

TABLE OF CONTENTS

| | |
|---|----|
| COACHES CODE OF CONDUCT | 1 |
| PERSON NOT IN GOOD STANDING | 2 |
| DEFINITIONS | |
| Association | 3 |
| Team | 3 |
| Division | 3 |
| Introduction to the Rules | 3 |
| REGULATIONS | |
| Powers/Authority of the Federation..... | 3 |
| Boundaries. (See Attachment II page 46)..... | 3 |
| Coaches Requirements | 3 |
| Registration | 4 |
| Parental Consent | 4 |
| Medical Examination | 4 |
| Proof of Age | 5 |
| Scholastic Fitness | 5 |
| Formation of Teams and Squads | 5 |
| Mandatory Cuts | 5 |
| Voluntary Cuts | 5 |
| Retention of Eligibility | 6 |
| Drops and Adds | 6 |
| All Stars | 6 |
| Awards | 6 |
| Special Note for Players | 6 |
| Good Sportsmanship Awards | 7 |
| Hall of Fame | 7 |
| Volunteer of the Year | 7 |
| Practice | 8 |
| Definition | 8 |
| Before Labor Day | 8 |
| After Labor Day | 8 |
| Breaks | 8 |
| Full Protective Equipment Required | 8 |
| Controlled Inter- Squad Scrimmage | 8 |
| Prohibited Exercises & Drills | 9 |
| Release | 9 |
| Scouting | 9 |
| Inclement Weather | 9 |
| Warm Weather Precautions | 9 |
| Warning of Heatstroke | 10 |
| Camps | 10 |
| Important Medical Point | 10 |
| Charging Admission | 11 |
| Admission to Playoff and Championship Games | 11 |
| Admission to City Spirit Championships | 11 |
| Protests | 11 |
| Football Rules and Regulations | |
| Ages and Weights | 12 |
| Special Notes for Mitey Mites | 12 |
| Initial Weigh-In: First Practice | 12 |

| | |
|---|----|
| In-Season Determination of Weight | 12 |
| In-Season Weight Increase | 13 |
| Failure to Pass In-Season Weigh-In | 13 |
| Cutting of Players | 13 |
| Certification of Players | 13 |
| Roster Size | 13 |
| Minimum Roster Size | 13 |
| Mandatory Play Rule | 13 |
| Fields and Markings | 14 |
| Game Ball | 14 |
| Player Designations | 15 |
| Required Equipment | 15 |
| Blocking and Tackling Restrictions | 15 |
| Length of Periods | 16 |
| Intermission Length | 16 |
| Time Clock | 16 |
| Time-Outs | 16 |
| Players | 16 |
| Regarding Ineligible Players | 16 |
| Penalty | 16 |
| Scoring Value | 17 |
| Scores | |
| Lopsided or Intentionally Run-Up Score | 17 |
| Sideline Personnel | 17 |
| Coaching Communications | 18 |
| No Taxi Squads | 18 |
| Scheduled Games | 18 |
| Scheduling Prohibitions | 18 |
| Common Requirements - All Scheduling | 18 |
| Post-Season Bowl Games | 19 |
| Tie Ball Games | 19 |
| Contact with Officials | 19 |
| Enforcement Policy, Police Powers/Hearing & Appeals | 19 |
| Parent/Coach Conflicts | 19 |
| Game Starting Time | 19 |
| | |
| FLAG PROGRAM | |
| Introduction | 20 |
| Organization | 20 |
| Divisions of Play | 20 |
| Flag Football Rules | |
| Players | 20 |
| Playing Fields | 21 |
| Equipment | 21 |
| Game Ball | 21 |
| Flags | 21 |
| Game Uniform | 21 |
| Eye Glasses | 21 |
| Mouthguard | 21 |
| Pre-game and After Game Requirements | 21 |
| Prohibited Equipment | 22 |
| Referees | 22 |
| Rules of the Game | 22 |
| Players | 22 |
| Team Captains | 22 |
| Team Coaches | 22 |

| | |
|---|----|
| Time | 22 |
| Kickoffs..... | 22 |
| Punting | 22 |
| Downs | 23 |
| De-Flagging | 23 |
| Blocking | 23 |
| Ball Carrier | 23 |
| Center | 23 |
| Passing | 24 |
| Receiving | 24 |
| Dead Ball..... | 24 |
| Game Termination/Slaughter Rule | 24 |
| Scoring Values..... | 24 |
| Tie Game | 24 |
| Injured Players | 24 |
| Practices | 25 |
| Schedules | 25 |
| Tournament Play | 25 |
| Penalties | 25 |
| Kickoffs | 25 |
| Line of Scrimmage - Centering | 25 |
| Punting | 25 |
| Passing | 25 |
| Delay of Game..... | 25 |
| Flag Wearing and De-Flagging | 26 |
| Illegal Hand-Off..... | 26 |
| Illegal Substitutions | 26 |
| Blocking | 26 |
| Ball Carrier | 26 |
| Unnecessary Roughness..... | 26 |
| Unsportsmanlike Conduct..... | 26 |
| Protests | 26 |
| | |
| Spring Passing League..... | 27 |
| | |
| SPIRIT RULES | |
| Spirit Organization..... | 28 |
| Federation Level | 28 |
| Association Level | 28 |
| Squad Level..... | 28 |
| Ages/Division..... | 29 |
| Squad Size..... | 29 |
| Mascots | 29 |
| Formation of Squads | 29 |
| Mandatory Cuts..... | 30 |
| Regarding Ineligible Participants | 30 |
| Penalty | 30 |
| Drops and Adds..... | 30 |
| All Stars | 31 |
| Practice | |
| Definition | 31 |
| Before Labor Day..... | 31 |
| After Labor Day..... | 31 |
| Conditioning | 31 |
| Emergency Plan..... | 32 |
| Camps..... | 33 |

| | |
|--|-----------|
| Safety | 33 |
| Coach’s Responsibility | 33 |
| Participant Apparel..... | 34 |
| Spotting..... | 34 |
| Use of Poms/Props..... | 35 |
| Partner Stunts & Pyramids | 35 |
| Extended Stunts..... | 36 |
| Pendulums..... | 36 |
| Dismounts | 37 |
| Gymnastics/Tumbling..... | 37 |
| Individual Stunts | 38 |
| Dance Specific..... | 38 |
| Sportsmanship..... | 38 |
| TYFSF Spirit/Dance Championships..... | 38 |
| Routine Timing | 39 |
| Interruption of Performances..... | 39 |
| Entrances and Exits..... | 39 |
| Coaching | 39 |
| Poms..... | 39 |
| Glitter..... | 40 |
| Performance and Warm-Up Area..... | 40 |
| Specific Dance Rule Differences..... | 40 |
| Dance Props | 40 |
| Judging Criteria & Procedures..... | 41 |
| Penalties..... | 41 |
| Scoring | 41 |
| Disqualification..... | 41 |
| Special Note for All Participating Squads..... | 41 |
| Competition Eligibility | 41 |
| Cheerleading Terms | |
| Stunts..... | 42 |
| Jumps | 44 |
| Dance Styles | 44 |
| Dance Terms..... | 44 |
| V. BOUNDARIES Attachment II..... | 46 |
| Association Colors | 48 |

COACHES CODE OF CONDUCT

All coaches, football and spirit participants will abide by a Code of Conduct which includes the following provisions. If any of these rules are broken, the Federation shall have the authority to impose a penalty. Coaches shall:

1. Not smoke and/or use smokeless tobacco on the field.
2. Not criticize players/spirit participants in front of spectators, but reserve constructive criticism for later, in private, or in the presence of team/squad members if others might benefit.
3. Accept decisions of the game officials and judges on the field and in competitions as being fair and called to the best ability of said officials.
4. Not criticize an opposing team, its players, spirit participants, coaches, or fans by word of mouth or by gesture.
5. Emphasize that good athletes strive to be good students and that both are physically and mentally alert.
6. Strive to make every football and spirit activity serve as a training ground for life, and a basis for good mental and physical health.
7. Emphasize that winning is the results of good "teamwork,"
8. Not engage in excessive sideline coaching and shall not leave the bench area to shout instructions from the sidelines.
9. Together with team officials, be jointly responsible for the conduct and control of team fans and spectators. Any fan who becomes a nuisance and out of control will be asked to leave.
10. Not use abusive or profane language at any time.
11. Not "pile it on"; not encourage their team to get a commanding lead and raise the score as high as it can. In these instances, every effort shall be made to let all players play.
12. Not receive any payment, in cash or kind, for services as a coach in TYFSF. This includes any coach, expert, consultant or choreographer, regardless of his/her roster status.
13. Not permit or encourage "sweating down" tactics in order for a player to make the team weight.
14. Not recommend or distribute any medication, controlled or over the counter, except as specifically prescribed by participant's physician.
15. Not permit an ineligible player or spirit participant to participate in a game.
16. Not deliberately incite unsportsmanlike conduct.
17. Abstain from the possession and drinking of alcoholic beverages and the possession or use of any illegal substance on both the game and practice fields.
18. Remove from a game or practice any participant when even slightly in doubt about his/her health, whether or not as a result of injury, until competent medical advice is available.
19. Control their fans. Remember, as a team coach, you are responsible for your team, and fan reaction will usually be in step with your reaction.
20. Uphold all rules and regulations, regarding TYFSF Football, Spirit and Dance.
21. Will not compete under an assumed name.
22. Will not strike any member, coach, player, parent, official, spectator or participant.
23. Will not proselyte (attempt to persuade a player for a certain team or association) by offering something better than the other associations.
24. Will not be a recorded violator under a State or Federal Penal Code of any criminal conviction, felony or misdemeanor, involving moral turpitude, including physical assault, child molestation, domestic violence, or substance abuse.
25. Will not threaten officials verbally or physically. (Penalty suspension)

RULE: Any coach/staff member that is ejected from a game is suspended for one year commencing the date of the date of the ejection. An Association may appeal to the Federation President and Commissioner (football, flag, or spirit) to request a hearing. This appeal must be received in writing by the problem resolution meeting following the game or event. This will be resolved by the next problem resolution meeting.

PERSON NOT IN GOOD STANDING

1. Individual who does not turn in or misappropriates equipment, printed material, records of any kind.
2. Stealing and or misappropriation of funds.
3. Individual who owes money to the association or Federation.
4. Individual who has violated association or Federation by-laws.
5. Individual who has violated the Coaches' Code of Conduct.

An individual not in good standing with an association or the Federation will not be able to coach with an association or be an association or Federation board or advisory board member until released by the aggrieved association or Federation.

Place of an individual on the Not in Good Standing Association or Federation list:

Must submit in writing to the Federation Executive Secretary the individual's name, the reason for placement on the list and the facts supporting the action and the date the alleged incident(s) occurred.

Removal of an individual from the association or Federation Not in Good Standing List.

Federation President or designee will investigate the allegation(s) and recommend to the association or Federation Board of Directors what the investigation revealed and whether or not the individual has remedied the alleged action and should be removed from the list.

DEFINITIONS

ASSOCIATION :

Associations are organizations that sponsor and administer one or more teams. They raise money, buy equipment, recruit coaches, etc.

Associations are characterized by a specific geographical area.

TEAM

A team is the basic unit of organization. At minimum, a team consists of a group of participants organized under the direction of a coaching staff in a given Age/Weight division. Each football team may have a maximum of two spirit squads, one primary cheer and one dance squad.

DIVISION

Division has several meanings, the most common of which refers to one of five (5) Age/Weight classifications: Mitey-Mite (MM), Junior Peewee (JPW), Peewee (PW), Junior Midget (JM), and Sr. Midget (unlimited weight). The basic ages and weights for each division of play are listed in Attachment I to this rulebook.

INTRODUCTION TO THE RULES

The rules contained herein WILL BE ENFORCED by the Federation.

THE TYFSF REGULAR PLAYING SEASON SHALL BE DEFINED AS AUGUST 1ST THROUGH DECEMBER 31ST. All Federation administrative personnel, coaches, players and spirit participants are subject to disciplinary action for violations of TYFSF rules and regulations at any time during a stated playing season.

NO RULES WILL BE ADDED AFTER AUGUST 1ST UNLESS NEEDED TO ADDRESS A SAFETY ISSUE.

REGULATIONS

1. POWERS/AUTHORITY OF THE FEDERATION

The Federation has, among its powers, the obligation and authority to make and enforce conduct and playing rules.

2. BOUNDARIES

TYFSF and its associations have established mandatory boundaries as shown in on the map as attached to this rulebook and in the street breakdown of this book and the Administrative Manual. Participants registering in TYFSF for football/spirit must reside within an association's established and approved boundaries. Exceptions are:

- a. Registered and Certified participants who have played for an association continuously since 1985 while living outside the association boundaries, may continue to play for that association notwithstanding boundary restrictions.
- b. These rights are also extended to siblings of such participants.
- c. The participant of a head player/cheer or assistant player/cheer coach wherein the head or assistant coach lives in one association, but coaches in another association, may play in that association notwithstanding boundary restrictions.
- d. A participant who has been granted a one (1) year waiver due to the team within the boundaries folding and/or the team is full.
- e. All disputes regarding boundaries will be referred to the Federation Executive Board for review, consideration and rulings.

3. COACHES REQUIREMENTS

A team's or squad's coaching staff is in complete charge of the team or squad whenever it is together on the practice or playing field, traveling as a group to and from practice sessions and games, or together for any team function,

such as a banquet. The coach's staff is under the direction of the Head Coach; other coaches are called Assistant Coaches. The following applies to all coaches:

1. A Head Coach must be at least 21 years of age.
2. An Assistant Coach must be at least 18 years of age or a high school graduate. A team/squad may have a maximum of four (4) assistant coaches, plus a maximum of one (1) Coach-Trainee.
3. Teams/squads are permitted to carry a Coach-Trainee, who must be a minimum of 15 years of age.
4. The Head Coach will determine the assignments of the Assistant Coaches.
5. In the absence of a specialized, trained person affiliated with the team/squad in the medical area (physician, paramedic, specially trained volunteer), one of the coaches must be the holder of a current Red Cross Certificate in Community CPR and First Aid or its equivalent.
6. Coaches are to be selected by methods approved by Federation, Association rules and/or by-laws.
7. Once approved for coaching, a coach is automatically terminated at the close of each season. To coach the following year, the same Association approval is required. Any violation of the rules committed by a coach during the season, even though the hearing is not held until after the close of the season, is still under the jurisdiction of the sponsoring association and/or Federation.
8. Coaches do not make team or Federation policy. Rather, they carry it out. However, on the playing and practice fields, the coaching staff is in complete charge and shall not be interfered with except in cases of rules violations and any other conduct deemed by higher authority to be contrary to the welfare of youth.
9. The Head Football Coach has final responsibility for his/her actions, those of his/her assistant coaches, players, Staff and parents.
10. The Head Spirit Coach has final responsibility for his/her actions, those of his/her assistant coaches, spirit participants, staff and parents.
11. The Federation will establish its own rules regarding the placing of coaches with sons, daughters or siblings within its own boundaries.
12. The team/squad head or assistant coach must be a holder of a current Red Cross (or its equivalent) Community CPR and First Aid Card and must present the card or a photocopy thereof to the Certification Committee.
13. Associations will establish procedures for selection of coaches. Any coach dismissed by one association will not be approved for coaching by another association until an investigation is performed by the Athletic Director to determine the facts of the case. Cases that cannot be determined or resolved at the association level, will be elevated to Tucson Youth Football & Spirit Federation level for action.
14. All TYFSF coaches must attend the Federation sponsored coaches clinic.
15. Any coach/staff member that is ejected from a game is suspended for one (1) year commencing the date of the ejection. **An Association may appeal to the Federation President and Commissioner (football, flag, or spirit) to request a hearing. This appeal must be received in writing by the problem resolution meeting following the game or event. This will be resolved by the next problem resolution meeting. (This applies to No. 15 only.)**

NOTE: NO ONE WILL BE PLACED IN A COACHING POSITION AFTER THE DATE OF THE LAST SCHEDULED FEDERATION CLINIC.

4. REGISTRATION

A participant cannot begin practice with a team or squad until he/she has registered. To register, the parent/guardian must sign a locally-supplied form approved by the Federation. The sign-up fee, if any, may be collected at this time. All coach trainees and teen demonstrators under the age of 18 must be registered/certified in the same manner as all other minors participating in TYFSF Football, Spirit and Dance. All candidates must furnish the following:

5. PARENTAL CONSENT

A written statement from either parent or the legal guardian, stating that the child has his or her permission to play, cheer or dance. The Federation will supply a standard form for this.

6. MEDICAL EXAMINATION:

A signed statement from an examining physician that the candidate is physically fit and there are no observable conditions which would contra-indicate him/her playing football or him/her cheer/dance. Note: If regular school medical examination was performed after January 1 of the current year, and the results are releasable to parents, a copy of such report may be used in lieu of a new examination. The doctor's signature must be legible, stamped with his name and/or his name printed on the physical form.

The Tucson Youth Football & Spirit Federation will develop and publish a form for the recording of medical examinations by physicians. School medical examinations are acceptable and will be attached to the Tucson Youth Football & Spirit Federation registration form. (Water persons, coach trainees and student demonstrators must meet this requirement.)

SPECIAL NOTE: A person with a loss of limb may participate provided that the individual has a signed statement of approval from an examining physician and that the use of the limb is no more dangerous to players than the corresponding human limb, and does not place an opponent at a disadvantage.

7. PROOF OF AGE

A certified copy of the birth certificate on file bearing the seal of the issuing office of the state of birth is the best guarantee of reliability of claimed birth date (a copy is acceptable). Passports, Military ID cards and certified wallet-size certificates issued by a state or commonwealth are acceptable. Hospital certificates and baptismal certificates **are not acceptable**.

8. SCHOLASTIC FITNESS

Proof of satisfactory progress in school is required. A 2.0/70% or the equivalent shall be the minimum grade point average acceptable to participate. In cases of doubt or conflict of opinion, a written statement by the school administration shall be deemed final. No local team/squad may be eligible to participate in any playoffs/championships, bowl games, or other competition, if it has not met the Federation published scholastic requirements. Home School - need a copy of the Affidavit from the State stating that the participant is home schooled

9. FORMATION OF TEAMS AND SQUADS

Tryouts of any kind are prohibited in TYFSF. Tryouts are defined as any means used to ascertain the level whereby a participant is placed on a team/squad, including assessments, evaluations, or any other method used to place a participant in TYFSF. Not more than 35 players shall be assigned to a football team or spirit squad at the start of preconditioning on August 1ST or the later starting date of the association, whichever comes first.

10. MANDATORY CUTS

Any participate must be cut who:

1. is found to have signed up as a result of parental pressure or tells team management he/she does not want to play/cheer/dance.
2. refuses to or cannot furnish the 4 required items, Parental Consent, Medical Examination, Proof of Age, and Scholastic Fitness.
3. is found to be simultaneously trying out for a school tackle football team, or who, once the season starts, is found to be participating on a school tackle football team or spirit squad. However, participation in a school flag football program, if required by the curriculum of the school PE program, or participation in a non TYFSF spirit squad tryouts, only, during the TYFSF season, is allowed.
4. is a member of any other organized TYFSF football/spirit team/squad or non-TYFSF football/spirit team/squad.
5. attempts to intimidate fellow participants in practice by word and/or physical deed. No refunding of fees shall be required.
6. is an extreme discipline problem (and then, only with the concurrence of the Federation).

11. VOLUNTARY CUTS

A participant shall be considered a voluntary or "self-cut" participant when he/she simply no longer shows up at practices or games of his/her own free will.

While voluntary cuts are not charged to any team for the purpose of these regulations, a coaching staff may attempt to disguise its cutting pattern by arranging practices in such a way as to discourage participants of lesser ability into quitting on their own. While these practices are not common, they have been known to occur and are considered intentional avoidance of the rules and regulations and are, therefore, punishable as a result of a hearing.

If a team or spirit squad loses 20% or more of its assigned participants prior to certification, it is mandatory that the association investigate the causes for the participants voluntarily leaving the team or spirit squad, and take whatever

appropriate action may be needed. The results of this investigation shall be reported to the Federation and the Federation shall have final authority as to whether appropriate actions were taken.

12. RETENTION OF ELIGIBILITY

Once certified, a participant must meet the following requirements to retain eligibility:

1. Transfer policy in case of change of residence will be decided by the Federation.
2. Retain parental consent.
3. Maintain sound physical condition.
4. Continue to maintain sound scholastic standards. In cases of doubt, the Federation shall have the to require a written statement by the school administration, which shall be deemed final.

13. DROPS AND ADDS

1. A team or squad may add participants to its certified roster as long as said roster was certified below the maximum number permitted, or to replace those originally certified and no longer on the team or squad for any valid reason.
2. The last date for Drops and Adds is the Thursday after the second regular season game.

14. ALL STARS

All-Star teams or squads are permitted. Approval must come from the TYFSF Board of Directors only. It shall not impact any association teams or squads participation in regular or post season. A participant can only compete in 1 All-Star team or squad per season. No simultaneous practice or play is permitted on a weekly basis.

Football All-Stars Head Coach shall be selected by the TYFSF President, Executive Vice-President and Tackle Football Commissioner. *

Cheer All-stars Head Coach shall be selected by the TYFSF Cheer Commissioner and approved by the TYFSF President. *

*** Recommendations from Association Presidents are strongly considered.**

Travelling All-Star teams or squads that are representing TYFSF will have tryouts involving all Associations which have that level of play. Since minimum weight is not a factor, a player from one division lower and age appropriate shall be allowed to tryout.

**** Violation of these rules will result in an associations' charter being revoked.**

15. AWARDS

1. In compliance with the "team" concept and in view of the ages of TYFSF participants, no participant will be singled out as a "best lineman," "best offensive back," "most valuable player/spirit participant," etc., for the presentation of a special award. Such adulation should be given to an athlete after his TYFSF days, if he/she justly deserves it by performance at the High School level or beyond, individual awards may be presented, but must be given to all team or squad members.
2. **SPECIAL NOTE FOR PLAYERS:** Awards for individual performances displayed on the helmets are prohibited (i.e., no stars, hatchets, footballs, etc.). The only decal allowed is the team logo and/or TYFSF logo.

Individual awards presented by an Association to its participants shall not exceed \$15.00.

3. The Tucson Federation shall be responsible for and will provide and pay for the following awards:
 - a. A participation award such as a medallion shall be presented to all participants, football and spirit in the Flag Division.
 - b. Tackle Football, playoffs and championships.
The Federation will supply and pay for the following: third place, second place first place trophies - for Mitey Mites through Unlimited.

- c. Spirit (cheer and dance, large and small squad, Mitey Mite - Sr. Midget Unlimited Weight. The Federation will supply and pay for second and third place trophies with a maximum of forty-eight (48).

4. GOOD SPORTSMANSHIP AWARDS

In the Flag and Tackle football programs, at the conclusion of the regular season including Fiesta games, playoffs and championships, a plaque will be awarded, paid for by the Federation, to a Flag and Mitey Mite team and to a Jr. Peewee thru Sr. Midget and Unlimited Weight team that best exemplified the spirit of sportsmanship from players, and parent, coaches and staff.

In the Spirit Program, cheer and dance, Flag, Mitey Mite and all competitive divisions, small and large and at the conclusion of the season which includes championships, a good sportsmanship plaque will be presented to the squads that best exemplify the spirit of sportsmanship from spirit leaders, parents, coaches and staff. Award winners will be selected from observation by a panel of executive board members, appointed by the President which will remain anonymous.

5. HALL OF FAME

The Federation will accept nominations for and elect members annually, to the TYFSF Hall of Fame to honor those who have had a significant impact on the creation, development and growth of the program, since 1969. Specific guidelines will be developed by the Federation and voting will be by the Board of Directors. Inductees to be presented with an award and honored at our annual awards banquet.

The Federation Board of Directors will accept nominations during the Federation Board of Directors meeting in December for and **induct no more than three (3) members** annually to the TYFSF Hall of Fame at the Federation Board of Directors meeting in February. **Each Association can nominate three (3) nominees yearly and the TYFSF Executive Board can also nominate three (3) nominees.**

Each member of the Federation Executive Board shall have one (1) vote. Association board members will vote the same way they vote on everything else, by team count. The selected member of the TYFSF Hall of Fame will receive an award from the Federation and receive community recognition. Award is not to exceed an economic value of \$50.00.

A letter of nomination (typed or clearly printed) should be presented, listing a minimum of the following requirements: 1) 15 years involvement in TYFSF program since its inception in 1969; 2) what the nominee has done for and contributed to the TYFSF program in the past and/or currently contributing; 3) demonstrate the nominee's commitment to the TYFSF program, 4) how the nominee has demonstrated his/her sportsmanship, 5) the nominee's good standing in TYFSF and the community, and 5) the nominee's good standing in TYFSF and the community during active participation in the program.

6. VOLUNTEER OF THE YEAR

The Federation will annually nominate and select a male and female volunteer of the year. Said volunteer(s) will receive an award from the Federation and receive community recognition. Award is not to exceed an economic value of \$50.00. Nominees to have a minimum of seven (7) years of service and must meet other criteria as determined by the Board of Directors.

Each Association may annually nominate a male and female volunteer of the year. The names to be presented on the Volunteer of the Year Form at the December Board of Directors Meeting, and selection accomplished at the February Federation Board of Directors Meeting. It is noted here that in this instance, each association and each Federation Executive Board Member will have only one (1) vote count. Said volunteer(s) will receive an award from the Federation and receive community recognition. Award is not to exceed an economic value of \$50.00.

Volunteer of the Year Requirements: Nominees to have a minimum of seven (7) consecutive, or ten (10) non-consecutive years involvement in TYFSF through or by a combination of service on an association team/squad staff, Association Executive/board of Directors Federation Executive/Board of Directors

16. PRACTICE

1. **DEFINITION:** To prevent possible bending of the rules and as a protection for children, practices are defined as a gathering of players or spirit participants, without minimum number, in the presence of at least one (1) coach, where one or more of the following activities take place.

- A. chalk talk/skull session
- B. viewing of fundamentals film
- C. group conditioning
- D. individual skills session (QB, receiving, blocking, tackling, kicking, etc.)
- E. group skills sessions
- F. dummies and other inanimate contact
- G. play run through without pads (shorts & T-shirt)
- H. play run through with equipment, but without contact
- I. intro-squad scrimmages with full pads and equipment

As can be seen, a so-called “party” at a coach’s home, where films are shown, or where football or spirit teams are talked about, can be deemed a practice session, as can a “party” at a parent’s home where one or more coaches are present. Use of a football field is not required to satisfy the definition of a “practice session.”

2. Pre-season practice: The actual date will be determined in accordance with climate and other factors determined by the Federation in establishing a common starting date for all teams within the Federation.

The first week of practice shall be devoted entirely and exclusively to conditioning, not wearing pads; however, helmets shall be permitted. More time may be added beyond this required first week for the conditioning period.

3. All practices must be attended two people holding a Red Cross Community CPR and First Aid Certification, or its equivalent, if not by an EMT or volunteer physician (such as a parent of one of the participants.)

4. **BEFORE LABOR DAY:** No team or squad may schedule more than 10 hours of practice per week before labor Day. A week is defined as seven (7) consecutive calendar days. No more than 2 hours and 15 minutes (mandatory break) of practice may be scheduled on any one day.

5. **AFTER LABOR DAY.** Practices after Labor Day weekend are limited to 6 hours per week. A week is defined as seven (7) consecutive calendar days. Practices after Labor Day weekend are not to exceed 2 hours and 15 minutes (mandatory break) per day.

6. **BREAKS.** Break time is not counted against the ten (10) or six (6) hours per week or 2-1/2 or 2 hours of allowed practice time.

A mandatory 15 minutes break after each hour of practice shall be required. Break time is not counted against the hours per week or per day allowed practice time.

FULL PROTECTIVE EQUIPMENT REQUIRED

At all practices, pre-season or in-season, where person-to person or person-to dummy contact takes place, each player must be dressed in the full complement of protective equipment described in “Required Equipment,” page 14.

7. **CONTROLLED INTER-SQUAD SCRIMMAGE:** After the first week of practice (10 hours) for conditioning, and after the second week of practice (10 hours) in pads in which contact has occurred, teams may engage in joint a practice session with other team(s) in which are called controlled inter-squad scrimmages. So as to avoid any misinterpretation, 20 hours of practice is required before inter-squad scrimmages may occur.

Any player added after a team has formed and/or after the season has started, must be subject to the same 20 hours of conditioning as mentioned in 7 above.

In a controlled inter-squad scrimmage, there is prior agreement between coaching staffs that:

1. Coaches will be permitted on the field.
2. Long time-outs are taken between plays to that coaching staffs can instruct and critique

- their players.
3. Coaching staffs may inform each other of the plays they are going to run so one team can concentrate on its offense sets while the other improves its defenses and vice-versa.
 4. Officials can be present during scrimmages.
 5. Game score is not kept; scoring is not the primary goal.
 6. No official time is kept other than to assure the practice maximum is not violated. A mandatory 15 minute break if taken at the end of one hour, said break not to be counted against the allowed practice time.
 7. No player or team is permitted at any time to engage in controlled scrimmage or any form of contact drills involving a player, players, or team from a different Age/Weight division of play.

No scrimmage of any kind between teams will be allowed prior to a date to be designated by Tucson Youth Football & Spirit Federation Board. A maximum of three (3) scrimmages shall be allowed per tackle team, with the exception of the Mitey Mite Division whose maximum shall be one (1). Flag teams will also be allowed a maximum of one (1) scrimmage. A scrimmage is treated as a regular practice and counts toward weekly practice time maximum. For tackle teams to scrimmage, both must have a minimum of sixteen (16) registered and conditioned players on their roster; flag teams to scrimmage. Both must have a minimum of ten (10) registered and conditioned players on their roster. Only one (1) scrimmage per day shall be allowed per team. Round robin type scrimmages shall be permitted but, not including breaks in the schedule, must not exceed two (2) hour and shall not exceed more than three (3) total hours from beginning of warmup until completion of each team's final scrimmage. Should either the two (2) or three (3) hour time limit be reached for any reason, the scrimmage will immediately cease for that team

8. **The following exercises and drills are banned from all practices and pre- game warm-ups; leg lifts, neck bridges (sometimes referred to as neck rolls) and bull in the ring. Leg lifts with knees bent are acceptable.**
9. For a participant to be eligible for participation in a pre-season scrimmage, season or post-season game, it is necessary that he/she complete the required 10/10 conditioning and contact practice, and to be eligible to participate in the weekly season or post-season game, it is necessary that he/she complete and actively participate in a minimum of three (3) hours of practice during the week preceding the scheduled game.

As to Spirit/Dance Squad Participants, to be eligible to participate in a pre-season scrimmage, exhibition or a season/post-season game/event or competition and stunting, he/she must complete twenty (20) hours of conditioning and actively participate in a minimum of three (3) hours of practice during the week preceding the scheduled scrimmage, exhibition, game, event or competition.

RELEASE

Any participant in tackle, spirit/dance or flag who receives care or treatment from a medical professional including (M.D., D.O., Chiropractor, Hospital E.R., Urgent Care Facility, Medical Clinic) must provide a signed release form authorizing the resumption of practice and game/event participation. Further, any participant in tackle, spirit/dance or flag who is absent from five (5) consecutive practices due to injury, sickness, must complete ten (10) hours of reconditioning and practice prior to participating in a game or performance.

SCOUTING:

Coaches are not allowed to scout another team's practices, scouting another teams/squads' practice is defined as cheating. Punishment for (infraction) Cheating: suspension for one (1) year, permanent suspension upon the second offense.

INCLEMENT WEATHER

A practice may be canceled or called prior to completion because of the proximity of lightning or inclement weather by the Association President or General Manager. In case of an emergency, the team coach, Business Manager or registered adult participant may call the practice. In the event a two (2) hour practice session is called because of inclement weather prior to completion of one-half (½) of the practice time, based on the time practice is scheduled and players are told to report to the field, the remaining time may be rescheduled with the approval of the

association's President or General Manager. If more than one-half (½) of the time has elapsed, practice shall not be rescheduled.

WARM WEATHER PRECAUTIONS

Team must guard against serious heat problems, which in extreme high school and college cases have occasionally resulted in death. The training regimen of any team practicing under high heat and/or humidity conditions must:

- A. Limit or eliminate laps entirely. Do not assign laps for disciplinary reasons.
- B. Schedule practices for early evening, after sun is low in sky.
- C. Give players all the water they want to drink, when they want it. Do not substitute soft drinks for water.
- D. Each coach must keep an eye on all players and his fellow coaches for the slightest sign of **HEAT EXHAUSTION OR FATIGUE**.
- E. A fifteen minute break is mandatory in the middle of each practice, not be counted against practice time.
- F. Water shall be the responsibility of the head coach of any team. All head coaches shall be required to provide water to participants during any and all practices. Water shall be provided to any participant on request.

WARNING OF HEATSTROKE

The American Medical Association and the National Federation of State High School Associations joined recently in warning against heavy football workouts during **HOT WEATHER**. Early practice sessions frequently are conducted in very warm and highly humid weather in many parts of the nation. The two groups said in a special report, "Under such conditions," the report said, "special precautions should be observed. Otherwise the athlete is subject to **HEAT FATIGUE** (depletion of salt and water due to excessive sweating), heat exhaustion (depletion of salt and water) and heatstroke (overheating due to breakdown of sweating mechanism). Heat fatigue dulls the athlete's skillful alertness and makes him vulnerable to injury. These two illnesses can result in serious harm physically and even death. Heat exhaustion and heatstroke are preventable only by careful control of factors in the conditioning program of the athlete ... the old idea that water should be withheld from athletes during workout has absolutely no scientific foundation." "During exercise in the heat," the report continued, "it is essential to replace, at least hourly, the lost water by perspiration...."

Injured Player. Claim procedures will be set up by the Federation and adhered to by all Associations to handle insurance claims for injuries.

17. CAMPS

1. The Federation, association or any personnel associated within, shall not require or mandate that a TYFSF football team or spirit squad, in part or in whole with or without coach(s) attend a football or spirit camp. However, a TYFSF football or spirit team/squad, in part or in whole MAY attend a camp if they so choose to, providing the following conditions are met:

- A. Coach or other team affiliated personnel does not make it **MANDATORY**
- B. Camp provides as part of its services an accident insurance plan for camp participants.

2. Any camp, whether it be for players or spirit participants, shall not be endorsed or sponsored by TYFSF, Association or Team, which does not provide as part of its services, an accident insurance plan for the camp participants.

18. IMPORTANT POINT-MEDICAL

Each team/squad shall have a minimum of one member that is currently certified in Red Cross Community First Aid and Safety or its equivalent.

Establish an emergency plan that fits your specific needs. Your emergency plan should include, but not be limited to, the following:

- A. introduce or identify trainer/health care provided to visiting coach;
- B. home team/host association review emergency plan with visiting team;
- C. designated duties for coaching staff and or athletes;
- D. "how to call EMS" next to phone;
- E. specific direction to your facility for emergency medical services (EMS);
- F. emergency numbers;

- G. injury report forms;
- H. treatment authorization card;
- I. List of administrators that the coach is required to contact.

Practice your emergency plan early in the season, and repeat often throughout the season. A similar plan should be in place for teams traveling to away games.

A staff member (Business Manager) must carry the entire team's medical release forms and emergency numbers for all players and spirit participants in case of an emergency their parent(s) or guardian must be reached. Having the family physician's number opposite the participants name is also recommended.

19. CHARGING ADMISSION

Admission to Playoff and Championship Games:

An admission fee to be set by the Federation Board of Directors shall be charged for all football playoffs and championship games to all those age sixteen (16) and over (exception: there will be no charge to any staff member as shown on the certified roster and wearing the accepted ID badge of those teams participating in the playoff or championship game(s)). All net proceeds will be used to offset Federation Operating Budget in the future year to cover expenses.

Admission to City Spirit Championships:

An admission fee to be set by the Federation Board of Directors shall be charged for the City Spirit and Dance Championships to all those attending, sixteen (16) and over (exception: there will be no charge to any staff member as shown on the certified roster and wearing the accepted Federation ID badge of those squads participating in the championship event). All net proceeds will be used to offset Federation Operating Budget in the future year to cover expenses.

20. PROTESTS

1. Only protests involving the eligibility of a player or spirit participant shall be considered.
2. Protests are decided in accordance with the administrative procedures of the Federation.
3. Teams, Associations and the Federation have the responsibility to communicate protests as soon as they are known to exist. Lack of prompt notification may result in denial of the protest.

TUCSON YOUTH FOOTBALL & SPIRIT FEDERATION

RULES AND REGULATIONS

All tackle football games are played under the Arizona Interscholastic Association Rule Book except where specifically modified by the TYFSF Board of Directors.

I. Tackle Program

JULY 31 CUTOFF-LEAGUE AGE: the player's age on July 31st (midnight) of the current year shall be the player's age for the coming season.

AGES AND WEIGHTS: The Tucson Youth Football & Spirit Federation, Inc. Age and Weight Chart will be adhered to and is Attachment I to this rulebook.

SPECIAL NOTES FOR MITEY MITES

1. Coaches in the Mitey Mite Division may use pre-drawn visual aids on the field during the game.
2. It will be permissible for one coach from each team to be on the field at all times during a Mitey Mite game. The coach will be permitted in the offensive and defensive huddles. **HOWEVER, ONCE THE HUDDLES BREAK, THE COACHES MUST NOT INTERFERE WITH PLAY AND MUST REMAIN 15 YARDS BACK OF THE LINE OF SCRIMMAGE.**
3. The Mitey Mites are allowed to participate in the City Championships.
4. One preseason exhibition game and one post-season bowl game, local or out of town will be permitted.
5. Blitzing will not be allowed and there will no rush of punts, field goals or point after touchdown by kick.

RULE 1. INITIAL WEIGH-IN; FIRST PRACTICE

Until the first practice session, no convenient means will exist for the team to conduct this weigh-in. Its purpose is to serve as one final check of qualification and to screen out for special attention each player whose weight will bear watching by the team staff, the players, and parents throughout the practice period, because the player is slightly below the minimum or slightly above the maximum weight for that particular division. Those failing the initial weigh-in will not continue as eligible candidates for the team (See Cutting of Players pages 4 & 12). The initial weigh-in is not the certified weigh-in and may be conducted on a less than a medical quality scale.

See the Federation's Assignment and Certification rules.

If any Association tackle team is found to have violated **the maximum-minimum initial practice** weight rule, the following sanctions shall be applied.

1. The Association will be expelled for the balance of the season, its charter revoked.
(May re-apply the following season.)
2. The Head Coach of the team involved will be suspended for two (2) years.
3. The Association's General Manager and Team Business Manager will be suspended for two (2) years.

RULE 2. IN-SEASON DETERMINATION OF WEIGHT

Each team will have its players check **PRIOR TO EACH GAME** during the season to assure that the weight standards are being maintained. (See Weigh-in Procedure Administrative Manual).

Once a weigh-in has been conducted, no equipment shall be exchanged.

The following allowances are allowed for equipment: All weights include all equipment except for shoulder pads and helmet.

| | |
|-------------|--------|
| Mitey-Mite | 5 lbs. |
| Jr. Pee wee | 5 lbs. |
| Pee wee | 5 lbs. |
| Jr. Midget | 6 lbs. |

Unrestricted Weight - **

**** Ages 11, 12, 13, grades 6, 7, 8, if they DO NOT qualify for the Jr. Midget National weighted division. Age 14, grade 8 plays in this division. Age 15, grade 9 can play in this division if they DO NOT turn 16 prior to December 31 of the current Calendar year. The 15 year old can have a maximum weight of 150 pounds. Sophomores in high school CANNOT play in this division. Parents/guardian of those players 15, who will turn 16 prior to December 31 of the current year, must sign a waiver stating that their child will be able to play the TYFSF regular season, city playoffs and championships, but WILL NOT be eligible for AYF regional and national competition as AYF rules DO NOT allow for 16 years olds to play. This waiver does not restrict those kids who turn age 16 prior to December 31 of the current year from playing other outside NON AYF affiliated competitions.**

RULE 3. IN-SEASON WEIGHT INCREASE

Due to the increase in game weights (9 pounds), there is no in-season weight increase allowed.

All Business Managers and Equipment Managers that are authorized in the weigh-in area (*NO COACHES IN THE WEIGHT-IN AREA AT GAMES*) will police this policy and enforce it. Any problems will be reported to the Association's Judicial Committee who in turn will report it to the Federation Problem Resolution Committee.

A digital scale and/or medical scale is mandatory for weigh-ins. One scale **MANDATORY** to check for maximum weight only. Scale will be unlocked and locked before and after each weigh-in, and the Field Marshall or designee shall remove the lock in the presence of both Business Managers.

RULE 4. FAILURE TO PASS IN-SEASON WEIGH-IN

1. **WEIGH-IN BEFORE EACH GAME:** A player failing a weigh-in will be disqualified from participation that game only. He may sit with the team on the bench after he has removed his helmet and shoulder pads.
2. Determination of Weigh Master as to the weight eligibility of a player is final.

RULE 5. CUTTING OF PLAYERS

In addition to those reasons listed in **Mandatory Cuts and Voluntary Cuts**, any player must be cut who:

- A. weighs 10 or more pounds above the maximum weight for the selected division of play, at the time of the initial practice session.
- B. weighs 3 or more pounds less than the minimum weight for the selected division of play, at the time of the initial practice session.

RULE 6. CERTIFICATION OF PLAYERS

In addition to the stipulations found in **Certification-Administrative Manual, Retention of Eligibility, page 5, and Drops and Adds, page 5**, to be certified onto a team roster, player shall qualify under the following:

- A. A player shall meet the age requirements as specified on the age/weight attachment.
- B. At certification, a player who fails to make weight for the team he has been practicing with, but falls into the weight bracket of another division, may be moved to the other division as part of certification.

RULE 7. ROSTER SIZE

Not more than 35 players shall be certified onto a team roster. A team with less than 20 certifiable players will not be permitted to form and play.

MINIMUM ROSTER SIZE

A minimum of 16 players must be dressed and eligible to play at each game. Also, if you start a game with 16 players, you must maintain 16 eligible players during the game and finish the game with 16 players. Any team which forfeits two successive games by reason of an insufficient number of players shall be investigated by the Federation for a determination as to whether to forfeit the balance of the season.

RULE 8. MANDATORY PLAY RULE

The following shall be the mandatory play rule (MPR) for all Tucson Youth Football & Spirit tackle football teams and shall be followed without exception, based on the number of eligible players at the time of the game (weigh-in).

16 - 25 players - 10 plays
26 - 30 players - 8 plays
31 - 35 players - 7 plays

- A. The plays must be from the line of scrimmage.
- B. Kickoffs, extra points and free kicks shall not be used in fulfilling the MPR requirement.
- C. A play shall not count toward fulfillment of the MPR if the play results in a penalty which causes the down to be replayed.
- D. All players shall be provided their mandatory plays by participation in “active plays, without the intent to minimize the action or integrity of the plays. Plays such as, but not limited, to having the center snap the ball to the quarterback, and then the quarterback falls to the ground, while substitutes are playing the other positions, shall NOT be considered as active plays.
- E. All players shall receive their mandatory plays by the end of the third quarter, or they shall enter the game at the start of the fourth quarter, and remain in the game until they have received their required number of plays.

If found in violation of the mandatory play rule, the following penalty will be imposed.

- 1. **FORFEITURE** of the game in which the violation occurred.
- 2. **First Offense for Head Coach: Probation.**
Second Offense for the Head Coach: Suspension for one game and one week of practice.
Third Offense for the Head Coach: Suspension for the remainder of the season. If the third offense is the last game of the season, suspension for the first half of the following season’s games.
- 3. Penalties imposed may be applied to the Tackle Football Commission or Federation President within 72 hours of the event that led to the imposition of a penalty. Appeal must be in writing and state the reasons for the appeal and why the penalty should not be imposed. The Tackle Football Commissioner and/or Federation President will respond by then next regularly scheduled Problem Resolution Committee Meeting or in any event prior to the next scheduled game.

Each team will supply two (2) adults age 18 or over to monitor the Mandatory Play Rule. Failure of a team to supply two (2) adults will be deemed a violation of the Mandatory Play Rule and will result in forfeiture of the Game. Any person assigned as a Mandatory Play Monitor must be instructed to be respectful while on the Opponent’s sideline and working with the opponent’s volunteer. There is to be no excessive cheering, cell phone use of coaching of any kind. If an opponent asks that the volunteer be replaced, the request must be complied with right away. Failure to comply may result in game forfeiture.

RULE 9. FIELDS AND MARKINGS

- 1. The home team is responsible for the preparation of the playing field and all required accessories for a game. All fields will be equipped and marked in accordance with high school standards.
- 2. The bench area is reserved for players, coaches, and authorized team personnel only. The sidelines areas are reserved for the game physician and chain crew, with the balance of the sidelines kept clear except for the presence of medical and law enforcement personnel, and authorized members of the press. The Federation shall be permitted to determine on which side of the field the chain crew shall operate. In the absence of a Federation stated position, the local high school rules shall apply.

Fields: The Home Association will provide chains, down markers and ice water for the games at their home fields, and will also have an Association official as a single point of contact for all teams. This person may be a Field Marshall, General Manager, Athletic Director, but must be knowledgeable of the Local Rules.

The Chain Crew will operate on the home team’s side of the field, or as agreed to between the home team and the officials. Chain crews may not coach from the sidelines and must remain neutral.

Official game balls will be used, and each team has the option to use their own game ball.

RULE 10. GAME BALL

- 1. The ball shall be of a good grade of leather, rubber or composite material with specifications in the area of:

| | |
|--------------|--|
| Manufacturer | |
| Wilson K2 | Pre JPW |
| Wilson TDJ | JPW PW |
| Wilson TDY | JM-SM SR |
| Wilson TDS | Unlimited 7 th , 8 th , 9 th grade |

Equivalent footballs may be used, but must fall with the above reference specifications.

2. Colors other than traditional brown are not allowed.
3. Application and use of stick-um on a player's hands is not allowed.
4. In the Mitey-Mite Division of Play **ONLY**, it shall be left to the determination of the league which ball shall be used.

RULE 11. PLAYER DESIGNATIONS

1. Each player shall wear a number between 1 and 99 inclusive. Numbers "0" and "00" are illegal and shall not be worn.
2. During a game in which a PA system is used, the number of any player committing a foul shall not be publicly announced.

RULE 12. REQUIRED EQUIPMENT

The following items shall be worn by players in all divisions beginning with physical contact in practice session:

- A. Helmet: Only helmets bearing the NOCSAE Seal of Certification may be worn. All helmets must bear the current NOCSAE approved "Warning Label: in a visible position on the outside of the helmet. This "Warning Label" is the same label that is furnished by all helmet manufactures and quality reconditioners. (Note: Regulations regarding chin straps and face guards are to be followed per the National Federation or NCAA regulations, whichever is applicable).
- B. Shoulder pads
- C. Pants: One Piece or Shell
- D. Hip Pads
- E. Tail Pads
- F. Thigh Guards
- G. Knee Pads
- H. Mouthguard (Keeper Strap required.) **MANDATORY. MUST BE A COLOR, i.e. orange, red, etc. No clear or white mouthguard.**
- I. Male Players: Athletic supporter with hard protective cup is required. Female Players: Must wear a soft cup.
- J. Shoes: In all divisions of play: sneakers, molded rubber cleats (soccer style), or detachable rubber (football style) cleats are permitted. No metal cleats are permitted. Cleats may not exceed a ½" in length.
- K. Eyeglasses: When worn, shall be of athletically approved construction with non-shattering glass (safety glass) or contact lenses.
- L. Any additional equipment worn by player shall be approved by the Federation.
- M. Jewelry of any type shall be prohibited, except religious or medical medallions, which must be covered by the player's uniform.
- N. The wearing of headgear containing knots, including beads and/or decorative hair ornaments are prohibited as well as skill caps.

RULE 13. BLOCKING AND TACKLING RESTRICTIONS

Both the National Federation and NCAA rulebooks contain extremely strong language on blocking and tackling. It is the responsibility of every TYFSF coach to be fully informed of, and abide by, all such rules of the governing body (National Federation or NCAA) under whose jurisdiction his state falls, and to review same every year. In addition to other specific prohibitions in the National Federation and NCAA rulebooks, no butt blocking, chop

blocking face tackling or spearing techniques shall be permitted. If such techniques or any others forbidden by the National Federation or NCAA rulebooks are taught by TYFSF coaches, said coaches shall be dismissed from the program, upon being found guilty following a hearing.

In addition, Tucson Youth Football & Spirit has adopted the following:

Spearing and Butt Blocking **WILL NOT BE** tolerated.

Spearing is deliberately and maliciously driving the helmet into a player, who is down or who is held so his forward progress is stopped or who is obviously out of the play.

Butt Blocking is defined as a blow with the face, frontal area of top of the helmet as the primary point of contact, driven directly into the opponent.

The techniques are dangerous to both blocker and opponent. It shall be a requirement of every Head Coach to explain to all players, that spearing and butt blocking are illegal and dangerous and will not be tolerated. ***IF SPEARING AND/OR BUTT BLOCKING IS CALLED BY A GAME OFFICIAL, THE PLAYER IS AUTOMATICALLY EJECTED FROM THE GAME.***

RULE 14. LENGTH OF PERIODS

Maximum length of periods by division of play are:

Mitey Mite, Jr. Peewee, Peewee, Jr. Midget and Sr. Midget, Unlimited Weight 10 minutes

INTERMISSION LENGTH

Between 1st and 2nd; 3rd and 4th quarters 2 minutes

Between 2nd and third quarters 15 minutes

RULE 15. TIME CLOCK

The referee shall decide where the clock will be kept if the field is not equipped with a scoreboard timing device. In any event, the referee has final authority to have the clock kept on the field if, in his judgment, the host association's clock operator is not qualified.

RULE 16. TIME-OUTS (Charged and Officials' Timeouts):

Three (3) charged timeouts may be taken by each team in each half. A charged timeout occurs when requested by a team captain and approved by an official. Non-chargeable timeouts will be: injury of a player, repair of equipment and an official's timeout.

RULE 17. PLAYERS

1. A free substitution rule is always in effect.
2. It is **STRICTLY PROHIBITED** for a player or group of players to participate in any practice session or game with players from another division of play (i.e., Jr. Midget vs. Sr. Midget).
3. Injured player: Once removed by reason of injury, a player shall not re-enter the game without the approval of a currently certified EMT, paramedic, a person certified in First Aid and Safety, or available licensed physician.

RULE 18. REGARDING INELIGIBLE PLAYERS

Forfeiture of all games in which the ineligible player was a member of the team shall be the penalty applied to the team involved. There shall be no exceptions.

1. There are eight (8) unequivocal definitions of an ineligible players, from which there are no appeals:
 1. Overweight or underweight
 2. Overage or underage
 3. Residing outside of legal boundaries without mutual agreement of appropriate Federation and/or Associations.
 4. Falsification of data concerning any of the above.
 5. Participation in school tackle football or any other non-affiliated football program and TYFSF in the season.
 6. Failure to document scholastic eligibility.
 7. A participant (player/spirit) who has not completed the required conditioning and contact practice,

- 10/10 player (20 hours (spirit).
8. A participant (player/spirit/dance) who has not attended and participated in the required three (3) hours of weekly practice during the season.
 9. In those instances where an association has a sister team in a division and a player is assigned to Team A and plays for Team B.

As to No. 3, the following has been added:

If there is such an agreement between the Federation and an association, it ***MUST BE IN WRITING AND ATTACHED TO CERTIFIED ROSTER***. Those participants that play out of boundaries because of their team being folded or the team within their boundaries is full, have a one (1) year waiver. The next year they are to return to the association in whose boundaries they reside.

PENALTY:

1. Forfeiture of all games in which the ineligible participant was a team/squad member.
2. Any coach who is found guilty of having played or otherwise allowed to participate an ineligible player or spirit participant in a pre-season, regular season or post season game or practice will be suspended for a minimum of two (2) years from the date of determination of guilty and there shall be no appeal.

RULE 19. SCORING VALUE

| | |
|----------------------------------|----------|
| Touchdown | 6 points |
| Point after TD by run or pass | 1 point |
| Point after TD by kick | 2 points |
| Safety (awarded to opponent) | 2 points |
| Field Goal | 3 points |
| Forfeit (offended teams wins by) | 1-0 |

RULE 20. SCORES

1. LOPSIDED OR INTENTIONALLY RUN-UP SCORES

Any time Team A is ahead of Team B by 36 points or more, there shall be no further kickoffs, and Team B will be awarded the ball at the 50-yard line. (This procedure shall continue until such time as the point difference is less than 36). As long as the 36 point differential is maintained, TEAM A MUST USE THE BALANCE OF ITS RESERVE PLAYERS INSTEAD OF FIRST STRING PLAYERS.

Once a point differential of 36 or more points THE OFFICIAL CLOCK WILL BECOME A RUNNING CLOCK A ONCE STARTED AS A RUNNING CLOCK, it cannot be changed.

Team A COACHES MUST ATTEMPT TO USE PLAYS WHICH MAXIMIZE THE ACTION OF THE GAME, SO LONG AS TEAM B DOES NOT STACK THE MIDDLE WITH 11 PLAYERS. In addition, in an attempt to keep the score down, Team A coach must not run sweeps, attempt forward passes, use misdirection plays or use reverses.

When a game ends with a 36 point or more differential, a member of the TYFSF Hearing Tribunal, shall conduct an investigation by talking to staff and members of both teams. If it is determined that Team A coaches did not attempt to keep the score down, or conversely, attempted to run the score up, then a formal complaint will be filed against Team A coaches or coach and a formal hearing will be scheduled.

PENALTY Lopsided or Intentionally Run-Up Scores: (**Intentional**): A finding of “guilty” shall result in Probation at a minimum; **Suspension** if the conduct is found to have been intentional; and **Dismissal** in the case of a repetitive pattern (malice).

RULE 21. SIDELINE PERSONNEL

In addition to the coaching staff, a team may have additional support personnel positioned within a team box during the game The total number of team support personnel, including coaches, in a team box shall not exceed 10.

The Association will issue Federation approved identification cards to sideline personnel. Replacement for lost cards will be at the expense of the association or person involved.

Each hosting association will maintain and issue standard identification cards to photographers on the sideline during the game. These people are not to interfere with the team or coaching staff in any way, and if they do, will be removed.

Only staff and support personnel listed on that team's Certified Roster and wearing the Federation issued identification card will be allowed on the sideline during that team's game.

Children (regardless of age) of the staff, support personnel or friends of the participants will not be allowed on the sideline during the games. There is no exception to this rule as insurance is not available for these individuals. (Note: For further references see TYFSF Administrative Manual " under definitions: Authorized Personnel "t.")

RULE 22. COACHING COMMUNICATIONS

There will be no electronic devices from the press box, coaching box, sidelines or any other position on the field that may be used to relay messages to the coaches or players at any time. Electronic devices include, but are not limited to, the use of a Cell Phone, Blackberry, PDA, Computer, radio or other messaging device. All Bluetooth earpiece devices are not allowed within the field of play. A coach using a cell phone for emergency purposes must step outside the coach's box. Disciplinary action may be taken including removal from the game and permanent suspension for repeated violations.

RULE 23. NO TAXI SQUADS

No team is permitted to run a "taxi" or "reserve" squad..

RULE 24. SCHEDULED GAMES

The chart listed below summarizes the number and types of games teams may play during a season by each Age/Weight division.

| | Regular Pre-Season Exhibition (Max) | Total Season Schedule (Max.)* | Post Season Bowl Games (Max.) | Number of Games (Max) |
|-------------|-------------------------------------|-------------------------------|-------------------------------|-----------------------|
| Division | | | | |
| Mitey Mite | 1 | 11 | 1 | 13 |
| Jr. Pee wee | 1 | 11 | 2 | 14 |
| Pee wee | 1 | 11 | 2 | 14 |
| Jr. Midget | 1 | 11 | 2 | 14 |
| Sr. Midget | 1 | 11 | 2 | 14 |
| Unlimited | 1 | 11 | 2 | 14 |

* Regular Season Schedule includes Federation playoffs/championships.

SCHEDULING PROHIBITIONS

A. Under no circumstances will a team be allowed to play a game, scrimmage, or practice against a team of another division (i.e., Jr. Midget vs. Pee wee, Jr. Pee wee vs. Pee wee)

COMMON REQUIREMENTS - ALL SCHEDULING

The following requirements apply to all scheduling beginning with practice and end with post-season bowl games: (See above)

- A. No team, on its own, may arrange a game. All games regardless of type, must be arranged through or with the sanction of the Federation.
- B. Prior account will be taken of all local and state laws pertaining to the scheduling of athletic

contests.

- C. A period of at least four (4) full days (96 consecutive hours) will elapse between the end of any game for a given team and the beginning of the next game for pre-season exhibitions, regularly scheduled Federation games and bowl games. The Federation may waive the four (4) full days (96 consecutive hours) to three (3) full days (72 consecutive hours) **ONLY** to permit the conclusion of the regularly scheduled season. The 72 hour rule may be waived for National Competition.

RULE 25. POST-SEASON BOWL GAMES

- 1. Each team in the Mitey-Mite Division permitted a maximum of 1 post season game. In the Jr. Peewee through Sr. Midget Divisions and Unlimited Weight a maximum of 2 are allowed.
- 2. For a team to be eligible for BOWL game participation, the following conditions must be met:
 - A. All participants must submit a report card as prescribed by TYFSF.
 - B. The team's association must have paid Federation Assessments by October 15.
 - C. All bowl game contracts shall require the written approval of the Federation.
- 3. Strip weights are not required, but there shall always be official weigh-ins.
- 4. The applicable state standard (NCAA or National Federation will be the only rules in effect at all bowl games.
- 5. Any team/squad that arranges a bowl game(s) or competition without approval from the Federation Presiding Bowl Director or designee will be subject to disciplinary action, which could include a fine not to exceed \$500.00.

In addition:

- 1. Post season contracts must be, whenever possible, used by all association teams participating in a bowl game, signed by both the Federation President (or his designee) and the Federation Board member in charge of bowls.
- 2. A team without a copy of a post season contract signed by both Federation and visiting Conference (if possible) will not be allowed to participate in a post-season bowl game.
- 3. Player in season contracts must be presented to the bowl's weighmaster at weigh-in.

RULE 26. TIE BALL GAMES

- 1. In all divisions, tie games shall stand in all regular season games.
- 2. Ties shall be broken in Federation playoff/championship games as well as post-season games using the AIA tie breaker rule.

RULE 27. CONTACT WITH OFFICIALS

If a player or adult should strike (hit) a game official, the offender shall be subject to suspension or to being banned from Federation activities.

RULE 28. ENFORCEMENT POLICY, POLICE POWERS/HEARING & APPEALS: SEE TYFSF ADMINISTRATIVE MANUAL

RULE 29. PARENT/COACH CONFLICTS:

A conflict resulting from coaching practices will be referred first to The Association's Hearing Tribunal for resolution. A complaint may be field with the Federation Hearing Tribunal.

RULE 30. GAME STARTING TIME:

Failure to field a team thirty (30) minutes after the approved scheduled game time will result in automatic forfeiture of the game to the opposing team.

In the event of forfeiture: The team with 16 eligible players has the **OPTION** to scrimmage the opposing team or not.

This will be a controlled scrimmage, not to exceed the time slot allotted for the regular scheduled game. The officials, due to their rules and regulations, **WILL NOT** officiate scrimmages.

II. FLAG PROGRAM

INTRODUCTION

Although the following are the Flag Rules and Regulations, it is necessary and required that all flag Head Coaches, Assistant Coaches and other team personnel acquaint and conduct themselves in accordance with the “Coaches Code of Conduct” and other related rules and regulations as set forth in the Tucson Youth Football & Spirit,” rule and others as required by the Federation and/or associations.

In addition to the general regulations found in the above sections, the following flag rules govern all participants playing in TYFSF.

ORGANIZATION: The Federation is the basic unit of organization which consists of a minimum of four (4) teams in the same age division.

DIVISIONS OF PLAY

League age cut-off date is July 31 of the current year and shall be the participant’s league age for the coming season. There are no height or weight restrictions on players.

| | |
|----------------|----------|
| Division Name: | Ages: |
| Cub | 5-6-7 |
| Bobcat | 8-9-10 |
| Wildcat | 11-12-13 |
| Panther | 14-15 |

Cheerleaders shall follow the overall age and division of play referenced above. In addition, all flag spirit squads must follow TYFSF Spirit Guidelines as outlined in the spirit section of this rulebook.

Tucson Youth Football & Spirit Federation will participate in **the Cub Division** for ages 5, 6 and 7 for the fall football season.

Ages shall be verified by methods outlined in the TYFSF Administrative Manual.

A player is ineligible if he is a member of a school tackle program or if he is playing TYFSF tackle football. He is also ineligible if he is competing in another flag football program (unless as part of school curriculum).

A player shall furnish written consent to play from either parent or legal guardian.

A signed statement from an examining physician that the candidate is physically fit and there are no observable conditions which would contra-indicate him playing football or her cheering. Note: If regular school medical examination results are releasable to parents, a copy of such report, if not older than January 1st of the current year, may be use din lieu of a new examination.

FLAG FOOTBALL RULES

RULE 1. PLAYERS:

1. A game is played between two teams consisting of eight (8) players each.
2. Each team roster shall have a maximum of 24 players, and a minimum of 10 players. A forfeit will result when the minimum is not met.
3. Only players appearing on the official team roster form supplied by the Federation, are to be counted as players. The Roster is completed before the first game of the season and verified b the Federation in a process called “certification.”
4. The offense team must have at least five (5) players on the line.
5. Mandatory Play Rule: **NOTE:** All players will play a minimum of 10 plays. Teams will complete and follow the Mandatory Play Form. Failure to abide by this rule will result in forfeiture of that game.
6. A team will have 30 seconds to put the ball in play after the ready signal.

RULE 2. PLAYING FIELDS

1. The field shall be rectangular with lines and zones and shall conform to either of the two designs mentioned below.
 - A. 100 yard field. This field measures one hundred and twenty yards in length, divided into 5 zones
 - B. 80 yard field: This field measures one hundred yards in length, divided into 4 zones of twenty yards
 - C. Goal posts are unnecessary as points after TD (conversion) are made only passing or running and
 - D. A conversion line will be marked 3 yards from the goal line and at an equal distance from each sideline.
 - E. **NO KICKOFFS, game/half will start from the offensive teams' fifteen (15) yard line.**
2. The following field equipment will be used.
 - A. Down Marker will be used to indicate the number of the down.
 - B. A Zone Marker will be used to indicate the distance to go for a first down (placed at the forward (zone line.)
 - C. Corner Flags with flexible staffs will be placed at the four sections of the end zones and the sidelines
Soft pylons may be used if flags are unavailable.

RULE 3. EQUIPMENT

1. Game Ball

The Federation will use the **Peewee Size** Ball.

2. Flags

- A. Each player must wear a belt with the number of flags designated as "standard" by the Federation, from the game uniform
- B. The flags will be attached to a belt and extend or hand from each side of the player's body
When using three flags, the third will hang from the rear of the players body.
- C. Flags will be 14-20 inches long from the bottom of the plastic holder and a minimum of 1 3/8 inches
- D. The belt must be tight to prevent being turned around during a de-flagging.
- E. The securing of flags to the body, waist or belt, other than that provided, is illegal.
- F. Jersey cannot be worn over flags.
- G. **Players with "NO flags or with one flag can receive ball, but play will be whistled dead at spot received or controlled.**
- H. **If a player's flag inadvertently falls off while he is in possession of the ball, the ball will be dead at the spot the flag falls off.**

NOTE: The flags will be attached to a belt made for that purpose. Such a belt has equal resistance at the point of attachment of flags, thereby insuring an equal effort necessary to de-flag a player.

3. Game Uniform:

- A. All team members must wear the same color jersey.
- B. Any type of pants may be worn. **However, they must not have pockets or belt loops.**
- D. Jerseys will be tucked in at all times.
- E. Sneakers are the preferred shoe; however, non-detachable, rubber-cleated shoes are allowed. No other footwear is acceptable.
- F. All male players must wear athletic supporters and hard cups. All female players will wear soft cups.

4. Eye Glasses: Eye glasses, when worn, shall be of athletically-approved construction with non-shattering glass (safety (glass).

5. Mouthguard: Mouthguards are mandatory, no keeper strap is necessary. **Mouthguards MUST BE COLORED. CLEAR mouthgaurds are NOT permitted.**

RULE 4. PRE-GAME AND AFTER GAME REQUIREMENTS

1. There will be a pre-game inspection no than 15 minutes prior to the scheduled game. The inspection will be conducted in a location designated by the Referees. Players will be check against their teams' official roster and will be checked for the proper uniform, shoes, cup, mouth piece and flag belt. The inspection will be conducted by each team's Business Manager and Equipment Manager. All male players must wear athletic supporters and hard cups. All female players will wear soft cups. Coaches with "NO" identification cards will not be allowed within the "TEAM AREAS."

2. After the game, each team's head coach and business manager shall sign their Mandatory Play Sheets and have the game Referee sign them. The Mandatory Play Sheets MUST then be turned into their association president to be passed to the Federation for weekly review.

RULE 5. PROHIBITED EQUIPMENT

1. Spiked or street shoes.
2. Padding of any kind, including hard surface padding such as shoulder pads, hip pads, and helmets.
3. Hard metal or any other hard substance on a player's clothing or person.
4. Anything that conceals the flags.
5. Slick or sticky substances such as grease or glue.
6. Any equipment, in the opinion of the referee, that will endanger or confuse players.

RULE 6. REFEREES

1. There will be at least three (3) referees.
2. The Federation may assign more than three (3) referees for a game.
3. There shall be at least three (3) referees for a sanctioned playoff or championship game.

Note: Tucson Youth Football & Spirit Federation will supply referees for the Flag Program.

RULE 7. RULES OF THE GAME

1. PLAYERS

Each team will field 8 players at a time.

The free substitution rule is always in effect and a player may enter the game any time the ball is dead.

2. TEAM CAPTAINS

Each team can have two captains with a coach for the coin flips, to determine who will choose one of the following: **OFFENSE/DEFENSE or DEFER (have choice for 2nd HALF)**. Coaches will address the referees only on matter of interpretation and to obtain information

3. TEAM COACHES

One coach for each team will be permitted on the field in the Cub and Bobcat Divisions only.

4. TIME

There will be:

- A. Two **18** minute halves for the Cub, Bobcat and Wildcat divisions with a running clock, except for the last two (2) minutes of each half, clock will be stopped on all penalties, incomplete forward passes and out of bounds plays.
- B. Two 20 minute halves for the Panther division.
- C. **Two (2)** time-outs per half.
- D. Ten (10) minutes between halves.

Failure to produce the minimum roster within fifteen (15) minutes of scheduled game time will result in a forfeiture.

5. KICKOFFS

FIELD POSITION AT START OF THE HALF OR AFTER A SCORE: At the beginning of the game, 2nd half or after every score, play will begin on the offense's fifteen (15) yard line.

6. PUNTING

- A. The offensive team may punt at any time. The ball is live when it hits the ground, and as long as no player has touched the ball the receiver may pick the ball up and run with it. If the punting team touches the ball before the receiving team touches the ball, it is dead at the spot with the ball going to the receiving team.
- B. A punt is always a free kick. Center will hike the ball between legs with the punter at least five (5) yards from the line of scrimmage. If the ball is short or over the Punter's head, the punter will be able to retrieve the ball and punt ball to complete the play. **PLAYERS CANNOT cross the line of scrimmage until the ball has been punted.**
- C. Punting intentions are announced to the referee by the coach.
- D. Rushing the punter is prohibited. No offensive or defensive player may move across the line of scrimmage until the kick has been made.

- E. Free Catch-There shall be a free catch of a punt. **The Receiver may call for a free catch of a punt. The receiver shall signify his intentions for a free catch by waiving his hand clearly over his head.**

7. DOWNS (First down and zone to go)

- A. Each team will have four consecutive downs to advance the ball into the next zone or to score a touchdown. **The zones are: 1. 15 yard line to 20; 2. 20 yard line to 40; 3. 40 yard line to 40; 4. 40 yard line to 20.**
- B. Once a team enters into the next zone, it is a first down and a new series of downs begins.
- C. A team failing to move the ball into the next zone will lose possession. The opposing team takes over at the point where the ball is declared dead and begins its series of first down and zone to go.
- D. The forward part of the ball touching any line will be the determining factor in measuring for a first down.
- E. A down will be replayed if provided for by the rules (See Rule 13)
- F. When the offensive team is within the last zone and has a first down, it will be first down and goal to go.
- G. At the conclusion of each down, the referee will place the ball in the center of the field (equal distance from sidelines-not on a hash mark).

8. DE-FLAGGING

- A. There shall be no tackling of the ball carrier, passer, or kicker.
- B. The player carrying or having possession of the ball is down when the flag is removed from his waist (deflagging). The defensive player shall hold the flag above his head and stand still.
- C. The defensive player cannot hold or push the ball carrier to remove his flag. An accidental touch of the body or shoulder while reaching for the flag shall not be considered a violation; however, touching of the head or face shall be considered a violation. Defensive player cannot take the ball from the ball carrier.
- D. A defensive player may use his hands to move the blocker's hands away from him, push the blocker sideways to get past him. But he cannot push the blocker down. **PLAYERS CANNOT use their hands above any players shoulders.**
- E. A defensive player must go for the passer's flag. He cannot touch the passer's arm.
- F. If a player's flag is inadvertently lost before the start of play, he is still eligible to receive the ball however, the ball will be dead at the spot the player controlled the ball.

9. BLOCKING:

- A. A blocker must be on his feet at all times while blocking. All linemen, except the center, **CANNOT** assume the three point stance or otherwise spring from a coiled or crouching start. The Center, though crouching if he is to block, must first stand up to block/receive the ball or be touched by a defensive player.
- B. Cross body and roll blocking are not permitted.
- C. A blocker may use an open palm, to block below the shoulders of the defensive players. The Blocker's arms can be straight or bent when blocking but cannot be used in a pushing (in and out) manner. Players cannot run over or push any player to the ground.
- D. A blocker may block two (2) yards past the line of scrimmage. Beyond two (2) yards, can only screen or get in the way of the defensive player, players cannot extend arms to block.
- E. A defensive player cannot block or push a ball carrier out-of-bounds.
- F. Butting, elbowing or knee blocking is not permitted.
- G. There will be no two-on-one blocking for the ball carrier beyond/pass the line of scrimmage.
- H. Blocking a player from behind is not permitted (clipping).
- I. There will be no interlocking blocking.

10. BALL CARRIER

- A. The ball carrier cannot use his hands or arms to protect his flags. The defensive player must have the opportunity to remove the ball carrier's flags.
- B. The ball carrier cannot lower his head to drive or run into a defensive player.
- C. Stiff-arming by the ball carrier is illegal.
- D. The ball carrier cannot spin or hurdle to prevent a defensive player from removing his flags.

11. CENTER (also see 9 A)

- A. The center must snap the ball between his legs.
- B. He must have both feet behind the forward point of the ball.
- C. He may adjust the long part of the ball at right angles to the scrimmage line for one time only.
- D. The center cannot block/receive ball, until he stands up after the snap. Until, the Center has stood up in the blocking position, the defensive player(s) cannot touch him.

12. PASSING

- A. All players are eligible to pass.
- B. Passing will be attempted from behind the line of scrimmage only. (two forward passes allowed).
- C. A lateral pass is a pass thrown parallel to the line of scrimmage or back toward the passer's own goal line. A lateral pass is not considered a forward pass.
- D. A forward pass is a pass thrown from behind the line of scrimmage toward the defensive teams' goal line. Receiver in front of passer.

13. RECEIVING

- A. All players are eligible to receive forward passes.
- B. A receiver may catch a ball as long as he comes down with one foot in bounds.
- C. Two or more receivers may touch a ball in succession resulting in a completed pass.
- D. If an offense and defensive player catch a pass simultaneously, the offensive team is awarded Possession.
- E. An offensive player cannot be out-of-bounds and return in bounds to catch a pass. This will be ruled an incomplete pass.

14. DEAD BALL

All balls touching the ground are immediately dead (except kickoffs and punts). The ball is declared dead at the following times:

- A. When the ball carrier touches the grounds with his body, knees.
- B. When the ball carrier's flag has been pulled.
- C. If a receiver or ball carrier has a missing flag (ball is dead at the spot the ball is controlled).
- D. When the ball goes out-of-bounds for reason.
- E. If the center snap hits the ground before reaching a backfield man (except on punts).
- F. When the ball hits the ground as a result of a fumble or muffed ball. **THERE ARE NO FUMBLE RECOVERIES.**
- G. If a lateral pass touches the ground (ball is declared dead at that point). If a lateral pass goes out-of-bounds, the ball is ruled dead at the point it crosses the boundary line.
- H. When a player on the punting team touches the ball before a player on the receiving team touches Ball.
- I. A free catch (cannot be advanced).

15. GAME TERMINATION/SLAUGHTER RULE

When one team is 30 or more points ahead at the end of the first half or it takes this lead during the second half, the game is ended at that point. **THIS RULE ALSO APPLIES TO TOURNAMENT PLAY.**

RULE 8. SCORING VALUES

| | |
|---------------------------------|----------|
| Touchdown | 6 points |
| Safety | 2 points |
| Points after touchdown | |
| Passing | 2 points |
| Running | 1 point |
| Forfeit (offended team wins by) | 1-0 |

RULE 9. TIE GAME

- 1. Tie games will go into the record as such and will not be played off in regular season play
- 2. All Tournament Games:
 - A. Ball will be placed in the center of the field. The referee will toss a coin in the presence of the two team captains. The winning captain will have the option of putting the ball in play at mid-field.
 - B. Each team will have four (4) consecutive downs and the winner will be the team gaining the most yardage in its series of downs (penetration).
 - C. Penalties will count as plus or minus yardage.
 - D. Intercepted passes will count as incomplete passes.
 - E. If the yardage is still the same at the end of each team's four down series, the series will be repeated.

RULE10. INJURED PLAYERS

Once removed from a game because of injury, a player must sit out at least one down, and may not re-enter the game without the approval of attending medical personnel.

RULE 11. PRACTICES

1. Flag practice starting date will be set by the Federation, however Associations are permitted to start practice the same date as tackle. Scrimmages will be permitted after two (2) weeks of practice.
2. Practices are limited to three days per week, not to exceed 1-1/2 hours each practice, while school is in session, and when school is not in session, practices are limited to four days per week, not to exceed 2 hours duration.
3. Flag players must have ten (10) hours of conditioning before participating in scrimmages/games.

RULE 12. SCHEDULES

The TYFSF season starting date (first game) will be set by the Federation.

Maximum number of games per season shall be as follows for each division of play:

| Division | Pre-Season | Regular Season | Tournament |
|----------|------------|----------------|------------|
| Cub | 0 | 8 | No |

TYFSF has adopted an eight (8) game regular season for Flag Football.

RULE 13. TOURNAMENT PLAY

There will be no tournament play in the Flag Division, **but, if possible**, there will be Fiesta (round robin) exhibition games to conclude the season.

RULE 14. PENALTIES

Since two football field sizes can be used, penalties are adjusted accordingly. The 100 yard field will be assessed the standard fifteen (15) and five (5) yard penalties. The 80 yard field will be assessed ten (10) and five (5) yard penalties. With this in mind, references to penalties will be given as (15-10) and 5-5) in the following listings.

1. Kickoffs:

If either team is offside on the kickoff, the penalty will be (5-5) and the ball will be kicked again.

2. Line of Scrimmage-Centering

- A. Offside, defensive or offensive (5-5)
- B. Illegal snap (5-5)
- C. Failure to observe 30 second rule (5-5)
- D. Illegal motion-more than one backfield man in motion (5-5)
- E. Illegal formation, offense (5-5)

3. Punting

- A. Failure to announce to the referee (5-5) and punt is repeated, or the receiving team may take the ball at the spot where the ball is declared dead.
- B. If the kicking or receiving team enters the neutral zone before the punt (5-5) from the spot where the ball is declared dead after the kick.
- C. Less than five players on the line of scrimmage for the offensive or defensive team (5-5) from where the ball is declared dead after the kick.
- D. De-flagging a receiver after a fair catch signal-(15-10) from the spot of the foul.

4. Passing

- A. If an illegal forward pass is thrown and intercepted, the play will continue until the ball is declared dead. The intercepting team has the option of possession from that spot or accepting the penalty (5-5).
- B. Passer crosses the line of scrimmage (5-5) and loss of down.
- C. Intentional grounding (5-5) and loss of down.
- D. Offensive pass interference (15-10) from line of scrimmage and loss of down.
- E. Defensive pass interference- **AUTOMATIC** first down from spot of infraction for the offensive team.
- F. Roughing the passer (15-10) **AUTOMATIC LIST DOWN**.

5. Delay of Game

- A. Continuing to play after the ball is dead (5-5) from spot where the ball is dead.
- B. Recovering a fumble or falling on the ball (5-5).
- C. Advancing a fair catch (5-5).
- D. Unnecessary delay of game – 30 second/ready for play.
- E. Team parents along sidelines & must be 5 yard from sidelines (5-5).

6. Flag Wearing and De-Flagging

- A. Tackling (15-10).
- B. Wearing the flags illegally (5-5).
- C. Ball carrier using his hands to prevent deflagging **SPINNING/HURDLING (15-10)**.
- D. Holding, pushing, or hitting the ball carrier while de-flagging (15-10).
- E. Leaving one's feet while de-flagging (15-10) from spot of foul.
- F. Wearing one flag (5-5).

7. Illegal Hand-Off

- A. If the ball is handed forward beyond the scrimmage line (5-5) and lost of down.
- B. Handing or snapping a ball to a lineman (5-5).

8. Illegal Substitutions

- A. More than eight (8) men on the field (5-5).
- B. Substitution(s) while the ball is in play or before it is declared dead (5-5).
- C. Disqualified player entering game (15-10).

9. Blocking

- A. Leaving feet to block (15-10).
- B. Cross body blocking or roll blocking (15-10).
- C. Pushing, knocking down player by blocker (15-10).
- D. Holding a defensive player (15-10).
- E. Defensive player blocking or pushing the ball carrier out of bounds (15-10).
- F. Butting, elbowing or knee blocking (15-10).
- G. Defensive player using hands illegally (5-5).
- H. More than two blockers for the ball carrier (on one defensive player) beyond the line of scrimmage (5-5).
- I. Clipping (15-10).
- J. Interlock Blocking (15-10) from spot of foul.

10. Ball Carrier

- A. Stiff arming (15-10) from spot of foul.
- B. Lowering head to drive or run into defensive player (15-10).
- C. Use of head (15-10).
- D. Use of hands or arms to protect flags (15-10).
- E. Spinning or hurdling (5-5).

11. Unnecessary Roughness

- A.. Offensive and Defensive (15-10).
- B. Disqualification of guilty players or players if repeated.

12. Unsportsmanlike Conduct

- A. Fighting (15-10) offenders ejected from game.
- B. Defensive player pulling offensive player's flag to make him ineligible for play (15-10).
- C. Insulting and abusive language (15-10).
- D. Interference with progress of the game by coaches or nay other team personnel (15-10).
- E. Illegal play (15-10).
- F. Team leaving field before game is completed (15-10). Failure to return - Forfeit. Win for the team remaining on the field.
- G. Failure of home team to control players or fans (15-10).

RULE 15. PROTESTS

1. Only protests involving rules' interpretations or the eligibility of a player shall be considered-never the judgment of an official calling a play.
2. Protests are decided at the local level accordance with the administrative procedures of the league.

III. SPRING PASSING LEAGUE RULES

1. The ages shall be : MM & JPW, PW & JM, and SM based on ages.
2. Maximum roster is 20 and the minimum is 10. Ten (10) is needed to certify.
3. The registration fee is \$15.00 .
4. The season will commence on a date set by the Federation Board of Directors each year and will end on July 15 of the current year.
5. Practice will be three (3) days a week and no more than one and one-half (1 ½) hours each day. Before games can be played nine (9) hours of practice is required. No more than two (2) games a week after the first nine (9) hours of practice. If two (2) games are played in one (1) week, than only one (1) practice is allowed. A week runs Monday-Sunday. There shall be seven (7) players on defense and seven (7) players on offense.
6. Mandatory play - minimum is ten (10) plays per participant.
7. The center is not an eligible receiver.
8. All eligible receivers will wear flags. **NO TACKLING.**
9. The flag belt must have two (2) flags.
10. Receiver can advance the ball until flag is pulled.
11. Five (5) seconds to pass the ball off once the ball is in the quarterback's hands or the play will be called dead at that point.
12. No rushing of the quarterback.
13. Ball will start on the 5-yard line or according to your field size.
14. Offense will have the ball for ten (10) passes or until a touchdown is made.
15. When a defensive player intercepts the ball it will remain with the offense and the ball will be placed on the 5-yard line. The defensive team cannot advance the ball and the defense will receive one point.
16. All games will be played on a 50 yard field.
17. One (1) hour time limit for the game.
18. 7 on 7 with only 5 receivers eligible on offense. The offense can have participants if center is not used. Hitches and screen are allowed. All other passes must be beyond the line of scrimmage, no laterals or Handoffs.
19. No contact with receiver after 5 yards from the line of scrimmage, downfield.

IV SPIRIT RULES

Except as specifically modified for Tucson Youth Football & Spirit Federation, all spirit teams shall follow the National Federation of State High School Associations Spirit Rules (NFHS). Write to the National Federation at P.O. Box 690, Indianapolis, IN 46206, web address: www.nfhs.org or call (317) 972-6900 for additional information.

In addition to the general regulations found in this rulebook, the following TYFSF **Spirit** rules govern all participants for any TYFSF **Spirit Team**. The term spirit includes all performing groups (i.e., cheer, dance, drill, pep teams, majorettes, etc.). TYFSF Spirit Teams provide an opportunity to perform in an organized, supervised, safety-oriented manner, emphasizing fun for all, and encouraging the development of qualities important long after TYFSF days.

SPIRIT ORGANIZATION

- A. The Federation shall have a Cheer/Dance Commissioner duly elected, as a member of the Federation Executive Board with full voting rights..
- B. The Cheer/Dance Commissioner (as defined in A, above) shall chair all Federation Spirit meetings held separately from the Federation board meeting. He/she shall be a delegate to any outside spirit meetings, or the Federation shall appoint a qualified alternate in his/her absence.
- C. The Federation may offer both the traditional Association directed cheer and dance program as well as an independent cheer-dance program, under the general supervision of the Federation, but not a specific association. If this later option is elected, specific rules will be adopted and presented to the Board of Directors for approval.

II. ASSOCIATION LEVEL

- A. Each Association shall have a Cheer/Dance Coordinator, to whom all squad spirit personnel report.
- B. The Cheer/Dance Coordinator will be an Association voting board member.

III. SQUAD LEVEL

- A. The head coach of each Cheer/Dance squad must be at least 21 years of age.
- B. An Assistant Coach must be at least 18 years of age or a high school graduate.
- C. Squads are permitted to carry a Coach-Trainee who must be a minimum of 15 years of age.
- D. The Head Coach will determine the assignment of the Assistant Coaches.
- E. In the absence of a specialized, trained person affiliated with the medial area (physician, paramedic, specially trained volunteer), one of the coaches must be the holder of a current Red Cross Certificate in Community CPR and First Aid or its equivalent.
- F. Coaches are to be selected by methods approved by Association rules and/or bylaws.
- G. All coaches are automatically terminated at the close of each season. To coach the following year, the same approval is required. Any violation of the rules committed by a coach during the season, even if the hearing is not held until after the close of the season, is still under the jurisdiction of the sponsoring Association and/or Federation.
- H. Coaches do not make spirit rules or Federation policy. Rather, they carry out the rules and policies instituted by their Association and the Federation. However, on the playing and practice fields the coaching staff is in complete charge and shall not be interfered with except in cases of rules violations and any other conduct deemed by higher authority to be contrary to the welfare of youth.
- I. The Federation shall establish its own rules regarding the placing of coaches with sons, daughters or siblings within its own boundaries.
- J. The Head Spirit Coach has final responsibility for his/her actions, those of his/her assistant coaches, spirit participants, staff and parents.
- K. Each squad is permitted to carry up to **two (2)** Student Demonstrators.
All other current guidelines must be met
 1. A Student Demonstrator must be at least 15 years old. However, a 14 year old may be considered a student demonstrator, subject to an approved administrative waiver if all of the following conditions are met:
 - a) The Association does not offer a spirit program for that age group.
 - b) The student has at least two (2) years prior cheer/dance experience.
 - c) The student must only work with squads that are younger than his/her current age. The oldest girl on the squad where the student is assisting must be at least two (2) years younger.

- d) An administrative waiver request for a 14 year old must be submitted in writing to the Federation Cheer/Dance Coordinator by the 31st of August for submission to the Federation Board of Director for approval, otherwise the team may be prohibited from participating in any competitions.
 - 2. A rostered spirit participant may not also serve as a Student Demonstrator.
 - 3. The Student Demonstrator may be used to demonstrate moves, techniques and may teach Words to cheers, chants, etc. He/she is not allowed to coach or conduct a practice.
 - 4. Student Demonstrators must be under the direct supervision of the head spirit coach.
 - 5. Student Demonstrators must be rostered as part of the coaching staff of the squad they are assisting.
- L. All spirit coaches are to follow the coaches' requirements as outlined in Coaches Requirements.
- M. All coach trainees and student demonstrators under the age of 18 must be certified in the same manner as all other minors participating in TYFSF cheer and dance, i.e., parent permission, physical, proof of age, scholastic eligibility, photo ID.

RULE 1: AGES/DIVISION

- 1. The ages of all spirit participants in the program shall correspond to the overall ages that the Federation is permitting for players.

AGE SCHEMATIC

| <u>Division Name</u> | <u>Ages</u> |
|----------------------------------|---|
| Flag | 5, 6, 7 |
| Mitey Mite (invitational) | 7, 8, 9 |
| 11 & Under | Minimum 8 years old (Jr. Peewees) |
| 12 & Under | Minimum 9 years old (Peewees) |
| 13 & Under | Minimum 11 years old (Jr. Midgets) |
| 15 & Under | Minimum 12 years old (Sr. Midgets) |
| Unlimited Weight | 6,7, & 8th graders only |

- 2. A squad, regardless of the ages of its spirit participants, must be rostered, certified and registered in the same division as the football team with which it is associated (e.g., the squad cannot cheer at Sr. Midget games and compete as a junior midget cheer squad). However, there may be a spirit/dance squad not affiliated with a football team.
- 3. The participant's age on July 31st of the current year shall be the participant's age for the coming season. Only a team/Association which chooses to match the ages of the spirit squads to the ages of the team for which they cheer/dance shall be permitted to certify for the Federation Spirit/Dance Championships.

RULE 2: SQUAD SIZE

- 1. There must be a minimum of two (2) participants per squad to certify.
- 2. Every squad shall have at least one adult volunteer for every 10 participants (including mascots which are allowed only in the Mitey Mite Division).
- 3. Not more than thirty-six (36) cheerleaders or dancers may be certified to a squad roster. Please note: Mascots are not included in the total count of thirty-six (36).
- 4. Squad sizes for Regional/National Competition: Small – 4-16; Large 17-36.

RULE 3: MASCOTS

- 1. The use of mascots **is not** allowed in any division.

RULE 4: FORMATION OF SQUADS

- 1. Following are the requirements for forming a squad: Tryouts of any kind are prohibited. Tryouts are defined as any means used to ascertain the level whereby a participant is placed on a squad, including assessments, evaluations, or any other method used to place a participant. Not more than 35 participants shall be assigned to a spirit squad at the start of pre-conditioning for the season.

- A. If squads within an Association reach the maximum as outlined in their by-laws (less than the TYFSF maximum of 35) it is suggested that the Association consider additional numbers for that season to accommodate any and all spirit participants wishing to participate in the Tucson Youth Football & Spirit Program as long as they do not exceed the maximum of 35 stated by TYFSF. If an Association does reach maximum numbers per squad, due to lack of adult supervision, per their by-laws, or the 35 maximum, the participants are given a one (1) year waiver to go to another Association.

RULE 5: MANDATORY CUTS

Any participant must be cut who:

1. Has signed up as a result of parental pressure or tells squad management he/she does not really want to cheer/dance.
2. Refuses or cannot furnish the four (4) required items – Parental Consent, Medical Examination, Proof of Age, and Scholastic Fitness, and code of conduct.
3. Is found to be participating on a school spirit squad or other non-Federation squad. However, participation in a school cheer program, if required by the curriculum of the school PE program, or participation in a spirit tryout only, during the Federation season, is allowed.
4. Is a member of any other organized Federation football/spirit team/squad or non-Federation football/spirit team squad.
5. Attempts to intimidate fellow participants in practice by word and/or physical deed.
6. Is an extreme discipline problem (but only with the concurrence of the Association).

RULE 6: REGARDING INELIGIBLE PARTICIPANTS

If any ineligible participant is found to be participating, the Association will be penalized by forfeiting all games/competitions in which the ineligible participant was a member of the squad There shall be no exception.

1. An ineligible participant is defined as follows: (There are no appeals to this rule.)
 - A. Overage or underage participant
 - B. Residing outside of legal boundaries without mutual agreement of appropriate Associations.
 - C. Falsification of data concerning any of the above.
 - D. Participation in another spirit program and the TYFSF spirit program in the same season.
 - E. Failure to document scholastic eligibility.
 - F. A participant who has not completed the required conditioning (20 hours).
 - G. A participant who has not attended and participated in the required three (3) hours of weekly practice during the season.
 - H. Participation in post-season competition may also be prohibited upon recommendation of the Federation.

As to B above, the following has been added:

If there is such an agreement between the Federation and an Association, it ***MUST BE IN WRITING A ATTACHED TO CERTIFIED ROSTER***. Those participants that play out of boundaries because of their team being folded or the team within their boundaries in full, have a one (1) year waiver. The next year they are to return to the Association in whose boundaries they reside.

PENALTY:

1. Forfeiture of all games/competitions in which the ineligible participant was a team/squad member.
2. Any coach who is found guilty of having allowed an ineligible player or spirit participant to participate in a pre-season, regular season or post-season game or practice or competition will be suspended for a minimum of two (2) years from the date that coach was found guilty. There shall be no appeal.

RULE 7: DROPS AND ADDS

1. A squad may add participants to its certified roster as long as the roster was certified below the maximum number permitted, or to replace those originally certified and no longer on the squad for any valid reason.
2. The cutoff date for Drops and Adds is the Thursday after the second regular season game. No participant may be added after the first Monday of October of the current season.

RULE 8: ALL-STARS***

1. All-start team or squads are permitted. Approval must come from the TYFSF Board of Directors only. It shall Not impact any association's teams or squads participation in regular or post season. A participant can only compete in one (1) All-start team or squad per season. No simultaneous practice or play is permitted on a weekly basis.
2. Cheer All-starts Head Coach shall e selected by the TYFSF Cheer Commissioner and approved by the TYFSF President.

*Recommendations from Association Presidents will be strongly considered.

Travelling All-Star teams or squads that are representing TYFSF will have tryouts involving all Associations which have that level of participation.

** Violation of these rules will result in an association's charter being revoked.

RULE 9: PRACTICE

Pre-season practice shall begin at the same time as for football, or later for the Flag Division as determined by the Association.

1. DEFINITION:

To prevent possible bending of the rules and as a protection for children, practices are defined as a gathering of players or spirit participants, without minimum number, in the presence of at least one (1) coach, where one or more of the following activities take place:

- A. Viewing of fundamentals film
- B. Group conditioning
- C. Individual skills sessions
- D. Group skills sessions
- E. Cheers, sidelines, chants, dance, music, etc.
- F. Stunting, Jumps, Gymnastics, etc.
- G. Camps/Clinics

A so-called "party" at a coach's house, where films are shown, or where football or spirit teams/squads are talked about, can be deemed a practice session, as can a "party" at a parent's home where one or more coaches are present. Use of a football field is not required to satisfy the definition of a "practice session." The Federation will establish a policy with respect to home videos and/or films of games or competitions and the viewing thereof.

2. Pre-season practice shall not begin until August 1st (or later date set by the Federation). The actual date will be determined in accordance with climate and other factors determined by the Federation in establishing a common starting date for all squads within its jurisdiction.
3. All practices must be attended by one person holding a Red Cross Community CPR and First Aid Certificate, or its equivalent, if not by a volunteer physician or EMT (such as a parent of one of the participants).
4. **BEFORE LABOR DAY:** No team or squad may schedule more than 10 hours of practice per week before Labor Day. A week is defined as seven (7) consecutive calendar days. Not more than 2-1/2 hours of practice may be scheduled on any one day.
AFTER LABOR DAY: Practices after Labor Day weekend are limited to 6 hours per week. A week is defined as seven (7) consecutive calendar days. Practices after Labor Day weekend are not to exceed 2 hours per day. **BREAKS:** Break time is not counted against the ten (10) or six (6) hours per week of 2-1/2 hours or 2 hours of allowed practice time.
5. **CONDITIONING:**
 - A. After the first week of practice (10 hours) for conditioning, and after the second week of practice (10 hours) for conditioning, performer readiness evaluation and/or camp/clinic, the squad may engage in regular practice sessions and/or pre-season games.

B. The first week of practice (10 hours) is restricted to conditioning **ONLY**. Conditioning includes warm-ups, stretching, cardiovascular fitness training and strengthening workouts. Words to cheers, chants, motion-techniques and jumps can be introduced this first week.

C . The second week of practice (10 hours) can include, in addition to continued conditioning, stunting fundamentals. Stunting fundamentals can be introduced **ONLY** after each participant undergoes a fitness evaluation to determine their stunt readiness and skill level. Stunting fundamentals to be introduced in week 2 are limited to hanging drills, L-stands, thigh-stands, step-up drills and stunt positions and exercises. Stunts shoulder level or above are **prohibited** until 20 hours of conditioning is completed.

D. Once 20 hours of conditioning is complete, participants should advance based on an assessment of their skill level. (See Rule 11, 5. Partner Stunts & Pyramids, L. Suggested partner stunt progressions.) So as to avoid any misinterpretation, 20 hours of practice is required for all cheer/dance squads before the squad may engage in regular practice sessions and/or a pre-season games.

E. Any spirit participant added after a squad has formed and/or after the season has started, is subject to the initial 20 hours of conditioning as outlined in 7 (see above).

In addition to the requirements for practice outlines above, the following also apply:

1. At least 10 minutes of warm-up exercises (to stretch and to limber up) shall be included prior to spirit practice, with a maximum of 30 minute warm-up period prior to games and competitions.
 - A. Warm-up and stretching should precede and conclude all practices, games, competitions and No additional practice for post-season play shall be authorized beyond the hours of practice per week currently authorized by these rules.
 - 2.. No practice, or participation at games/competitions, shall be permitted without the minimum number of adults as specified in Rule 2.
11. The practice/performing surface should be taken into consideration.
- A. Practice session shall be held in a location suitable for the activity and reasonably free of obstructions and excessive noise, etc
 - B. Stunts shall be modified to be appropriate to the performing surface/area. Stunting should be performed only when there is adequate space and lighting and where surfaces are not wet, icy or uneven .
 - C. Mats should be used as often as possible.
 - D. Basket tosses shall only be practiced on soft surfaces such as mats or grass
 - E. When it is detected that a participant is bleeding, has an open wound or an excessive amount of blood on the uniform, the participant shall stop performing to receive proper treatment.
 - F. When a participant is rendered unconscious or apparently unconscious, that participant shall not be permitted to resume participation without written authorization from a physician

EMERGENCY PLAN:

An emergency plan is a necessary tool in preparing your spirit squads for the upcoming season. All Head Coaches are required to submit a general emergency plan in writing to their staff and to their Association Cheer/Dance Director. The Head Coach should then discuss and review these procedures with assistance coaches, participants, volunteers and parents. The following are a few suggestions:

- A. An Emergency Medical Authorization Form should be on hand for each participant at all times.
- B. Prepare a list of emergency numbers:
 - Rescue Unit/Ambulance
 - Fire Department
 - Police Department
 - Hospital
- C. Prepare and appoint specific roles for each staff member or volunteer in case of an emergency. The following are a few suggestions:
 - Assess the injury
 - Remove the remaining squad from the area
 - Secure the area
 - Contact emergency numbers

- Contact parents
 - Assist emergency personnel with necessary information from the Participant's emergency information
 - Travel to facility with participant if parent is not able or refuses
 - Prepare an incident report
- D. Practice your plan at the beginning of the season and review periodically (i.e., location of exits, location of readily available emergency phones, directions to the nearest hospital, etc.).

RULE 10: CAMPS

Spirit Participants are allowed to attend camp/clinic pre-season and during season both as an individual and/or Team.

The following shall apply to spirit participants regarding camps:

1. The term "camp" shall be defined as one or more training sessions provided by an outside organization.
2. The term "clinic" shall be defined as one or more training sessions provided by the Federation or as one or more practice sessions (see section on practices) for instructional purposes for all spirit participants.
3. In addition, camps/clinics may be held by an Association prior to August 1 if the following requirements are fulfilled:
 - A. The Association must request and receive advance approval in writing to the Federation Cheer/Dance
 - B. The event must be open to the entire Federation.
 - C. Coach or other affiliated squad personnel does not make it MANDATORY – **except in the case of additional stunt training for all stunting performers.**
 - D. Camp provides as part of its services an accident insurance plan for camp participants.

RULE 11: SAFETY

1. COACH'S RESPONSIBILITY:

- A. Spirit squads should be placed under the direction of a knowledgeable coach.
- B. The coach should be knowledgeable in first aid techniques and emergency procedures.
- C. Coaches should develop an emergency plan for dealing with injuries at practice/games. Participants should be made aware
- D. The spirit coach or other knowledgeable, rostered adult representative (21 years or older) should be in attendance at all practices and functions.
- E. All spirit participants should receive prior training before attempting any form of cheerleading partner stunts or pyramids.
- F. All practice sessions should be held in a location suitable for the activities of spirit leaders/dancers i.e. use of tumbling mats is recommended, away from excessive noise and distractions, free from obstruction, etc.
- G. Training in proper spotting techniques should be mandatory for all squads.
- H. Accessories, apparel and hairstyle should be conducive to safe practices and performances.
- I. Warm-up and stretching should precede and conclude all practice sessions, pep rallies, games and
- J. All spirit squads should develop a conditioning and strength-building program.
- K. The practice surface, location and weather conditions should be taken into consideration before
- L. Advisors/coaches must recognize the entire squad's particular ability and limit the squad's
- M. Coaches should remain up-to-date on all new techniques, progressions and safety regulations by attending conferences, clinics and rules meetings. The staff includes but is not limited to the head coach, assistance coaches, coach trainee, student demonstrators and designated squad volunteers.
- N. Proper progression and spotting techniques shall be used until stunts are mastered.
- O. Coaches are required to attend Federation approved stunt certification clinics before teaching any stunting skills to their team.
- P. Coaches are required to attend Federation approved gymnastic certification before Teaching or spotting any tumbling stunts.
- Q. The coach should approve all cheers, chants, posters, music and other spirit activities of the squad and inform squad that all new skills must first be reviewed and approved by the coach prior to performing them.
- R. The coach must establish a line of communication within the Association's spirit squads, the football personnel and the Federation Cheer/Dance Commissioner.
The Head Spirit Coach has final responsibility for his/her actions, those of his/her assistant coaches., staff, squad participants and parents.

2. PARTICIPANT APPAREL:

All uniforms must be approved by the Cheer Commissioner, and the TYFSF Executive Board. Uniforms cannot show midriff, shells may not be low cut, and shoulders must be two finger widths wide.

- A. Jewelry of any kind, including earrings, bracelets, necklaces, rings, body piercings, spacers, etc., will not be worn at practices, games or competitions, except religious or medical medals, which must be secured to the body with tape, under the apparel if possible.
- B. Bandanas are prohibited.
- C. Gloves and other hand/wrist accessories are prohibited during a performance and/or practice for spirit squads.
- D. Glitter is prohibited. No glitter to hair, face, or body due to safety hazards. In addition, tattoos, face paint, hair mascara, etc. are prohibited.
- E. Fingernails, including artificial nails, shall be kept at a length appropriate for safe participation. The appropriate length for all members of a stunting squad means the nails are not visible beyond the fingers when viewed from the palm side of the hands.
- F. Hair devices shall be safe and secure. The hair shall be worn in a manner to ensure safety while performing. All members of a stunting squad shall wear their hair away from the face and off the shoulders. Note: A coach shall not permit a squad member to participate if in his/her judgment items such as a participant's fingernails or hairstyle may constitute a safety concern.
- G. **MALE CHEERLEADER/DANCER***
 - Top – sweater, shell, t-shirt, polo, etc.
 - Bottom – short, pant, dance pant*, sweat pants
 - Sneakers, soft-soled shoes,* socks**FEMALE CHEERLEADER/DANCER***
 - Top – sweater, shell, dance wear,* t-shirt, polo, etc.
 - Bottom – skirt, short, dance pant,* sweat pants, bloomers, tights*
 - Bow/ribbon***dance specific**
- H. Supports, braces, etc., which are hard and unyielding or have rough edges or surfaces shall be appropriately covered. A participant wearing a cast (excluding a properly covered air cast) shall not be involved in a stunt except a legal forward roll.
- I. Loose, baggy clothes, nylon/tights are not appropriate for stunting squads.
- J. Gum, candy or food of any kind are not allowed participants' mouths during a practice, game, performance, competition.
- K. Eyeglasses shall be worn in a manner to ensure safety while performing (i.e., eyeglasses shall be secured by a sport band).
- L. It is highly recommended that wrist tape, tumbling wraps, wrist supports, etc., should be approved by and maintained under the direct supervision of a trainer, doctor and/or medical staff. The primary use of wrist aides are to provide support or assist in the healing process of an injury. A wrist aide is not to be used as a uniform accessory for effect.
- M. Nail polish is prohibited at practices, games and competitions.

3. SPOTTING:

- A. Spotters are recommended for all partner stunts. Continuous spotters are required for all stunts which are a shoulder stand, elevator/extension prep or higher (see also 6. Extended Stunts).
- B. A spotter must have hands up and maintain constant visual contact at all times with the top person/flyer (from shoulder height and above). The spotter should not be looking at the crowd or performing motions during the performance of the stunt (i.e., the spotter may not be involved in another aspect of the performance at the time of the stunt that should prohibit him/her from spotting the stunt properly).
- C. All spotting must be from ground level. A spotter is one who is in direct contact with the performing surface and may help control the building of, or dismounting from, a mount. This person(s) shall not provide the primary support, meaning the mount or pyramid would remain stable without the spotters.
- D. The primary responsibility of a spotter is to watch for safety hazards and be in a position to prevent injuries with special emphasis on the head, neck and shoulder areas.
- E. A spotter is required for all stunts in which the base(s) arms are fully extended **except** chair and

triple-based dead man lift.

- F. A spotter must be in the proper position to prevent injuries. A spotter's torso cannot be under a stunt.
- G. A person is not considered a spotter if the hand position includes:
 - 1. Grabbing the sole of the foot of the flyer or
 - 2. Grabbing the hand(s) of the base(s) beneath the flyer's foot.

4. USE OF POMS/PROPS

- A. Banners, flags, megaphones, pom poms, and signs are the only props allowed.
Flags and banners may not be used in conjunction with stunting or tumbling.
- B. The use of poms and/or props is prohibited during tumbling, partner stunt/pyramid building, dismounts and all stunt transitions which require the use of hands. The flyer may obtain and use poms or props when secure in a stunt.
- C. Mounting and/or dismounting with poms or props in hand is **prohibited**. A person up in a stunt may be handed poms or props, but they must be discarded before dismounting.
- D. Hiding poms or props anywhere on the body or uniform is a safety issue and therefore is **prohibited**.
- E. The placement of poms and props should be a safe distance away from the performance area to eliminate a safety hazard. Building or dismounting on poms and/or props will result in a safety deduction per occurrence.

5. PARTNER STUNTS & PYRAMIDS:

- A. Definitions:
 - Stunt** – Any skill in which one or more persons are supported away from the ground by one Or more people (mount, pyramid)
 - Mount** – Any skill in which one or more persons are supported by one or more persons.
 - Pyramid** – Multiple stunts or mounts connected.
 - Base** – A person who is in direct weight bearing contact with the performing surface and provides primary support for another person.
 - Flyer** – The person on the top of a stunt, mount or pyramid, also known as a top or partner.
 - Bracer** – A person who provides stability a stunt by direct, non weight bearing, contact with a top person. The stunt would remain stable without the brace.
 - Two High Pyramid** – All individuals in the pyramid/mount who are not in contact with the performing surface (top) must be primarily supported by one or more individuals who are in direct weight-bearing contact with the performing surface (base).
- B. All mounts and/or pyramids are limited to two persons high, meaning the top person receives primary support from the base(s) who is in direct, weight-bearing contact with the performing surface.
- C. No spirit participant shall stand, kneel, sit or lie on anyone who does not have at least one foot on the ground.
- D. Partner stunts and pyramids may not pass over, under or through the other partner stunts and pyramids.
- E. A participant shall not move under or over a mount or pyramid . In addition, individuals may not pass over or under other individuals.
- F. The top person in a partner stunt may not be in an inverted position (head below the waist) at any time during the building, transition, execution or dismount.
- G. Use of mini tramps, spring boards or any apparatus used to propel a participant is not permitted
- H. Swing-up to a double based elevator and/or extension prep is **prohibited**.
- I. Single-based split catches are prohibited.
- J. Helicopters (partner in a horizontal position is tossed and rotates in the horizontal plane around the vertical axis, before being caught by the original bases) are **prohibited**.
- K. Transitional Stunts :
 - 1. In transitional stunts, **physical contact** must be maintained between the top person and the base(s).
 - 2. When the transitional stunt involves changing bases, the new bases must be to the side or in front of the person moving the stunt except when the top person remains upright (vertical) throughout the transition to the new bases with the person moving the stunt making no more than a half turn to face the new bases.
- L. Suggested Partner Stunt Progressions:
 - 1. These progressions are general in nature, and do not attempt to list every skill. All spirit stunts should be learned according to accepted progressions which means lower to higher and from more easy to complex.

Step-up Drills
 Double Base Thigh Stand
 Double Base Shoulder Stand
 Single Base Shoulder Stand
 Extension Prep, Step Off Dismount
 Press Extension, Return to Shoulders
 Cradle Dismount
 Press Extension, Cradle Dismount
 Full Extension, Step-up Liberty
 Ground-up Liberty

2. Flag cheerleaders **may learn and perform all stunt variations at thigh level and lower. Spotters are suggested for these stunts.**
 3. Mitey Mite cheerleaders may learn and perform all stunt variations at **shoulder** level and lower. Spotters are suggested for these stunts.
 4. Jr. Peewee and Peewee cheerleaders are required to have spotters for all stunts shoulder level and higher.
 5. Jr. Midget and Sr. Midget cheerleaders are required to have spotters at all extended level stunts (except those listed earlier). It is suggested to have spotters at stunts at the shoulder level.
- M. Collapsible pyramids are prohibited.
- N. Tension drops are prohibited.
- O. Hanging mounts are prohibited.
- P. Split mounts are prohibited. Thus, a spirit participant shall not be held in a split position off the floor by one or more persons at any time; neither shall a spirit participant in a split position support any additional weight.
- Q. Totem Poles are permitted provided that each person leaning forward is not stabilized/supported by the stunt directly in front, and that no extended stunt stabilizes/supports another top person.
- R. Back bends which support any additional weight are prohibited.
- S. Sponge tosses, performed at the bases' waist level, are permitted as a progression to another Stunt extension prep/elevator.

6. EXTENDED STUNTS

- A. Definition:
1. **Extended stunts:** The supporting arm(s) of the base(s) is/are fully extended above the head. Most extended stunts require a spotter.
 2. **Extension:** A Stunt in which the supporting arm(s) of the base(s) is/are fully extended above the head, and the top person is standing in the hand(s) of the base(s).
- B. **All extensions must have a continuous spotter.**
 The spotter must be positioned behind the stunt, may help support the stunt, but may not be underneath the stunt or be a primary support for the stunt (i.e., the spotter should not cross the plane of the partner when viewed from the side. If she/he does, another person must be spotting from behind).
- C. No extended stunt may brace another extended stunt(s).
- D. If a person in a partner stunt or pyramid is used as a brace for an extended stunt, the brace must not be supporting a majority of the top person's weight.
- E. A Straddle Sit can be double or triple based. The hands of the bases are fully extended. The flyer is lifted into a sitting straddle position with legs open in front (knees facing up). A spotter is required on stunts in which the supporting arms of the bases are fully extended (i.e., double based = 2 bases and one spotter, triple based = 3 bases and one spotter).

7. PENDULUMS:

- A. Definition:
1. **Pendulum** - a stunt in which the top person in a layout position falls forward and/or backward away from the bases to the required number of catchers while maintaining constant hand-to-feet/legs contact with the bases. It is not a dismount.
 2. Pendulums are permitted, provided:
 - a) It is performed from shoulder height or below
 - b) It does not pass through an extended overhead position

- c) The top person is caught in a face-up or face-down position
- d) There are at least four catchers (on all sides of a full pendulum):
 - 1) The catchers remain in original positions
 - 2) No one is between the bases and the catchers
 - 3) The base(s) have constant visual contact with the catchers . Two bases are required.
 - 4) The bases remain stationary
 - 5) Only the top person in a pendulum may turn
 - 6) A pendulum may end in an extension.
- 3. Half Pendulum:
 - a) A half pendulum requires a separate spotter opposite the four (4) catchers.
 - b) A Half Pendulum requires two bases in order to have constant visual contact with the catchers.
- 4. Backward and cradle dismounts to different bases (fireman’s catches, fallbacks and **pendulums that do not progress to the uprights) are prohibited.** As stated, **pendulums must progress to the upright position.**
- 5. The Pendulum bases shall **have constant visual contact with the catchers.** Continuous spotters are required for all stunts which are a shoulder stand, elevator/extension prep or higher. Also, the spotter must have hands up and maintain constant visual contact at all times.

8. DISMOUNTS:

- A. Backward and cradle dismounts to different bases (fireman’s catches, fallbacks, and pendulums that do not progress back to upright) are prohibited.
- B. Stunts where two bases are involved, cradle dismounts are allowed only if the original bases who **initiate the cradle**, plus an additional spotter, catch. The only exception to this rule is a cradle dismount from a transitional stunt .
- C. All dismounts from shoulder height or above must have assisted landings. Also, the spotter must have hands up and maintain constant visual contact at all times.
- D. For cradle dismounts, the catchers shall have continuous visual contact with the top person
- E. No skill (toe touch, etc.) without constant hand-to-hand contact shall be performed prior to landing on the performing surface. A skill may be performed to a cradle except on backward . Clarification: A toe touch dismount is allowed when performed to a cradle. It may not be performed to a performing surface.
- F. Twist Cradle dismounts are allowed with approved training.
- G. Free falling flips or swan dives from any type of stunt are prohibited.
- H. Basket tosses (stunts in which two or more bases form a basket with their arms and throw the partner into the air, catching the partner in a cradle) are permitted with approved training.
- I. Sponge tosses, performed at the bases’ waist level, are permitted as a progression to another stunt (e.g., extension prep/elevator). A sponge dip or toss, from below the bases’ shoulder level, is not permitted as the pop for a cradle.
- J. Pop/Sweep/Toss Definitions (reference NFHS Definitions):
 - 1. **Pop** – a controlled pushing motion upward by a base(s) to increase the height of the top person or release the top to a cradle catch.
 - 2. **Sweep** – a controlled pushing motion forward by a base(s) to release a top person to a cradle catch.
 - 3. **Toss** – a throwing motion by a base(s) to increase the height of the top person with the top person with the top person becoming **free of contact with the base(s).**
- K. Cradle-Catch: A cradle-catch occurs when the catcher(s), with palms up, catches the top person in a face-up position, by placing one arm under the back and the other under the thighs of the top person. A cradle-catch is considered the end of a .

9. GYMNASTICS/TUMBLING:

Any cheer coach who plans to coach gymnastics to any cheerleader “must” have “hands-on” gymnastics training. Internet courses in gymnastics training will not be accepted. A certificate must be presented as proof of “hand-on” training and training must be renewed every two (2) years.

A. Definitions:

- 1. **Tumbling** – gymnastic skills, including rolls (forward, backward),inverted skills (i.e., cartwheel, handstand, walkover, front/back handsprings, etc.)

- B. All gymnastic stunts must originate from ground level. The person performing a gymnastic stunt(s) may rebound (without hip over hand rotation) from his/her feet into a cradle.
- C. Participants may not tumble over or under individuals or over, under, or through partner stunts or pyramids.
- D. A forward three quarter flip to the seat is prohibited.
- E. Toe pitches and leg pitches are prohibited.
- F. The use of mini-tramps is prohibited.
- G. No more than one complete rotation shall be involved in a flip.
- H. No more than one complete rotation shall be involved in a twist.
- I. Dive rolls are prohibited.
- J. All gymnastic stunts must originate from ground level.

10. INDIVIDUAL STUNTS:

- A. Seat drops (dropping to the floor with the seat as the primary point of contact) are prohibited. Drop jazz sit is considered a seat drop and is prohibited.
- B. Knee drops (dropping to the floor with the knees as the primary point of contact, as opposed to simply kneeling) are prohibited.
- C. Body drops (“dead falls,” or dropping directly onto the floor) are prohibited.
- D. “Flying” or “suicide” splits (going into a split off the ground and landing in said position with the inner parts of the upper legs and/or thighs striking the ground first) are prohibited.
- E. All of the above mentioned drops are allowed with the assistance of the person’s hands. The hand must touch the performing surface before the knees, legs, etc.

11. DANCE SPECIFIC:

- A. A primary squad may elect in August to be a Dance squad and be rostered as a Dance squad and only dance during games and halftimes. They shall not perform any stunts or any other activity limited to cheer squads with the exception of crowd participation sidelines/chants.

12. SPORTSMANSHIP:

- A. All participants must exhibit good sportsmanship throughout the regular and post season -- at all practices, exhibitions, games and competitions.

13. TUCSON YOUTH FOOTBALL & SPIRIT/SPIRIT/DANCE CHAMPIONSHIPS:

TYFSF Competition Code of Conduct:

- 1. Any questions or concerns that affect a team’s performance must be presented by the coach of the respective team to an appropriate Federation official.
- 2. Protests of any kind will only be accepted in writing. A formal protest form will be available. Resolution from a formal protest will NOT be made at the event.
- 3. There will be no contact with judges by any competitor, coach or spectator during the competition.
- 4. The judges’ rulings are final on ALL decisions concerning deductions, specific rulings and final placement.

This code of conduct is to be followed without question. **ALL** teams, coaches and spectators are expected to represent themselves and their Associations in a positive way.

Categories

Spirit Small Division – 19 participants or less

Spirit Large Division – 20 to 35 participants

Dance – Maximum of 35 participants

Competition Rules and Regulations

- 1. Spirit squads participating must have at least six (6) members.
- 2. Squad size status is based on your roster count as of the first Monday in October. Please note the number of actual spirit participants determines “Large Squad” versus “Small Squad.”
- 3. The Federation championship competition will provide opportunities to advance squads to “regional” and “national” events.
- 4. In the city competition, the top five (5) teams in each small/large category will advance to the Federation-approved Regional. In addition, other teams may be able to qualify for other regional/national events through sportsmanship, participation in camps, and other Federation approved events.

5. **Spirit/Cheer**– a squad who is certified as a Spirit Squad and will perform a cheer/dance routine not to exceed 2 ½ minutes, which may include partner stunts, pyramids, gymnastics and tumbling. Only 75 seconds may be performed to music.
6. **Dance** – a squad who is certified as a Dance Squad and will perform a choreographed routine, not to exceed 2 ½ minutes. The use of partner stunts, pyramids or gymnastics/tumbling is prohibited.
7. **Division Eligible for Competition** – Mitey Mites (if they elect to do so, and the Federation Spirit/Dance Commissioner must be notified in writing) Jr. Peewees, Peewees, Jr. Midgets, Sr. Midgets, Unlimited Weight Division both Cheer and Dance.
8. **Exhibition Division** – Flag (optional) and Mitey Mites, if not competing in the championships.
9. **All-girl stunt (5 members) division for 12 years older and up at City Competition.**

ROUTINE TIMING

See time limits under categories.

In addition: Time for all spirit squads will begin with the first movement, sound of music or word by the squad after its name has been called to perform. If a squad exceeds either time limit (75 seconds for music and 2 ½ minutes overall) a ten-point penalty will be assessed for each violation. Squads should time their performance several times prior to competition and allow AT LEAST FIVE SECONDS of “cushion” to account for variations in sound equipment.

INTERRUPTION OF PERFORMANCES

1. If the squad’s routine is interrupted because of failure of equipment, facilities, weather, etc., the squad affected will be allowed to present its routine from the beginning or from the point of interruption as determined by the Federation Spirit/Dance Commissioner
2. In the event a squad’s routine is interrupted because of failure of the squad’s own equipment, the squad must either continue or withdraw from the competition.
3. In the event that an injury causes the squad’s routine to be interrupted, the squad may either continue or perform at the end of the division at the discretion of the Federation Spirit/Dance Commissioner. The competition officials reserve the right to stop the routine due to injury, if it is deemed necessary.

ENTRANCES AND EXITS

1. All introductions (i.e., tumbling, formal entrances, charts, spell-outs, silent building, etc.) are considered part of the routine and timed as part of the performance. Formal entrances are not recommended, starting a routine with a mount is permitted, however, building the mount starts the clock and is scored.
2. Exits are not included as part of the routine; therefore, there should not be any organized exits or other activities after the official end of the routine.
3. The captain or designated squad member will give a signal to the timekeeper to signify the end of a routine. The squad does not have to clear the floor before giving the ending signal. The time will stop when the signal is given and judges will not consider any material performed after the ending signal.

COACHING

1. Coaching during the performance is prohibited (e.g., yelling instructions or motioning directions to squad members). Spirited crowd response, however, is welcomed from any and all fans, including members of the coaching staffs.

POMS

1. The use of poms is prohibited during tumbling partner stunts/pyramid building, transitions which require the use of hands, and all dismounting. A partner (flyer) may, however, obtain and use poms when secure in a stunt. Again, the poms must be safely discarded prior to transitions which require the use of hands, as well as prior to the dismount.
2. Stepping on poms may interfere with the safety of the performance and therefore is a safety violation. A participant may kick a pom out of the way or step over a pom as long as they do not step on or slip on the pom.
3. Hiding poms anywhere on the body or uniform is a safety issue and therefore is a violation. The intent of this rule is not to eliminate poms in cheer competition, but to make coaches aware of the importance of organizing

a safe routine. The placement of poms should be a safe distance away from the performance area to eliminate a safety hazard.

4. A competition spotter can move poms out of the way if the spotter cannot safely reach/spot a stunt/pyramid. Prior to competition, the officials must reinforce that pom-poms are the participant's responsibility.
5. Standard poms (i.e., plastic, vinyl, metallic, etc.) are an optional item of the basic cheer/dance uniform. The NFHS states: "A prop may be an object that is manipulated (i.e., poms, signs, flags, etc.)" A squad may use standard poms throughout the competition routine. An example of the traditional use of poms in a routine is when the entire squad uses poms for a cheer/dance segment and then places/tosses aside the poms to finish the remaining routine. There are many ways to use poms in a competition routine that will not violate the props rule.
6. While mounting and/or dismounting, poms and/or props on the cheer surface are not allowed within a 3 feet radius of the stunt.

GLITTER

Glitter is prohibited. In addition, tattoos, face paint, hair mascara, nail polish, etc. are prohibited. (Refer to Participant Apparel.)

PERFORMANCE AND WARM-UP AREA

1. The matted competition area for Federation competition will be 42' x 42' deep.
2. A squad may cheer outside of the matted area. However, any forming of stunts, jumping and/or tumbling off of the matted competition area during the routine is a safety violation. It is important to choreograph your routine for the safety of the participants taking into account over-rotation of tumbling and uneven surfaces.
3. You may begin your tumbling off of the matted surface; however, the actual tumbling pass must begin and end on the matted surface.
4. Please review Entrances and Exits section.
5. Clarification: A spontaneous/spirited leg lift/kick by an individual participant while off of the matted surface is not considered a jump and/or a violation.
6. It is recommended that an auxiliary gym should be in place to serve as the warm-up area just prior to performance. This area should be secured from non-participants and spectators, and include a matted surface for tumbling and/or stunt warm-up.
7. Stunting or tumbling on concrete surfaces, or in other unsafe environments (poor lighting, obstructions, etc.) is strictly prohibited.
8. The entire routine must be performed inside the competition area. **ONLY** the members of the squad performing, judges and chairperson/designee may be in this area. Ten points will be deducted for this infraction.

SPECIFIC DANCE RULE DIFFERENCES

1. Each dance squad will perform a choreographed routine not to exceed 2 ½ minutes.
2. Dance squads shall compete separate from cheer squads.
3. The use of partner stunts, pyramids or gymnastics/tumbling is prohibited.
4. Soft-sole shoes and hand held props are permitted.
5. Squads participating must have at least six (6) members.
6. Costuming and accessories are permitted.
7. A violation of a safety rule will result in a ten (10) point per judge deduction. A safety observation report will be utilized.

DANCE PROPS

1. Dance squads may use props. Props that are stationary (e.g., scenery), as well as those that may puncture the performance surface are prohibited (i.e., chairs, ladders, sawhorses, hollow boxes, and other similar props with legs). All props must be pre-approved by the Federation Spirit Commissioner
2. All props must be utilized during the dance routine.
3. Props may not be used to base a person in a stunt.
4. Tumbling onto, under, over, through or off props is prohibited.
5. Headstands and handstands are not permitted on a prop.
6. Flips and rolls are not permitted as a dismount from a prop.

JUDGING CRITERIA & PROCEDURES

1. The judges will score the spirit squads according to the following criteria:

| | |
|---|-----------|
| Projection | 10 points |
| Fundamentals (Motion Technique, Jumps, Tumbling, Partner Stunts/Pyramids) | 40 points |
| Dance/Choreography | 10 points |
| Team Precision | 20 points |
| Overall Appeal | 20 points |
2. Judges will score the dance squads according to the following criteria:

| | |
|--|-----------|
| Projection | 10 points |
| Dance Technique (Motion Technique, Dance Technique, Style) | 30 points |
| Dance/Choreography | 20 points |
| Team Precision | 20 points |
| Overall Appeal | 20 points |
3. The same panel of judges will judge all squads within any particular division. The judges' scores will be totaled to determine the overall squad score. After penalty points are assessed, the squads' overall grand total will be used to determine rankings and winners.
4. Judges will be independent outside judges arranged by the Federation Cheer/Dance Commissioner using approved score sheets. In addition, three (3) safety judges will make the necessary safety deductions for any safety violations.

PENALTIES

1. A 10 point deduction per judge will be assessed for each safety rule violation. A 10 point deduction for a music violation and a 10 point overall time violation will be assessed for a maximum of 20 points. A safety observation report will be used ("safety violation sheet").
2. A squad with a violation may advance to the next level of competition. However, the head coach under the direction of the competition official (i.e., Federation Cheer/Dance Commissioner) is responsible for removing the violation prior to the next level of competition (i.e., illegal stunt, pyramid, tumbling, etc.) after reviewing the competition's safety violation sheet.

SCORING

Scoring will be done by independent outside judges to be arranged by the Federation. An approved scoring sheet will be used based on the criteria listed above.

DISQUALIFICATION

Any squad that does not adhere to the terms and procedures of the Competition's "Code of Conduct" may be disqualified from the championship and automatically forfeit any right to any prizes or awards, and may also forfeit the opportunity to participate in regional and/or national championships.

FINALITY PROCEDURE QUESTIONS

Any questions concerning the rules or procedures of the championship will be handled by the head coach of the squad and will be directed to the competition coordinator (i.e., Federation Cheer/Dance Commissioner). This also includes scoring. If the question is answered unsatisfactorily, the spirit coach of the squad must file a protest to the Federation Cheer/Dance Director. The protest must be presented in writing no later than five (5) days after the cheer championship performance.

All decisions as rendered by the judges concerning scores will be accepted as final.

Any other situation requiring interpretation of the rules or a decision involving any aspect of the spirit championships, not clearly specified in the rules of the spirit championships, shall be presented in writing to the Federation Cheer/Dance Commissioner at least one (1) week prior to the date of the spirit championships.

The Federation Cheer/dance Commissioner and championship officials will render a decision and strive to ensure that the spirit championships proceed in a fair and equitable manner and are consistent with the Rules and goals of the spirit championships.

SPECIAL NOTES FOR ALL PARTICIPATING SQUADS

1. See section on Lifts.
2. Type of routine – see categories.
3. All routines must be within the set time limit.
4. All squads must check in 45 minutes prior to division performance time.

COMPETITION ELIGIBILITY

1. TYFSF certified spirit squads may enter other competitions **ONLY** as follows:
 - A. A competition or event sponsored by the TYFSF, which occurs during the accepted TYFSF season and follows accepted safety rules.
 - B. A competition or event sponsored by a non-TYFSF organization if that organization advance by the Federation Cheer/Dance Commissioner.
 - C. All TYFSF competitive teams (Jr. PW - Sr. Midget, & Unlimited Weight) are expected to participate in the TYFSF city competition. Any team that does not participate in the TYFSF City Championship shall not be eligible to compete in any other TYFSF OR Non-TYFSF Competition during the current approved season.
2. There shall be no individual competitions.
3. Competition among squads shall be limited to squads from the same division of play competing against one another.
4. There shall be no cutting of participants from the regular season roster for competition, unless there is a written medical reason, nor shall substitutions be permitted.
5. No squad shall engage in more than one (1) competition per week; the competition shall count as one practice or as the game for that week.
6. TYFSF squads may accept a squad award for their achievement in a competition.
7. When competing, a squad may not use the name of another squad's town any time during the routine. Squads may use generic mascot names (i.e., nicknames: Tigers, Rams, Bears, etc.).
8. A squad's performance at competition shall be an extension of what the squad does at games, supporting its teams. Words in the routine shall not be aimed at other squads, but an example of what gets positive crowd response at games.

VI. CHEERLEADING TERMS

1. STUNTS

Arabesque – A stunt in which the working leg is extended behind (close to 90°) while the supporting leg is in the hands of the bases.

Awesome – A stunt in which the flyer has both feet tightly together in the base's hand(s). Single base provides a solid platform for partner by grabbing for partner by grabbing the heel and middle of foot, allowing the fingers to grab the sides and back of the feet. Proper spotting techniques are required.

Ball-Ups – A stunt where the flyer starts on the opposite leg and then switches on the way up to the main leg. A Also, in co-ed stunting, the flyer tucks the legs on the way up to the stunt.

Basket Toss – A toss initiated by two or more people who have their hands interlocked with one or two additional people who assist with the toss.

Bear Hug Dismount – The spotter stands to the side and slightly in front of the person dismounting with their arms up in the air. As the person dismounts the spotter makes contact above his/her head and places the outside arm and shoulder in front of the person dismounting and the head, other arm and shoulder behind the person dismounting. The spotter's arms wrap around the person like a bear hug so as to cushion the impact of the person dismounting. The flyer/person dismounting must keep her arms up at all times.

Bow and Arrow – A heel stretch which is executed while the flyer holds the extended foot with the opposite hand. The extended knee/leg usually touches the ear. Proper spotting techniques are required.

Chair – A single based stunt in which the base places the right hand in the center of the partner's seat with arm locked. The base's left hand holds the flyer's left ankle and pushes upward for support. The flyer is in a sitting position on the hand of the base.

Chorus Line Flip – A stunt where the spirit leader back flips between two other Spirit leaders with arms locked around the waist.

Cradling Dismount Position – Position-Bases reach up with straight arms. One base's arms are narrow and the other base's arms are wide. The bases wrap their arms around the flyer's upper back and legs. The flyer wraps her arms around the bases' shoulders.

Double Based Thigh Stand – A stunt involving two bases in a lunge. The flyer stands in the pocket of the lunge.

The bases start in a lunge position with the bent knee directly over the ankle and the back leg is straight. The bases' outside hand should grab the flyer's toes with one hand and the inside arm wraps above the flyer's knee with a fist. The flyer starts with each hand on the bases' shoulders and steps up into the pockets of the lunged bases. Dismount: The flyer takes the outside hand of each base while the bases place their hand underneath the flyer's armpit to control the step down landing. A spotter is always recommended for safety purposes.

Dead Man Lift – An extended stunt above the head. The flyer is in a layout position, supported by the bases away from the cheering surface. Double Based Dead Man Lift requires a spotter. A Triple Based Dead Man Lift does not require a spotter.

Extended/Extension – A stunt in which the flyer is standing with both feet in the hands of the bases. The bases have their arms in an extended position over their head. Each foot of the flyer must be supported by at least one hand that is not supporting the other foot. The bases each grab the heel and the toe of the flyer's feet. The spotter grabs the wrist of the bases or the ankles of the flyer and pulls in. Dismounts from multi-base stunts to a cradle shall have at least two (2) catchers and a separate head-and-shoulders spotter.)

Flat Body Position – The flyer is in a horizontal position (face up or face down).

Hand Shake Grip – The partner and the base interlock hands as if they were shaking hands.

Hands/Half Extension – A non-extended stunt position where the flyer is standing in the hands of the bases at shoulder level. The bases each grab the heel and the toe of the flyer's feet and hold at chest level. The spotter grabs the wrists of the bases or the ankles of the flyer and pulls in.

Heelstretch – Similar to the liberty, a stunt where the flyer holds the leg in an extended position while the other leg remains in the hands of the base(s). Proper spotting is required.

Inverted Stunt – A stunt where the person's head is below his/her waist.

Liberty – Stunt where the flyer stands on one leg while the other leg is lifted and bent at all times. The main base should have a firm grip on the toe covering as much of the foot as possible while controlling the front to back motion of the partner's foot. The side base should grab underneath the foot with the right hand, on top of the foot with the other hand and control the side-to-side motion of the partner's foot. The back spotter needs to hold the partner's ankle and seat with the other hand while pushing up with the bases. The flyer should push off the bases' shoulders and step up into a liberty position while locking her leg and lifting to a high V.

Pyramid – A pyramid is multiple connected stunts.

Reload – A stunt that reloads from a cradle position to another stunt while maintaining constant contact with the base.

Rocket/KickOut – A double based stunt where the flyer lifts one leg straight up in a kick position while the other foot remains in constant contact with the bases. The proper spotting techniques for shoulder height and above must be followed. A spotter is required on stunts in which the supporting arms of the bases are fully extended.)

Sailor – A sailor roll is legal and requires a head spotter.

Sassy – From a liberty position, the flyer crosses the opposite leg over the leg in the bases' hands. Flyer places hands on hips. Proper spotting is required.

Scorpion – From a liberty position, reach back and grab your toe and pull it up behind your head. It should be in line with the rest of your body.

Shoulder Sit – A stunt in which the partner sits on the shoulders of a base. All dismounts from shoulder height or above shall have assisted landings. No skill without constant hand-to-hand contact shall be performed prior to the landing on the performing surface.)

Shoulder Stand – A stunt in which the partner stands on the shoulders of a base. The base holds under the flyer's calves just below the knee, pulling down and pulling elbows forward. Dismounts from a single based stunt to a single based cradle shall have a separate hand-and-shoulder spotter: All dismounts from shoulder height or above shall have assisted landings. No skill without constant hand-to-hand contact shall be performed prior to the landing on the performing surface.

Smush/Sponge – A stunt from an elevator and/or extension where the bases bring the flyer back down to the hips so that they are in the starting position.

Split Drop – The spirit participant drops forcefully to the surface from a jump or a stand, landing with legs extended at right angles to the trunk in a split position without first bearing most of the weight on the hands to break the impact of the drop. A split drop is prohibited.

Straddle Sit – A straddle sit can be double or triple based. The hands of the bases are fully extended. The flyer is lifted into a sitting straddle position with legs opened in front (knees facing up). A spotter is required on stunts in which the supporting arms of the bases are fully extended.)

Torch – A stunt in which the flyer is standing on one foot with the lower part of her body turned to one side while

the upper part of the flyer's body remains turned to the front. A spotter is required.

2. JUMPS

Banana – A jump in which you arch your back and reach upwards.

Double Nine – A jump where the arms and legs are in the same nine position. Bring legs to arms and keep your head up.

Herkie – A jump where one knee is bent facing down and other leg is straight facing forward.

Hurdler – A jump where the bent knee faces the crowd and you sit in a hurdler position.

Pike – A jump where you bring the legs to the arms in a pike position while keeping the head up.

Spread Eagle – This jump is a straddle in the air but you do not need to rotate your hips. Keep the knees forward and a straight body in the air without piking.

Toe Touch – A jump where you keep the head and chest up, pull legs to arms and reach for the arch of the foot.

3. DANCE STYLES

Hip-Hop / Funk – A dance while utilizes intricate rhythms and the latest in progressive, street dance styles. Emphasis on execution, style, control, creativity, body isolation and rhythm patterns. Additional focus On athletic technical skills such as jumps: jumps with variations in focus, arm;/leg placements, and Landings: combo jumps and other athletic inspired tricks.

Jazz – Combination of movements with an emphasis on body placement/alignment, style, control and extension/tension through hands and feet. Incorporates technical/studio dance.

Military – Formation changes are the key. Marching with crisp pivots, head snaps and flanks are combined with razor-sharp arm motions. Continually changing spatial designs add to the military style. Better suited for football field or other large arenas, as the formation changes and visual effects are more successful when the audience is distant and elevated.

Novelty – Acts out the music style. Creative movement can be reinforced with props and especially costumes. Works well when using a them of several songs.

Pom – Hand poms are visually effective in a routine that includes quick part work, use of tricks or pom passes, levels and group work. The focus is the pom and the choreography should be created with the prop being the main focus. Visual pictures are created using opposing motions and contagions. It is important that the pom be the focus of the choreography and always has a purpose

Prop- Uses a hand-held accessory to enhance motions. Sometime combined with novelty, but can be its own Style depending on music selection.

4. DANCE TERMS

Arabesque – A position in which the supporting leg maintains the balance and weight while the working leg is extended and straight and behind the individual. An arabesque can be done with the supporting leg either being straight or bent..

Attitude – A position in which the working leg is extended in front, to the side, or behind with a bent knee while balancing on the supporting leg; can be executed as a turn.

Axle – A turn in which the working leg fond de jambs to passé as the supporting leg lifts off the ground and tucks under the body after rotation in the air. The landing take place on the original supporting leg.

Ball Change – A ball change is a shirting of weight from the ball of one foot to the flat of the other (side to side or front to back).

Battement – A battement is a kick. It is the result of the working leg being brushed/raised with a straight knee, into the air and brought down again. This can be done to the front, side or back.

Chaine – A chain or a series of linked turns; Step right, together with the left, step right and then together with the left. The turn is complete as the left pulls in.

Chasse – Chasse means to chase or called step-together-step.

Contagion/Ripple – The repetition of a movement from one person to the next.

Demi Point – A dance position commonly called tippy toes. This is where one stands on the balls of the feet With the heels held off the floor as far as one can manage.

Developpe – (to develop) A skill that draws the working leg up to the supporting leg to passé, then extending the working leg to an open position.

Fouette Saute – The term means whipped jump. A jump where you lift the working leg front and keep the supporting leg straight as lighting off the ground. The next step is to flip the hips over in the air towards the direction of the supporting leg so that when landing on the supporting leg, the working leg is now in

- back.
- Grand Jete** – A split leap where you brush the right leg front as you push off with left leg. The landing is on the right leg in a plie.
- Leap** – A leap is a movement in dance when taking off from one foot and landing on the other foot. The use of a plie when leaping will achieve height and emphasis is on proper form (i.e., upper body lifted, arm placement, extension, height, tight legs, pointed toes).
- Pas de Bouree** – A step back-side-front (also called back ball change). It is three steps executed in releve, releve and plie.
- Passe** – Means to pass. This is the rising of the foot of the working leg touches the knee of the supporting leg, toe to knee. This can be executed either turnout, out or parallel.
- Pique** – Is a step directly on the releve. Children often step on a bended knee then straighten their knee. This is sloppy and incorrect., Emphasize the pushing onto the releve instead of stepping.
- Pique Turn** – Again stepping directly on the releve and not bending the knee of the supporting leg, this turn often occurs in passe' turning over the shoulder of the supporting. (often confused with pirouette).
- Pirouette** – Is pretty much the opposite of the pique term. Prepping back one bends both knees making sure that their center is still equal over both legs. The back leg then lifts to passe' pulling the turn over the shoulder of the working leg and not supporting leg.
- Plie** – A plie is a bending of both knees or of the supporting leg, opening of the knees.
- Releve** – A releve is raised on the balls of the feet.
- Rond de Jambe** – Is a movement of the leg (either on the ground or in the air) of forward side back or reversed.
- Russian** – A leap to the side, looking much like a toe touch in mid air: it begins by brushing one leg up and lifting the other. Landing occurs on the leg than began the jump crossing the other leg either in front or back of the supporting landing leg.
- Saut de Chat** – Saut de Chat is also termed a cat's jump. This is performed similarly to the grand jete except Only the leg is bent instead of straight when brushed up and straightened when loading.
- Saute** – A dance term that swings one leg forward and then back, lifting into a split leap.
- Tendu** - (to stretch) used to describe the straightened working leg. The working leg is stretch, pushing the foot away from the supporting leg while keeping the toe on the floor.
- Three Step Turn/Grapevine** – This is a turn performed with three steps: step to right side, cross over the left as body faces the back wall, step back around to the front with the right.
- Tombe** – Tombe means to fall or step down. The working leg falls into plie, usually used to being a pas de bouree.

V. BOUNDARIES

BRONCOS:

North: Pinal County lines; Pinal County lines east to Shannon ,
 South: Ina Road Federation Limit (“FL”) east to Shannon
 East: Shannon Road, South to Ina Road, north to FL
 West: None, Federation Limit, FL south to Ina Road

CARDINALS:

- North: North Tubac city (town) limits
 South: Federation limit
 East: Federation limit
 West: Federation Limit

CHARGERS:

North: Federation Limit
 South: 4800 North (Snyder Road)
 East: 8700 East at 4800 North (Northern extension of Camino Seco)
 West: 4800 North at First Avenue north to Orange Grove and Christie, Christie north to

COWBOYS:

North: None, Federation Limit, Sabino Canyon east to FL
 South: East Speedway Boulevard, Pantano Wash east to FL
 East: None, Federation Limit, FL south to East Speedway Boulevard
 Sabino Canyon Road/Speedway Boulevard, Pantano Wash, north to FL
 West: 8700 East at 4800 North (Northern extension of Camino Seco) Sabino Canyon Road,

DOLPHINS:

North: None, Federation Limit, Shannon east to Coronado National Forest
 South: Orange Grove/Shannon east to First Avenue
 East: Orange Grove, First Avenue north to Christie Drive/Coronado Forest
 West: Shannon/Orange Grove, north to FL

EAGLES:

North: Golf Links Road, commencing at Wilmot Road east to Pantano Wash,
 South: I-10 to Pantano Wash
 East: Golf Links, Pantano Wash south to I-10
 West: Golf Links at Wilmot Road, Wilmot Road to I-10 excluding fenced area of Davis-Monthan Air Force Base

FALCONS:

North: 4800 North to Sabino Canyon Road
 South: East Elm Street/East Pima Street, North Tucson Blvd, east to Alvernon Way; south
 East: Sabino Canyon Road, FL, Sabino Canyon Road to Speedway at Pantano Wash
 West: 4800 North at First Avenue, First Avenue, south to River Road, east on River Road to

49ER's:

North: Sandario Road at Pima Mine Road, east to I-19, north to Sunnyside School District's
 South: Sandario Road, I-10, FL
 East: Pantano Wash, I-10
 West: Sandario Road, at Pima Mine Road, south to FL

JAGUARS:

North: Campbell/Kino, east on Ajo Way, to Davis-Monthan boundary
 South: Los Reales & Campbell south to Sunnyside School District's south boundary
 East: Davis Monthan Air Force Base boundary, south to Valencia, east to Wilmot Road/ south
 West: Campbell to Los Reales, Los Reales south to Sunnyside School District's south

RAIDERS:

North: West Speedway to Tucson Mountain Park; West/East Speedway Boulevard, east to
South: 22nd at Tucson Mountain Park east; to I-10, south to Golf Links Road, Alvernon Way
East: Columbus, East Speedway Boulevard, south to Golf Links Road; Alvernon Way, Golf
West: Tucson Mountain Park, East Speedway Boulevard to Columbus, 22nd Street south to

RAMS:

North: I-19 at its interchange with I-10, east on I-10 to Campbell and Ajo Way
South: I-19, Los Reales Road east to Campbell
East: Campbell to Los Reales
West: I-19, at its interchange with I-10 to Los Reales Road

REDSKINS:

North: I-10 at West 22nd Street west to FL
South: I-19 at Pima Mine Road, west to Sandario Road, west to FL
East: I-10, West 22nd Street south to I-19, I-19, south to Pima Mine Road
West: Federation Limit, from Sandario Road/Pima Mine Road west to FL

SCORPIONS:

North: East Speedway at Columbus east to Pantano Wash
South: East Pantano Wash, Golf Links Road, east to Swan Road, to include all the fenced area
East: Pantano Wash, East Speedway Boulevard, south to Golf Links
West: Columbus and Speedway, south to Golf Links

STEELERS:

North: Ina Road east to Shannon, South to Orange Grove, FL east to First Avenue
South: West Speedway to Tucson Mountain Park, FL Speedway Boulevard,
North Tucson Blvd.
East: Orange Grove and First Avenue, south to River Road, east to Tucson Blvd., south
West: None, Federation Limit, Orange Grove Road south to Speedway at Tucson Mountain
Park, then South to 22nd Street

VIKINGS:

North: Valencia Road at Houghton
East: FL
West: Valencia at Houghton, south on Houghton to I-10, I-10 to Wenworth
South: West of Wentworth, south to FL

WILDCATS:

North: East Speedway Boulevard, Pantano Wash east to FL
South: Houghton and Valencia
East: None, Federation Limit, East Speedway Boulevard, south to Pantano Wash
West: Pantano Wash, East Speedway Boulevard, Pantano Wash at Houghton, south on
Houghton to Valencia

Note: "FL" - Federation Limit

ASSOCIATION COLORS:

| | |
|-------------------|------------------------------------|
| BRONCOS: | Orange with White |
| CARDINALS: | Cardinal Red and White |
| CHARGERS: | Navy with Gold |
| COWBOYS: | Navy with Gray |
| DOLPHINS: | Miami Green, Orange, White |
| EAGLES: | Maroon with White |
| FALCONS: | White with Red/Black |
| 49ER'S: | Red with Gold |
| JAGUARS: | Teal with Black |
| RAIDERS: | White with Silver Black |
| RAMS: | Navy/Vegas Gold/White |
| REDSKINS: | Gray with Maroon |
| SCORPIONS: | Dark Green/Vegas Gold/White |
| STEELERS: | Black with Gold |
| VIKINGS: | Purple/Gold |
| WILDCATS: | Red with White/Blue |