

Peninsula Youth Football and Cheerleading Organization

2026 By-Laws May 1, 2026

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PYFCO President**

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PYFCO Commissioner**

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President, Denbigh Jaguars**

Additional PYFCO Board Members

**DENNIS MICKELSON
Advisor**

**VACANT
Webmaster/Parliamentarian**

**VACANT
President Emeritus**

TABLE OF CONTENTS

I. <u>GENERAL BY-LAWS:</u>	3
A. Objective	3
B. Organization	3
C. Government	3
D. Insurance	6
E. Finances	6
F. Equipment owned by PYFCO	6
II. <u>OPERATIONAL PROCEDURES:</u>	6
A. Operating Expenses	6
B. Operating Income	7
C. Payment of Game Officials	7
D. Annual Operating Budget	7
E. Administration	8
F. New Leagues	9
G. Cheerleading	10
III. <u>PLAYER ELIGIBILITY:</u>	13
A. Designation of Teams	13
B. Age and Weight Restrictions	13
C. Additional Football Experience	13
D. PYFCO Ethical Standards	14
E. Eligibility Days	14
F. Rosters	14
G. Late Team Entry	16
H. League Names	17
I. Team Colors	17
J. Practices	18
K. Official PYFCO Game Schedule	18
IV. <u>PLAYING RULES:</u>	23
A. Exceptions to NFSHSA Playing rules	23
B. USA Football Additions	28
V. <u>RULES AND ETHICS COMMITTEES:</u>	28
A. Rules	28
B. Ethics	29
VI. <u>GAMES PROTESTS/APPEALS:</u>	31
A. Protest Procedures	31
ATTACHMENTS	33

I. GENERAL BY-LAWS:

A. **OBJECTIVE**: The objectives of the Peninsula Youth Football and Cheerleading Organization shall be to instill in the youth of the Organization members the desire to engage in an activity that will endeavor to teach them physical and mental skills through the enjoyment of the game of football and its related activities.

B. **ORGANIZATION**: The Organization shall consist of a governing body and leagues from geographic areas in and around the Peninsula. Leagues consist of players, cheerleaders, coaches, and administrative officials. Leagues are organized into divisions: Unisex 6U FLAG, 8U, 10U, 12U and 14U tackle. All Girls Flag 10U and 14U age groups. Each of the Leagues participating in the Organization must field a team in at least three of the five divisions.

1. **Dissolution Clause**: Upon dissolution of PYFCO, the remaining Board of Directors shall collect and secure all league assets and place them in storage until a Board convenes. During the storage period, all insurances and fees will be paid from the Organization's treasury. If a new Board does not convene within two years from the date of dissolution or Organization's treasury funds are exhausted, remaining Board members shall determine charitable beneficiaries and distribute all assets.

2. **Automatic Removal for Inactivity** – Any league that fails to field at least three (3) teams for one (1) full calendar year shall be automatically removed from the Board of Directors and shall forfeit all membership rights. Should a removed league wish to field teams in the future, they must submit a formal petition for membership and undergo the standard application process required for new leagues.

3. **Removal from PYFCO** – Any league that demonstrates consistent behavior or conduct inconsistent with the Mission Statement and Code of Ethics of PYFCO may be subject to removal from the Organization. The removal process shall be governed by the following procedures:

- **Initiation**: A motion for removal may only be initiated by the Executive Board of Directors after a full review of the violations.
- **Notice**: The league in question must be provided with written notice of the charges and the intent to remove at least **fourteen (14) days** prior to the meeting at which the vote will be taken.
- **Right to be Heard**: The league shall have the opportunity to present a defense or a plan for corrective action to the Board of Directors during a closed session of said meeting.
- **Voting**: Following the hearing, removal requires a **two-thirds (2/3) affirmative vote** of the entire Board of Directors. The league subject to removal shall be recused from voting on the matter.

C. **GOVERNMENT**:

1. **Governing Body**: The Organization governing body shall be composed of the following officers and shall be known as the Peninsula Youth Football and Cheerleading Organization Board of Directors.

a. **PYFCO President**: The Organization President shall be the administrative head of the Peninsula Youth Football and Cheerleading Organization, Inc. He/she shall be responsible for calling meetings of the Board and shall act as Chairperson of the Board. He/she is responsible for helping

create an operating budget to be submitted to the PYFCO BOD at the March meeting. He/she is responsible for assembling the agenda for each meeting of the Board of Directors, with input from any league director or members of the governing body. Agenda for the meeting will be emailed to all BOD members by the Thursday prior to the meeting for review. He/she shall be responsible for the orderly conduct of business within the Organization, except for playing rules. The President has the authority to reconvene the BOD to reengage controversial decisions within 48 hours of the initial decision. If the PYFCO President is dual-hatted and serving as a current league President then his Proxy will vote. No Proxy, no vote. To qualify for the PYFCO president, a candidate must have three years' league board experience within PYFCO or two year's PYFCO board experience. In the absence of the treasurer, the president will be responsible for issuing checks for league expenditures in accordance with the rules governing the treasurer. The President shall have one (1) vote in the event there is a tie during PYFCO Board meetings. The PYFCO President may not hold a league proxy or vote at any other time. In the event that the current PYFCO President is unavailable or unable to fulfill his position, the longest tenured member of the PYFCO Board of Directors shall act in his stead.

NOTE: *One person **may not** hold the President and Commissioner positions simultaneously.*

b. PYFCO Football Commissioners: The Organization Football Commissioners shall act as Judicial Administrators of the Organization football program. They shall be responsible for monitoring all playing rules, assignment of Officials, scheduling of games, player eligibility, and all other activities directly affecting Organization play. They shall travel randomly between fields on game day. They shall act upon disputes concerned with playing rules, ethical violations and by-law infractions. They shall assist the Organization President with development of an agenda for Organization meetings. The Commissioners shall also maintain copies of individual leagues insurance and supply those to the PYFCO President. The Commissioners may not hold a league proxy or vote at any time. *The Commissioners shall be non-voting members of the BOD.* The Commissioners shall enforce the PYFCO By-Laws. If a PYFCO Commissioner is dual-hatted and serving as a current league President then his Proxy will vote. No Proxy, no vote. To qualify as a PYFCO commissioner, a candidate must have three years' experience within PYFCO or two year's PYFCO board experience. Commissioners cannot be Coaches. When possible, persons interested in being commissioners should accompany a current commissioner for a minimum of two game days.

c. PYFCO Cheer Commissioner: The Cheer Commissioner shall act as Judicial Administrator of the Organization Cheer program. He/she shall be responsible for monitoring all cheer rules, collecting cheer rosters and forms of id, if required, cheerleader eligibility, and all other activities directly affecting Organization cheering. The Cheer Commissioner shall travel randomly between fields on game day and/or practices as needed. He/she shall act upon disputes in accordance with cheerleading rules. He/she shall assist the Organization President with development of an agenda for Organization meetings. The Cheer Commissioner may not hold a league proxy or vote at any time. *The Cheer Commissioner shall be a non-voting member of the BOD.* If the Cheer Commissioner is dual-hatted and serving as a current league President, then his/her proxy will vote. No Proxy, no vote. The Cheer Commissioner can be a coach, and must be certified if they are coaching.

d. PYFCO Secretary: The Organization Secretary shall be responsible for scheduling meetings of the Organization Board of Directors and arranging for a meeting place. The Secretary shall be responsible for providing board members with an agenda and a copy of the previous meeting's minutes one-week prior to the next meeting. The Secretary shall be responsible for notifying board members of meetings. The secretary shall record minutes of the meetings and review the most recent minutes at the start of each meeting. The Secretary shall record how members vote on issues. Separate minutes will be taken for personnel issues. *The Secretary shall be a non-voting member of the PYFCO Board, unless he/she is acting as a member of the BOD*

e. PYFCO Treasurer: The Organization Treasurer shall administer the Organization's central account/fund. The Treasurer will provide a bank statement with written explanations of transaction. The Treasurer is responsible for securing and paying for all necessary PYFCO insurance

to include Directors and Officers. They are responsible for preparing all tax related paperwork, as needed. The treasurer shall be at all major PYFCO events to collect funds throughout the course of the day. When collecting funds at events they will maintain a record of collected funds with two signatures (PYFCO Treasurer and BOD Member) and leave a receipt in drawer to show all monies collected. They will ensure the payment of referees at these events and ensure all debt accrued by PYFCO is paid in a timely manner. Account for all leagues that owe PYFCO money not collected IAW PYFCO bylaws. Check the PYFCO mail box once a week and maintain possession of the laptop provided by PYFCO. The Treasurer and the President are the only members authorized to disburse Organization funds. The Treasurer shall present an annual financial statement at the last board meeting of the year. *The Treasurer shall be a non-voting member of the PYFCO Board, unless he/she is acting as a member of the BOD.*

NOTE: *One person may hold the Secretary and Treasurer positions simultaneously.*

f. Directors: The Organization Directors shall be made up of one (1) representative (League President) from each league. Each league, except new leagues, is *entitled to one (1) vote for the conducting of Organization business*. During the first season in the Organization, new leagues will have no voting privileges. Leagues may field two teams in three or more divisions but retain one (1) vote and pay fees as if one league. No other member will be entitled to vote except in the event of a tie, and then the PYFCO President shall be permitted one (1) vote. Proxies for each league President shall be identified and submitted to the Organization secretary by the April board meeting. League Presidents/Directors must submit any item to be added to the agenda to the PYFCO President no later than the Tuesday prior to the scheduled meeting. League presidents are responsible for keeping their proxies current and submitting the updated information to the organization secretary.

2. Election of PYFCO Officers: An annual meeting of the Organization shall be held to elect officers and conduct necessary business to conclude the current season. This meeting must take place as soon as possible following the PYFCO Super Bowl and no later than January 31st of the following calendar year. Should unforeseen circumstances make this timeline impossible, the election of officers will occur at the first scheduled and held meeting of the new year. The Organization Board of Directors may nominate a candidate to run against the current President, Commissioners, Secretary or Treasurer for the following term. Each position will be discussed and voted on by secret ballot. The votes will be counted by two assigned individuals and announced as a YES/NO vote. The number of each yes/no vote will not be disclosed. In the event this is not possible, then any vacant positions will be filled by each of the participating leagues on an annual rotational basis. The first league on the list will fill the first vacant position; then the next team on the list will fill the next vacant position on the list. This will continue until all Board officer positions are filled. The order of the leagues that must fill these positions during the 2026 season is: Williamsburg, Gloucester, Tidewater, Tri Citi, York Seaford, East End, Smithfield, Bennetts Creek, Hokies, Community Broncos, Windsor, South Hampton, Peninsula Panthers, Grafton Tabb, Back River, Va Eagles. If the position requirements are not met; the next organization on the list will fill the position.

Note: Decisions can only be rendered by a majority vote of the members present at the meeting. A quorum must be present to render all decisions. Fifty percent (50%) of the Directors plus one of the above PYFCO Officers constitutes a quorum.

3. NON-Governing Positions: Positions to service PYFCO

a. PYFCO Sergeant of Arms: The Sergeant of Arms shall maintain control during board meetings and perform other duties as assigned by the BOD. *The Sergeant of Arms is a non-voting PYFCO board member.*

b. President Emeritus: The PYFCO may recognize outstanding contributions to the Organization by conferment of the title of President Emeritus. Retiring Presidents, to be eligible for such consideration, must have had at least ten (10) years of service to PYFCO as President. The title

should be considered a distinctive honor, not a right and should only be given to those who have made significant contributions to PYFCO through long and distinguished service. The President Emeritus may be called upon to provide counsel or to serve in various roles and/or capacities for the enhancement of PYFCO. A standing invitation to attend regular meetings and events conducted by PYFCO is extended. The appointment of President Emeritus is for life. *This is a non-voting position.*

c. Webmaster: A *non-voting volunteer* responsible for maintaining the PYFCO website. The webmaster will post information on the website at the discretion of the PYFCO President. The exception being the schedule, scores and standings which will be posted by the Commissioner's office. Position is optional and filled at the discretion of the PYFCO Board of Directors.

d. Parliamentarian: A *non-voting volunteer* responsible for assisting in the upkeep of the Organization bylaws. Position is optional and filled at the discretion of the PYFCO Board of Directors.

e. Advisor: May be called upon by the PYFCO President to provide guidance or act as a mediator during special discussions or appeals. Position is optional and filled at the discretion of the PYFCO Board of Directors &/or the PYFCO President. *This is a non-voting position.*

f. Referee Liaison: The Referee Liaison/ Head Referee shall be decided by the Football Commissioners. This person must have worked within PYFCO for a minimum of three (3) years, have good communication skills and possess strong knowledge of the VHSL rules and PYFCO exceptions. He/She will receive Seven Hundred dollars (\$700) at the end of the season to offset time for managing the following duties. Actively recruit new referees, organize official orientation and training meetings for new and returning Officials. He/She shall distribute the PYFCO schedule and assignments to each Official crew and move Officials where necessary during the week and on game day to ensure enough manpower to cover each field. They shall acquire and schedule officials for all make up games as scheduled by the PYFCO Commissioners. Communicate with all Officials relaying both complaints/information between the PYFCO Commissioners and all Officials. They must communicate to the Commissioners information regarding all ejections and game day issues at the end of the game day. *This is a non-voting position.*

D. INSURANCE: The Organization shall not be responsible for any injuries. All participants in the Organization shall participate entirely at their own risk. Leagues are required to pay the insurance premiums to their selected insurance carrier by July 30th. They must provide evidence of insurance and payment to the PYFCO Commissioners office. In the event a leagues insurance is not paid by July 30th they will not be scheduled on the Official PYFCO schedule for the coming season. Any league without insurance will not be able to assemble until their insurance has been paid.

E. FINANCES: The Organization shall maintain a central account/fund to pay annual operating expenses, pay for PYFCO Directors and Officers insurance and to provide achievement awards to participants. At the beginning of each season, the Treasurer shall identify the location and status of any accounts.

F. EQUIPMENT OWNED BY PYFCO: Any items purchased with PYFCO funds remain the property of PYFCO. See Attachment 1.

II. OPERATIONAL PROCEDURES:

A. OPERATING EXPENSES: All costs will be borne by each league equally.

1. Annual Expenses: The PYFCO president and commissioners shall be allowed reimbursable expenses up to \$2,000 total. The PYFCO president and commissioners will keep track of their expenses for the year and submit the PYFCO Expense Form (see Attachment 2) to the Board for

payment at the end of the year as needed. Expenses will be paid at the travel rates listed in the current Joint Travel Federal Regulation

2. Miscellaneous Expenditures: \$200.00 annually for miscellaneous expenditures (anticipated total expense incurred by the Organization Officers in the performance of their duties.) Officers will track and submit the PYFCO Expenditure Form (See Attachment 3)

3. Super Bowl and Play-Off Games Officials: The Organization Treasurer will pay the Super Bowl Officials as directed by the Organization Commissioners and Board of Directors. Superbowl officials are paid for by PYFCO in whole. The Playoff officials will be paid as follows – one half of the total to be paid by PYFCO and the other half paid by the hosting leagues unless otherwise decided by a vote of the Board of Directors.

4. Other Expenses: All other expenses (Academic All-Stars, trophies, hats, programs, and concession stand supplies, etc.) will be voted on at regularly scheduled board meetings.

B. OPERATING INCOME:

1. League Fee: The cost of meeting any authorized annual operating expenses will be borne equally by each of the leagues participating in the Organization. The annual league fee will be discussed and voted on at the first board meeting of the year. League fees will be due on or before the August board meeting of the current year. In the event the Organization is unable to meet its financial obligations each league must supply equally the necessary funds to the Organization in order to satisfy any and all outstanding obligations. The 2026 league fee will be \$850 for 5 core teams (1 Flag & 4 tackle). In the event a league has more than 5 core teams the cost shall be \$170. each for every additional team.

2. Super Bowl Entrance Fee: Super Bowl entrance fee is \$10.00 per person. Uniformed PYFCO players and cheerleaders enter free. Children 5 and under will be free.

3. Super Bowl Concessions: Concession stand prices, if needed, will be determined by the league running the Concessions or PYFCO Board of Directors at the direction of the PYFCO President.

C. PAYMENT OF GAME OFFICIALS: All costs associated with a game shall be divided equally between the two participating teams. Each League participating in games shall remit its respective share of the referee fees to the Hosting League prior to the start of the game. A minimum of three (3) officials shall be assigned to each game.

The Commissioners shall negotiate and secure officials prior to the start of each season. The host team shall be responsible for paying the officials at halftime of the final game of the day.

Referee fees shall be as follows per game: Flag Referee – \$30; White Hat – \$65; and all other officials – \$60. Officials shall also be provided with one (1) meal per day and beverages throughout the day.

In the event a team forfeits a game, that team shall be solely responsible for payment of the full referee fees for the game. Upon forfeiture, the forfeiting team shall immediately remit the additional funds to the host field to ensure full payment to the officials.

D. ANNUAL OPERATING BUDGET: The President shall prepare and present an annual operating budget to the Board of Directors for consideration and approval at the March meeting. The Treasurer shall furnish the President with the prior fiscal year's financial reports for review in the development of the proposed budget. The Board of Directors shall review and vote on the proposed budget at the March meeting. In the event the proposed budget is not approved, it shall be revised as necessary and resubmitted for review and approval at the next meeting.

E. ADMINISTRATION:

1. Game Scores: All teams are to email or text home game scores into the Football Commissioners by 8:00pm on game day. The Commissioners are responsible for uploading game scores to the website.

2. Amendments: Amendments to these by-laws may be considered at any Organization meeting, excluding previously approved/disapproved amendments, which will stand for one playing season. The by-laws become permanent on May 1st each year and cannot change for the remainder of the upcoming season.

3. Meetings: Board meetings will be conducted monthly or more frequently as directed by the Organization President. Regularly scheduled monthly meetings will be held on the third or fourth Sunday of the month and will commence at a time to be determined by the PYFCO President. At the beginning of the year, each league will provide PYFCO Commissioners with a list of their league's officer's name, phone #'s and duty title. At the discretion of the Organization President, each agenda item will have two rounds of discussion. Each league will have 3 minutes for discussion during the first round. Each league will have 1 minute for rebuttal during the second round of discussion. All regularly scheduled meetings called by the President of the Organization shall be conducted in an open and democratic forum. Special meetings (committees) will be conducted at the discretion of the meeting chairman. When the PYFCO President determines that the topic of discussion is sensitive or personal in nature, he may call for an Executive Session, which will consist of only PYFCO Board members, Closed Meetings. The minutes for these meetings shall be closed but available to the BOD upon request. Meetings will have a two-hour time limit. However, with a majority vote of the attending voting members the time limit may be extended.

4. Participant Registration: Each league will determine when to conduct its own registration. No new players may be listed on the Official Roster after the 4th Thursday of the regular season schedule.

a. Every league will have a refund policy in their league by-laws and include information on their registration form.

NOTE: *Each league will provide the PYFCO Secretary a copy or link to a copy of their registration form by March 1st.*

5. Game Forfeiture: The PYFCO Commissioners and/or the PYFCO Board of Directors can decide forfeiture of games.

6. Line of Command in Regard to Games: During the games, the Blue Hats are representatives of PYFCO. If a league President is coaching on a team, he/she is only recognized as a coach not as a league President or a PYFCO Board of Director. While coaching, he/she has no authority as a Director; he/she answers to the Blue Hat and other PYFCO Board of Directors. In the event a league President is coaching he/she shall identify to the White Hat and the opposing team who the acting President shall be for that game.

7. Coaches: All coaches must be certified by the PYFCO approved programs for the current year prior to any on-field activities. USA Football for Football & NAYS for Cheerleading. Football Head Coaches must attend the PYFCO Football Commissioner training to be eligible as a Head Coach on Game day.

8. Certified Coaches Roster: Each league President will submit a list of all football and cheerleading coaches to the Commissioner's Office, no later than June 1st on the PYFCO Official Coaches roster form. League Presidents will also verify that all coaches have signed the PYFCO Ethical Standards form and that they are on file with their individual League. Additions/changes to the coaches' roster can be made weekly by the Thursday prior to each game until the 4th Thursday of the regular season schedule. No additions or changes to the Coaches roster can be made after that Thursday. *Coach replacements due to extenuating circumstances can be made at the discretion of the*

Commissioners office. If any coach adjustments are deemed necessary the Commissioners will inform the BOD of the change. Ex: Whole Coaching staff removed by the Commissioners office or the League. Note: Coaches will not be added to any game day roster if they cannot be viewed as USA Football certified for the current year online by the Commissioner's office.

9. Background Checks: All leagues will have a National background search completed on all Volunteers. This includes, but is not limited to, league board members, coaches, team moms/dads and equipment personnel. Anyone listed in the Virginia State Police Sex Offender Registry (both currently/previously) or is a convicted sex offender not listed on the registry, will not be eligible to participate in any capacity for PYFCO or any member league, other than as parent or guardian. The Commissioners office will identify a back ground check program and help leagues set up their accounts if needed. It is mandatory for leagues to provide the Commissioners office proof of back ground checks being performed.

10. Coaches Changing Leagues: Any football or cheerleading coach who transfers to a different league within PYFCO is required to sit out for one full calendar year from the date of transfer. This restriction applies to all coaching roles, "Blue Hat" positions, and sideline participation in any capacity.

Exceptions: A league may submit a written petition to the Commissioner's Office to request a waiver of this rule based on the criteria outlined in **Attachment #9**. The Commissioner's Office shall issue a final determination within seven (7) days of receiving the petition.

11. Sideline Personnel: PYFCO allows up to 8 certified Football coaches. They must be listed on the current roster of the game being played. The number Cheer coaches based on the sliding scale on the sideline. *See Cheer section G. below. In addition to the certified Coaches only the following people are allowed on the sideline on game day.

One League President or their one designee

One Blue Hat for the game being played

Up to two **youth** water people

Two team parents taking care of players. They are not to video or take pictures during the game.

2 media/photographers are allowed to be on the sideline when the game is being played. They must stay on their leagues sideline to the back of the endzone. They do not have access to the game field. Note: One costumed mascot shall be allowed on their own sideline from the 25-yard line to the end of the end zone, outside the coaches' box. A spotter with a walkie talkie, assisting the announcer, shall be allowed on the home side of the field.

F. NEW LEAGUES: New leagues may petition the PYFCO President for membership at any time between November and April 1st. Prospective new leagues must provide the following as soon as it is available: a list including names, phone numbers, and addresses of league officers (Board of Directors); proposed location for games and practices; planned budget to include available assets (player equipment is paramount); plan for accumulating additional assets (must consider insurance requirements, league fees, referees at home games, equipment requirements, etc.); and bank statement indicating league name, account balance, and bank identification; league by-laws; list of coaches with phone numbers (including cheerleading coaches); team name and colors. After presentation of the petition, the Organization President will open the floor for discussion. The Organization's objective is to make football available to as many youths as possible; the board will make every effort to assist the new league. However, new leagues will not be added if they will cause existing leagues to fold. Following discussion, the President will establish a committee of two, chaired by the Organization Commissioners. This committee will meet with the new league to verify that it has available or

planned assets necessary to participate in the Organization. At the next scheduled PYFCO board meeting, the committee will present its findings to the board at an executive session and following discussion, the board will vote on acceptance of the new league. New leagues will have their annual Organization fees paid by August 1st of the current year. Accepted new leagues will not have voting privileges during their first year of existence in the PYFCO and will be on probation. New leagues shall be prohibited from accepting participants from existing PYFCO leagues for a period of two years. Board members leaving existing leagues and moving to the new league shall be considered on a case by case basis. At the conclusion of the first season, the PYFCO Board of Directors, by secret ballot, shall vote to determine by majority if the new league will be accepted as permanent members of PYFCO or disqualified from PYFCO. Any league that is accepted and joins PYFCO must stay for a minimum of 2 years. In the event a league leaves early they will pay a \$400 (four hundred dollar) fine and be prohibited from coming back to PYFCO for 3 years. All new leagues must have at least three teams to join PYFCO.

G. CHEERLEADING: Cheerleading is an integral part of PYFCO. Cheerleaders shall cheer under the Virginia High School League Rules for Cheerleading and the National Federation of State High School Associations (NFHS) Spirit Rules Book.

1. Cheerleading Coaches:

- a. All cheerleading coaches must be certified by the PYFCO approved program for the current year prior to the first scheduled practice.
- b. Cheerleading Coaches must be at least 18 years of age. Junior Coaches must be at least 15 years of age. No team shall be coached or left alone at any time with a Junior Coach.
- c. All online training courses required by the PYFCO must be completed with certificates submitted to the PYFCO Cheer Commissioner prior to the first practice.
- d. Team Parents may assist but must follow the same guidelines as coaches if they will have hands-on involvement with cheerleaders during practices or games.
- e. PYFCO will allow a ratio of one (1) Coach/Assistant Coach per eight (8) cheerleaders coaches on the sideline.
- f. Each team shall maintain a ratio of one (1) Coach/Assistant Coach per eight (8) cheerleaders. • 1–8 cheerleaders: 1 coach • 9–16 cheerleaders: minimum 2 coaches • 17–24 cheerleaders: minimum 3 coaches and so on.
- g. All cheer coaches and coaching staff must complete a background check and meet PYFCO standards.
- h. All leagues shall send their cheer commissioners/coordinators and head coaches to the annual coaches' meeting. Attendance is required for head coaches and cheer commissioners/coordinators.

2. Cheerleading Area: The cheerleading area shall normally be from the 25 yard line to the end zone on both 80 and 100 yard fields. Stadium fields that have at least 10 yards from the edge of the playing surface to the player's bench may allow cheerleaders to conduct cheers along the length of the field from behind the player's bench. No stunting or lifts will be allowed in this area. Stunting or lifts will be restricted to the area from the end zone to the 25 yard line and during half time routines only.

3. Cheerleading Eligibility: Cheerleaders must be at least 5 years old as of September 30th and no older than 14 years old as of July 31st of the current year. Mascots must be at least four (4) years old as of September 30th. Mascots may not perform on the field during halftime and are prohibited from stunting in any capacity. A military ID, DMV ID or U.S. passport shall be used to verify age and kept on file by each league.

4. Movement of Cheerleaders from One League to Another: An written request on the PYFCO Transfer Form completed by the parent/guardian to transfer their child to another league will be signed by the gaining and losing league presidents, and presented to the PYFCO Cheer

Commissioner for their review and approval. Any cheerleader with outstanding equipment or fees shall not be allowed to transfer until all issues are resolved. Any participant changing leagues may not be “scholarshipped” the first year by the new league. All subsequent requests to transfer a child will be questioned and must be approved by the PYFCO Commissioners with input from the League Presidents involved.

5. Cheerleading Sportsmanship: Cheerleaders will show good sportsmanship on the sidelines and during all routines and will not demean or degrade the players, cheerleaders, coaches, or parents of their team or the opposing team or the game officials.

6. Cheerleading Ethical Standards: Cheerleading coaches and parents shall adhere to the Ethical standards requirements as outlined in these by-laws.

7. Dress Code for Cheerleaders and Coaches:

Only cheerleaders in full uniform may enter the Cheer Box or perform at halftime. Cheerleaders must wear athletic/cheer sneakers during games. No midriff uniforms are allowed. Spunks must be worn under skirts, and skirts must fully cover the backside. Coaches must wear an identifiable coach’s shirt. Coaches must wear their coach’s shirt to enter the Cheer Box or field area. Only medical alert jewelry is permitted, and it must be taped to the body under the uniform. Coaches must be aware of all medical conditions requiring medical alert jewelry.

8. Rosters:

Cheerleader rosters must be submitted to the Commissioner’s office no later than the first eligibility date.

9. Cheerleading Rules:

- a. All leagues will follow the NFHS Spirit Rule Book for the given year.
- b. All leagues will send cheerleading commissioners/coordinators and head coaches to the annual coach’s meeting. All coaches are invited, but head coaches and cheer commissioners/coordinators are required to attend.
- c. Only cheerleaders and coaches may enter the Cheer Box or field area.
- d. All half time routines will be kept to a maximum time of 3 minutes. This will insure each squad has a chance to perform, and will allow time for any special event a team may be having on a given game day. This includes cheers, dance, stunts, or combinations. Routines must show spirit and sportsmanship.
- e. All music used in any routine must be family appropriate with no explicit or derogatory content. Use of online cheer music resources or instrumental versions is encouraged.
- f. Sideline cheers must be age-appropriate and performed inside the Cheer Box.
- g. No derogatory or taunting cheers are permitted. No taunting across the field toward other teams or spectators. No “battling” or repeating opposing cheers to taunt or derogatory movements or words during halftime or sideline routines.
- h. Routines and uniforms must be appropriate for family viewing. (no midriffs, too short skirt, or derogatory moves will be tolerated)
- i. Visiting team cheerleaders will perform first at halftime.
- j. Each team cheers toward its own side; teams will respectfully cross the field to watch the opposing team's routine.
- k. Cheerleaders age five (5) must keep at least one foot on the ground at all times.
- l. Certified coaches may spot stunts on the field. Certified coaches may not be permanent participants in routines. However Coaches may temporarily fill in for an absent cheerleader for safety, but not for more than one game.
- m. No jewelry is to be worn at any time while cheering. The only jewelry acceptable is for medical alert per NFHS rules. Medical alert jewelry must be taped to the body under the uniform. Coaches must be aware of any and all medical conditions of their cheerleaders requiring medical alert jewelry.

- n. All coaches and cheer commissioners will act in a professional and ethical manner at all times.
- o. Cheer complaints and penalties will follow the same guidelines as outlined for football teams.
- p. All cheerleaders must be uniformly dressed, by division, during game day/sideline cheering.

10. Cheerboree, Festival or Competition:

The annual event shall be scheduled by the PYFCO Cheer Commissioner. All leagues must enter at least one team unless granted an exception by BOD vote; otherwise, a \$200 fee applies. Each team may perform a routine up to three (3) minutes. All routines must be age-appropriate and in good spirit. All music must be approved by the PYFCO Cheer Commissioner. PYFCO members may attend free; outside teams shall pay a fee approved by the BOD.

11. Competitive Cheerleading:

Competitive cheer is permitted at the discretion of each league/organization. All costs are the responsibility of the participating league/team. PYFCO is not responsible for any competition-related expenses. National-level routines must be reviewed and approved by the league's Cheer Commissioner. All routines must comply with the rules of the hosting competition organization.

12. Cheer Battles:

a. Purpose - The purpose of Cheer Battles is to promote sportsmanship, leadership, confidence, and team unity.

b. Sportsmanship and Conduct - All participants, coaches, and spectators must demonstrate good sportsmanship. Derogatory language, instigation, or inappropriate gestures are prohibited. Violations may result in suspension, removal, or disciplinary action.

c. Participation Eligibility and Discretion - Participation is voluntary and determined by the team's Cheer Commissioner or Coach. No team or individual may be compelled to participate. Teams 10U and older may participate in face-to-face battles. 6U and 8U teams may participate with Commissioner approval.

d. Timing and Location - Battles may occur during halftime or the fourth quarter. If replacing halftime routines, both teams must consent. Battles may not exceed five (5) minutes and must end before halftime concludes or before the two-minute warning in the fourth quarter. Field positioning: Halftime: Teams meet at midfield on the 45-yard line; 50-yard line is the boundary. Fourth quarter: Teams meet near the goal posts; the post is the boundary.

e. Coach and Spectator Responsibility - Coaches must be present and maintain control. Teams must remain on their own sides unless participating. Spectators must remain behind their designated sideline. Coaches must ensure compliance with boundaries. If a spectator enters restricted areas, the battle is suspended.

f. Rules of Engagement - Coaches shall mark boundaries and maintain order. The initiating team performs first. Teams shall alternate cheer calls and may not cheer over one another. Cheer call assistance: • 6U: Coaches may call cheers. • 8U: Coaches may guide cheer selection. • 10U+: Cheerleaders must call their own cheers. No accessories may be used. Music may be used in the stands only.

g. Outcome and Closure - No winner shall be declared. The Objectives include confidence, leadership, and team showcasing. Teams and coaches shall shake hands at the conclusion. Time shall be allotted for introductions, a unity cheer, and a group photo.

h. Safety and Game monitoring - A designated coach shall monitor the football game to ensure safety, respond to injuries, and monitor conduct.

i. Termination of battle - A battle shall end if a team exhausts its cheer repertoire, a team repeats a cheer twice. The time limit is reached or a player is injured. Also if the Cheer Commissioner or Coaches decide to end it.

III. PLAYER ELIGIBILITY:

A. DESIGNATION OF TEAMS: Flag 6U,8U ,10U ,12U and 14U divisions shall be divided according to the age and any other restrictions as established in this section.

1. Leagues should have five core teams (Flag 6U, 8U, 10U, 12U, 14U) filled if possible. Any expansion over the 5 established teams must be approved by the PYFCO Football Commissioners no later than the June meeting. In the event a league is unable to fill 3 core teams they can petition PYFCO BOD for an exception no later than the June meeting.

NOTE: Minimum number per team is 11 and unlimited maximum.

B. AGE AND WEIGHT RESTRICTIONS: Any changes to age and weight (if applicable) restrictions will be finalized at the January meeting for the current year. Players must play under the age guidelines unless a waiver is signed by the player's parents/guardians on the PYFCO Waiver Request Form requesting a one-time move up to the next age division and is presented to the Commissioners at eligibility days. Once a player moves up, he cannot move back down to his original age division in that season. The cutoff date for age groups is July 31st of the current year. The only exception is for 5-year-olds which is September 30th of the current year. 6-year-olds cannot play both Flag and 8U. Note: Players may only move up one age division and only if they are at the top of the age for the exiting division.

1. **Verification of Age:** A legal document defined as a military ID, DMV state ID and/or a passport shall be used to establish the age of the player. Individual leagues may choose to accept only DMV state IDs. Players' ages will be determined by their age on July 31st of the current year for all players with the exception of 5-year-olds. The date for 5-year-olds is September 30th of the current year. Mascots will be allowed at the discretion of the individual leagues. Mascots are not eligible for Super Bowl trophies (regular season champions, Super Bowl participant, and Academic All-stars). All players within PYFCO shall have their ID verified by the Commissioner's office or PYFCO President prior to being placed on the game day roster. Once the player has been ID checked he/she shall be deemed a player for that League. A player must present their original ID on game day to be checked by the opposing team's Blue Hat or opposing leagues President to be deemed eligible to participate in the game that day. *Please note that only a certified Blue Hat or the President of the opposing league may perform ID checks. No Coaches, team parents or other individuals may ID check.

2. **ID Check Process:** Players will have ID's checked at the halftime of the previous game. First game of the day will be checked 15 mins prior to the start of the game. Players will meet at a designated location with helmets off and their ID's with in their hands, No books shall be used. The opposing league Blue Hat or President shall verify that the player, ID and ID check sheet are all the same. During ID check you do not speak to the players at all. They do not tell you their information.

C. ADDITIONAL FOOTBALL EXPERIENCE: Only 12U or 14U may play for both a Middle School team and a PYFCO League. PYFCO football players may not play with other recreational football Leagues, Organizations, High School Varsity or Junior Varsity team while participating in the PYFCO season. It is the responsibility of the Leagues to ensure all their players meet this criteria.

D. PYFCO ETHICAL STANDARDS:

1. Each PYFCO and League Board member and coaches will read, sign and date a PYFCO Ethical Standards form (Attachment 4), verified and signed by league Presidents and shall be maintained by individual leagues and provided to PYFCO Commissioners upon request. If a coach has not signed and returned the form, he/she will not be allowed to coach.

2. At least one parent per football player and cheerleader must read, sign and date a PYFCO Parent/Guardian Code of Ethics & Behavior form (Attachment 5), verified and signed by league Presidents or executive board member and shall be maintained by individual leagues and provided to PYFCO Commissioners upon request. If a parent/guardian fails to sign and return the form his/her child will be ineligible until the documentation is completed.

3. All Coaches, Parents, Fans, Board Members and Participates must adhere to the PYFCO Zero Tolerance policy or face disciplinary action.

E. ELIGIBILITY DAYS:

1. **Eligibility Schedule:** Initial eligibility days will be set by the Commissioner's Office at dates & locations they designate. Additional eligibility days will be conducted on subsequent Thursdays until the Thursday prior to the **third scheduled Organization** game. Anything after the third week, up to the fourth week, is by appointment only. Last eligibility day shall be the Thursday prior to the 5th scheduled week of regular season.

F. ROSTERS:

1. **Working Team Rosters:** No later than the Thursday prior to the first eligibility day leagues will electronically provide the PYFCO Commissioners with rosters in alphabetical order with the Head Coach's name and telephone number. This must be done on the official PYFCO working roster form. If a player is listed on the roster with a last name that is not on the player's ID, the roster needs to also identify the player's given last name that is on the identification card in parentheses. The PYFCO Commissioners will provide standard forms for rosters to all leagues on the PYFCO website.

2. **Official Team Rosters:** The Friday prior to the first scheduled PYFCO game, the PYFCO Commissioners will provide each league President with a copy of signed, dated and approved Official Team Rosters sorted by last name or access to the Official Team Rosters sorted by last name via the PYFCO web site. Rosters will include players' name, date of birth, and assigned jersey number. Under no circumstances will any player be allowed to play until approved by the PYFCO Commissioners. Any new players added to a team's roster must meet all requirements as specified for players on the initial roster. Once a player is on the Official Roster for a League, he/she cannot be moved to any other League without the approval of the PYFCO Commissioners. with one exception as noted in "**Movement of Players From One League to Another.**"

3. **Updated Official Rosters:** Changes to rosters will be submitted to the PYFCO Commissioner when appropriate. Any requested changes to the Official roster must be submitted to the Commissioners office by 8pm for Thursday eligibility day. There will be no adjustments with the exception of jersey numbers after the eligibility period ends. The Commissioners will publish signed and dated approved updated Official Rosters and distribute to all the PYFCO leagues as needed.

4. **Movement of Participants from One League to Another:** An initial written request on the PYFCO Transfer Form by the parent/guardian to transfer their child to another league will be signed by the gaining and losing league presidents, and presented to the PYFCO Commissioners for their review. This shall be honored as long as no outstanding equipment or fees are owed to the initial league and no other issues with that league remain. All subsequent requests to transfer a child will be questioned and must be approved by the PYFCO Commissioners with input from the League Presidents involved. All league Presidents will identify to the Commissioners, by May 1st, names of children who possess outstanding equipment or owe money (fees) to that league. If the deadline is not met, the losing league cannot dispute the transfer of the participant for these reasons. **Any child**

without a transfer letter will be ineligible. These players will not be allowed on the roster of another league until the completed transfer form is approved. Approval is contingent on the issue being resolved with initial league. The PYFCO Commissioners will notify all leagues of player transfers that they are aware of. *Once practice has started, transfer of players from one league to another must be reviewed and approved by the Commissioners. There must be extenuating circumstances for this to be considered. This will include the first transfer to other leagues. No transfers will be allowed after a player has played in a regular season game. Any team with 3 or more players attempting to transfer to another league will be reviewed/approved by the Commissioners.*

5. Recruitment of Existing PYFCO players: It is unethical to recruit current players or players that played the previous season from an existing PYFCO organization. A League President, Coach or Board Member that contacts another Leagues player, parent or guardian for the purposes of switching leagues shall be deemed in violation of this bylaw. That contact can be through social media, phone, messages or any other form of communication.

a. If recruiting a participate you should always first ask if they already participate in football/cheerleading. If so, who do the participate with? If it is a PYFCO team please wish them well and move on. In this scenario you will not be deemed to be recruiting.

b. If you are told they play within PYFCO and you continue to recruit you shall be deemed in violation of this bylaw.

c. In the event a Coach is found to be in violation of recruitment the Coach is suspended for a period of 1 year and his team will be ineligible for post season play.

d. In the event a League President or Board Member for that league is in violation of recruitment the entire league shall become ineligible for any post season play.

6. PYFCO Official Number Change Form: No player will be allowed to participate in a game wearing a jersey number that does not coincide with his/her assigned jersey number listed on the Official Roster. If there is a necessity for a permanent jersey number change or temporary number change the 2-part form will be utilized. The PYFCO Commissioners must be notified of all permanent jersey number changes via an email designating the name and now jersey number of the player. This form will include the player's name, birth date, weight, prior jersey number, new jersey number, team, reason for the jersey number change, and whether the number change is permanent or temporary. If for any reason the PYFCO Commissioners cannot be notified by Thursday prior to the game, the following procedure is to be followed in regards to jersey number changes that occur on game days:

a. Present both copies of the completed PYFCO Official Number Change Form to the opposing Blue Hat for signature.

b. Give one copy of the completed and signed PYFCO Official Number Change Form to the Opposing Blue Hat for his records.

c. Keep one copy of the completed and signed PYFCO Official Number Change Form for your records.

d. The team requesting a permanent jersey number change must email the Commissioner's Office to have the roster updated with the new number no later than Thursday 8pm.

e. Both teams should turn in the completed PYFCO Official Number Change Form with their weekly paperwork.

7. Permanent Number Changes: For permanent jersey number changes prior to game days, the League Presidents or their representative are responsible for submitting the change to the Commissioners by Thursday 8pm prior to scheduled Organization games. In the event the jersey number is incorrect on the roster a PYFCO Official Number Change form may be used on gameday to make that player eligible.

8. Player using number not listed on the Official Roster:

If a Blue Hat determines that a player is wearing a jersey number that does not coincide with their assigned number listed on the Official Roster he/she will check for a PYFCO Official jersey change form that has already been completed. If no form exists, they shall notify the Chief Referee (White

Hat) and the opposing Blue Hat immediately upon obtaining such knowledge. A PYFCO form will be filled out, signed and exchanged. The PYFCO Commissioners are to be notified prior to the next Organization game. If it becomes necessary to change a jersey during the game, the opposing coach will be notified through the Officials. Any changing of a jersey number will require a PYFCO jersey number form to be executed.

9. Ineligible Player: An **ineligible player** is defined as any player who has been placed on an Official Roster but meets one or more of the following conditions:

- The player has not presented their **original** identification for the game being played to the opposing team's Blue Hat for verification; or
- The player is wearing a jersey number that differs from the Official Roster, except as otherwise authorized with completion of the Official Number Change Form.

Any coach who knowingly permits an ineligible player to participate in a game shall forfeit said game and shall be **automatically suspended for the remainder of the season**. The coach will be identified to the Board of Directors (BOD) by the PYFCO Commissioners.

When the PYFCO Commissioners' Office notifies a League that a coach has been suspended, the Commissioners must advise the League of the reason for the suspension. The PYFCO Commissioners must also notify the affected League of the necessary actions required to avoid any further suspension.

The duration of the suspension will be for the remainder of the season; however, the length of suspension and reinstatement of suspended coaches shall be at the discretion of the Ethics Committee if the Coach's League elects to appeal the suspension.

NOTE: All players have until the start of halftime to produce and have their **ORIGINAL ID** verified by the opposing team's Blue Hat. If the ORIGINAL ID has not been verified prior to the start of halftime, the player shall remain ineligible for the **entire game**. **NO PLAYER MAY PARTICIPATE IN A GAME UNTIL THEIR ID HAS BEEN VERIFIED BY THE OPPOSING BLUE HAT.**

10. Illegal Player: An **illegal player** is defined as any player who has not met PYFCO eligibility requirements, is marked ineligible due to a prior ejection, or is deemed illegal for any other reason as stated in these by-laws.

Any coach who knowingly or unknowingly permits an illegal player to participate in a game shall be **automatically suspended** by the PYFCO Commissioners' Office. The Commissioners' Office will inform the League of the reason for the suspension and the corrective actions required to avoid further suspensions.

An illegal player infraction shall result in the team being **disqualified from all postseason play**. The coach shall remain suspended for **one (1) year**, including the entire following Fall season. The length of suspension and reinstatement of suspended coaches shall be at the discretion of the Ethics Committee if the Coach's League elects to appeal the suspension.

G. LATE TEAM ENTRY:

1. If a league cannot field a team by the third week of the Organization's scheduled season, that league will not be allowed to field said team for the remainder of the season.
2. If said league does have a team roster submitted to the PYFCO Commissioners by the Thursday prior to the third scheduled week, they may play the remainder of the season. However, the first and second scheduled games of the season will remain forfeited.

H. LEAGUE NAMES:

Back River Bulls
Bennetts Creek Warriors
Community Broncos
Denbigh Jaguars
East End Vikings
Gloucester Knights
Grafton-Tabb Tigers
Hampton Roads Hokies
Kappa Cardinals
Peninsula Panthers
Smithfield Packers
South Hampton Pirates
Tidewater Dawgs
Tri-Citi Hurricanes
Virginia Eagles
Williamsburg Hornets
Windsor Wildcats
York-Seafood Falcons

I. TEAM COLORS: Official PYFCO colors are Navy Blue & White. All leagues are assigned one **primary** color and the primary color will be the first listed color for each league. The assigned primary color will be the jersey color and all teams from a given League shall wear the assigned color. All players will be issued game uniforms at least one week prior to the Organization's first scheduled game. Any league wanting to change league colors must petition the PYFCO Board of Directors for approval by the last meeting of the current season. Teams with multiple jerseys will coordinate with the opposing teams so that the jerseys are not the same color on game day. The visiting team shall have the first choice of white if applicable. Assigned league colors are as follows:

Back River:	Black, Maroon and White
Bennetts Creek:	Red, Black & White
Community Broncos:	Royal Blue, Orange & Black
Denbigh Jaguars:	Teal, Gold & Black
East End:	Purple, Gold & White
Gloucester:	Red, Black & Gray
Grafton-Tabb:	Navy Blue, White & Orange
HR Hokies Even:	Orange, Maroon & White
HR Hokies Odd:	Maroon, Orange & White
Kappa Cardinals:	Red, White & Black
Peninsula Panthers:	Electric Blue, Black & White

Smithfield:	Black, Royal Blue & Gold
South Hampton:	Red, Black & White
Tidewater:	Purple, White & Yellow
Tri-Citi Green:	Green, Orange & White
Tri -Citi Orange:	Orange, Green & White
VA Eagles:	Red, Gray & White
Williamsburg:	Green, Gold & White
Windsor:	Blue, Gold
York-Seaford:	Royal Blue, White and Gray

J. PRACTICES: Teams may assemble at any time during. The first two days of practice will be shirts, shorts and cleats only. Third day is helmets, fourth and fifth days shoulder pads may be added. From the sixth day forward, full equipment. Note: Special circumstances can be addressed by the PYFCO BOD. Any PYFCO-sponsored camp shall take precedence over any other camps. *In accordance with Virginia High School League guidelines (VHSL Heat Guidelines), leagues will not conduct practices when the Heat Index reaches 105° at their designated practice fields. Practices will be limited, per league guidelines, when the heat index is in between 95° and 104° at their designated practice fields.*

HUMITURE VHSL INFORMATION:

105° and up: No outside activities.

95° to 104°: No equipment (helmets, pads, etc) be used during activity.

90° to 94°: Equipment is removed as often as possible (during rest breaks on sideline, etc). Carefully monitor all athletes for signs of heat problems.

Below 89°: Adequate water supply will be furnished at all practices and competitions with breaks every 20 to 30 minutes for rehydration.

NOTE: No practice if thundering or lightning. Once practice has been suspended, leagues must wait at least 30 minutes after the last thunder is heard or flash of lightning is witnessed prior to resuming play or practice.

K. OFFICIAL PYFCO GAME SCHEDULE:

1. Official Game Schedule: The PYFCO Commissioner's are responsible for preparing the Official Game Schedule. He/she will distribute the official schedule by August 10th or earlier if completed. The schedule should be arranged to allow for the first game to be played on the last Saturday of August unless amended by the PYFCO Board of Directors on a yearly basis. At the June BOD meeting the Commissioners will bring the league points earned for the past three seasons for the BOD to divide into two divisions to create the game schedule. Opponents may be changed if necessary to accommodate teams with duplicate age divisions. Any changes to the PYFCO schedule, once released are at the discretion of the Football Commissioners.

2. Saturday Games: First priority will be given to Saturday games. Organization games will have priority; any exhibition games played on the same field on the same day will be played at the conclusion of all Organization games. In the event a League asks for a Game time or Location change, once schedules are published, it will be allowed through mutual consent of all League Presidents involved. That is contingent upon being able to secure a field and referees. If a change is made for one team from a league, all games will be changed to preclude double scheduling of officials. Scheduling of individual games may result in the participating teams being assessed an extra charge for game officials.

3. Game Time Change: The PYFCO Commissioners must be notified, by the League President at least 5 days in advance of a contemplated game time change. The Commissioners are responsible for notifying game officials of the location of the game, the date and time of the game, and the number of games to be played. In the event Officials are not available the game time will not be changed.

4. Game Cancellation/Postponement: Games may be canceled or postponed due to inclement weather. The PYFCO President has the authority to cancel weekend games because of inclement weather, emergencies, or special circumstances. On game day, White Hat Referees also have the authority to postpone games due to weather conditions at the individual fields.

Local field management officials may override PYFCO decisions to play games. In the event a locality closes its fields, all affected games shall be postponed. Games shall also be postponed when the Heat Index reaches **105°** at the game field in question, in accordance with Virginia High School League (VHSL) Heat Guidelines.

The PYFCO Commissioners will work with the affected League Presidents and the White Hat Referee to determine when it is safe to resume play. **NOTE:** Postponed Saturday games will be played the following day, if possible.

5. Exhibition Games: If a visiting league fields a team in a division that the home league does not and if the visiting team wishes to play an exhibition game at the home league's field, the home league must make facilities available (concessions, restrooms, P.A. system, etc.) so that said game may be played. The visiting league must notify the Football Commissioners no later than five days prior to the Saturday game. Any expenses associated with the game will be the responsibility of the visiting league. Any income derived from the game will be to the benefit of the home league.

6. Away Games for New Leagues: Any new league entering the PYFCO may be required to play all scheduled games as away games.

7. Make-up Games: The PYFCO Commissioners will schedule all make-up games as soon as possible and provide all affected leagues (those scheduled to play and those who will be affected by the outcome) with the game date, time, and location. The PYFCO BOD must approve permanently removing any games from the schedule.

NOTE: All efforts will be made to play **all** scheduled games.

8. Regular Season Championship: The Organization Regular Season Championship and play-offs will be decided on a point basis. In determining standings, a victory shall count two (2) points and a loss will be (0) points. Ties will count one (1) point for each team. A forfeit will count two points for the team awarded the forfeit and zero (0) for the team that forfeited. In the event of a tie for first place by two teams at the end of the Regular Season, the PYFCO Board of Directors will utilize the tiebreaker guidelines to determine the top eight teams (for seeding purposes only) in each division.

9. Tiebreaker Guidelines for Determination of the Top eight Teams in Each Division:

PYFCO Commissioners shall maintain the official standings during the Regular Season for all age divisions (i.e. **Mini Mites, Mites, Mighty-Mites, Midgets, and Juniors**). At the end of the Regular Season, if two or more teams in the same age division have the same winning percentage, *the following TIE BREAKERS shall be in effect:*

- a. **FIRST TIE BREAKER:** If only two teams are tied, the winner of the head-to-head game will rank higher. If more than two teams are involved in the tie breaker and the head-to-head is not complete (i.e. all of the teams involved did not play each other), go to the SECOND tie breaker.

- b. **SECOND TIE BREAKER:** If all teams involved in the standings played an equal number of games, the teams will be ranked from the highest winning percentage to the lowest winning percentage to 3 decimal places. The winning percentage is calculated as follows: number of wins divided by the total number of games. Total number of games is calculated by adding the number of wins plus the number of losses.

Example: Team A has a record of 5.5 wins and 2.5 losses

Total number of games is 8 ($5.5 + 2.5 = 8$).

The winning percentage is .688 ($5.5 \div 8 = .688$).

If all teams involved in the standings did not play an equal number of games, the standings will revert to the total number of wins with no deference to losses (e.g. Rain-outs or other “called” games). If this situation presents itself prior to the start of the season, the League may designate certain games as “Bye” games. That is, the games do not count towards the team record and therefore the team standings will not be affected.

If two or more teams are still tied after the winning percentage is calculated or the number of wins is determined, then the strength of schedule percentage for the tied teams will be applied to determine play-off seeding.

Strength of Schedule Percentage (SSP = Total number of opponents wins divided by the opponents total number of games) assuming all teams involved have played an equal number of games

Example:

Team A has a record of 6 wins and 2 losses.

Team B has a record of 5 wins and 3 losses.

Team C has a record of 5 wins and 3 losses.

Team D has a record of 5 wins and 3 losses.

Team E has a record of 4 wins and 4 losses

Team B and C did not play each other in Regular season play.

Team D beat both B and C.

Team E beat Team D.

Team B's opponents had a total of 11 wins out of 36 total games. Team B's SSP = $11/36 = 31\%$.

Team C's opponents had a total of 13 wins out of 36 total games. Team C's SSP = $13/36 = 36\%$.

Team D's opponents had a total of 9 wins out of 36 total games. Team D's SSP = $9/36 = 25\%$.

	Record	Win %	SSP
Team A	6-2	.750	
Team B	5-3	.625	31%
Team C	5-3	.625	36%
Team D	5-3	.625	25%
Team E	4-4	.500	

Final standings

1st Team A .750 highest winning percentage

2nd Team D .625 beat both B and C in head-to-head

3rd Team C .625 ranked higher than Team B on SSP

<i>4th</i>	Team	<i>.625 ranked lower than Team C on SSP</i>
OUT	Team E	<i>.500 Even though Team E beat Team D, their winning percentage is lower than B, C, or D so they are out of the play-offs.</i>

If two or more teams are still tied after the second tie breaker has been calculated, go to the third tie breaker.

- c. **THIRD TIE BREAKER:** Playoff or coin toss if a play-off is not possible. See **Coin Toss Protocol** below.

COIN TOSS PROTOCOL: The coin toss shall be conducted by the PYFCO President or his designated representative. For two participants a single coin will be tossed by the PYFCO President. For three or more participants a single coin will be tossed in the first round by each League President representing the team(s) involved. If multiple teams from the same League are involved the coins will be tossed by Board members from that League. Coaches of the teams may be present to consult with their League President but will not do the coin toss.

- a. The coin used in all coin tosses shall be a US \$.25 coin (quarter). If more than two teams are involved, each coin will be identified to avoid confusion as to who tossed which coin.
- b. The coin toss will be conducted on a flat hard surface.
- c. Two teams - to decide who gets to call the coin toss, numbers will be written on paper and placed in a hat. Each League President will then draw one piece of paper. The HIGHER number will call the coin toss.
- d. The coin toss will be executed as follows:
 1. Two teams - after the caller is chosen, the PYFCO President will toss the coin and let it hit the ground.
 2. Three or more teams - on command of the PYFCO President, the coins will be tossed in the air by the League Presidents at the same time following the Special Coin Toss rule below. The coins will hit the ground and be read as they lie face up.
- e. **SPECIAL COIN TOSS:** When more than two teams are in a coin toss, all teams will be in a group coin toss. Representatives from each team will toss their coins on command until one of the coins is different from all of the others. The odd coin will be declared the winner of that toss and will be ranked highest. If there are still more than two teams in the tie, the remaining teams will toss their coins again. The odd coin will be declared the winner of that toss and will be ranked as the next highest. Once the tie is down to two teams, go to the coin toss rule above for two teams.

10. Outstanding Teams Awards: Each regular season champion organization team (football and cheer leading) will receive one team trophy, paid for by PYFCO.

11. Academic All-Stars Awards: In recognition of their academic success, all participants of PYFCO who meet the eligibility requirements, as identified in these by-laws, will receive an Academic All-Stars Award presented at a PYFCO sponsored Academic All-Star event. A committee consisting of representatives from each league and one PYFCO Board member as the Chairperson will determine which participants have met the eligibility requirements. The report cards are for the final marking period of the previous school year and are due by the PYFCO August meeting. Only K5 report cards will be accepted in October. Only core academic subjects will be considered - Reading, English, Spelling, Math, Social Studies, Science, Language Arts, History, Foreign Languages, and Computer Classes. If a subject is not listed above, then the league Academic All-star representative can ask the

PYFCO Academic All-star Chairperson for a decision on whether or not the subject can be included in the calculation for the award.

The Academic All Star Committee will meet in August to discuss the process and when they will meet again to elect children into the different categories.

12. Super Bowl: The Super Bowl is an official Organization sanctioned event. The top eight teams in each division will participate in play-off games to determine the two participants for the Super Bowl game.

a. All PYFCO Board of Directors (or Proxy) will be present at Super Bowl and Play-off games to perform assigned duties. The schedule of assignments will be created by the Football Commissioners and emailed to all BOD members by the Tuesday prior to the Superbowl. All BOD members must be present during their assigned times or they will be fined \$200.

b. Only PYFCO Board of Directors and the PYFCO Treasurer may oversee money during the Super bowl.

c. In the event PYFCO is operating concessions, each team participating in the Super Bowl must provide **six (6)** concession workers and submit a list of their names. These names shall be recorded on an attendance sheet provided to the concession stand for volunteers to sign in. If six (6) workers are not provided, the League shall be required to pay **\$50.00 per missing worker** so a replacement may be secured. All such fees must be paid to the PYFCO Treasurer. If the required names are submitted but the assigned workers, or their designated representatives, fail to report at the appointed time, the League shall be charged **\$50.00 per no-show**. To verify that all assigned workers are present, the appropriate League President shall accompany their assigned workers to the designated concession stand.

d. All money collected by leagues within the PYFCO for Super Bowl Program advertisements will be turned into the PYFCO Treasurer. The Treasurer will maintain a record of the money collected from each league. At the end of the season, the individual leagues will have the option to have their advertisement money refunded to their league or have the money applied toward their league fees for the next season. PYFCO will retain 10% of the advertisement money collected per league to help offset the costs of printing the Super Bowl program.

e. SUPER BOWL ELIGIBILITY: A player must be eligible (meet all PYFCO criteria), be suited and must play in at least **50%** of scheduled Organization games. As an exception, the affected league can ask the Board of Directors for a waiver due to extenuating circumstances. Play-off games to determine Super Bowl participants are not considered scheduled Organization games.

f. Super Bowl participants (cheerleaders and football players) will receive a trophy, metal or plaque. The cost of these shall be paid by PYFCO.

13. PLAY-OFF GAMES: The top eight teams in each age division will participate in play-off games as follows:

a. The play-off games will be held on 100 yard fields with lights and goal posts. Games will be played on consecutive Saturdays. The respective leagues will have first choice at setting up the field and running the concession stand to make money for their own leagues. Host leagues will maintain the same pricing as regular season games.

b. There will be one Commissioner or PYFCO President and designated PYFCO Board members present at each play-off game field. Assignment of fields for BOD members will be set by the Commissioners office and emailed by the Tuesday prior to the games being played. Failure to complete assigned duties will result in a \$200 fine.

- c. See the bracket in Attachment 6 for the play-off breakdown.

14. Organization Scrimmages/Non-Organization Games: Coaches are encouraged to arrange additional games when feasible; primarily to permit participation of the younger and smaller players who do not play regularly in the scheduled Organization games. Both teams must be insured and verified by the Commissioners. The Commissioners **must** be notified by the league President **at least 48 hours before** Non-Organization scrimmages and games are played. The Commissioners must be notified no later than the day of the scrimmage for internal PYFCO Organization scrimmages. The league Presidents must verify compliance with PYFCO age and weight guidelines for Non-Organization teams. See Attachment 7 for the penalty.

15. T'n'T Jamboree: The PYFCO T'n'T Jamboree" is a small tribute to honor Mr. Vernon Taylor and Mr. George Teagle for all their many years of hard work and dedication to youth sports and PYFCO in particular. The Jamboree will be held on a Saturday in August of each year, before regular season play begins.

The following rules apply:

- a. All PYFCO leagues must participate by entering and having at least two teams participate in the Jamboree. Any exceptions must be voted on and approved by the Board of Directors. Any league that does not meet this requirement will be charged a \$200 fee and will not be eligible to host play-off games for the current playing season.
- b. Coaches of teams that are not in the Jamboree can attend the Jamboree but they cannot scout (videotape, take notes, etc) other PYFCO teams. Coaches in the Jamboree can videotape their own team's games but not others.
- c. All PYFCO players must be registered with a PYFCO league and placed on a PYFCO roster for that league in order to participate.
- d. All PYFCO Board of Directors (or Proxy) will be present at the Jamboree and perform assigned duties from beginning to end or will be fined \$200. Schedule of assignments will be created and emailed by the Football Commissioners office no later than the Tuesday prior to the event.
- e. Additional events may be held concurrently with the Jamboree (NFL Punt, Pass, and Kick competition, Heads Up Football clinic, etc).

IV. PLAYING RULES:

The Organization shall play under Rules of National Federation of State High School Associations (NFSHSA)/Virginia High School League (VHSL) with exception of rules listed in these by-laws and any amendments to these by-laws.

A. EXCEPTIONS TO NFSHSA PLAYING RULES:

1. **Game Field Size:** Games will be played on a standard size field, where available. The PYFCO Commissioners shall approve any exceptions. *See Flag 6U addendum
2. **80-Yard Field Penalties:** Fifteen yard penalties, by rule, are 10-yard penalties on an 80-yard field.
3. **Game Officials:** The Flag 6U games shall have 2 officials. All other games when possible, will have four game officials. In no case will there be less than three game officials.
Exception: 8U games can be started with only two officials if both league Presidents/Blue Hats agree to do so.
4. **Jersey Numbers:** Players are not required to have jersey numbers that correspond to their playing position. Uniform numbering rules regarding eligible receivers and lineman are eliminated.
NOTE: Duplicate jersey numbers are not allowed. (i.e., 0 & 00, 1 & 01, etc.)

5. Attempts for Point After Touchdown (PAT): Two points will be awarded for successful kick for a PAT and one point will be awarded for successful run or pass. The team captain for the team attempting the PAT has the option of announcing to the head referee that his/her team will kick for the PAT. In this situation, the head referee will position the ball eleven yards from the goal posts and announce to the defending team captain that the only option available to the offense is a kick for the PAT. If this option is selected, the referees will blow the play dead once the kick has failed. Once the ball is ready for play on the one-yard line, a kick is the only option for scoring the PAT. Otherwise the ball will be placed on the 3 yard line where kicking is one of several options. If the game is played on a field where no goal posts are available, the two-point conversion is dropped for that game. PAT kicks are not free kicks.

a. 8U Division PAT Exception: One point is awarded for a successful run and two points are awarded for a successful kick or forward pass, pass must cross the line of scrimmage, for a PAT. The offense must announce its intent to the referee if the kick option is selected and the referee will inform the opposing team. Once that selection is made a kick must be attempted unless there is a penalty or time out called to change the option.

6. Length of Periods: All divisions: (8U, 10U, 12U and 14U): Each quarter will have a 12-minute clock. The clock will run continuously except for injuries, charged team timeouts, delay of game and scores, except for the last two minutes of each half, when traditional timing rules apply. The Flag 6U shall have two 25 min halves with a 5 min. half time. The clock will run continuously except for injuries, charged team timeouts, delay of game and scores.

7. Game Ball: Flag 6U & 8U will use a Wilson K-2 or equivalent. 10U & 12U will use a Wilson TDJ or equivalent, 14U will use a Wilson TDY or equivalent. This is to include official rubberized balls. Footballs utilized by PYFCO leagues are not required to have the NFHS emblem. Logos are allowed.

8. Coaches on the Field: 8U teams have the option to have a maximum of two coaches on the playing field during live ball play. Coaches may cheer their team after the ball is snapped. However, the coaches on the field can't direct or coach the players either by words or motions during the execution of a play (between the start of the cadence by the quarterback and when the play ends.) See Attachment 7 for the penalty. **Coaches must be at least three yards behind the deepest official on both sides of the line of scrimmage when the ball is snapped.** The 10U, 12U & 14U divisions may have only one coach on the playing field during time-outs.

9. 8U non punts: 8U teams will not punt. All 8U teams will be given the option to either go for the 1st down or have a 35 yard walk off. When you are in a 4th down position you will be asked by the Referee and required to declared the walk off or play. Defense will be informed the decision. In the event a team is inside of the opponents 40 yd mark the walk off will then be half the distance to the goal.

10. Game Starting Times: On game day all games shall begin **no earlier than the scheduled start times**, unless otherwise agreed upon by both League Presidents (or their designated Proxies). If a League is not fielding a specific age division at the time the schedule is released, the remaining age divisions may be moved up to the preceding division's scheduled start time. In the event of a forfeit every effort will be made to adjust game times to prevent a gap in the schedule. Any team that is not ready to play within **five (5) minutes** of the scheduled start time shall be subject to forfeiture of the game. A team must have a minimum of **eleven (11) eligible players** present in order to start a game. Every effort shall be made to play the game on the scheduled day and within the scheduled time frame. Starting times for each division are listed below, and every attempt will be made to adhere to these times.

Flag/6U	8:30 am
8U	9:30 am
10U	11:00 am

12U
14U

12:30 pm
2:00 pm

The order in which the games are played may be rearranged if the two effected league Presidents agree and there has been at least one week's notice to the Commissioner's office. The exception is the Flag games which must be played at the beginning or end of each game day due to the number of Referees.

11. Down Marker Chains: Chains will be kept on the Home side of the field by the home team. At the play-offs and the Super Bowl, the chains will be kept on the Visitor side of the field by the visiting team or referees.

12. Communication/Electronic Devices: No microphones, cell phones, headset or communication and electronic devices may be **used** by any coaches or team personnel on the sidelines. ***NOTE:*** *If a cell phone must be used due to personal emergencies or work related issues the coach must leave the sideline when on the phone.*

13. Game Day Roster: On game day, the **Official Game Day Roster** MUST be utilized. This roster shall reflect the opponent and the date of the game being played that day. The roster must be marked by the League Blue Hat or Head Coach to identify players who are absent, injured, or being disciplined. Such players may stand on the sideline wearing their game-day jersey **without game pads**. Any player wearing game pads shall be considered an active player. Both teams' Head Coach and/or Blue Hat shall sign their respective Game Day Roster and present it to the opposing team for their signature. Game Day Rosters shall be exchanged no later than **halftime of the previous game or fifteen (15) minutes prior to the start of the first game**, whichever applies. After the exchange each League should have 1(one) completed copy of each team's roster. The League President, or his/her designated representative, shall submit all game-day paperwork to the PYFCO Commissioners no later than the next scheduled game day or at the next scheduled meeting following the final game. All Game Day Roster forms must be completed in **ink**, and any changes or corrections must be **initialed**. The Game Day Roster shall also include a list of individuals designated to coach on that game day. A game cannot be played without the Official Game Day rosters. **Failure to comply with the use of the Official Game Day Roster shall result in disciplinary action.**

14. Mandatory Playing Rule (All Divisions):

a. Game Day Roster: At the beginning of each game, each Blue Hat will present to the opposing Blue Hat a completed Game Day Roster (as explained above).

b. Mandatory Playing Rule (24-Point Rule): In the third and fourth quarters whenever there is a 24-point lead by one team the Mandatory Playing Rule goes into effect as described in d and e below. See Attachment 7 for the penalty for violation of this rule. If you believe the opposing team is in violation of this rule call a timeout to correct – if you are correct you will get the time out back. ***Note:*** *Coaches shall deliver to the blue hat a list of the opposing team's **impact players** at the beginning of half time up to a maximum of 11.*

c. 3rd Quarter Rule: As soon as the Mandatory Playing Rule goes into effect in the 3rd quarter the team that is ahead by at least 24 points on ensuing kickoff shall remove the **impact players** that have been designated by the opposing team. Once removed an **impact player** cannot return to the game at all unless an injury or ejection occurs that bring the team's numbers below 11 players or the lead becomes less than 24 points.

d. 4th Quarter Rule: At the beginning of the fourth quarter, if there is a 24 point lead, both teams must pull selected **impact players** as defined in the 3rd quarter rule. As long as the Mandatory Playing Rule remains in effect players chosen must not return to the game.

Note: An ***"impact player"*** is *described as a player having a dramatic effect on the outcome of the current game.* **Any coach violating this rule or caught trying to stratagem** (a clever ruse or scheme

that is designed to deceive others or achieve a goal) the system will be subject to an ethics violation complaint.

e. All Players Shall Play: All players in every league shall play at least four plays, during regulation play, per PYFCO game in the Flag 6U, 8U, 10U, 12U and 14U divisions; not including special teams. In the event the player is chosen as an impact player, this by-law shall not apply. The penalty for violation of this rule is in Attachment 7.

NOTE: *Organization Leagues may set higher number of mandatory plays but not less.*

15. Coaches' and Player's Box: The coaches' box will be from 25-yard line to 25-yard line on both the 100-yard field and the 80-yard field, regardless of the marking on the field.

16. Players Exiting Field: Players can exit through their end zones in addition to anywhere on their team's side of the field.

17. Center's Head Down: The center cannot be hit with his/her head down on all snaps of the football. Teams may line-up over the center but must rush A-Gap, No Bull rushing. Center must protect themselves once the exchange is completed (ball is touched or contacts the ground). This will be called as outlined in the NFSHSA rule book.

18. Kick-Offs: It is legal to kick from the ground for free kicks. Scrimmage kicks: must occur in or behind the neutral zone. The ball may be placed, punted, dropped kicked, etc. Place kicks: (field goals & point after touchdown) the ball must be kicked from a kicking block. When the kicking team has a 24 point lead the receiving team will get the ball at their 40 yard line, regardless of the quarter of the game. (Exception: On an 80 yard field, the ball will be placed on the 30 yard line.)

19. Players' Facemasks: Coaches are not to touch any part of players' facemasks, as this can lead to unintentional injury.

20. Overtime: A "10 yard line" overtime procedure as identified in the NFSHSA Rule Book will be utilized for each game that ends the fourth quarter in a tie. One series of downs is allowed per team. The defense cannot score. Change of possession ends a scoring drive. PAT procedures apply as in regular game play. Following the second team's drive, if the score is tied, a second series of downs will be played. The resulting score is final in regular season this shall be considered a tie. In the play off & Superbowl games overtime will continue until a winner is established.

21. Game Officials and Blue Hats: Officials shall have complete charge of the game at all times. Only coaches, team captains, Blue Hats, and league Presidents will be allowed to talk to the Officials. **Profanity, racial, or sexual comments by coaches, players, or spectators will not be tolerated.** Only White Hats can eject people for rules violations. Crowd control is the responsibility of each respective Blue Hat. Ejected adults (coaches, team parents, spectators, etc.) must leave the playing area (including the spectator area) before play can resume. Ejected players can remain on the sideline but must remove equipment (helmet and shoulder pads).

a. Presidents of leagues or Blue Hats have the right to meet with the officials prior to the start of the game day to get an understanding of how the officials will interpret the rules.

b. Head Referees must go to the sidelines when a coach requests a time-out to discuss a play or to dispute a rules violation.

c. Head Referees and League Presidents (or Blue Hats of the game) must notify the PYFCO Commissioner by telephone of all ejections with details.

d. Officials organizations are official non-voting members of the PYFCO.

e. Officials must notify coaches when players are given warnings. Once a coach or player is asked to leave the field for a "cooling off period," suspension, or for the rest of the game, that is considered an ejection by the PYFCO.

f. Each team will be represented by an adult identified as a "Blue Hat". All individuals serving as Blue Hats are acting as representatives of the PYFCO Board. Blue Hats will identify themselves to the officials and each other prior to the start of each game. Blue Hats will be knowledgeable of the rules and the intent of the rules as well as PYFCO By-laws. They are responsible to assist the White Hats whenever required. Blue Hats will be in sight of the officiating

crew and remain on the sidelines to ensure Organization objectives are met. This includes preserving the safety of all participants including the officiating crew. **Note:** *Coaches cannot serve as Blue Hats during a game in which they are coaching. Blue Hats cannot coach during a game in which they are serving as a Blue Hat. Blue Hats MUST wear their blue hat.*

g. Blue Hats are responsible for checking the original ID's of all opposing football players participating in the game being played that day. Blue Hats will fill out the Official ID Check sheet and have it with all game day paperwork to be turned in weekly. A Blue Hat **CAN NOT** check in an ID after half time has begun, track the teams playing time or pick impact players.

h. Blue Hats can be removed by the PYFCO Commissioners if not acting IAW PYFCO by-laws.

i. Officials will sign forms disclosing any "relationship" with an organization.

22. Head Coach in Control: Head Coaches must have complete control of their players and assistant coaches at all times. No unsportsmanlike conduct by the players or by their coaches will be allowed.

a. Any individual coach that receives two unsportsmanlike penalties will be ejected. When a team reaches three total unsportsmanlike conduct penalties on coaches, the head coach will be ejected on that third penalty.

23. Spectators: Each home team will establish a physical barrier 10 yards (if space allows) behind the back of the end zone and parallel to the sidelines behind the players and far enough from the playing field to prevent injury to the players. All spectators must remain behind the physical barrier. If spectators are loitering on the playing field side of this barrier, the White Hat is to stop the game and direct the Blue Hat to remove the spectators from the sidelines. Further occurrences may be grounds for delay of game penalty, unsportsmanlike conduct penalty, or game forfeiture (as determined by the PYFCO Board of Directors). Unsportsmanlike conduct by parents or spectators can result in their expulsion from the spectator areas.

24. Uniforms: All players must have full equipment on during any contact practice sessions and games. Full equipment includes the following at least: helmet, mouth guard, shoulder pads, football pants and pads, jersey, and shoes. Only tennis shoes or shoes with non-metallic cleats may be used. All padding must be covered by either a jersey or pants. Quarterbacks are required to wear their mouthpiece when calling signals. All teams must adhere to equipment rules, including outside teams playing Organization sponsored games.

a. Wrist coaches can be worn anywhere on the arm.

b. Pink towels are allowed for the month of October.

c. Eye black and wrist jewelry – first offense – warning; second offense results in a 15-yard penalty (10 yards on an 80-yard field); third and subsequent offenses will result in unsportsmanlike penalty on the head coach.

25. Water Bottle on Field: Coaches may hold a water bottle on the field for the players' use during Flag 6U & 8U games.

26. Halftime: Only photographers/videographers are allowed on the field at halftime during the cheerleaders' routines except for the cheerleaders, coaches and the team mom(s) for the respective cheerleading squads. After the cheerleaders have finished, only players, and Coaches of the game currently being played will be allowed on the field until the conclusion of the game.

27. Video Taping: No videotaping of other teams during their practices or before games; except your own teams. It is considered unethical and will be treated as such by the Football Commissioners.

a. Coaches may not review video tape or any pictures during game, to include during half-time. Reviewing game film shall be deemed unethical and treated as such by the Football Commissioners.

28. Any attempt to interfere with or influence an official's decision to eject or disqualify a player or coach will result in a complaint to be filed by the head official and could lead to disciplinary actions.

29. Violation of Rules: A violation of any by-law contained herein may subject a league, team or individual to any one or all of the following penalties to be levied:

- a. Suspension, expulsion, ineligibility, disbarment or probation of coaches or players.
- b. Forfeiture of game or games.
- c. Disqualification from competing or taking part in any playoff game.

B. USA FOOTBALL ADDITIONS:

1. Contact Fouls:

a. All facemask fouls result in a 15-yard penalty on a 100-yard field; 10-yard penalty on an 80-yard field. (there is no five-yard option for grasping but not twisting or pulling the facemask).

2. Penalty Enforcement:

a. Pass interference against either team results in a 15-yard penalty enforced from the previous spot on a 100-yard field; 10-yard penalty on an 80-yard field.

C. PYFCO POINTS OF EMPHASIS (for current season):

- a. Have Officials focus on leading with the head.

V. RULES AND ETHICS COMMITTEES: As required, the President, or his/her designee shall organize and chair this committee. This Committee will only hear appeals of decisions rendered from the Commissioners office.

A. Rules: Committee shall function to hear and adjudicate Rule determination appeals arising from rulings made by the Commissioners. The Committee shall act as the Appellate authority for any aggrieved party(ies).

The decision of the Committee shall be rendered by secret ballot and final without the ability to appeal.

The PYFCO President, or their designee, shall serve as Chair of the Committee. The Chair shall have the authority to:

- Field questions from all parties,
- Review applicable by-law procedures for accuracy,
- Evaluate and determine the admissibility and relevance of evidence presented.
- Video will not be reviewed to overturn a Referee decision. Referee Judgement calls will not be reviewed.

If, during the review process, the Committee determines that procedures were improperly applied, a situation was wrongly adjudicated, or any party improperly influenced the Commissioners' ruling, the Committee shall have the authority to overturn the Commissioners' decision by consensus of the Committee members.

The Committee shall consist of the Commissioners and three (3) additional Organization members who are not involved in the dispute. All Committee members must:

- Have no vested interest in the outcome of the appeal,

- Not stand to benefit from any potential decision,
- Cast a vote. Abstentions shall not be permitted.

The Commissioners shall have no voting privileges. They shall serve in the capacity of Prosecutor in relation to the disputed matter. Decisions by the Rules Committee shall be final.

B. Ethics: Ethics charges may be levied for conduct deemed to constitute “bad behavior.” Any League administrator, coach, player, or parent who engages in unethical practices—including, but not limited to, personal misconduct, flagrant poor sportsmanship, inappropriate online rhetoric, knowingly providing false information, or misrepresentation by word or deed—shall be subject to disciplinary action as determined by the PYFCO Commissioners.

Corrective action may include, but is not limited to:

- Formal reprimand,
- Suspension,
- Dismissal from administrative or coaching responsibilities for the remainder of the playing season,
- Extended suspension or removal for a period deemed appropriate by the Commissioners.

Any Ethics disciplinary decisions rendered by the Commissioners may be appealed to the PYFCO Ethics Committee in accordance with established appeal procedures. Decisions by the Ethics Committee shall be final with the exception of permanent removal from PYFCO.

The Commissioners shall have no voting privileges. They shall serve in the capacity of Prosecutor in relation to the disputed matter.

Any decision resulting in the permanent removal of a team from PYFCO shall be approved by the PYFCO Board of Directors.

1. Corrective Action: Corrective action shall be mandated by the PYFCO Commissioners only after the offending member’s League has failed to demonstrate the ability to correct the issue. The Commissioners shall determine whether such corrective ability has been sufficiently demonstrated.

Notwithstanding the foregoing, if the PYFCO Executive Board determines that the actions of the party or parties in question are so flagrant as to warrant immediate intervention, the Commissioners shall have the authority to act independently of the League involved.

If the involved League fails to demonstrate, in writing, its corrective action plan to the PYFCO Commissioners within forty-eight (48) hours of notification of the violation, the Commissioners shall levy appropriate disciplinary action.

In the event the offending member’s League elects to appeal the Commissioners’ ruling, a Rules or Ethics Committee shall be impaneled in accordance with the procedures outlined above. The Committee shall include designated PYFCO Board of Directors members, as identified in Attachment 8, who are not involved in the dispute.

The PYFCO President shall:

- Contact Committee members via email and telephone (call and/or text);
- Notify all PYFCO Officers of the time, date, location, and purpose of the meeting.

The Ethics Committee may impose any penalty deemed appropriate, short of team expulsion from PYFCO.

Team Expulsion: Any Committee recommendation for Team expulsion must be submitted to the PYFCO Board of Directors for final approval within seventy-two (72) hours. The PYFCO Board of Directors shall convene prior to the next scheduled Saturday PYFCO game.

The offending teams league shall be afforded the right to appear, represent itself, and present witnesses on its behalf.

Required participants at the expulsion hearing shall include:

- The accused individual(s),
- The offending teams League President,
- The Commissioners, and
- The PYFCO President.

No abstentions shall be permitted during any vote taken by the PYFCO Board of Directors.

The PYFCO Board of directors shall render its decision immediately following deliberation and shall immediately report its findings to the affected parties. The PYFCO President shall provide written notification of the decision to the affected League President.

Official meeting minutes shall be prepared and approved by the PYFCO President and Secretary. No electronic notifications shall be issued regarding ethics-related findings.

All findings shall become effective immediately upon decision of the PYFCO Board of Directors.

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- a.** Any and all appeals must be reported to Commissioners within 48 hours of decision. While the decision is under appeal, the original decision will be enforced.

NOTE: *There is no “off season” for members of the PYFCO Board.*

2. Censured Member: If a censured member continues to participate in Organization games, his/her team shall forfeit any and all games in which he/she participates (**as determined by the PYFCO Board of Directors or the PYFCO Commissioners.**)

3. Coach Ejection: If a coach is ejected from a game, he or she shall be required to:

- Sit out all team practices for one (1) week from the date of the ejection; and
- Sit out the next scheduled and played Organization game;

The coach shall not participate in any capacity within PYFCO during this period.

In the event an appeal is filed, the coach may continue to participate in practices and games until the appeal is heard and a ruling is rendered.

If the ejection is upheld, the penalty shall begin immediately upon issuance of the ruling. The coach shall then serve the required one (1) week suspension from practice and sit out the next scheduled game.

If the ejection occurs during the final game of the season, the penalty shall carry over and be enforced at the beginning of the following season.

4. Multiple Ejections If a coach is ejected more than once during a single season, he or she shall be required to appear before the Ethics Committee. The Committee may impose additional disciplinary action, including permanent suspension from coaching duties within PYFCO.

*Please note any coach who is assessed two (2) unsportsmanlike conduct penalties during a game shall be automatically ejected from that game.

If a Coaching Staff collectively accumulates three (3) unsportsmanlike conduct penalties during a game, the Head Coach shall be ejected from the game.

Notwithstanding the foregoing, the White Hat Referee shall have the authority to determine that an unsportsmanlike conduct penalty is sufficiently flagrant to warrant immediate ejection of a coach upon the first offense.

5. Suspension Appeals Any coach suspended shall have the right to appeal the suspension to the Ethics Committee through his or her League President.

Only a League President shall have the authority to file an appeal on behalf of his or her League, or on behalf of any participant or coach registered within that League. Individual participants, coaches, parents, or administrators do not have the ability to file an appeal independently. The PYFCO President shall be responsible for convening the Rules/Ethics Committee to hear the appeal and render a ruling based upon the evidence and testimony presented by all parties involved.

An appeal fee of five hundred dollars (\$500.00) shall be required at the time the appeal is filed.

4. Player Ejection: If a player is ejected from a game, he must sit out the following scheduled and played Organization game. The player can be on the sideline, but cannot wear a helmet or shoulder pads. The player can continue to practice with his/her team. League Directors may appeal player ejections to the PYFCO Football Commissioners Office, or his/her designee, if they feel the player is being treated unfairly by an interpretation of a rule. The PYFCO President is responsible for convening a meeting of the Rules/Ethics Committee to hear the appeal. The appeal fee is \$500.00.

VI. GAME PROTESTS/APPEALS: Any protest and/or appeal must be accompanied by a \$500.00 fee in order to be considered. The protest fee cannot be waived. The fee can be brought to the Committee meeting. Protest procedures must be followed or the protest is invalid. *NOTE:* All protests/appeals must be reported to Commissioners within 48 hours of game.

A. PROTEST PROCEDURE: *Can not be about an individual's character. It must be about what the individual did at that particular moment, nothing else.* Protests may only be based on rules or by-law violations.

1. In the event a dispute arises at a ball game, the Head Coach must notify his Blue Hat. The Blue Hats of both teams and the White Hat shall try to resolve the dispute at that time. Blue Hats' decisions cannot affect the eligibility of a player with the only exception being jersey number changes. They cannot allow ineligible/illegal players to participate in any games. In the event the dispute cannot be resolved at that time, then and only then, can the game be protested. The protesting team's Blue Hat must notify the White Hat and the opposing Blue Hat that the game is being played under protest. All protests must be lodged while the game is being played. In the event that the protest is based on the last play of the game, the league has until the next game starts to let the White Hat and the opposing Blue Hat know they are protesting the game. If the protest is lodged on the last game of the day, the league has 15 minutes after the game ends to lodge the protest.

The President of the protesting league and the Chief Referee (White Hat) must notify the PYFCO Commissioners immediately if a game is played under protest or potentially going to be officially protested. **The protesting league has 48 hours to let the Commissioner's office know if they are officially moving forward with the protest. That 48 hours shall begin at 6:00pm on the day of the game in question.**

2. The Commissioners shall review the information and process to determine if the protest procedure has been followed. They shall then answer both parties involved and the PYFCO President in writing with a written or verbal ruling within 48 hours of receipt of the official protest. If the Commissioner rules in favor of the protesting party, the \$500.00 protest fee will be refunded. Otherwise, the \$500.00 will be considered a non-refundable fee.

3. If an appeal should arise from a ruling by the Commissioners, the appellate process of the Rules/Ethics Committee shall take effect. The initial \$500 protest fee shall also cover the appeal.

4. Only the President of a league may request an appeal hearing.

5. The PYFCO President, upon receipt of a request for an appeal and the \$500.00 fee, if not previously paid, shall call a meeting of the Rules/Ethics Committee by Thursday following the protest to hear said appeal. Representatives from each party involved in the dispute will be present at the meeting.

6. All appeals must be argued by the respective league's President. Under no circumstance shall a parent in that capacity be allowed to bring forth and argue an appeal alone. This further reinforces the respective league's President's decision is final.

7. Only two (2) speakers for each team may present protests or appeals. These speakers are limited to 5 minutes each, including audio/video review time. Video will not be reviewed to overturn Referee calls but may be viewed for other issues as determined by the Rules/Ethics Committee.

8. The Blue Hats of the game being protested must be at the Rules/Ethics Committee meeting for questioning by the committee. The Blue Hats are present in addition to the two representatives for the teams involved. The White Hat of the game will be strongly encouraged to attend the Rules/Ethics Committee meeting.

9. The decision of the committee shall be reached by democratic vote.

10. The committee's decision shall be shared with all PYFCO BOD members in a closed meeting and entered into the record (minutes) of the next meeting for future reference. The PYFCO Secretary will keep written decisions from protest/appeal hearings on file.

11. In the event that the Rules/Ethics Committee is unable to field an appeal within the allowed time, the Commissioners' original ruling will stand with no further recourse.

ATTACHMENT 1 – EQUIPMENT OWNED BY PYFCO

Any items purchased with PYFCO funds remain the property of PYFCO.

Laptop

Digital Scale and calibration weights (2)

Coolers (3)

Voice Recorder (1)

ATTACHMENT 2 – PYFCO EXPENSES FORM

MILEAGE FOR TRAVEL OR COST REIMBURSEMENT

FOR ITEM: _____

COST: _____ RECIEPT: _____ DATE: _____

MILEAGE FOR COMMISSIONERS/PYFCO PRESIDENT

DATE: _____ START: _____ END: _____ TOTAL MILES: _____

DATE: _____ START: _____ END: _____ TOTAL MILES: _____

DATE: _____ START: _____ END: _____ TOTAL MILES: _____

DATE: _____ START: _____ END: _____ TOTAL MILES: _____

DATE: _____ START: _____ END: _____ TOTAL MILES: _____

DATE: _____ START: _____ END: _____ TOTAL MILES: _____

DATE: _____ START: _____ END: _____ TOTAL MILES: _____

DATE: _____ START: _____ END: _____ TOTAL MILES: _____

DATE: _____ START: _____ END: _____ TOTAL MILES: _____

DATE: _____ START: _____ END: _____ TOTAL MILES: _____

TOTAL MILES USED: _____

2026 PYFCO ETHICAL STANDARDS

By action of the Peninsula Youth Football and Cheerleading Organization (PYFCO), all coaches and board members are asked to abide by the following standards in order to preserve the quality and spirit of youth football. Please review these standards carefully as they represent the basic code of conduct we wish to display to the players, parents, fellow coaches, community members and board members.

- ◆ I will maintain emotional control and demonstrate respect for athletes, officials, coaches, directors, parents and community members.
- ◆ I will comply with the Rules and Regulations governing the PYFCO and the game.
- ◆ I will make maintaining the safety and welfare of the players more important than winning.
- ◆ I will not seek out any unfair advantages by teaching deliberate unsportsmanlike behavior (i.e. faking of injuries, intentional injury to opposing players, taunting, or illegal play tactics.)
- ◆ I understand that it is unethical to recruit players from other PYFCO leagues.
- ◆ I will avoid any contact that may be perceived as physically or verbally abusive.
- ◆ I will fairly distribute my coaching time and efforts to all players regardless of skills.
- ◆ I will not practice, condone, ignore, or promote any form of discrimination.
- ◆ I will not use alcohol, drugs to include marijuana, or vaping at any PYFCO practices or games.
- ◆ I will not use tobacco products in the immediate vicinity of children or playing field.
- ◆ I will learn and utilize the necessary first aid principles needed to treat injuries.
- ◆ I agree to resign my volunteer efforts with PYFCO if I cannot support these basic guidelines or perform my youth volunteer responsibilities in the manner prescribed herein.
- ◆ I will not make negative comments about players, coaches, officials, BOD members or any PYFCO teams on any form of social media.

By signing this form, I agree to abide by the PYFCO By-laws and Ethical Standards.

Printed Name

League/Team

Signature

Dat

ATTACHMENT 4 – 2026 PYFCO PARENT/GUARDIAN CODE OF ETHICS & BEHAVIOR FORM

Code of Ethics:

I hereby pledge to provide positive support, care, and encouragement for my child participating in youth sports by following this Parents' Code of Ethics:

I will encourage good sportsmanship by demonstrating positive support for all players, **coaches**, and officials at every game, practice, or other youth sports event.

I will place the emotional and physical well-being of my child ahead of a personal desire **to win**.

I will make every effort to ensure that my child play in a safe and healthy environment.

I will require that my child's coach be trained in their responsibilities as a youth sports coach and upholds the Coaches' Code of Ethics.

I will support coaches and officials working with my child, in order to encourage a positive enjoyable experience for all

I will remember that the game is for youth - not for adults.

I will remain positive on all Social media platforms and not speak negatively about Coaches, Players, Referees or any volunteer within any PYFCO organization.

I will do my very best to make youth sports fun for all children.

I will ask my child to treat other players, coaches, fans, and officials with respect regardless of race, sex, creed, or ability.

The Peninsula Youth Football & Cheerleading Organization (PYFCO) has the right to implement rules and policies deemed necessary to ensure smooth management and integrity of the football and cheerleading program.

1. ***Attendance in School:*** Any player absent from school should not be taking part in practice sessions/games. Head Coaches and parents will judge individual cases, and participating in a practice or game will be up to the discretion of the parent/guardian.
2. ***Registration/Medical Forms:*** Each athlete must have a signed parental consent form on file in order to participate. It is suggested that all athletes are required to have medical approval prior to the first practice of the season.

PYFCO Behavior Rules:

1. Smoking, using smokeless tobacco, drinking alcoholic beverages and/or using drugs or narcotics of any kind is not permitted during any PYFCO sponsored events.

2. The following behaviors are unacceptable:

- a. Any adult who: 1) verbally abuses; 2) attempts to intimidate; 3) is flagrantly rude, or, 4) cannot control their language or actions with an official, coach, PYFCO volunteer or other spectators will be asked to vacate the area.
- b. Any adult that commits a second similar offense will be banned from PYFCO events and their child/children are subject to be removed for the remainder of that season pending a decision by PYFCO Board of Directors. The sponsoring organization may refund a pro-rated portion of the registration fee minus jersey or equipment cost.
- c. Any adult who physically assaults an official, coach, PYFCO volunteer or other spectator will be banned from PYFCO and their child removed from the program for one year from the date of the offense. The child/children may not participate in any association in PYFCO during the sanction period. After one year, the parent may apply for re-instatement of his or her child. Any time the adult commits a similar offense, he or she will be permanently banned from PYFCO along with their children. The term physical assault includes, but is not limited to, hitting, slapping, pushing, spitting, kicking or striking in any way with any part of the body or any physical implement.

League Name: _____

Name of Child/Children: _____

Agreed to by Parent/Guardian:

(Signature) (Print Name) (Date)

Witnessed by League Representative:

(Signature) (Print Name) (Date)

ATTACHMENT 5 – PYFCO PLAY-OFF BRACKET

In the first series of play-off games, the first seeded team in each age division will play the Eighth seeded team in each age division. The Second seeded team in each age division will play the Seventh seeded team in each age division. The Third seeded team will play the Sixth seeded team and the Fourth seeded team will play the Fifth seeded team. The winners of this play-off series will advance to the second series of play-off games. For the second round of play-offs, the Highest remaining seeded team will play the lowest remaining team and the Second highest remaining seed will play the second lowest seeded remaining team.

The two winning teams will be the Super Bowl participants.

ROUND 1	ROUND 2	SUPERBOWL	CHAMPION
Seed 1 _____	<u>Highest seed remaining</u>		
Seed 8 _____		<u>Superbowl participate</u>	
Seed 2 _____	<u>Lowest seed remaining</u>		
Seed 7 _____			<u>SUPERBOWL CHAMPION</u>
Seed 3 _____	<u>Second highest seed remaining</u>		
Seed 6 _____		<u>Superbowl Participate</u>	
Seed 4 _____	<u>Second to the lowest seed remaining</u>		
Seed 5 _____			

ATTACHMENT 6 - PENALTIES

III.L.14. Organization Scrimmages/ Non-Organization Games:

- For the first offense, the league President will handle the offense and report in writing the actions taken to correct to the PYFCO President.
- For the second offense, the league will be assessed a \$200 fine and the league President will address the situation to the PYFCO Board of Directors.

IV.A.8 Coaches on the Field:

- For the first offense, the penalty for violation of this rule is illegal procedure resulting in a 5 yard penalty.
- For the second or excessive violation of this rule, it will result in a 10 yard penalty.

IV.A.14.C Mandatory Playing Rule (24-Point Rule): Failure to adhere to the 24-point rule IAW these by-laws will result in the following penalties:

- For the first offense, a 10 yard penalty will be assessed.
- For the second offense, an unsportsmanlike penalty will be assessed against the head coach.

IV.A.14.g All Players Shall Play:

- For the first offense, the head coach will be suspended for 2 games & game forfeiture.
- For the second offense, the head coach will be suspended for 4 games & game forfeiture.

IV.A.24.C Uniforms – Eye Black and Wrist Jewelry:

c. Eye black and wrist jewelry – first offense – warning; second offense results in a 15-yard penalty (10 yards on an 80-yard field); third and subsequent offenses will result in an unsportsmanlike penalty on the head coach.

IV.B. USA FOOTBALL ADDITIONS:

1. Contact Fouls:

All facemask fouls result in a 15-yard penalty on a 100-yard field; 10-yard penalty on an 80-yard field. (there is no five-yard option for grasping but not twisting or pulling the facemask).

2. Penalty Enforcement:

a. Pass interference against either team results in a 15-yard penalty enforced from the previous spot on a 100-yard field; 10-yard penalty on an 80-yard field.

ATTACHMENT 7 – RULES & ETHICS COMMITTEE MEMBERS - 2026

January

Grafton Tabb President – Ron Hiser
Williamsburg President – Amanda Wilbourne
South Hampton – Louis McLeod

February

Tidewater President – Criszon Courtney
York Seaford President – Luis Medina
Bennetts Creek – Reshawn Orr

March

Va Eagles President – Asa Jenrette
Back River President – Derek Whiteside
Grafton Tabb President – Ron Hiser

April

Hampton Roads President – Derrick Wright
Windsor – Jeremy King
Smithfield President – Derek Boone

May

Tri Citi President – Marcellus Harris
Gloucester President – Damian Broughman
East End President – Richard Ruffin

June

Community Bron. President - Donald Sullivan
York Seaford President – Luis Medina
South Hampton President – Louis McLeod

July

Williamsburg President – Amanda Wilbourne
Tidewater President – Criszon Courtney
Va Eagles President – Asa Jenrette

August

Bennetts Creek President – ReShawn Orr
Hampton Roads President – Derrick Wright
Windsor President – Jeremy King

September

Smithfield President – Derek Boone
Tri Citi President – Marcellus Harris
Gloucester President – Damian Broughman

October

East End President – Richard Ruffin
Community Bron. President – Donald Sullivan
Grafton Tabb President – Ron Hiser

November

Tidewater President – Criszon Courtney
York Seaford President – Luis Medina
Bennetts Creek President – ReShawn Orr

December

Tri Citi President – Marcellus Harris
Williamsburg President – Amanda Wilbourne
South Hampton President – Louis McLeod

ATTACHMENT 8 – 6U (FLAG)

2023 PYFCO Flag Football rules

NFL flag football rules will be followed except the following

Game set up:

- Game Field is 30 yards wide by 50 yards long and should be played from 50-yard line to the endzone but maybe adjusted to middle of the field if home teams wished to set that way. Game field will start at 8:30 and game field should be set up no later than 8:15
- Game will have two 25 min. halves
- Each game will have a 3 min. halftime
- There will be 25 sec. game clock
- Five-yard penalty for delay of game
- Each team gets a 20 sec. timeout for each half.
- The clock only stops for injury
- Each game will have 2 referees.
- Football Size- K-2
- Two coaches are allowed on the field during play
- All kids must play 4 downs and every player must wear their jersey.

Player Equipment

- Uniform - Every player will have a team jersey/shirt with the same specifications as a Mites jersey regarding name and numbers. The jersey must be tucked in at all times. Shorts/Pants cannot have belt loops or pockets.
- Helmets – all players must wear a soft shell helmet designed for flag football
- Flags - Flags belts must be Sonic Pop Flags (no Velcro) with two flags. Flags are to be worn one on each hip of the player. Flags cannot be tied, wrapped, or tucked around the flag belt. Flags must be clearly visible to the defending players. Flags must not be the same color as the players shorts/pants. Flags must be at least 16 inches in length.
- Shoes-Cleats are mandatory and should be the same specifications as youth tackle football

- Protective Equipment- Mouth guards are mandatory and should be the same specifications as tackle football except the mouth piece should not have any strings or lanyards attached. Players may tape their forearms, hands and fingers. Gloves, elbow and knee pads are allowed.
- Jewelry- Players must remove ALL jewelry such as watches, earrings, rings, necklaces and any other jewelry.

Game Play:

- Each series will start from the 2-yard line. The first down marker will be at mid field. A team has three downs to make a 1st down or score. If they reach the 1st down marker, they get another three downs to score. There is only one 1st down per series. If there is a turn over on downs the opposing team will start their series from their 2-yard line. (except for interceptions)
- Overtime will be 3 plays from mid field and both teams will get the ball
- Fumble -The ball will be marked dead and considered a down of play at the place where the ball touches the ground. Unless the ball falls forward giving the offensive team an advantage. Then ball is placed at the spot of the fumble.
- Interceptions can be returned until the intercepting team flags are pulled, they fumble, penalty, step out of bounds or a touchdown. Upon interception the ball remains live until the intercepting players flag is pulled or he/she runs out of bounds. The ball is downed at that point and the intercepting team begins play at that spot of the ball. (Not back to the 2nd yard line)
- There will be no punting.

Offense

- The ball may be snapped by either: The center may turn and hand the ball to QB, Under center snap or Shotgun.
- Blocking - Offensive lineman can screen or shield block only. No intentional contact. After the ball has past the line of scrimmage all offensive players are not allowed to screen or shield block or in any way impede the defensive from 'downing' the ball. There is no blocking downfield
- Quarterback and center sneaks are not allowed.
- Running - There will not be a no run zone. Quarterback can run once he hands the ball off. If a runner gets possession of the ball with only one flag, no flags, or knocks his/her own flag off it's a dead ball at the spot. The ball is spotted where the runner's feet and hips are not where the ball is. Runners may not leave their feet to advance the ball. Diving, leaping, or jumping to avoid a flag pull is considered flag guarding. Spinning is allowed.
- Receiving - All offensive players are eligible ball carriers and receivers. Quarterback must have full possession of the ball before center becomes eligible receiver. Quarterback must handoff ball or throw a lateral pass before he/she is eligible. A player must have at least one foot in bounds when making a reception. If a player catches the ball after their flag has fallen off, the

ball is dead at the spot of the catch. The ball is spotted where the receiver's feet and hips are not where the ball is.

- Motion -Only one player may be in motion when the ball is snapped. All other players must be set for one second prior to the snap of the ball. 5 yd penalty

Defense

- Defensive line of scrimmage is one yard away in front of the ball.
- No defensive player may line up directly across from the center (no nose guard).
- Players who blitz should be **7 yards from line of scrimmage**. Once the ball is handed off all players can rush.
- Avoid Contact - It is the defensive rusher's responsibility to avoid contact with the offensive linemen shielding or screening. The ball carrier may not be pushed or shoved out of bounds. Tripping or using the leg to stop an offensive player is not allowed.
- Flag/Ball Stripping - Defenders may not intentionally pull an offensive players flag, other than the ball carrier. Defenders may not intentionally strip or pull the ball from the ball carrier arm.
- Defenders who remove the flag should immediately hold the flag above his/her head to assist the official in locating the dead ball spot. Then immediately give the flag back to the player it belongs to.

Scoring

- Touchdown= 6 Points
- Point after Touchdown-Ball placed at the 5 yard line
- One point-offensive team runs the ball in. Two point- Offensive team throws the ball across the goal line.
- Hips and feet with both flags must cross the goal line
- Safety = Turnover on Downs.

PENALTIES

All penalties are assessed from the line of scrimmage. Except where noted.

- Unsportsmanlike Conduct (From trash talking, taunting, tripping etc.) - 10 yards enforced from the line of scrimmage.

Defense

- Off-sides - 5 yards and repeat down
- Illegal Rushing (start rushing from inside 7-yard buffer) - 5 yards and repeat down

- Illegal Flag Pull (before player has ball) - 5 yards
- Illegal Contact (holding, pushing, stiff arming, tackling, improper blocking, & clipping) - 10 yards and automatic first down
- Interference - 10 yards

Offense

- Illegal Motion - 5 yards and replay down
- Illegal Forward Pass - 5 yards and replay down
- Flag Guarding – dead ball at point of infraction
- Offensive Pass Interference (Illegal pick play, pushing off/away defender) - 10 yards and loss of down

Notes:

- Any coach or parent who curse or threatens a player or ref will be removed after 1st warning.
- Any coach caught cheating will cause his team to forfeit

During the match, all spectators must be located across from the teams. Absolutely no spectators are allowed with the teams or behind the goals. No sideline coaching is allowed from the spectators. Spectators, players, and coaches are not permitted behind the goal lines. All players, coaches, and spectators must remain a minimum of 10 feet away from the sideline to allow the players and referees room to see and maneuver

ATTACHMENT 9 – COACHES CHANGING LEAGUES

The following is the criteria for coaches to receive a wavier to move between two PYFCO associations. This criterion will be added to the by-laws and shall remain in place for a period of 3 years. It cannot be challenged or altered in any way until the Fall 2028 by-law review.

1. The Coach that is attempting to move to another organization must be in good standing with his previous league. He cannot owe money, equipment, or anything to the previous league.
2. The Coach attempting to leave must have extenuating circumstances as determined exclusively by the PYFCO Executive BOD
3. The Coach attempting to move to a new Association must have not had any disciplinary action taken against him the previous 2 years. This includes but is not limited to Ejections, Suspensions or disciplinary action from the Commissioner's office. This also includes internal discipline from the previous league.
4. The Association which accepts the Coach shall be banned from accepting Football Players & Cheerleaders at every level from the Coaches previous Association for a period of 2 years. This is to include a minimum of 2 Fall seasons.
5. Any league found to have allowed coaches from another league to coach prior to being granted the waiver to move will be banned from accepting those Coaches. Also, further disciplinary action may take place if it is deemed necessary.
6. All coaches who move to another league, unless granted a waiver, must sit out forl year, to include a full Fall season. They are no longer allowed to hold any position within the new league. They will not be permitted on the association's sideline during game day in any capacity. I.E. Blue Hat, Water Boy, Team Dad
7. All wavier request must be forwarded to the Executive Board no later than 31 days before the 1~ game of the season.

Process:

In the event a team decides to accept a Coach that coached within PYFCO the previous Fall season, they must follow the following process.

1. Prior to the Coach taking the field, practice, or a game/scrimmage, you must contact the Commissioner's office in writing, email, to inform them of the request for a waiver. (31 days prior to the ~ game of the season.)

2. The Commissioner's office will reply within 5 business days to gather information. This is to determine if this Coach meets the criteria. The Commissioners office shall also inform the losing league and determine if that Coach owes them anything. They shall also review the reason for the extenuating circumstances.

3. The Executive BOD will work diligently to let the gaining league know within 10 business days if the move is approved. In the event the Executive BOD cannot reach the parties needed for the determination this timeframe shall be extended.

4. If the move is not approved the Executive BOD shall inform the league as the reason for denial.

This criterion does not apply to coaches who coach in the Spring, PYFCO events or any between season activities.