



2025 Constitution

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1. Name

- A. Organization Name:** This organization shall be known as the Mother Lode Youth Athletic Conference, Inc. (MLYAC) doing business as Motherlode Valley Football League (MVFL)

2. STATEMENT OF PRINCIPLES

- A. Objective:** The objective of this program is to inspire youth to practice the ideals of good health and to teach them sportsmanship and fair play. At all times and in all situations, the welfare of the participants is first and foremost.
- B. Purpose:** The specific purpose of this program is to teach the fundamentals of football, sportsmanship, love of the game, while always promoting safe play.
- C. Football Divisions:** All teams will fall into one the following classifications which are defined by age and grade.
1. Jr. Novice, Novice, Jr. Varsity, Varsity
- D. Cheerleading Divisions:** All teams will fall into one of the following classifications which are defined by grade.
1. Mascots, Jr. Novice, Novice, Jr. Varsity, Varsity

3. RULES

- A. MVFL Rules:** It shall be the responsibility of MVFL to establish the necessary procedures to assure compliance with the rules contained in the Constitution and Rules & Regulations.
- B. Rule Changes:**
1. Only the MVFL Board can make rule changes. It shall be each organization's responsibility to submit their rule change recommendations to the MVFL Board for its approval.
 2. Constitution and Rules & Regulations change recommendations will be presented in writing to the MVFL Board as follows:
 - a. January – Proposal Submission Timeline Deadline for submission: All proposals must be submitted by January 1st.
 - b. Review period: Each League Representative will have a minimum of 15 days to review and discuss the proposals.
 - c. Voting: Proposals will be voted on during the February MVFL Meeting.

- d. No changing of MVFL Rules bylaws may occur from the first day of practice to the last day of the season. The only exclusion is if a rule change is needed for the safety of the players.
- 3. A quorum (a majority of the Board) is required for any vote to be taken by the Board. 2/3 of the quorum is required for any Constitution or Rules & Regulations change.
- 4. Minutes must be kept at all times during any MVFL Meeting.
- 5. Texting may be used as a source of official voting by the MVFL Board.

4. MVFL Authority:

- 6. Any violation of the MVFL Constitution, Football Rules & Regulations, or Cheer Rules & Regulations shall be administered by the League Representatives as follows:
 - a. Reviewed – The incident will be formally assessed to determine its validity and scope.
 - b. Investigated – A thorough inquiry will be conducted to gather relevant facts and context.
 - c. Concluded – Appropriate actions will be taken if found in violation, including potential penalties.

5. INCIDENTS

- A. **Organizational Issues:** When an organizational issue arises, it should first be addressed internally by referring it to your organization's League Representative and Executive Board members. They will attempt to resolve the matter by consulting the MVFL Constitution, MVFL Rules & Regulations, or your organization's Bylaws. If the issue remains unresolved at the local level, the following steps should be taken to escalate it to the MVFL:
 - 1. **Submission:** The organization's League Representative is responsible for submitting the unresolved issue to the MVFL.
 - 2. **Petitioning the Board:** Only the organization's League Representative may petition all MVFL Board members to assemble regarding an incident for a resolution.
 - 3. **Written Account:** Only the organization's League Representative may provide a detailed written account of the incident, including any previous actions taken locally to address the matter.

4. **Submission Method:** Send the documentation to the official MVFLs official email address.
 5. **Confirmation of Receipt:** Follow up with a phone call to the MVFL President, MVFL Vice President, or MVFL Secretary until confirming that the submission has been received by the MVFL.
- B. Examples:** The MVFL identifies several improper incidents that may necessitate board action, including but not limited to:
1. **Violation of Civil Rights:** The right to be free from discrimination, the freedom to worship as we choose, the right to vote for our elected representatives, the protections of due process, the right to privacy. Any infringement upon the civil rights of athletes, coaches, advisors, board members, parents, or guardians.
 2. **Derogatory Comments or Gestures:** Expressions intended to belittle or insult individuals based on factors such as ethnicity, religion, or economic status.
 3. **Physical or Mental Abuse:** Any form of physical or mental abuse directed towards athletes, coaches, advisors, board members, game day officials, parents, or guardians.
- C. Organizational Incidents:** If an organization has been accused of a violation, the accused organization will be formally notified via email. The notification will be sent to the email address on file with the MVFL Secretary. The representing League Representative of the accused organization may be excluded from the investigation process to prevent any potential bias or conflict of interest. The MVFL Executive Officers and remaining League Representatives will conduct a comprehensive investigation to determine the validity of the accusation. If the accused organization is found guilty of the violation, the MVFL League Representatives will determine appropriate penalties as outlined in the MVFL Constitution. The following steps must be taken to escalate it to the MVFL:
1. **Submission:** All accusations of violations must be formally submitted to the MVFL official email address. Submissions related to accusations, complaints, or violations must come from a named individual or organization. This ensures that all allegations are properly documented and reviewed in a timely manner.
 2. **Petitioning the Board:** Only the League Representative of the organization involved may petition all MVFL Board members to assemble regarding an incident.
 3. **Written Account:** Only the organization's League Representative is authorized to provide a detailed written account of the incident.

4. **Communications:** Both the accusing party and the accused organization have the right to follow up on the status of the investigation. They may contact the MVFL President, MVFL Vice President, or MVFL Secretary. Details may be limited.
 5. The accused organization is required to surrender or accommodate all requests related to the incident within 24 hours of the request. This information must be provided without hesitation. Failure to comply with this request within the specified time frame will result in the organization being deemed guilty of the violation, and appropriate penalties will be assessed accordingly.
- D. Game Incident Protocol:** Any incident occurring during a game must follow the procedures outlined below to ensure timely and appropriate resolution:
1. **Immediate Notification:** The MVFL President must be notified when the incident occurs. If the MVFL President is not available, then immediately attempt to contact the MVFL Vice President or MVFL Secretary.
 2. **Written Submission:** A detailed written report of the incident must be submitted to the MVFL's email address within 48 hours of the occurrence. Upon submission you must confirm receipt by contacting the MVFL Secretary.
 3. **Documentation Submission:** All relevant documentation related to the incident must also be provided to the MVFL Secretary within 48 hours via the MVFL official email address or hand delivered.
 4. **Board Review:** The MVFL Board, excluding representatives from the organizations directly involved in the incident, will deliberate on the matter.
 5. **Judgement:** A final ruling will be made within 72 hours from the receipt of submission and communicated to all organizations involved. Such rulings may include "Penalties" per the MVFL Constitution.
- E. Incident Rulings by Officials:** If an incident occurs and is ruled upon by an official during a game, appeals will not be permitted for the official's decision. However, in situations involving potential errors, such as wrongly accused athlete, coach, parent or attendee, the organization's League Representative may submit a written request for correction to the MVFL Board for review and consideration. This process is limited to addressing inaccuracies and not for overturning the official's judgment during gameplay.

6. PENALTIES

- A. Instances of Carelessness of Safety, Immoral Behavior, and Insubordination, among others, are considered serious offenses and will result in a penalty or penalties.
1. Penalties may apply to Individuals, Teams, and/or Organizations.
 2. It is the responsibility of the League Representatives to determine the appropriate penalties for such violations.
 3. The determination of penalties requires a 2/3 majority vote of the League Representatives.
 4. Penalties for violations may include, but are not limited to, the following actions:
 - a. **Forfeiture** – Loss of a single game or multiple games.
 - b. **Organizational Disqualification** – Violations may result in ineligibility to compete for or participate in Jamboree, Playoffs or the Super Bowl for the current season or future seasons, depending on the severity of the violation.
 - c. **Individual Disqualification** – Prohibited from participating in pre-season, regular season, or postseason practices or games.
 - d. **Suspension/Expulsion** – temporary or permanent removal of individuals or team members, leading to their ineligibility or disbarment from participating in league activities.
 - e. **Franchise Loss** – Severe violations may result in the revocation of the rights to operate as an MVFL organization, effectively terminating the organization's affiliation with the league.
 - f. **Monetary Fines** – Financial penalties imposed on individuals, teams, and/or organizations.
 - i. Fine amounts will range from \$100 - \$2500 depending on the severity of the violations.
 - ii. While standard fines range from \$100 to \$2,500, recoverable amounts may exceed \$2,500 when deemed necessary based on the reasoning and nature of the violation.
- B. **Cool Down:** All penalties assessed require a 48-hour cool-down period before any person attempts to contact the MVFL Executive Board. Organizational League Representatives are not to be contacted regarding

any type of assessed penalties. Failure to comply with the 48-hour cool-down period may result in additional penalties.

C. Appeal: All penalties imposed are subject to an appeal process. Appeals must be submitted in writing to the MVFL email address following the notification of penalties. There is no time frame for the submission of an appeal.

1. **Submission:** The appealing party must provide a formal written request detailing the grounds for the appeal.
2. **Review:** The League Representatives will review all relevant information, evidence, and circumstances surrounding the appeal.
3. **Vote:** A decision regarding the appeal will be determined by a majority vote of the League Representatives.
4. **Outcome:** The decision of the League Representatives regarding the appeal will be final and binding.
 - a. The Appeal process may be waived upon request of League Representatives or the Executive Board if deemed necessary. Such decisions will be determined on a case-by-case basis.

7. BOARD, COACHES, PARENT, ATTENDEES AND PLAYERS

A. Preamble

1. The essential elements of character-building and ethics in sports are embodied in the concept of sportsmanship and six core principles: trustworthiness, respect, responsibility, fairness, caring and good citizenship. The highest potential of sports is achieved when the competition reflects these "six pillars of character."

B. Board Members Code of Ethics

1. Elected & Appointed

- a. Each elected and appointed Board Member shall pledge to follow and uphold all MVFL Constitution and Rules & Regulations and to report any violation regardless of the violation or the person or persons involved in the violation.
- b. All Board Members will conduct themselves in a professional manner and treat all other board members, athletes, cheerleaders, coaches, league officials and parents with respect, honesty, integrity, and openness.

- c. Devote time, thought, and study to the duties and responsibilities of a Board Member so they may render effective and credible service to MVFL.
- d. Work with their fellow Board Members in a spirit of harmony and cooperation in spite of the many differences of opinion which may arise. Base their personal decisions upon available facts in each situation; to vote their honest conviction in every case, un-swayed by partisan bias of any kind; thereafter, to abide by and uphold the majority decision of the Board. Board Members will act in the best interest of MVFL rather than in furtherance of personal interests or the interests of third parties, such as friends and family. Decisions about MVFL and the use or disposition of its assets, are made solely in terms of the benefits to MVFL. They are neither influenced nor appear to be influenced by any private profit, personal gain or outside benefit for staff, board members and volunteers; their friends and family members or the organizations with which they are affiliated.
- e. To avoid issues with nepotism within an organization. Married or immediate family members that are board members would only count as one vote when voting on issues pertaining to the respected organization.

C. Coaches Code of Ethics:

1. Organizational Head Coaches, Assistant Coaches and JR Coaches

- a. Lead by example in demonstrating the six pillars of character, written in the Preamble above, to all my players and cheerleaders.
- b. Treat all athletes, coaches, league officials, refs and parents with respect and dignity.
- c. Place the emotional and physical well-being of all athletes ahead of the personal desire to win.
- d. Treat each athlete as an individual, always remembering the large range of emotional and physical development for each age group.
- e. MVFL will not tolerate the use or influence of drugs and alcohol, including all tobacco products, e-cig, and vape pens during any organization function and in the presence of any minor child as a representative of the MVFL.

- f. Be or become knowledgeable in all the rules of the sport and teach these rules to all athletes.
- g. Do their best to make sure that all practices are well organized, safe, fun, and challenging for all athletes.
- h. Use only those coaching techniques that are appropriate and safe for the skill level of the team that I will be coaching.
- i. Young athletes are to be protected from unsafe and possibly illegal weight loss programs or techniques. Examples: working out in plastic garbage bags; working out under extreme heat conditions; advising parents to have their child fast or use extreme diets; etc.
- j. Will not tolerate any form of abuse of children, should it be physical, verbal, emotional, ethical, or sexual, and will immediately report any such abuse to the proper authorities.
- k. No Profanity, Foul, derogatory language toward event attendees, players, refs, other coaches, or board members will be tolerated.
- l. Always remember that they are a youth sports coach and that the game is for the young athletes, and not for the vicarious interests of adults.
- m. Head coaches and league reps. are only people allowed to communicate with refs during and after games.
- n. Only 8 coaches with current MVFL badges are allowed on the sideline during the games.
- o. Violations to the code of ethics will not be tolerated. If a violation occurs a fine will be imposed on the coach payable to the MVFL. This will need to be paid to the league within 14 days of violation. Also, a coach may be ejected from the game and/or next game if a violation occurs. This will be determined by the organization board league representative and MVFL. Violations will be a 3-strike rule, 1st offense \$100 fine and ejection rest of game and next game 2nd offense \$150 fine and rest of game and then next 2 games, 3rd offense is expulsion of the coach.

D. Parent/ Attendee Code of Ethics:

1. All Game Attendees, Volunteers, Chain Gangs, Field Crews, etc.

- a. Treat all athletes, coaches, board members, league officials, refs and other attendees of the event with respect and dignity.
- b. No inappropriate behavior that is deemed an obstruction to the football game or sideline cheering will be tolerated
- c. MVFL will not tolerate the use or influence of drugs and alcohol, including all tobacco products, e-cig, and vape pens during any organization function and in the presence of any minor child as a representative of the MVFL.
- d. MVFL Will not tolerate any form of abuse of children, should it be physical, verbal, emotional, ethical, or sexual, and will immediately report any such abuse to the proper authorities.
- e. No Profanity, Foul, derogatory language toward event attendees, players, refs, other coaches, or board members will be tolerated.
- f. All parents/ attendees must adhere to the rules of the game location and practice site.
- g. No parent/ attendees are allowed on the track in the cheer area, on sideline or field during use without a MVFL badge. (This includes before and after game times.)
- h. Violations to code of ethics will not be tolerated if a rule is violated a fine will be imposed on the violator payable to the MVFL. This will need to be paid to the league within 14 days of violation. In addition, violators may be ejected from the game and/or the next game. This will be determined by the organization board league representative and MVFL board. Violations will be a 3-strike rule, 1st offense \$100, 2nd offense \$150, 3rd offense permanently banned from MVFL events. MVFL may increase the citation due to severity of violation.

E. Player Code of Ethics:

1. All Game Participants

- a. Treat all athletes, coaches, board members, league officials, refs and attendees with respect and dignity. The players and cheerleaders must conduct themselves in a respectable manner.
- b. No inappropriate behavior that is deemed an obstruction to the football game or sideline cheering.

- c. MVFL will not tolerate the use or influence of drugs and alcohol, including all tobacco products, e-cig, and vape pens during any organization function and in the presence of any minor child as a representative of the MVFL.
- d. No Profanity, Foul, derogatory language toward other players, refs, coaches, or board members will be tolerated.
- e. All players must adhere to the rules of the game location and practice site.
- f. No unauthorized players are allowed on the track in the cheer area, on sideline or field during field use without league reps approval.
- g. Targeting (illegal helmet contact, late hits) will not be tolerated. If behavior occurs this will be at the league discretion if violation needs to be enforced. Repetitive occurrence from a player of targeting toward another may result in expulsion from the season. MVFL will determine the severity of citation.
- h. Violation of the code of ethics may require a player to be removed from the game and/or practice and may also be unable to participate in the following games. This will be determined by the organization league rep and MVFL board. The child's parent or guardian will be notified immediately of the situation.
- i. **Player ejection will be penalized as follows**
 - i. 1st offense Player ejection rest of game and next game
 - ii. 2nd offense rest of game and 2 games
 - iii. 3rd offense rest of game and 3 games.

F. Ethics Pledge: As volunteer board members, football, and cheerleading coaches, we acknowledge and agree to honor all ethical obligations to all athletes, colleagues and to the public at-large. We will pledge to comply with all MVFL Constitution and Rules & Regulations and its Code of Ethics. We agree that the MVFL Board in its sole discretion may hold us accountable for doing so. We will further agree that our accountability to the MVFL Board for any breach may include suspension, expulsion, ineligibility, or disbarment of the individual or team.

G. Badges: MVFL will issue game day badges to all organizations once required items are received as noted below. All required items are to be emailed to the league or hard copy to the MVFL Secretary to receive MVFL Badges.

1. a list of all board members, coaches that need an MVFL badge
2. individual headshot photo in jpeg format submitted via email, or uploaded to USB Flash Drive. Each photo must be labeled with Name, Title/ Position in the individual organization.
3. copy of each individual's/organizational background check report
4. Completion of USA football or YCADA training. copy of training provided to MVFL if MVFL is unable to access online.
5. Copy of current year Mandated reporter training certificate
6. Copy of current CPR training
 - a. All Board member items must be received by May 1st and Coaches items by August 1st. After this NO other badges will be made. Badges will be given to League Rep at Book signing. If additional coaches or board members required field access, background checks and training must be emailed to the league ASAP and a notification will be added to the groupme once received so that other teams are aware.
 - b. A maximum of 15 board badges and 8 coaches badges per level will be issued to each individual organization. maximum of 79 game badges per organization.

H. Field Access: MVFL will only allow referees, League officials, photographers (1 per team and must wear an orange vest and stay on their teams sideline or in the endzone), EMS, chain gang, players, and only (8) eight coaches with badges on the field on game day. Those without badges will be immediately removed from the field. No UNAUTHORIZED presence allowed on the field, sideline or end zone area. Players and coaches waiting for their game must remain in the staging area; no siblings or spectators allowed. This will be enforced. If not followed both league reps will address and if unable to follow MVFL Board to be notified and will address as per the code of conduct.

I. Background Checks: MVFL will require all organizations to obtain background checks on all coaches over the age of 18 and Board members. Background checks must be obtained by credible background check company that identifies criminal, arrest, and conviction records. A copy of background checks is to be given to the league secretary at book signing and a copy kept by the organization.

- a. If a person fails the background check, it is at the individual organizations discretion to allow or not allow that person to participate if they are allowed, a note explaining why will be attached to their background check that is turned into MVFL for approval.
- J. **CPR Certification:** all coaches must have current CPR training. A copy of this is to be emailed to the league secretary and a copy kept by the organization.
- K. **Concussion, Heat illness and Sudden Cardiac Information:** MVFL will require all organizations to provide the Concussion, Heat Illness and Sudden Cardiac forms to both the parent/guardian and the athlete. The acknowledgement form must be signed by both parent/guardian and the athlete and kept with athlete cards.
- L. **Training:** MVFL will require all organizations to have their coaching staff certified through USA Football prior to any coaching of football players and Pop Warner Course Y101PW/Y102PW (for returning cheer coaches) prior to any coaching of cheerleaders. Classes may be taken online. Additional training required for all coaches and board members: Mandated reporter course completed annually. via website mandatedreporter.ca.com copy of certificate must be emailed to league secretary and a copy kept by the organization.

8. MVFL ENTRANCE REQUIREMENTS

- A. **Entry into League:** In order for a new organization to enter MVFL, it first must complete an official application to the MVFL Board in writing recommended by January 31st of the current year.
- B. For organizations to be eligible for possible entrance your highschool must be part of one of the four league TVL, MLL, SVC and Southern League. This may be reviewed by the MVFL due to realignment of the highschools as needed.
- C. **Application Must Contain:**
 - 1. A statement delineating local backing for the organization, a board of directors and the required boosters support necessary to finance the community's organization and program.
 - 2. A statement of the ability to meet financial means for a two-year period.

3. The name of the school district or districts which the organization would represent, a geographical map (boundary map) of the district or districts and a list of the grade and middle schools from which the organization would draw members. Deviation from this policy is permitted by MVFL Board approval.
 4. A listing of the arrangements for hosting and playing home games such as clearance of field for home games, dressing facilities, spectator seating, etc.
 5. Additionally the Organization must include Articles of Incorporation, Bylaws, and an Employer identification Number (EIN) to verify good standings with the requirements of a Non-Profit Organization.
 6. With the approval of a 2/3 vote of the MVFL Board, new organizations may be admitted into MVFL. New organizations must agree to abide by the league constitution and rules & regulations.
- D. Entrance fee:** Any organization that enters the MVFL will agree to a \$2500 penalty if they leave before completing a 48-month commitment. The \$2500 will be paid at the time of admission and reimbursed on the 49th month, provided the organization has completed the full 48-month commitment. This fee is in addition to the yearly league dues.
- E.** An organization may request to leave before completing the 48-month commitment, but the request must be submitted to the MVFL Board and approved by a vote of all MVFL League Representatives.
- F.** Any organization leaving the MVFL will not be allowed to rejoin until after 48 months, unless they pay a \$2500 penalty and obtain approval from the MVFL's voting body.

9. Duties of MVFL Officers

A. Executive Board

1. Responsibilities:

- a. Familiarity with the Constitution: Each member of the MVFL Executive Board must be thoroughly familiar with the organization's Constitution and its provisions.
- b. Purpose: All Executive board members shall dedicate their efforts and energies to advancing the mission and objectives of MVFL and the league. This ensures all members actively contribute to the league's success and uphold its core values and objectives.

- c. Reporting Responsibilities: Each board member must prepare and present updates on their respective area of responsibility at every MVFL meeting.
- d. Games: All Executive Board Members are expected to attend all rounds of playoff games and the Super Bowl games to show strong support and leadership from the MVFL.
- e. Voting: Executive officers shall not have voting privileges on the MVFL Board unless they also serve as their organization's designated League Representative. The President or Vice President may cast a deciding vote to break a tie only when necessary.

B. President: The President shall preside at all meetings of the MVFL, enforce the provisions of the Constitution and Rules & Regulations. While exercising general supervision over its affairs.

1. Communicate to the League Representatives on all matters while providing recommendations and suggestions aimed at promoting the welfare, growth, and success of the MVFL.
2. Establish agenda in cooperation with the secretary.
3. Ensure that the MVFL operates in strict conformity with the league's policies, principles, rules, and regulations as outlined in the MVFL Constitution, Football Rules & Regulations, and Cheer Rules & Regulations.
4. Investigate any complaints, irregularities, or conditions that may be detrimental to the MVFL's operation, reputation, or integrity. While providing a detailed report of findings to the League Representatives and Executive Officers as necessary or warranted by the situation.
5. Serve as the primary spokesperson for MVFL in all matters requiring representation, ensuring all communications align with the input and direction of the League Representatives.
6. The President, in cooperation with the Secretary, is responsible for determining the date, time, and location of all MVFL board meetings.
7. If the President is unable to perform the duties outlined above, the Vice President and/or Secretary shall convene a meeting of the League Representatives and Executive Officers to facilitate the selection of a replacement President to fulfill the responsibilities.

C. Vice President: In the event of the President's absence, the Vice President shall assume all the duties and responsibilities of the President. The Vice

President will have all the powers and restrictions associated with the office of the President during this time.

1. The Vice President shall have any additional powers and duties as may be assigned or prescribed by the MVFL.
2. The Vice President, in cooperation with the Secretary, shall assist with any and all additional meetings that take place outside of the regular MVFL monthly meetings.

D. Secretary: Shall keep, or cause to be kept, a book of minutes of all Board meetings. The minutes will include the time and place of the meeting. Whether the meeting was regular or special. The names of Governing Members present and the proceedings that follow.

1. In cooperation with the President, prepare an agenda for monthly meetings.
2. Provide minutes from previous meetings at the MVFL meetings.
3. Be responsible for recording the activities of MVFL and maintain appropriate files, mailing lists, and necessary records.
4. Handle all correspondence related to meetings, unless specifically delegated to another party.
5. Be responsible for carrying out all orders, votes, and resolutions, unless otherwise assigned to someone else.
6. Coordinate with the DOJ Coordinator regarding the background checks and documentation of Coaches, Officers, Board Members and other MVFL officials as necessary. (Book Signing)
7. The Secretary shall keep a copy of the organization's by-laws as amended to date.
8. The Secretary will be responsible for all written correspondence to all Governing Members.
9. Pick up and direct organization mail from the post office, including emails, to appropriate Board members.
10. Web site to be updated with standing and scores weekly no later than Wednesday during the season.
11. Perform such duties as are herein specifically set forth, in addition to such other duties as are customarily incident to the office of Secretary or as may be assigned by the Board of Directors or President.

E. Treasurer: The Treasurer is the Co-financial officer in corporation with the Secretary of the MVFL and shall keep and maintain adequate and correct accounts of the properties and business transactions of the organization

1. The Treasurer or Secretary shall deposit all monies and other valuables in the name and to the credit of the organization, with such depositories as may be designated by the Board. The Treasurer or Secretary shall disburse the funds of the organization as may be ordered by the Board. All funds collected through games, events or any other type of income opportunity shall be handled in the following manner:
2. All receipts, checks, envelopes and bank deposits are to be verified and presented at the start of each monthly meeting so that the Secretary can file and annotate into the minutes.
3. No reimbursements for expenditures will be made without prior authorization of the MVFL.

F. Sergeant-At-Arms: Appointed by the current sitting President for a term of 2 (two) years.

1. Shall keep order and efficiency during meetings, handle physical preparations for meetings, guide the conduct of members and guests, help keep events on schedule and help conduct the meeting according to the rules of order.
2. Perform such duties as are herein specifically set forth and such other duties as are customarily incident to the Office of the Treasurer or may be assigned by the Executive Board or President.

10. GOVERNING BODY

A. Board of Directors Guidelines:

1. Executive Positions:

- a. **Executive positions** on the MVFL Board are filled through a majority vote by the board.
- b. **Nominations** occur annually, with terms lasting two years and staggered as follows:

- i. Even Years: President, Secretary, and Sergeant of Arms.
- ii. Odd Years: Vice President, Treasurer, and Cheer Coordinator.

c. Eligibility Requirements:

- i. A board member must serve on the MVFL Board for a minimum of one year to qualify for an executive officer position.
- ii. To become President, a board member must have served for a minimum of two years.
 - 1. **Emergency Situations:** In cases where no policy exists, issues will be resolved by a majority vote of the MVFL Board.

2. Voting Schedule

- a. November Meeting – Announcement of Positions & Nominations for Officers
- b. December Meeting – Vote on Officers
- c. January 1 st – Begin officer Commencement

B. Makeup of Board: Each organization will elect one representative to serve on the MVFL Board as their League Representative for a minimum term of 2 years. The League Representatives duties are as follows.

- 1. **Liaison Duties:** Serving as the primary communication channel between their organization and the MVFL Board, ensuring that information flows smoothly, and any concerns or updates are promptly relayed.
- 2. **Governance and Compliance:** Acting as the lead authority within their organization on matters related to MVFL’s constitutional guidelines, ensuring adherence to established rules and regulations.
- 3. **Meeting Attendance:** Attending all MVFL meetings as required and reporting pertinent information back to their organization’s board, keeping them informed of league decisions and developments.
- 4. **Platforms of Communication:** Representatives will actively communicate with the MVFL through various means such as meetings, emails, GroupMe, Zoom, or any other platform as directed by the MVFL Executive Board.
- 5. **Voting:** Any votes or decisions requiring input from the Representative must be treated as Urgent. Responses will be provided within 24-hours if the Representative needs to communicate with their representing Board for approval, direction,

or feedback. If a Representative fails to respond within the governed 24-hour timeline, their vote will be considered as an “Abstained” vote and will be documented accordingly.

- 6. Coordination of Events:** Overseeing, organizing or coordinating elements necessary for proper completion of registrations, weigh-ins, and other league-mandated events such as Jamboree, Games, Playoffs, and Super bowl. Ensuring that all requirements are met per the Constitution or as directed by the MVFL Executive Board.
 - 7. Conflict Resolution:** Addressing issues that arise within their organization concerning the constitution. If a matter cannot be resolved internally, the League Representative is responsible for escalating it to the MVFL Executive Board for further guidance and resolution.
 - 8. Enforcement of Regulations:** Ensuring that all coaches and team personnel adhere to MVFL regulations, rules, and codes, and addressing any violations and incidents to the MVFL Executive Board within 24-hours.
- C. Board Appointed Members:** The head official will be appointed and voted on by the members of the MVFL Board at the scheduled December meeting.
- D. Cheer Coordinator:** Develop and distribute the agenda for the monthly MVFL Cheer meetings to ensure all necessary topics are addressed. Record the minutes of the MVFL Cheer meetings. Actively participate in the MVFL Football monthly meetings to represent the Cheer program. Provide a summary report of the Cheer Meeting minutes during the MVFL Football monthly meetings.
- E. Voting:** Each organization has one vote on the MVFL Board. If a board member cannot be present at a meeting, he/she can send a representative in their place or notify the league president to vote on their behalf. A quorum must be present to take any action. If there is a tie when voting where a 2/3 vote or majority vote is required, the president or vice-president will vote as a majority member.
- F. Non-Participation in MVFL Affairs and Rule Violation:** Members of the MVFL Board are expected to attend and play an active role in the MVFL meetings.
- 1. Football:** Any organization that misses two meetings in a row or three meetings in a calendar year will lose their vote in the following years’ constitution and rules & regulation voting. League representatives may send an alternate representative if necessary.

2. **Cheer:** Any organization that misses two meetings in a row or three meetings in a calendar year will lose their vote in the following years' constitution and rules & regulation voting. League representatives may send an alternate representative if necessary.

a. MVFL cheer meetings are held separately from the MVFL Board meetings. MVFL Cheer Coordinator will be responsible for all procedures.

11. FINANCE AND FEES

A. Financial Obligations: Each MVFL member will handle the financial matters of its organization.

B. Registration Fees for Players: Participant registration fees will be determined and collected by each individual MVFL organization.

C. Other Financial Sources: Additional funds to assist in financing individual MVFL organizations and MVFL, will come from gate admissions, game concessions and various fund-raising projects which the MVFL members will coordinate individually.

D. Game Admission Fees: Gate fees will be established by a majority vote of the MVFL Board. Currently the rates are as follows:

- | | |
|--|--------|
| 1. Adults | \$5.00 |
| 2. Seniors | \$3.00 |
| 3. Children 6 to 12 years old | \$3.00 |
| 4. Children 5 and under | FREE |
| 5. Military/Veteran (Military ID required) | FREE |

a. Home team retains gate fees. Rates will be the same for pre-season regular season, and post-season games including Super Bowl.

b. No organization will be allowed to charge for parking unless the parking area gives VIP access to the field/ stands and no other gate fee area is designated. VIP Example: Argonaut you may park next to the bleacher in the lower level and watch from your car.

E. Jamboree: Host teams will be responsible to pay the following for hosting the Jamboree. Payments are as follows:

1. **To MVFL:** \$500 jamboree dues
2. **To Officials:** \$175 per official

3. **To Host Team:** retain all other revenues
- F. **Superbowl:** Host team will be responsible for paying the following for hosting.
1. **To MVFL:** \$1000 superbowl dues
 2. **To Officials:** \$ 350 per official and \$175 for (1) supervisor
 3. **To Host Team: retain all other revenues**
 4. **MVFL provides individual trophies for all winning football players on each level.**
- G. **Cheer Competition:** Host team will be responsible for paying the following for hosting.
1. **To MVFL:** \$2000 Competition dues
 2. **To Officials/ judges:** to be paid by hosting team and determined by MVFL Cheer Board
 3. **To Host Team:** retain all other revenues
 4. **MVFL to provide banners for winning divisions 1st, 2nd, 3rd place. in addition to individual ribbons to winning players.**
 5. If an organization opts to not attend competition they must notify the league one month prior to the event or a fee of \$500 is imposed payable to the hosting team.
- H. **MVFL Fees:** An annual MVFL fee will be charged to all organizations to assist with the cost of operating the MVFL. This fee will be determined annually by the MVFL Board and must be paid prior May 1st fees are **\$900.00**. MVFL will be responsible for setting up a budget every year.
1. Minimum 2 year contracts for all teams that at end of term auto renews annually on November 1st of the current season. A team has to announce prior to this date season if they're not coming back for the next season.
- I. **MVFL Financing:** The MVFL Board elected officers will be signers on the MVFL checking account.
1. The checking account will require two signatures to process a check.
 - a. The monthly bank statements and reports will be copied, reviewed, and approved by the MVFL Board. The Secretary will keep all correspondence in MVFL files.

- b. The MVFL Board will approve a treasurer’s report at each monthly meeting.
 - 2. MVFL will be responsible for paying the following:
 - a. Annual head official pay.
 - b. Awards for the Superbowl for football players & Cheer Competition for cheerleaders.
 - c. Operating costs and tax preparation.
- J. **Vendors:** There are no “approved” or “official” MVFL vendors. Each organization will control who is approved, or not approved, for events they are hosting. It is the responsibility of all vendors to contact each organization for approval prior to attending events where they have been hired or their intent for financial gain is evident. When prior approval is not obtained, each organization will have the right to remove vendors from the ballpark or sidelines at their discretion.

12. INSURANCE

- A. **Insurance Requirement:** All MVFL Organizations will be required to carry general liability insurance.
 - 1. Each organization will select their own coverages based on their need while recognizing MVFL minimum limits.
 - a. Each Occurrence Limit
\$1,000,000
 - b. General Aggregate Limit
\$1,000,000
 - c. Products/Complete Operations Aggregate Limit
\$1,000,000
 - d. Personal and Advertising Injury Limit (any one person)
\$1,000,000
 - e. Rented to You Limit (anyone premises)
\$100,000
 - f. Medical Expense Limit (and one person) \$5,000
 - 2. Each organization will provide the MVFL Executive Secretary a copy of their executed insurance certificates no later than July 15th.
 - a. **Certificate Holder & Additional Insured Endorsement:**
Mother Lode Youth Athletic Conference, Inc. (MLYAC) /
Motherlode Valley Football League (MVFL)
 - i. PO Box 92, Waterford Ca 95386

b. Terms: Terms of insurance coverage is no later than July 1st of the current year to July 1st of the following year.

A. **MVFL Board:** The MVFL Board will obtain a policy for director and officer coverage.

13. MVFL Organizational Documentation Requirements Timeline:

A. Items needed by Feb 1st

1. Each organization will provide the league via email a list of all schools in their boundaries. This list will be attached to the agenda at the Feb meeting to be approved by the league yearly as an addendum to the MVFL Constitution.
2. If a school needs to be added to the list after this date it must be submitted to the league for approval.
 - a. Copies of the approved list will be made available at book signing.
 - b. If school is not on the approved list please follow exception, transfer, grandfather MVFL Policy.

B. items needed by May 1st

1. copy of each organization's current bylaws to be emailed to the league.
2. annual league dues must be paid.
3. a list of all board members submitted via email to the league
4. individual headshot photo of each board member in jpeg format submitted via email, or uploaded to USB Flash Drive. Each photo must be labeled with Name, Title/ Position in the individual organization.
5. copy of each board members individual's/organizational background check report
6. copy of board members current year mandated reporter training certificate

C. items needed by August 1st

1. list of all coaches that need an MVFL badge to be emailed to the league
2. individual headshot photo of each coach in jpeg format submitted via email, or uploaded to USB Flash Drive. Each photo must be labeled

with Name, Title/ Position / level coaching in the individual organization.

3. copy of each coaches individual's/organizational background check report
4. Completion of USA football or YCADA training. copy of training provided to MVFL if MVFL is unable to access online.
5. copy of cheer coaches NFHS Heat illness cert.
6. Copy of coaches current year Mandated reporter training certificate
7. Copy of coaches current CPR training

D. ITEMS NEEDED TO BE EMAILED TO LEAGUE PRIOR TO JULY 15TH

1. Sign-up Procedure

- a. Written procedure of how first come first serve sign ups are done. Please add the website or social media site.

2. Practice Schedule

- a. See form on website
 - i. (one needed for football and one for cheer.)
 - ii. Please note if you have multiple sites for games/ practice you may add to the back just put what dates.

3. Helmet Certification

- a. Receipts of recert. and or new purchase

4. Scale Certification

- a. Receipt for certification with in calendar year

5. By-Laws/Rules & Regulations Acknowledgment

- a. See form. On mvfl.net
 - i. Must be signed by the Organization President, League Representative, & Head Coaches
 - ii. One needed for football and one needed for cheer.

6. Insurance Certificates

- a. Copy of current insurance policy with **Certificate Holder & Additional**

E. ITEMS NEEDED TO BE BROUGHT TO BOOK SIGNING (DATE TO BE NOTIFIED TO LEAGUE REPS):

1. Player Books

a. Each player:

i. Player card with photo

- 1.** If have new transfer/ exception form must be attached to current player card
- 2.** If grandfather player prior year player card must be attached to current card
- 3.** Exceptions, transfers & grandfathered playercards must be on blue cardstock
- 4.** Mascot playercards must be on pink card stock.

b. Current year physical

- i.** Physical forms must include the wording cleared for sports, cleared for athletic activity, or the box marked "SPORT PARTICIPATION APPROVED" on the MVFL physical form.

c. Proof of grade

- i.** Must be from current or prior year grade level.
- ii.** If not from school in boundaries must provide proof of residence in organizations boundaries.

d. Proof of residence (ONLY needed if from school that is out of boundaries)

e. Concussion form signed by parent/ guardian

f. Heat illness form signed by parent/ guardian

g. Sudden cardiac form signed by parent/ guardian

2. Copies of pre season roster

a. 15 packets- each packet should include a copy of football and cheer rosters in order-

i. FB- jr novice, novice, jv, varsity

ii. cheer- jr novice, novice, jv, varsity

F. Items to be emailed to the league by friday week 4

1. regular season roster

G. Items to be emailed to the league by the MVFL playoff seeding meeting

1. Post season roster
 - a. Once this is emailed no changes can be made.



2025 Rules & Regulations FOOTBALL

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1. ELIGIBILITY OF ATHLETES

- A. Right to Play:** No athlete will be denied the right to participate because of culture, language, gender, race, ethnicity, or disability. No athlete will be denied the right to participate because of ethnicity, race, or religion.
1. All participants must be registered and rostered on a first come basis. No tryouts are allowed. Once the roster is at capacity, the waitlist may also be created following the same first come guidelines.
 - a. Exception: each organization may have a (one day) return athlete registration at first come first serve prior to open to public registration. (This includes athletes from last season, coaches and board members players)
- B. Permission to Play:** Each athlete must furnish proof of parental or guardian permission to participate, and he or she must pay a registration fee. Each organization determines the amount of the registration fee.
- C. Academic Standards:** It is the recommendation of the MVFL, that athletes should maintain acceptable grades to participate in the football/cheer program. Athletes should maintain a 2.0 or "C" average to be qualified. The various teams in the league shall adopt locally developed policies to ensure that the grades of athletes are acceptable. The MVFL Board will support the decisions of the various teams on this matter. Organizations are encouraged to recognize the academic achievement of its athletes.
- D. High School Students:** No high school student can participate in MVFL.
- E. Non-Public School Students:** Non-Public School Students: Athletes not enrolled in the public-school system may participate in MVFL, but they must meet the appropriate grade level, weight, and experience requirements. Athletes must provide proof of permanent residency within organizations boundaries.
- F. Proof of Grade Level:** Proof of incoming grade level will need to be given to the program, copy of last (end of year) report card or letter from school district of ingoing school grade level.
- G. Boundaries and Proof of Residency /Geographical Areas:**

1. To qualify, individuals must reside or attend school within the organization's boundaries.
 - a. Organizational Boundaries are defined as per your organization's highschool boundaries.
 - i. Athletes School or permanent residence must fall into this area.
2. If a player does not attend school within organizational boundaries Proof of Residency must be provided and can include:
 - a. A utility bill with the applicant's permanent address.
 - b. School registrar paperwork.

This documentation must be attached to the application during submission.

- i. **Exception:** argonaut and amador (all athletes that live or go to school in amador county will be eligible to play for either organization) voted in 23
- ii. **Exception:** Any player on the 2024 roster that wanted to jump from club to club (Argonaut or Amador) would require a transfer sign by the leaving team and MVFL.

H. Transfers, Waitlist Transfer, Exceptions, Grandfathered Player:

1. **Transfers** are defined as an Athlete whose address is within a neighboring organizations boundary.
 - a. Only when an organization has less than a full roster, that organization can request a Transfer.
 - b. Organizations wishing to secure athletes from another MVFL organization's boundaries, must submit an MVFL Transfer Application Form to be approved no earlier than May 1 st .
 - c. Acceptance of Transfers must be completed prior to any form of physical activities. Both teams involved must agree to the transfer. Additionally, a majority vote of the MVFL Board must authorize the action.
 - i. All approved transfers must have a player card on Blue cardstock.

- ii. If a player has a transfer approved the first year a copy of the approved form must be present with the athlete's player card and paperwork.
 - iii. If form is not present the player will be deemed ineligible to participate.
- d. Organizations not complying with this regulation will be considered as using ineligible athletes and will forfeit all games in which the ineligible athletes participated.
 - e. Once an athlete receives a district transfer, they may continue to play for that organization annually until they no longer meet the age requirement or separate membership from the organization for one full season. This will qualify them as a grandfathered player.
 - f. If one full season of separation occurs, the athlete must again get approval from the other organizations and the MVFL Board. The MVFL Board must review all new District Transfers regardless of the circumstance. *see exception for argonaut and amador under boundaries and proof of residency/ geographical areas page 28.
- 2. Waitlist Transfer:** If an organization reaches its full roster, a player may join the first available neighboring organization without MVFL approval.
- a. The receiving organization must immediately contact the neighboring League Representative or Representatives to confirm that their roster has reached the maximum size as specified under "C. Roster Size."
 - b. The MVFL must then be notified of the player's addition within 48 hours.
 - i. The player cannot participate in any activities until both requirements are fulfilled.
 - c. All approved transfers must have a player card on Blue cardstock
- 3. Exceptions** are defined as an Athlete whose address is found to be outside of all boundaries within the MVFL.
- a. Only when an organization has less than a full roster, that organization may request an Exception no earlier than May 1 st .
 - b. A majority vote of the MVFL Board must authorize this action.
 - i. All approved exceptions must have a player card on Blue cardstock

- ii. If a player has an exception approved the first year a copy of the approved form must be present with the athlete's player card and paperwork.
 - iii. If form is not present the player will be deemed ineligible to participate.
- c. Organizations not complying with this regulation will be considered as using ineligible athletes and will forfeit all games in which the ineligible athletes participated.
 - d. Once an athlete receives a district transfer, they may continue to play for that organization annually until they no longer meet the age requirement or separate membership from the organization for one full season. This will qualify them as a grandfathered player.
 - e. If one full season of separation occurs, the athlete must again get approval from the other organizations and the MVFL Board. The MVFL Board must review all new District Transfers regardless of the circumstance. *see exception for argonaut and amador under boundaries and proof of residency/ geographical areas page 28

4. Grandfathered Player:

- a. If a player continues with organization after the first year, the prior year's player card with all signatures and game day check in's must be attached to the current year player card. GRANDFATHER to be written on the top of the new card.
 - i. If both cards are not present the player will be deemed ineligible to participate.
 - ii. No transfer or expectation form is needed if the player is a continued participant with the organization.
- I. **Physical Exam:** All athletes must have a physical examination in the current calendar year to be eligible for participation. Acceptable physical forms must include the wording cleared for sports, cleared for athletic activity, or the box marked "SPORT PARTICIPATION APPROVED" on the MVFL physical form.
- J. **Eligibility to Participate in Game:** Athletes must complete (10) hours of physical conditioning and (6) hours in full gear to be eligible to participate in a game or jamboree/scrimmage.
- K. **Level of Play:** Generally, athletes should play at the highest level at which they are capable. It is the intention of MVFL that athletes are encouraged to play in their own grade level division. At the discretion of their local board,

athletes may move up a division. Under no circumstances, may an athlete move down a division.

2. GRADE REQUIREMENTS

A. Grade Requirements: Any athlete, 1st grade thru 8th grade, will be eligible to participate. No 9th graders are allowed.

1. Kindergartners are allowed to participate in the Jr. Novice Division at the discretion of the responsible organization.

B. Division Grade:

1. Jr. Novice Division: 1st & 2nd Grades & Kindergarten

a. At the discretion of the organization

2. Novice Division: 3rd & 4th Grades

3. Jr. Varsity Division: 5th & 6th Grades

4. Varsity Division: 7th & 8th Grades

a. Athletes are eligible to move up. Refer to Eligibility of Athletes.

C. Proof of Grade: A copy of athletes' last year report card, letter from school / school district, or photo from online portal with players name, picture, year and grade level must accompany the team when the team is participating in any MVFL event.

D. Certificate of live birth: , issued by the county or state, must accompany the team when the team is participating in any MVFL game. All MVFL teams are required to secure and make copies of each athlete's birth certificate and keep it as a permanent record. If a certificate is unobtainable, the MVFL Board will have final say for an athlete's participation by a majority vote.

3. WEIGHT RULES

A. Maximum Weights for Divisions:

1. Jr. Novice Division unlimited

2. Novice Division unlimited

3. Jr. Varsity Division unlimited

4. Varsity Division unlimited

B. Maximum Skilled Athlete Weights for Divisions:

1. Jr. Novice Division 90.0 lbs.

2. Novice Division 115.0 lbs.

3. Jr. Varsity Division 140.0 lbs.

4. Varsity Division unlimited

C. X-Man Designations for Divisions:

1. Jr. Novice Division Weight exceeding 90.1 lbs.

2. Novice Division Weight exceeding 115.1 lbs.

3. Jr. Varsity Division Weight exceeding 140.1 lbs.

4. Varsity Division unlimited

a. X-Man: Any athlete who exceeds the above weights will be designated an X-man. An x-man is defined as a non-skilled athlete. They are allowed to play line on both offense and defense and must be lined up between or straight up on the tackles. An X-man must start plays in a 3- or 4-point stance. An X-man is required to wear an agreed upon mark on the back of the helmet to be determined by MVFL. All teams must use the same mark. An X-man may not handle the football on offense or defense. If an X-man gains possession of the football for any reason, the play is dead. A tackle is defined as a player on the line of scrimmage that is covered by an eligible receiver.

b. Special Teams: An X-man is not eligible to participate in kick-off or kick-return. A team must field a kickoff and kick return team if (11) skilled athletes are present. If a team cannot field a kickoff team without using an X-man, the ball will be automatically placed on the opposing team's 40-yard line and the opposing team will start possession there. If a team cannot field a kick return team without using an X-man, the ball will be placed on the returning team's 20-yard line and possession will start there. An X-man will be eligible to play on the punt and punt return, field goal and PAT teams. An X-man will be eligible to kick on PAT and Field Goals. If an X-man player touches the ball other than kicking it, it is a dead ball at that spot. They may not participate in any fake PAT or Field Goal attempts.

D. Game Day Weigh/ Check-in Times: All athletes will weigh/ check-in no earlier than one hour prior to game time. If late, athletes can be weighed-in up to (10) minutes from the start of the scheduled start time of their game.

1. Jr. Novice Division One hour prior to game time
2. Novice Division Half time of Jr. Novice game
3. Jr. Varsity Division Half time of Novice game
4. Varsity Division Half time of Jr. Varsity game

E. Game Day Weigh/Check-in Rules:

1. All athletes must be weighed/checked-in. They must meet the required weight before being allowed to participate in the game.
2. All athletes playing in the game must attend weigh/ check in. All athletes participating that day must have initials from the weighmaster/ opposing coach verifying attendance.
3. All athletes are not allowed to leave the weigh-in area once weigh-ins have started or until they are deemed eligible or ineligible to play.
4. No “deals” between teams on weight issues will be permitted. If it is determined that a “deal” has been struck, one or both teams will be called before the MVFL Board for disciplinary actions.
5. All athletes, at all division levels, must weigh/check-in wearing game jerseys. Top weights will be allowed to weigh in wearing gym shorts and no jersey but must present a jersey to the weighing official.
6. There will be no “mid-season” weight adjustment.
7. Skilled Athlete or X-man will be determined at this time. ***The coach’s agreement to the code of ethics applies to enforce this rule.**
8. If a player does not have an initials for weigh/check-in for a game from the opposing team they are not eligible to participate in the game.
 - a. If a player participates without initials from the opposing team at weigh/ check-in the players team will be forced to forfeit the game and the incident will be reviewed by the league for possible further penalties.

F. Weigh/Check-ins Procedure:

1. Weigh/Check-ins will be conducted in the presence of a weighmaster or a representative for each team.

2. Weigh-in officials will check all forms and documents pertaining to each athlete to ensure compliance with all MVFL Board Regulations.
3. Additional rosters are required to check off players as they weigh in as a verification of player and player card.
4. Weight book must be in numerical order by team with a picture.
5. Jersey number is required to be written on the card. If numbers change or an athlete has multiple numbers, those numbers must also be noted on the card.
6. Complete information is recorded on the weight card.
7. X-men must bring helmets and jerseys and may weigh in first.
8. Visiting team will weigh/ check- in first unless they concede. Teams will have their representatives available immediately for weigh-ins (1) hour before game time or as soon as the 2nd quarter ends in the previous game.
9. Weigh in/ Check in for Regular season games only. **(Not Jamboree)**
 - a. Players that are 5 lbs over or below the x-men weight limit are required to weigh in at every game.
 - b. All other players will get checked in at the weigh-in that they attended but no weight is required to record unless Coach or weight master requests.
 - c. Weighmaster will initial the player card that player was in attendance. All players must attend weigh/ check in with numbered jerseys. X-man must bring their helmet.
 - d. NO WEIGHTS ARE REQUIRED FOR VARSITY PLAYERS AT ANY GAME/ JAMBOREE.

G. Athlete Card (player card): MVFL athlete player cards must be carried and presented at every game.

H. Certification of Athlete Books:

1. All books will be certified at book signing prior to jamboree. Teams must supply a pre-season rosters at the time of the book signing.

2. if a player is not signed off at book signing. an organization may reach out to neighboring organizations/ league executive board members for certification prior to game day.
3. No player will be certified to play on game days. If a player is not certified prior to game day they will be ineligible to participate in that day's game.

I. Certification Requirements: In order to certify an athlete, each team must have a copy of the athlete's weight card, a valid physical, a certified copy of the athlete's birth certificate and the AB2007 concussion, Heat illness and Sudden Cardiac acknowledgement form signed by both the parent/guardian and athlete. A photo and game jersey number are required on the athlete's weight card. The team books must also have a completed copy of their organization roster.

1. **Athlete Card:** All athlete's information must be included on the MVFL Athlete Card on white cardstock paper. Any athletes that have an approved Level-up Certification, an approved Exception Request, or an approved Transfer form, must be on blue card stock paper. All Mascots must be on pink card stock paper.
2. **Photo:** A photo of the athlete and jersey number must be on Athlete Card.
3. **Physical:** All athletes must have a physical examination in the current calendar year to be eligible for participation. Acceptable physical forms must include the wording cleared for sports, cleared for athletic activity, or the box marked "SPORT PARTICIPATION APPROVED" on the MVFL physical form.
4. **Proof of Age:** A certificate of live birth issued by the county or state. If the certificate is unobtainable, the MVFL Board will have final approval for athlete's participation by a majority vote.
5. **Proof of Grade Level:** Proof of incoming grade level will need to be given to the program, copy of current report card, letter from school district of ingoing school grade level, or online portal if photo and grade level is included.
6. **Concussion, Heat illness and Sudden Cardiac Acknowledgment:** These acknowledgement forms must be signed by both parent/guardian and the athlete and kept with athlete cards.

J. Certification Procedure:

1. Book Signing:

- a. Organizations League Representative must sign off an athlete player card prior to athlete certification once all the complaint forms have been received.
- b. One representative from opposing teams will review all the forms for compliance. They will certify the compliant forms and insure they are in proper order. When compliance is met, they will sign the individual athlete card. If there is missing or non-compliant paperwork. The team must obtain paperwork and have the player signed off prior to the next game. no players will be signed off on a game day.
- c. Any discrepancies found later must be corrected immediately or the athlete may be deemed ineligible.

K. Scales: A certified counterweight type or digital scale must be used for weigh-ins at all pre-season, regular season, and post season games. Scales must be certified yearly displaying current certification stickers. Organizations without a proper scale will not be allowed to play their athletes whose weight is questionable, +/- (3) lbs., on the non-certified scale. However, the visiting team's questionable athletes will all be declared eligible and legal athletes.

4. ROSTERS

A. Roster Submissions and Terms:

1. Pre-Season Rosters:

- a. Must be presented at the book signing to the MVFL Secretary.
 - i. 15 packets, each packet should include a copy of football and cheer rosters in order
 - 1. FB- Jr novice, Novice, JV, Varsity

2. Regular Season Rosters:

- a. Must be emailed to the MVFL Secretary by Friday Week 4
- b. Rosters must be typed.
- c. Athletes can move up to a higher level, but once a game is played at the higher level, the athlete cannot return to the lower level.

3. Postseason Rosters:

- a. Must be emailed to the MVFL Secretary by the Play-off Seeding Meeting.
- b. Rosters must be typed.

4. Special Roster Changes:

- a. Athletes may be added to a team, subject to the MVFL Board approval, during the last (2) weeks of the Regular season if that team's size falls to (20) or fewer athletes.
- b. Rosters must be typed and emailed to the MVFL Secretary.

B. Roster Requirements: Rosters must be complete, signed as requested and in compliance with all MVFL Rules and Regulations. They will include name, birth date, school attending, grade level, parents' phone number and jersey number.

C. Roster Size: Organizations should strive to meet the following criteria of team divisions. The total number of athletes you are allowed to roster for the Jr. Novice, Novice, Jr. Varsity and Varsity Divisions shall not exceed (160).

- 1. Jr. Novice Division Maximum number 40 athletes
- 2. Novice Division Maximum number 40 athletes
- 3. Jr. Varsity Division Maximum number 40 athletes
- 4. Varsity Division Maximum number 40 athletes

D. New Athlete:

- 1. **New Athlete:** A new athlete is one that has not participated in any organized youth tackle football program at this age, weight, or grade level.
- 2. **Procedure for Adding New Athletes:** Athletes being added must comply with all pre-season eligibility requirements and send all appropriate information to the MVFL Board. For teams with waiting lists, new athletes must come from the waiting list.
- 3. **Final Day to Add to Roster:** The final day an athlete is eligible to be added to the roster is by Friday of week 4 regular season.

E. Elevating Athletes: Elevated athletes must practice at least (3) times with the higher-level team before they can participate in a league game at the higher level.

- F. Post Season Games:** Post season games must be played with the roster that was in effect as of the Play-off Seeding Meeting. No athletes may be added or elevated for post season games after the postseason roster has been submitted. Teams may petition the MVFL Board for exceptions. Post season games are not considered regular season games. The post season roster must include football athletes at each level.

- G. Roster Notification:** Organizations must notify MVFL by July 1st if roster size is limited and will possibly be unable to field a team.

5. EQUIPMENT AND UNIFORMS

- A. Uniform:** Teams wishing to enter MVFL or teams planning to change team colors, must get the approval of the MVFL Board.
 - 1. All teams must notify the league via email the colors of home and away jerseys by May 1st this notification will be added to the May MVFL agenda.
 - 2. Athletes must have numbers on their jerseys at all sanctioned MVFL games and scrimmages.
 - 3. MVFL does not follow CIF Rule for Assigned Jersey Numbers for player positions.
 - 4. MVFL Will not allow players to have the same jersey numbers on an assigned level within an organization.
 - 5. Jersey Numbers must be submitted on the rosters given to the MVFL at book signing

- B. Protective Equipment:** All athletes must wear full football protective equipment at all games and contact practice sessions. Each team will furnish protective equipment for its athletes. It will be each team's responsibility to repair and certify helmets annually or bi-annually if not used in the previous year. All teams must send helmet certifications to the MVFL Secretary by July 15th.

- C. Equipment:** Teams should purchase, and have available, only top-grade protective equipment for its athletes. In addition, all equipment should be checked and repaired regularly.
 - 1. **Equipment Check:** Equipment is monitored by the coach and/or equipment manager to ensure proper fit and good condition. This should be checked regularly.

- 2. Practice and Game Equipment:** It is recommended that coaches see that each athlete brings the following items to practices and games: t-shirt, sweatshirt, socks, athletic supporter, tennis shoes or cleats, mouthpiece, towel and necessary football equipment.
- 3. Acceptable Shoes:** The following shoes are sanctioned for wear in games or practices: Little League rubber/plastic solid soled cleats, approved youth football cleats or soccer shoes. Screw-in cleats are allowed if they utilize non-metal cleats.
- 4. Mouth Pieces:** Mouth pieces will always be worn during games and contact practice sessions and must cover the entire upper jaw. Any color other than white or clear.
- 5. Footballs:** Designated football for all scrimmages and games approved by MVFL. Chart size is as follows:
 - a. Youth (Size 8) for Varsity and/or Jr. Varsity
 - b. Junior (Size 7) for Jr. Varsity and/or Novice
 - c. Pee Wee (Size 6) for Novice and/or Jr. Novice
- D. Headsets:** MVFL rules state that if you want to use a headset you may bring your own. It is not a requirement that both teams use them. Athletes are not allowed to talk on the headsets. No headsets allowed on the playing field for Novice games but are allowed on the sideline.

6. PRACTICE PROCEDURES

- A. Practice Schedule:** All teams must file their practice schedule, location, times, and dates with the MVFL Secretary prior to any practice beginning for that season. Any change in practice schedules also requires approval of the MVFL Board. Approval may be given by phone, in person or with written correspondence. Jamboree is considered a practice.
- B. Discipline for Breaking Practice Schedule:** Any team breaking any approved practice procedure will be brought before the MVFL Board for action as the Board deems necessary.
- C. To Start Practice:** To begin practice, all athletes must officially sign up with a team and meet all the requirements stated in these Rules & Regulations.
- D. Pre-Season Practices:**
 - 1. Practices:**
 - a. **1st week: (5)** practices Conditioning with Helmets
 - b. **2nd week: (5)** practices with Pads

- c. **3rd week: (4)** practices
- d. **4th week: (4)** practices
- e. **5th week and after: (3)** practices per week

2. Camps/Clinics: Teams may have the option of (1) clinic prior to regular practices. A clinic consists of (1) day (6) hour team operated instructional and/or play running clinic with no pads. Clinic must be held in the month of July.

- a. High School or “open to all” clinics are not considered team operated clinics. No pads or contact will be allowed during these camps/clinics. Footballs are allowed.

3. Physical Conditioning: All athletes must complete (10) hours of physical conditioning and (6) hours in full gear to be eligible to participate in jamboree/scrimmage or game.

E. Practice Time Limits: Practices will run no longer than (2) hours at any session. Time spent in team meetings is not counted as part of the 2-hour practice sessions.

7. GAME PROCEDURES

A. MVFL Rules: National Federation of State High School Associations (NFHS), the national leadership in high school sports, with the exception of the MVFL Rules and Regulations discussed below, will govern all MVFL games.

B. Ice Chests/Outside Food or Drink:

1. All teams must post these signs at their admission gates:

- a. No ice chests will be allowed into any game except TEAM ice chests.

- i. **Ice Chest Badges:** (8) badges, (1) per level & (1) per team, will be issued specifically for personnel to bring in TEAM ice chests ONLY

- b. No outside food or drinks.

C. Game Facilities: All MVFL teams must furnish the necessary facilities and spectator seating for all MVFL games. The facilities shall include a lined playing field; certified scales; an EMT, an ambulance service or a doctor, all competent personnel must be 16 years old or older to man the chains; timing; etc.; a first aid kit on the field and any other equipment necessary to coordinate a scheduled game. Each team is responsible for bringing their-own game balls.

1. Host teams shall supply the visiting team with (20) lbs. of ice per level.
 2. Gates shall open 1-1/2 hours prior to game time.
- D. Football Field:** All MVFL games will be played on a regulation football field.
1. . Only 8 coaches are allowed on the sideline.
- E. Game Officials:** All MVFL games will be officiated by MVFL approved officials, preferably those who are members of the MVFL Official's Association or officials who have been approved by the MVFL Board. Four officials will be assigned to all MVFL games, but games may be played with only two officials present. No official can officiate a family member's game. No official or coach can be a member of any organization's board and officiate in that year.
- F. Game Officials Pay:** MVFL officials are paid by half-time of the Jr. Varsity game at a rate of \$350.00 per day flat fee by the hosting team for regular season games.
1. Scrimmages/Jamboree, \$175 per official, 8 officials for Jamboree
 2. Play-off's 1st Round, 5-man mechanics, \$350 per official, No supervisor
 3. Play-off's 2nd Round, 5-man mechanics, \$350 per official, \$175 supervisor
 4. Superbowl, 5-man mechanics, \$350 per official, \$175 supervisor
- G. Head MVFL Game Official:** The MVFL Board shall employ a MVFL head official to recruit, train, assign, and evaluate MVFL game officials. He or she shall be paid by the MVFL at \$150 per team at the end of the season and hold a seat on the MVFL Board.
- H. Medical Presence at Games:** It is mandatory that the home team at all MVFL games provide adequate medical protection for both teams. NO GAME shall commence without a first aid certified individual (i.e., an EMT, ambulance service, or a medical doctor) present at the field and identified to each head coach by the game official. The medical personnel will be introduced by the game official to both teams at the beginning of each game. Medical personnel "MUST" be available during each game in designated areas on the sidelines. It would be wise to have a phone available for emergencies.
- I. Field Conditions/Postponement of Game:** The game officials and a MVFL Board Member (when present), shall be the sole judges of whether the field

conditions will permit the start of a game. Once a game has begun, the game officials and a MVFL Board Member will determine whether field conditions will permit the continuance of play. Postponed games will be rescheduled by the MVFL Board if facilities are available, and it is reasonable to do so.

- J. Mercy Rule:** Mercy Rule is in effect per the National Federation of High School Rules. (NFHS) or if both coaches agree.
- K. All 11 vs 11 Games:** Games will comprise four 10-minute quarters and a 12-minute half with a 3-minute warm up. Each team will be allowed (3) time-outs per half.
- L. Scrimmage/Jamboree Format:** Each team will get (15) minutes on offense and (15) minutes on defense with a running clock. The ball will be placed on the 35-yard line. The offense will drive 35 yards for a touchdown. The offense will have (4) plays to make (10) yards for a first down. They will continue their offensive drive until they score a touchdown, turn the ball over via interception or fumble recovered by the defense, or fail to go (10) yards in (4) plays. If a team does not make a first down or turns the ball over, the ball will return to the 35-yard line and the process will start over again until the 15-minute time limit expires. No score will be kept.
- M. Game Time:** Game times will be listed on the MVFL schedule at suggested times below. They shall be determined prior to each season. *times subject to change via MVFL board approval.

DAY		NIGHT	
9:30 am	Jr. Novice	12:30 pm	Jr. Novice
11:00 am	Novice	2:00 pm	Novice
1:00 pm	Jr. Varsity	4:00 pm	Jr. Varsity
3:00 pm	Varsity	6:00 pm	Varsity

N. Scoring:

1. Jr. Novice Division

- a. Touchdown** 6 points Extra Point – Run or Pass 1 point
- b. Safety** 2 points

2. Novice & Jr. Varsity Divisions

- a. Touchdown** 6 points Extra Point – Run or Pass 1 point

- b. **Safety** 2 points Extra Point – Kick 2 points
- c. **Field goal** 3 points

3. Varsity Division

- a. **Touchdown** 6 points Extra Point – Run or Pass 1 point
- b. **Safety** 2 points Extra Point – Kick 2 points
- c. **Field goal** 3 points

4. Forfeiture Due to Number of Athletes: Programs that forfeit an away game be held financially responsible for referee and field costs that are typically the financial responsibility of the hosting team.

- a. Exception: Program does not have a rostered team at the time of book signings with the approval of the League Board.

- i. Example: Escalon Jr Cougars did not roster a Jr Novice squad for the 2022 season therefore would not be held financially responsible for the non-played games.

- b. Organizations that cannot field all (4) teams will be responsible for the payment of the forfeited game. The host team will pay officials in full and invoice the organization the amount owed for the forfeited games. The breakdown for reimbursement is as follows:

- i. 3 games forfeited - \$750.00
 - ii. 2 games forfeited - \$500.00
 - iii. 1 game forfeited - \$250.00

- 1. The MVFL Board reserves the right to review this section any time necessary.

O. Official’s Termination of Game: Game officials may terminate a game at any time in order to protect the well-being of either team's athletes, coaches, or spectators. In this situation, the MVFL Board will determine the outcome of the game.

P. 25-Yard Line: While coaching, coaches must stay within the 25-yard lines of the playing field while the game is in progress.

Q. Athlete/Coach Lack of Cooperation: Any athlete or coach who refuses to cooperate with game officials during the game may be removed from the field, may be disciplined by the MVFL Board, and may not participate the

next week. There may be fines for coaches who are reprimanded by the officials, subject to Code of Ethics Violation Fee Paid to the MVFL.

R. Mandatory Play Rules: Every eligible athlete suited up for a game must play in that game according to these guidelines:

1. Jr. Novice minimum of 10 plays
2. Novice Division minimum of 8 plays
3. Jr. Varsity minimum of 6 plays
4. Varsity minimum of 4 plays
5. No requirement to play everyone during playoffs
6. Each organization should decide the eligibility of each athlete within their organization. MVFL will stand behind each organizations' rule. The athlete will be subject to the minimum play rule. MVFL has the authority to enforce local rules.
 - a. If practices are missed, the minimum play rule goes down by one. If no practices are attended, athletes will not be allowed to suit up. Each team will regulate themselves on this rule during games but may be subject to League actions if found to be in violation. The coach's agreement to the code of ethics applies to enforce this rule.
 - b. The coach will deal with team members reluctant to play at the coach's discretion. If an athlete refuses to play during a game or is injured during the game and unable to play, their helmet will be taken off and left on the bench the remainder of the game.
 - c. Athletes not participating for medical or disciplinary reasons will not suit up for the game.
 - d. Once a team reaches (25) active athletes on a roster, the Mandatory Play Rule is reduced by half.

S. Free Blocking Zone: The free blocking zone is in effect per the NFHS Rules except in the Jr. Novice Division.

T. Special Rules:

1. Special Rules:

a. Novice:

- i. No coaches are allowed on the field.

- ii. There will be rushing of the punter, but the receiving team must use a normal punt receiving formation.
- iii. No Standing on the Defensive line between the tackles. On defense any player between the tackles must have a hand down.

2. Jr. Novice:

A. League Participation:

- a. The objective of the MVFL Board is to have all organizations participate in the Jr. Novice Division by fielding a team.
- b. Team number of player options:
 - i. All teams with 12 or more athletes must play 11 on 11.
 - ii. If a program is unable to field enough Jr Novice athletes (12 athletes) to play an 11vs11 game by the first regular season game, they will forfeit and will not be eligible to play in postseason games.
 - iii. If they are scheduled to play against a team that has enough athletes for an 11vs11 game, the forfeited game will be recorded as a win for the 11vs11 team in the standings, and they will receive 1 point in the "points for" column on the standings.
 - a. Exception: if a team adds additional players prior to Friday of week four and are able to field 11vs11 the organization may participate without forfeit in the next game and will be eligible for postseason participation if able to continue to field 11vs11
 - iv. 7vs7 games will be permitted but will be considered an exhibition game. The rules for 7vs7 weekly notifications will still apply to each team.
 - a. Notification of 7 on 7 format to opposing teams will be one week prior to allow for 7 on 7 format preparations. All 7vs7 must

be notified to league rep by monday prior to the game.

- v. All teams under 7 athletes must forfeit.
- vi. If a team starts out 11vs11 and drops below, the team will forfeit. No Deals between coaches without league rep approval. All 7vs7 must be notified to league rep by monday prior to the game.

B. Game Procedures:

1. Format:

- i. The game will be opened in accordance with MVFL Rules by a coin toss to determine possession.
- ii. Games will be played with MVFL Novice rules and CIF Rules for 11 vs 11 games on full field.
- iii. **7vs7 rules:** Same clock as 11 vs 11 with three time outs. This eliminates the 3 min water break. 3 lineman 2 receivers and QB Receivers each need to be on the opposite side 5 yards out. Start 35 yards out, punt from 20 yards. Jr novice to follow novice rules with above exceptions.

2. Coaches on Field:

- i. Only (2) two coaches per team are allowed on the field at any one time during the regular season game. NO COACHES WILL BE ALLOWED ON THE FIELD DURING PLAYOFF GAMES OR SUPERBOWL.

C. **Post Season Play:** Jr novice post season game play rules will be the same as regular season play. Only teams that can field 11vs11 will be eligible for postseason play

8. GAME SCHEDULES, RESULTS, STANDINGS AND DIVISION TIE

A. **Game Schedule:** Schedules will be drawn up and issued through the MVFL Board.

- 1. Each team will play **11** regular games in a season that will not include jamboree.

- a. practice start date last full week of July.
- B. Game Days:** Games will be played on Saturdays and Sunday games are considered as a last resort. One game will be played in a week.
- C. Results:** Results of the games will be recorded at the end of the 4th quarter or enactment of the mercy rule. **No game shall end in a tie.** It is the responsibility of the home team representative to notify the MVFL Board of game results.
- D. MVFL Standings:** The MVFL Board standings will be the official league standings. Game results will be the responsibility of the home team and **MUST** be texted through the GroupMe “Scores” app. by no later than Monday night following those weekend games.
- E. Tie Breaker Rules:** NFHS will be in effect for all tie breakers.
- F. Seeding for Play-Off’s Only**
 - 1. Overall Record (conference or regular season)
 - 2. Head-to-Head (wins/losses)
 - 3. Common Opponent (non-conference or pre-season)
 - 4. Points Allowed (not points scored)
- G. Allstars:**
 - 1. In-lieu of Allstars game a team photo.
 - 2. Must wear team Jersey and bring helmets. No Coaches
 - 3. All League mountain team and All League valley team
 - a. Follow the same player selection as the previous all star team.
 - b. 8 kids (4 linemen, 4 skill)
 - c. 6 kids (3 linemen, 3 skill)
 - d. 4 kids (2 lineman, 2 skill)
 - e. 4 kids (2 linemen, 2 skill)
 - f. 2 kids (1 linemen, 1 skill)

g. 2 kids (1 lineman, 1 skill)

4. Mountain team with best record to host all league team picture

5. Valley team with best record to host all league team picture

6. League to issue awards to each player. And make pictures available for parents to purchase. Each team would receive a team picture. Photo to take place week after superbowl Location and Date TBD

9. GAME EJECTIONS & REVIEWS

A. It is the organization's league reps responsibility to notify the MVFL if a player, coach or attendee is ejected or removed from the game via group me no later than Monday following the game.

1. **Athlete Ejection:** Any athlete ejection is to follow penalties as noted in the code of conduct:

a. 1st offense Player ejection rest of game and next game

b. 2nd offense rest of game and 2 games

c. 3rd offense rest of game and 3 games.

2. **Coach Ejection:** Any coach ejection is to is to follow penalties as noted in the code of conduct:

a. 1st offense \$100 fine and ejection rest of game and next game

b. 2nd offense \$150 fine and rest of game and then next 2 games,

c. 3rd offense is expulsion of the coach.

3. **Incident Rulings by Officials:** If an incident occurs and is ruled upon by an official during a game, appeals will not be permitted for the official's decision. However, in situations involving potential errors, such as wrongly accused athlete, coach, parent or attendee, the organization's League Representative may submit a written request for correction to the MVFL Board for review and consideration. This process is limited to addressing inaccuracies and not for overturning the official's judgment during gameplay.



2025 Rules & Regulations

CHEER

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1. ELIGIBILITY OF ATHLETES

A. Right to Play: No athlete will be denied the right to participate because of culture, language, gender, race, ethnicity, or disability. No athlete will be denied the right to participate because of ethnicity, race, or religion.

1. All participants must be registered and rostered on a first come basis. No tryouts are allowed. Once the roster is at capacity, the waitlist may also be created following the same first come guidelines.

a. **Exception:** each organization may have a (one day) return athlete registration at first come first serve prior to open to public registration. (This includes athletes from last season, coaches and board members players)

B. Permission to Play: Each athlete must furnish proof of parental or guardian permission to participate, and he or she must pay a registration fee. Each organization determines the amount of the registration fee.

C. Academic Standards: It is the recommendation of the MVFL, that athletes should maintain acceptable grades to participate in the football/cheer program. Athletes should maintain a 2.0 or "C" average to be qualified. The various teams in the league shall adopt locally developed policies to ensure that the grades of athletes are acceptable. The MVFL Board will support the decisions of the various teams on this matter. Organizations are encouraged to recognize the academic achievement of its athletes.

D. High School Students: No high school student can participate in MVFL.

E. Non-Public School Students: Athletes not enrolled in the public-school system may participate in MVFL, but they must meet the appropriate grade level and experience requirements. Athletes must provide proof of permanent residency within organizations boundaries.

F. Proof of Grade Level: Proof of incoming grade level will need to be given to the program, copy of current report card or letter from school district of ingoing school grade level, or online portal if photo and grade level is included.

G. Boundaries and Proof of Residency /Geographical Areas:

1. To qualify, individuals must reside or attend school within the organization's

boundaries.

- a. Organizational Boundaries are defined as per your organization's highschool boundaries.
 - i. Athletes School or permanent residence must fall into this area.
- b. If a player does not attend school within organizational boundaries Proof of Residency must be provided and can include:
 - i. A utility bill with the applicant's permanent address.
 - ii. School registrar paperwork.

This documentation must be attached to the application during submission.

- i. **Exception:** Argonaut and Amador (all athletes that live or go to school in Amador County will be eligible to play for either organization) voted in 23
- ii. **Exception:** Any player on 2024 roster that wanted to jump from club to club (Argonaut or Amador) would require transfer sign by the leaving team and MVFL

H. Transfers, Waitlist Transfer, Exceptions, Grandfathered Player:

- 1. **Transfers** are defined as an Athlete whose address is within a neighboring organizations boundary.
 - a. Only when an organization has less than a full roster, that organization can request a Transfer.
 - b. Organizations wishing to secure athletes from another MVFL organization's boundaries, must submit an MVFL Transfer Application Form to be approved no earlier than May 1 st .
 - c. Acceptance of Transfers must be completed prior to any form of physical activities. Both teams involved must agree to the transfer. Additionally, a majority vote of the MVFL Board must authorize the action.
 - i. All approved transfers must have a player card on Blue cardstock.
 - ii. If a player has a transfer approved the first year a copy of the approved form must be present with the athlete's player card and paperwork.
 - 1. If form is not present the player will be deemed ineligible to participate.

- d. Organizations not complying with this regulation will be considered as using ineligible athletes and will forfeit all games in which the ineligible athletes participated.
 - e. Once an athlete receives a district transfer, they may continue to play for that organization annually until they no longer meet the age requirement or separate membership from the organization for one full season. This will qualify them as a grandfathered player.
 - f. If one full season of separation occurs, the athlete must again get approval from the other organizations and the MVFL Board. The MVFL Board must review all new District Transfers regardless of the circumstance.
2. **Waitlist Transfer:** If an organization reaches its full roster, a player may join the first available neighboring organization without MVFL approval.
- a. The receiving organization must immediately contact the neighboring League Representative or Representatives to confirm that their roster has reached the maximum size as specified under “C. Roster Size.”
 - b. The MVFL must then be notified of the player’s addition within 48 hours.
 - i. The player cannot participate in any activities until both requirements are fulfilled.
 - c. All approved transfers must have a player card on Blue cardstock
3. **Exceptions** are defined as an Athlete whose address is found to be outside of all boundaries within the MVFL.
- a. Only when an organization has less than a full roster, that organization may request an Exception no earlier than May 1 st .
 - b. A majority vote of the MVFL Board must authorize this action.
 - i. All approved exceptions must have a player card on Blue cardstock
 - ii. If a player has an exception approved the first year a copy of the approved form must be present with the athlete’s player card and paperwork.
 - 1. If form is not present the player will be deemed ineligible to participate.
 - c. Organizations not complying with this regulation will be considered as using ineligible athletes and will forfeit all games in which the ineligible athletes participated.
 - d. Once an athlete receives a district transfer, they may continue to play for that organization annually until they no longer meet the age requirement or

separate membership from the organization for one full season. This will qualify them as a grandfathered player.

- e. If one full season of separation occurs, the athlete must again get approval from the other organizations and the MVFL Board. The MVFL Board must review all new District Transfers regardless of the circumstance.

4. Grandfathered Player:

- a. If a player continues with organization after the first year, the prior year's player card with all signatures and game day check in's must be attached to the current year player card. GRANDFATHER to be written on the top of the new card.
 - i. If both cards are not present the player will be deemed ineligible to participate.
 - ii. No transfer or expectation form is needed if the player is a continued participant with the organization.

I. Physical Exam: All athletes must have a physical examination in the current calendar year to be eligible for participation. Acceptable physical forms must include the wording, "CLEARED FOR SPORTS", "CLEARED FOR ATHLETIC ACTIVITY", or the box marked "SPORTS PARTICIPATION APPROVED" on the MVFL physical form.

J. Eligibility to Participate in Game: Athletes must complete (10) hours of physical conditioning to be eligible to participate in a jamboree/scrimmage or a game. Physical conditioning may be identified as team conditioning performed at practice or skill camp attendance.

K. Level of Play: As a general rule, athletes should play at the highest level at which they are capable. It is the intention of MVFL that athletes are encouraged to play at their own grade level. At the discretion of their local board, athletes may move up one division. Under no circumstances, may an athlete move down a division unless an exception by the league is approved.

- 1. Cheerleaders that play up a level the year prior due to no having a level may be moved back down to their own grade level the next year motion

2. GRADE REQUIREMENTS

A. Division Ages:

- 1. Mascots Kindergarten
- 2. Jr Novice Division: 1st & 2nd Grade
- 3. Novice Division: 3rd & 4th Grade

4. Junior Varsity Division: 5th & 6th Grade

5. Varsity Division: 7th & 8th Grade

- a. Any situation outside of these division grade requirements must be approved by MVFL

3. Certification of Athletes Books:

1. All books will be certified at book signing prior to jamboree. Teams must supply a pre-season rosters at the time of the book signing.
2. if a player is not signed off at book signing. an organization may reach out to neighboring organizations/ league executive board members for certification prior to game day.
3. **No player will be certified to play on game days. If a player is not certified prior to game day they will be ineligible to participate in that day's game.**

4. **Certification Requirements:** In order to certify an athlete, each team must have a copy of the athlete's weight card, a valid physical, a certified copy of the athlete's birth certificate and the AB2007 concussion, Heat illness and Sudden Cardiac acknowledgement form signed by both the parent/guardian and athlete. A photo and game jersey number are required on the athlete's weight card. The team books must also have a completed copy of their organization roster.

1. **Athlete Card:** All athlete's information must be included on the MVFL Athlete Card on white cardstock paper. Any athletes that have an approved Level-up Certification, an approved Exception Request, or an approved Transfer form, must be on blue card stock paper. All Mascots must be on pink card stock paper.
2. **Photo:** A photo of the athlete and jersey number must be on Athlete Card.
3. **Physical:** All athletes must have a physical examination in the current calendar year to be eligible for participation. Acceptable physical forms must include the wording cleared for sports, cleared for athletic activity, or the box marked "SPORT PARTICIPATION APPROVED" on the MVFL physical form.
4. **Proof of Age:** A certificate of live birth issued by the county or state. If the certificate is unobtainable, the MVFL Board will have final approval for athlete's participation by a majority vote.
5. **Proof of Grade Level:** Proof of incoming grade level will need to be given to the program, copy of current report card, letter from school district of ingoing school grade level, or online portal if photo and grade level is included.

- 6. Concussion, Heat illness and Sudden Cardiac Acknowledgment:** These acknowledgement forms must be signed by both parent/guardian and the athlete and kept with athlete cards.

5. Certification Procedure:

A. Book Signing:

1. Organizations Cheer Representative must sign off an athlete card prior to athlete certification once all the complaint forms have been received.
2. One Cheer representative from opposing teams will review all the forms for compliance. They will certify the compliant forms and insure they are in proper order. When compliance is met, they will sign the individual athlete card. If there is missing or non-compliant paperwork, The team must obtain paperwork and have the player signed off prior to the next game. no players will be signed off on a game day.
 - a. Any discrepancies found later must be corrected immediately or the athlete may be deemed ineligible.

6. ROSTERS

A. Roster Submissions and Terms:

1. Pre-Season Rosters:

- i. Must be presented at the book signing to the MVFL Secretary.
- i. 15 packets- each packet should include a copy of cheer rosters in order-
 1. Cheer- jr novice, novice, jv, varsity

2. Regular Season Rosters:

- ii. Must be emailed to the MVFL Secretary by Friday Week 4
- iii. Rosters must be typed.
- iv. Athletes can move up to a higher level, but once a game is played at the higher level, the athlete cannot return to the lower level.

3. Postseason Rosters:

- v. Must be emailed to the MVFL Secretary by the Play-off Seeding Meeting.
- vi. Rosters must be typed.

4. Special Roster Changes:

vii. Athletes may be added to a team, subject to the MVFL Board approval, during the last (2) weeks of the Regular season if that team's size falls to (20) or fewer athletes.

viii. Rosters must be typed and emailed to the MVFL Secretary.

5. Cheer Competition Roster

2. 1. Must be emailed to the MVFL Cheer Representative one month prior to the cheer competition and forwarded to the MVFL Secretary. Date to be given to cheer representatives when the date is determined for competition.

a. Once the roster is submitted no changes can be made.

b. This roster is only for competition. Not the regular season.

2. **Roster Requirements:** Rosters must be complete, signed as requested and in compliance with all MVFL Rules and Regulations. They will include the name, age, birthdate, school, grade, and phone number of the athlete.

a. **Combined Teams:** All athletes on combined teams must be included on one (1) roster.

b. **Mascots:** Mascots will be added to the team assigned at the Jr. Novice/Level. Mascot information will be identified in ITALIC font at the end of the roster.

3. **Roster Size:** Organizations should strive to meet the following criteria of team divisions. The total number of athletes you are allowed to roster for the Jr. Novice, Novice, Jr. Varsity and Varsity Divisions shall not exceed (160).

a. Jr. Novice Division Maximum number of athletes is 40

b. Novice Division Maximum number of athletes is 40

c. Jr. Varsity Division Maximum number of athletes is 40

d. Varsity Division Maximum number of athletes is 40

4. New Athlete:

a. **New Athlete:** A new athlete is one that has not participated in any organized youth tackle football program at this age, weight, or grade level.

b. **Procedure for Adding New Athletes:** Athletes being added must comply with all pre-season eligibility requirements and send all appropriate information to the MVFL Board. For teams with waiting lists, new athletes must come from the waiting list.

c. **Final Day to Add to Roster:** The final day an athlete is eligible to be added to the roster is by Friday of week 4 regular season.

5. **Elevating Athletes:** Elevated athletes must practice at least (3) times with the higher-level team before they can participate in a league game at the higher level.
6. **Post Season Games:** Post season games must be played with the roster that was in effect as of the Play-off Seeding Meeting. No athletes may be added or elevated for post season games after the postseason roster has been submitted. Teams may petition the MVFL Board for exceptions. Post season games are not considered regular season games.

7. CHEER RULES

- A. **Purpose:** The MVFL Cheerleading Program is an integral part of our total youth football program and contributes highly to an individual's overall education and growth as a young person. The MVFL cheerleading program is in place to promote spirit, develop teamwork, sportsmanship and provide a safe environment in which cheerleading athletes can learn and have fun. It is the intention of this organization to allow any athlete who wants to cheer the opportunity to participate. Depending on the number of cheerleaders, availability of uniforms, the number of coaches available, etc., it may be necessary to limit squad sizes.
- B. **Safety:** No issue is of greater importance than the safety of our young athletes. None is more worthy of the attention of coaches, officials, players, and administrators. The young athletes who enjoy the sport of cheerleading deserve our wholehearted commitment to their safety.
 1. No jewelry on any part of the body or piercings allowed during practices and games.
 2. Medical/religious jewelry may be worn if taped down.
 3. No false fingernails. No nail length above fingertip.
 4. The only metal allowed are flip clips, bobby pins and other accessories at the discretion of the cheer advisor.
 5. Casts/braces:
 - i. Athletes with a hard cast may not tumble, stunt, or be considered as spotters and are not required to wrap/pad the cast.
 - ii. Athletes wearing hard braces with exposed metal material, such as knee, wrist, and elbow braces, are required to wrap/cover the brace with a padded material so that it protects both them and their fellow athletes from injury.
- C. **Liability and Responsibility:**

1. Guidelines are aimed at ages, due to the liability and risks involved in cheerleading. Younger athletes are less likely to recognize and respect those risks and are more likely to attempt something inherently dangerous due to current skill levels. Restrictions exist for the protection of those under the age of legal liability, coaches, parents/guardians, and responsible organizations such as the MVFL. **Therefore, no intermixing of stunt groups will be allowed.** This applies to performing with a High School athletes.
2. On combined teams, stunt groups must be based on the level for which the athlete would have been assigned to if there were no combination team.
3. Only **current badged coaches, assistants, junior coaches** may be allowed on track or during the game sideline. Current badged coaches, assistants, and junior coaches must stay on the sideline during halftime.
4. NO above/below level athletes are allowed on track or field spotting stunts or filling in for an absent athlete.

D. Divisions:

1. Mascots may only cheer at the Jr. Novice level.
 - a. Any character mascots must be a registered athlete in the athlete books with all forms completed.
 - b. ALL MASCOTS PLAYER CARD MUST BE ON PINK CARD STOCK.
 - c. Mascots must have two uniform differences. See Equipment and Uniforms section of Cheer Rules & Regulations.

E. Level-Up Certification:

1. Level-ups are used to move an athlete up one (1) level with having one (1) year prior experience at the advisor's discretion. No approval needed from the MVFL Board.
 - a. level ups must be done prior to Friday week 4.

F. Participation:

1. **Smaller Programs:** Smaller groups may participate as one squad, but stunting must be based on appropriate age divisions.
2. **MVFL Participation:** Athletes are to participate in sanctioned MVFL pre-season, regular season and postseason games or activities that their organization's football team is participating in.
 - a. Competition squads and their performances, practices and activities do not fall under the MVFL guidelines as they are considered a separate entity and are not MVFL sanctioned. The MVFL does not endorse but needs to be notified of organizations participating in a cheer competition.
 - b. Non-MVFL sanctioned events must have written approval by the local board and notify the MVFL Cheer Board of said changes. Prior to participating in any event, appropriate insurance coverage must be submitted to the MVFL

Board. Example: Cheer Competitions.

3. **Cheer Coaches:** All cheer advisors, head coaches and assistant coaches must complete online classes: Pop Warner Course, Y101PW for new coaches or Y102PW for returning coaches, NFHS Heat Illness Prevention training online, mandated reporter certificate, and current CPR certificate in order to receive their coach badge. Coaches that do not complete the training, will not be allowed on the sidelines during the game and cannot participate in practice sessions. If a coach is added during the season, they must complete the same required training. Cheer advisors will turn in the completed certificates to the MVFL Cheer Representative to be eligible to obtain their organizations badges. Jr. Coaches are not required to complete this training.
4. **Cheer Clinic/Camp:** Teams have the option of attending cheer clinic/camp. The MVFL Cheer Board and team advisors will work to contract a certified cheer instructor to teach skills, techniques, progression and stunting while focusing on safety.
 - a. If camp is two days, the organization is permitted to take two days off of practice. Example of camp is a Saturday and a Sunday, the organization can take off the day prior to practice and the day after.

G. Stunting:

1. Mascots stunting:

- a. Mascots are permitted to do stunts within waist level on two feet with feet never going above the waist level. Stepping out of stunts ONLY; NO cradling permitted. Mascots can ONLY be stunted by Mascots or Jr. Novice athletes.

2. Cheerleader Stunting: MVFL will follow the JAMZ Youth Cheer Level Grid up to YCADA Level 4. Levels to be determined by the cheer advisor based on the ability of each squad. Current JAMZ Level Grid will be provided by MVFL Cheer Representative. If a team performs illegal stunting, video of performance must be sent to MVFL Cheer Representative for review. If determined illegal, the organization will be subject to violation Section IX.

- a. No sideline stunting on dirt tracks for Mascots.
- b. Level 1 – Sideline stunting allowed for Jr. Novice and Novice.
- c. Level 2 – Sideline stunting allowed for Jr. Varsity and Varsity.
- d. Jamboree Stunting: Stunting at the jamboree will be at the cheer advisor's discretion. Squads must be uniformed per the cheer advisor's discretion.

8. EQUIPMENT AND UNIFORMS:

1. a. **Team Uniform:** Cheer teams planning to change team colors, must get the

approval of the MVFL Board. No individual Player may alter/ modify their uniform from original organization design. Uniforms must be worn as attended. If a player is observed with an altered uniform or not wearing it as attended, the MVFL will penalize the player as per the code of conduct/ ethics.

- a. **Game Uniform:** Athletes must have game uniform as required by each organization at all sanctioned MVFL games and scrimmages.
- b. **Mascot Uniform:** Must have two (2) identifying uniform differences. These will be their bow and poms no other differences are accepted.
- c. **Jamboree:** All athletes may wear camp or game day attire per Cheer Advisors discretion.

9. PRACTICE PROCEDURES:

A. Practice Schedule: All teams must file their practice schedule, location, times, and dates with the MVFL Executive Secretary prior to any practice beginning for that season. Any change in practice schedules also requires approval of the MVFL Board. Approval may be given by phone, in person or with written correspondence. Jamboree is considered a practice. Cheer to follow suit with football practices.

1. **Discipline for Breaking Practice Schedule:** Any team breaking any approved practice procedure will be brought before the MVFL Board for action as the Board deems necessary.

2. **To Start Practice:** To begin practice, all athletes must officially sign up with a team and meet all the requirements stated in these Rules & Regulations.

3. Season Practice:

a. **Practice Time Limits:** Practices will run no longer than (2) hours at any session. Time spent in team meetings is not counted as part of the 2-hour practice sessions.

i. 1st week: (5) practices per week. Conditioning and learning new sideline cheers for the season/no stunting

ii. 2nd week: (5) practices per week. Conditioning & stunting

iii. 3rd week: (5) practices per week. Jamboree is considered a practice

iv. 4th week: (4) practices per week. Before 1st Game

v. 5th week and after: (3) practices per week

4. **Cheer Clinic/Camp:** Teams have the option of attending cheer clinic/camp. The

MVFL Cheer Board and team advisors will work to contract a certified cheer instructor to teach skills, techniques, progression and stunting while focusing on safety.

- i. 1.If camp is two days, the organization is permitted to take two days off of practice. Example of camp is a Saturday and a Sunday, the organization can take off the day prior of practice and the day after

5. Physical Conditioning: All athletes must complete (10) hours of physical conditioning to be eligible to participate in jamboree/scrimmage or game.

10. GAME PROCEDURES

A. MVFL Rules: Refer to 2025 Football Rules & Regulations.

B. Halftime Routines: Cheer is allowed two minutes and thirty seconds (2:30) at halftime to perform their routines.

1. Mascots will be allowed 30 to 60 seconds to perform their own halftime routine prior to the junior novice halftime show. MASCOTS ONLY
2. Organizations may choose to combine mascots with Jr. Novice level and perform at that stunt/tumbling level as determined by the organization's cheer advisor.

11. Cheer Competition

A. Hosting team

1. The hosting team will follow the MVFL superbowl rotation. This rotation is approved by league reps
2. Cheer competition may be hosted on a football field without mats or in a gym with dead mats. This will be at the discretion of the hosting team.
 - a. If a football field is used, the hosting team must mark-off define competition boundaries.
3. The hosting team is responsible to pay all MVFL dues/ fees associated with competition.

B. Competition Date

1. Date for competition will be determined by the hosting team
2. Must be a sunday.
3. Date must be between beginning October to middle of november
4. MVFL must be notified of this date when the football schedule is finalized. prior to the season start date.

5. If an organization opts to not attend competition they must notify the league one month prior to the event or a fee of \$500 is imposed payable to the hosting team.

C. Judges

1. All judges for the event must be cheer minded.
2. A list of all judges are to be brought to the MVFL cheer meeting prior to the event
3. A minimum of 3 judges maximum of 5 is required.
4. If a fee is required it is the hosting team's responsibility to pay.
5. Parents/ spectators are not to communicate with the judges during the event.
6. All judges will be given the MVFL cheer competition rules to review.

12. Cheer Competition Rules:

1. Each organization will perform a half time routine at their level. Stunting, tumbling levels to be determined by the organizations cheer advisor based on ability of each squad. Organizations to be judged on overall performance not at the level of their ability.
2. No organization may pay for Choreography
3. Organizations may pay for music
4. Mascots may combine with registered level and perform at that stunt or tumbling level as determined by the organizations cheer advisor.
5. routine time frames
 - a. time is from music start to end.
 - b. mascot- 30sec to 1 min
 - c. Jr Novice- 1 min 30 sec to 2min
 - d. Novice- 2 min and 30 sec (no deduction if under time frame)
 - e. JV and Varsity- 2 min and 30 sec.
 - f. **organizations are encouraged to screen record music and play with devices in airplane mode. if problems with music during routine at comp organization will not be allowed to restart and should continue on counts.

B. PENALTIES:

1. TIME LIMIT PENALTIES :
 - a. 1.0 POINT deducted from your total possible score if your routine goes 4 - 7 SECONDS UNDER/OVER time requirements.

- b. 2.0 POINTS deducted from your total possible score if your routine goes 8 - 10 SECONDS UNDER/OVER time requirements.
- c. 3.0 POINTS deducted from your total possible score if your routine goes 11 OR MORE SECONDS UNDER/OVER time requirements.

2. TUMBLING PENALTIES

- a. TUMBLING TOUCH - 0.25 POINT (per occurrence) deducted from your total possible score for any touch to the performance surface during execution of or following the landing of any tumbling skill. Includes head, hand, elbow, arm, knee and leg.
- b. TUMBLING FALL - 0.5 POINT (per occurrence) deducted from your total possible score for each FALL on tumbling skills. Tumbling falls are any time the majority of the tumbler's body comes in contact with the performance surface either on an over rotation or under rotation during the attempted skill.

3. STUNT SKILLS* PENALTIES

- a. STUNT BOBBLE - 0.25 POINT (per occurrence) deducted from your total possible score for each obvious Stunt Bobbles on a stunt/toss skill. Stunt Bobbles will be defined as any of the following: (1) obvious breaks in bodyline and/or body positions of the flyer (2) excessive movement by bases (3) stunts that almost fall but recover (4) obvious incomplete twisting of the flyer (i.e. flyer lands prone when intending to land in cradle). Stunt Bobbles that precede a Stunt Fall will not be counted in the total deduction. The largest deduction will supersede the total number of Stunt Bobble deductions.
- b. STUNT FALL - 1.0 POINT (per occurrence) deducted from your total possible score for each Stunt Fall on a stunt/toss skill by any member of the stunt group/partner stunt. A Stunt Fall will be defined as any of the following: (1) stunt/toss that fails to execute intended skill (is lowered or dropped below its intended level) OR the flyers legs are no longer "locked out" (2) the flyer is no longer in an upright body position (3) one member of a stunt group/partner stunt other than the flyer falls to the performance surface.
- c. MAJOR STUNT FALL - 1.5 POINTS (per occurrence) deducted from your total possible score for each FALL on a stunt/toss skill in which the flyer's body (other than their feet/foot) hits the floor and/or a FALL by multiple members of the stunt group.

- 4. *The category "stunt/toss skills" will include stunts, dismounts, inversions, release moves, pyramids, tosses, etc. for the purpose of simplifying penalty descriptions. Each member of the stunt group will be considered part of the stunt in relation to a

fall. (i.e. any member of the stunt group falling to the ground would be considered a fall).

5. BOUNDARY PENALTY:

- a. 0.5 POINT (per occurrence) deducted from your total possible score for each STEP OR TOUCH OUT OF BOUNDS with any part of the body. Boundary will be defined as the performance surface and any immediate adjacent safety border.

C. SCORECARD

1. MAX 60 POINTS

- a. Choreography, Performance or routine, Dance, Motions 10 points
- b. Jumps 10 points
- c. Stunts 10 points
- d. Pyramids 10 points
- e. Dismounts 10 points
- f. Tumbling 10 points

13. COMPETITION PRACTICE

- A. (3) additional 2 hour practice may be added from now till competition date with notification to the league prior to practice.

14. EJECTION, REVIEWS

- A. It is the organization's league reps responsibility to notify the MVFL if a player, coach or attendee is ejected or removed from the game via group me no later than Monday following the game.

1. Athlete Ejection: Any athlete ejection is to follow penalties as noted in the code of conduct:

- a. 1st offense Player ejection rest of game and next game
- b. 2nd offense rest of game and 2 games
- c. 3rd offense rest of game and 3 games.

2. Coach Ejection: Any coach ejection is to follow penalties as noted in the code of conduct:

- a. 1st offense \$100 fine and ejection rest of game and next game

b. 2nd offense \$150 fine and rest of game and then next 2 games,

c. 3rd offense is expulsion of the coach.

3. **Incident Rulings by Officials:** If an incident occurs and is ruled upon by an official during a game, appeals will not be permitted for the official's decision. However, in situations involving potential errors, such as wrongly accused athlete, coach, parent or attendee, the organization's League Representative may submit a written request for correction to the MVFL Board for review and consideration. This process is limited to addressing inaccuracies and not for overturning the official's judgment during gameplay.