completed.
8. Transfer request must include:
 - a. Signature of the resident Association President
 - b. Approval signature of the Deputy Commissioner in the resident district
9. Until ALL measures regarding the request are complied with, the player SHALL NOT participate in the out-of-district football or cheer program.
10. The transfer request form MUST be kept in Player Card Jacket.
11. Any player who participates in Association outside his geographic boundary, without a TRANSFER LETTER, will be removed by the Deputy Commissioner. The player will be ineligible to participate for the remainder of the season. The team will forfeit all games the ineligible player participated in, and will not play in the NORCALFED tournament that year.

CHAPTER 4 ORGANIZATION

1. NORCALFED

- a. The Commissioner and all Assistant Commissioners shall be allowed to hold more than one position within NORCALFED, if necessary.
- b. All NORCALFED, Conference, Association Officers and/or Coaches shall be allowed to hold more than one position within NORCALFED.
Exception: No individual may hold the position of Commissioner, Deputy Commissioner, Deputy Cheer Commissioner simultaneously.

2. CONFERENCES

- a. The Bylaws, Rules and/or Regulations of a Conference may not be in conflict with the Bylaws or Rules of Operation of NORCALFED.
- b. As of this printing of the Rules of Operation, NORCALFED recognizes the existence of the following active Conferences within the membership:
 - i. Southern Conference: Chico Jr Panthers, Colusa, Durham, Gridley, Oroville Rhinos, Paradise, River Valley, Sutter.
 - ii. Northern Conference: Anderson, Central Valley, Pleasant Valley Jr Vikings, Corning, Enterprise, Foothill, Orland, Red Bluff, Shasta, West Valley, Willows.
 - iii. Each Conference shall determine which Associations shall compete in Division I and which Association shall compete in Division II. When a Conference cannot agree on this determination, the NORCALFED Board of Directors shall make the determination.
- c. The creation of a Conference by way of amalgamation requires a two-third (2/3) vote of the quorum at a regular January meeting.
- d. The transfer of an Association from one Conference to another requires a majority vote at the Conference level.
- e. A Conference need not show cause for refusing to accept an Association into its membership.
- f. Each conference shall be governed by an elected Board of Directors. The Board of Directors shall elect its own Officers annually, consisting of Deputy Commissioner, Assistant Deputy Commissioner, Secretary, Treasurer, and other officers as required. The Deputy Commissioner will conduct an election for his/her Cheer Commissioner to assist with the Conference.
 - i. The Deputy Commissioner shall be the Chief Executive Officer and spokesman for the Conference. It shall be his/her responsibility to provide the administration of the Conference and its operation, and the appointment of committees to carry out necessary functions.
 - ii. Following each annual election of Directors and/or officers, the Conference Secretary must advise the Commissioner, by email, as to the name, address and position of each person elected and/or reelected.
 - iii. The Deputy Commissioner must, and will, have the authority to investigate possible infractions of the NORCALFED Rules of Operation and Bylaws, Conference Rules of Operation and Bylaws, and Association Bylaws, Rules and/or Regulations, and place his/her findings before a hearing committee, and administer such disciplinary action established by the committee.

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- iv. The Conference is responsible for the receipt of funds due to NORCALFED from its member Associations.
 - v. Each Association President shall serve his Conference as its Deputy Commissioner in the event no other qualified person is available.
 - vi. Deputy Commissioners are responsible for the prompt distribution within their Conference of all memos, circulars, letters, Bylaws, Rules and Regulations, amendments, alterations, financial statements, budgets, minutes and information received from the Board. NORCALFED may direct communications of any nature to any Conference.
 - vii. Deputy Commissioners must forward annually to NORCALFED, not later than the regular January meeting, financial statements of all Associations, that are part of the Conference, for the previous calendar year. These statements are to be on forms provided by NORCALFED. Said forms will be forwarded to NORCALFED's accounting firm to process the non-profit tax reporting requirements of the State and IRS.
 - viii. A Conference shall have monthly meetings as its Deputy Commissioner deems necessary to conduct Conference business. During the months of July through December, monthly meetings are mandatory.
 - ix. The Conference Deputy Commissioner will validate Hudl's violations, infractions, and enforce fines as recommended by NCF Hudl Representative which is payable to the conference.
 - x. Minutes, Bank Statements, and Monthly Transaction Statements – must list continuation by month. Posting to the NCF Share Drive is due by Sunday 6:00 PM PST, prior to the second Monday of the month.
 - xi. Rosters must be uploaded to NCF Share Drive within 24 hours of any certification.
 - xii. All football and cheer fines in the North and South, shall be the same amount for the same infractions:
 - 1. No Minutes - \$35.00
 - 2. No Bank Statement - \$35.00
 - 3. No Financial Report - \$35.00
 - 4. Non-Attendance of President - \$100.00
 - 5. Non-Attendance of Cheer Coordinator - \$100.00
 - 6. No MPR Roster - \$100.00
 - 7. Football Roster per team not uploaded within 24 hours of certification - \$50.00
 - 8. Cheer Roster per squad not uploaded within 24 hours of certification - \$50.00
3. ASSOCIATIONS
- a. The Article of Association, Bylaws, Rules and/or Regulations of an Association may not be in conflict with the Rules of Operation and Bylaws of NORCALFED.
 - b. An Association must be a member of an existing Conference within the membership of NORCALFED
 - c. An Association must consist of a minimum of five (5) teams, not of the same division. It may not consist of more than five (5) teams, not of the same division. This is to include Mighty Mites, Jr. Pee Wee, Pee Wee, Jr. Midget, and Midget.

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- d. An Association must annually conform to the schedule of games adopted by the NORCALFED Board of Directors. Games may be scheduled Saturday or Sunday depending on host team's field availability.
 - e. An Association must have an annual business meeting in the month of November to hold elections for their Board of Directors. The elections shall be by secret ballot. One ballot per Parent shall be given out to all Association members. New Executive Board must be elected YEARLY, prior to December's Conference Meeting. These ballots shall be counted by a tally committee of 4 or more persons not on the ballot, with results announced at the conclusion of the tallying meeting. A referendum ballot method of elections may be used in lieu of business meeting method of voting. Counting of ballots shall be same as above. All ballots shall be saved for one year.
 - f. An Association shall have monthly meeting as its Board deems necessary to conduct Association business. During the months of July thru December, monthly meetings are mandatory.
 - g. All Associations shall have in place the NORCALFED Concussion Management Awareness Program, which includes teaching of "Concussion Reduction Tackling Techniques" by all Football Coaches, Cheer Coaches and Personnel.
 - h. An Association President or Vice President may remove an appointed Association member's card.
4. REGISTRATION OF ASSOCIATIONS WITH NORCALFED
- a. Newly organized Associations sponsored by a Conference must deliver their request to affiliate through their Deputy Commissioner to the Commissioner prior to the convening of the January meeting.
 - b. Newly organized Associations not sponsored by a Conference must deliver their request to affiliate directly to the Commissioner prior to the January meeting.
 - c. The geographical boundaries of new Associations not sponsored must be filed with the Commissioner, with the request to affiliate with NORCALFED. Approval of said boundaries requires a majority vote of the quorum in regular meeting.
 - d. Affiliation fees for each year are established at the January meeting based on the budget prepared by the Treasurer and divided equally by each Association. Fee includes: Fifteen (15) NORCALFED rule books, One (1) high school rules book and case book, Player Registration Cards, adult certification cards and registration forms. Standard accounting costs for yearly tax returns by the NORCALFED accountant and weekly scoreboard report. Post season fees are also included.
 - e. All Associations must have their new Board of Directors in place by December Conference meeting of each year. Executive Board Members (President, Vice President, Treasurer, Secretary and Cheer Coordinator) must be in place prior to the December Conference Meetings. E-mail address of the President shall be presented at same meeting. The new Association Board shall take over effective January 1st.

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- f. No Associations may have their President and Treasurer from the same household or family. No family members may be signatures on bank account. Two signatures shall be required on all checks, money orders, etc.
 - g. All Associations are subject to audit per direction of NORCALFED Board of Directors and will be paid for by the Association.
 - h. Associations must submit associations Rules of Operations annually and signed by the incoming Executive Board of Directors at the January President's meeting, but no later than the May President's meeting.
5. LEAGUE FINANCIAL REPORTS
- a. All Associations must use the Quicken or QuickBooks method of accounting with the chart of Accounts supplied by NORCALFED. Associations are required to have a Laptop computer and Quicken Accounting Program or QuickBooks for the Treasurer. The Laptop must be capable of running the latest version of the Quicken or QuickBooks program.
 - b. Each Association prior to the Board of Directors meeting on the fourth Saturday of January, shall furnish the Commissioner with their year-end financial report, bank statement and their newly elected Board of Directors forms. A fine of one thousand dollars (\$1000), will be imposed on any Association not submitting forms on time.
6. LEAGUE WEBSITE ASSOCIATION
- a. All Associations will have their websites hosted on SportsEngine and must integrate the use of online registration processes.

CHAPTER 5 MEETINGS

1. NORCALFED shall meet on the fourth Saturday and following Sunday of January and third Saturday and following Sunday of May each year. (Following Sundays when necessary to complete a meeting). NORCALFED will meet once in each of the quarters of the calendar year to address concerns and issues.
2. The Commissioner shall set the hour and place of each meeting no later than fifteen days prior to said meeting, and announce same to all Deputy Commissioners via mail at that time.
3. A quorum shall consist of 51% of all NORCALFED directors and associations or their duly appointed proxies present. A 2/3 majority vote is required to add to or amend Bylaws or the NORCALFED Rules of Operation.
4. On the written petition of twenty-five percent (25%) of the membership, the Commissioner shall call a special meeting of NORCALFED at an hour and place no sooner than two (2) weeks, but no later than four (4) weeks following the receipt of the petition.
5. Any Conference that is not represented throughout a regular semi-annual meeting by their Deputy Commissioner, or his duly appointed proxy, must be fined one hundred dollars (\$100). Any Association not represented in person by their President or Executive Board Member shall be fined one hundred dollars (\$100)
6. The order of business at the regular semi-annual meetings of NORCALFED shall be:
 - a. Call to order
 - b. Request to be heard (state agenda item speaker wishes to address)
 - c. Roll call of Association & Directors
 - d. Approval of membership and renewal applications
 - e. Approval of minutes of the previous meeting
 - f. Fiscal Report
 - g. Commissioner's Report
 - h. Establishment of membership and affiliation fees
 - i. Establish insurance requirements – January meeting only
 - j. New conferences, transfer of Conferences and teams
 - k. Fines to be levied and/or expulsion from membership
 - l. Election of officers (Board of Directors positions which have expired)
 - m. Reports of Committees
 - n. Old Business
 - o. New Business
 - p. Proposals to amend Bylaws, or NORCALFED Rules of Operation, presented at January meeting.
 - q. Suggestions for the good of NORCALFED
 - r. Adjournment

CHAPTER 6 AMENDMENTS

1. By Statute (State Corporation Law), the NORCALFED Board of Directors has the right to amend, modify, or add to the Rules of Operation for the good of the Federation, which they have charge over. All new rules following January meeting will present to presidents for review and comment.
2. The Board cannot change the Bylaws without membership approval except as listed in Article 8.2 of the Bylaws.
3. The following procedures must be followed for the member Associations to change the Rules of Operation, or the NORCALFED Bylaws
 - a. Membership proposals to amend the NORCALFED Bylaws or Rules of Operation will be submitted to the Conference Deputy Commissioners in writing, by December 15th. The Conference Deputy Commissioners will then present those approved rules to NORCALFED Rules Committee, made up of the Board of Directors of NORCALFED. The NORCALFED Board of Directors will then meet on or before the second week in January to review and prepare the proposals for presentation at the January Membership Meeting. The NORCALFED Secretary must provide copies to all NORCALFED Officers and Association Presidents at the January meeting. Membership-authorized proposals not supported by the Board of Directors, must be presented for a vote at the January meeting. A 2/3 vote of the Quorum is required to have the Board revisit the proposals. The decision of the Board is final.
 - b. A Deputy Commissioner must present Amendments as provided in Paragraph A, if it has been forwarded to him by his Conference Board of Directors. A Conference Board of Directors must forward to the Deputy Commissioner every amendment which carries the endorsement of more than Fifty percent (50%) of the member teams of the Conference.
 - c. Amendments proposed by the NORCALFED Board of Directors do not require prior approval or endorsement by the Deputy Commissioner.
 - d. All voting for NORCALFED Amendments shall be done by secret ballot and will be presented to the Commissioner for tally of votes.

CHAPTER 7 ADULTS

1. Adults, as referred to in this Article, are construed to include coaches, scouts, managers, and parents/guardians of players; anyone involved in the operations of, or present at, any NORCALFED function.
2. All adults must be in “Good Financial Standing” with NORCALFED (NCF). A child will not be able to participate without his/her parents or guardians in good financial standing. Adults are required to pay in full all debts owed to NCF.
3. Adult team coaching personnel shall consist of: One Head Coach (at least 21 years old) and no more than seven (7) assistant coaches (at least 18 years old). A 14-year-old in high school may serve as an assistant coach. Cheer Coordinators, Assistant Cheer Coordinators, and Stunt Representatives (at least 21 years old)
4. An adult coaching application is be required by all coaches. Coaches under 18 years of age also require the medical release form. The coaching staff, under the direction of the Head Coach, shall be responsible for training and organizing the team and directing its plays. High School coaches are not eligible to coach in NORCALFED unless approved by the High School Principal in writing.
 - a. The Head Coach is solely responsible for which players will participate in each game and their positions. The Head Coach is expected to consult with his assistants in this matter.
 - b. An individual may not criticize the Head Coach’s decision. A parent or guardian may request a private explanation of the decision at an appropriate time and in the proper manner.
 - c. Coaches may not engage in any live scrimmage or other violent contact with the players.
5. All adults must register with their Deputy Commissioner prior to participating in the NORCALFED program. Registration will be on a form provided by the Commissioner and shall itemize the individual’s name, home and business address, telephone number, Conference, Association, team, birth date (if under 21), schooling and football experience. All NORCALFED badged adult personnel having direct contact with the program participants will be required to have a background record check by NCSI. An individual receiving a Red Light shall be ineligible to serve in any capacity.
 - a. The Deputy Commissioner may refuse to accept the registration of any individual if he finds the individual has violated any NORCALFED rules.
 - b. The Deputy Commissioner may not withhold his acceptance of the registration for a period in excess of four (4) weeks from the date he receives the registration form. The coach in question may not take part in the NORCALFED program during said four-week period.
 - c. If the Deputy Commissioner declines to register a coach, as referenced in “a” above, he/she must refer the matter to the Conference Board of Directors. After an investigation, he/she may accept the re-submittal, but must require the individual serve a probationary term of at least one year.
 - d. Use of another person’s badge is prohibited and will result in removal for both individuals for the current football and cheer season.

CHAPTER 7 ADULTS

6. COACH TESTING & CERTIFICATION

- a. NORCALFED shall clinic badge holders on the rules of NORCALFED. To be certified, each head coach must attend a clinic on NCF rules and pass the test. Each coach must complete the adult registration form, and receive a Green Light from the NCSI background check, NORCALFED **will not** invoke the right to adjust or overturn a NCSI determination in any RED Light determination.
- b. Coach certification testing shall be done yearly.
- c. In addition to the above, the following is required for Football and Cheer Coaches: Head Coaches **MUST** attend a Coaches Clinic. This clinic will teach Concussion Reduction Tackling Techniques. There will be a certification test administered after the clinic. There will be one (1) combined clinic. All Head Coaches **MUST** attend the clinic in order to be considered for a Head Coach position.

7. All coaches prior to participating in the NORCALFED program will be required to sign a statement on the registration form that:

- a. They have read and understand the NORCALFED, Conference, Association and/or sponsor Articles of Incorporation, Bylaws, Rules and/or Regulations and the playing rules.
 - b. They cannot claim participation in the NORCALFED program as training, experience and/or advancement for their livelihood, if they have been subjected to disciplinary actions.
 - c. They can be subjected to disciplinary action in the form of probation, suspension and/or disablement by Association, Conference and/or NORCALFED Bylaws, Rules and/or Regulations.
 - d. They must confine all appeals to actions taken under Chapter VIII of NORCALFED Rules.
8. All coaches must always have in their possession a **VISIBLE** badge signed by the Deputy Commissioner authorizing their participation in the NORCALFED program. Said card will itemize name, team, Conference, and carry the Deputy Commissioner's signature. No persons are allowed on the field without NORCALFED badge and will be removed immediately. Referees and medical persons are exempt. This includes practice or game playing field.
 9. Coaches shall reserve criticism for private moments with the player, or in the presence of the team, if the balance of the team might benefit. Criticism must always be constructive.
 10. A coach may be required to resign when, in the opinion of the Association, Conference, or NORCALFED Board of Directors, the coach in question is not capable of handling players, or of properly discharging the duties and responsibilities required of him by said Board of Directors.
 11. Adults affiliated with NORCALFED shall always strive to make every activity of the players serve as a training ground for life.
 12. Adults affiliated with NORCALFED will not criticize the coaches or fans by improper comments or gestures; will not incite unsportsmanlike conduct; will not strike a coach, game official, officer or director of any Conference, Association and/or booster club, parent, guardian and/or spectator. Verbal abuse, or physical threats of any kind, will not be tolerated.
 13. Adults affiliated with NORCALFED will not permit the unauthorized use of funds committed to their custody in conjunction with their participation in the NORCALFED program.

CHAPTER 7 ADULTS

14. Adults affiliated with NORCALFED will always set a good example in personal appearance and actions while engaged in the NORCALFED program.
15. Any individual whose conduct and/or actions are found to be detrimental to the activities of NORCALFED may be removed from the program. Such removal must be handled in the most discreet manner by the Board of Directors or the Association, Conference, or NORCALFED (ie. Unruly fans at practice, games, or other activities)
16. All coaches and adults shall refrain from drinking alcoholic beverages; using tobacco or illegal drugs; and using profanity while at any team function.
17. Anyone who quits or is removed from a Board or Coaching position will not be reinstated for that season.
18. Adults affiliated with NORCALFED found to have violated this Chapter may be suspended upon order of the Commissioner, or the conference Deputy Commissioner, for the balance of the current and the immediate following season. Such an order must be the result of an investigation as provided in Chapter VIII. An investigation is not required in violations of Paragraphs 3 and 8 of this chapter, only the mail poll of the Deputy Commissioners.
19. Badges for adults affiliated with NORCALFED include:
 - a. **BLUE:** Issued by the Commissioner to NORCALFED Board of Directors, Deputy Cheer Commissioner, and the Conference Cheer Coordinators.
 - b. **RED:** Issued by Conference Deputy Commissioners to Football Personnel who are required to be on the football field during a game. This shall include Football Coaches and Association Executive Board Members. EMT's are EXEMPT
 - c. **GREEN:** Issued by Deputy Cheer Commissioner and Conference Cheer Coordinators to Cheer Personnel who are required to interact with cheerleaders on a regular daily basis. This shall include Cheer Coordinators, Cheer Coaches, Stunt Reps and Instructors.
 - d. **YELLOW:** Issued by Conference Deputy Commissioners to Association Board of Directors, and Association workers such as Gate Attendant, Team Moms, and Equipment Managers. One Team Mom and Equipment Managers are allowed on the Sideline as Necessary.
 - e. **WHITE:** Issued by Conference Deputy Commissioners to Association President for use of Game Day Personnel, such as Team Photographers, MPR Monitors, and Scouts
 - f. **ORANGE:** Issue by Conference Deputy Commissioners to Associations for use of Junior Coaches/Cheer Instructors for practice field access ONLY. No orange badges will be allowed on the field during game day. Limit of 5 per team/squad and does not count against team/squad roster maximum.

CHAPTER 7 ADULTS

20. High School and College football/cheer camps are sanctioned by NORCALFED when they are open to all youth football players, and not just for one particular town. NORCALFED coaches may only instruct fundamental blocking and tackling skills at such camps. NORCALFED Association gear may be used. All such camps must be brought to Conference meetings for approval prior to attendance.
- a. The camp must be a fundamental skills camp only, and not focus on any program's offense or defense.
 - b. All camps are limited to one week duration.
 - c. All camp fliers must be brought to Conference meeting for notification to all associations.
 - d. All other types of camps must have NORCALFED Board approval.
 - e. Violation of this rule by coaches or players will automatically cause ineligibility to participate in NORCALFED for the current season.
21. Head Coaches for both Football and Cheer will be selected through an Association Board interview process. After interviews are conducted, the Board shall decide the successful candidate by majority vote. The Head Coach will select his staff which must have the approval of the Association Board. Only during tournament play, certified coaches may move within the association from team to another as long as the team has not reached the mandatory limit and the coaches are added on a team certified roster prior to the tournament play.

CHAPTER 8

DISCIPLINARY ACTIONS, APPEALS, INVESTIGATIONS BY COMMISSIONER

Conferences and Associations that violate NORCALFED Rules *can be denied the right to have any/all* of their teams engage in games during the current season upon order of the Commissioner. Such an order must be subjected to mail poll of the Deputy Commissioners.

Member Conferences, Associations or Teams of NORCALFED that act contrary to voted motions or resolutions may be investigated by the Commissioner. The Commissioner may order suspension on finding that this paragraph has been violated.

1. DISCIPLINARY ACTION

- a. An Association may discipline its Teams, including Adult Personnel, and a Conference may discipline its Associations, its Teams, and Adult Personnel. NORCALFED may discipline Conferences, Associations, Teams, and Adult Personnel.
- b. Associations may remove badges of individuals in their Association.
- c. Commissioner, Deputy Commissioners, and Assistant Commissioners may remove badges of individuals in any Conference of NORCALFED
- d. Individuals whose badge have been removed may appeal that action to the authority who took that action through an appeal hearing. Appeal must be made by certified mail within 2 weeks of removal.
- e. An individual not submitting an appeal on said punishment, punishment will be upheld for the remainder of the season.

2. APPEAL HEARINGS

Association or Conference Appeal Hearing, held pursuant to disciplinary actions instituted by an Association or Conference, are to be fairly and impartially conducted with opposing sides permitted to present both oral and written material in person or through a chosen representative. In any such hearing, the applicable Bylaws and NORCALFED Rules are to be made available to the hearing committee. The hearing committee will be required to take accurate minutes of the hearing.

- a. The subject of the disciplinary action must be advised in writing, via Certified Mail and return receipt requested, two weeks prior to the hearing, as to the place and time of the hearing. Subject of the action may waive the 2-week notice in order to have a speedier hearing.
- b. All parties of the hearing have the right to present witnesses and testify on their own behalf.
- c. All parties of the hearing are entitled to confront and be confronted by parties and witnesses of the other side and to cross-examine them. The hearing committee must issue a written report within one week of the conclusion of the hearing. This report must note the finding of facts, the decision citing applicable authority, and the imposed penalty.
- d. The three or more members of the appeal hearing committee of a disciplinary action instituted by an Association or Conference shall be named by the Association President or the Deputy Commissioner of the Conference involved.

3. The finding of an Association Appeal hearing committee may be appealed to the Deputy Commissioner within seven(7) days of the date thereof. The finding, decision and penalties of the committee remain in effect, pending a ruling on same by the Deputy Commissioner.

CHAPTER 8

DISCIPLINARY ACTIONS, APPEALS, INVESTIGATIONS BY COMMISSIONER

- a. The Association President or Deputy commissioner of the Conference who instituted the disciplinary action shall arrange the time and place of the hearing. All those in attendance at the initial hearing will be invited to attend the appeal hearing.
 - b. The Association President or Deputy Commissioner of the Conference will preside at the appeal hearing. Both parties shall be allowed to make a statement of position. The provisions of 2.b and 2.c of this chapter will be applicable. The Association President or Deputy Commissioner may rule on the admissibility of any and all evidence and testimony. The Deputy Commissioner may question any witnesses and all parties to the action.
 - c. The Association President or Deputy Commissioner must issue a written decision within one week of the conclusion of the hearing. His written decision must note the finding of facts, the decision citing applicable authority and the imposed penalty.
4. The rulings of an Association or Conference may be appealed to the Commissioner. The provisions of Paragraph 5 of this Chapter will be applicable.

5. NORCALFED APPEAL HEARING

The Commissioner may hold an Appeal Hearing to investigate violations of the NORCALFED Rules of Operation and/or Bylaws, and/or conduct that is detrimental to the welfare of NORCALFED.

- a. A Conference, Association, Team, or adults associated therewith, appealing under the provisions of this paragraph, must be advised in writing, via Certified Mail and return receipt requested, two weeks prior to the hearing as to the time, place, and charges and issues involved. The subject of the action may waive the 2-week notice in order to have a speedier hearing.
 - b. All parties being investigated are entitled to confront and be confronted by all complaints or witnesses and to cross-examine same. Witness testimony requiring anonymity for fear of retribution will be kept confidential at the witness' request with approval of Commissioner.
 - c. All parties being investigated have the right to present witnesses and testify on their own behalf.
 - d. The Commissioner will preside at the hearing. The Commissioner has the right to question anyone at any time and to rule at any time during the hearing on the relevance of any and all testimony. He/she will arrange for taking of minutes of the hearing.
 - e. The Commissioner must issue a written report within one week of the conclusion of the hearing. This report must note the finding of facts, the decision citing the applicable NORCALFED Rules of Operation or Bylaws.
6. If the hearings conducted by the Commissioner under the provisions of paragraph 5 of this chapter involve serious age and weight infractions, or other matters that concern the safety and well being of the players, the Commissioner has the authority to order the suspension of any adults, teams, sponsors, Associations or Conferences involved. The suspension shall remain in effect until the Deputy Commissioners have made a judgment under the provisions of paragraph 5 of this chapter.
7. The Commissioner, in an appeal hearing under Paragraph 4 or 5 of this chapter, may confirm, increase or decrease the penalty imposed by the original Hearing Committee of the disciplinary action. The Commissioner, in an Appeal Hearing under paragraph 5 of this chapter may confirm, or modify, the ruling of the Association or Conference; the Commissioner's modification may involve more stringent provisions to the original ruling.

CHAPTER 8

DISCIPLINARY ACTIONS, APPEALS, INVESTIGATIONS BY COMMISSIONER

- a. The Commissioner, in an appeal hearing, may ask questions to any possible violations of the NORCALFED Rules of Operations and/or Bylaws.
 - b. The Commissioner, in an investigative hearing, need not confine his questioning to the charges and issues set forth in the mail notice. He may ask questions as to any other possible violations of the NORCALFED Rules of Operations and/or Bylaws.
 - c. If the questioning under a or b above establishes such violations, the matter may be incorporated in the Commissioner's report, providing he/she cites the finding of fact, the applicable authority and the penalty imposed.
8. The Commissioner may ask two or more Assistant Commissioners to sit with him in any of the hearings provided for in this Chapter.
 9. The Board of Directors of NORCALFED, by majority vote of its members, may determine that an Association is not acting in the best interests of its members and suspend all of its officers/directors forthwith and such suspension shall continue until such matters related thereto are resolved. During such suspension, the Deputy Commissioner shall be designated to operate the Association in the place of its officers/directors. If such matters are not resolved, the Board of Directors of NORCALFED, by majority vote of its members, may require a new Election of the officers/directors of the Association, or appoint a Board of Directors until the next regularly scheduled elections.

CHAPTER 9 GRADE AND WEIGHT ELIGIBILITY

CERTIFICATION GRADE AND WEIGHT

	<u>GRADE</u>	<u>STANDARD WEIGHT</u>
MIGHTY MITES	K, 1, 2	N/A
JR. PEE WEE	3, 4	N/A
PEE WEE	5, 6	N/A
JR. MIDGET	7	N/A
MIDGET	8	N/A

NORCALFED football is played in five (5) divisions. Participants are required to be at the minimum age of 6 and no older than 15 years of age for the registered season.

Note 1: Kindergarten participants must be age 6 by September 1 of the current season being registered for.

Note 2: All 9th Graders NOT eligible to participate.

Note 3: If a participant that is in the eighth grade and administratively moved to the 9th grade during the season, that participant becomes ineligible on the date of the administrative action.

Note 4: All registered participants can move up one team / squad level by discretion of the Association Board, provided they still meet the grade requirement for that level.

Example 1: If a participant is in the 8th grade and 15 years of age, the participant IS ELIGIBLE to register because the GRADE requirement was met for the season being registered for.

1. Once certified to a division, the player will remain certified in said division for the remainder of the season.
2. Player Cards shall be identified by the following:
 - a. Mighty Mites: Gray
 - b. Jr. Pee Wee: Green
 - c. Pee Wee: White
 - d. Jr. Midget: Yellow
 - e. Midget: Blue

CHAPTER 10 REGISTRATION

1. ASSOCIATION SIGNUPS

- a. A team shall not have less than fourteen (14) players and twelve (12) certified to play on game day. Pee Wee, Jr Midgets, and Midgets cannot have more than forty-five (45) players certified to its roster, and may not limit their signups to less than thirty-five (35) players per team. Jr. Pee Wee cannot have more than thirty-five (35) players certified to its roster, and may not limit their signups to less than thirty (30). Mighty Mites cannot have more than thirty (30) players certified to its roster.
- b. Player registration shall commence from the end of the previous season through the Saturday prior to the fourth game of the current season.
- c. Public signups shall be held on either a first come, first served or lottery basis, with no cutting or tryouts allowed. A numbered waiting list shall be maintained and used until all members on the waiting list are gone.
- d. Teams may hold veteran signups prior to public signups. Veteran status only applies to registered players in the last game of the previous season. Once veteran status is established, the status counts with any Association in NORCALFED.

2. PLAYER REGISTRATION

In order to be certified to a team roster, a player must have 10 hours conditioning and be eligible under the following requirements:

- a. A player must furnish the team with a written consent to play from his/her parent(s) or legal guardian(s). If the consent is revoked, the player is immediately ineligible.
- b. A player must furnish the team with a written statement from an examining physician (MD, DO, FNP, or PA) as to his/her physical fitness to play. The form must have all of the same information as the back of the Player Card. If a physician should subsequently determine that the player is no longer physically fit, said player is immediately ineligible.
- c. If a player's parent should determine that his /her continued participation in NORCALFED football is adversely affecting his/her schooling, and advises the team's Head Coach in writing, said player is immediately ineligible.
- d. Proof of birth shall be by the following methods:
 - i. Most preferred – certified copy of original birth certificate – Kindergarten Only
 - ii. Less preferred – photo copy of the original birth certificate, original copy of hospital certificate, photo copy of hospital certificate
 - iii. Veteran players may use previous years stamped players card
 - iv. Proof of grade from school
 - v. In the event the above are not available, the Commissioner shall be contacted by the Conference Deputy Commissioner for a special waiver.
- e. All players must present proof of grade level. This proof will be in the form of a letter from the school on letterhead, or the player's most recent report card indicating grade.
- f. A player shall be ineligible during any season in which he had engaged in an interschool tackle football game.

CHAPTER 10 REGISTRATION

3. RECRUITING

- a. Coaches are prohibited from recruiting players from other Association's teams or players outside their geographic boundaries.

4. TEAM REGISTRATION OF PLAYERS

- a. All player candidates must register with their team prior to the start of practice. At that time, the candidate must deliver to the Head Coach the items required in Paragraph 2, including any fees as may be required by the Association. It is the responsibility of the team to ascertain the birth date of all players and enter it on the player's official NORCALFED registration card and the certified team roster.
- b. The Player Card shall be signed by the team's Head Coach and the Association President on the appropriate lines. This signature certifies the authenticity of all documents provided to the Deputy Commissioner for certification. Falsification of any documents will result in automatic suspension of signature and removal of team from tournament play.
- c. The spokesman for teams at the time of signups and/or registration are required to be very specific in replying to questions from parents or guardians as to all uses to which the registration fee will be put, the type of insurance coverage carried, and Association Rules and Regulations to said parent(s) or guardian(s).
- d. Once registered with one team and certified, a player cannot move up or down to another team within the same Association without the approval of both Association Board and Conference Board. Approval shall be granted in the following instances:
 - i. His/her team has been disbanded for not having enough players to constitute a legal team and he qualifies for another team.
 - ii. A definite personality conflict with his/her coach.
 - iii. He/she cannot maintain weight.
- e. All Player Cards shall be in a vinyl jacket and placed in alphabetical order in the weigh book. A second vinyl jacket shall contain all other player paperwork needed for certification. (ie. Birth certificate or last year's Player Card, parent/player contract, etc)
- f. A label will be affixed in the upper right hand corner of the player card listing players name (last, first) and jersey number.
- g. Once the Player Card is stamped, no other information is required to remain in the book other than the Player Card, Medical Release, and Transfer Letter. Second jacket shall be removed and save separately from the weigh book.

5. CONFERENCE REGISTRATION OF TEAMS

- a. The Deputy Commissioner, or Assistant Commissioner, will be responsible for weighing Jr Pee Wee players for weight and grade certification and certifying grade eligibility determination of all other team level players. The team cannot list candidates who are ineligible or who have been removed from the squad by the Head Coach. Only a Head Coach may remove a candidate from the team, and this must be done in private and thoroughly explained to the player and his/her parent or guardians

CHAPTER 10 REGISTRATION

- b. Cheer Commissioner and Conference Cheer Coordinators may certify Cheer books and Cheer Personnel.
 - c. Four (4) copies of the certified roster shall be on forms provided by NORCALFED. Street addresses must be on forms; PO Boxes are not acceptable. One (1) copy shall be kept in team book, one (1) copy shall be kept by Association President, one (1) copy shall be sent to Deputy Commissioner, and one (1) copy shall be sent to NORCALFED Commissioner.
 - d. All Certified rosters shall be Uploaded to the NCF Share Drive for the Commissioner to view prior to the **FIRST GAME** of the season. This shall include all coaching rosters for each Age Division. A one hundred dollar (\$100) fine per team, and forfeit of game, shall be imposed for violation of this rule.
 - e. An updated copy of certified roster must be sent to the Deputy Commissioner and the NORCALFED Commissioner each time players are added to the team or make certified weight. All added players must have 10 hours of conditioning prior to participating in full contact practice and games. Once a player makes weight, they must be stamped and certified by the Deputy Commissioner immediately. Association will be fined one hundred dollars (\$100) per week that the player's card was not stamped.
 - f. Any player certified within one Association cannot, during the season, change to another Association without changing his physical residence from one area to another from within the boundaries of one Association to within the boundaries of another Association, without good reason and approval of both Associations and/or Conference Boards in writing.
6. NON-CERTIFIED PLAYERS
- a. The player may not play if his/her card has not been stamped by the Deputy Commissioner or Assistant Commissioner.
7. It is the Association President's responsibility to make sure ALL players are CERTIFIED. Games he played in will be forfeited and Head Coach will be suspended by the Deputy Commissioner for a period the Deputy Commissioner deems appropriate.

CHAPTER 11 INSURANCE

1. All Associations are required to carry Bodily Injury Liability, Property Damage Liability and Accident-Medical Insurance Coverage. The minimum amount of Liability insurance and medical coverage per team for a minimum period of June 1st through December 1st of each year, shall be set annually by the membership at the preceding regular January meeting. The minimum Accidental-Medical must:
 - a. Cover injuries sustained while engaging in the play of football during a scheduled game or practice or in the participation of other NORCALFED activities and while traveling directly to or from a scheduled game or practice or other NORCALFED activity.
 - b. Cover all candidate players, otherwise known as players, cheerleaders, coaches, scouts, managers, trainers and duly authorized volunteer workers, all officially connected with the insured team.
 - c. The minimum amount of insurance carried will be twenty-five thousand dollars (\$25,000) medical, and one million dollars (\$1,000,000) liability, or whatever maximum the insurance will allow.
2. The insurance must be effective as of the day preceding the first day of official practices, and must not terminate prior to the day following the final game of the NORCALFED Tournament.
3. All covered events will begin no earlier than four (4) weeks prior to the third Saturday of August (Jamboree), and will cease on the Sunday preceding Thanksgiving, unless pre-approved at least two (2) weeks prior to NCF Super Bowl and sanctioned by NORCALFED. Any out-of-season events approved by NORCALFED will be for the purpose of giving our associations the opportunities for additional competitions. Sanctioning by NORCALFED will be for practice facilities only and all NORCALFED rules will apply. NORCALFED insurance will not cover travel to/from other events, or while the other event is happening.
4. Each Association shall appoint an insurance coordinator to be responsible for the processing of all insurance claims originating with their Association.
5. The insurance policy is provided by NORCALFED with the premium divided by the number of Associations in the league. Each Association will be assessed their portion of the premium.

CHAPTER 12

SCHEDULES, PRACTICES AND GAMES

1. SCHEDULES

- a. A NORCALFED team shall not schedule, conduct and/or play a controlled or practice scrimmage and/or exhibition, pre-season, regular season, bye, post-season, championship or bowl game with a non NORCALFED team and/or team that utilizes a different age and weight divisions.
- b. The schedule of all NORCALFED Tournament games must start on or after the last Saturday of August and must terminate on or before the Sunday preceding Thanksgiving with exception of Cheer, to compete in JAMZ State Competition.
- c. All exhibition or post-season games must be scheduled and played with the prior approval of the Commissioner and under the control and supervision of the host Deputy Commissioner. A team that is on probation or suspension by its Conference or NORCALFED is ineligible to play in an exhibition, post-season championship and/or NORCALFED Tournament game.
- d. The Association schedule shall be completed and distributed at the January membership meeting or as soon thereafter as possible.
 - i. Participation in game schedule and post-season games shall be limited to those Associations whose Federation debts for the previous season and whose affiliation/membership fees for the present season are paid in full by the May meeting.
 - ii. The scheduling will provide that each Association will commit its teams to games in given divisions on given weekends (Saturday or Sunday), either away or at home.
 - iii. Any Association that fails to provide a team as committed in the scheduling will be fined five hundred dollars (\$500) per TEAM by the Commissioner. The fine so levied, when collected, will be paid to the offended Association. The fine must be paid to the Commissioner prior to the next scheduled game, or end of season, whichever occurs first.
 - iv. If an Association fails to pay its fine, it may be prohibited from engaging in Tournament play during the present season and from all games in the following season.
 - v. In the event of extreme hardship, subject to the approval of the Commissioner, an Association may request to cancel a specific scheduling agreement and avoid the penalty of the five hundred dollar (\$500) fine. Said requests must be dated and postmarked prior to the third Sunday in August. Such an approval by the Commissioner must be subjected to a mail poll of the Deputy Commissioners except that a letter by the Commissioner and the letter from the Association requesting the cancellation will be substituted for a “complete file of the hearing”.
 - vi. The Commissioner shall have the power to cancel any inter-conference games of any Association that invoked sub-paragraph 1d (v) of this Article. Such cancellations will be for the sole purpose of adjusting schedules in order that the offended Association will not suffer a bye date by reason of the action of the Association that invoked the provisions of said sub paragraph. There shall be no appeal from the Commissioner’s cancellation actions under this sub-paragraph.

CHAPTER 12

SCHEDULES, PRACTICES AND GAMES

2. PRACTICES

- a. Practice sessions will not commence earlier than four (4) week prior to the third Saturday of August (Jamboree). Note: Years when August has five (5) Saturday's Jamboree will be held on the 4th Saturday.
- b. Split practice sessions will not be allowed.
- c. A valid football accident insurance policy must be in force prior to the first practice sessions of all NORCALFED teams.
- d. All coaches, adults, and/or scouts of any kind are prohibited from filming or attending any practice sessions of any future opponent. Violation of this rule will result in immediate suspension for the current and following season. In addition, the offending team shall be disqualified from playoffs and fined one thousand dollars (\$1000)
- e. The following rules shall govern all practice sessions of all NORCALFED teams:
 - i. A physician, EMT, or individual holding a valid Red Cross First Aid Card, or better certification, must be present.
 - ii. At all sessions involving physical contact, all players must wear full protective equipment as required in the current National Alliance Edition Football Rules Book of the National Federation State High School Athletic Association.
 - iii. When the practice field temperature is 100 degrees or more, all helmets and shoulder pads shall be removed until the temperature has dropped below 100 degrees.
- f. No practice session shall exceed two (2) hours in duration, except:
 - i. Prior to the reduced practice schedule, an Association may have the option of practicing four (4) days at two and one half (2 ½) hours each, in lieu of five (5) days at two (2) hours each.
 - ii. The reduced practice schedule shall begin the week following the first football game of the pre-season. Reduced practice schedule is not more than three (3) two (2) hour practice sessions per week.
- g. No player shall participate in physical contact until he/she has experienced ten (10) hours of conditioning, Mighty Mites six (6) hours (football conditioning, within a football organization); or until the coach feels appropriate conditioning has occurred beyond this minimum timeframe. High Snap Buttons shall be removed from helmets when High Snap chinstraps are not used.
- h. Each Association may have a scrimmage event the Saturday prior to Jamboree with no penalty against practice time. No other scrimmages allowed.
- i. Practices are extended to four (4) on and one half (1 ½) hours, or three (3) two (2) hour practices for any teams entering NORCALFED Tournament games.

3. GAMES

- a. The home team must be responsible for the presence of a game physician, registered nurse, EMT, ambulance, or Fire Department. They must be stationed at a designated location, preferably the end zone.
- b. The home team must employ the services:
 - i. At least three (3) qualified AND one (1) trainee official accredited by the local high school. Official's services shall be by the Host Association. NORCALFED shall be required to furnish the Officials with copies of NORCALFED Playing Rules.

CHAPTER 12

SCHEDULES, PRACTICES AND GAMES

- ii. All music played by booth personnel (including cheer halftime routines) must be approved by the Association Board of Directors.
 - iii. A trained clock operator at least sixteen (16) years of age.
-
- c. All games must be scheduled in keeping with all applicable local ordinances and State Laws.
 - d. A period of ninety-four (94) hours must elapse between final gun of a game and the opening kickoff of the immediate following game.
 - e. Night games may be scheduled on Fridays and Saturdays only, and must start no later than 6pm.
 - f. A game that is terminated for any reason other than forfeiture may be rescheduled.
 - g. An Association may charge a standard admission fee of eight (\$8) per family, four (\$4) per adult, and one (\$1) per child 12 and under. Admission shall be charged for Scrimmage game. Jamboree is charged the same as a normal game. Admission fees cannot be increased for Playoff games.
 - h. Host team must provide water for visiting team when no fresh water system is at/near the bench area on the visitor's side.
 - i. Stadium music must be in good taste and not contain or insinuate any vulgar language, sex, drugs, liquor, gangs, heavy partying, body parts, racist remarks or abuse of any kind.
 - j. No ice chests are allowed at games except for drink and half-time snacks for teams.
 - k. Sale of 50/50 tickets, or pull tabs, are allowed at games as host team fundraisers.
-
- 4. The winning of a games does not of itself guarantee or assure the team to a Championship, Bowl bid or special awards of recognition for the members of the team (disciplinary action-suspension-probation). A team that is on probation, or suspension, by action of its Conference or NORCALFED, cannot be awarded the designation of Champions or receive trophies in recognition of same.
 - 5. At all games: all players shall wear full protective equipment as required in the current National Alliance Edition Football Rules Book of the State High School Athletic Association. **EXCEPTION:** Metal tipped cleats are prohibited. Sneakers or molded rubber cleat shoes are mandatory. Detachable rubber cleats which are threaded into screw shoes are acceptable. Game officials will check before each game and no one will participate wearing illegal cleats. Maximum cleat length is ½ inch.
 - 6. All host team Presidents are to post their game scores, or if web site is down, call the score of game results to their Deputy Commissioner within 24 hours of the end of the game. A fine of One hundred (\$100) dollars shall be imposed for failure to do so.
 - 7. Football teams shall immediately leave the field after their game so the next team has time to warm up before the start of their game.
 - 8. The jersey number (not just the outline) must be a contrasting color to the base color of the jersey.
 - 9. All helmets (whether team or privately owned), used in practice and/or games, must be certified every 2 years. This certification must be done before the start of the 3rd year.

CHAPTER 12

SCHEDULES, PRACTICES AND GAMES

10. Concussion Management and Awareness Program including “Heads Up Football” Tackling Techniques, must be taught and adhered to. **“When in Doubt, Sit Them Out”**: When a Football coach, Football Staff and/or Medical Staff suspects that a player MIGHT have suffered a concussion, that player is NOT to return to the game or practice until he/she has been evaluated by a doctor experienced in the diagnosis of concussion injuries.
Return to Play Form – When a concussion is suspected, the parent/legal guardian of the player should be given directions on what needs to be done and also directed to take the “Return To Play” form to the doctor to be filled out and turned into the Head Coach and Association President prior to the player returning to practice/game.
11. The Home Team shall provide personal Orange Vests for the “Chain Gang”.
12. Associations will provide Coaches with matching shirts, hats or a visor in association’s colors which may not be altered in any fashion, such as cutting off shirt sleeves or any such alteration of any kind. Team colors are reported in January in the Registration papers.
13. To show support for Breast Cancer awareness, during the month of October, a team may wear: one (1) pink helmet sticker, socks, mouthpieces and wristbands. Players will not apply tape of any color to their helmet, jersey pants or cleats. A “cause” ribbon may be worn on helmet. Cheer may wear only pink socks, poms, and hair bows.
14. Any pregame warm-up, chant, or activity done between the 40-yard lines will result in an unsportsmanlike penalty on kickoff. A second offense by any team of the same Association will result in a Referee penalty and a one hundred fifty dollar (\$150) fine.

CHAPTER 13 PLAYING RULES

1. Each year the Commissioner will purchase from the National Federation of State High School Athletic Associations Football Rulebook and Case Book for each Association and NORCALFED Board of Director Member.
2. With each printing of the NORCALFED Rulebook, the Commissioner will make available to the Deputy Commissioners, two (2) copies for each Conference, plus fifteen (15) copies for each Association. All games will be played under the current National Alliance Edition Football Rules Book of the National Federation of State High School Athletic Associations, subject to the following modifications outlined in the NCF Rulebook
3. Mighty Mite teams will use the ball indicated in the chart on (page 13.6) while teams in the Jr Pee Wee, and Pee Wee, divisions must use the junior size ball. Teams in the Jr. Midget and Midget division must use the intermediate size ball. (See diagram at the end of Chapter 13 for dimensions of Footballs)
4. The home team is solely responsible for the preparation of the playing field and all required accessories for the game.
5. The bench area is limited to players, no more than eight (8) coaches on field (booth coaches count towards the total of 8 coaches), equipment manager, game physician, ambulance attendants, and law enforcement officers. Each team is solely responsible for the presence of those other than the aforementioned individuals, game officials and members of the chain and down marker crew in their bench area during a game. Each team is responsible for the exclusion of spectators from the bench area and all points within ten (10) yards of the sidelines, or end zone lines. The people permitted in the bench area must wear similar identifying shirts, or jackets, in order for their identity and presence to be readily discernible to game officials and/or spectators. The “coaches box” is limited to three (3) in the box per High School Rule Book. Balance of the staff must be behind the “box” in the bench area.
 - a. The game officials will assess a fifteen (15) yard unsportsmanlike conduct penalty against any team that has in its bench area any individuals other than those authorized above.
 - b. The Commissioner, Assistant Commissioners, Secretary, Treasurer, Deputy Commissioners, and Assistant Deputy Commissioners are empowered to direct the attention of game officials to violations of this paragraph.
 - c. Any team found guilty of placing unauthorized individuals in an opponent’s bench area will forfeit the game in question, and one position in its final Conference win/loss standings. In addition, those persons will be subject to suspension from all NORCALFED activities.
6. Team must have at minimum 12 certified players on game day. A team with less than twelve (12) suited players on game day will result in forfeiture of play. Only Mighty Mite (MM) and Junior Pee Wee (JPW) teams have the option to go to a controlled scrimmage type game. MPR requirements are suspended for the scrimmage game.
7. The length of quarter for ALL games shall be ten (10) minutes on a stop and go clock. If, at any point during the game, both Head Coaches feel it would serve the best interest of the players involved, a running clock may be used. North Section CIF guidelines for Varsity shall be used for timing all Midget games. All other divisions shall use Sub-Varsity timing rules.

CHAPTER 13 PLAYING RULES

8. Intermissions between the first and second and third and fourth quarters shall be two (2) minutes; and between second and third quarters shall be fifteen (15) minutes. Coaches may hold a conference within the two (2) minute intermission between quarters with one or more players.
9. Each team shall be permitted three (3) time-outs per half. Time-outs for injuries shall not be charged as an official's time out.
10. During a "try-for-point" (PAT), a Pee Wee and Jr. Midget team may score one (1) point from what would be a touchdown and two (2) points from what would be a field goal. Midget teams score PATs per High School Rules
11. A scout, while scouting, must be identifiable, dressed in team colors, and report in as a scout at the gate. A sign-in form is to be provided at the gate by the home team for the scout to fill out. This form is to be uploaded to the NCF Share Drive for Deputy Commissioner viewing along with MPR sheets on Monday following the game. Failure for a scout to report will result in suspension of the scout for the season. Scouts shall be issued White Badges, unless he/she is a coach with a Red Badge acting as a scout for the game he/she is attending.
12. Once removed by Medical Personnel for an injury, a player must not be allowed to reenter the game without the approval of an Emergency Medical Technician, Registered Nurse or Medical Doctor. Any player or cheerleader injured, seeking medical attention at any medical facility, must submit a medical release to their head coach, advisor, or insurance coordinator before taking part in any practice, scheduled scrimmages, and/or games.
13. All coaches must abide by a doctor's decision in all matters pertaining to a player's health, injuries, and/or physical ability to participate in a game of the NORCALFED program.
14. Spearing will not be tolerated in NORCALFED. It is generally committed by a defensive player who deliberately and maliciously rams the opposing ball carrier with his helmet and face guard; an offensive player may also be guilty of spearing for the improper use of his helmet and face guard. It subjects a guilty player, as determined by game officials, to a charge of personal foul and unnecessary roughness. Repeated offenses will result in the removal of the offending player from the game at the discretion of the officials. Spearing, if taught by a NORCALFED coach, shall subject such individual to dismissal if found guilty after a hearing.
15. A Head Coach may request a parent or guardian to remove a player from the team. This action is to be taken only when such disciplinary action is absolutely essential to the welfare of the team, and only in a discreet manner, which will not embarrass the player and/or parent(s) or guardian(s).
16. During the game, warm-up preceding a game, half-time intermission, and until the team has left the locker room for home, the Head Coach is fully and directly responsible for actions involving himself, his assistants, and the managers assigned to the bench area and the players. All of the foregoing must accept all of the decisions of the game officials as being fair and called to their best ability. The coach must remain in control of himself at all times in order to set a good example for players and spectators.
17. When notified in writing by SCHEDULING REFEREE, coaches or players ejected from a game will be suspended from the next week's practices and game.
18. Referees shall be given a copy of all specialized NORCALFED rules to insure uniformity of enforcement in each Conference, scheduling referee will be requested to provide copies to all referees working all NORCALFED games.

CHAPTER 13

PLAYING RULES

- a. A game official's decision called on judgment must never be questioned.
 - b. A game official's interpretation of a playing rule may be questioned, but a time out will be charged to the team, and the officials must be treated and addressed as gentlemen.
 - c. Only protests involving rule interpretation or the eligibility of a player may be considered; never the judgment of an official in calling a play. A protested game cannot be replayed.
 - d. Coaches who remove their team from a game before the game is completed as a protest against officials, forfeit the game, relinquish their claims to current Conference championship, and place themselves on suspension until their actions can be heard by the Conference and a decision made. There is no appeal.
 - e. Coaches, or any adults, whose actions incite spectators to altercations or confrontations involving physical violence, may be suspended for the current and five (5) immediate following years, upon order of the Commissioner. Such an order must be the result of an investigation as provided in Chapter VIII.
 - f. Any action involving physical violence by an adult in any NORCALFED game, will require detailed written reports to the Commissioner on the entire incident. One each for the Head Coach of the visiting team, Head Coach of the home team, and both Association Presidents. All reports must be forwarded via Certified Mail and return receipt requested, and must be postmarked within 72 hours following the scheduled kickoff time of the game in question.
 - i. The Head Coaches and Association Presidents who fail to make the report required in "f", may be suspended immediately on the order of the Commissioner without a hearing.
 - ii. The report of the Association President must be followed with a second report detailing the findings of facts, itemizing the penalties imposed, and citing the applicable authority for the penalties. This report must be in the hands of the Commissioner thirty (30) hours prior to the next scheduled kickoff time of the two teams involved. The deadline will be at the earliest of the two kickoff, if the times differ. If the report is not made on time, both teams will be suspended without a hearing on the order of the Commissioner, and the suspension will not be terminated until thirty (30) hours after he receives the report.
 - iii. The Commissioner may order the temporary suspension, without a hearing, of either team or any of the adults involved, pending a hearing, if he feels that the penalties imposed were not in keeping with the violation.
19. If the score is tied at the end of regulation time, the 10-yard line overtime procedure will be used, according to the National Alliance Edition Football Rules book of the State High School Athletic Associations known as the Kansas City Plan with the following modifications:
- a. If the score remains tied, the following will go into effect: The ball will be placed at half the distance to the goal (the 5-yard line) until someone scores. This process will continue at half the distance intervals. There will be an intermission of two (2) minutes during which the loser of the original coin toss will be given the first choice of the options.
 - b. No overtime will be played for any non-league game. Score shall remain tied.
20. CHECK-IN-PERSON
- The Check-In-Person will be a designated person with a red or yellow badge and must report five (5) minutes prior to Halftime to do the following:

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- a. Verify all players in team book are listed on the Certified Roster located in front of book. Any players NOT listed on Certified Roster are NOT ELIGIBLE to play in that game.
- b. Verify all Player Cards are stamped and signed by Conference Deputy Commissioner or his Assistant Commissioner assigned to certification. Any player whose card is not stamped and signed is ineligible to play.

21. CHECK-IN FACILITY

- a. Establish the location near placement to conduct check-ins.

22. PRE-GAME CHECK-IN PROCEDURE: All teams are to comply.

- a. Players will report at Halftime to the designated check-in location identified by the host team.
- b. All teams must have in their possession an official NORCALFED Player Card for each player, complete with current photo and approved signatures for each player on the certified roster. There will be no exception to this requirement.
- c. Players reporting late will check-in with the concurrence of both Head Coaches. Coaches will make this determination during check-ins and per determination status of late reporting players, but no later than kickoff.
- d. Check-in person will remain at the check-in location and must be available to check-in late reporting players especially at Tournament and remain prior to kickoff at all games.
- e. Mighty Mite official check-ins shall be one (1) hour prior to kickoff. Visiting team shall have the option to check first, providing they are ready.
- f. No physical practice allowed prior to check-ins.
- g. Player Cards must be properly completed by the Check-in person. The Check-in person will place the date (if not already annotated), initials, signature, count, and compare the number of players on the certified roster against the Minimum Play roster.
- h. Recording Of Certified Players:
 - i. Compare MPR and Certified Rosters against the players certified card
 - ii. Annotate the player's card by placing an "X" in the "On Cert Roster" column and initial in the "Initials" column.
 - iii. Annotate the date in the "Game Date" column if not already recorded.
- i. Recording Of Non-Certified Players:
 - i. Compare MPR and Certified Rosters against the players certified card
 - ii. Annotate the player's card by placing an "X" in the "On Cert Roster" column and initial in the "Initials" column.
 - iii. Annotate the date in the "Game Date" column if not already recorded.
- j. Presidents must comply with page 10.3 para 6 to ensure the player is certified prior to the next game.

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PLAYING RULES

23. MERCY RULE:

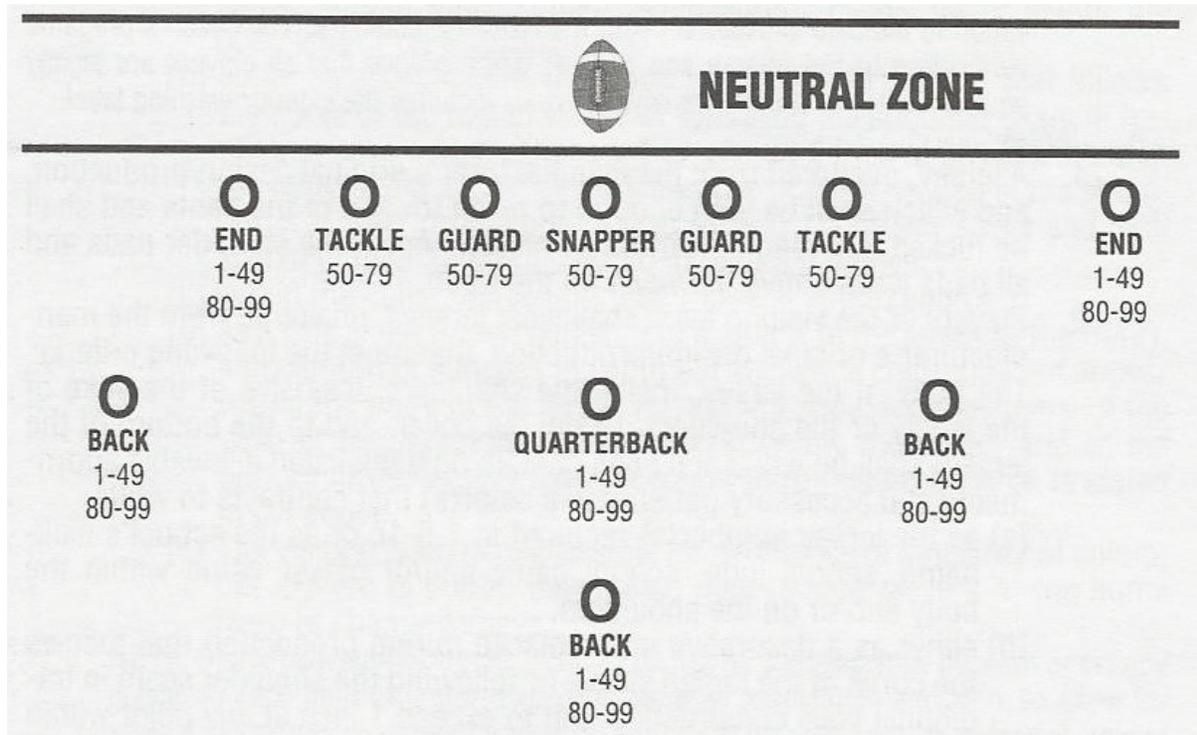
- a. The National Federation Football Rules Committee made a change in playing rules which allows associations to adopt a “running clock” when a point differential is attained. After the first half, any time the score differential reaches 35 points or more for 11-man football, the following changes, and only these changes, will be made regarding rules determining when the clock will be stopped.
 - i. An official’s time-out is called:
 - ii. When a first down is declared
 - iii. Following a change of team possession
 - iv. To dry or change the game ball
 - v. At the end of the period
 - vi. When a score occurs

Clock will continue to run in all other situations. **Note: After the 50 point difference has been met; if the score differential drops below 50 points, the clock does not revert back to regular timing.**
- b. The use of this rule does not preclude the use of NFHS Rule 3-1-3, which reads: “A period or periods may be shortened in any emergency by agreement of the opposing coaches and referee. By mutual agreement of the opposing coaches and the referee, any remaining periods may be shortened at any time or the game terminated.”
- c. An appeal of the game must be submitted by the opposing Association President no later than Monday by 5:00pm to the Conference Deputy Commissioner.
- d. No onside kicks
- e. Head Coaches found to have violated the 50 point differential shall be subject to the following penalties pending game film review.
 - i. First (1st) Offense – One (1) Game Suspension
 - ii. Second (2nd) Offense – Three (3) Weeks Suspension from all NORCALFED related activities, and a one hundred dollar (\$100) fine.
 - iii. Third (3rd) Offense – Two (2) Year Suspension from all NORCALFED related activities. After the two years, a Conference review of the coaches’ application shall be conducted prior to re-issuing a coach’s badge.
 - iv. Penalty shall carry over the next season, if applicable.
 - v. Any violation during Playoffs shall also include a fine of five hundred dollars (\$500) in addition to above listed penalties.

CHAPTER 13 PLAYING RULES

24. Recommended Offensive Line Formations and Jersey Numbers

- A player is designated by their position on offense during the snap. The figure below shows one of the offensive formations and the recommended numbering of players according to position.
- Each player shall be numbered 1 through 99 inclusive.

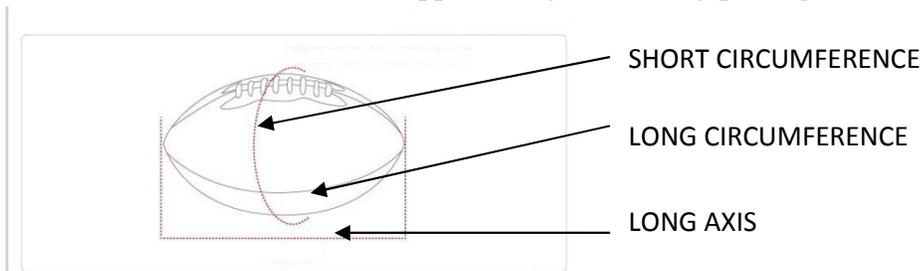


CHAPTER 13 PLAYING RULES

25. NORCALFED Game Ball Specifications:

<u>BALL SPECIFICATIONS</u>	<u>JR MIDGET, MIDGET (Intermediate Size)</u>	<u>PEE WEE, JR. PEE WEE (Junior Size)</u>	<u>MIGHTY MITES</u>
Long Circumference	26-27 inches	25-26 inches	24 inches
Long Axis	10-12 inches	10-10.5 inches	9-10 inches
Short Circumference	19-20 inches	18-19 inches	17 ¼-17 ½ inches
Inflation Pressure	10-13 pounds	10-13 pounds	10-12 pounds
Approved Footballs	200, 200L, RF5Y, J5Y, Wilson TDY; Nike 1000Y; Nike Cage Grip	100, 100L; Rawlings RF5J; Spalding J5J; Wilson TDJ; Nike 1000J	Wilson K2; Nike 2000K, 1000K, 750K; Spalding

- a. Other brands and models are acceptable if they meet the size requirements.
- b. Ball must be normal brown color.
- c. Game balls will be marked and approved by referees by placing a mark on the ball prior to each game.



CHAPTER 14

HUDL RULES

1. THE HOME TEAM

- a. Is required to record and load videos to the league pool. Visiting team must also film but not required to load to league pool
- b. DCs and NorCalFed Administrator must remain on associations' Hudl accounts.
- c. Presidents must verify that videos are loaded and shared into the league pool by selecting the "Exchange" button.
- d. You must keep your film on your memory stick until the next Saturday.
- e. You are not allowed to access scout film through the exchange until after you have loaded your own film.
- f. Videos must show from start to finish and association should not edit videos posted to the league pool.
- g. Post videos no later than Sunday by 8:00 pm and games played on Sunday posted by Monday by 8:00 pm.
- h. If you are having technical difficulty when loading film, you must take a screen shot of your computer loading film and send to Norcalfed Hudl coordinator by 5:00 of the night that your film is due.

2. INFORMATION FOR CAMERA OPERATOR

- a. Provide the following to the camera operator to quickly educate that person to perform the task of videotaping games. As the President, it is highly recommended that you have them tape a scrimmage and go over the tape to provide pointers together.
- b. All videos must be in digital format.
- c. Must use a Tripod when recording.
- d. All videos are recorded from the highest possible point in the stadium.
- e. Video must be zoomed out enough to see all 22 players on the field.
- f. Start all recording from the break of the huddle to a few seconds past at the end of the play (2 seconds).
- g. Stop all recording when the play is declared dead – referee blows the whistle.

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HUDL RULES

- h. If the team is in a no huddle team, start recording before any shifts or motions, and continue past the end of the play (2 seconds).
- i. On all special teams, the video should NOT follow the ball. The video should begin with a wide view of both the kicking/punt teams and return teams and then zoom in to the return team after the returner has received the ball.
- j. Video shall continue to record penalties to include enforcement.
- k. The video shall show the scoreboard after every score, at each time-out, and between quarters.
- l. Close up shots are not often necessary. The only time to close in on the players is after the play ends and they are un-piling and going back to their huddle. Do not zoom in on the runner when they have the ball. The coach must see how both teams are moving, blocking and tackling.
- m. Kickoffs and Punts
Take a wide-angle shot of the teams as they line up. After the kick focus on the return team.
- n. Do not track the ball in air but find the returner, as the ball will come to him. Simply pan back to the returner and capture the blockers and coverage as they come to him. When he moves follow the action with him.
- o. Keep the returner on one side of the camera. There is usually not much action behind the returner so video on the action in front of the returner.
- p. REMEMBER: MORE IS BETTER. It is better to cut late than too soon. Also, be sure that you know if you are on RECORD OR PAUSE. Many people mix this up by accident. Check it every time. Learn from mistakes.
- q. Be the silent witness when filming. You can say what you want when the tape is off. In addition, you may say something you regret later as everyone will hear this.

3. HUDL FINES

Tardy: 1st infraction \$50.00/day/team (\$200 max/film)

Tardy: 2nd Infraction \$100.00/day (\$400 max per film)

Poor Quality: as defined by filming rules \$100.00

Accessing film before/without loading required film; \$100.00

CHAPTER 14

HUDL RULES

3. HUDL CHECKLIST – Make sure you have:

- Extra batteries
- Extra video memory cards
- Extension cord and power adaptor
- Tri-pod
- Umbrella
- Snacks

4. HUDL SUPPORT INFO:

Note in league pool the button for sound is turned off and if you wanted to upload video with sound comply with the following:

- a. Go to the bottom right corner of your computer screen (near the date and time), click on the little up arrow
- b. Right click on the Hudl Mercury icon
- c. Select or de-select include audio

You can contact Hudl with additional questions by providing an email to the Hudl Support Team at: support@hudl.com.

CHAPTER 15

KERNON D. GRIFFEN MEMORIAL TOURNAMENT

1. ALL debts to NORCALFED will be cleared prior to October 1st of each year. Those Conferences not in good standing will forfeit their right to participation in any and all Tournament games.
2. Each Conference must select its entries for the Tournament. A Conference is not required to enter any or all of its top teams in the Tournament. A team must have Conference approval to enter.
 - a. If two teams are tied, the winner of the regular season game between the two teams will determine its position in Conference standings.
 - b. Selection of teams for entry to the Tournament does not alter the final win/loss standings.
 - c. Comparison of total scores as a method to break ties is expressly prohibited. Pre-season win/loss record is also prohibited.
 - d. If three or more teams are tied, and it is not possible to use head to head competition from the regular season as a tie breaker, a Conference will use the “Cornell Plan” to select its Conference Champion and seed its Tournament participants. The Deputy Commissioner shall be responsible for securing the field, officials, chain gang and times of play. This game shall be played no later than the Tuesday prior to Tournament weekend.
3. CORNELL PLAN MODIFIED
 - a. The teams shall draw to determine their order of participation in a round robin tie breaking procedure. The first offensive team shall decide the direction of offensive plays to be run. The ball will be placed on the 50-yard line. The offensive team shall be given the chance to advance the ball in four (4) downs.
 - b. At the end of the fourth play, the yardage shall be measured and recorded. The ball shall be returned to the 50-yard line and the next offensive series shall begin. At the end of the final offensive series, the yardage shall be totaled and the teams ranked 1, 2, and 3 according to total yardage.
 - c. This will be done by the Conference Deputy Commissioner. In the event two teams advance the ball an equal distance, the procedure shall be repeated for the teams which are tied. In the event of a team advancing the ball over the goal line in any one of its first three attempts, the ball will be returned to the 50-yard line, and play will continue until the team has consumed its four offensive plays.
 - d. In the event an offensive team fumbles and the defensive team recovers, or a forward pass is intercepted, the offensive team’s point of furthest advance becomes the immediate previous line of scrimmage and the offensive team has consumed all of its offensive plays.
 - e. A team shall run all four of its offensive plays, unless a turnover occurs. There shall be no waiver of playing rules during these plays, no clock, and the rules and penalties for delay of game are not waived. There will be only one time-out per team, per series of four plays. Time-outs for injuries will be an official’s time-out. The coaching staff may not address a non-injured player during a time-out for injuries.
 - f. There shall be a one (1) minute interval between each offensive series. The coaching staff may address the team during these intervals. Time spent participating in the tie-breaking procedure shall not be considered as practice time for those teams participating in the playoffs.

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KERNON D. GRIFFEN MEMORIAL TOURNAMENT

g. The schedule for a three-team tie-breaker shall be as follows:

OFFENSE	DEFENSE
Team A	Team B
Team B	Team C
Team C	Team A
Team B	Team A
Team C	Team B
Team A	Team C

h. A Conference must enter its section teams to the pairings. The section teams may be designated only as one or two.

4. On, or before, the Monday preceding the first game of the Tournament, Certified Team Rosters of participating teams will be uploaded to the NCF Share drive.
5. Immediately upon completion of each round of games, and not later than 7:00pm of the Sunday of the weekend in which the game was played, all Host Deputy Commissioners must advise the Commissioner, or designated Assistant Commissioner, as to the score of the games hosted. The Championship games will be hosted by one Conference, alternating each year, between Conferences between Division I and Division II games. The net proceeds of the gate and snack bar will benefit the Host Associations exclusively.
6. The visiting Associations and/or NORCALFED are not required to, and must not, underwrite the financial success of any Tournament game.
 - a. The admissions to Tournament games shall not be over eight dollars (\$8) per family, four (\$4) dollars for all adults and children ages twelve (12) and over, all children under the age of twelve (12) shall be one dollar (\$1)
 - b. Game officials, coaches, managers, players, water boys, equipment boys, Deputy Commissioners and Association Presidents will be admitted free to Tournament games in which they or their team(s) are participating.
 - c. The sale of "50-50" tickets and "Drawing" tickets shall be permitted at all Tournament games.
7. The Commissioner will provide team trophies and individual awards for the Champions and runners-up in each Division.
 - a. The trophies shall designate:
 - i. Division Champions
 - ii. Division Runners-up
 - iii. Kernon D. Griffen Memorial Tournament
 - iv. Year of Competition
 - b. The trophies must be identical, and in two sizes, one above the largest. Engraving of team name and other data will be at the expense of the team.
 - c. There will be a Championship "floating" trophy, one for each Division, which is kept by the Champion until it is either re-won or lost at the following Tournament. Engraving of the team name, Conference and year will be at the expense of the winning team.
 - d. The individual awards will have the same designation as the trophies. They will be identical in size. Two distinct color combinations shall be used.

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KERNON D. GRIFFEN MEMORIAL TOURNAMENT

8. The host Association/Conference must furnish, supply, and pay for:
 - a. Field rent and lights, if necessary
 - b. A room to change clothes and toilet facility.
 - c. A doctor, ambulance (stand by ambulance with first-aid staff nearby) or EMT
 - d. Police protection as the host Deputy Commissioner deems necessary.
 - e. Miscellaneous personnel as required, such as, but not limited to: Announcers, ticket sellers and takers, locker room guards, chain gang
9. All teams will be required to furnish their own transportation, food and lodging. Parent(s) and/or guardian(s) will not be admitted to locker rooms. All players must be told not to leave money, jewelry, or other valuable in the locker rooms. The host Association/Conference and host Deputy Commission will not be liable for losses of these items left in the locker rooms.
10. If an Association/Conference fails to provide a team to any of its berths in the Tournament, it is obligated to pay NORCALFED a penalty of five hundred dollars (\$500) per team. When collected, the Treasurer of NORCALFED will compensate the offended Conference two hundred dollars (\$200), and the offended team three hundred dollars (\$300)
11. Tournament Director
 - a. The host Deputy Commissioner shall assume the position as Tournament Director and may appoint a representative to act in his/her presence.
 - b. By participating in the Tournament, competitors agree to be bound by the decisions of the Tournament Director.
 - c. Shall perform official check-ins.
 - d. Work closely with host Association to ensure compliance with paragraph 7.
 - e. Resolve all complaints not directly related to the host Association.
12. Super Bowl
 - a. Super Bowl game shall be held the week following the NORCALFED Championship game.
 - b. Games between Division I and Division II Champions will include only Pee Wee, Jr. Midget, and Midget Divisions.
 - c. NORCALFED will provide a Perpetual Trophy for each Division winner.
 - d. Any individual awards will be provided by the participating teams.
 - e. A participation fee of one hundred dollars (\$100) per Division will be assessed and placed into a special NORCALFED Super Bowl fund to help support games in years of inclement weather when fan attendance is too low to meet host expectations.

CHAPTER 16 CHEERLEADERS

1. ORGANIZATION

NORCALFED cheerleading rules govern all participants for any NORCALFED affiliated football team. NORCALFED cheerleading provides an opportunity to cheer in an organized, supervised, safety-oriented manner that emphasizes fun for all and encourages the development of qualities important long after cheering days.

The following rules apply to the cheerleading programs in NORCALFED, in addition to the rules established in the NORCALFED football rules. If there is ever conflicting rules, the rules in the football section supersedes the rules in the cheerleading section. NORCALFED follows the YCADA Rules for competition. Failure to follow NORCALFED rules and regulations shall result in the suspension or removal of any badge holder and may also result in the disqualification of a squad at competition.

- a. Association Coordinators must send an email to Conference Cheer Coordinator, with a cc: to Deputy Cheer Commissioner within 24 hours of a cheerleader/adult being removed from the Certified Roster. If a cheerleader/adult is removed for disciplinary actions, this must be a result of a determination of the Association's Board of Directors, or a letter signed by the parent removing the cheerleader from the squad.
- b. Cheer Commissioner, Conference Cheer Coordinators, Association Cheer Coordinators, Stunt Reps, and Head Coaches must be stunt certified, as well as, completing a Concussion Reduction class. First aid no longer is a requirement.
- c. Stunt Representative can be Coordinator not a Head Coach.

2. ADULTS – All adults will abide by the same rules as the football coaches, with these additions:

- a. Badges must be worn at games and all NORCALFED events. Badges must be worn at practice except when participating in stunting. In that case, the badge must be readily available.
- b. Can only base or backspot for instructional purposes, and only if another stunt certified cheer coach is present.

3. CHEER SQUADS - All cheerleaders, instructors, and adult cheering personnel will abide by the rules and regulations as outlined in the NORCALFED Rules of Operations.

- a. Each Association will have a cheerleading squad for each football team it fields. See chapter 7 for the maximum number of coaches allowed.
- b. Each Association and/or Conference shall have the right to determine its own method of forming cheer squads. Associations will cut off cheer sign-ups **NO LATER THAN 1ST PRE-SEASON GAME, UNLESS A UNIFORM IS IMMEDIATELY AVAILABLE.**
- c. Each squad's roster shall have at least four (4) members. Exception for MM only: minimum is 3. The maximum number for Jr. Pee Wee, Pee Wee, Jr. Midget, and Midget is twenty-five (25), with the Association having the right to restrict the number to twenty (20). Mighty Mites maximum number is twenty (20), with the Association having the right to restrict the number to fifteen (15).

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CHEERLEADERS

- d. Each cheerleading squad shall attempt to fill every available position on its roster.
- e. The policy of NORCALFED is a no-cut youth program. Tryouts are not allowed.
- f. All cheerleaders are covered with insurance by the same policy as the football players.
- g. Registration and certification of cheerleaders shall follow the same grade eligibility rules as identified in Chapter 9 for football.
- h. All cheerleader and coaches rosters must be certified by the end of the Conference Camp. Associations will be fined one hundred dollars (\$100) per week, until squad book is certified.

4. DRESS CODE AND UNIFORM GUIDELINES – Due to new, more revealing style type uniforms

- a. Practice - Due to safety concerns with stunting and to keep our cheerleaders covered when tumbling, the following rules have been put in place:
 - i. No inappropriate clothing. All practice attire needs to be snug, but flexible. This includes all tops and bottoms. Tops cannot be spaghetti straps, and must meet the “2-finger width” rule for straps. Tops are to cover mid-drifts when arms are raised, and no “cut outs”. Bottoms must cover buttocks when cheerleader is asked to touch their toes with straight legs, cannot be denim, and must be free of buttons, zippers, pockets, etc.
 - ii. Hair is to be pulled away from face. Only hair accessories to be used are elastic pony tail holders, headbands, flat snap clips. No items with hard plastic or metal.
 - iii. Shoes are to be athletic, and cheer appropriate. No heavy, thick soles. No open toes, open backs.
 - iv. Jewelry of any kind is not to be worn. There will be no taping over or plugging piercings. Cheerleaders needing medical alert medals will have it noted on their Player Card. Medals will be taped to the body under clothing.
 - v. Fingernails must be stunt length and cannot leave marks in palm if a fist is made.
- b. Camp Attire – Same rules apply with the following additions:
 - i. Association colors theme or Cheer themed will be worn.
 - ii. *Natural makeup is allowed. Game Day/Comp makeup is not allowed at camp.*
- c. Game Day/Competition Uniforms – Late registration cheerleaders may wear association colors in place of a uniform, until their uniform arrives
 - i. Shell is to follow the same practice guidelines, with this exception: if the shell becomes too short throughout the season, an undershirt must be worn that matches the bottom of the shell so the mid-drift may not be visible.
 - ii. Skirt is to follow the same practice guidelines, with this exception: There may be small cut-outs on the bottom of the skirt. Get approval from Cheer Commissioner.
 - iii. Bloomers are to be a solid color, and must be the same color as the majority of skirt. There is to be no cheerleader wearing bloomers only. They are meant to go under skirts, not substituted for shorts.
 - iv. Bodyliners are to be worn as needed.
 - v. Shoes are to be white. EXCEPTION: Practice shoes may be worn the day before competition. However, they need to look the same throughout the squad. (No bright pink, for example)
 - vi. Socks and bows are to be the same throughout squad, but can be different throughout association.

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- vii. Hair is to be follow safety guidelines as practice. Color will be monitored and approved by association boards and coaches. Jewelry, and Fingernails are to follow practice guidelines.
- viii. To show spirit for the team, a special event, etc (ie. Pink October); poms, socks, and bows can be themed. Squad must look uniform and all must participate.
- ix. *Makeup is allowed, and can be accentuated. Items such as glitter stickers and glare strips are allowed. This is for game day and comp only, and is not mandatory. Associations have final say on what is appropriate for their participants.*
- x. INCLEMENT WEATHER: Cheerleaders may wear jackets, sweatshirts, etc if weather deems it necessary. All must participate and look the same. If warm up pants, or leggings, are desired, all must participate and look the same. Warm up pants do not require skirts to be worn. Leggings need to be underneath skirts. If rain jackets, or ponchos, are desired, they can be worn over the uniform, and whatever that entails that day.

d. Coach Attire

- i. Practice: All coaches are to use the practice guidelines for cheerleaders when actively participating in practice, or when walking onto the practice field. If a coach is unable to dress appropriately due to other circumstances (ie. Work or other personal circumstance), vocal instruction is still allowed. Badges are not to be worn when participating in stunting or tumbling instruction, but need to be accessible at all times.
- ii. Camp: Guidelines for practice attire will be enforced. Additionally, coaches will wear matching shirts that could, or could not, be the same as their cheerleaders. Design must match, but style can be different (ie. Tee shirt vs. tank)
- iii. Games and Competition: All coaches (including junior coaches) are to wear matching shirts per squad level. Squads may have different designs. Styles within squad can vary as long as design matches. Bottoms and shoes are at associations' discretion.

5. PRACTICES

- a. A schedule of practice times and places must be turned into the Deputy Cheer Commissioner and Conference Cheer Coordinator by the scheduled July meeting. Pre-game check-in location needs to be included. All offsite practice locations must be visited NIGHTLY by the Cheer Coordinator, or Association President. All off site locations must have First Aid/CPR Certified staff at EACH location.
- b. Practice week schedule is Mon thru Sunday.
- c. The schedule of practices and games shall conform to the rules for football with the exception of halftime.
- d. At least 15-20 minutes of warm up exercise (stretch and limber routines) shall be done prior to cheerleading practice, games and NORCALFED events.
- e. No practice or participation at games or NORCALFED events shall be permitted without the squad's book present and a certified coach present.
- f. No warm ups allowed until one (1) hour before the kickoff of scheduled game.

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CHEERLEADERS

- g. There will be no extra practices or exhibitions that take place outside of the normal practice schedule. If a squad would like to perform at a High School game or other event, approval must be from the Conference Cheer Coordinator and Deputy Cheer Commissioner prior to event, and will count as a two (2) hour practice. Violation of practice schedule will result in disqualification of all competitions.
- h. Make-up practices must be in the same week as “missed” practices and **not** on Game Day.

6. GAMES

- a. Before every game: Check-offs will be done ½ hour before scheduled kickoff. The opposing head coach and/or coordinator will initial all Player Cards, and check all cards for certification stamp and making sure they are on a roster.
- b. Stunt progression sheets are to be kept up to date and in the cheerleader sleeve of the squad’s book.
- c. If a cheerleader misses the check-in, it will be at the discretion of the Association’s Coordinator to allow her to participate, based on that Association’s cheer contract.
- d. A cheer squad must be at every game and cheer. During a game, at least 50% of squad must cheer every quarter, for all four (4) quarters of the game. There will be a twenty-five dollar (\$25) fine per quarter for every quarter the minimum is not met. Failure to have at least 50% of Certified Cheer roster to a game, including playoff games, will result in a three hundred dollar (\$300) fine.
- e. Only the cheerleaders and coaches of the squad performing may be on the sideline during the game.
- f. There shall be no cross cheers allowed. No cheers showing any distaste or derogatory remarks will be tolerated.

7. PLAYOFF GAMES

- a. Squads must practice the week of playoff games. The amount of practice may be determined by the Association’s Board of Directors, but may not go over six (6) hours per week.
- b. Squads must attend the playoff game the day before competition. The squad must be on the sideline performing cheers relevant to the football game. They will not use this as a practice day. Squads not complying will be disqualified from competition.
- c. Squads may perform either of their competition routines at halftime. Halftime rules for a regular game apply.
- d. All cheerleading will stop when there is a player “down” on the field. When a player is down, the squad will stand at attention or “take a knee” to support the injured player, and to show fans that a player is down. Once the player is back to his/her feet, or removed from the field, cheerleaders are to clap in support of that player. This is to be done for both teams.
- e. Unless excused by the Cheer Coach, cheerleaders will remain in their designated area for cheerleading during the ENTIRE game. Parents are not to call cheerleaders out of the cheer area for any reason.

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8. HALFTIME:
- a. Halftime is fifteen minutes
 - b. Time limit for each squad's performance is two and one-half (2 ½) minutes.
 - c. The time limit must be their entire routine. The routine can consist of just cheer, just dance, or a combination of cheer and dance.
 - d. The music for halftime must follow the music rules for competition.
 - e. Order for halftime:
 1. Home team performs for visitors
 2. Visiting team performs for visitors
 3. Visiting team performs for home side
 4. Home team performs for home side
 5. If an Association only wants to perform to one side, it must be the opposite Association side.
 - f. Only the cheerleaders and coaches of the squads performing may be on the field during halftime.
 - g. Coordinators, stunt rep, coaches, and instructors may NOT spot, base, or fly for any stunt, or be directly on the field while the squad is performing their halftime routine.
 - h. Weather permitting, all Association cheer squads are required to perform a halftime routine, or be subject to a one hundred dollar (\$100) fine per squad that does not comply.
9. STUNTING – It is the responsibility of the certified adult cheer personnel to put safety first in all cheering routines. Advisors/coaches should recognize a squad's particular ability level and should limit the squad's activities accordingly. The advisors/coaches must follow the YCADA rules.
- a. No stunting done will be:
 - i. Until the completion of ten (10) hours of conditioning. Four and a half (4 ½) for Mighty Mites. Step-up and hang drills are considered conditioning, but no person-to-person contact is allowed for insurance purposes. No other stunting is allowed until conditioning is complete and adults are stunt certified.
 - ii. In the rain or slippery/wet conditions
 - iii. On concrete, asphalt, or gravel, at any time.
 - iv. With poms, signs, megaphone, flags, or props while building or dismounting a stunt.
 - b. Every cheerleader shall have updated "stunt progression sheet" in their sleeve in the certified book. They cannot stunt without this.
 - i. Each step must be practiced and mastered, then performed correctly. That step must be witnessed, initialed on the stunt sheet and dated by the Coordinator, Stunt Rep and Head Coach. Only then can the cheerleader move to the next step.
 - ii. All cheerleaders in a stunt group must be at the same level on their stunt qualification sheet in order to perform any stunt at any NORCALFED event.
 - c. Signing off on a stunt before it is mastered, just to move on to harder stunts, will result in immediate dismissal of the Coordinator, Stunt Rep, and Head Coach.

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- d. NORCALFED will only allow gymnastic and stunts as outlined by YCADA. Squad level will be as follows:
 - i. Mighty Mites: Level 1 Limited
 - ii. Jr. Pee Wees: Level 1
 - iii. Pee Wees: Level 2
 - iv. Jr. Midgets: Level 3
 - v. Midgets: Level 3
- e. Stunting and gymnastics will be allowed before the game starts; during quarter breaks; halftime; and during coach-initiated time-outs. Stunting during injury time-outs, or while a player is “down” is not permitted. Stunting or gymnastics will not be allowed while the game is being played, during the “tunnel”, nor during the National Anthem.
- f. At any time, an Association may have its stunting rights revoked for the remainder of the season outside of the squad levels as outlined. This includes practicing stunts outside of the squad levels as outlined. Depending on the severity of the incident(s), an Association may lose the privilege of stunting into the following season. Determination will be made upon review by the Cheer Commissioner and the NORCALFED Board of Directors.
- g. Stunt certification is attained by either attending coach clinic the weekend after practice begins or attending cheer camp of squad level to which certification is needed. Coordinators and stunt Reps must be certified before their associations can stunt. Head coaches must be certified before their squad can stunt. Only those stunt certified can be head coach at any time during the season.

10. TUMBLING

- a. All tumbling must originate from ground level. No tumbling allowed that tumble over, under, or through stunts, pyramids or over/under individuals.
- b. Spotted, assisted, or connected tumbling is prohibited.
- c. Partner tumbling (using 2 connected people), including Chorus-Line Flips, are prohibited.
- d. Gymnastic oriented load-in/mounts, dismounts, and transitions, such as cartwheels, are not considered tumbling, but part of the stunts/chorography, as long as inversion rules are followed

11. CHEER CAMP – Cheer camp is highly recommended to build and improve the skills of each individual and squad.

- a. Deputy Cheer Commissioner and Conference cheer Coordinator are required to attend all cheer camps and provide documentation (sign-in / sign-out) for coaches in attendance to be used for stunt certification
- b. Camp must not cost more than thirty five dollars (\$35) per cheerleader. (T-shirt and food not included).
- c. Cheer camp will be conducted by a recognized cheer organization (ie. JAMZ). The organization must be approved by the NORCALFED Board of Directors.
- d. NORCALFED cheer camp will be hosted by four association on a rotation basis. North on even years and south on odd years.

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- e. Sign-in/sign-out sheets are required to verify attendance. There will be no exceptions.
- f. Coaches must actively participate in the Clinic and Camp, during their level's camp

12. CONFERENCE COMPETITION

- a. Competition location shall be approved by Cheer Deputy Commissioner, Deputy Commissioner and Conference Cheer Coordinator. Hosted by four (4) associations, South on even years and North on odd years.
- b. All Associations must participate in Competition, or be subject to a five hundred dollar (\$500) fine for each squad.
- c. There shall be no cutting from the regular season roster, nor shall there be any substitutions.
- d. Any physical impairment to be taken into account shall be emailed to cheer commissioner no later than one week prior to competition. Beginning position of the cheerleader shall be identified.
- e. Spotting shall be done by certified spotters at all Competitions (ie. JAMZ)
- f. No squad shall pay (money or other tangible items) for a routine to be prepared.
- g. There will no interaction or protesting to the judges. If a squad is penalized, only the Head Coach can approach the penalty table for clarification. Any appeal will go through competition vendor. NORCALFED will not participate in any appeal.
- h. The judges shall make the final determination and their decision may not be appealed.
- i. Coaches are only allowed in the designated area while their squad is performing.
- j. There will be no air horns, cowbells, etc. used at any competition.
- k. All rules, regulations, and other forms for competition will be provided by competition vendor. It is the responsibility of the head coach, stunt rep, and cheer coordinator to ensure all cheerleaders, adults, and fans recognize and to adhere to what is provided.
- l. It is the responsibility of the coordinator to ensure all paperwork and payment is completed by the vendors deadline.

13. NON-NORCALFED EVENTS

- a. Participation in community events (ie. Parades, football performances, etc) are encouraged, but not required. Notification must be provided in writing prior to the event at the Conference President's meeting, the Conference Cheer Coordinator and Deputy Cheer Commissioner.
- b. Associations engaging in NON-NORCALFED events, during the NORCALFED season, which are not community oriented, must provide notification in writing prior to the event at the Conference President's Meeting.
- c. Associations may not attend a competition, or competitive event, other than NORCALFED activities between the times that practice starts in July until the end of the squad's JAMZ State Competition.
- d. Association squads may attend JAMZ Youth State comp and JAMZ Youth Nationals as well as one (1) other event that adheres to YCADA rule set, ie JAMZ sanctioned. NCF approval is required.

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14. Complaints and concerns must be in writing to Deputy Commissioner and Deputy Cheer Commissioner within 36 hours of incident.

CHAPTER 17

MINIMUM PLAY PROCEDURE

1. Each team shall have two (2) Minimum Play Rule Monitors (hereinafter known as Monitors), one for each side of the field. Game shall not start until Monitors are in place and referees acknowledge their presence (same as Chain Gang, Clock Operator, Medical Person, etc). **Monitors shall wear a distinguishing yellow colored vest provided by the home team.** Monitors shall have White Badges and take a NORCALFED online test after having received training from their team.
2. A NORCALFED Monitoring Sheet with all the team members listed, in numerical order, will be provided by the Head Coach of each team to the Monitors working his/her side of the field.
3. The monitoring form will also show practices for the week. Unexcused absences may result in less playing time for the player, at a rate of two (2) plays per unexcused absence.
4. Each Association will provide a clipboard and a pen for use by the Monitor.
5. The Monitor from the opposite team will hold the clipboard and mark down the players as they go into the game. The Monitor from the team on the sideline, which they are on, will be the spotter. The spotter will call out the jersey numbers as they enter the play and the writer will check them off.
6. Monitors will position themselves on the sidelines outside the 30-yard markers or at least 10 yards from the coaching staff. Monitors shall not coach or converse with players.
7. Only one (1) coach is allowed to address the Monitor.
8. Minimum plays must be achieved during regulation time only. Overtime does not count. If game goes to "Running Clock", minimum plays must still be monitored. Dead ball penalty plays, or "kneel downs" plays shall not be counted.
9. Association Presidents or their Designee are responsible to collect completed MPR forms and ensure they are uploaded to the NCF Share Drive by Monday following the game for the Deputy Commissioner to review.
10. All Mighty Mites are required twelve (12) plays while Jr. Pee Wee players are required to play eight (8) plays during the game. All other players are required to play six (6) plays
11. Five minutes prior to the end of each half, the respective Monitors will notify their Head Coaches of how many players have not completed their mandatory number of plays, and what their jersey numbers are. Final notification shall be with two (2) minutes to go in the game, if they still have not complied. If any player fails to play the minimum number of plays, both the Presidents are to be notified.
12. If a coach fails to meet requirements, the Monitor shall immediately hand the MPR form to the ranking NORCALFED official in attendance, or in his absence, the opposing team's President.
13. A Head Coach that fails to meet the requirements of the Minimum Play Rule shall be subject to the following penalties:
 - a. 1st Offense: One (1) week suspension from practice and the next game the team plays in. In addition, the Association will be fined two hundred dollars (\$200)
 - b. 2nd Offense: Head Coach will be de-certified for the remainder of the season.
 - c. In addition to a and b above, league games and post season games will result in forfeit for violation of Minimum Play Rules.
14. In post season games, failure to comply with Minimum Play Rules will result in an Association fine of five hundred dollars (\$500) and a one year suspension for the Head Coach.

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MINIMUM PLAY PROCEDURE

15. If a player does not get his/her minimum plays, he/she will start the following game and his/her plays for the game will be doubled.
16. Plays cannot be filled out prior to game.
17. MPR sheet shall be left with the team being recorded during the halftime break.
18. In the absence of a Monitor, a Monitor from another Division or an Executive Board Member shall fill the position.
19. If a Monitor notifies the Head Coach of problems with the other team's Monitor, the following shall occur:
 - a. Notify a referee and request an official non-chargeable timeout to discuss the infraction with the MPR sheet
 - b. Presidents of BOTH teams shall come to the sideline and deal with the issue.
 - c. President of Monitor in question shall stay and supervise his/her Monitor, take over as Monitor, or replace Monitor with another Certified Monitor.
 - d. The name of the Monitor in question will be noted on the MPR sheet.
 - e. A 2nd occurrence with same Monitor will disqualify Monitor for the remainder of season.
20. MPR Roster Procedures
 - a. Head coach completes the practice column prior to providing the roster to the MPR monitor to include annotating players that are injury, quits, or is absent.
 - b. Annotate the roster by placing a check mark in the "Cert Roster" and "Made Weight" columns
 - c. Opponent's Check-in Person prints name and signs the roster.
 - d. Print the number of required plays on the roster.
 - e. End of game completion: MPR monitor and Head Coach prints name, signature, and record the final score, as well as, when the numbers of plays were recorded on the roster.
 - f. Associations board is required to upload the MPR rosters to the NCF Share Drive for the Deputy Commissioner to review.

CHAPTER 18

JAMBOREE

1. The first all league activity marking the beginning of the Competitive Season of play.
2. Jamboree is scheduled for the 3rd Saturday of August. Note: years when there are five (5) Saturdays in the month of August, Jamboree will be on the 4th Saturday.
3. Conference teams play each other in their respective Divisions.
4. Each team plays ten (10) minutes on offense and ten (10) minutes on defense with five (5) minutes allotted to clear teams off field and allow the next round teams on field.
Mighty Mite Exception: Mighty Mites shall play five (5) minute intervals rather than ten (10)
5. Teams start at 40-yard line and play towards goal line. The 40-yard to 40-yard section of field is the offensive team's area to assemble and huddle.
6. Offense will retain ball until they score, or an interception, or defensive fumble recovery occurs. The ball then returns to the 40-yard line and the offense begins again.
7. There are no PATs, punts, or field goals.
8. Each team is allowed two (2) coaches on the field. Offense may have up to four (4) substitute players on field behind the 40-yard line with coaches.
9. Defensive substitutes must come from sidelines.
10. Defensive stunting is not allowed.
11. Safety infractions will have penalties assessed. For other violations, play will be stopped, instruction given, and play resumed.
12. All teams must wear game day jerseys. Practice jerseys will not be acceptable.
13. The jamboree schedule shall be provided by NORCALFED and will follow youngest to oldest team format. Mighty Mites and Jr. Pee Wee on Field #2 with Pee Wee through Midget on the Field #1.
14. All fields where games will be played must have proper staffing to keep game play moving (ie. Clock person, ball spotters, and any other necessary staff needed.
15. Cheer does not attend.

CHAPTER 19 MIGHTY MITES

1. Two (2) coaches per team will be on the field, but they must remain fifteen (15) yards behind the line of scrimmage.
2. Each player on the roster will be guaranteed twelve (12) plays per game. An official Monitor will insure plays.
3. Touchdowns are worth one (1) point to keep scores down. No PAT allowed. No overtime. Tie scores remain a tie. No standings will be posted, nor posting of season playoffs, on internet or local media allowed by ANYONE.
4. Fumbles and interceptions remain live per the High School rulebook. EXCEPTION: Any fumbles or interceptions behind the line of scrimmage will result in a dead ball in the first four (4) games of the season.
5. Blitzing and Stunting is prohibited. More than a six (6) man defensive front line is prohibited and will result in an **unsportsmanlike conduct** penalty. Nose guard must play in gap, not **Head Up** on the center. Corners and linebackers must play 3 yards off the line of scrimmage. Interior defensive lineman must be down in a 3 or 4 point stance.
6. Scores will be shown on scoreboard.
7. There will be no kickoffs; the ball will be put into play on the 50-yard line. No plays shall start deeper than the 50-yard line. Offense will retain the ball until they score, there is an interception, or a defensive fumble recovery occurs. The ball then returns to the 50-yard line and the offense begins again.
8. On a safety, the ball will be placed on the opposing team 40-yard line (Change of Possession). No points to be awarded
9. Each team will be allowed eight (8) coaches.
10. With the exception of helmets, no equipment shall be worn prior to 1 week of conditioning practice.
11. Practice shall be no more than three (3) nights per week at 1 ½ hours per practice.
12. There will be a maximum of thirty (30) players and minimum of fourteen (14). There will be no forfeits. Each team is required to carry six (6) red practice vests. In the event one team is short players, the opposing team will nominate players to play for the team that is short, wearing a red vest.
13. Each team will have two (2) alternating quarters of offense and defense. Visitors will start on offense. Ten (10) minute running quarters will be played. The clock will only stop in the event of an injury or directly following a touchdown, in order to reset the ball. Halftime will be fifteen (15) minutes. Three (3) timeouts per half.
14. The official ball will be a junior 100 size (smaller ball than Jr. Pee Wee). See Chapter 13, Rule 25.
15. All Mighty Mite games will start 1 hour and 30 minutes prior to Jr. Pee Wee games.
16. A minimum of two (2) High School referees are required for games.
17. Post season exhibition games are allowed. Games schedule during playoffs must be agreed upon by hosting team due to field logistics if intending to play at that field.
18. Filming upcoming opponent's games are prohibited.

CHAPTER 20

JR. PEE WEES

With the exception of the below listed conditions, all rules governing NORCALFED football will be adhered to.

1. Two (2) coaches per team will be on the field, but they must remain fifteen (15) yards behind the line of scrimmage.
2. Each player on the roster must play a minimum of eight (8) plays.
3. Touchdowns are worth one (1) point, to keep scores down. No PAT allowed. No overtime. Tie scores remain a tie. No standings posted, nor post season playoffs posted, on internet or local media allowed by ANYONE.
4. Fumbles and interceptions remain live per the High School rulebook. EXCEPTION: Any fumbles, or interceptions, behind the line of scrimmage result in a dead ball, and loss of down, in the first four (4) games of the season.
5. Blitzing and Stunting is prohibited. More than six (6) man defensive front line is prohibited, and will result in an **unsportsmanlike conduct** penalty. Nose Guard must play in gap, not **Head Up** on the center. Corners and linebackers must play 3 yards off of the line of scrimmage. Interior defensive lineman must be down in a 3 or 4 point stance.
6. Scores will be shown on scoreboard.
7. There will be no kickoffs; the ball will be put into play from the offensive 40-yard line.
8. A team may kick a punt or “declare” a punt. If they choose to kick a punt, no movement, other than long snap, is allowed by either team until the ball is kicked. Regular punt rules then apply. However, no fake punts are allowed. The ball is then moved twenty (20) yards and the other team takes over possession. No “punting” of any kind allowed inside the opponent’s 35-yard line.
9. On a safety, the ball will be placed on the opposing team 40-yard line (Change of Possession). No points to be awarded
10. Anytime the score is more than a Five (5) touchdown spread, the mercy rules will apply (Chapter 13, Rule 24), with the exception of the kickoff and the running clock not being required in the fourth quarter, unless requested by the team that is behind.
11. Post season exhibition games are allowed. If game is scheduled during playoffs must be agreed upon by hosting team due to field logistics if intending to play at that field.
12. Filming upcoming opponent’s games is prohibited.

APPENDIX A

YEAR	JANUARY MEETING	MAY MEETING	SEASON STARTS	JAMBOREE	POST SEASON
2018	1/20/18	5/19/18	7/23/18	8/18/18	10/27/18
2019	1/27/19	5/18/19	7/22/19	8/24/19	10/26/19

2018 POST SEASON PEE WEE/JR. MIDGET/MIDGET

<u>DATE/LOCATION</u>	<u>EVENT</u>	<u>MIDGET HOST</u>
OCTOBER 27TH	1st ROUND PLAYOFF	
Game A	1 st North -vs- 4 th South	1 st North
Game B	1 st South -vs- 4 th North	1 st South
Game C	2 nd South -vs- 3 rd North	2 nd South
Game D	2 nd North -vs- 3 rd South	2 nd North
NOVEMBER 3rd	2ND ROUND PLAYOFF(Winners from Oct 27th)	
Game A	Game A -vs- Game C	Highest Seed Winner
Game B	Game B -vs- Game D	Highest Seed Winner
NOVEMBER 10TH	DIVISION CHAMPIONSHIP GAME (Winners from Nov 3rd)	
	Game A -vs- Game B	Highest Seed Winner
<p>*In the event both teams in Championship game are same highest seed, game will be hosted in the Conference opposite of previous year.</p> <p style="text-align: center;">Division I 2017 Winner – Division II 2017 Winner -</p>		
<p>NORCALFED SUPER BOWL DIVISION I CHAMPIONS -VS- DIVISION II CHAMPIONS NOVEMBER 17TH</p>		

****Starting time for all playoff and Super Bowl games are 12:00pm, 2:00pm, and 4:00pm**

APPENDIX A

JAMBOREE HOSTS

	<u>North Div I</u>	<u>North Div II</u>	<u>South Div I</u>	<u>South Div II</u>
2015	Foothill	Central Valley	Chico (P)	Willows
2016	Red Bluff	Corning	River Valley	Gridley
2017	Shasta	Orland	Sutter	Colusa
2018	Pleasant Valley (V)	Anderson	Paradise	Durham
2019	West Valley	Willows	Chico Panthers	Oroville
2020	Enterprise	Central Valley	River Valley	Willows

CHEER EVENT HOSTS

	NORTHERN CONFERENCE	
	CAMP	COMP
2015	West Valley	Enterprise/Anderson
2016	Enterprise/Anderson	Foothill/Central Valley
2017		Foothill/Central Valley/Red Bluff/Corning
2018	Red Bluff/ Corning/ Shasta/ West Valley	
2019	TBD	TBD
2020	TBD	TBD

	SOUTHERN CONFERENCE	
	CAMP	COMP
2015	Paradise/Oroville Eagles	Wheatland/Oroville Rhinos
2016	Wheatland/Oroville Rhinos	Chico Panthers/Willows
2017	Chico Panthers/ Willows /River Valley/ Gridley	
2018		River Valley/ Gridley/ Sutter/ Colusa
2019	TBD	TBD
2020	TBD	TBD