



# OFFICIAL RULE BOOK

<b>ARTICLE I STATEMENT OF PRINCIPLES</b> .....	<b>4</b>
Section A. Objective .....	4
Section B. Specific Purpose .....	4
Section C. Division Frame Work.....	4
Section D. Chapter Duties .....	4
Section E. Terminology.....	4
<b>ARTICLE II PLAYER ELIGIBILITY</b> .....	<b>4</b>
Section A. Must be an Amateur .....	4
Section B. Certification .....	5
Section C. Insurance .....	7
Section D. Team Composition .....	8
<b>ARTICLE III ATHLETIC DIRECTORS, COACHES AND TEAM OFFICIALS</b> .....	<b>8</b>
Section A. Eligibility .....	8
Section B. Responsible Team Official.....	9
Section C. Coaching Ethics .....	9
Section D. Acts of Disbarment.....	10
<b>ARTICLE IV PLAYING FIELDS AND EQUIPMENT</b> .....	<b>11</b>
Section A. Field Specifications and Requirements .....	11
Section B. Official Ball .....	12
Section C. Minimum Equipment Requirements .....	13
Section D. Care of Equipment.....	15
<b>ARTICLE V CONDITIONING AND PRACTICES</b> .....	<b>15</b>
Section A. Conditioning and Practices.....	15
<b>ARTICLE VI SCHEDULING OF SEASON AND POST SEASON GAMES</b> .....	<b>16</b>
Section A. SYFL Scheduling.....	16
Section B. Non-Franchised Teams .....	16
Section C. Scrimmages .....	17
<b>ARTICLE VII GAME REGULATIONS</b> .....	<b>17</b>
Section A. Home Chapter Requirements.....	17
Section B. Weigh-Ins .....	17

Section C. Playing Rules ..... 19

Section D. Mandatory Play Rules..... 21

Section E. Scouting Rules ..... 23

Section F. Spotting Rules ..... 24

Section G. Cell Phones ..... 24

**ARTICLE VIII RULES AND VIOLATIONS ..... 24**

Section A. Appeals..... 24

Section B. SYFL Authority ..... 24

Section C. Penalties ..... 25

**ARTICLE IX GAME OFFICIALS ..... 25**

Section A. SYFL Games ..... 25

Section B. Protests ..... 26

**ARTICLE X SYFL CHAMPIONSHIPS ..... 26**

Section A. Location..... 26

Section B. Officials ..... 26

**ARTICLE XI SYFL CHEERLEADER RULES ..... 26**

# **ARTICLE I**

## **STATEMENT OF PRINCIPLES**

### **SECTION A. OBJECTIVE**

The objective of the SYFL is: to give kids, regardless of race, color, creed, or economic background the chance to learn the values of hard work, discipline, team work through football; to bring communities together through a common interest in sports, promoting fair play and fellowship; to teach the game elements promoting safety, enjoyment and healthy competition.

### **SECTION B. SPECIFIC PURPOSE**

1. To acquaint the players with the fundamentals of the game rules, and proper techniques for passing, running, kicking, blocking and tackling, with the assistance of the Snoop Youth Football League.
2. To teach, through the game, sportsmanship, teamwork, discipline, hard work, and commitment.
3. To promote safe play by following the teachings of the NFL's Play Safe program.

### **SECTION C. DIVISION FRAME WORK**

The SYFL will consist of six divisions: Future League, Jr. Clinic, Sr. Clinic, Jr Pee Wee, Pee Wee, and Jr. Midget. Each team so classified must do so in accordance with the requirements as set forth in this rule book.

### **SECTION D. TERMINOLOGY**

1. Use of the term "SYFL" in this rule book refers exclusively to the Snoop Youth Football League.
2. Use of the term "team" refers to a team franchised by SYFL under such rules and regulations as are contained in the League's By-Laws.

## **ARTICLE II**

### **PLAYER ELIGIBILITY**

#### **SECTION A. MUST BE AN AMATEUR**

1. Definition of an amateur sportsman: one who engages in sport solely for the pleasure and physical, mental or social benefits

he derives from and to whom sport is nothing more than an advocacy.

2. To be an amateur under SYFL football rules;

a. Players/Cheerleaders cannot play for monetary benefits such as cash, merchandise, or any compensation.

b. Players/Cheerleaders cannot compete under an assumed name or compete on any outside tackle football team during the same season.

**SECTION B. CERTIFICATION**

**1. AGES AND WEIGHT**

Age	Future	Jr. Clinic	Sr. Clinic	Jr. Pee Wee	Pee Wee	Jr. Midget
5-6	55-112					
7-8		50-122				
9-10			50-132			
11				50-142	95 - unlimited	
12					95 - unlimited	115 - unlimited
13-14						90 - unlimited

**NOTE:** Player age is as follows:

1. Player’s age on July 31<sup>st</sup>, will be his playing age for that season..

2. NO ADDITIONAL WEIGHT ALLOWANCE - Official weight must be met at each game. Due to the unlimited weight adjustment.\*\* see chart for weight to certify on game day, no equipment allowance will be granted.

3. Only Jr Pee Wee through Jr Midget (ages 10-13) have the option (at the coaches discretion) to “play up” one division. NO Player can play down. Based on team size there will be a cap for the season.

4. PHYSICAL REQUIREMENTS - No player shall be registered or certified if he has not attained and does not sustain a sound physical condition. The attainment of a sound physical condition shall be attested to by a duly qualified Physician on the proper SYFL form which shall remain on file with SYFL. No player is permitted to enter into any type of physical training without first

obtaining health certification.

5. CERTIFICATION FORMS – Each chapter must log into the SYFL roster program. Each team must have on file a completely filled out computer generated copy of a player’s season contract for each player who is certified. The roster program is to be furnished by SYFL.

6. CERTIFICATION - (a) Certification of all players will be conducted by the Commissioner’s office of SYFL. Certification time of a “Team” is defined as, team paperwork submitted and stamped by SYFL. Any individuals not present at time of completion of paperwork will be referred to make up date. (b) Procedure, time and place will be given to the teams no earlier than two weeks prior to Certification Day. The certification procedure will include a clear description of how players are to be dressed during certification weigh-in. Such certification dress code will apply to all players. During the certification procedure, players will dress in underwear, gym type shorts, and T-shirts only; no shoes, no socks, no hats. This certification dress code applies to all players. All Certification paper work must be completed two weeks prior to Certification Day. (c) Once a team has been processed through the Certification procedure on Certification Day, only fully certified players may participate in practice or scrimmages . Participation of players not fully certified is limited to conditioning drills only. Once Certification Day has passed, no player may wear their equipment until they certify. (Practices, scrimmages and games). (d) The certified team roster shall be submitted by the team with sufficient copies to satisfy the requirements of SYFL. (a) Proof of player’s age must be presented at the time of certification. Proof of age is satisfied by submittal of any of the following: (1) Birth Certificate (2) Passport or immigration Visa. (3) Letter from school the player is attending, attesting to the date of birth of the player, by his full name, including the names of player’s parents, that is being carried on the school records. This letter is to be on school stationery and signed by the principal, vice-principal, counselor, or registrar of the school. The letter must be dated and come with the photo of the student referenced. (e) All players must have a picture I.D. to be taken by SYFL and to be placed in the team contract book as part of the certification requirement. Players that do not have a picture I.D. by the third (3) game, will not be

allowed to play. (f) All players Must present an original current school identification card on certification day in order to certify. All players Must present an original current school identification card on certification day in order to certify

7. TRANSFERS – a) A player, once weight certified, is ineligible to play on any other SYFL team. B) If a player is released, transfers or quits a team before being certified, a full refund is to be issued on return of equipment. C) Any volunteer with a chapter who leaves must clear all obligations before transferring to another SYFL chapter.

8. INELIGIBLE PLAYERS - In order for a team to protest an ineligible player, the protesting team must submit an official letter of protest, along with a designated fee to the SYFL. The fee is \$100.00. If the player is found to be ineligible, the protesting team will be refunded the protest fee, and the team found to have the ineligible player will pay a fine in the amount equal to the protest fee. If the player is found to be eligible, the protesting team will forfeit the protest fee. The SYFL will return their findings in writing within seven (7) days.

9. SCHOLASTIC REQUIREMENTS –Every player shall submit a copy of their most recently issued report card in order to certify for participation. Every player shall be required to maintain a minimum of a 2.0 GPA, which will be checked on the first week of October, after the final regular season game prior to the start of playoffs, and after the semi-final round of the playoffs. Players whose GPA falls below the minimum requirement **may** be declared ineligible for one game by the SYFL or required to participate in a Academic Support/Enrichment Program i.e. tutoring, homework help, study hall. Progress reports must be submitted to the SYFL Scholastic Coordinator for review, and **may** be confirmed at random by a SYFL official at the discretion of the Commissioner.

## **SECTION C. INSURANCE**

1 . Each team shall have at least one individual identified as the Chapter Insurance Representative. Said representative's name shall be submitted to the SYFL prior to the start of the season.

2. All Chapter insurance will be negotiated through SYFL by its designated representative who shall submit the policy prior to August 1.

3. A player requiring the services of a doctor (illness or injury) cannot return to practice or game play until he has a written release from the doctor. The release is to be submitted to the SYFL upon request. The Head Coach is held responsible for ensuring that the written releases are obtained.

## **SECTION D. TEAM COMPOSITION**

1. Each team Future League through Jr Midget shall consist of a minimum of eighteen (18) and a maximum of thirty-three (33) certified players. After Certification Day, a SYFL team can certify additional players UP until the Thursday before Game #3 (Third game) (date to be given after certification is completed), up to the maximum roster of thirty-three (33) players. At least fifteen (15) of these qualified players must be present and suited up for every game. If a certified team has fewer than the required number of players present at a game who meet the age and weight requirements, the game shall be a forfeit. The game will be played with the score 6-0 in favor of the team with a full roster. For Playoff games Future League through Jr Midget, the minimum number of players that must be present will remain eighteen (18). All active players must participate in all Playoff games, regardless of disciplinary status, all absences must and will be verified by parental contact. Any infractions will result in a forfeit of the game.

3. Any player added to a team must meet all requirements of this rule book, and must have completed 10 hours of physical conditioning before any body contact is allowed.

4. For purposes of Cheerleaders, a team roster including Cheer coaches and Cheer staff will operate separately of football roster.

## **ARTICLE III COACHES AND TEAM OFFICIALS**

### **SECTION A. ELIGIBILITY**

The following are prerequisites for adult participation in SYFL:

1. Head Coach must be 21 years of age or over.
2. A 21 year old or older head coach or assistant must be present at practices and games.
3. All personnel must be registered with the SYFL on the Team registration and Roster forms.

a. They must not have been convicted of any crime which would cause them to register under Section 290 of the California Penal Code.

b. They may be found ineligible by the SYFL for conviction of any crime. This must be verified by State Facilities via Live Scan. All volunteers with the SYFL must clear Live Scan to participate in the season.

4. The SYFL will conduct a Coaching and Conditioning Clinic at the start of each season. All coaches must pay their coaching fees and attend this mandatory officials/football clinic. Any team with representatives not represented at this mandatory clinic will be subject to a fine and possible disciplinary action by the Commissioner.

5. A Head Coach may not be a current President of their Chapter.

## **SECTION B. RESPONSIBLE TEAM OFFICIAL**

1. The Head Coach shall have complete responsibility for the conduct and activities of his team and shall be held accountable by the SYFL. **This shall include any paper work and forms required by SYFL rules, bylaws and policies.**

2. All persons charged with the responsibility for a team must be familiar with the SYFL Rule Book and By-Laws and comply with the provisions set forth.

3. The individuals responsible for a team, including but not limited to the Head Football Coach and Head Cheer Coach, shall insure that coaching ethics, spectator control, and any other game control requirements are adhered to at all times.

## **SECTION C. COACHING ETHICS**

All members of team staffs of SYFL shall adhere to the following coaching ethics:

1. He/She will not criticize players in front of spectators, but reserve constructive criticism for private, or in the presence of the team.

2. He/She will accept decisions of officials on the field as being fair and called to the best ability of the officials.

3. He/She will not criticize the officials, the opposing team, the coaches or fans, by word of mouth or gesture.

4. He/She will emphasize the importance of not only striving for

success in athletics, but in academics first and foremost.

5. He/She will strive to make every football activity serve as a training ground for values necessary in life, and as a basis for good mental and physical health.

6. He/She will emphasize that winning is the result of TEAM WORK.

7. He/She shall not use abusive or profane language in the presence of anyone connected with the game.

8. He/She shall not attempt to embarrass an opposing team by trying to run up the score.

9. He/She shall not be on the playing field under the influence of alcohol or dangerous drugs.

10. He/She will set an example in personal conduct at all times.

11. He/She will not use any gang related language, slogans or gestures –Zero Tolerance on this matter

12. During game time all rostered staff must adhere to the dress code protocol presented for the season. All team coaches must be in the same attire for the game. EVERY COACH MUST BE UNIFORMED!! No khakis, No jeans (of any kind), No plain t-shirts allowed. Athletic attire, slacks, sweatsuits, athletic shorts, t-shirts with chapter/team logos are all allowed. All coaches hats are to face forward. Failure to comply will result in a \$100 fine and removal from game field.

12. All Mandatory meetings carry a late fine of \$25 (15 min or more) and a “no show” fine of \$100 for no representation for your chapter.

## **SECTION D. ACTS OF DISBARMENT**

1. A Coach, other adult acting in an official capacity, or parent may be barred from further participation in the SYFL by violation of any of the following acts:

a. Any physical contact or by striking any other coach, player, official or spectator or other participant in the SYFL.

b. Any sufficient cause determined by the SYFL, such as unsportsmanlike conduct, or profane language, whether on the field or as a spectator.

c. He/She shall not permit “sweating down” tactics in order for a player to make the team weight. Sweating down to include, but not limited to:

- (1) steam rooms
  - (2) steam cabinets
  - (3) rubber sweat suits
  - (4) any method that could cause injury to the player.
- d. He/She will not knowingly permit a player to re-enter a game once he is badly bruised or injured to such an extent that further play would jeopardize his health.
- e. He/She shall not permit a previously injured player to practice, scrimmage, or play in a game without a written release from the doctor.
- f. He/She will abide by the team doctor or physician's decision in all matters of injury.
- g. He/She will not permit an ineligible player/cheerleader to participate.
- h. He/She shall not incite unsportsmanlike conduct.
- i. He/She is not in compliance with coaching ethics.
- j. He/She is not in compliance with SYFL rules, by-laws or directives.

## **ARTICLE IV PLAYING FIELDS AND EQUIPMENT**

### **SECTION A. FIELD SPECIFICATIONS AND REQUIREMENTS**

1. No team or teams shall be approved to play home games unless they have an approved field as determined by whatever method the SYFL shall choose.
2. The fields shall have the following:
  - a. All divisions will play on a regulation football field, 120 x 53 1/3 yards. Exceptions must be approved by SYFL, on a yearly basis.
  - b. All fields will be properly marked to include yard markers. The use of pylons at the end zones will not be required, although some equivalent, less expensive markers are allowed to be used.
  - c. Goal posts must meet the following measurements: Goal posts, ten yards from the goal line with a regulation cross bar, 10 feet high, 23 feet 4 inches in width.
  - d. There will be a safety barrier at least three feet off the ground extending the full length of the field on both sides and continuing around the end of the field as to encompass the entire playing area. This barrier will be at least 5 yards from the playing field

and spectators shall be behind this barrier. If the safety barrier referred to in this section is composed of a rope drawn between stakes, the top of the stakes must be blunt (no sharp edges) with a flat surface of at least two (2) square inches or have soft (rubber) protective covers on them.

e. The home team shall furnish a down marker with letters at least six inches high, a ten yard chain and a beam type scale. The scale shall be certified yearly. Proof of certification shall be attached to scale.

f. The time clock must be visible to both benches, or official time will be kept by official on the field. The home field will have a minimum of one timepiece for the timekeeper.

g. The home team will furnish two persons and the visiting team one person on chains and down markers. No member of the coaching staff of either team that is playing may man the chains or down markers.

h. The home team must provide at least one qualified medical attendant. Minimum qualification must be a person holding a current Standard Red Cross First Aid card. A team physician or nurse is preferred. A local ambulance phone number must be posted.

i. The home team shall be responsible for two (2) monitors per game for crowd control.

j. A First Aid Kit must be available at all games.

k. The home team will furnish 7 orange/green fluorescent vests for game day ((3 for chain crew and 4 for must play monitors))

l. The home team must have the SYFL Code of Conduct banner/sign posted in a visible unobstructed site at the entrance of your site

## **SECTION B. OFFICIAL BALL**

1. The official ball shall be:

a. Lower Divisions (Future League, Jr. Clinic & Clinic):

Length 10-1/4" - 10-1/2"

Long axis circumference 25" - 25-1/4"

Small axis circumference 18-1/4" - 18-1/2"

Weight 12 - 13 oz. (For example: Voit CF6S)

b. Upper Divisions (Jr. Pee Wee, Pee Wee & Jr. Midget):

Size: Length 10-1/2" - 10-3/4"

Long axis circumference 26-1/4" - 26-3/4"

Small axis circumference 19" - 20-1/4"

Weight: 13 - 15 oz. (For example: Voit CF7S)

c. Official balls made of rubber or leather may be used interchangeably if previously agreed upon before the start of the game and the head official has been notified in advance of the start of the game.

d. When only one ball is used, home team is responsible that a satisfactory game ball is available, as determined by the head official. If the provisions of paragraph C, above, are used, each team is then responsible that a satisfactory ball is furnished. Should either one of the balls not be satisfactory, the sole judgment of the official as to the ball to be used will be binding.

## **SECTION C. MINIMUM EQUIPMENT REQUIREMENTS**

1. All teams must be equipped during all practice contact sessions, scrimmages and games with equipment meeting the minimum protective standards found to exist in the following equipment:

### **A. HELMET**

The helmet is the most important single piece of equipment a football player wears because it protects the nerve center of the entire body. The helmet shall be of either one or two piece construction, of high quality fiber or plastic type material, head cushion or head suspension type. As a minimum, a double bar shall be attached to the helmet. The chin strap will be standard equipment for all helmets. The helmet construction will be recognized by NOCSAE\* and will bear the NOCSAE seal.

### **B. SHOULDER PADS**

Shoulder pads shall be of corrugated molded fiber or plastic material (for sanitary reasons); shall be padded with coated washable finish; should have adjustable underarm straps; should be of a cantilever type.

### **C. GIRDLE AND HIP PADS**

Hip and kidney pads shall be made of heavy padding to protect the kidney, hips and spine. It can be of vinyl coated material with or without fiber inserts. Care must be taken to guard the exposed

edge of the hip bone, the base of the spine and the kidney area. Pads must be either worn in girdle or attached to a belt or pants.

#### **D. THIGH GUARDS**

Thigh guards shall be of a molded, corrugated fiber or plastic material.

#### **E. KNEE PADS**

Knee pads shall be constructed of a shock absorbing material.

#### **F. PRACTICE JERSEYS**

Practice jerseys should consist of either an all cotton jersey or a cotton/nylon material. Double elbows are recommended. No numbers or extras are required.

#### **G. GAME JERSEYS**

If a jersey sponsor is secured by the SYFL, all teams will wear the jersey provided by Sponsor and display all logos accordingly.

#### **H. PANTS**

Pants may be of either a shell or one-piece construction, natural or colored. One-piece pants must have removable pads. Knit material is recommended, with either tunnel belt loops or attached webb belt. Knee pad pockets should be drill cloth or self material envelope-style.

#### **I. FOOTWEAR**

Footwear for all Divisions - non-detachable rubber molded cleat, bar cleated little league baseball shoes and tennis shoes are permissible. Steel, aluminum, hard rubber or nylon with metal cap cleats are not allowed. All footwear must be in good condition. If SYFL secures a shoe provider, all players must wear those shoes during games unless cleared by the SYFL to do otherwise. If tape is used on cleats, no tape shall cover the logo portion of the shoes. Absolutely NO Screw in (detachable) cleats are allowed.

#### **J. MOUTHPIECE**

A mouthpiece, approved by SYFL or prescribed by a licensed doctor or dentist must be worn at all times. The mouthpiece

must be attached to the helmet and be a solid piece. Pop-off mouthpieces and clear mouthpieces will be accepted as long as they are connected to the helmet or if they are the “pacifier” type that cannot be swallowed..

## **K. SUPPORTER**

An athletic supporter must be worn at all practices, games, etc. No other device may be used unless approved by a licensed doctor and stated so in writing.

2. Equipment shall be free of defects which could effect the safety of the participants.

## **SECTION D. CARE OF EQUIPMENT**

Players should be required to take care of their own equipment and to keep it clean and in good repair. Frequent inspection of equipment should be scheduled by the Coaches. Repairs should be made immediately as damaged equipment is both unsafe and costly for the team.

## **ARTICLE V**

### **CONDITIONING AND PRACTICES**

#### **SECTION A. CONDITIONING AND PRACTICES**

\*\*1. No organized team activity, with the exception of Conditioning camps, reunions, car washes, Fund raising, and City functions (i.e. parades) may start before the Monday closest to the first of August, unless prior approval of the SYFL. There shall be no physical contact except for calisthenics and isometrics during the first week of practice.

2. Full player gear including helmets and shoulder pads, hip and tail pads, thigh and knee pads may be worn starting the second Monday. After six (6) hours of conditioning in full gear, man on man contact will be allowed on that Thursday. Coaches and players may hold tackle dummies. There will be no official or unofficial gathering of team participants for practices without coaches present.

3. Full player contact may start on Thursday of the second week of practice. All Players must have six (6) hours of equipment conditioning before full contact be allowed

4. Scheduling of practice sessions are at the discretion of the Coaches, and night sessions shall not last past 8:30 P.M. for all Divisions.

5. Prior to Labor Day, teams may practice no more than five (5) times a week, and for a total of no more than ten (10) hours. Beginning the Monday following Labor Day, practice sessions will be limited to a maximum of three (3) sessions per week and a maximum total of six (6) hours. **NOTE\* This date may be adjusted if school starts back early.**

6. Conditioning or practice sessions shall not exceed two (2) hours in any one day, inclusive of chalk talks or conferences.

7. There shall be no practice on game days, unless the team has a bye or the game is forfeited and a scrimmage is not played.

## **ARTICLE VI**

### **SCHEDULING OF SEASON AND POST SEASON GAMES**

#### **SECTION A. SYFL SCHEDULING**

The SYFL shall establish season schedules subject to the following limitations:

1. The SYFL will create the official schedule, which will be released in August.

2. SYFL will set the starting and ending dates of all seasonal play. No team will play before or after these dates unless special permission is granted by the SYFL.

3. The SYFL will cover the post-season schedule at the August SYFL meeting of the season.

4. A period of at least seventy-two (72) hours must elapse from the conclusion of one game prior to the playing of another game by the same team, except as waived by SYFL for playoff game conflicts.

5. All night games shall begin before 8:30 P.M.

#### **SECTION B. NON-FRANCHISED TEAMS**

1. Teams shall not practice, scrimmage, play or otherwise compete against a non-franchised team, unless permission is granted by the SYFL Office.

2. In order for a non franchised team to compete against any

team in the SYFL, all participants must be verified by an original birth certificate.

3. A non-franchised team shall be defined as any team not a member of the SYFL.

## **SECTION C. SCRIMMAGES**

1 . Controlled scrimmages may be scheduled but such scrimmages shall not exceed four (4) per pre-season (prior to the first regularly scheduled game). No scrimmages shall be held prior to the Saturday at the end of the third week of practice. Scrimmages shall be no more than 2-1/2 hours including warm-ups. Failure to comply will result in a \$250 fine for the 1<sup>st</sup> offense and suspension of the head coach for subsequent violations.

2. ***Under no circumstances*** may a team play or scrimmage a team which is not in the same age and weight classification.

3. A scrimmage constitutes a practice session in which any physical contact occurs.

4. Controlled scrimmages mean ten offensive plays per team at one time.

5. After the first regularly scheduled game, no team may scrimmage or practice against any other team, including teams within the SYFL.

6. The SYFL must be notified and approve of scheduled scrimmages, there must be at least a 72 hour cancellation notice when canceling scrimmages. Failure to notify and receive approval from the SYFL or cancel in time will result in a \$100 fine.

## **ARTICLE VII GAME REGULATIONS**

### **SECTION A. HOME TEAM REQUIREMENTS**

In the event visiting team colors are conflicting, it is the responsibility of the home team to have a contrasting jersey. In the event that the home chapter has only one jersey , it is necessary that the chapter Presidents contact one another and come to an agreement on contrasting colors. Once the decision has been made, the SYFL must be advised of the decision within 72 hours.

## **SECTION B. FUNCTIONING SCALE**

1. There must be one, calibrated digital scale at every weigh in. **The weigh-in official plus 2 authorized persons from the home and visiting team NOT IN A COACHING CAPACITY,** will be allowed to participate in the weigh-in procedure. Each person authorized to accompany their team to the weigh-in will, upon notification by team weigh-in-official, present his team for weigh-in. Each team official will present to weigh-in-official a “Certified Roster” ((in color)), the players and their equipment. Certified Rosters must include jersey numbers. It is ok to write in or correct jersey numbers on the rosters at weigh in until game 3. All correction to number MUST be complete by then

**a. The weigh-in official is the Home Team SYFL Chapter Agent. The home chapter player agent will conduct the process, with the visitor chapter player agent assisting.**

2. All weigh-ins will start one hour (60 minutes) prior to scheduled game. [No weigh-in will be conducted later than fifteen (15) minutes before scheduled game.] If a weigh in occurs after this time, a \$100 fine will be issued to the chapter. Any player arriving after official weigh-ins have been completed, cannot participate in the first half. Between first and second half late players will be weighed-in. Player arriving after start of second half will not be eligible.

3. All players are required to play in equipment they weigh-in with. All equipment will be checked by opposing chapter equipment managers for safety and legal requirements. Waist up accessories are not considered “equipment” and can be put on after the weigh in. The waist-up accessories are: wrist bands, gloves, sleeves and rib protectors (for the QB)

4. Each team representative will be only an observer. He has no authority to interfere with the weigh-in-official. He will answer all questions pertinent to his team. Any issues shall be notated on the back of the game day roster

5. All weigh-ins shall be done in full game uniform, less shoulder pads, helmets, and any optional protective equipment. It shall be the duty of the officials to check maximum weights. Once on the scale, a player may not remove any clothing or optional equipment to make weight.

7. Any player not making the maximum required weight, will be

marked as an “X” Player can only play the offensive or defensive line, tackle to tackle.\*\* Note: An “X”Player CAN Play as a TE BUT can not carry the ball or go out for passes. The player’s helmet will be marked with a “X” for visibility to both sides of the field and the officials working the game. For the Pee Wee and Jr Midget Divisions, there are no X Players and there is no limitations on position played.

8. The decision of the highest ranking official present at weigh-ins is binding and final. For the purposes of this paragraph, the Weigh-in Official is the most senior official.

9. Following pre-game weigh-ins and equipment inspections, copies of the official team roster shall be exchanged between teams noting ineligible for the game.

10. Both team representatives may witness and concur with zeroing out of the weigh-in scale prior to player weigh-in of both teams. **SYFL certified digital scale must be preset to maximum weight per SYFL age and weight chart appropriate to that specific game date. “Accept” or “un-accept” designation must be visible at the time of weigh-in and is the sole determining factor. Please use a cover to shield the weight display from the view of the player and staff.**

11. If both teams are ready at the time weigh-in begins (60 minutes prior to game time), the weigh-in will begin with the visiting team first. However, if one team is not present at the weigh-in when it is scheduled to begin, the weigh-in will proceed with the team that is ready first. It is the responsibility of each team to identify the weigh-in location and have their team present and ready at the scheduled time

12. On game day, forfeited games will be only for the following reasons. A)not enough certified players for the game. B)Called by the officials due to timeliness

## **SECTION C. PLAYING RULES**

1. No unauthorized personnel are allowed on the field during the game. Game officials will clear the field before the game is resumed. During play, offense or defense, the coach will be a minimum of twenty (20) yards behind the line of scrimmage. Once play has begun, the coach on the field, offense or defense, will refrain from verbal participation until play is complete as

determined by the officials.

2. During charged time-outs and intermission between periods the two authorized conferences are:

a. One player and one or more coaches directly in front of the team box within 5 yards of the sideline;

b. One coach may enter the field at his team's huddle between the inbounds marks.

Violation: Major Penalty (see CIF Rule Book).

3. No member of the Coaching staff is allowed on the playing field unless a player is injured or he has permission from the officials. If both teams are on one side of the field, the allowed space is from midfield on opposite sides of the field, the restraining area shall be between the 25 yard lines.

4. Penalties in all Divisions will be five (5) yards for minor infractions and fifteen (15) yards for major infractions. Offensive and defensive holding shall be a ten (10) yard penalty. Teams will play 10 yards first downs. Penalty for "X Man" violations shall be as follows: Loss of down, ball placed back to original spot before play for the 1<sup>st</sup> offense of that team, further violations of the same offense will result in a more severe discipline to the head coach.

5. Non-chargeable time-outs will be: injury of player, repair of equipment and official's time-out. An injured player for whom the clock is stopped, or for whom the ready-for-play signal is delayed, shall be replaced for at least one play. His team shall not be charged with a time-out.

6. The official will not charge a time-out to a team when the captain calls for a time-out and there is cause for the official to have an official's time out by reason of an injury, etc. He will inform the captain in this case that he was already calling a time-out which is not chargeable and that the team's request will not be honored unless the team captain desired to have the additional time-out taken and charged.

7. Coaches will be informed by the official closest to them of the player's number and the rules infraction for which a penalty is imposed.

8. Each team will be permitted to have a maximum of ten (10) related personnel on the field with the team, i.e., Head Coaches, Assistant Coaches, Team Managers, Trainers, Equipment managers, Cameramen, Waterboys, etc. These team members

shall be recognized by a badge which has been issued by the SYFL, and shall be visible at all games.

9. The playing time shall be as follows:

All divisions (except Future League) will play ten (10) minute quarters with a fifteen (15) minute halftime intermission, and a stoppage for two-minute warning in the second and fourth quarters.

10. Five (5) minutes prior to the start of the 3rd quarter the officials shall give each team a warning to insure that the Coaches shall have sufficient time for a proper MANDATORY warming-up period for team members, prior to start of play.

**11. The official Rule Book for conducting of all games shall be the “National Federation of State High School Associations Rule Book” used by the C.I.F. and more commonly known as C.I.F. Rules. This shall be superseded only by written rules of the SYFL which are in conflict with it. In these cases SYFL Rules shall take precedence. SYFL Teams will follow the written rules of the C.I.F. and SYFL rule books. Officials (referees) cannot interpret rules different from written rules.**

**12. Future League Games are one (1) hour long, with 10 minute quarters and a RUNNING CLOCK. With 15 minute half time and stoppage at the 2 minute warning**

13. Conversion scoring - A team will receive one (1) point for passing or run and two (2) points for kicking.

14. Eighteen point rule - After a team scores, if it is still behind by 18 points or more, it will receive the kick off. This rule also applies to the start of the second half.

15. In the case of a tie, an overtime period will be conducted. The overtime will consist of each team getting the ball at the opponent’s ten yard line, and getting four downs to score. After both teams have had a possession, the team with the highest point total wins. If after each team has had a possession and the score remains tied, the teams will go through the same procedure, with the opposite team getting the ball first. After two possessions for each team, if the score remains tied, the game will be ruled a tie, and each team will receive a half point in the standings.

16. There is to no flipping or diving into the end zone allowed, the

penalty for the 1<sup>st</sup> infraction will be \$100 fine for the Head Coach, 2<sup>nd</sup> infraction and up \$100 fine and suspension of Head Coach.

**17. Future League Rule ONLY- When lining up for the play, no Player may line up over the center.**

## **SECTION D. MANDATORY PLAY RULES**

a. Future League through Jr Pee Wee teams with 25 or more players suited up on game day, must play six (6) plays including special teams (kickoff, kickoff return, punt, punt return, extra point and field goal teams) Future League through Jr Pee Wee teams with 24 or less players suited up on game day, must play ten (10) plays, including special teams (kickoff, kickoff return, punt, punt return, extra point and field goal teams) c. Pee Wee and Jr. Midget teams **must play a minimum of six (6) \*\*action plays on offense OR defense**, including special teams (kickoff, kickoff return, punt, punt return, extra point and field goal teams).

b. An “Action Play” is defined as any play in which the ball is legally in play as defined by Rule 4, Section 1 of the C.I.F. Rules.

c. “Regularly Scheduled Game” is any game scheduled by the SYFL offices. This includes, but is not limited to, play-offs.

f. Players cited for spearing, as defined by the C.I.F. Rules **MUST** be ejected from the game and their team and jersey number reported, by the game officials, to the Commissioner, SYFL.

**d. Designated must-play roster must be turned in “after weigh-in” and prior to opening kick-off for all levels. Head coach must sign play sheet and designate game status at this time.**

e. Each team must provide two (2) Must Play Monitors (“Monitor”) for each regularly scheduled game. The monitors must wear the reflective vests to identify themselves as a “must play monitor”, and will be issued an SYFL ID badge. The Monitor may not be in a coaching capacity, but can be a team manager ((can only monitor their team side)) Each home team Monitor will pair up with a visiting team Monitor, with one pair monitoring the home team and the other monitoring the visiting team. Home Team Monitor is responsible for marking the Must-Play sheets and turning them in at the end of the game. The visiting monitor is the spotter. All monitors may not be in the “coaches box” on the field, but can be on either side of the sideline close to the end zone ((past the 20

yard line)) to ensure monitoring

i. The Must Play Monitors will notify each team's coaching staff at the beginning of the second, third, and fourth quarters as to the status of their Must Plays.

j. The penalties for must play violations shall be as follows: The penalty for the first game with a must play infraction is a one week suspension of the head coach. The penalty for the second game with a must play infraction is the head coach is suspended for the remainder of the season. Maximum forfeiture of the game in which the infraction occurred, at the discretion of the commissioner. Exception: A must play infraction during play-off games will result in a forfeiture of the game in which the infraction occurred.

**k. Players injured during their "must play" may sit out for necessary treatment and be allowed to re-enter the game when coach and/or medical attendant provided the player is fit to play. Such action will not constitute a must play violation.**

**l. All violations observed by the monitors must be written on the back on the roster, complete with the rule book section noted, signed by observer with a contact number provided.**

## **SECTION E. SCOUTING RULES**

1. Films and video tapes may only be taken of practices and scrimmages by persons associated with the participating teams. Films and video tapes may be taken of games by persons associated with any other SYFL team for scouting purposes. Viewing of film or video tapes during game, including half time is not allowed.

2. Films or video tapes may be exchanged among teams.

## **SECTION F. SPOTTING RULES**

1. Spotting (passing information from stands to bench during game) is not allowed in the SYFL

2. Statisticians shall not engage in spotting or any form of coaching during the course of a game.

## **SECTION G. CELL PHONES**

1. There shall be no cell phone, blue-tooth usage allowed on the field during game time. This includes Chain crew and Must Play

Monitors. Only team manager shall be in possession of an active phone for emergency purposes only

## **ARTICLE VIII RULES AND VIOLATIONS**

### **SECTION A. APPEALS**

1. A team or individual may appeal a SYFL decision. Whether or not the matter will be heard shall be decided by a majority vote of the SYFL Executive Board.
2. An appeal must specify the articles and sections of the SYFL rule Book and be accompanied by \$100.

### **SECTION B. SYFL AUTHORITY**

1. Nothing herein contained prohibits the SYFL from taking action on a violation without any team formally presenting it if the SYFL Executive Board decides this action to be in the best interest of the players.
2. All decisions of the SYFL Executive Board are final and binding on all teams and individuals.
3. Any and all directives, rulings, interpretations and “policy” decisions made by SYFL Commissioner, and approved by the SYFL Executive Board and duly recorded, shall have the same force and effect as the SYFL by-laws and official rules, and shall be incorporated by reference herein.

### **SECTION C. PENALTIES**

A violation of any rule or rules contained herein may subject a team or individuals to any one or all of the following penalties, said penalties to be levied by the Commissioner, his staff, or the SYFL Executive Board.

1. Forfeiture of game or games.
2. Disqualification from competing for, or taking part in, championships.
3. Disqualification from participating in bowl or post season games.
4. Suspension, expulsion, ineligibility, disbarment or probation.

5. Loss of team.

7. Any relative guilty of any of the acts of disbarment shall require that the team suspend the participating player for a minimum of one week from all SYFL functions. A second infraction shall require that the

SYFL suspend the child for the balance of the playing season.

8. Any rules that are violated in conjunction with a game (i.e., must play rule, player eligibility, etc.) that may affect the outcome of the game in any way, may result in forfeiture of games in addition to possible fines, suspensions, and/or disbarment.

9. Zero Tolerance Rule – Any player ejected from any games for unsportsmanlike-like conduct will receive a one week suspension. If the ejection given is for fighting, at the discretion of the commissioner, the possibility of no post season play will be added to suspension.

10. Subject to fine(s), minimum \$100.00 per infraction, with the fine(s) to be paid to the SYFL before the next scheduled game.

## **ARTICLE IX GAME OFFICIALS**

### **SECTION A. SYFL GAMES**

1. There shall be a minimum of three (3) SYFL qualified officials at each game, unless both head coaches agree to play with less.

2. Any official finding it necessary to eject a coach, or team official, shall make a full and detailed report, in writing, to the Head Official and Commissioner and mailed within 48 hours from the incident.

3. No referee may be an active coach in the same conference.

4. No official shall officiate in SYFL if he is an active participating member of any team in the conference, or has a child actively participating in conference activities.

5. Following each game, both head coaches will fill out an official's report card, which will be given to the SYFL official at the game. Reports will be reviewed after week 4, and again after the final regular season game. These will determine which officials participate in the playoffs, and ultimately the championship game.

### **SECTION B. PROTESTS**

1. Protests on matters involving judgment as rendered by an official will not be considered.
2. Protests of pre-game violations must be registered with the game officials and opponent's team owner or designated official prior to the kick-off.
3. Protests must specify the articles and section of this rule book.
4. Protests shall be acted upon in accordance with the SYFL By-Laws.

## **ARTICLE X SYFL CHAMPIONSHIPS**

### **SECTION A. LOCATION**

All games must be played in a regulation high school, college, municipal stadium, or other approved facility. The SYFL shall inspect and approve locations.

### **SECTION B. OFFICIALS**

There shall be three (3) qualified officials at each game. These officials shall be approved by the SYFL.

## **ARTICLE XI CHEERLEADER RULES**

### **SECTION A - ELIGIBILITY**

1. Scholastic Requirements- Every cheerleader shall be encouraged to maintain a sound scholastic record.
2. Physical Requirements
  - a. No cheerleader shall be registered or certified if she/he has not attained and does not sustain a sound physical condition.
  - b. The attainment of a sound physical condition shall be attested to by a duly qualified physician on the contract which shall remain on file with SYFL.
  - c. No participant is permitted to enter into any type of physical training without first obtaining health

certification.

### 3. Age Requirement

- a. a. Cheerleaders Age - 6 to 14 years
- b. Minimum Age - Participants must have reached their seventh birthday by July 31<sup>st</sup> of current season.
- c. Maximum Age - Participants must not be more than fourteen years of age on July 31<sup>st</sup> of current season and shall not be entering the 10<sup>th</sup> grade in the fall. Fourteen year olds must bring a report card as well as have SYFL Waiver signed by high school.
- d. Mascots - Maximum age of six (6). Minimum age to be determined by each Chapter.

## **SECTION B - TEAM REQUIREMENTS**

### 1. Rosters

- a. Two copies of a completed Cheerleader Team roster and two copies of a game day roster must be submitted to SYFL Cheer Director on the established Certification date.
  - b. There will be no changes to team rosters after the established Certification Day.
  - c. Replacements or additions to a team roster will be accepted through September 30<sup>th</sup> with a \$25.00 fee for each roster needing changes.
  - d. Only those cheerleaders and mascots registered and certified on the team roster are eligible to cheer on that particular team.
2. Certification - Procedures and the date for certification shall be established by the SYFL. Certification Day for the cheerleaders will be the same day as the players Certification Day.
  3. Recruitment - No team shall stop recruiting or deny registration until they reach the maximum roster of thirty-three (33) cheerleaders.
  4. Tryouts - Cheerleaders will not be subject to tryouts and/or any kind of cut process during the regular SYFL season and post season competition.
  5. Registration - Cheerleader registration may stop, at the

discretion of the chapter, the 2nd week of August if uniform availability becomes a factor to be in compliance with SYFL cheer rules.

6. Uniforms - All Chapters not in uniform by the third (3<sup>rd</sup>) game of the season will be subject to a \$100 fine, per game.

## **SECTION C - TEAM OFFICIALS**

1. Coaching Ethics - A cheer coach must be twenty-one (21) years of age in order to be the head cheer coach. An assistant cheer coach must be eighteen (18) years of age or older. A trainer must be between the ages of fourteen (14) and seventeen (17) years of age - proof of age required. These are official positions and may be barred from further participation in the conference by violation of any of the following:
  - a. Cheer coaches shall have complete responsibility for the conduct and activities of their team and shall be held accountable by their chapter and SYFL.
  - b. Cheer coaches shall refrain from **smoking and drinking** during games and practices.
  - c. Cheer coaches will not criticize cheerleaders in front of spectators, but reserve constructive criticism until in private or in the presence of the team.
  - d. Cheer coaches will not criticize the opposing team, the coaches, the officials or fans by word of mouth or gesture.
  - e. Cheer coaches will refrain from using any abusive and profane language before anyone connected with the game.
  - f. Cheer coaches will set an example in personal appearance at all times.
    - i. Polo Shirt, Team T-Shirts, Warm-up Suit  
Shorts or Skourts no more than 4" above the knee (**ABSOLUTELY** - no short-shorts)
  - g. Cheer coaches **will not** participate in any SYFL functions while under **the influence of alcohol and/or drugs**.

2. Cheer Coaches Responsibilities
  - a. Cheer Coaches shall administer disciplinary action in accordance with Chapter By-Laws.
  - b. All Cheer Coaches, Assistants, and Team Trainers shall display a SYFL badge at all games and functions.
  - c. Staff members will be on a volunteer basis. No cheer coach, assistant, or trainer will be paid for their time or services in performing their duties.
3. Coaches Certified Rosters - All Cheer coaches, assistants, and team trainers must be on a certified team roster.
  - a. Chapter cheer coordinators will not be a head cheer coach.
4. Meetings - All Cheer Coaches, Coordinators and Co- Coordinators shall attend a mandatory *Cheer Coaches Clinic*, annually. The date and time to be determined by the SYFL Cheer Director.

## **SECTION D – GENERAL**

- 1) General Information - It is not the intention of the SYFL by having the Cheerleader Rules stated separately, or to have the Cheerleaders operate outside of the official rules.
  - a. Incorporated into the Cheerleader Rules by this reference are the official rules.
- 2) Practice Sessions:
  - a. Official practice sessions shall start no earlier than the determined season start date in July. Daily sessions shall not exceed two (2) hours in duration, and total practice shall not exceed twelve (12) hours per week.
  - b. Starting the Monday following Labor Day, practices shall be limited to two (2) hours per day and six (6) hours per week. \*Competition Practice should not exceed ten (10) hours per week.
  - c. No practices shall be permitted prior to games, only stretching and warm-up exercises.
- 3) Cheerleader Rules:
  - a. Cheerleader Coordinators have the authority

to demand complete cooperation from each Cheer Coach, Cheer Agent, Team Trainer, and Cheerleaders.

- b. Participants shall maintain standards of conduct in keeping with the spirit of the SYFL.
- c. Cheerleaders will not be allowed to wear jewelry, with the exception of post stud earrings, religious medals that cannot be removed or medical emergency bracelets.
- d. No cheer or hand jesters, derogatory to the opposing team or Chapter may be used. This includes any cheers which have as a part of their lyrics, profanity or such language as to reflect unfavorably upon the opposition or the stated objectives of the SYFL.
- e. Head Cheer Coach and Assistant Cheer Coach must remain in the designated area for cheering during all games. The designated area is between the 45 yard line and the goal line (when both teams are cheering on the same side of the field).
- f. A Head coach and/or Assistant coach on that squad's certified roster must be present at all practices and on the field with Cheerleaders at all games with the team's contract book. At no time shall the coach/trainer obstruct the view of the spectators while on the field working with cheerleaders. Tents are also prohibited from the designated cheer area.
- g. There should only be one adult (18 and older) and one trainer per 6 cheerleaders on the field during games from the SYFL certified team roster.
- h. Cheerleaders will alternate their cheers at all times.
- i. Cheerleaders and Cheer Staff shall not be in the area of the players' bench or sideline at any time during games.
- j. Cheerleaders must be in matching uniforms to participate in cheers in the cheering area.
- k. A single cheer shall not exceed three (3) minutes in duration. Each squad can only do one three (3) minute cheer per half.
- l. Food shall not be allowed on the field during game.

- m. All complaints and/or protest must be submitted through the Chapter Cheerleader coordinator to the SYFL Cheer Director in writing within seventy-two (72) hours of said complaint or protest.
- n. No assisted jumps, death drops, knee drop, or supportive moves, except kick lines will be permitted at games or SYFL Competition.
- o. Certified Cheer Rosters will remain the same for both game day and any competitions.
- p. Cheerleaders cannot compete under an assumed name or compete on any outside cheer/dance team during the same season.
- q. It is mandatory that all cheer squads cheer at all scrimmages and games.
- r. No running to the end zone on a touchdown or extra point.
- s. No cheerleaders on the field in the player's handshake line.
- t. No standing on or jumping off ladders, stools or buckets.
- u. Stunting - Stunting at any time is only permitted at **Level 1** and should be performed using all safety measures.
  - (1) Teams shall not participate in any form of stunting prior to the annual coaching clinic. This date will be determined annually by the SYFL Cheer Director.
  - (2) Level 1 Stunting -
    - i. Single Leg Stand / Double Leg Knee Stand / Knee Level Liberty / Knee Level Single Leg Variation / Single-Double Leg Thigh Stand.
    - ii. L-Stand - Single Leg Variations / Single Leg Waist Level / Waist Level.
    - iii. Liberty and Variations / Shoulder Sit / Progression to Extension Prep
    - iv. Extension Prep Step-off Dismount / Cradle Dismount / V-Sit / V-Sit Cradle.
    - v. Dismount / Flat Back, Flat Back Cradle Dismount / Extension Prep. Sponge

Extension Prep / Extension Prep – Retake  
Sponge to Extension Prep / Cradle Reload  
to Extension Prep.

- 4) SYFL Cheer Coordinator/Agent - Cheer Coordinator shall have a Cheer Agent.
  - a. Cheer Agent(s) shall be responsible for distributing all SYFL cheerleader forms.
  - b. Cheer Agents will maintain complete and accurate files and conduct cheerleader certification.
  - c. Cheer Agent will ensure their chapter is in compliance with the SYFL rules
- 5) Check- In
  - a. A SYFL Conference Cheer Agent of the opposing team will check in each cheer participate.
  - b. Check in time will be at the three minute mark of the 3<sup>rd</sup> Quarter in the prior game.
  - c. Check in rules are as follows:
    - (i) No nail polish.
    - (ii) No nail should exceed the length of the nail bed.
    - (iii) Kick pants/briefs must be worn at all times and are required to be the same color. (this should be checked by cheer coordinator)-
    - (iv) Hair should be pulled up and away from the shoulders.
    - (v) No jewelry with the exception of post stud earrings, religious medals or medical emergency bracelets.
- 6) Game Day - Cheerleaders shall be in their designated cheer area five (5) minutes prior to game time.
  - a. There must be at least three (3) cheerleaders on the field during any game.
  - b. All cheerleaders are required to be back on the field ready to cheer 3 minutes into the third quarter after halftime.
- 7) Game Day Rosters – Game day rosters should be emailed to syflcheerla@gmail.com on the following Monday. All game day violations should be noted on the back of the roster.

- 8) All-Conference - Chapters participating in All-Conference are required to select four (4) cheerleaders per squad for each football team participating to cheer at the All-Conference Game. Method of selection shall be the same as with the boys, except it will be handled at the chapter level by the Cheer Coordinator.

## **SECTION E - COMPETITION PROGRAM**

1. Applications – Registration Packet must be submitted to the Certification Administrators by the **designated date** (date given by Co-Cheer Directors).
2. Registration Packet – (1) Certified SYFL Roster; (2) Code of Conduct; and (3) Registration Form.
3. Awards
  - a. First place Division winners shall receive trophies. An award shall be given to each participant.
  - b. In the event of a tie, judges will use highest score from “Choreography” section of score sheets to determine the winner of that place, and the other team will be moved to the next position.
  - c. If there is a further tie, judges will go to the motion section of the score sheet.
4. Performance – Performance order shall be drawn prior to competition.
5. Chapter Seating - Chapters will be placed in stands upon the discretion of the competition coordinator.
6. Check-In - All certified roster staff and cheerleaders must be present at the designated check-in time to enter the stadium and they must have a SYFL ID badge.
7. Competition Categories - Each squad will be expected to participate in one of the following categories:
  - a. Non-Mounting – Performance using music, cheer or any combination thereof. Music is required in this category. Music may be positioned for a segment, half, or the entire performance. Lack of tumbling

in a Show Cheer Routine will result in a 0 in the tumbling category. Pompoms, megaphones, signs, and banners are encouraged.

- b. Show Cheer Mounting – Performance using music, cheer or any combination thereof. Music is required in this category. Music may be positioned for a segment, half, or the entire performance. Lack of mounting and tumbling in a Show Cheer Routine will result in a 0 in the tumbling category. Pompoms, megaphones, signs, and banners are encouraged.
- c. Funk/Hip Hop (Bonus Category) - In order to enter into Hip Hop category each participant must compete in Show Cheer and/or Show Cheer Non-Mount. There will be two age groups; 6-10 and 10-14, with the maximum of 15 participants.

FUNK/HIP-HOP: A routine focusing on street style movements with an emphasis on variety, execution, creativity, body isolations/control, rhythm, uniformity and musical interpretation. Choreography demonstrating various styles and elements of hip-hop while incorporating athletic tricks, footwork, jumps, stalls, etc.

- 8. Music - Music chosen for the dance routine shall NOT be offensive.
- 9. Mascots - All Chapter mascots shall meet for at least 2 practices prior to competition. Date, Time, and location shall be determined by SYFL Mascot Coordinator.
  - a. Mascots must be escorted by a cheer coach at all times, except while performing.
  - b. Mascots perform an exhibition and are not judged.
  - c. All Chapter mascots shall meet for at least 2 practices prior to competition. Date, Time, and location shall be determined by SYFL Mascot Coordinator.
- 10. Deadlines - There will be no additions, substitutions or late entries of Cheerleaders/Cheer Squads after deadline dates.

- a. The deadline as established in the SYFL rule book is October 1st.
  - b. The competition roster must remain the same for all competitions. The only exception would be a signed waiver by both the parent and the SYFL Cheer Director.
11. Performance - Mascots shall perform a dance routine as one unit.
- a. All chapters participating in competition (with certified mascots) will have mascots perform as one.
12. Designated Areas - Cheer staff and cheerleaders will not be allowed to leave their designated area except for an emergency.
- a. Parents of cheerleaders will not be allowed in the cheerleader area unless there is an emergency. In case of an emergency the parent should notify security or a Competition Official.
13. Cheerleading - Cheerleaders shall not cheer in the stands while other cheer squads are performing.
- a. Any team displaying poor sportsmanship or other inappropriate behavior will be subject to disqualification from competition.
  - b. Cheer coordinators, cheer coaching staff and all cheerleaders must remain until all awards have been presented and they are dismissed by the SYFL Cheer Director.
14. Routines - All routines will be judged by the following criteria:
- a. Motions, Jumps, Tumbling, Stunting, Routine Choreography, Perfection of Routine Execution, and WOW! Factor.
  - b. Cheerleaders will not be judged on their entrance or exit.
  - c. Cheerleaders will make no vocal or physical gestures of any kind upon entering or exiting the performance area.
  - d. The Cheerleader Spirit Award will be judged by

judges designated by the SYFL Executive Cheer Board who will be using the following criteria: Sportsmanship, enthusiasm, discipline, ticket sales and overall participation and respect of others.

15. Team Spirit - Cheerleaders may hold up signs and/or posters for spirit.
16. Banners - Each Chapter may bring one (1) banner, not to exceed 4'x 8' for display on competition day. Banners are to be taken at the end of competition.
17. Competition Day – One point will be deducted from your total score if your routine goes 6-10 seconds over time requirements and three points deducted from your total score if you're routine goes 11 or more seconds over time requirements.
  - a. Uniforms worn at the games shall be the same uniforms worn at SYFL competition, with the exception of hip hop category, hair bows and socks. Entire teams must be uniformed from head to toe.
  - b. Squad score sheets in their entirety (not totals of the score sheets) will be given to the cheer coordinators at the meeting following competition.
18. Any Chapter found to be guilty of practicing Cheerleader competition routines for the sole purpose of competition only and disbands the cheer squads after competition will be assessed a \$300 fine for each game missed until the end of the season.
19. Judges shall be interviewed and chosen by SYFL Conference Cheer Coordinator.
20. Any chapter(s) arriving late for their check-in will be fined \$100.00.

## **SECTION F – EVENTS OUTSIDE OF THE SYFL**

1. No cheer team or individuals shall compete outside SYFL unless permission is granted by the Cheer Director.
2. Chapter Cheer Coordinator(s) must submit a letter of request, copy of the teams certified roster, and Release

of Liability signed forms for each participant to the SYFL Cheer Director for any out of conference competitions. No SYFL Chapter/Team will be granted permission to compete in a competition outside of the SYFL, if they do not participate in the SYFL area competition.





