# 2026 OFFICIAL RULEBOOK

EBYFC

EAST BAY YOUTH FOOTBALL & CHEER

# East Bay
# Youth Football & Cheer Conference
## 2026 OFFICIAL RULES AND REGULATIONS

Revised June 1, 2026

# Association Message

Welcome to all the players, cheerleaders, coaches, city board members, and parents to the 2026 East Bay Youth Football & Cheer Association (EBYFC) season. We want to take this opportunity to say thank you to all the coaches, parents and participants for your time and commitment to East Bay Youth Football & Cheer Association.

This rulebook has been compiled for the safety and welfare of the boys and girls of this conference with emphasis on good sportsmanship, having fun, and encouraging good team conduct. Please take a moment to review it carefully. While we provide this as a written guide for you, please let common sense and the spirit of doing what is right guide you through this season. If you have any comments please contact any of your association's Presidents. Please encourage the players and cheerleaders to achieve the EBYFC Scholar Athlete Award. As always, we wish each and every one of you a successful season and remember we must look past the scores to find the true measure of our success.
Good luck!

Sincerely,

EBYFC Presidents

2026 EBYFC Team Organizations

Bears of San Ramon
Clayton Valley Jr. Eagles
Concord Jaguars
East County Lions
Fremont Youth Football
Hayward Aggies
Livermore Youth Football
Martinez Bulldogs
Milpitas Knights
Mountain House Stallions
Oakley Jr Falcons
NorCal Wolverines
Pleasant Hill Jr. Falcons
Pleasanton Youth Football
Rodrigruez Jr. Mustangs
San Ramon T-Birds
Supreme Team
Tri-City Dolphins

# COACHES CODE OF CONDUCT

All team coaches will abide by a code of conduct, which includes the following provisions. Failure to do so shall result in the imposition of a penalty by the conference. All coaches:

1. Shall not smoke or chew tobacco; possess or consume any alcoholic beverages or illegal substances on both the game and practice field on the field.
2. Shall not criticize participants in front of spectators; reserve constructive criticism for private or in the presence of team members if others might benefit.
3. Shall not criticize an opposing team, its participants, coaches or fans by word of mouth or gestures.
4. Accept the decisions of game or conference officials as being fair and called to the best ability of said officials.
5. Emphasize that athletes strive to be good students and are both physically and mentally alert.
6. Strive to make every football/cheer activity serve as a training ground for life, and the basis for good mental and physical health.
7. Emphasize that winning is a result of "teamwork".
8. Refrain from excessive "sideline coaching" and not leave the bench area to shout instructions from the sidelines.
9. Together with game officials be jointly responsible for the conduct and control of the team, fans and spectators. Any fan that becomes a nuisance or out of control will be asked to leave.
10. Shall not use abusive or profane language before anyone connected to the game.
11. Shall not "pile on", as the phrase is used, when a team gets a commanding lead and desires to raise the score as high as it can. In this instance, every effort shall be made to let all participants play.
12. Shall not receive any payment in cash or kind for any services as a coach. This includes any coach, expert, consultant or choreographer, regardless of his or her roster status. (Refer to Cheer Rules Section for guidelines pertaining to use of choreographer services).
13. Shall not permit or encourage "sweating down" tactics, in order for a participant to make weight.
14. Remove from a game or practice any participant when slightly in doubt about his or her health, whether or not as a result of injury, until competent medical advice is available. In case of injury or suspected injury (game or practice field), the designated medical personnel will have complete jurisdiction over the decision of whether a participant is able to continue.
15. Shall not strike any other coach, athletic director, official, spectator, or other participants in EBYFC.
16. Uphold all rules and regulations of EBYFC.
17. A coach shall never instruct nor allow his participants to use any method or tactic that causes excessive or deliberate punishment or abuse to any participant on either his or an opposing team; Anyone coaching or inciting a participant to administer excessive/abusive punishment to another participant will be immediately expelled from EBYFC.
18. All members of any coaching staff must be dressed in like shirts, designating their city affiliation. Shoes must be worn at all times.
19. All members of a coaching staff while actively coaching in practices, scrimmages and games must wear their badge. Badge must be worn around the neck and in plain view at all times.
20. Shall not recommend or distribute any medication, controlled or over the counter, except as specifically prescribed by a participant's physician.
21. Any violation of the Coaches Code of Conduct shall result suspension or expulsion; degree of punishment is to be determined by the established EBYFC Rule Committee and approved all City Presidents.
22. Set an example of good sportsmanship, have a positive attitude and show enthusiasm for all participants.
23. It is each coach's responsibility to obtain, read and understand all official rules and regulations as set forth by EBYFC.

# PURPOSE

The general purpose of the East Bay Youth Football & Cheer Association is to inspire youth, regardless of race, creed, national origin, or gender, to practice the ideals of sportsmanship, scholarship and physical fitness.

1. The specific objectives of the football program and clinic are to familiarize all football players with the fundamentals of football, to provide an opportunity to play the game in a supervised, organized and safety-oriented manner, and to keep the welfare of the participants free of any adult ambition and personal glory.

2. The specific objectives of the cheer program are to provide all cheerleaders with a safe, organized and supervised environment, while to encourage individual participation, self-confidence, neatness and teamwork.

3. All member teams agree to function within the framework of the following rule: No youth may be declared ineligible because of race, creed, color or gender.

# DEFINITIONS

1. ASSOCIATION: The Association shall be known as the East Bay Youth Football & Cheer Association. (EBYFC) The Association shall consist of **twenty (20)** Youth Organization's (City) Presidents governing together.

2. ORGANIZATION: Are organizations that sponsor and administer one or more teams. They raise money, buy equipment, recruit coaches, secure fields, etc. Organizations are typically characterized by geographical area. An organization's recruiting area is normally consistent with its geographical name, but is open to all.

3. TEAM: A team is a universal, basic unit of an 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.

4. DIVISION: Division may refer to one of the four (4) age/weight classifications: Junior Pee-Wee (8U), Pee-Wee (10U), Junior Varsity (12U) and Varsity (14U). Also, for 2026 the EBYFC member organizations will be classified as either a Division I or Division II level program dependent on the number of teams the field.

# SECTION 1

## ARTICLE I-AUTHORITY OF THE EBYFC

1. The EBYFC and its Presidents are empowered to take whatever action they deem necessary to preserve good order and proper government for the protection of the EBYFC.

2. The rulebook takes precedence over any verbal communication or interpretation between the Association's Presidents and any other person. It is the responsibility of every person involved in EBYFC to read and know the rules of the EBYFC.

3. The EBYFC may conduct hearings into rule violations, coaches' misconduct complaints, game protests, or any other complaint related to any association function at the request of the EBYFC Presidents.

- Any President representing an Organization of the EBYFC must submit their request for a hearing in writing to all other City Presidents (email OK); in the body of the request a summary of the issue/complaint must be provided and preferred date to hold the hearing.

4. The EBYFC Presidents have the power to recommend any action it deems necessary based on the evidence that is presented before it. This includes suspensions, forfeitures, expulsions, etc.

5. Should a scenario present itself for which a written rule is not available in the rulebook, the EBYFC Presidents will address the perceived violation in any manner they deem is justified in order to preserve the integrity, reputation and stability of the EBYFC. The EBYFC Presidents have the right to recommend any action deemed necessary based on the evidence that is presented before it.

## ARTICLE II – BOUNDARIES

The organizations/cities are responsible for the establishment of their own boundaries.

## ARTICLE III - COACHES REQUIREMENTS

A team's or squad's coaching staff is in charge of the team whenever it is together on the practice or playing field. **"Coaches, board members or anyone elected or appointed to any member organization** are advised not to **transport participants (other than their own children), to practices, games, or any league function".**

The coaching staff is under the direction of the Head Coach; other coaches are called Assistant Coaches. The following applies to all coaches:

- The age of any coach as of July 1 will be considered the qualifying age for the entire season.
- The Head Coach must be at least 21 years of age. A Team's Adult Coach must be present for all practices, games and functions.
- All Head Coaches must be designated prior to participant certification.
- The Coaches for one division/team cannot be a part of any other coaching staff; exceptions may be granted if extenuating circumstances exist for an EBYFC Organization but must be presented and approved by all EBYFC City Presidents
- No member of any officials association (referee) may act as a head coach or scout for any team in the EBYFC if said officials association is supplying officials (referees) for teams in the EBYFC.
- Assistant Coach must be 18 years of age.

- Junior Coaches for Football and Cheer must be a minimum of 14 years old and a maximum of 17 years old as of July 1st for the season in play.
- All Junior Coaches must have Parental Consent to be assistant coaches, forms for consent must be submitted to the commissioner at the before the Junior Coach takes the field. Separate badging will be provided for each Junior Coach to have access to the field.
- Each Football level is permitted to have a maximum of twelve (12) coaches. Of these 12, they are allowed no more than 10 (ten) Adult Assistant Coaches, and 2 Junior Coaches.
- A Cheer team is required to have a minimum of one adult coach for every 10 participants.
- Adult coaches must have a current basic First Aid with CPR certification or equivalent. (No on-line First Aid or CPR courses will be allowed).
- The Head Coach has the final responsibility for his/her actions, those of his/her Assistant Coaches, players, staff and spectators.
- Each city shall establish its own rules regarding the placing of coaches with sons, daughters or siblings within its own boundaries.
- All Coaches Must successfully pass an EBYFC determined background check (see Article XVII).
- All Football Coaches must be a current member of USA Football.
- All Cheer Coaches must be a current member of the EBYFC chapter of NYSCA.
- All coaches are subject to EBYFC approval.

## ARTICLE IV - PARTICIPANT REQUIREMENTS

- Each Participant will agree to and sign these requirements on their individual participant card.
- I agree to maintain at least a "C" average throughout the current school year.
- I agree to play any position assigned to me and do my very best for the team/squad at all times.
- I agree to play the game hard and cleanly at all times in a true sportsmanlike manner with never an intent to harm either physically, verbally or emotionally any other participant.
- I agree when my team/squad is not playing that I will stay off the playing field being used and will not in any way interfere with the team/squad playing.
- I agree that I will not in any way damage or deface any property, building or equipment.
- I agree to abide by all decisions of game officials and will not make any unsportsmanlike gestures at any time.
- I agree that I will act appropriately at all times and that I will not use foul language.
- I agree that I will remain a member of the team/squad until properly released.
- I agree to return upon request, the uniform and any other equipment issued to me in as good condition as when I received it except for normal wear and tear.

Participants not adhering to any of these requirements may be subject to suspension.

## ARTICLE V – REGISTRATION

A candidate cannot begin practice with a team until he/she has registered with a EBYFC Organization and completed the Medical Examination Requirements and have Parental Consent.

To register, the candidate must sign a EBYFC Participant Card. All Junior Coaches must be registered/certified in the same manner as all other minors participating in the EBYFC. All candidates shall furnish the following:

1. PARENTAL CONSENT: Written consent from the parent or legal guardian stating that the child has his/her permission to participate in all EBYFC activities. Each city will use a standard form agreed upon by all EBYFC City Presidents.

2. MEDICAL EXAMINATION: A signed physical from an examining physician that the candidate is physically fit and there are no conditions which would prevent him/her from participating in football or cheer. No participant may be eligible to practice or play unless he or she has written evidence of a physical examination by a qualified physician, permitted to practice in California, stating that he/she is in good physical condition. The physical must be signed by the physician or his/her representative and dated within the current calendar year, and the physical examination must have occurred within the last 24 months. The written evidence must be provided on EBYFC approved medical examination forms. If a participant is found to have practiced or played without proper documentation, both the participant and Head Coach are subject to suspension. The organization is also also subject penalties such as post-season ban or expulsion from league.

3. PROOF OF AGE: The participant's Certified copy of the Birth Certificate shall ordinarily be the only document acceptable as proof of age; however, the EBYFC may rule that other legal documents may be accepted in specific cases (i.e. passport, state issued ID, etc).

4. SCHOLASTIC REQUIREMENTS: Every participant should be encouraged to maintain a minimum of a "C" average throughout the current school year he/she participates.

5. TRANSFER/RELEASE FROM CITY: Participants are encouraged to play for the City they reside in. If a participant changes organizations without the benefit of moving to the new City, he or she must obtain a written release from the President of the first organization. A copy of that release is to be given to the Conference, prior to September 1st. Transfer of a player does not relieve player of any pending suspension or expulsion of the player levied by the league, punishment must still be carried out regardless of city affiliation.

6. Athletes ARE NOT allowed to play for different leagues concurrent to the EBYFC regular season

    a) Player(s) in violation of this rule will be removed and suspended from remainder of EBYFC season if it is confirmed that player is actively participating in another league concurrent to EBYFC season
    b) 3 Weeks must elapse from end of season of another league before player is eligible to participate in EBYFC sanctioned events
    c) Coaching staff and/or Organization Leadership may be subject to suspension or expulsion if determined they knowingly allowed for participants to take part in a different league concurrent to the EBYFC season.

## ARTICLE VI – CERTIFICATION REQUIREMENTS

1. FORMS: The EBYFC shall furnish each team with the necessary forms to complete certification for each participant. The EBYFC will also provide directions for the completion of these forms.

2. PICTURES: Each participant will be required provide one photograph for purposes of physically verifying each participant on gameday. A head and shoulder shot that is clearly visible and current. All pictures must be in color, no hats or sunglasses are allowed.

3. PLAYER CARDS: Each participant will be required to register with National Sports ID (NSID). EBYFC enlists NSID to conduct all necessary paperwork verifications on behalf of the league and produces an electronic database of all league participants. Participants profiles are then placed onto rosters within the system which are used for player check-in and weigh-ins on Gameday. Participant parents will be required to submit birth certificate, school grade level, and physical form information to NSID for certification.

## ARTICLE VII – DROPS AND ADDS

1. MOVING PARTICIPANTS: Once a participant has been certified, he or she may not be moved from one age division (team) to another. Additions to any team roster after official weigh-ins shall be governed by the EBYFC, as dictated by unusual or hardship cases.

2. DROPPED OR INJURED PARTICIPANTS: If a participant is dropped during the season, a drop form must be signed by the Head Coach and by the organization's President. A photocopy of the player card must be kept in the weigh book.

3. MISSING GAMES: If a participant misses a game, is absent or is not suited to play, it should be signed off by the opposing Head Coach on the certification card. A reason for the missed game must be noted on the card and be initialed by the opposing Head Coach.

4. ROSTERS – PLAYOFF TIME: At playoff time, team rosters should show the same number of participants as their certification roster, noting any dropped or injured participants; if a participant is absent or unable to play, a reason must be so noted. A roster will be given to the hosting city's announcer for introductions.

5. EBYFC ROSTER AUDIT: Certified Team Roster must be available to be checked by the EBYFC at all times. The EBYFC has the power to investigate the reason why, if a team roster has dropped in size. Any sign of foul play will result in suspension of the Head Coach of team who's Player Card Book is in question. The Organization is also subject to penalties deemed appropriate by the EBYFC Presidents.

6. ADDING PLAYERS TO ROSTER: **Teams can add players to their rosters up to Week 3 of regular season play with written notice and approval of EBYFC Commissioner and EBYFC Compliance Committee.** Any roster changes/adds after Week 3 of regular season will require review and approval from a majority of EBYFC Presidents and will only be considered if team/City requesting the add is facing an extenuating circumstance (i.e. low participation numbers, injuries impacting minimum roster size requirements, etc.)

## ARTICLE VIII – NON-ASSOCIATION GAMES/COMPETITIONS

For liability purposes, no participant or team can register for or participate in a competition or game while using any name, documentation or clearances affiliated with East Bay Youth Football & Cheer Association between November 15, 2026 and the start of the 2027 season. Organizations found in violation are subject to expulsion from the league by the EBYFC Commissioner.

### Section 1. SCHEDULE

A. No game or scrimmage will be played without written permission of the EBYFC City Presidents.

B. All Associations must have their games played in the same order, beginning with Junior Pee-Wee and continuing through to Varsity. If it is necessary to change the order for a particular day, permission must be secured from the EBYFC Commissioner and Participating City Presidents.

C. The EBYFC scheduler shall provide the game schedule to the Referee's Association.

D. After the EBYFC game schedule has been given to all member associations, if any changes are needed, it must be in writing to the EBYFC Scheduler at least (8) days before the regular scheduled game is to take place. The game may be moved to Sunday at the discretion of the EBYFC. If events beyond the control of any Organization prevent the game from being played at the scheduled time, the control of location and time will then be determined by the EBYFC.

E. Any game schedule changes known to be occurring by one city must try to provide 2-weeks (14 Days) advance notice to their scheduled opponent when possible.

F. Games not played caused by a hosting city's inability to secure a proper game-site will result in a forfeit by the host city.

### Section 2. POST SEASON PLAY

A. The EBYFC Presidents must approve post-season games. The playing of a post-season game without approval of the EBYFC will make the offending team liable to suspension, and/or expulsion. Only certified members of a squad are allowed to participate in any post-season game.

B. No team may schedule a game against a team whose ages and weights are not FULLY in compliance with those printed in this rulebook, unless both teams have identical approved variances.

## Section 3. PRE-SEASON SCRIMMAGES:

Each football team is allowed 2 preseason scrimmages that do not count as a practice. Cheerleaders are not required to attend. After the first week of practice in pads (contact) has occurred (which cannot be any earlier than the second full week of practice-the first week being conditioning), teams are permitted to engage in joint practice sessions with other EBYFC organizations in what are called controlled scrimmages. In a controlled Scrimmage, there is prior agreement between coaching staffs that:

A. Coaches will be permitted on the field.

B. Defensive Coaches must be a minimum of 10 yards behind the deepest most player, and Offensive coaches must be 5 yards behind the running backs at the snap of the ball.

C. Long time-outs are taken between plays so that coaching staffs can instruct and critique their participants.

D. Coaching staffs may inform each other of the plays they are going to run so one team can concentrate on its offensive sets while the other improves its defense and vice-versa.

E. Officials can be present during scrimmages.

F. Game score is not kept; scoring is not the primary goal.

G. No official time is kept other than to assure the practice maximum is not violated. A mandatory break is taken at the end of one hour.

H. No player or team is permitted at any time to engage in a controlled scrimmage or any form or contact drills involving a participant, players, or team from a different Age/Weight division of play.

## Section 4 CROSS-DIVISIONAL / INTRASQUAD SCRIMMAGES

Intra-squad (i.e. Varsity scrimmaging Jr. Varsity) scrimmages ARE NOT allowed. Violation of this rule will result in immediate suspension, possible expulsion of all coaches involved.

**Cross-divisional** (i.e. Division I team scrimmaging Division II team) scrimmages **ARE NOT allowed** and will not be entertained. Organizations fielding secondary teams participating in separate divisions ARE NOT to scrimmage one another at practice facilities. Violation of this rule will result in immediate suspension of ALL coaches involved, and expulsion of ALL organizations found to be in violation of rule.

## ARTICLE IX – AWARDS

No team, City, league or any other individual group directly or indirectly affiliated with EBYFC shall grant, give, bestow or otherwise present or convey to any EBYFC participant an expensive trophy or other award. While an award given to an individual participant may be attractive, it must not be of excessive monetary value. Further, in compliance with the "team" concept and in view of the ages of EBYFC participants, no participant will be singled out as "best lineman", "best offensive back", "most valuable participant", "best cheer/spirit leader", "best cheer/spirit squad" etc. for the presentation of a special award.

## ARTICLE X – PRACTICE

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

A. Chalk talk / skill session.
B. Viewing of fundamental film.
C. Group conditioning.
D. Individual skills sessions (QB, receiving, blocking, tackling, kicking, cheering, etc.)
E. Group skills session.
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. Intra-squad scrimmages with full pads and equipment
J. 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." Practices must be held at specific predetermined locations. All the activities/practice sessions must include a minimum of 2 coaches in attendance for the entire session.

2. FIRST PRACTICE: The first day of practice shall be July 13, 2026. **The first day of practice for each consecutive season will be determined by the EBYFC board during the offseason.**

3. CONDITIONING: **Each participant must devote a minimum of the first ten (10) hours** of his or her practice sessions to conditioning. During this conditioning period, with the exception of helmets, no protective football gear may be worn. Absolutely no participant may engage in contact. Footballs may be used as a means of assisting in the conditioning program. No practice session may last longer than two (2) hours. No sleds, blocking dummies or excessive contact with the ground may occur.

4. WEEKLY PRACTICE SESSIONS: Practice sessions are limited to five (5) sessions per week until Jamboree. After Jamboree, practice sessions are limited to three (3) sessions per week. Practice sessions may last no longer than two (2) hours. "No teams shall practice on Sundays".

5. FILM SESSIONS: All teams are allowed to conduct film sessions during the week and not count against the total allowed 6 hours of practice, film review is not to exceed 2 hours per week during the season.

6. FIRST AID KITS: A first aid kit must be on the field at all practice sessions.

7. BREAKS: Practices shall include breaks in accordance with the National Federation of State High School Athletic Associations. It is recommended that a 10 minute water break be scheduled for every twenty minutes of heavy exercise in the heat. Athletes should rest in a shaded area during the break. Water should be available in unlimited quantities.

8. PHYSICAL CONTACT: Football squads are encouraged to follow the USA Football guidelines for limiting contact during practice week.

## ARTICLE XI – CAMPS

1. MANDATORY CAMPS: No EBYFC Organization/city or personnel associated within shall require or mandate that a EBYFC football team or spirit squad, in part or in whole, with or without coach(s) attend a football or spirit camp. There shall be no exceptions. However, a EBYFC 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) All participants must have insurance coverage.

2. EBYFC: Participant camps are left to the discretion of the participant between December 31st and start of season except for EBYFC sanctioned camp.

3. OFF-SEASON CAMPS: EBYFC Organizations are allowed to conduct a maximum of 2 off-season camps, and must abide by the following parameters:

b. "Off-Season" is considered anytime between the conclusion of the previous season and July 13, 2026
c. Practice Sessions are not to exceed 2 hours in duration
d. Camps can consist of a total of 6 Sessions (Camp 1) and 10 Sessions (Camp 2) each
e. Start of Camp session #2 cannot be any sooner than 4 weeks (28 Days) from the conclusion of Camp #1
f. All camps must end 4 weeks prior to start of regular season camp; No camp can occur during black-out period (June 13 – July 13, 2026)
g. Camps or Organized Activity involving physical agility drills conducted during blackout period will result in Organization ban/suspension from Post-Season play for upcoming season
h. All camps must be approved by EBYFC Commissioner; Organizations are subject to Post-Season ban for conducting un-approved camps
i. NO CONTACT ALLOWED – STRICTLY AGILITY BASED CAMPS

4. IN SEASON CAMPS: EBYFC Organization teams may not attend outside camps between July 14th and December 31st without the express written consent of the EBYFC Commissioner.

## ARTICLE XII – MEDICAL PERSONNEL

1. MEDICAL PERSONNEL: The home team shall be responsible for the presence of a licensed EMT, Paramedic, Certified Athletic Trainer, or Medical Doctor on game days and must be present for all games (Jr. Pee-Wee through Varsity). This person shall remain on the field, not in the stands, and must be easily identified. This designated person will have final authority over all medical decisions. No game shall begin without proper medical personnel on the field. The "Home" team will forfeit the game if medical personnel is not available. Violation of this rule is subject to review by the City Presidents for additional sanctions.

2. EMERGENCY PLAN: Work together with your local EMTs to establish an emergency plan that fits your specific area and needs. Your emergency plan should include, but not be limited to, the following:

A. Introduce or identify trainer/health care provider to visiting coach.
B. Designated duties for coaching staff and or athletes.
C. "How to call EMS on a cell phone".
D. Specific directions to your facility for emergency medical service (EMS).
E. Emergency numbers.
F. Injury report forms.
G. 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. All teams are recommended to have a staff member carry the entire teams' medical release forms and emergency numbers for all players and spirit participants. In case of an emergency, their parent(s) or guardian must be contacted. Having the family physician's number opposite the participant's name is also recommended.

## ARTICLE XIII – PARTICIPANT INJURIES

1. MEDICAL REMOVAL FROM GAME OR PRACTICE: 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. In cases of injury or suspected injury (game or practice field), the designated medical personnel will have complete jurisdiction over the decision of whether a participant is able to continue.

2. ACCIDENT NOTIFICATION AND REPORTING: If a child is seriously injured during practice or removed from a game and taken to the hospital, it is the Head Coach's responsibility to notify their Association President within twenty-four (24) hours. An Accident/Incident Report must be filled out and a copy turned into the Association President after each game or practice involving an accident or incident. This form must be filled out on any injury to participants or spectators, or any unusual incidents. It must be filled out completely.

3. Any player missing a game due to injury must be cleared by a medical professional to return to play. Any and all medical release paperwork must be made available to any league City authority for review in order to be allowed to participate in EBYFC sanctioned activities. Any player known to miss games/activities due to injury and not having proper medical clearances to return will be subject to suspension until proper clearances are obtained. Any City coach or administrator known to allow a player to return to play without proper medical clearances is subject to expulsion from EBYFC.

## ARTICLE XIV – CHARGING ADMISSION

1. GAMEDAY ADMISSION: All EBYFC members will charge a **$10.00 admission fee to all persons over the age of 14, and $5.00 for any Seniors (62 years old and older)**. No mandatory admission shall be charged to participating players, cheerleaders, or coaching staff members of a team playing in that day's game, whether it be a regular season game, post-season game, or post-season bowl game (coaching staff if not participating in the game that day must pay the approved admission).

## ARTICLE XV – PROTESTS

A. GAME PROTESTS: Game protests must be registered with the officials in charge of the game and formalized in writing to each City President and the EBYFC Commissioner within forty-eight (48) hours of the game. No protest regarding an official's judgment will be allowed.

B. PROTEST HEARINGS: The EBYFC will rule on all game protests that are referred properly. The EBYFC may, at its discretion, hold further hearings in all matters.

C. FILING PROTESTS: The Head Coach or President are the only people who can protest a game. If the Head Coach files a protest, their City President must endorse it.

D. POLICY/RULE VIOLATIONS: All complaints involving rule violations, coaches' misconduct, or policy violations, must be submitted in writing to the EBYFC Commissioner within **forty-eight (48) hours** of the incident for which the complaint is being filed.

E. REVIEW OF RULE VIOLATIONS: All complaints will be reviewed by the EBYFC Commissioner and appoint additional EBYFC Presidents for review and consideration. Any and all findings and proposed

punishments for infractions will be presented to the City Presidents within 24 hours of protest being received. EBYFC Presidents will then review, vote and implement ruling if deemed appropriate.

F. The EBYFC Commissioner reserves the right to enforce punishment for rule infractions without the need of EBYFC President vote if found to be in the best interest of the league, or for infractions considered to be "clear-cut" violations of rules.

## ARTICLE XVI – APPEAL PROCESS

1. FILING APPEALS: City Presidents are the only individuals who have the right to appeal a disciplinary decision.

2. TIMELINESS OF APPEALS: Appeals of discipline decisions must be emailed to the EBYFC Commissioner, no later than **forty-eight (48) hours** after receipt of the original ruling. A complete record of all circumstances, including extenuating factors that warrant consideration must accompany all appeals. The City President must sign all appeals. Incomplete appeals will be given no consideration. Should the Presidents agree to hear the appeal, they will do so within **forty-eight (48) hours** of the filing. Their decision will be in writing to all parties involved. The Appeal is a final step. There are no additional rights of appeal. The EBYFC decision will be final.

3. NECESSITY OF APPEALS: The EBYFC is not required to hear the appeal unless they deem it is necessary based on their review of the decision or if it can be shown that new evidence has become available that would otherwise have influenced the decision.

4. OVERTURNED DECISIONS OR APPEALS: A disciplinary decision may be overturned, but may also result in stiffer penalties than originally imposed.

## APPEAL PROCEDURE

A. An appeal shall not have the effect of "staying" a previous ruling. Previous decisions remain in force, pending the result of the appeal.

B. Appeals of discipline decisions must be made in writing via e-mail to the EBYFC Commissioner no later than **forty-eight (48) hours after association notification.** The EBYFC will hear the appeal within **forty-eight (48) hours** of receiving the appeal.

C. An appeal must be in writing and include:

    1. The nature and specifics of the appeal.
    2. A statement of desired resolution.
    3. The original document of the appeal, along with all supporting documents.

D. All EBYFC Bylaws and Operating Procedures shall apply.

E. Decisions of the EBYFC shall be final.

## ARTICLE XVII – BACKGROUND CHECKS

PERSONNEL SUBJECT TO BACKGROUND CHECKS:

A. All employees and volunteers of East Bay Youth Football & Cheer (EBYFC), including its member cities, must complete a mandatory background check.

B. To comply with California Department of Justice (DOJ) background check requirements, all individuals serving in roles that interact with youth participants must complete a LiveScan fingerprint background check prior to participating in any EBYFC activities.

C. For the purpose of this procedure an employee/volunteer is defined as any individual who at any time could be expected, in the performance of their duties, have contact with any registered participant for any length of time. This includes coaches, assistant coaches, directors and officials who are appointed, selected in any manner or volunteer in any capacity at any level within EBYFC or its member cities. The following positions are required to complete Live Scan:
    - Executive Board Members
    - Head Coaches
    - Assistant Coaches
    - Team Moms / Team Parent / Team Managers

D. Individuals may not participate in practices, games, or team activities until LiveScan clearance is received.

E. If an applicant does not pass the initial background review, they may file an appeal with the EBYFC in order to be reviewed by an appeals committee in accordance with DOJ policies and procedures.

F. Each member organization will designate a Board Member as their LiveScan liaison who will have full responsibility of maintaining an active roster of Coaches and Board Members in accordance with DOJ policies. The Liaison will also be responsible for ensuring their organization's members follow the established protocols for submitting their background check screening.

G. Any individual who refuses to participate in this screening or provides intentionally false information will be ineligible for employment or volunteer service within the association.

## ARTICLE XVIII – SUSPENSION OR PROBATION

1. SUSPENSION: Players/Coaches found to be in violation of EBYFC rules or regulations may be suspended by the EBYFC.

2. PROBATION: Cities or teams placed on probation by the EBYFC shall abide by the terms of the probation as stated by the EBYFC. A vote will be taken by all EBYFC Presidents once probation has been fulfilled to determine whether or not to remove a City or team from probation status.

    A. TERMS OF PROBATION FOR NEW CITIES: All new cities are automatically placed on probation for one (1) year. At the beginning of the second (2nd) year of membership, a vote will be taken by all conference cities whether to permit permanent membership status.

    1. All cities must certify a minimum of sixteen (16) football players. The minimum number of participants a team must have to participate in a game is fifteen (15). No game shall be played if there are less than fifteen (15) participants suited to play, unless amended by the EBYFC.

    2. All cities are **expected** to have the minimum certified participants for all four (4) football teams and four (4) cheer squads in order to be eligible to participate during the season.

    3. All cities must meet all other requirements as set forth by the EBYFC rulebook and by-laws.

    4. All cities must pay all fees in a timely manner.

    5. Cities must be current with all fees assessed by the EBYFC.

    6. All cities must send a minimum of one (1) league representative to all regularly scheduled EBYFC meetings and all other mandatory meetings scheduled by the EBYFC Presidents.

    7. More than **two (2) instances** per City, per year, where coaching violations are involved, may result in dismissal from EBYFC.

    8. Each December, the EBYFC Presidents will put to a vote, acceptance of the new organization/city, extend probation to any organization/city on probation or removal of an organization/city.

## ARTICLE XIX – GATE FEES

1. All organizations are allowed to collect an entrance fee (Gate Fee) on days for which they host games. Fees are not deviate from the agreed upon fee limits approved by the League. Fee amounts are subject to review before the start of each season. Gate fees cannot be changed at any time during the course of the current season.

2. Gate Fees for the 2026 Football Season are as follows:
    - Regular Season Games - **$10 General Admission** / $5 Senior Citizen
    - Championship Game - $10 General Admission / $5 Senior Citizen
    - General Admission : ≥15 years old / Senior Citizen: 65+ years Old

## ARTICLE XX – SOCIAL MEDIA USE

1. All Coaches, Participants, Board Members and Parents have the duty of decorum and privacy in regards to all posts on social mediums. Any and all content posted on any social media platform (Facebook, Twitter, Instagram, Snapchat, TikTok, etc) must be done in a positive and respectful manner at all times.

2. All Coaches, Participants, Board Members and Parents should be aware that third parties, including but not limited to, peers, community members, coaches, board members, media personnel, teachers could easily access profiles and view all personal information. This includes all pictures, videos, comments and posters. Inappropriate material found by third parties affects the perception of the league participants and/or EBYFC football & cheer programs and will be subject to penalties. .

Examples of inappropriate and offensive behaviors concerning participation in online communities may include depictions or presentation of the following:

- Posts on social mediums showing the personal use of alcohol, drugs and tobacco
- Post on social mediums that are of a sexual nature
- Posts on social mediums that is unsportsmanlike, derogatory, demeaning or threatening toward any other individual or entity (examples: derogatory comments regarding another team, taunting comments aimed at a student athlete, coach or team at another institution and/or derogatory comments against race, color, creed, national origin, sex and/or religion)
- Information that is sensitive or personal in nature or is proprietary to another participant or an EBYFC organization

If a Coach, Participant, Board Member or Parent post(s) on social mediums are found to be inappropriate or offensive in nature he/she/they will be subject to review by the EBYFC City presidents and could result in suspension, expulsion or any other punishment deemed appropriate by the league organizations.

## ARTICLE XXI – SECONDARY TEAMS

1. Member organizations with an overabundance of participants may field Secondary Teams to maximize football participation across the league.

2. Primary Team Requirement: To be eligible to field a Secondary Team, an organization must first establish a Primary Team with a minimum roster of 28 players. No exceptions shall be granted to this requirement.

3. A Secondary Team must maintain a minimum of 18 players to be recognized as an official roster. This requirement is subject to review by the EBYFC.
4. Secondary Teams are intended to increase participation and must not be used to create "stacked" or unfairly weighted rosters. While these teams may consist of less experienced players, rosters must be balanced and competitive to ensure participant safety.
5. All Secondary Teams are subject to EBYFC review. Any team deemed to be unbalanced or established in violation of these principles may be removed from league play.
6. Once a Secondary Team roster is certified, players are prohibited from moving between Primary and Secondary rosters. Players must remain with their assigned team for the duration of the season.
7. Secondary Teams shall not be utilized as practice squads or as a reserve roster for Primary Teams, Member Organizations found to be abusing the principles of the Secondary Team construct may be subject to fines and/or removal from the EBYFC.
8. Organizations must notify the EBYFC Commissioner of their intent to field a Secondary Team no later than August 1, 2026 and provide proof of meeting all roster requirements for approval.

## ARTICLE XXII – LEAGUE DIVISION STRUCTURE

1. The East Bay Youth Football & Cheer Association (EBYFC) shall consist of two distinct divisions, Division I and Division II, established to ensure a balanced level of competition.

2. Organizations are mandatorily placed in Division II under the following conditions:

    - Failure to field a standard roster of four (4) football teams across all levels (8U, 10U, 12U, 14U).
    - All new member organizations shall compete in Division II during their inaugural season.
    - All Secondary Teams, regardless of their parent organization's division, shall participate exclusively in Division II.

3. All competition, including practices, scrimmages, games, and exhibitions, between Division I and Division II programs is strictly prohibited. Any organization found in violation of this inter-divisional competition policy shall be subject to immediate removal from the EBYFC.

4. Division I organizations that field Secondary Teams are prohibited from partnering with Division II organizations for preseason practices, scrimmages, or exhibitions. Secondary Teams shall not be formally recognized as Division II rosters until official certification by the EBYFC is complete; consequently, all Inter-Divisional play policies shall be strictly enforced during this period.

# SECTION 2
## ARTICLE I – PLAYING RULES

Except as specifically modified for the East Bay Youth Football & Cheer Association, all games are to be played under the State rules for varsity football of the applicable governing body either the individual State member of the National Federation of State High School Athletic Associations. It is recommended that each coach be provided with a copy of the current year's high school rules. Write to the National Federation at P.O. Box 690, Indianapolis, IN, 46206, web address: www.nfhs.org

1. PARTICIPANT REQUIREMENTS: In order to be certified on a team roster, a participant shall qualify if he or she meets the age, weight and any other requirements established by the East Bay Youth Football & Cheer Association. It is not necessary for cheerleaders to meet weight requirements.

2. PARTICIPANT AGE: The age of any participant as of July 1st, 2026 will be considered the qualifying League Age for the entire season of play, regardless of whether or not the participant has a birthday during the course of of the season. **The only exception to this rule being that Older-Lighters and 14 Year-Olds cannot advance in age after July 1st, 2026**.

3. 14 YEAR OLDS: Players with a league playing age of 14 Years old can only play for the Varsity Division (14U). No exceptions to this rule will be made. A 14-year old will need to meet the regular weight requirements as outlined in the Age/Weight Table**, . There are NO LIMITS to the number of 14 Year Olds on roster, however teams perceived to have an unusual number of 14 Year-Olds on a roster will be subject to review by the league and could be asked to reduce their roster.**

4. 8th GRADERS: Players verified to be starting 8th Grade during the season can only play for the Varsity Division (14U) regardless of age. The only exception to this rule is if the participant weighs below 110 pounds, which will allow them to play at the Jr. Varsity Division (12U) as long as they meet age restriction guidelines (i.e. League Age cannot be greater than 13)

5. ROSTER SIZE:
   A. The maximum number of participants, at the time of certification, allowed on a team is **forty (40)**.

   B. Teams cannot carry more than the maximum number of certified players (40) once regular season games begin for purposes of having larger practice rosters – teams/squads found to be in violation will be subject to Head Coach Suspension, forfeiture of all games and banishment from post-season play. City Organizations will also be placed on probation and subject to expulsion from the EBYFC.

   C. All Cities must certify a minimum of fifteen (15) football players. The minimum number of participants a team must have to participate in a game is fifteen (15). No competitive game shall be played if there are less than fifteen (15) participants suited to play, unless amended by the EBYFC Presidents. Failure to have the minimum required participants on gameday results in automatic forfeit.

D. All Associations must have the minimum certified participants for all four (4) football teams. Any association not meeting the above requirements must petition the league to participate in post season play.

E. Once an official roster has been submitted no participant may be moved from one age division (team) to another.

5. AGE/WEIGHT TABLE: Divisions function on the basis of a minimum and maximum age and stripped weight limit as indicated in the chart below:

**AGE/WEIGHT TABLE - 2026 SEASON**

| DIVISION | ROSTER LIMITS | LEAGUE AGES | CERTIFICATION WEIGHT MAXIMUM | END OF SEASON MAXIMUM |
|---|---|---|---|---|
| **8U** | | 6 - 8 | 90 lbs | 98 lbs |
| X-Men | Unlimited | 6 – 8 | 91+ lbs | No Max |
| **10U** | | 10U | 120 lbs | 128 lbs |
| Older-Lighter | Max 3 | 11[1] | 90 lbs[4] | 90 lbs[4] |
| X-Men | Unlimited | 10U | 121+ lbs | No Max |
| **12U** | | 12U | 150 lbs | 158 lbs |
| Older-Lighter | Max 3 | 13[2] | 110 lbs[4] | 110 lbs[4] |
| 8th Grader[5] | - | - | 110 lbs | 110 lbs |
| X-Men | Unlimited | 12U | 151+ lbs | No Max |
| **14U** | | 14U[3] | 180 lbs | 188 lbs |
| X-Men | Unlimited | 11 – 14 | 181+ lbs | No Max |

*Revised 03/10/26*

**League playing age is as of July 1, 2026**
Minimum playing age: player must be 6 Years Old on July 1, 2026
[1]11-Year Old O/L cannot turn 12 before 11/22/26 on 10U
[2]13-Year Old O/L cannot turn 14 before 11/22/26 on 12U
[3]14-Year-Old cannot turn 15 before 11/22/26 on 14U
[4]Older-Lighters are not allowed to gain a pound per week during season
[5]**8th Graders must play on 14U Division, unless weigh under 110 lbs**
High School Freshmen must play on 14U Division Only

6. INCREMENTAL WEIGHT INCREASE: The maximum weight in all divisions will be increased by one pound every week, commencing Week 2 as noted in the following chart (Labor Day Weekend does not count towards incremental weight increase).

**NOTE: Older-Lighters are NOT allowed to gain a pound a week, they must remain at or under the max weigh limit for the duration of the season.**

## MAXIMUM INCREMENTAL WEIGHT INCREASE ALLOWED BY WEEK

| WEEK | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | QTR | SEMI | CHAMP |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Jr Pee Wee (8U)** | 90 | 91 | 92 | 93 | 94 | 95 | 96 | 97 | 98 | 99 | 100 | 101 |
| X-Men | 91+ | 91+ | 91+ | 91+ | 91+ | 91+ | 91+ | 91+ | 91+ | 91+ | 91+ | 91+ |
| **Pee Wee (10U)** | 120 | 121 | 122 | 123 | 124 | 125 | 126 | 127 | 128 | 129 | 130 | 131 |
| O/L | 90 | 90 | 90 | 90 | 90 | 90 | 90 | 90 | 90 | 90 | 90 | 90 |
| X-Men | 121+ | 121+ | 121+ | 121+ | 121+ | 121+ | 121+ | 121+ | 121+ | 121+ | 121+ | 121+ |
| **Jr. Varsity (12U)** | 150 | 151 | 152 | 153 | 154 | 155 | 156 | 157 | 158 | 159 | 160 | 161 |
| O/L | 110 | 110 | 110 | 110 | 110 | 110 | 110 | 110 | 110 | 110 | 110 | 110 |
| 8th Grader | 110 | 110 | 110 | 110 | 110 | 110 | 110 | 110 | 110 | 110 | 110 | 110 |
| X-Men | 151+ | 151+ | 151+ | 151+ | 151+ | 151+ | 151+ | 151+ | 151+ | 151+ | 151+ | 151+ |
| **Varsity (14U)** | 180 | 181 | 182 | 183 | 184 | 185 | 186 | 187 | 188 | 189 | 190 | 191 |
| X-Men | 181+ | 181+ | 181+ | 181+ | 181+ | 181+ | 181+ | 181+ | 181+ | 181+ | 181+ | 181+ |

7. OFFICIAL WEIGH-INS:

A. Official Weigh-Ins will be the **Week 1 Game weigh-in**. If a player does not make weight he/she will not participate until he/she makes weight for that particular game.

**B. <u>Official Weight</u>: Any non-Xman player must meet the Season Starting maximum weight limit requirement by Week 6 of the Regular season to be considered an non-XMan Player. Coaches will not be allowed to sit a player out week to week in order to benefit from the 1 pound weight increment each week to avoid declaring as an X-Man. Once player meets the maximum weight limit, they are then allowed to follow the week-to-week weight limits as outlined above. If player fails to meet the requirement by Week 6, the player will be given the option to declare as an X-Man for the remainder of the season, otherwise the player is no longer eligible to participate in organized EBYFC events.**

C. No team/squad may qualify more than the maximum number of team members, as specified in SECTION 2, ARTICLE I, PARAGRAPH 4A of this rulebook.

**Older/Lighter Players (Step Down Clause)**

Older/Lighter players are players who are a league age year older than regular players. They are allowed to play down a division if their weight falls within weight limit of the Age/Weight Table in this Article. **Older/Lighter players are NOT allowed to advance in age after July 1, 2026.**

Weight limit increases are allowed during the course of the season, Starting in Week 2

All players must be within 5 pounds (lbs.) of the Week 1 maximum weight at Jamboree.

A total of 3 Older/Lighters can be certified on a roster for Pee Wee (10U) and Jr Varsity (12U) only.

14-Year olds can only play on the Varsity Division and **CANNOT turn 15** before **November 22, 2026**.

**X-Men** are players who are heavier and thus there are limitations on their age and the positions they can play. **Once a player is CERTIFIED or PLAYS** as a designated X-Man, they cannot return to play as a regular player at any point in the season

**8th Grade Players: Participants who are in 8th Grade and over 110 lbs must play at the Varsity level. If 110 lbs or below, exception to play at Jr Varsity will be granted**

**High School Players:** Participants who attend High School will be allowed to participate on the Varsity Division (14U) only after a grade-level verification is provided at certification. High school **sophomores will not be allowed to participate** and are encouraged to join High School teams.

Players cannot participate on a high school team and play for youth program within the same season. This is a violation of both EBYFC and California Insterscholastic Federation (CIF) rules. Both EBYFC and High School teams for which a player played will forfeit all games and coaches be suspended.

8. GAME DAY WEIGH-INS / CHECK-INS:

A. Weigh-Ins is mandatory for all games, and shall be conducted for the maximum weights only, except for Official Weigh-Ins.

B. The Home Team must supply a currently certified scale.

C. Weigh-Ins must be conducted for all participants. Players can wear any amount of clothing or gear to weigh-in so long as attire does not cause them to weigh-in over weight.

D. **Female football players will be weighed separately from boys, 1 Hour and 10 Minutes (1:10) prior to game time. A Female representative from each city is to be present to conduct the weigh-in. Female participant is to dress immediately after and to await rest of team weigh-ins outside of locker room. All cities are to report female players prior to Week 1 games, and as a courtesy City Presidents are to communicate with opponent the week of competition as a reminder to accommodate weigh-in. Failure to comply with these requirements will result in suspension and possible expulsion of head coach.**

E. A maximum of two adults (coaches) from each team are allowed in the weigh-in area. No parent or uncertified individual shall be in the locker room.

F. The home team shall be weighed first, **one hour prior to game time**. The visiting team shall be weighed immediately thereafter. If the Home Team is not ready one hour prior to game time, the visiting team shall weigh-in first. If there are not facilities for both teams to dress at the same time, the visiting team shall be weighed and allowed to dress prior to the home team.

G. If a participant does not make weight on his/her first and only attempt, he/she will be declared ineligible to participate in the game. Participants, who do not make weight, may wear their game jersey, no other gear, and remain on the sidelines with their team.

H. If a participant does not make weight, he/she must be marked "overweight" and initialed by the weigh-master.

I. Weigh-masters should always set the scale at the maximum weight and weigh each participant individually.

J. The weigh-master will indicate on the participant card why a participant is not playing in the game. Overweight, illness, injury, disciplinary or personal is the only acceptable entries.

K. If a player is marked **INJURED** they must have a doctor's release that states "cleared to play football" and be available for review by the opposing coach or administrator. **Any player is ineligible to participate if no doctor's release is available (missing Physical Card also qualifies for being ineligible to play). Head Coaches of both teams who allow a player to play in a game without a cleared medical release are subject to suspension or expulsion.**

L. Participants who are absent, for any reason, on three (3) occasions (does not have to be consecutive) during the season, must be cleared through the EBYFC Administrator before they

will be allowed to participate in any further games. Notification and explanation for the absences must be submitted by the city president in writing to the EBYFC Commissioner upon the 3rd absence. Notification of the Commissioner's decision will be given to the City President of the team that the child plays for. Written notification of reinstatement must be available for review by opposing coach or administrator.

N. Participants arriving later than ten (10) minutes from the scheduled start of the game shall be allowed to weigh-in at half time by the opposing team's weigh master. No participant shall be allowed to participate in a game until he/she has been properly weighed-in. A participant entering the game at the half is still required to receive their entire minimum plays for that game. Minimum play requirements for the team do not decrease if a late participant increases roster size requirements, the Minimum Play requirement at the start of game remains in-tact.

O. Teams arriving without their Certified League Roster to a scheduled game, season or post season will have until fifteen (15) minutes prior to the scheduled game time to present the roster or the game may be forfeited. In addition, suspension or expulsion of the Head Coach could be considered. No participant is allowed to participate in a game without being having a cleared profile in NSID. If a team's Certified League Roster is not available for weigh-ins as stated above, the game may not be played. No team has the authority to allow a game to be played when a team's Certified League Roster is not present. **Violation of this rule may result in a possible suspension or expulsion of both head coaches**.

P. Teams with a game day roster (participants making weight, eligible and suited for play) of less than fifteen (15) participants will forfeit the game. Coaches have the liberty to conduct a controlled scrimmage as an alternative, but must have consent of both City Presidents prior to start. All scrimmage participants must meet weight-limit requirements as outlined.

Q. Each city must have a certified Weigh-Master to conduct all weigh-ins for all hosted games.

R. Any Head Coach allowing an over-weight player to participate in a game will face disciplinary action/suspension.

9. WEIGH MASTER:

Each organization will have an EBYFC Certified Weigh-Master for all scheduled Home Games. The Weigh-Master will be trained and certified on the the rules and weigh-in process to oversee gameday weigh-ins; this individual is to ensure weigh-in rules are followed and no "agreements" are made between coaches that may allow ineligible participants from playing in that day's game. The Weigh-Master will conduct the weigh-in of each participant and sign-off on all eligible players. The purpose of the weigh-master is to ensure all Weigh-In protocols are followed and eliminate opportunity for ineligible players to participate.

The Weigh Master shall conduct the weigh-in in the presence of both **Head Coaches**. If a Head Coach is absent from that week's game or a player needs to be weighed at half time, the Head Coach shall appoint an Assistant Coach to serve in their place. Head Coach is held accountable to all Weigh-In activities and is subject to suspension and/or expulsion if weigh-in misconduct if found to occur.

10. SCALE CERTIFICATION:

All scales must be certified by the Department of Weights and Measures (no exceptions) no later than August 15th, of the current playing year. Digital scales are allowed and must meet the standard type/model agreed upon by all City Presidents. Balance beam scales will also be accepted. If the scale is not certified for the current year, all that day's home team games may be forfeited. **Both Home and Visiting Teams will weigh on the same scale**. If there is no scale for weigh-ins, all of the home team games may be forfeited.

11. X-MAN WEIGH-IN:

All X-Man designated players must present their helmet to the opposing team's weigh-master upon weighing in. An League Approved "X" must be affixed to the back of the helmet to indicate their designation. Failure to present the properly marked equipment will result in player not being allowed to participate in the game and could result in additional penalties to the Head Coach and Organization.

## POST SEASON WEIGH-INS

A. All playoff and championship game weigh-ins will be conducted by the host program's certified weigh-master. If the host city Weigh-Master is not available, an alternate certified Weigh-Master shall conduct the weigh-in in their place.

B. If a participant is not playing in a playoff or championship game, note the reason that the participant is not participating.

C. All rules that apply to game day weigh-ins also apply to playoff and championship games.

## MANDATORY PLAY

A. The mandatory play rule is in effect at all times. The Instructions must be copied on the back of the Minimum Play Report (MPR) form.

B. All participants must receive their minimum number of plays per game. All plays count except when a penalty is enforced.

C. Head Coaches will be notified at half time and at the end of the third quarter those participants who have not played the required number of plays.

D. All participants shall play the required number of plays prior to the end of the fourth quarter.

E. The game day roster (participants making weight, eligible to play) is at the time of game day weigh-ins. No changes in this number will be allowed, even if additional participants arrive after weigh-ins or a player has to be dropped from that game day's roster due to illness or injury.

- Teams with a game day roster (participants making weight, eligible and suited to play) of **Thirty-Six (36) to Forty (40)** participants shall play each participant a minimum of six (6) plays
- Teams with a game day roster (participants making weight, eligible and suited to play) of **Thirty (30) to Thirty-Five (35)** or more participants shall play each participant a minimum of eight (8) plays.
- Teams with a game day roster (participants making weight, eligible and suited to play) of **Twenty-Four (24) to Twenty-Nine (29)** participants shall play each participant a minimum of ten (10) plays.
- Teams with a game day roster (participants making weight, eligible and suited to play) of **Fifteen (15) to Twenty-Three (23)** participants shall play each participant a minimum of twelve (12) plays.

F. A participant entering the game after half time shall complete the required number of plays established at game day weigh-ins for that game.

G. The penalty for violating the minimum play rule is as follows:
   - Forfeiture of game if Winning team is found to have violated rule, plus:
     - First-Time Offense: Head Coach Suspension for next game,
     - Second-Time Offense: Head Coach Suspension for remainder of season

H. Eligible Player Jersey Number rules will be enforced per High School Rules at all levels except for the Junior Pee-Wee division. (i.e. Interior Offensive Linemen can only wear numbers between 50 - 79). There are no exceptions to this rule and will be enforced by league gameday officials.

## MINIMUM PLAY MONITORS AND FORMS

A. Each team shall supply two (2) minimum play monitors for all games. You will supply one monitor for each sideline, with each Minimum Play Record being maintained on their team's sideline.

B. Monitors shall be at least eighteen years of age.

C. Failure to provide the required number of Minimum Play Monitors may result in suspension of the Head Coach.

D. The sole purpose of the Minimum Play Monitors is to insure that the head coach and his coaching staff are aware of those participants that have not received the minimum number of required plays. Play Monitors shall not involve themselves in the game. Filming, cheering, rooting, coaching or commenting about the game, coaches or referees is strictly prohibited.

E. Minimum Play Monitors will adhere to the directions printed on the back of the Minimum Play Record.

F. The Minimum Play Monitors are EBYFC representatives with respect to those participants who have and those who have not met the minimum play requirements. Their observations shall be the final word.

G. Each team shall fill out a EBYFC approved Minimum Play Record. All players certified at any time during the current season including dropped, injured, absent (for any reason) whether suited to play or not shall be listed in numerical order. Those participants not suited for play or absent must have the reason for non-participation indicated next to his or her name.

H. The EBYFC Minimum Play Record (both sides) is to be given to the opposing team monitor prior to the game.

I. The monitor will record each play that each participant is involved in up to and including the minimum required. All plays count, unless there is a penalty enforced on the play. 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 the quarterback fall to the ground, while substitutes are playing the other positions, shall NOT be considered plays. Each monitor shall sign the Minimum Play Record when completed and list his/her telephone number.

J. Each Head Coach shall sign the Minimum Play Record and indicate if he or she agrees with the number of plays recorded or not. If the Head Coach is not in agreement, he or she shall write "Not in agreement" in the space provided for his or her signature. He or she will then print his or her name and provide his or her signature.

K. At the end of each game, each Head Coach should be in possession of their MPR Form. Each city is responsible for sending their forms to the EBYFC Administrator. For post-season play, a EBYFC Official will collect forms immediately after the game. Original forms must be saved and made available to the EBYFC immediately upon request.

L. All completed Minimum Play Records shall be faxed, scanned or emailed and sent to the EBYFC Administrator prior to six (6:00 PM) on the Monday following the game. If the Minimum Play Record

is not received prior to 6:00 PM Monday following the game the EBYFC may assume that no participants received the minimum required number of plays and the prescribed penalties may be imposed.

M. The Minimum Play Monitor may position themselves anywhere along the sidelines or behind the end zones so as to properly identify participants. At no time shall the monitor enter the coaching box.

N. It shall be the opposing teams monitor's responsibility to physically record the number of plays each participant is involved in. One of the two monitors provided by each team shall act as a spotter. **No team shall fill out their own Minimum Play Record.**

## MINIMUM PLAY RECORD (MPR)

A. Entire Roster must be listed whether or not they will be playing in the game or not. Players who will not play must list reason for absence in Comments column (i.e. Sick, Illness, Suspension, Weight, etc.)

B. X-Men must be clearly identified on the Minimum Play Record.

**C. Coaches must exchange and review forms at Weigh-Ins; Circle number of minimum plays required box and sign initials.**

D. Each Team must provide 2 Play Monitors (must be over 18 Years of Age). Monitors will be assigned to monitor both the opposing team's plays and their own team's plays on each sideline for the duration of the game.

E. All Players must meet their Mimimum Play Requirements before the conclusion of the 4th Quarter -- plays in "Overtime" will not count towards minimum requirement

F. All plays count unless there is a penalty called on the play and the down is replayed (**all Special Teams plays count towards total plays)**

G. Play Monitor for opposite team must check off each play that each player is involved in, up to the minimum number required.

H. Once ALL players have met their minimum play requirement, Play Monitor is to complete the bottom portion of the form.

I. Both Play Monitors must sign and provide a phone number at the bottom of the form to validate both are in agreement all plays were met.

J. Both Head Coaches must sign and provide a phone number at the bottom of the form to validate both are in agreement all plays were met.

K. If either Head Coach is not in agreement with the completion of plays, he/she must NOT sign the form and write **"NOT IN AGREEMENT"** in space designated for signature. Head Coach must notify their respective Organization's President immediately and provide written statement requesting game be reviewed for Minimum Play Violation.

L. All completed forms must be provided to their respective Organization's President or designated official for submission to League Commissioner for Review.

M. Total Number of Plays required is dependent on the roster size for a team's Gameday roster of eligible participants.

| Number of Gameday Eligible Players | Minimum Plays Required |
|---|---|
| 15 - 23 | 12 |
| 24 - 29 | 10 |
| 30 - 35 | 8 |
| 36 - 40 | 6 |

# X-MEN

A. X-Men are players who are heavier and thus there are limitations on their age and the positions they can play.

B. All X-Men must be clearly marked on the Minimum Play Sheet

C. X-Men are designated by an "X" Decal on the backside of players helmet (to be supplied by league), and must be presented to opposing team weigh-master at time of Weigh-In (Figure A)

D. X-Men must start each play in a down position with a minimum of one hand on the ground (Figure 2). X-Men cannot start play in an upright position (i.e. 2-point stance)

E. X-Men may ONLY line up between tackle to tackle ("the trenches") on either Offense or Defense prior to snap of ball. (Figure 3)

F. On Defense – X-Men may play on the end of the defensive line if they are in a down position (**with hand on ground**) no wider than the outside shoulder of the tackle or tight end they line up on (i.e. they cannot have outside leverage). (Figure 3)

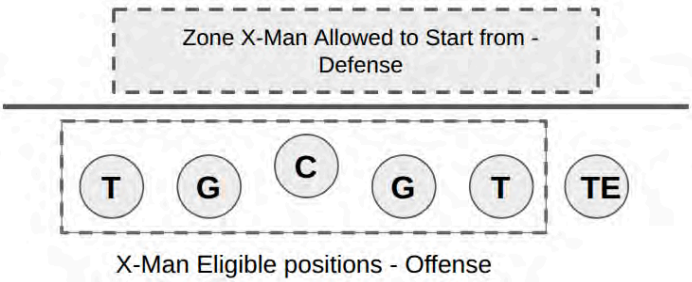
G. X-Men may not be put into a position to advance the ball at any time (i.e. cannot be utilized as a Skills position player on offense – QB, RB, WR, TE, etc.)
   - Kickoff team – must line-up with-in 3 positions of the kicker.
   - Kick return – must be on the front line.
   - Punt team – may be the punter but cannot advance a bad snap or faked kick.

H. X-Men cannot advance the ball at any time:
   - Any interception or fumble recovery by an X-Men will result in a dead ball at the spot of the interception or fumble recovery.

**Figure 1 - "X" on back of helmet**

**Figure 2 - X-Men must start each play in a down position with a minimum of one hand on the ground.**

**Figure 3 - X-Men may only play interior line position on Offense; On Defense the X-Man cannot line up any wider than the outside shoulder of most outside man on the Offensive Line**



## THE FIELD AND MARKINGS

A. The home team is responsible for the preparation of the playing field and all required accessories for the game. All fields will be equipped and marked in accordance with high school standards. Lyme and other caustics shall not be used. The home team shall ensure that there is seating available on both sides of the playing field.

B. The officials shall determine if any field conditions or weather permits play, unless the contract between a team and any facility has an inclement weather clause, in such case, the terms of a particular field may declare the field unfit for play. The home team, however, must attempt to obtain another field including giving the visiting team an opportunity to supply a game field. Failure to do so may be cause for forfeit by the home team. If a good faith effort is made, and neither the home or visiting team can obtain a field, the game will be postponed. In cases where a problem arises, the home team will notify the EBYFC Administrator or EBYFC Scheduler and the visiting team 60 hours prior to game time or by 9 PM on the Wednesday night prior to the game (whichever comes sooner).

C. All divisions will play on a regulation football field, 120 x 53 1/3 yards. The Conference Executive Board, on a yearly basis must approve any exceptions.

D. All fields will be properly marked and include field markers.

E. Goal posts must meet the following measurements: Goal post, ten yards from the goal line with a regulation cross bar, 10 feet high, 23 feet 4 inches in width.

F. The home team shall furnish a down marker with numbers at least six (6) inches high, with a ten (10) yard chain.

G. A time clock must be available. It must be visible to both benches, or official time will be kept by the official on the field. The home field will have a minimum of one time-piece for the timekeeper. This shall be noted on MPR sheet.

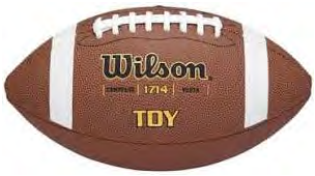
H. H. The bench area (between the 25 yard lines) is reserved for players, coaches, and authorized team personnel only (Only coaches involved in that game may be allowed in this area). A maximum of eleven (11) coaches, two (2) water boys (age 6 to 16) and two (2) ball boy (age 6 to 16) are all that are allowed in the bench area, along with the participants. Jr. Coaches are counted in the total of eleven coaches. The sidelines areas are reserved for the game medic, minimum play monitors, game spotter and chain crew (18 years of age or older) of a maximum of four (4) adults.

## GAME BALL

A. The EBYFC shall permit only the use of Wilson brand footballs for all Association competition. Failure to comply with this brand requirement shall result in an automatic game forfeiture.

B. Teams shall use the specific ball size designated for their respective division. The use of a football smaller than the designated size shall result in an automatic game forfeiture and potential suspension from post-season play.

C. The following ball sizes are mandated for each division:

| 8U | 10U | 12U | 14U |
|---|---|---|---|
| K2 | TDJ (Junior) | TDY (Youth) | TDY or Official (HS) |
| | |  | |

D. All footballs used in a game shall display the manufacturer's official size branding. Prior to kickoff, each team must present one (1) game ball to the game officials for approval. Each team shall clearly mark its designated game ball, and the marking must be acknowledged by the Head Official.

E. Teams shall use a single, approved football for the entire duration of the game. The use of multiple balls during a game is prohibited.

F. The application of "stick-um" or any other foreign substance to the football, or the application and use of such substances on any player, is strictly prohibited.

**EXCEPTION:**
An Organization may use a game ball larger than the size outlined in Rule 3 at the discretion of that City. This exception is subject to the following conditions:

- The use of a larger ball must not create a competitive advantage during the game.
- If the ball is exchanged during the game, the team must switch to the ball size to which the opponent is accustomed (i.e., the opponent's approved ball).
- All cities planning to utilize a larger ball must notify the opposing City well in advance of their scheduled game and provide a reminder to the opponent at the beginning of the week leading up to the matchup.

## PLAYER DESIGNATIONS

A. Each player shall wear a number between 1 and 99 inclusive. Numbers "0" and "00" are illegal and shall not be worn.

B. During a game in which a PA system is used, the number or name of any player committing a foul shall not be publicly announced.

## REQUIRED EQUIPMENT

A. All teams must be properly equipped during all practice contact sessions, scrimmages and games with equipment meeting minimum protective standards.

B. 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 manufacturers and re-conditioners. (Note: Regulations regarding chin straps and face guards are to be followed per the National Federation regulations.) Nothing other than the assigned helmet may be worn by any participant in practice or game situations. No scarves, rags, sweat bands, etc. may be worn under his/her helmet.

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

D. Thigh Guards: One set of thigh guards must be worn at any given time and the thigh guards shall be of a molded, corrugated fiber or plastic material.

E. Knee Pads: Kneepads shall be constructed of a shock absorbing material.

F. Girdle and Hip Pads: All hip and kidney pads shall be made of heavy padding to protect the kidney, hips, and spine. It can be of vinyl coated material with or without fiber inserts. Care must be taken to guard the exposed edge of the hipbone, the base of the spine and the kidney area.

G. Practice Jerseys: Practice jerseys or shimmels are required in non-game situations.

H. Game Jerseys: Jerseys must meet CIF standards and be long enough to tuck into pants and cover all equipment worn by participant (i.e. rib pads). No short or un-tucked jerseys will be allowed.

I. Pants: Pants may be either a shell or one-piece construction, natural or colored. One-piece pants must have removable pads.

J. Shoes: In all divisions, non-detachable, rubber molded cleats are required. All shoes must be in good condition. No screw on cleats of any type will be allowed in practice or games. If a player is found to be wearing illegal shoes while participating in any game, he/she and the head coach will be permanently ejected for the remainder of that game.

K. Eyeglasses: When worn, shall be of athletically-approved construction with non-shattering glass (safety glass) or contact lenses.

L. Mouthpiece & Tooth protectors: Mouthpieces must be attached to the facemask and worn at all times in practice and game situations. Mouthpiece shall be of any readily visible color, other than completely white or completely clear, and also must be noticeable for referee inspection.

N. Athletic Supporter: Athletic supporter is suggested to be worn by all male participants.

O. Eye Shields / Visors: Any Eye Shield or Visors attached to helmet facemask must be attached in accordance to manufacturer. Game officials have final say on to rule equipment not being safe or in violation of National Federation guidelines/rules. All Eye Shields / Visors must be clear (no tint allowed).

P. Any additional equipment worn by players shall be approved by the Conference.

Q. The wearing of headgear containing knots, including beads and/or decorative hair ornaments is prohibited.

R. Jewelry of any kind is not allowed at any time.

S. No foreign substance shall be applied to any piece of equipment or uniform.

T. Any violation of any equipment rule can result in forfeiture, suspension, expulsion.

## GAMEDAY UNIFORMS

On gameday, each team shall wear jerseys that make teams distinguishable from one another in accordance to traditional HOME and VISITOR color schemes (i.e. no two teams should wear similar colored jerseys on gameday). All EBYFC Cities will abide by the following jersey guidelines:

A. HOME Team wears COLOR/SOLID Jersey; VISITOR Team wears WHITE Jersey

B. All EBYFC participant cities must register **ALL** of their planned Jersey Colors for the season with the EBYFC Commissioner by start of first day of practice each year; all jersey colors will be recorded and made available for review by all City Presidents

C. Each City has the opportunity to designate ONE Home Game as an "Alternative Jersey Game" that the host city must declare to the League Commissioner and City Presidents before Jamboree. Alternative Jersey is considered a jersey not traditionally worn for HOME games (i.e. Home Team choosing to wear White Jersey for Home Game)

In situations where a City does not have their declared jerseys available due to circumstances outside of their control (i.e. logistical challenges for new jersey orders), it is the responsibility of the City President to notify the EBYFC Commissioner and any potentially impacted City President of the issue with ample warning

- 2 WEEKS notice must be given to Opponent that a potential jersey issue may occur for their game
- City President must confirm with Opposing President by 10:00 AM, Tuesday Morning of Game Week if issue still exists and declare Gameday Uniform Colors due to issue, changes cannot occur after this deadline.

Any City not in compliance with Gameday Uniform guidelines will forfeit all contests in which uniform colors were deemed to be an issue.

## BLOCKING AND TACKLING RESTRICTIONS

The National Federation rulebooks contain extremely strong language on blocking and tackling. It is the responsibility of every EBYFC coach to be fully informed of, and abide by, all such rules of the governing body (National Federation) and to review same every year. In addition to other specific prohibitions in the National Federation rulebooks, no butt blocking, chop blocking, face tackling or spearing techniques shall be permitted. If such techniques or any other forbidden by the National Federation rulebooks are taught by coaches, said coaches shall be dismissed from the program, upon being found guilty following a hearing.

## GAME LENGTH

1. LENGTH OF QUARTERS: The maximum length of quarters for all divisions is 10 minutes.

2. INTERMISSION LENGTH: Between 1st & 2nd; 3rd & 4th quarters = 2 minutes; Halftime 12 minutes plus 3 minutes for warm up time.

3. TIMECLOCK: 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/her judgment, the home management's clock operator is not qualified.

4. TIME OUTS: A team shall be permitted no more time-outs than are permitted by the rules of the current National Federation of State High School Associations.

5. INELIGIBLE PARTICIPANTS
   a. Any team found to have played an uncertified participant, or ineligible participant (ineligible as per the guidelines set forth in the EBYFC Rulebook) will forfeit all games that said participant played in. Said player will be immediately removed from that squad. A forfeit is automatic, despite the absence of knowledge on any ones part.

   b. There are four (4) unequivocal definitions of an ineligible player, from which there are no appeals:
      1. Overweight or underweight
      2. Overage or underage
      3. Falsification of data concerning any of the above.
      4. Participation on a school tackle football/cheer team or any other non-affiliated football/cheer program and the EBYFC in the same season.

## SCORING VALUES

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

## EXCESSIVE SCORING

A. Once a team has scored a thirty (30) point margin in a game, no participant may play in his/her normal position who **started the game**. A participant may not play in their normal position until the thirty (30) point margin is reduced. It is the responsibility of the Head Coach to remove all Starting Players from their starting positions, no exceptions.

B. Participation on Special Teams is the only exception to the rule.

C. Once a team has scored a thirty (30) point margin, the game will go to an automatic running clock immediately after the second (2nd) half begins. Once a running clock has been started, the clock continues to run even if the score spread decreases to less than thirty (30) points.

   a. The Running-Clock can begin in the First-Half only if the losing team requests it of the officials.
   b. Time-outs may be called during a running clock.

D. **Once a team has scored a twenty-one (21) point margin, team with the lead cannot execute an onside kick on any kickoff**
   **a. Violation of the No Onside-Kick rule will result in assessment of an unsportsmanlike penalty against offending Team and Head Coach**
   **b. Additional violation of the rule during course of game will result in ejection of Head Coach and further review by EBYFC Commissioner**

E. Once a team has scored a thirty (30) point margin, team with the lead cannot execute PASS plays on Offense and must only execute plays which RUN the ball within the box (between Tackle to Tackle). The Defense for the losing team must cover all receivers (no stacking the box) and cannot BLITZ knowing only run plays will be executed. Violations of rule will be reviewed by EBYFC and Head Coaches are subject to suspension.

F. All games ending with a thirty (30) point spread or more must have an Excessive Scoring Form completed. Both the winning Head Coach and the losing Head Coach must complete this form. This form must be completed independently and received by the EBYFC Administrator prior to six (6:00 PM) Monday following the game.

G. Any reporting of violations of the Excessive Scoring Rule will be reviewed by the EBYFC Commissioner and escalated to the EBYFC Presidents if deemed necessary.

   - The Head Coach for any team found to be violating the integrity of excessive scoring rule will be suspended for the following week's activities and game

   - Additional infractions of the Excessive Scoring rule will result in expulsion of the head coach.

H. ALL MINIMUM PLAY REQUIREMENTS MUST BE MET BY BOTH TEAMS IN A GAME IN WHICH EXCESSIVE SCORING OCCURRED. ANY VIOLATIONS OF THE RULE ARE SUBJECT TO REVIEW BY THE COMMISSIONER AND MAY RESULT IN THE SUSPENSION OF HEAD COACH.

## FILMING AND COMMUNICATION EQUIPMENT

A. **No filming from the sidelines or end zones with video cameras is allowed at any sanctioned EBYFC event (Jamboree and Games)**. All filming must be done from the grandstand or press-box area. No cameras of any type are allowed in the end zone, sideline or bench area.

B. Organization's may employ a professional photographer to capture still images of games, however photographers must conform to league rules.
   i. Professional photographers are limited to one (1) crew member per team.
   ii. Photographer must stay in between the 25 yard line and the goal line. No photographing in the end zone or coaches' box is allowed.
   iii. The designated photographer must stay on that City's sideline only unless commissioned by both teams, but still must stay within the designated area on either side.
   iv. Organizations planned to have professional photographers on Gameday must notify their opponent by Thursday prior to gameday. A host city has the authority to not allow professional photographers on the sideline if being requested by a visiting opponent.
   v. All photographers must be badged to be allowed on the field level, and must have their credential be visible at all times.
   **vi. Organizations found in violation will be subject to discipline (forfeiture of games, suspensions, and loss of post-season play)**

C. **No aerial photography**. Filming of any game/scrimmage/Jamboree with use of a Drone is strictly prohibited. **Organizations found in violation will be subject to discipline (forfeiture of games, suspensions, and loss of post-season play**

D. Headphones, cell phones, walkie-talkies, microphones and communication equipment are not allowed during EBYFC scrimmages or games.

## SCOUTING

A. No team is to be scouted while engaged in intra-squad activities (practice). This includes cheerleading squads.

B. No member of any Official's (referee) City may act as a scout or Head Coach for any team in this conference, if said City is supplying Officials (referees) for teams in this Conference.

C. Scouting of a game (scouting not allowed at practices) must be done from the bleacher or grandstand area. No end-zone scouting is allowed. Filming of a game for scouting purposes will be allowed.

D. The exchange of game films between organizations is allowed.

E. The penalty for the violation of the scouting rule is as follows: The Head Coach may face a suspension and games subject to forfeit.

## PRACTICE SQUADS

A. Teams are not permitted to have extra players on rosters for the purpose of creating a "Practice Squad". 40 Players is the maximum number of players allowed to be on a certified roster. Cities or Teams found to be in violation of the Practice Squad rule are subject to suspension and/or forfeiture of games played.

## TIE GAMES

No EBYFC game shall end in a tie. The following procedure will be used to break all ties.

A. Each team will receive one (1) time out per overtime period. An overtime period is made up of three (3) overtime sessions. Time outs from regulation play will be carried over; also time outs from overtime periods are carried over.

B. Each overtime period will begin with a coin toss to determine position; the order of possession will remain the same for the entire period.

C. The tie will be considered broken if after any one (1) session either team is ahead.

D. All normal playing rules shall apply.

- Session 1: Each team will have 4 plays from the 10 yard line to score. If either team scores they will have an opportunity to attempt a PAT, even if they scored on the 4th play.
- Session 2: If the tie has not been broken; Session 2 will be an exact repeat of Session 1.
- Session 3: Each team will have 4 plays from the 40 yard line. If neither team scores the team with the most net yardage for this session will be declared the winner. Both teams must run all 4 plays unless a touchdown is scored prior to the 4th play run.
- If the tie is still not broken at the end of the third overtime period the procedure will repeat itself until a winner can be declared.
- NOTE: The offensive team must retain possession of the ball or its Session is over.
- NOTE: In Session 3, if Team "A" runs it's 4 plays, Team "B" takes over, if Team "B" loses possession of the ball Team "A" is the winner regardless of the net yardage figures.

## TIES IN LEAGUE STANDINGS

Ties in the league standings will be broken based on a Cumulative Season Score Differential, only after head to head is considered. Each teams game scores will be tracked which will provide the basis for each team's Score Differential Factor. Score Differential will be calculated as "Points-Scored" Minus "Points-Allowed".

Teams with the greater "Score Differential Factor" will be awarded the higher seed.

Instances where teams beat an opponent by more than 35 points will only be given a max Differential Factor of 35 for that game in order to eliminate an incentive to run up scores.

Example: Team A Scores 28 Points vs Team B Scores 10 Points.
Team A Score Differential = +18
Team B Score Differential = -18

## GAMES RESULTS AND REPORTING

The home team shall e-mail the scores of the game to the EBYFC Administrator no later than 6:00 PM on the immediate Sunday following the game or after the completion of the games.

## PARTICIPANT/COACH EJECTION

**A. All coach and player ejection will result in a $50 fine per occurrence payable to the EBYFC; the member organization for which the player or coach belong to is to pay the fine by the Friday following the game.**

B. If for any reason, a participant/coach is ejected from a game, he/she shall be suspended from playing in the next scheduled game, including all practices leading up to that game. Additional games may be added to the suspension based on review of the incident and is at the discretion of the EBYFC Competition Committee.

C. If a participant or coach is ejected a second (2nd) time during the season, he/she shall be suspended for the remainder of the season.

D. If multiple incidents happen in the same game, where more than one (1) participant or participants are ejected, the Head Coach will be suspended from the next 2 week's practices and games.

E. Teams found to have a pattern of coaches and/or player ejections over multiple weeks will result in Head Coach being suspended for a minimum 2 weeks, and possible removal from the EBYFC.

F. If a participant is allowed to participate in the next week's game, after being suspended for one (1) game due to ejection, the team he/she is affiliated with will forfeit that game and the Head Coach will be suspended for the remainder of the season.

G. Notification of a participant ejection shall be made by both Head Coaches playing that day to the EBYFC Administrator by six (6:00 PM) on the following Monday after the incident.

## FORFEITS

A. If either team fails to be ready to play the game within one half hour (30 minutes) after the scheduled kick off time, that team shall forfeit the game. The only exception is if the participant card/weight book is missing. In this case, the team will have fifteen (15) minutes prior to scheduled game time to present the book or the game will be forfeited. In addition, the Head Coach could be suspended or expelled.

B. If a team fails to complete a game, it will be declared a forfeit.

C. If a team refuses to play, fails to show, or is unable to play, the game shall be declared a forfeit and the team suspended pending investigation by the EBYFC

D. A game delayed for one half hour (30 minutes) or more due to lack of medical personnel shall be a forfeit.

E. Teams with a game day roster (participants making weight, eligible and suited for play) of less than fifteen (15) participants may forfeit the game.

## FAILURE TO SHOW UP FOR A GAME

Any team failing to show up for a game at the appointed time, barring a natural disaster of nature, with the minimum amount of required participants, may be eliminated from any EBYFC Championship, may be suspended for the balance of the season.

**Any EBYFC Organization unable to field a team for a game in which they are the visitor will pay the host city (home team) a $300 fine per game that is not played regardless of the amount of notice given to the host city**.

Any EBYFC Organization unable to field a team for a game in which they are the host (Home) will be responsible for ensuring spectators are not charged a gate fee for that given game. Any fees paid must be reimbursed.

Any EBYFC Organization knowing they will not field a specific division for a week's games must notify the opposing City President no later than 7:00 PM on the Thursday prior to the weekend's games.

Member organizations are expected to acknowledge that host cities incur substantial Gameday expenses. A failure to play a scheduled game directly hinders their ability to generate revenue to cover these costs. Consequently, the EBYFC requires all member organizations to observe professional etiquette and actively work to minimize financial burdens on their partners.

## JUNIOR PEE-WEE GAME RULES

**EJECTION OF ANY JR. PEE-WEE COACH FROM A GAME WILL RESULT IN EXPULSION FOR REMAINDER OF SEASON AND UP TO ONE CALENDAR YEAR FROM THE EBYFC**

Minimum Plays will be based on the number of eligible players on Game Day roster as outlined in MANDATORY PLAYS, Section E of rulebook

Games will follow a modified format from other divisions

A. 4 (Four) 10-minute Quarters with a traditional Game-Clock (starts and stops per rules)

B. Half-time consisting of 12 minute break and 3 minutes for warm up (15 minutes total)

C. Each team allowed 3 Time-Outs per Half

D. Coaches on the field:

   a. Teams are allowed a Maximum of 1 Coach on the field at any time, and are required to have a minimum of 1 coach on their sideline at all times; failure to do so will result in stoppage and/or forfeiture of game

   b. Defensive Coaches must be a minimum of 10 Yard behind the most deepest defensive player; Offensive coaches must be 5 Yards behind the deepest offensive player; failure to do so will result in False Start/Encroachment penalty and be assessed a 5-Yard Penalty

   c. **Coaches will not be allowed to be on the field after Week 4 of the regular season**.

E. Captains will be called to the 50-Yard Line for Coin Toss prior to start of game

F. **No KICKOFFS** - Teams will take possession of ball at their own **40** Yard Line at start of game, 2nd Half and after touchdowns

G. P.A.T. attempts will be allowed during play and follow a league modified standard for scoring:

   a. One-point awarded for conversion achieved via a Run-Play

   b. Two-Points awarded for conversion achieved via a Forward Pass Play (must be an intentional pass play that is across the line of scrimmage)

H. Defense cannot stack and stunt the A-Gap with a player starting from the upright position (2-Point position); all defensive players in either gap along the Center must be in a down position (hand in the dirt) prior to snap of the ball and cannot be head-up on Center

I. Score will be kept on the scoreboard and will count to be reflected in league standings

J. Teams will qualify for post-season as determined by City Presidents before start of season depending on the level of participation for EBYFC cities.

## GAMDAY SIDELINE RULES

In effort to keep order on sidelines during games, teams will be restricted to the amount of people standing on sidelines during a game.

A. Only badged coaches or executive board members are allowed on sideline during play
    a. Max of 10 adult coaches at one time are allowed on sideline
    b. **ALL CERTIFIED COACHES and BOARD MEMBERS MUST HAVE THEIR BADGE VISIBLE THROUGHOUT ENTIRE GAME CONTEST WHILE ON THE SIDELINE, FAILURE TO COMPLY WILL RESULT IN REMOVAL OF COACH AND EJECTION OF HEAD COACH, AND POSSIBLE FORFEITURE OF GAME. THE MEMBER ORGANIZATION FOR WHICH COACHES BELONG WILL FACE ADDITINOAL DISCIPLINE AT THE DISCRETION OF THE EBYFC COMMISSIONER AND COMPETITION COMMITTE**

B. 2 Play monitors (Home and Visitor) who will be allowed to move along any portion of the sideline so long as they are not interfering with the flow of the game or the game officials.

C. Chain Gang (3-4 individuals), and are to be on HOME TEAM sideline only.

D. All sideline personnel will be credentialed by the member organization with badges supplied by the league.

# CHEERLEADING RULES & GUIDELINES (2026)

## 1. CHEERLEADING COORDINATOR

Each City shall have a Cheerleading Coordinator to whom all Cheerleading Coaches and volunteers report to.

## 2. COACHES

A. There should be at least one (1) Adult coach per ten (10) participants.
   a. Junior Coaches cannot be applied to make up for the balance of a coaches requirement, however the capabilities of the Junior Coach must be reviewed and taken into consideration by the Organization to ensure any risk of liability is minimized.

B. All cheer coaches must have valid first aid/CPR card, passed a background check and are certified with NYSCA.

C. Cheer Director and coaches shall be issued an appropriate badge by their City, indicating their role and squad. Only badged coaches and coordinators are allowed on the field.

## 3. PARTICIPANT AGES

A. The age of any participant as of July 1, 2026 will be considered the qualifying age for the entire season, regardless of whether or not the cheerleader has a birthday during the course of the season or any time after July 1st.

B. Age Chart:

| **Division** | **Basic Age** |
|---|---|
| Jr. Pee Wee (8U) | 6, 7, 8 years old (5 year-olds are at the discretion of the City) |
| Pee Wee (10U) | 8, 9, 10 years old |
| Jr. Varsity (12U) | 10, 11, 12 years old |
| Varsity (14U) | 12, 13, 14 years old |

## 4. ROSTER SIZE

A. There is no size limit of a squad at each division, however, there should be at least one (1) Adult coach per ten (10) participants.

B. Participants may be moved between levels, if there are too few participants to have a squad, or circumstances make it difficult to field squads large enough for effective participation (i.e. if a city takes sign-ups for Jr Pee-Wee, but there is not enough for a Jr. Pee-Wee team, the participant(s) may move up to Pee Wee squad). All moves must be reviewed and approved by the EBYFC Commissioner and/or Co-Chairperson.

C. Any and all roster exceptions must be reviewed and approved by the League Commissioner and Cheer Co-Chairperson.

## 5. PRACTICE

A. FIRST PRACTICE: The first day of practice shall be July 13, 2026. **The first day of practice for each consecutive season will be determined by the EBYFC board during the offseason.**

B. WEEKLY PRACTICE SESSIONS: Practice sessions are limited to five (5) sessions per week until Jamboree. After Jamboree, practice sessions are limited to three (3) sessions per week. Practice sessions may last no longer than two (2) hours. No practice twelve (12) hours prior to any scheduled game may take place. "No teams shall practice on Sundays".

C. FIRST AID KITS: A first aid kit must be on the field at all practice sessions.

D. BREAKS: Practices shall include breaks in accordance with the National Federation of State High School Athletic Associations. It is recommended that a 10 minute water break be scheduled for every twenty minutes of heavy exercise in the heat. Participants should rest in a shaded area during the break. Water should be available in unlimited quantities.

E. **OPTIONAL EXTRA COMPETITION PRACTICES: Squads preparing for competitions may hold up to five (5) practice sessions per week during the two weeks immediately preceding a scheduled event. Advance written notification must be submitted to the EBYFC Commissioner and Cheer Coordinator for approval prior to commencing these additional practices.**

## 6. GAME ATTENDANCE CHECK IN

A. Game check-in must be done by all teams prior to cheering at any game.

B. Check-in is to be conducted by the opposing coach, board member or designated person one half-hour (30 minutes) prior to scheduled game time. The preference of the EBYFC is that the Head Coach be the person conducting check-ins.

C. Check-ins shall be conducted beneath the scoreboard or at an alternative location designated by the host city.

D. If an Organization does not have a squad for a certain Division, check-in must still be conducted for the squad participating. A Cheer Coordinator, Cheer Coach, Board Member or designated person, of the City without the squad must still conduct the check-in for the opposing city on gameday. Failure to comply may result in forfeiture of games, expulsion of staff members, and/or removal of the organization from the EBYFC.

E. If team is checking in after a game starts, they will need to find the opposing coordinator or coach to check in prior to beginning to cheer. **Cheer squad members may not begin to participate until they are checked-in.**

F. All squads' Official Rosters must be present for check-in, along with electronic NSID roster access. Each participant shall be checked-in by confirming their name listed on roster matches that showing in NSID. The participant's NSID profile must be in a GREEN status in order to be allowed

to participate. The opposing team's designated check-in person will initial, sign and stamp the official roster indicating participant has been cleared to partake in the day's event. If a participant is absent, the reason for the absence must be indicated on the Official Roster.

G. Any cheer squad member allowed to participate in an EBYFC sanctioned event who is not shown to be in a GREEN status in NSID will be subject to review. Head Coaches will be subject to suspension and/or possible expulsion if it is found a child was allowed to participate in an event without proper clearances. Organizations found in violation may also be considered for removal from the EBYFC.

H. IF A SQUAD'S OFFICIAL ROSTER IS NOT NOT PRESENT, THE TEAM IN IS NOT TO PARTICIPATE IN THE DAY'S ACTIVITIES. NO EXCEPTIONS. ORGANIZATIONS FOUND IN VIOLATION OF THIS RULE WILL BE SUBJECT TO SEVERE PENALTY BY THE EBYFC COMMISSIONER, UP TO LEAGUE EXPULSION.

I. A participant arriving after check-in for any reason has until half-time to be checked-in. Opposing city must make an official member of the coaching staff or executive board available to conduct any late check-ins. The Participant must meet all NSID and roster criteria as outlined above.

## 7. DRESS CODE FOR GAMES, PRACTICES AND COMPETITIONS:

A. Game uniforms are required for all official games.

B. Artificial nails of any kind are not allowed at any time. Natural nails must not present a safety hazard.

C. Jewelry of any kind is not allowed at any time. Taping down jewelry/body art is not allowed.

D. Hair clips, beads, metal or plastic hair accessories cannot be worn. Only rubber bands and ribbons are allowed.

E. If violations of the above rules are noted, please bring to the attention of the coach/cheer director. In addition, a note of violations is to be stated on the player card next to the City stamp/signature during check-in.

F. Organizations are responsible for enforcing the dress code rules for their own cheer squads, notification to league official or Commissioner is warranted by any city where injury is a concern.

## 8. SQUAD CONDUCT

A. All squads are mandated to attend, participate in, and support their respective football teams at all regular and post-season games. Only those teams maintaining an active squad shall be subject to this requirement.

B. All squads should be respectful and show good sportsmanship. All music and cheers should be in good taste and not derogatory in nature.

C. Any squads or squad participants deemed to be acting in a manner not aligned with the principles of the EBYFC are subject to review and could result in suspension or expulsion of coaches, squads, or organization programs

## 9. GAME TIME PERFORMANCE

A. One "Hello Cheer" is to be performed at each game, at agreed upon time. The home teams are to go to the opposing side and perform, and then invite the opposing squad to perform on the other side.

1. Coaches are to coordinate when the "Hello Cheer" is to occur during the game (i.e. when will your squad come over); Home Team will start process by coming to Visitor side first
    i. Hello Cheers are to conclude no later than the 5:00 of the 2nd Quarter
    ii. Hello Cheer routines are to be kept under 1-minute (60 seconds) in duration
    iii. Hello Cheer routines are to be simple and straightforward, with minimal to no stunting, and no use of portable music or effects

2. It is the expectation of all EBYFC Organizations that the Hello Cheer "experience" is to adhere to the "Good Conduct" policies outlined throughout this rulebook; reports of any unsportsmanlike or derogatory behavior conducted by any city's cheer members, coaches, football players, or spectators will be reviewed and are subject to punishment; football game forfeiture will be considered depending on the nature of actions people take during the Hello Cheer activity

B. Half-time performances are to be done at each game. Visitors perform first, then the home team. Maximum time limit is **three (3) minutes**. Any type of performance that conforms to JAMZ or USA rules is acceptable.

C. The only participants allowed on the sidelines cheering during any game are certified cheerleaders. Organizations found to be allowing non-certified participants are subject to review and risk suspension or expulsion of Head Coach. Organizations in violation may also be assessed additional penalties, such as being banned from postseason play for the football team.

## 9. CAMPS

A. MANDATORY CAMPS: No EBYFC Organization/city or personnel associated within shall require or mandate that a EBYFC spirit squad, in part or in whole, with or without coach(s) spirit camp. There shall be no exceptions. However, a EBYFC 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) All participants must have insurance coverage.

B. EBYFC: Participant camps are left to the discretion of the participant between December 31st and start of season except for any EBYFC sanctioned camp, should there be one.

C. PRE SEASON CAMPS: For liability purposes, no participant/teams can register or participate in a skills camp, during the times specified in Article X (2), while affiliated with East Bay Youth Football & Cheer Association.

## 10. USE OF CHOREOGRAPHERS

A. All organizations will be allowed to hire the services of a choreographer strictly for purposes of developing performance routines for cheer squads to use for the current season.

B. Choreographers are not to be full-time employees of the organization; if certified to coach in EBYFC can only be as a volunteer only.

C. Fees paid for choreography services are strictly to be paid from donation or fundraising funds; fees are not to be covered as part of participation fees.

D. A maximum fee allowed for services will be established each offseason and be voted upon by the League Organizational Presidents - preferably by/around the March Monthly League Meeting.

**Choreographer fees are not to exceed $900 per division/squad for the 2026 season.**

All rules not explicitly detailed in this document are the sole discretion of the individual Cities of the East Bay Youth Football and Cheer association.