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Section 7.02 *Fund Raisers – Fund raising may be performed by individual communities and will be left to their discretion provided that it does not interfere with any B.O.D. business and does not break any rule contained herein.* 11

(a) *Individuals may not use the name of this organization or give any indication that it is acting under the advice of the county board without the county board’s approval.* 11

Section 8.01 *Building Community Relations-It is the responsibility of each local organization to build community relations. Each community should work at building a relationship with the community based on truthful and honest dealings with that community. Always remember to be a good public example for your youth.* 11

Section 10.01 *If the board believes a violation has been committed, then the Local organization, members, team, coaches, players, cheerleaders involved will be brought before the board and after a short hearing the B.O.D., town representatives and coordinators will decide if a violation of rules has been committed and if a violation has occurred what consequence will be used for the infringement or infringements.* 13

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Section 20.03 The local board may attempt to remedy the situation locally or yield the situation to the B.O.D. to make a determination on the incident. In any event the B.O.D. will look at the situation and make a final determination as to the penalty.

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Preston County Youth Football League and Cheerleading By-Laws

Article I. Name of League will be Preston County Youth Football League (PCYFL).

Section 1.01 Local Organization-The local organization shall include the Individual teams and the local governing officers.

- (a) Local organizations will sponsor and administer one or more teams and/or squads.
- (b) The local organization will raise money; buy equipment, recruit coaches, secure fields, etc. to accommodate a youth sports program in their community.
- (c) The adopted team names should provide good public relations throughout Preston and any other counties that participate in league play.

Article II. Objective – To administer the youth football league in all participating counties through the implementation of associated local organizations and their representatives.

Section 2.01 Safety and participation-

- (a) This program is to provide an opportunity for young people to participate in an organized and supervised environment. Emphasis is to be placed on participation and safety and to inspire young people to practice sportsmanship, scholarship and physical fitness.

Article III. Government –

Section 3.01 Shall consist of 1 member of each local community associated with the Preston County Youth Football League and the elected members for the executive board (Yearly elected representatives) and shall be referred to as the Board of Directors (B.O.D.). Elections will be held as soon after the season as possible. In any event will not be held later than January. The executive Board shall consist of elected officials in the positions stated as President, Vice President, Business Manager and Secretary, 2 Football Coordinators, and 2 Cheerleading Coordinators.

Section 3.02 Officers of the board must attend at least three meeting in the last year to vote on any issues. This may be Recently elected officials will have a vote for 6 months after 6 months they will need to have attended 3 meetings before they will be permitted to vote. If there were not at three meetings in the last 6 months, then the officers would have to have attended ½ of the meetings.

Section 3.03 The purpose is to ensure that those voting have attended meetings and have knowledge that would allow them to vote in an informed manner.

Section 3.04 Title description of Executive Board members:

- (a) President – Yearly elected official responsible for overseeing the operation of the league, league meetings, and responsible for 1 of 2 signatures on leagues legal documents and shall assist in record keeping of the minutes.
- (b) Vice-President – Yearly elected official, responsible to assist in operation of the league and league meetings. The Vice-President will perform the duties of the league President if the President is unable to carry out the duties listed above. The Vice President will help the president carry out his duties when asked to do so by the president.
- (c) Business Manager – Yearly elected official responsible and accountable for the financial accuracy of the leagues accounts and disbursements. Is responsible for 1 of 2 signatures on legal documents. The Business Manager will assist in the keeping of the minutes.
- (d) Secretary – Yearly elected official responsible and accountable for the record keeping of minutes. The Secretary shall give and serve all notices to member of the organization and be the official custodian of the records and seal of the organization. The Secretary will be responsible for notifying members of meeting dates. Email or phone message will be an acceptable notification for members.
- (e) Football Coordinator – Two yearly elected officials, to direct the local organizations on football matters. The Football Coordinator will oversee and carry out county meetings as well as enforcing game and tournament football rules and guidelines for the Preston County Youth League Program. The B.O.D. reserves the right to dismiss the Coordinator(s) at any given time.
- (f) Flag Football Coordinator—One yearly elected official to oversee the flag program and enforce rules. The B.O.D. reserves the right to dismiss the Coordinator(s) at any given time.
- (g) Cheerleading Coordinator – Two yearly elected officials to direct the local organizations on cheerleading matters. The Cheerleading Coordinator will oversee and carry out county meetings as well as enforcing game and tournament cheerleading competition rules and guidelines for the Preston County Youth League Program.
- (h) Web Master—Duties include keeping the web page up to date with copies of Documents needed for local business, copies of By-laws and other material that the board wishes to have added to the page.
- (i) An elected member of the executive board may be removed from office before his term ends by resigning or by two thirds vote of the B.O.D. over a period of two meetings. The officer to be removed from office will not be permitted to vote. The two-meeting span is to give all members an opportunity to vote to remove or retain the elected official.

Section 3.05 Elections

- (a) Elections will be held as soon after the season as possible. In any event will not be held later than January.
- (b) Elections times will be announced at least 2 weeks before they take place. Any officer, coordinator or town representative that is not present will lose their privilege of voting.
- (c) Voting for new officers- Voting for new officers will be performed by the exiting officers (one vote per member) cheerleading and football coordinators (one vote per coordinator) and a representative of each participating community (one vote per member usually president of the local or his designee). If the vote ends in a tie a revote will be taken immediately. If more than 2 members are running for an office and a tie vote is taken than with the most votes that are tied, will be run off in the second election for the office.
- (d) The nominations for president will take place first followed by the election of the president. Nominations for vice president will then be taken, followed by the election of the vice president. This will continue down the list of officers till all new officers have been elected.
- (e) Those eligible and wishing to vote will need to be present at the meeting.

Article IV. By-Laws- Changing and adopting

Section 4.01 The By-Laws shall be adopted and used as rules to operate the P.C.Y.F.L. and all affairs it may encounter.

Section 4.02 By-Laws shall be changed and voted on every Three Years to accommodate any economical or necessary changes.

Section 4.03 By-Law changes will require a majority vote of the B.O.D. Members.

Section 4.04 If a change in the By-Laws is deemed necessary in this three-year period, then a special meeting may be called, and the change may be voted upon.

- (a) It will require a $\frac{3}{4}$ majority vote of eligible voting members of the B.O.D. in favor of a change in Bylaws to change the Bylaws Please note that if less than the $\frac{3}{4}$ of current membership on the B.O.D. is present than a vote to change rules cannot take place. The vote may be taken over the course of two meetings with a roll call vote and members may vote at only one meeting.
 - (i) Those eligible to vote and value of vote are as follows: VP (1 vote), Secretary (1 vote), Business manager (1 vote), Cheerleader and Football Coordinators (1 vote) and 1 vote each for each local area spokesperson (Bruceton, Central, East, South, Tucker, West, Fairmont for total of 7 Votes) to change the bylaws in this three year period.
 - (ii) The number needed for $\frac{3}{4}$ of the votes would be 10.5 based on a 14-vote total if all members are eligible to vote, this could change as the number of Local organizations change in the PCYFL.

- (iii) If the vote is Less than 1 vote of passing than the president may vote one way or the other.

Article V. Meetings –

Section 5.01 Quorum is required to conduct business.

- (a) A quorum is an Executive Board Member and three representatives or more.**

Section 5.02 Times and locations- Times and locations will be decided by the President of the B.O.D.

Section 5.03 Vacancies – Representatives of a community- Representatives of a community may send another member to represent their community and to vote in their place. The replacement representative will be accompanied by a written note with the length of time (indefinitely is acceptable if duration is unknown) the new representative will be representing the community. The replacement representative will represent their community in every aspect of the position.

Section 5.04 Agenda – Parliamentary procedures will be set up to allow for quick and effective business to be conducted.

- (a) Order of Business
- (b) Call to Order
- (c) Roll Call
- (d) Minutes
- (e) Special Orders
- (f) Local Organization reports
- (g) Unfinished Business
- (h) Announcements
- (i) Adjournment

Section 5.05 General Meetings – Shall be held at least four times in the off season. The second Sunday if possible in the months of February, March, April, and June will be used for meetings. Meetings will be held as needed during the season, but in no case will there be less than a meeting each month during the season.

Section 5.06 Special Meetings – Shall be called by any executive member of the B.O.D. and quorum must be present to conduct business.

Article VI. Membership – Each associated local organization will fill out a yearly membership form to identify the Officers of each organization. Forms will be signed by the President and Business Manager of each organization. After completion, the forms will be given to P.C.Y.F.L. B.O.D. for proper verification.

Section 6.01 Forms should include names of Board Members from each league and identify their association with that league. Ex: President, Vice President, Business Manager, Head Coaches, Assistants, and General members.

Section 6.02 Members should be of good moral character.

Section 6.03 Termination of local organizations- Termination of local organizations from membership shall be voted on and approved only if the vote is unanimous at 2 consecutive meetings and will exclude the vote of the violating organization. A team that has been terminated for a year may apply for reinstatement to the league. The reinstatement shall be voted on and approved only if the vote is unanimous at 2 consecutive meetings. A reinstatement of a team whose membership was terminated may be done on a conditional or unconditional basis.

Article VII. Financial Policies – P.C.Y.F.L. is a non-profit organization. All monies or financial profit is strictly for the use to further benefit this organization. No financial aid or monies will be received or given in any form to any member or governing body of this organization for personal use.

Section 7.01 Financial support- Financial support can be donated or received by this organization by means agreed upon by vote of B.O.D. Members to support the P.C.Y.F.L.

Section 7.02 Fund Raisers – Fund raising may be performed by individual communities and will be left to their discretion if it does not interfere with any B.O.D. business and does not break any rule contained herein.

(a) Individuals may not use the name of this organization or give any indication that it is acting under the advice of the county board without the county board's approval.

Section 7.03 A fund raiser may be held in the off season, so it will not interfere with locals raising money for their teams. Half of the money going to county funds and the other half will also be kept in county funds but marked to be used as an emergency fund that can be loaned or given to a local that may have temporary money problems. A loan would be paid back according to board and local approved terms. If we accumulate money that is not used over time it, when it reaches a certain amount that the board feels some of it should be distributed to locals, the board may distribute it to any or all locals. Decisions on use of this money whether it is loaned or donated to locals will require three quarters acceptance vote of the entire board.

Article VIII. General Rules:

Section 8.01 Building Community Relations-It is the responsibility of each local organization to build community relations. Each community should work at building a relationship with the community based on truthful and honest

dealings with that community. Always remember to be a good public example for your youth.

Article IX. Teams

Section 9.01 Teams -The basic unit of organization.

(a) At minimum, a team consist of a group of players organized under the direction of a coaching staff in a given age/weight division and may have an attached cheerleading squad coached by qualified coaches.

(i) There will be a minimum of 1 coach to each seven participants on a team.

(ii) There will be a minimum of 2 coaches present for any practice.

(b) Associated P.C.Y.F.L. Team Members:

- | | | | |
|---------------|-----------------|-----------------|-----------------------|
| 1) Central | "A" Team – 1994 | "B" Team – 1994 | |
| 2) South | "A" Team – 1994 | "B" Team – 1994 | 7th & 8th grade– 2007 |
| 3) Tucker | "A" Team – 2009 | "B" Team – 2009 | |
| 4) East | "A" Team – 1994 | "B" Team – 1994 | 7th & 8th grade– 2017 |
| 5) Bruceton | "A" Team – 1994 | "B" Team – 1994 | 7th & 8th grade– 2007 |
| 6) West | "A" Team – 1994 | "B" Team – 1994 | |
| 7) Mannington | "A" Team – 2012 | "B" Team – 2018 | |

(c) Order for hosting Championship and All-Star games as follows

- | | | |
|----------------------|------|------|
| 1) East | 2017 | 2026 |
| 2) West | 2018 | 2027 |
| 3) Central | 2019 | 2028 |
| 4) Tucker | 2020 | 2029 |
| 5) South | 2021 | 2030 |
| 6) Bruceton | 2024 | 2031 |
| 7) Mannington | 2025 | 2032 |

(d) Teams outside of Preston County may be admitted to the league with full voting privileges and may participate in all areas of league activities provided they are admitted to the league by two thirds vote for acceptant by the B.O.D.

- i) Players may play out of the area they live in. Example. Children in Central area may play on the West team.
- ii) If a child living near but outside of the Preston County line and attend Preston County Schools and wishes to play, they may contact the league and show proof of Preston County School records and be permitted to play in the league. This rule would apply in the same way to any team outside of Preston County that has a team playing for this league.
- iii) Coaches may not instigate conversation with a child out of their area for the purpose of enticing the child to play for a team outside of the child's area where they would normally play, if that area has a team within the league. Out of their area will mean in what would normally be another teams area.
 - a. If a coach is contacted by a child out of the coach's local area, he may then help the child to sign up for the league in the area the child wishes to play.

- b. Violation of this rule will be dealt with on an individual basis. It is understood that no clear cut lines are drawn for each area. The B.O.D. will determine if an infraction was made and to what degree it was made and what if any penalty will be given.
- c. If a team outside of Preston County is playing in P.C.Y.F.L. then a child from that area may play on any team in this organization and any child eligible to play in Preston County may play on a team outside the county that is a member of this organization.

Article X. Discipline of Members of the local organization, fans, Coaches and players for Violation of the Rules:

Section 10.01 If the board believes a violation has been committed, then the Local organization, members, team, coaches, players, cheerleaders involved will be brought before the board and after a short hearing the B.O.D., town representatives and coordinators will decide if a violation of rules has been committed and if a violation has occurred what consequence will be used for the infringement or infringements.

- (a) *Punishment:* The board will decide punishment based on the event and circumstances. This may range from expulsion from league to a reprimand.
 - 1) *Expulsion by PCYFL:* If an individual has been banned from league activities they may partition the league to review and readmit them to participate in league activities once a year until they are readmitted.
 - 2) *Expulsion by local board:* Expulsion by a local board or community may be brought before the B.O.D. and expanded to a league wide expulsion.
 - 3) *Expulsion removal in whole or part:* a person or persons that have had the privilege to attend games and practices removed by the Board of governors, may not be reinstated by a local board to attend games and practices till the league votes to allow the person or persons to attend games or practices.
 - 4) *Local organization Expulsion:* Local organizations are controlled by the people in their community. They may remove an individual or suspend privilege from an individual as they see fit. This will only affect their facilities. They may petition the PCYFL board to expand the punishment to the rest of the league. The league does reserve the right to review and overturn or expand on these decisions if they deem them to be unreasonable or that the punishment need expanded. The decision of the board will be observed in all local organizations that are members of this league.
 - 5) *Unsportsmanlike conduct by fan, coach or local league:* – Fans coaches or the League as a whole or part shall not be-little, de-humanize de-moralize other leagues, teams, or individuals participants. Any such action may be reviewed by the league and appropriate action taken by the league pursuant to the bylaw of this organization.

Section 10.02 Progressive discipline-Rule violations will be kept on record for future evaluation and referenced in future infractions. Discipline will be progressive in disposition.

- (a) Appropriate discipline will began with warnings and progress to expulsion.
- (b) Certain offenses will be dealt with in an immediate fashion and in some cases be met with the severest of Punishments even if it is a first offense. The B.O.D. will not tolerate any act that

endangers anyone in this league. Endangerment will be defined by the league as any act that could or does cause either physical or emotional harm.

Article XI. *Illegal player/cheerleader participation: Players or cheerleaders and coaches deemed to be in violation of rules on age, weight or are using another deceptive practice in order to play on a team or at a particular position in which they would normally be ineligible to play, shall be dealt with in by-laws under Discipline of Members of the local organization, fans, Coaches and players for Violation of the Rules:*

Article XII. The Games, Schedules, Cheerleaders, Practices, Awards, and Competition:

Section 12.01 Season

- (a) *Beginning date will be defined as the first Monday that has August 1 falling on that Monday or any day through Friday of that week and the season will be set up to allow conditioning to take place before the first game.***
- (b) *6 man football*** will begin 2 weeks after the start of A and B Teams regular season, to allow the consolidated team to get a roster together.
- (c) The length of the football season, tournaments and competitions will be determined prior to the season by the P.C.Y.F. L. The main factor is the date of the beginning of the middle school cheer and basketball season.
- (d) Cancellations – will be determined by home field team’s local organization, football coordinators and president of County board or his designee. All responsibility to notify officials and rescheduling of game and officials will be that of the local organization who has the home field and will be done with the approval of the football coordinators. Games should be played in that week to prevent scheduling problems.
- (e) Rain in itself is not a reason to cancel a game.
- (f) The regular season for A and B teams will be 8 games if possible.

Section 12.02 Schedule

- (a) Scheduling will be approved before the start of each season by the P.C.Y.F.L. Game schedules will be completed in time to allow for public printing and officials scheduling if at all possible.
- (b) Youth League games will be played on Sundays, but game may be played on other days for make up or for any reason that makes changes necessary.
- (c) Games will not be held on Labor Day weekend, games may be held on Monday thru Thursday of that week if necessary to make up for the Labor Day weekend game.
- (d) When it is not possible for games to be played other than Sunday they may be played other days of the week including night games when needed.
- (e) The league will attempt to avoid WVU Game dates when possible.

Section 12.03 Cheerleaders:

- (a) Cheerleaders are optional for each community league. Those participating shall abide by the P.C.Y.F.L. Cheerleading guidelines set by the representative from each community and the County Coordinator. Guidelines for Cheerleaders do not supersede the bylaws contained herein. The P.C.Y.F.L. will be given a copy of the cheerleading guidelines with any changes or corrections made each year for approval. After reviewing the guidelines the P.C.Y.F.L. will

approve or suggest changes that would expedite the approval of the guidelines. Basic rules apply to cheerleaders. Cheerleaders have a separate set of rules, but the separate set of rules shall not contradict any of the bylaws contained herein. Placement awards for teams from each division will be received from the P.C.Y.F.L.

Section 12.04 Practice

- (a) Practices will be limited. Maximum practice time is 10 hours per week for the first 3 weeks and 6 hours per week after the first 3 weeks. The weeks run from Sunday to Saturday. Games do not count as practice time.**
- (b) Practice should be no longer than 3 hours in any one day. Contact should not take place until a child has practiced 12 hours and then use good judgment based on the temperature, type of drills, and condition of a child.**
- (c) Practice time in football sports camp will count as 1 hour for each 2 spent in camp if the camp is held within 2 weeks of the start of the season.**

Section 12.05 Tournaments

- (a) Tournaments will follow the regular season.
- (b) Championship and All Star Games will be rotated each year to allow all local area sites to host the Championship and All Star Games.
- (c) Teams in tournament play and their local organization will be responsible for sponsoring and supporting the tournament. Gate workers, field chain crews, announcers, clock operators, and spotters for announcers are all needed. Those who do not support the tournament will be subject to review and possible discipline by the P.C.Y.F.L.
- (d) An ambulance will be on site, if possible but is not required, at regular season games and tournament games.

Section 12.06 Officials

- (a) Registered officials will be used for all games. Under unusual conditions if officials cannot be present at the game an adult with football experience may officiate the game if both head coaches are in agreement.
 - 1) All games are to be played under state rules for Varsity Football Federation of State High School Athletic Associations unless otherwise stated herein.
 - 2) National Federation
PO Box 20626
Kansas City, MO 64195
 - 3) **NCAA**
PO Box 1906
Shawnee Mission, KS 66222
 - 4) **Special Games: Will be permitted upon approval of the P.C.Y.F.L. B.O.D.**

Article XIII. Games, Field, Equipment, Awards, Insurance and Admission Fees,

Section 13.01 Games --

- (a) A game is a contest between two P.C.Y.F.L. organizational teams, in the hopes of teaching youth sportsmanship, scholarship and building character and physical fitness as well as building community relationship for the county or counties.

- (b) Games will be played on week-ends and some during the week in the months of August through November.
- (c) **Length of games-** The game will consist of 4 quarters with lengths of 8 regulated minutes of play (unless there is not a working clock, then it will be 12 continuous minutes).
- (d) **Overtime** – Will be played out with each team taking turns getting the ball placed on the 10 yard line 1st and goal to go. After each team has had the ball the team ahead wins, if the teams are tied than this would be repeated until a winner of the game is decided.
- (e) **Playing Field/Decorum/Measurements** – A protective grass surface to help eliminate injury when contacted. It will be marked with line of legal regulated dimensions with lines being made of protective material or painted with paint that will protect those on the field from harm. The playing field will have boundaries called sidelines and end markings on two end called End Zones. In each End Zone there will be up right poles call goal posts. There will be sideline markers every 10 yards placed along the side of the field to identify the distance from one end of the field to the other end. This will help the officials in the placement of the ball. Sideline markers will be of soft material as not to cause injury.
 - 1) No lime or other caustics can be used on playing field.
 - 2) “A” Team and 7th & 8th grade Team – will play on an approximately a regulation size field with the field of play being 100 yards in length and 53 1/3 yards in width or 360 feet by 160 feet. The end zones on each end will be 10 yards in length by 53 1/3 yards in width or 30 feet by 160 feet. If the field has to be made smaller, the local will inform the county board as to what the size will be and the county will decide if the field may be used.
 - 3) “B” Team – Will play on a field marked 100 yards in length by 35 yards in width, or 360 feet by 107 feet in width. End Zones will be 10 yards in length by 35 yards wide.
 - 4) Responsibility of Fields – The responsibility and preparation of playing fields is that of the home team, along with all required accessories for the game. All fields are to be equipped and marked in accordance with High School standards except where stated otherwise for the “B” Team.
- (f) **Equipment** – Each local organization is responsible for maintaining and keeping equipment in safe playing condition for players or participants.
 - 1) Mandatory equipment for league participation – N.O.C.S.A.E. approved equipment only!!
 - 2) Equipment by name:
 - i) Helmet, shoulder pads, hip, tail and thigh and knee pads pants belts and numbered jersey
 - ii) Mouthpieces (none clear) unless orthodontic type is required.
 - iii) All players will be equipped with safe, updated legal equipment in order to participate.
 - iv) A football of comparable size and composition to the balls listed below will be furnished by the league and will be used by each team.
 - a. “A” teams will use the “Nike” – Size Junior 1000J.
 - b. “B” teams will use the official Peewee size football.
 - c. 7th & 8th Grade Teams Nike 1000 Spiral Tech
 - d. Flag football will be supplied by county league, 1 ball to each team in flag football. The type of ball will be decided by the committee that is going over flag football rules.
 - 3) A team and JR HI team will be allowed to wear helmets after the start of practice at the beginning of the season. Pads may be worn after the 6th hour of practice, but caution

should be used. Take into consideration the temperature, type of drills, and condition of a child before putting the pads on at any given time.

(g) Football Awards:

- 1) Personal participation awards will be the responsibility of each Local organization.
- 2) First and Second place teams from each division will receive a team award from the P.C.Y.F.L.
- 3) An award for sportsmanship in each division will be awarded each year at the championship games. A vote will be taken by the league president. Each Local will have one vote for each level in which they field a team (Example: if you do not have an A team then you will not vote on a sportsmanship award for the A teams.) Locals may not vote for their own team. The winner will not be announced till the championship game and will be awarded immediately after the awards in for 1st and 2nd place in the division.
- 4) Other awards may be given by the P.C.Y.F.L. after a proposal is brought before the board and a vote taken and approved on the particular type of award.

(h) Insurance:

- 1) Insurance will be the responsibility of the parents. The associated leagues may offer a secondary insurance as a group. But, before any child may participate they must be covered or insured by a credited insurance company with proof of coverage.

(i) Admission to Games and Competition:

- 1) ***To be determined at the beginning of each season by each local organization. It is the responsibility of each organization if they want to charge a gate admission fee.***
- 2) ***However those who do charge must notify the P.C.Y.F.L. and each participating member prior to the start of the season so announcement can be on the games schedules.***
- 3) ***The following charges will be the maximum allowable amount for admission to games and can only be more if the B.O.D. approves the amount. Team may wave the admission for games at their field where the money would be going to the home team at the end of the game. All-Star games, championship games and the cheer competition admission is controlled by the county board and all proceeds go to the county board. We ask that each charge be no more that the agreeable amount set by the P.C.Y.F.L.***
- 4) Maximum amounts are as follows:
 - a)

Regular Season		All-Star, Tournament & Cheer Competition	
\$2.00 – Students	\$3.00 – Adults	\$3.00 – Students	\$5.00 – Adults
 - b) ***During tournament games a spectator that attends a game at one field and then proceeds to another field on the same night to watch another game, will receive a band or other identifier so they will not have to pay the second time during that night.***
- 5) All donations are welcome for the exclusive use of the organization in which the donation is made.

Article XIV. Players/Cheerleaders and Rosters:

Section 14.01 Players/Cheerleaders –

- 1) Those youths wishing to participate with the P.C.Y.F.L must be registered on an official roster from a local organization. Parental consent forms must be signed by a legal guardian. Age/Weight guidelines must be followed and approved.
- 2) The President of the league and two coordinators and at least one local president will be allowed to make decisions on eligibilities of a child based on best judgment and keeping in mind that we are more interested in children playing than who will win championships.
 - a) Decisions will be emailed to all locals or placed on the leagues website.
 - b) A meeting may be called at the request any 4 board members to discuss a decision that is made in this manner.
 - i) The county board at that meeting may after a vote instruct the president that hence forth the scenario that was decided upon will be decided in a specific way in the future. (Exp: Child moves in the middle of the season and is allowed by president and coordinators to start playing when he has never played before and board calls a meeting and votes that in the future cases a child in that situation will not be allowed to play.) The president will use this in future cases to make decisions.
 - c) The board may also at any time remove the president’s ability to make this type of decision.
 - d) Once a decision is made by the president, two coordinators and at least one local president involving a child’s eligibility, that decision will stand and if the board votes not to use the practice in the future, it will not affect the child or children that were initially allowed to play. This is to protect a child from being instructed to come to practice and then two weeks later being told that he no longer can play.
- 3) Participants may only be registered on one official local organization roster. This means that participants can only be listed on one team and with one organization and they may only participate in one local area.
 - i) No Player/Cheerleader will be forced to participate in the program.
 - ii) A participant on any PCYFL team may not participate on any team of the **same** sport outside of this league at the same time they are participating in this league. Exp. A player for a youth football league that plays games on Saturdays decides to play on a team in P.C.Y.F.L. This would allow the child to play football or cheerlead on Saturday in Morgantown and on Sunday to play football or cheerlead for PCYFL league. This would be a clear violation. The child **could participate** in Track or be a member of a basketball league or other sport at the same time they were playing in the PCYFL.

Section 14.02 Rosters

- (a) Rosters shall be typed or printed in a readable and legible manner that is easily understood by the readers.

- (b) A final roster for the “A” & “B” must be presented at the first weigh-in and 7th and 8th Grade football teams must have roster and birth certificates presented by a representative from the local area at the first weigh-in, but players and coaches need not be present as players do not need to weigh-in.
- (c) At least one coach from each town league should be present at the time the weigh-in begins unless weigh ins are done in each town by agreement of towns by vote at county meeting.
- (d) The roster shall include the players name, game jersey number, age at time of weigh in, an area for weight to be written in and a copy of the Birth Certificate for each child.
 - 1) Birth Certificate -- A copy must be made available for the P.C.Y.F.L. if requested. Coaches must have a copy of birth certificates of all players on their team and must make them available at a game where a participant is challenged on their age.
 - 2) No additions after weigh-in will be added to the roster with exceptions noted below:
 - a) A player that moves into the P.C.Y.F.L. area and petitions the P.C.Y.F.L. to be allowed to play on one of the teams and after proof of move, age, and so forth is supplied and it is determined that it is in the best interest of the league and the child that he be allowed to play, then a vote will be taken by the P.C.Y.F.L. A majority vote of the P.C.Y.F.L. in favor of allowing the child to play will be needed before he or she may practice and play.
 - b) Players may be added if a football team that has less than 16 members at the time of weigh-in until they reach 16 players or the first game is played. All other additions must be petitioned for and approved by the P.C.Y.F.L.
 - c) Boys playing on a consolidated team that wish to join the youth league team will be credited with practice time that they have attained on the consolidated team. Youth league coaches will not attempt to talk consolidated team players into quitting the consolidated team. If a child on the consolidated team wishes to change from playing on the consolidated team and join the youth league they may do so with the approval of the two coordinators and league president. A decision will be made based on when the wish to change size of team they are wishing to join and id it is in the best interest of the consolidated team, youth league and the child. The coordinators and president of the youth league may at their discretion, make a decision or let the board make the decision.
 - d) If a team has players injured and unable to play for a game or several games and without the players they will be below the 16 player level then the board may be partitioned to allow players to be added.
 - i. It must be understood that adding players that need several practices before they are eligible will not help if the injured player will be out only a week or two.
 - ii. All of the factors will be taken into consideration before a decision is made. If the board makes a decision based on a player or players being unable to play for period of time and the board gives approval and the team adds players, the injured players will not be permitted to play for that period of time that that was used by the P.C.Y.F.L. to make their decision for additional members to be added.
 - iii. A team that feels it does not have the players to field an 11 man team may be able to utilize the 9 man team rule found below. When possible this is the best way to handle this situation.
 - e) Player Number change:

- i. If number of players or players game jersey number changes coaches must notify each town league and the County Board with number changes or roster changes, giving them a new roster that shows the number change or changes.
 - ii. Changes in number of players or players game jersey numbers must be given to each head coach prior to starting a game.
- 3) Teams that wish to change color of jerseys are asked to make every effort to have jerseys of contrasting colors to other teams. Any team wishing to change the color of their jerseys should contact the county board.

Article XV. Mandatory play rule (M.P.R.) –

Section 15.01 *This rule is in effect during each regular season and tournament game and applies to all divisions(A,B and Jr Hi) responsibility will lie with the head coach to see that each player has played in each half.*

Section 15.02 *The M.P.R. says that it is mandatory for each player on each team to play a certain amount of time during each game. Players shall not be discouraged from going to games by coaches or other players unless a medical or health reason exists. All players going to games with the exceptions of kindergarten players and players refusing to play shall be given an opportunity to play!*

Section 15.03 *All players that are eligible to play at the time of the game must play a minimum of four plays a game, two plays per half. Plays must be from the line of scrimmage. All players shall be provided their mandatory plays by participation in “active” plays, without the intent to minimize the action or integrity of the plays. Plays such as, but not limited to, having the center snap the ball to the quarterback, and then the quarterback fall to the ground, while substitutes are playing the other positions, shall not be considered as active plays.*

Section 15.04 *Enforcing the M.P.R. – Enforcement of this rule shall be the responsibility of the coaches and the local organizations. If a problem or dispute arises, it shall be brought to the P.C.Y.F.L. the ruling and discipline of the P.C.Y.F.L. will be final.*

Section 15.05 *Violation of the mandatory play rule – Any violation of rules contained herein may be brought before the B.O.D. and a decision will be made as to whether a violation has occurred or not. If it is determined that a violation has occurred then the board will determine the action to be taken, which may be, but not limited to: Coach Suspension or discharge, forfeiture of game or any other action that it may deem as appropriate for the situation.*

Section 15.06 *Exceptions to the rule:*

- 1) Kindergarten players if the local allows them to play will be given an opportunity to play unless a coach has concerns about the safety of the child and in that case the coach may decide not to allow the child to play. It is understood that the reason for the child not playing will not be based on winning or losing.
- 2) No child will be forced to participate against his/her wishes. Children will be encourage to play but if the child does not wish to play, the child will be allowed to remain on the side

line during the game and should not be belittle for the decision not to play. Parent and coaches should attempt to understand the reason for the child's refusal to play and take actions that they believe are in the best interest of the child.

- 3) If a Kindergarten or 1st grade child plays in the flag football game, it will be up to the coach and local organization as to whether the child will play in the tackle games
- 4) 1st grade players who play Flag football may have but do not have to have any snaps during tackle football games.

Article XVI. Rosters

Section 16.01 Illegal participation Rule: This rule is designed to prevent any overloading of players to try and dominate the opponent to win games. Longer periods were established to allow for substitution of players. Playing time is important to each participant. (Example of illegal participation - roster of 25 players and 15 best players show at games because coach tells other players they don't have to be at game.)

Section 16.02 Mandatory Cut Rule: This rule is designed to prevent overloading or unnecessary loading up teams. A 35 man roster is maximum for "A" teams and participants cannot be turned away. "B" team maximum roster is 35 participants. If more participants are available another team will result. The split has to be made before the schedule is presented. Varsity participation is unlimited.

- (a) If a split is needed due to a 35 man roster being reached, The split should occur as follows:
- (b) The Coach of the original team will make a selection from the roster for his first player.
- (c) A name will be picked at random for the first selection for the second team being formed.
- (d) The Coach of the original team will make a selection from the roster of members remaining for his second player.
- (e) A name will be picked at random for the second selection for the *second team being formed and so on till all players are divided.*

Section 16.03 To keep rosters to 35:

- (a) ***In communities where there needs to be a cutoff, the children that played the previous year and completed the year will be given preferential treatment and be given the first spots on the roster and spots for this purpose may be saved till the cutoff date.***
- (b) ***Children that have been identified by the community as children that sign up and do not show or quit the team before the end of the season can be left off the list till the cutoff date and then added only if the roster has not reached the 35 member at the cutoff date.***
- (c) ***All other children that sign up will be taken on a first come first serve basis.***

Article XVII. Philosophy, Divisions and rules/Regulations for Divisions

Section 17.01 The tackle football teams will be shown a film on problems with leading with the head when playing the game of football. The film is graphic and shows actual instances of head on collisions that result in injuries. The film will be given to you by the coordinators. Parents should be invited and encouraged to come to the viewing. Coaches may use their own discretion on what parts or how the film is shown to the B teams. It is our feeling that it will help the kids see why we are encouraging them to keep their heads up and not lead with their head when engaging another player.

Section 17.02 Divisions - Teams will be grouped by grade and age of participant for the purpose of having divisions and scheduling for playing of games unless otherwise stated herein. The grade of a participant will be used unless the participant reaches a certain age, then participant will be required to move up to the next division. See Sec.10.06 (a) and (b).

Section 17.03 Philosophy of Divisions -

- (a) **“B” teams or “Mighty Tots”** division consists of participants from the 1st, 2nd or 3rd grade. Kindergarten children may play only if the local board approves the child to play. Decisions may be made on a child by child basis.
 - 1) The younger players are gaining their first experience with tackle football. For the most part these players usually “hug” their opponent to the ground rather than tackling. This is strictly a training division and should be free of pressure to win.
 - 2) Emphasis should be on learning. Although scores are kept, scores should be used as a learning part of the game in that team play will result in scores.
 - 3) Players are positioned by coaches to help in the teaching aspect as well as safety of participant.
 - 4) Linebackers must be 3 yards from the line of scrimmage.
 - 5) Once play has begun, coaches should refrain from instructing players. Coaches may however instruct the players to avoid injuries.
 - 6) Age and weight limits for B team
 - i) “B” Team: Must be 6 years of age or older or be in Kindergarten and approved by the local to play by Sept 1st.
 - ii) A child that is age 10 by Sept 1st will be required to move to the “A” division.
 - a. Exp: a child that is age 10 by Sept 1st and is in the 3rd grade or lower would be required to play on the “A” team.
 - iii) A child that weighs 91 lbs. or more will have to play as a down lineman and wear an X on the back of the helmet to identify them as such.
 - 7) Grades 1st, 2nd, 3rd and Kindergarten (If acceptable to the local board) may play on the “B” Team provided that other requirements such as age are also met.

- (b) **“A” Teams** – This group of youngsters are a more serious division of football and the player is more psychologically ready for a greater element of competition. The attention span is improved. Their ability level should allow for more complicated strategies and skills to be taught. This division allows for a more complicated passing game and players will seek to master more complicated techniques. It should be understood that this will be a more aggressive play than that of the “B” team.
- 1) Age and weight limits for “A” team
 - i) A child that is age 13 by Sept 1st will be required to move to the 7th & 8th grade division.
 - a. Exp: a child that is age 13 years of age in by September 1 and is in the 6th grade or lower would be required to play on the 7th & 8th grade division.
 - ii) A child that weighs 126 lbs. or more will have to play as a down lineman and wear an X on the back of the helmet to identify them as a down lineman.
 - 2) Grades 4th, 5th & 6th may play on the “A” Team provided that other requirements such as age are also met.
- (c) **7th & 8th Grade Teams**- This group plays close to the level of high school play and the rules are for the most part the same as high school rules, all differences from high school rules should be stated herein. It is understood that this document supersedes any high school rules that it contradicts.
- 1) *Age and weight limits* for 7th & 8th grade team
 - i) A child that will be 16 on or before November 16 of any year will not be eligible to play in the PCYFL during that year or any year thereafter.
 - ii) There will be no weight restrictions placed on the 7th & 8th Grade Teams.
 - 2) Six-man Football Rules For 7th & 8th Grade Teams
 - i) same as the high school 11-man game except for the following variations:
 - ii) Offense must advance 15 yards instead of 10 in four downs.
 - iii) Each team has 6 players. Unless necessary to use the 11-man field, the six-man field is 80 yards by 40 yards, with the 40 yard line at the center of the field
 - iv) Unless the ball is kicked or forward passed, it may not be advanced across the line of scrimmage until after an exchange has been made between the receiver of the snap and another player. If a forward pass is thrown to the snapper, it must travel at least one yard in flight.
 - v) The ball must travel 15 yards on a kickoff or be touched by the receiving team before members of the kicking team are eligible to touch it.
 - vi) Kickoff is made from the kicking team's 30 yard line on a six-man field and there must be at least 3 players from the receiving team between the 30 and 35 yard lines.

- vii) At least 3 offensive players shall be on their line of scrimmage at the snap
- viii) Ball may be handed in any direction to a player during a scrimmage down behind the line of scrimmage.
- ix) If a fumble occurs before there has been an exchange or pass and if a player of the offensive team recovers it, he may not carry it beyond the line.
- x) The ball is dead when a passer catches his own pass and it is ruled as an incomplete forward pass.
- xi) All players are eligible to catch a forward pass, except that a pass is ruled incomplete when caught by the passer. (See 10 above) .
- xii) The team whose goal line is involved shall put the ball in play by a snap on their 20-yard line after a touchback and by a kick-off or punt on their 20 yard line after a safety. After a safety, the ball must go at least 15 yards or be touched by the receiving team before members of the kicking team are eligible to touch it. Receiving team must have at least 3 players between the 35 and 40 yard lines of the kicking team.
- xiii) The 20-yard line will be used as a penetration line.
- xiv) If the player receiving the snap advances beyond the line of scrimmage without an exchange, the penalty shall be 5 yards plus loss of down (illegal procedure)

Section 17.04 Rules for both "B" and "A" Team.

- 1) *Players over the weight limit* that must wear the "X" and play as a down linemen may if they are one year away from moving to the next level of competition, may chose to move to the next level of competition. Exp: player on the B team in the 3rd grade could move to the A team or a player in 6th grade on the A Team could move to the 7th & 8th Grade Team. During the 'A' team All-star game participants may play any position without regard to weight.
- 2) **Mercy Rule:** If a team is losing by 26 or more points the coach of the team may declare the Mercy Rule and have the clock continually run. The coach of the team losing may switch from offense to defense in a normal game fashion or keep possession of the football until a score is achieved to reduce the margin of less than 25 points. If the losing coach decides to retain possession of the ball and a safety results, the ball is brought out to the 20 yard line. No score is given to the winning team from a safety, interception for a touchdown, or any means of scoring. Sideline ball markers will continue to advance with each yard gained. Losing team cannot lose yardage and the ball will stay at the original line of scrimmage. The coach that is losing may decide not to have the mercy rule put into effect and the game will continue in a normal fashion. If mercy rule is put into effect the

game will continue using the mercy rule, but the game is forfeited to the team that is winning.

- 3) In the event an offensive player runs in the wrong direction with the ball and crosses into the end zone, the ball is brought back to the original line of scrimmage or the 20 yard line whichever is closer to the end zone. If the ball was initially put into play at a position inside the 20 yards line, the ball will be spotted at that point. There will be a loss of down with no score for either team.
- 4) In the event a defensive player gains control of the football and runs in the wrong direction into the end zone, no score will be achieved. The defensive team will be given ball possession at their 20 yard line or at the point of possession if inside their 20 yards line.
- 5) The following rule applies to all (A,B and Jr Hi) It shall be illegal to use the hands on the helmet. The penalty will be warning and then 5 yards for incidental and 15 for intentional.
- 6) When a touchdown is scored, the points after will be scored as follows:
 - a) 1 point if they run ball in
 - b) 2 points if it is kicked
 - c) 2 points if passed for the point after.
 - i) The pass must be caught past the line of scrimmage but does not have to be completed into the end zone.
- 7) If a team fumbles the ball and a Defensive player with an X on helmet recovers it or if a Defensive player with an X on his helmet intercepts a pass he may advance the ball. Offensive players with X cannot advance if they recover a fumble.

Section 17.01 "B" Teams game rules that differ from National Federation of State High School Tackle Football in the following ways:

- 1) Football rules shall be in accordance with the National Federation of State High School Associations. The rules will be of regulation tackle football rules with exceptions of those rules listed below to help compensate for size, age and weight, mental and physical abilities of those participating in this youth sports program.
- 2) Players are in grades kindergarten (discretion of coaches) 1st, 2nd, 3rd.
- 3) Only seven trainers and/or coaches per team may be on the sideline in players' area. (1 Head and 6 Assistants or trainers) all must have card for coaching football issued by National Youth Sports Coaches Association's (NYSCA).
- 4) Coaches must sign and obey the "Coaches Code of Conduct" the league has adopted or be dismissed from the field.
- 5) Only 2 coaches per team allowed on the field during games. Both coaches must stay out of the way of each play to avoid interference of the game. Coaches can be dismissed for not obeying.
- 6) Coaches on field will not be permitted to give instructions once the ball is in play and until play is stopped. Coaches can be dismissed for not obeying.

- 7) Field size is reduced to accommodate players and control the game to teach proper fundamentals on the inside game of football and involve all the players on the field as much as possible in each play of the game. Field size is 100 yards long by 35 yards wide or from side line to far hash mark.
- 8) Game time is 4 quarters of 8 minute each of regulation time.
- 9) Overtime play: Ball is placed on the 10 yard line starting play 1st and ten yards to go and each team will possess the ball till they score or lose the ball for any reason. This proceeds until one team has more points than the other team after a complete cycle. The team with more points wins.
- 10) 11 Man Teams. In the event a team does not have 11 players then a game can be played with 9 players on each team same rules with the exceptions of having a 6 player line and 3 player backfield. The game must be agreed to by both head coaches and the officials. If an agreement is not reached to have the game then the team that cannot field a team will have to forfeit the game.
 - a) Remember that the children first want to play winning comes second to most. Games should be played where possible.
- 11) Each team has 3 time outs per half. Half-times last 10-20 minutes. Home teams decision if agreeable with officials.
- 12) Positioning of players
 - a) Offense must have linemen in a down 3 point stance position from tackle to tackle.
 - b) Linebackers must be 3 yards from the line of scrimmage when the ball is put into play. This will eliminate the blitz and gives the offense an opportunity to get plays off. (Violations of this rules is a 3 yard penalty and repeat the down.)
 - c) Defense will not line up with their head over the center.
 - d) Maximum of 7 players on the line of scrimmage offense. Maximum of 6 players on the line of scrimmage defense and, players from tackle to tackle must be in a down position or move off the line of scrimmage a distance of 3 yards off the line of scrimmage.
 - i) This means that you may or may not have players on the line on defense between the tackles. This does not change the fact that if you have a X player in the game he still must be in a down position between the tackles.
 - e) Any "B" players over 90 lbs. will have an "X" marked on their helmets and they must be positioned on the line of scrimmage from tackle to tackle in a down, 3 point stance.
- 13) No kicking or Punting Game. The ball is placed on the 30 yard line to start the game. The offensive team can elect to punt on third or fourth down. All punts will be 25 yards long for the offense and the ball cannot be placed inside the 10 yard line and goal line of the opponent. If the punt would place the ball inside the 10 yard line, the ball must be brought out to the 10 yard line for the receiving team to take possession.
- 14) No off-set lines are permitted. There must be at least 2 men on both sides of the ball on the line of scrimmage.
- 15) Center snaps are taken from center with the ball placed in either direction. Due to the size of some player's hands they may use both hands to get the snap completed. This allows better ball control between Center and Quarterback.

Section 17.02 "A" Team Rules That differ from National Federation of State High School Tackle Football in the following ways:

- 1) The "A" team consists of players in grades 4th, 5th & 6th, and not to exceed 12 years old by September 1st.
- 2) Punting Game consist of:
 - a) One Snapper and one punter on the punting team
 - b) Three players on the receiving team
 - c) Ball will be put into play from the spot where it is downed by the receiving team. No returns!!
- 3) Live kicking game consists of:
 - a) Full eleven man squad to kick the ball and a full eleven man squad to receive the ball. No more than two men deep on receiving team.
- 4) Points after touchdown can be tried and are live on both sides of the football. If the kick is good the team will receive two points for a kick. Only one point is given to the team who runs the ball into the end zone on a point after touchdown.
- 5) One coach will be permitted on the field for the first six games of the season. Coaches will not be permitted on the field the final games of the season and through the playoffs. This will give you time to prepare for the end of the season. Remember the other team will not be allowed a coach on the field either, so you will not be at a disadvantage.
 - a) Coaches may call plays and give instructions to his team between plays. Once huddle is broke, the coach must be deeper than his deepest player but not closer than 15 yards from the ball at the line of scrimmage and may not talk or coach players from the time the ball is snapped till the ball is whistled dead. Coaches who violate this rule can be penalized 15 yards for unsportsmanlike conduct.
- 6) An "A" players over 125 lbs. will have an "X" marked on their helmets and must be positioned on the line of scrimmage from tackle to tackle on each down in a 3 or 4 point stance.

Section 17.03 Rules for flag football will be approved by the board and printed in a document to be given to all local organizations.

Section 17.04 Flag football will start at same time as A and B teams.

Article XVIII. Coaches, Trainers and sideline crew

Section 18.01 Guidelines established by the B.O.D. will be used as the Coaches Code of Conduct (Article XIII) and enforced for benefit of all organizations. Copies of the Coaches Code of Conduct should be distributed to coaches each year. Each team must be represented by one coach per team.

Section 18.02 The Coaches must abide by a Code of Conduct which includes the following provisions.

- (a) Refrain from smoking on the field and practice areas.
- (b) Do not criticize players in front of spectators, but reserve constructive criticism for private, or in the presence of the team players if other might benefits
- (c) Accept decisions of the game officials on the field as being fair and called to the best ability of said official.
- (d) Do not criticize an opposing team, its players, coaches or fans by word of mouth or by gestures.

- (e) Emphasize that good athletes strive to be good students and that are both physically and mentally alert.
- (f) Strive to make every football activity serve as training for ground life, and a basis for good mental and physical health.
- (g) Emphasize that winning of a game is the result of good “team work”
- (h) Refrain from excessive “sideline coaching” and not leave the bench area to shout instructions from the sidelines.
- (i) Together with game officials be jointly responsible for the conduct and control of team fans and spectators. Any fan who becomes a nuisance and out of control shall be asked to leave.
- (j) Refrain from using abusive and profane language before anyone.
- (k) Refrain from “piling it on” as the phrase is used when a team gets a commanding lead and desires to raise the score as high as it can.
- (l) Do not receive any payment in case or kind for services as a coach in the P.C.Y.F.L.
- (m) Do not permit or encourage “Sweating down” tactics in order for a player to make weight.
- (n) Do not knowingly permit an ineligible player to participate in a game.
- (o) Do not deliberately incite unsportsmanlike conduct.
- (p) Abstain from the drinking of alcoholic beverages, the use of drugs or tobacco products while at the game and practice areas.
- (q) Remove from a game or practice any player when event in doubt about his health, whether or not as a result of injury, until competent medical advice is available.
- (r) Uphold all rules and regulations regarding the P.C.Y.F.L.
- (s) Coaches, who are ejected from the game by official, will leave the premises and have no further contact with the team for that game.
 - (i) If Coach does not abide by this rule, the game will be suspended and the coach will be brought before the board and a decision will be made as to an appropriate action for the situation.
 - (ii) The action may be but is not limited to forfeiture of the game, temporary or permanent suspension of the coach in question and action against anyone else involved in the situation.
- (t) Coaches will not grab the face mask with the intent to harm.

Section 18.03

Section 18.04 Head Coaches must be 21 years of age and able to carry out policies handed down to him. They are also responsible for their support groups, players and crowd control. They should be knowledgeable of Youth Football and be able to safely place players on the field to reduce possibility of injuries.

Section 18.05 Assistant Coaches must be 18 years of age and Coaches Trainer must be 16 years of age.

(a) Sideline Crew – Limited to Seven on each side of the field including Stat Crew, First Aid Crew, and Coaching Staff. This should be enforced to

accommodate officials and proper sideline decorum for the youth and coaches.

(i) Sideline Crew must have NAYS card visible and above the waist at games and in their possession when in contact with the children.

- Note: Any Head Coach, Assistant Coach, Trainee, or Side Line crew **must be certified** by NYSCA before having any contact with any player or cheerleader.
- Note: ***Any violation of the NYSCA certification rules deems immediate dismissal of all involved plus forfeiture of games where violation has occurred.***

Article XIX. Players, Weigh-ins, Physicals and Sign-Ups

Section 19.01 Weigh-in Policy: (November 1, 1995)

1) Player's official weight will be determined by a Mandatory weigh-in prior to each season and a second weigh-in prior to the playoffs.

- weigh-ins will be conducted by P.C.Y.F.L. officer and a representative from each associated league.
- Scales will be tested for accuracy and balance with an official weight.
- The same scales will be used for each associated league.
- No weight will be given for scale accuracy. The pivot point of the scale must not touch balance rim. Rep and Official decision is final.
- Those who miss weigh-in due to illness must present a medical release and those going on vacation must make prior arrangements to be weighed on the official scales.
- If player is present on the day of weigh-in they must be weighed.
- Player Weigh-ins - all coaches will have a roster with numbers for all players at weigh-in and give copy to all other coaches in the division and a copy for president of the league.
- For player designated as X player a photo of player in his jersey will be taken so that we have a record of who the players with X's are and what they look like. If a player is added late he will need added to the roster and a new roster made up and given before each game to the head coach of the team they are playing. If a player is not weighted he will need photo and X on helmet. This will protect teams that have a child that makes weight and then gain weight and then has someone say he could not have made weight before.
- Players will be weighed with game jersey with number and shorts.
 - Full uniform in not necessary.
- There will be a second weigh in at a centralized location the week before the playoffs. If a player is assigned an X at the first weigh in, that player is excluded from the second weigh in and is assumed to be an X for the entire season.
- At the second weigh-in there will be a weight allowance for normal growth over the season of 5 lbs. So the limits will now be:
 - B team - Players who weigh 96 lbs. or more shall only play as down linemen.
 - A team – Players who weigh 131 lbs. or more shall only play as down linemen.
 - Anyone above this weight will be assigned an X for the rest of the season and playoffs. We are afraid that some of the kids are getting too big during the season to be running

the ball. If you have a child that is growing fast and may not be under the weight for a back then you may want to make changes as the season progresses. In any case do not encourage kids to lose weight to play certain positions. It is a game and our intentions here are to keep injuries to a minimum.

Section 19.02 Sign-Up:

- 1) Signups will be handled by each associated team.**
- 2) Each Local organization will be responsible for conducting a fair and honest sign-up.**
- 3) The P.C.Y.F.L. will supply forms that will be used county wide.**
- 4) The Duplicate form will be used to keep community records in uniform.**
 - i) A copy for the local association.
 - ii) A copy for the County.
 - iii) A copy for the coach and parent will need to be supplied by the local by making copies of the originals.
- 5) Sign-up fee will be determined by each local organization. Local organizations may decide not to levy a fee on certain children.**

Section 19.03 Physicals:

- 1) Physicals are required as of the 2012 season and must be completed before participation occurs. This means before they start practice they must have a physical. A form that is used at the local school could be used for the school year following football to allow the student athlete to participate in schools athletics using the same physical. Please check with school to make sure the form will work in this manner. Forms are normally good from July to July.**

Section 19.04 Players/Cheerleaders –

- 1) Those youths wishing to participate with the P.C.Y.F.L must be registered on an official roster from a local organization. Parental consent forms must be signed by a legal guardian. Age/Weight guidelines must be followed and approved.
- 2) The President of the league and two coordinators and at least one local president will be allowed to make decisions on eligibilities of a child based on best judgment and keeping in mind that we are more interested in children playing than who will win championships.
 - a) Decisions will be emailed to all locals or placed on the leagues website.
 - b) A meeting may be called at the request any 4 board members to discuss a decision that is made in this manner.
 - i) The county board at that meeting may after a vote instruct the president that hence forth the scenario that was decided upon will be decided in a specific way in the future. (Exp: Child moves in the middle of the season and is allowed by president and coordinators to start playing when he has never played before and board calls a meeting and votes that in the future

- cases a child in that situation will not be allowed to play.) The president will use this in future cases to make decisions.
- c) The board may also at any time remove the president's ability to make this type of decision, if they feel he is not using it in a proper manner.
 - d) Once a decision is made by the president, two coordinators and at least one local president involving a child's eligibility, that decision will stand and if the board votes not to use the practice in the future, it will not affect the child or children that were initially allowed to play. This is to protect a child from being instructed to come to practice and then two weeks later being told that he no longer can play.
- 3) Participants may only be registered on one official local organization roster. This means that participants can only be listed on one team and with one organization and they may only participate in one local area.
- i) No Player/Cheerleader will be forced to participate in the program.
 - ii) A participant on any PCYFL team may not participate on any team of the **same** sport outside of this league at the same time they are participating in this league. Exp. A player for a youth football league that plays games on Saturdays decides to play on a team in P.C.Y.F.L. This would allow the child to play football or cheerlead on Saturday in Morgantown and on Sunday to play football or cheerlead for PCYFL league. This would be a clear violation. The child **could participate** in Track or be a member of a basketball league or other sport at the same time they were playing in the PCYFL.

Article XX. P.C.Y.F.L Rules of Conduct

Section 20.01 The following actions have been determined by the Board of Directors to be unacceptable. These rules apply to all persons at events sponsored by the PCYFL including but not limited to games and practices in hopes of producing a more wholesome environment for those participating in the youth athletics. People that do not abide by the rules will not be permitted to attend Preston County Youth Football League functions.

Section 20.02 When anyone feels that any misconduct has taken place it should be presented to the local organization immediately. This may be done verbally at the time of the action or reported in a written letter to the local board. The local board should act on the situation as soon as possible and in no case longer than 10 days and report the alleged incident to the B.O.D. as soon as is possible.

Section 20.03 The local board may attempt to remedy the situation locally or yield the situation to the B.O.D. to make a determination on the incident. In any event the B.O.D. will look at the situation and make a final determination as to

the penalty. They may uphold increase or decrease the penalty after hearing from those involved.

Section 20.04 Unsportsmanlike conduct will not be permitted. Unsportsmanlike conduct is defined as, but not limited to the following:

- (a) Use of profanity or offensive language
- (b) Taunting, jeering, ridiculing, mocking or name-calling.
- (c) Use of obscene or offensive gestures
- (d) Fighting or making threats.
- (e) Interfering with an opponent, official or coach.
- (f) Any attempt to distract, confuse or intimidate a player, coach or official during game play or practice.
- (g) Public display of sexual conduct including kissing, fondling, petting that may be deemed inappropriate.
- (h) Abuse of school property.
- (i) Destruction of property belonging to another person.
- (j) Possession or use of alcohol or illegal drugs.
- (k) Possession or use of any weapon.
- (l) Possession or use of fireworks or any other incendiary device.
- (m) Use of tobacco products by the coaches, officials, players or anyone else on the playing field.

Section 20.05 Immediate Protective Action

- (a) Any person who continues to violate one or more of the above rules after being warned by a Board Member Official or by complaint from any league member to an official or Board Member, or commits an offense that is determined to be of immediate danger to anyone at an event, shall be removed from the field for safety and protection of the participants. In the event the violator refuses to leave the field, play is suspended until an officer of the law can be summoned to remove the offending party. Ejection from the field shall be referred to the County Board for further disciplinary action.

Section 20.06 Disciplinary Action by the Board of Directors

- (a) The League President and two other board members shall conduct an investigation into any incident(s) which resulted in **Immediate Protective Action**, as described above. Investigation and disciplinary action will follow as soon as possible. Following this investigation, the B.O.D. will have a hearing as soon as possible and based upon its findings in the investigation, may impose, but are not limited to the following penalties:
 - (i) 1 Game Suspension
 - (ii) 1 Year Suspension from League Activities
 - (iii) Lifetime Suspension from participation in the Preston County Youth League.
- (b) Any person, upon whom the league imposes disciplinary action, makes a written appeal of the ruling directly to the Board of Directors, turning it in to any board member will be permitted a hearing for a specific disciplinary action if the B.O.D. believes that a hearing is warranted. The Board shall then set a time and place for the person to be heard and may suspend reduce or continue the disciplinary action. In all matters involving disciplinary action, the decision of the

board is final. If the disciplinary action is for longer than a year than the person may appeal to the board the next year to have the disciplinary actions lifted either in part or in whole by giving reasons why they feel it should be lifted and if the board so decides based on the reasons given the person or persons may receive another hearing.

- (c) Any person under suspension, including League officials, participants, coaches, officials, parents, relatives, or spectators is not allowed on the premises where any Preston County Youth League activity is occurring (practices included) until such suspensions lifted unless special circumstances are deemed appropriate by the board. Failure to abide by this order shall be grounds for indefinite suspension from the league.

Article XXI. Summer football sports camp

Section 21.01 Football Sports camps may be held from the first week that school is not in session for the summer till the first Practice of the football season.

Section 21.02 Sports camp be up to two total weeks and do not have to be consecutive weeks. Hours within the two weeks preceding the start of the season will count toward conditioning and only up to 10 hours may be accumulated. You may have sports camp at other times but only the 2 weeks prior to start of season can be used to accumulate conditioning hours. An hour in sports camp will count as 1 hour of conditioning in the 2 weeks prior to start of the season until 10 hours have been accumulated.

Section 21.03 Rules and purpose of sports camp

- (a) The purpose of the camp is to give all children a chance to enjoy a football sports camp even if they do not intend to play football.
- (b) No child should be turned away from this camp.
- (c) The camp should be used to teach fundamentals and have competitions such as a punt, pass and kick contest and/or a flag football game.
- (d) This is not meant as a way to get a jump on the season by getting your first team for the coming year to the side and teaching plays while the other participants do other activities.
- (e) The camp will be a total of no more than 10 hours and all hours will be in the same week.

Article XXII. Scrimmages:

Teams may have scrimmages within their division with teams in this league before the 1st game of the season. Any scrimmages that are held with teams that are not members of this league will not be sanctioned by the league and the league will take no responsibility for the game. The game will be at the locals own risk.

Article XXIII. Coaching Clinics: Coordinators, if possible, will set up a coach's clinic or clinics as many times as is feasible during the year to instruct coaches on ways to instruct children and give them the best opportunity to excel and learn the basics of the sport. Clinics will be attended by all coaches in that

sport (football or cheerleading). We understand that coaches may not be able to attend some clinics, but at least one coach from each level of play in each local organization will be expected to attend. Exp: An organization that has an A team, B team and a 7th/8th grade team will be expected to send at least 3 coaches, one from each level to the clinic.

Article XXIV. Concussion class

- (a) Concussion training will be required for all coaches and local officials that will be dealing with the children in anyway. The training will be done online and will be check by the local organization online.
- (i) Concussion training go to <http://www.nfhslearn.com/> On right hand side top select sign in and when page comes up in the right hand top part of page select register.
- (ii) Register for the site and use Preston County as district and local school as the name of school. Once you have registered on the main page select courses and move cursor into the drop down and under free courses select Concussion in sports and what you need to know.
- (iii) Then select order now. Select I'm ordering the course for myself and select continue.
- (iv) On next page make sure your state is right then save the state and select check out. Then select complete order.
- (v) To access course pick the same in the letter. If you do not complete the course in one session it will start you the next time at the place you were before. **It will take about ½ hour.** Go to home page and on the right hand side click on my homepage courses. **Select course and take the entire course.**
- (vi) **The local organization will go to the home page and under coach search, will look up each of their coaches and assistant coaches and check date that they completed course. This will be reported to the league president in the form of a statement that all coaches and members that are required to take the course have taken and completed the course.**

Article XXV. Background check for head coaches:

- (a) ***Require background check for head coaches assistant coaches and all other youth league staff that is working directly with the children. The cost of the background checks will be paid by the local organizations.***
- (b) Background checks will be thru the nays organization and will apply to all local staff that is working directly with the children. Background checks that were completed in years past will not need repeated until they expire (5 years). Any findings that might stand out from the background check as an undesirable trait for a coach or local leader or any information from an individual that can be substantiated will be considered including but not limited to violent behavior, sexual deviance or other findings of this nature.
- (i) If a problem is found and the local is not sure if it warrants the person not being allowed to be in the position he is needed to fill, then it will be shared with the football coordinators and President of the county board or if it involves cheerleading it will be shared with the cheerleading coordinators and the President of the county board. If they are not sure if the person should be considered for coaching or other position than it will be presented to the county board for a decision. If any flags are found the local can decide to not to allow participation, but must consult with previously mentioned board members if they believe the flags are not items that should keep the person from being in the position in which they wish to use the person.
- (c) If the local decide the information is such that the person should not hold a position then they may make that decision without going to the county organization. The individual may asked for a meeting

with the board and have a decision rendered by the county board if they feel they should be allowed to be in a particular position. In this situation the County board decision would be final.

Section 25.02

(a) Background checks will be performed every 5 years after the initial background check.

Article XXVI. Bylaw changes

Section 26.01 Bylaws may be changed every 3 years by a majority vote of the board and local representatives.

Section 26.02 If it is decided that an existing rule needs to be added or changed in this 3 year period, it shall be brought before the board and local representatives and may be added, removed or changed in the bylaws provided that the new or changed rule is ratified by a required $\frac{3}{4}$ vote of the B.O.D.

Section 26.03 Every three years the bylaws will be reviewed by a committee and changes, additions, and deletions will be suggested and may be ratified by majority vote. The next review of bylaws will be in 2016, 2019 and 2022 and so forth though the following years.

Article XXVII. Games and Practices will be called if signs of lighting appear in the area. Practice or games may resume if lighting is not present for a period of thirty minutes. Games will be rescheduled if needed.