

Shenandoah Valley Youth Football League

- ARTICLE I BOARD ORGANIZATION
- ARTICLE II LEAGUE STRUCTURE
- ARTICLE III SCHEDULE, TIMES, CANCELLATIONS and PRACTICES
- ARTICLE IV EQUIPMENT
- ARTICLE V PLAYING RULES and PENALTIES
- ARTICLE VI PLAYER CONTRACT
- ARTICLE VII CHEERLEADING
- ARTICLE VIII PLAYER, COACH, and SPECTATOR CONDUCT
- ARTICLE IX PROTEST
- ARTICLE X CONCESSION RULES

S.V.Y.F.L YOUTH FOOTBALL AND CHEERLEADING BY-LAWS

ARTICLE I: Board Organization

- A. The name of this organization shall be known as Shenandoah Valley Youth Football League.
- B. This league shall be governed by a board. The board will meet once every other month. The location will alternate between the areas involved. The board will consist of the President, Senior Vice and Junior Vice Presidents, Secretary, Treasurer, League Cheer Coordinator, and members at large. Each board office will be held by a local area board. No area can hold two offices on the SVYFL Board with the exception the League Cheer Coordinator. Each area's local Boards President, Senior Vice and Junior Vice Presidents, Secretary and Cheer Coordinator will be a member of the S.V.Y.F.L Board. No other local board members will be recognized. *Any former President, Senior Vice President or Junior Vice President of the SVYFL can be elected to President of SVYFL Board.*
- C. President - shall preside over all meetings of the corporation and be responsible for the general welfare and development of the corporation. He/she shall have general authority in carrying out his/her duties and responsibilities and shall have the power and authority to appoint duties to Jr board members as deemed necessary for carrying out the corporation's business and purpose.
- D. The President and the Senior Vice and Junior Vice Presidents will be voted on in the January meeting. The S.V.Y.F.L board officers will discuss and vote to determine the Presidency and the Vice Presidency.
- E. The Board will vote on and appoint the positions of Secretary, and Treasurer. Each position will be filled by a separate area with the exception of the League Cheer Coordinator.
- F. Shenandoah Valley Youth Football League board members shall be responsible for the affairs of the league needed to carry out in accordance with the rules and regulations. The Secretary is responsible for taking and providing the minutes of all meetings. It is also the Secretary responsibility to find a board member to take minutes if they are not present. The Treasurer will provide a financial statement at every meeting. The Treasurer will maintain all tax forms and filings. All decisions made by the board including forfeitures are final.
- G. Chain of command for this board will be President, Senior Vice and Junior Vice Presidents, League Cheer Coordinator, Secretary, and Treasurer.
- H. *Each league will elect local board positions that need to be filled on an annual basis.* If for any reason a local office becomes vacant a local area board can appoint a person to fill that position except for the President, Sr Senior Vice and Junior Vice Presidents, Secretary and Cheerleading coordinator. Those positions must be approved by the S.V.Y.F.L. board.
- I. Officials will be assigned by the Shenandoah Valley Youth Football board.
- J. Any league or person that does not attend meetings regularly and perform assigned duties can be voted out of the league at a regular scheduled meeting without full attendance. Any officer removed from The S.V.Y.F.L. Board, also will be removed from their area board. This can be enforced by suspending the entire league until a replacement has been appointed. Before suspension will be voted on, there will be a public meeting at the local area to determine the facts.
- K. Leagues or teams that joins Shenandoah Valley youth football league will do so under a three (3) year probationary period. After this period there will be a vote by the board to grant them full membership in SVYF league. During the probationary period they can be removed from league play for any reason by a vote of the S.V.Y.F.L board.
- L. Any board member that is removed or resigns must wait (2) seasons before petitioning the Board for reinstatement.
- M. Any vote in this league will be approved by majority vote, any ties will be denied. Must have 3 of the 4 members from each league to have a vote - except for paragraph (H) above. All decisions made by the board, including forfeitures, are final.
- N. All new board members should take office and have their 1st SVYFL Board meeting after all local area elections.
- O. The by-laws will be reviewed and amended each season as deemed necessary.

Article II: League Structure

- A. The league will consist of (4) divisions: Micros, Freshman, Junior, and Senior. Age classification will be based on playing age as of (December 31st) of the current year. Any reference to age in By-laws will be known as F.A. which means football age.
- B. Any player playing down in a division lower than that stipulated in the by-laws must complete a "playing down" form and have it approved by the SVYFL.
- C. *Any player playing down will play in a striped position for all divisions.*
- D. *Any football player participating in SVYFL football cannot be rostered to any other football league in or out of SVYFL.*
- E. **MICRO DIVISION**-(based on F.A. as of December 31st).
 - a) Grades pre-K, kindergarten & 1st grade ages 5-7. If a player is not enrolled in school but turns 5 on or before December 31st.
 - b) They are eligible to play in this division.
 - c) This is purely an instructional league there will be no score or clock kept.
 - d) Each game will consist of four (15) minute quarters and a (10) minute halftime. There will be a continuous clock with officials stopping the clock for injury timeouts only. There will be a coin toss to start the game. The offensive team will start out on their own 40 yard line and reset on their 40 yard line after each score. The offensive team will keep the ball the entire quarter and can run as many plays as time permits. The teams will alternate between offense and defense each quarter.
 - e) Each team will be allowed to have up to (3) coaches on the field during the scrimmages.
 - f) If approved by a local league then a 6 or 7 year old may move up to freshmen division.
 - g) Each league must provide 1 official for each game.
 - h) *No defensive player may be lined up over the center at anytime and all linebackers must be 3 yards off the ball at the snap.*
 - i) *All defensive linemen must be one (1) yard off the ball.*
- F. **FRESHMAN DIVISION**-(based on F.A. as of December 31st).
 - a) Grades 2&3 and ages 7-9. If player turns 7 on or before December 31st they are eligible. Any player turning 10 on or before December 31st of current year must play junior division. Any 8-9 year old playing for the first year must play in this division. All fourth graders must play in junior division.
 - b) FRESHMEN- EXTRA POINTS- 1 FOR A RUN, 2 POINTS FOR A PASS FORWARDS OR BACKWARDS.
 - c) Kickoff will be a placement of the ball at the 35 yard line; this is at the beginning of the game and after any touchdown.
 - d) ONLY one (1) coach will be allowed on the field per respective team. Coach may be in the huddle but must remove himself during the play. Once the cadence starts the coach must be ten (10) yards away from the ball. If the coach on either side of the ball interferes with a play, the play is automatically blown dead and this will result in a lose of down on offensive, or an automatic 1st down against the defense
 - e) DURING A TIMEOUT 2 COACHES WILL BE ALLOWED IN THE HUDDLE TO COACH.
 - f) A punt is the placement of the ball 20 yards from the point of the 4th down. THIS IS AN UNTIMED DOWN.
 - g) On any 4th down situation inside the offensive own 20 yard line, the offense will be allowed to try 4th down with the understanding that if they do not make a 1st down, they will be allowed to punt (move the ball 20 yards) as if it was a 5th down, thus moving the football outside of the 20 yard line.
 - h) No kickoffs or punts.
 - i) There will be an 80 pound weight restriction on the following positions, offensive backfield, split ends, tight ends, defensive backfields, outside defensive linebackers and defensive ends must be under the weight restriction in order to stand up and play, if overweight restriction then they must be in a three or four point stance when the ball is snapped. Any defensive player over the 80 pounds must be in the down position (3 or 4

point stance). *One (1) linebacker may be over the weight restriction AND standing up.*
All linebackers must be 3 yards off the ball.

- j) Freshman players will be allowed a 2 pound growth allowance throughout the season for all weight restricted positions.
 - k) No defensive player may be lined up over center at any time.
 - l) Any player may advance a fumble or an interception regardless of weight.
 - m) No center sneaks. The center may not advance the ball as an offensive play.
 - n) All defensive linemen between the offensive tackles must be in the down position.
 - o) Offensive linemen will be allowed to be in a preset position, but not allowed to be standing up.
 - p) *Last man on the line of scrimmage that is uncovered cannot be striped.*
- G. Junior DIVISION**-(based on F.A. as of December 31st).
- a) Grades 4&5 and ages 10-11. If player turns 12 on or before December 31st they must play in senior division. Any 8-9 year old who weighs 65 lbs. or more and has played in the freshman division has the option to play in the freshman or junior division. Sixth graders must play in senior division unless he is 80 lbs. or less. If he is 80 lbs., or under then he has the option to play Junior or senior division unless he is 12 years old. There will be a (3) pound growth allowance up to 83 pounds for any 6th graders playing down in Junior division.
 - b) There will be a 115 pound weight restriction on all positions as follows- offensive backfield, split ends, tight ends, defensive backfield, defensive outside linebackers, kickoff and punt returns. Defensive ends must weigh under the weight restriction in order to stand up and play; if a defensive end is over the weight restriction then they must be in a three or four point stance when the ball is snapped. Any player weighing over 115 pounds must be in a down position (3 or 4 point stance). Offensive linemen may be in a preset position, but not standing up. One (1) inside linebacker must start inside the offensive tackles, may play with an unlimited weight restriction as long as they start and remain 3 yards off the ball until the ball is snapped. Kickoff players over the 115 pound weight limit must down or lateral the ball they may not advance the ball forward, if this happens the ball is dead at the spot.
 - c) *One linebacker may be over the weight restriction and standing up.*
 - d) 1 POINT FOR RUN, 2 POINTS FOR FORWARD PASS AND BY KICKING THE BALL THROUGH THE UPRIGHTS
 - e) Any player may advance a fumble or an interception regardless of weight
 - f) Offensive linemen will be allowed to be in a preset position, but not allowed to be standing up.
 - g) Players in the Junior division will be granted a five (5) pound growth allowance to 120 pounds.
 - h) *Last man on the line of scrimmage that is uncovered cannot be striped.*
- H. SENIOR DIVISION**-(based on F.A. as of December 31st).
- a) Grades 6&7 and ages 12-13. If player turns 14 on or before December 31st they are NOT Permitted to play in this league. No player may exceed the 7th grade. Local board from each locality must approve a players moving up.
 - b) There will be 135 pound weight restriction on the following positions, offensive backfield, split Ends, tight end, defensive backfield, defensive outside linebackers, kickoff and punt returnees. Any defensive player weighing in over 135 must be in a down position. (3 or 4 point stance) One (1) inside linebacker must start inside the offensive tackles, may play with an unlimited Weight restriction as long as they start and stay 3 yards off the ball until it is snapped. Kickoff Players over 135 pounds must down or lateral the ball, they may not advance the ball, if this happens the ball becomes dead at the spot.
 - c) *One linebacker may be over the weight restriction and standing up.*
 - d) Any player in this division can advance a fumble or an interception regardless of weight.
 - e) Defensive ends must be within the weight restrictions in order to stand up and play. A
 - f) Defensive End can weigh over but must be in a three or four point stance when the ball is snapped.
 - g) An offensive lineman may be in a preset position, but may not be standing.

- h) Players in the Senior division will be granted a five (5) pound growth allowance to 140 pounds.
- i) 1 POINT FOR RUN AND FORWARD PASS, 2 POINTS FOR KICKING THE BALL THROUGH THE UPRIGHTS
- j) *Last man on the line of scrimmage that is uncovered cannot be striped.*

Article III: Schedule, Time, Cancellation, and Practice

- A. The opening date will be set for each division according to the availability of fields, number of teams in each division and number of games to be played.
- B. Freshman division-games shall consist of four (8) minute quarters.
- C. Junior division-games shall consist of four (8) minute quarters.
- D. Senior division-games shall consist of four (8) minute quarters.
- E. Half time-is thirteen minutes long. Ten minutes for team discussion and 3 minutes for team stretching. The home will announce the three minute warm-up time. TEAM STRETCHING IS REQUIRED!!! Teams violating this rule will be charged with a penalty on the opening second half kickoff. 15 yard penalty! NO EXCEPTIONS.
- F. Games will be played in accordance with schedule drawn by Shenandoah Valley Youth Football board, with the fields and times of games distributed as even as possible. All schedules will be final depending on field availability.
- G. Only exception would be inclement weather or conditions beyond our control.
- H. In the event a game is cancelled due to weather, light conditions, or conditions beyond our control, make-up games will be played as soon as possible, considering field availability, and high school schedules. Sunday afternoon if at all possible will be the makeup day.
- I. The S.V.Y.F.L Board reserves the right to arrange cancelled games at its convenience in order to catch up with the schedule. The board reserves the right to cancel games due to conditions beyond their control.
- J. Light practice: defined as helmets and shoulder pads with no person to person contact. The first week of practice is light practice.
- K. Teams may have unlimited practices up to first game. All teams will be limited to two full contact practices and one light practice once the season has begun. Unless it is an off week, then three full contact practices are allowed. A week will consist of Sunday to Sunday.
- L. For scheduling and insurance reasons all local areas must turn in a list of teams per a division, player rosters as well as all coaches by scheduling meeting.
- M. The board will set the start of practice each year. It will be approximately six weeks prior to the first game.
- N. All players MUST HAVE A PHYSICAL EXAMINATION BEFORE PARTICIPATING IN THIER FIRST PRACTICE.
- O. *Score book will be maintained at each home field and official score will be verified and signed by each head coach or designee. Home field president will report official scores to SVYFL board by Sunday 6 p.m. Official score books will be used to determine play-offs and championship games.*

ARTICLE IV- EQUIPMENT

- A. Mouthpieces-all players must wear mouthpieces when on playing field. They cannot be clear and must be attached except for children with braces.
- B. Helmets-they must also wear (NOCSAE) certified head protector provided by each league. Every helmet must be recertified after 3 years.
- C. Footballs-micro, freshmen and junior (K2 or TDY equivalent size ball) and senior division (TDY).
- D. Each area is responsible for supplying and maintaining quality and safe equipment.
- E. No transition glasses or tinted visors.
- F. Sweat bands and play calling bands are the only "jewelry" permitted on the field.
- G. *Home team will provide cooler of water and ice for visiting team. Visiting team will bring team water bottles.*

ARTICLE V PLAYING RULES AND PENALTIES

- A. Weigh-ins will be conducted one week prior to first game. Each league weigh-in will be witnessed by a SVYFL member (president, vice president or secretary) from a different league. (Page and Luray; Mount Jackson and Woodstock; Front Royal, Strasburg and Madison) Before teams can be weighed in, a roster sheet must be provided to the board. If player is over the weight limit then player will get a contrasting stripe put on *their* helmet from front to the back. Players NOT at official weigh-in will be weighed 1 hour prior to 1st game and will be witnessed by presidents, vice presidents or secretaries (or any combination). Players “refusing” weigh-in, not at official weigh-in or weighed 1 hour prior to game WILL be striped for the REMAINING of the season.
- B. Weight Challenge: Each league during the season will be allowed 3 weight challenges per team per division. Weight challenge will be witnessed by the president, vice president or secretary. Home team will provide scale for weight challenge and challenge will be completed 30 minutes prior to scheduled game time. Weight challenge results will be emailed to SVYFL President.
- C. The official rules as published by the National Federation of State High School Athletic Association for eleven (11) man football, shall govern respectively, except as herein stated and amended by the Shenandoah Valley Youth Football board.
- D. The dimensions of the fields will be the same as a regulation high school, 100 yards by 53 one third yards, for both senior, junior, and freshman divisions. EXCEPTIONS – Ralph Dean Park in Luray. Coaching boxes in both divisions will be from the 25 yard line to the 25 yard line. During the game the President, head coach and team captains will be the only ones allowed to hold conversation with the officials.
- E. The President or Vice President of a local area league can stop any game at any time to maintain order and good sportsmanship. Once order is restored the game will continue where it left off. ONCE THIS HAS OCCURRED the President has the authority to remove any individual from the venue to restore order and let the game continue. This will automatically be reviewed by the S.V.Y.F.L board and may warrant further action.
- F. The first time an unsportsmanlike penalty is thrown the head coach will receive a warning on the 2nd unsportsmanlike like penalty the head coach will be ejected. Once a head coach is removed from the game there is to be NO communication with their team, unless in the case of an injured child.
- G. Any coach or sideline that receives two unsportsmanlike penalties in the same year will automatically be removed from that game and the next game on the schedule.
- H. Any coach or sideline that receives a third unsportsmanlike in a year is automatically ejected from the league for a period of one year and must petition the S.V.Y.F.L board to be reinstated.
- I. *Playoff format will be determined by SVYFL board annually*. The league championship in each division will be determined by the regular season standings. In case of a tie, the following sequence will be used to break the tie: (1) head to head competition, (2) points allowed head to head, (3) points allowed for the season.
- J. Tie games will be broken by this method.
 - a. The football will be put on the 10 yard line.
 - b. Each team will have 4 downs to score a touchdown and a PAT.
 - c. Each team will have only 2 opportunities to score. If the tie has not been broken after each team has 2 attempts, then the ball will be moved to the 5 yard line and repeat the process. If either team fails to score after 4 attempts the game will be declared a tie, except in championship games they will keep repeating from the 5 yard line until there is a winner.
- K. Officials will flip a coin to determine which team will have first opportunity.
- L. All rosters and weights MUST be turned in NO later than 1 week before the start of the season’s first game.
- M. All birth certificates, school records, or legal documents MUST be turned in by the scheduling meeting, if the exception is made – they MUST be turned in NO later than before the first game of the season to the President of the board, or they will not be allowed to participate in games.

N. SPLITTING OF TEAMS

- a. When a roster for a division meets 44 players, teams must be split equally.
- b. When teams need to be split, it must be completed within 3 weeks of the start of practice.
- c. Splitting teams will follow these 3 steps:
 - i. The "Coin Toss": flip a coin to see which head coach picks first. Each head coach will begin picking players alternately, until all players are picked evenly.
 - ii. The "Hat Trick": the two teams will be labeled A&B and put in a hat and drawn. The coach that didn't pick first will be the first to draw out of the hat and that will be his team for the season. The only amendment to the teams' roster is: Allowing for a maximum of 3 players to be exchanged to accommodate the coaches that are parents of children in the division.
 - iii. The 3rd and final step: A "Guardian Angel" is a person who will be appointed by the President of the League. The Guardian Angel can move any 4 players on each team to ensure the fairness of the teams as he sees fit.
- d. Any exception to the final roster must be made by a unanimous vote by the entire S.V.Y.F.L board.
- e. Any player that enters the league after the roster is final will be placed on the team with the least amount of players, or if the teams are equal a coin toss will determine which team receives the player. Each additional player will alternate.
- f. The player will not be eligible to be put on a roster until the player is eligible and reports to the practice field ready to play

ARTICLE VI: PLAYER AND PLAYER CONTRACT

- A. Player cannot change from a league he/she is registered with to go to another league until the end of the season. Once a player starts with a team, they cannot play for another team in any league, unless the participant has moved to a new location in the areas. In this situation the player must make a request to both area presidents that he is moving. Participant must pay all registration fees again to the new area and no refund will be issued by the old area.
- B. After Aug 15th a player that has moved to the area, or is registering late must be approved by the Board. The Board has the right to approve or deny this request.
- ~~C.~~ All players-parents must sign a code of conduct.
- ~~C-D.~~ Any player's contract found to be invalid for any reason not in standard with these rules/regulations will mean forfeiture of said game, if protested within 48hrs.
- ~~D-E.~~ Attendance in this league is mandatory, 7 absences will automatically suspend you from the team you are on. The player can petition the local board within 48 hrs of their last absence to be reinstated. Please supply all medical records and official documentation with your petition. The board's decision is final and will be made in a timely manner. The S.V.Y.F.L. will not overrule the local areas board decisions on absences.
- ~~E-F.~~ It is mandatory for each league to keep a roll call of every event they have. They need to keep the absence of the players for these events, practice, games, picture day, kick, pass, punt, award ceremonies, and any picnics or parties that the leagues have.

ARTICLE VII S.V.Y.F.L CHEERLEADING

- A. Cheer age will be the same as Football age classifications for divisions (micro, freshman, junior, senior).
- B. Each cheer squad shall strive to boost team spirit, promote good sportsmanship and encourage positive crowd involvement. Cheerleading activities should focus on leading and directing the cheering of fans.
- C. Be respectful to yourself, teammates, coaches, officials, and the league.
- D. While in uniform, cheerleaders are to act in a mannerly fashion. (examples – no running around chasing others, no horseplay, no flipping up of the uniform skirt)
- E. Directing unsportsmanlike cheers at the opposing team/fans will not be allowed.
- F. Cheerleaders do not participate in the post game handshakes with opposing players.
- G. Jewelry of any kind is prohibited due to safety issues.

- H. Hair must be worn in a manner to minimize risk to participant. Hair should be styled so that it is out of the cheerleader's face/eyes. Bobby pins and small flat barrettes are permitted to keep hair out of face.
- I. Fingernails must be kept at an appropriate length (short near end of fingertips) to minimize risk of injury.
- J. Cheerleaders must be in full uniform while on the field, as designated by each league.
- K. When standing at attention uniform must cover midriff.
- L. Glitter, Makeup and tattoos that do not readily adhere on hair, face or apparel are prohibited.
- M. Cheerleaders wearing glasses must ensure the glasses are secure as possible at all times due to safety issues.
- N. Supports, braces that are hard and unyielding or have rough edges must be covered with one half inch padding.
- O. Cheerleaders wearing a cast (excluding properly covered air cast) cannot be involved in stunt.
- P. A warm up must precede all practices and games.
- Q. Should a cheerleader miss a total of 7 League sponsored events they will be suspended from the league for the rest of the year (events included but not limited to: practices, games, and competition). Attendance log must be maintained by each coach.
- R. Parents are not allowed to communicate with players and/or coaches during practices or games unless there is an emergency.
- S. Attendance log must be maintained by each coach.
- T. One Cheerleading Competition will be held per year. Form and rules are addressed under the competitions section.

**Shenandoah Valley Youth Football League
Cheerleading Competition
Score Sheet**

Squad Name: _____ Div: Fresh Junior Senior Judge No. _____

There will be no "0" on the score sheet

It is recommended that the judges do remember they are scoring cheerleaders between the ages of 5 and 13 and abilities of these age groups are greatly varied.

Category	Max Pts		Comments: Needs Improvement	Strong Area
Projection Crowd effective game material and ability Use of Signs or Poms or Megaphones or Combination to encourage crowd response Use of Voice, Pace and Motions Expression Spirit	10		<input type="checkbox"/> be louder <input type="checkbox"/> out of breath <input type="checkbox"/> keep spirit entire time <input type="checkbox"/> more smiles	<input type="checkbox"/> strong voices <input type="checkbox"/> good expressions <input type="checkbox"/> excellent spirit <input type="checkbox"/> showy/spirited
Overall Cheer Impression Execution Effectiveness of skills performed Spacing and Use of Floor	15		<input type="checkbox"/> choppy/doesn't flow <input type="checkbox"/> monotonous <input type="checkbox"/> too much/jumbled	<input type="checkbox"/> good flow <input type="checkbox"/> good variety <input type="checkbox"/> very creative
Fundamentals Motion Technique	10		<input type="checkbox"/> flying arms/bent wrists <input type="checkbox"/> angles off <input type="checkbox"/> need to be stronger <input type="checkbox"/> jumps not perfected <input type="checkbox"/> point toes <input type="checkbox"/> tumbling not perfected <input type="checkbox"/> point toes	<input type="checkbox"/> strong motions <input type="checkbox"/> precise levels: blades, arms <input type="checkbox"/> good jumps/height <input type="checkbox"/> good incorporation <input type="checkbox"/> strong tumbling <input type="checkbox"/> good incorporation <input type="checkbox"/> more variety
Jumps A jump is considered one foot off the floor	5			
Tumbling Is any forward roll including summersault	5			
Stunting (does not have to connect) Proper Technique, Form Synchronization, Spacing	10		<input type="checkbox"/> step/lock/tighten <input type="checkbox"/> stunt not steady <input type="checkbox"/> watch dismount	<input type="checkbox"/> good stunt <input type="checkbox"/> clean dismounts <input type="checkbox"/> good incorporation
Dance Proper Technique, Sharpness Motion Placement Synchronization, Spacing	15		<input type="checkbox"/> need variety <input type="checkbox"/> too fast/ too slow <input type="checkbox"/> add difficulty <input type="checkbox"/> not together	<input type="checkbox"/> flashy/exciting <input type="checkbox"/> good variety <input type="checkbox"/> good use of poms <input type="checkbox"/> good level changes

Overall Effect Choreography, Visual Appeal Fit to music, Fit to words	15		<input type="checkbox"/> not together/precise <input type="checkbox"/> formations need variety <input type="checkbox"/> transitions sloppy <input type="checkbox"/> transitions need variety <input type="checkbox"/> add difficulty	<input type="checkbox"/> good precision <input type="checkbox"/> clean routine <input type="checkbox"/> good transitions <input type="checkbox"/> appropriate level <input type="checkbox"/> good difficulty
Overall Team Appearance Team appearance, grooming	15			
TOTAL SCORE	100			

Deductions:

Comments:

5pts for Improper Spotting technique

5pts for Over/Under time limit

3pts for hair piece falling on mat

U. S.V.F.L Cheerleading Competition

- a. Time begins with the first movement, voice, or note of music, whichever comes first.
- b. The competition line up will be determined by the previous year competition results; (from last to first).
- c. Competition performance time may not exceed three minutes and should be no less than two minutes thirty seconds.
- d. Total score available per judge per squad is 100 points
- e. If in the opinion of the Competition judges, a team's routine is interrupted because of the failure of the competition equipment, facilities, or other factors attributable to the competition rather than the team, the team affected should STOP the routine. The team will perform the routine again in its entirety, but will be evaluated ONLY from the point where the interruption occurred. The degree and effect of the interruption will be determined by the competition judges.
- f. Competition judges reserve the right to stop the routine if an injury occurs. The Competition judges will determine if the team will be allowed to perform at a later time. If decided by the judges, the team will perform the routine again in its entirety, but will be evaluated ONLY from the point where the interruption occurred.
- g. Any questions concerning the rules or procedures of the competition will be handled exclusively by the coach of the team and will be directed to the League Cheer Coordinator. Such questions should be made prior to the team's competition performance.
- h. By participating in this event, each team agrees that the decisions by the Competition judges will be final and results may ONLY be reviewed for clarification. Each team acknowledges the necessity for the judges to make prompt and fair decisions in this competition and each team therefore expressly waives any legal, equitable, administrative or procedural review of such decisions.
- i. Individual judges score sheets are for the exclusive use of the each particular judge. Each judge has the responsibility and authority to review and submit his/her final score prior to the final tally of the score for all teams. Score sheets will be available only to Cheer Coordinators at the conclusion of the competition.
- j. Height Limitations – All partner stunts are limited to two levels high (exception – micros are thigh high). The top person receives primary support from one or more bases that are in direct weight bearing contact with performing surface.
- k. Spotting – Micro squad – A spotter is required for all stunts. Freshman, Junior, and Senior squads - A spotter is required for all stunts at shoulder level and above (exception: shoulder sits and straddle sits). Spotter must be in proper location with appropriate body position to help minimize risk to flyer. A spotter must remain visually focused and arms and hands must be in one of the following positions; 1) hands grasping wrists/forearm of base 2) hands grasping ankle/lower leg of flyer or 3) arms lifted toward flyers head/shoulders.
- l. Dismounts- All dismounts to the performing surface from shoulder height above must have assisted landings. Dismounts from multi-base stunts to a cradle must be cradled by at least two catchers and have a spotter.
- m. No basket tosses allowed. A flick into a cradle to dismount from a stunt is allowed.
- n. Stunts – Flyer must not be in an inverted position except for the following: 1) during a forward suspended roll or 2) when beginning a stunt from weight bearing inverted position on the performing surface which goes directly to a non inverted position shoulder height or below. No cheerleader is allowed to move under or over a partnered stunt.
- o. No additional outside props other than normal cheerleading props (poms, megaphones, signs). Performing surface must remain free from objects. When discarding props that are made of solid material, or have corners, or sharp edges, cheerleader must gently toss or place props out of the way.
- p. No outside assistance from another person. Spotting from a coach is allowed only if necessary.
- q. Each league will be responsible for bringing 2 judges to the competition.

ARTICLE VIII: PLAYER, COACH, AND SPECTATOR CONDUCT

- A. Any player or coach ejected from a game by an official for fighting will automatically be suspended and suspensions will follow, based on the code of conduct and could result in a one (1) year suspension from all of Shenandoah Valley Youth Football League activities.
- B. Team coach and league presidents must maintain proper conduct at all times.
- C. Any coach, player or spectator found guilty of unsportsmanlike conduct or abusive language towards officials, players, spectators or board members, will be subject to suspension by the board. Any coach, player, or spectator can be removed from games or practice. If this behavior continues the individual will have to appear before the SVYF league's board after a 1 year suspension to be reinstated.

D. Any spectator ejected from a game by an league or game official may serve a one (1) year suspension.

D-E. Any player, coach or spectator guilty of striking or verbally abusing an league or game official in any manner, during or after the game shall automatically be suspended for at least two (2) years and will be required to leave the premises immediately. They will have to appear before the SVYFL board to be reinstated.

Coaches will not be permitted to smoke at league functions. The officials are empowered to enforce this rule. Violators will be charged with unsportsmanlike with the yardage being stepped off.

Positively no drinking of any alcoholic beverages on or around the fields at any time. The head coach will be held responsible for his coaching staff. Violators of the coaching staff will be suspended from coaching in this league.

E-F. Any team forfeiting 2 games in succession or 3 otherwise will be declared out of the league and its remaining games cancelled. Unusual circumstances may be appealed to the league board.

No coach should physically apply excessive force to a child. This is especially true with parents that coach their own child. This means a coach is not able to apply more physical pressure than a child can physically resist or comfortably maintain his/her balance.

F-G. THE CRITERIA FOR DISQUALIFICATION AS A VOLUNTEER

- a. Individual volunteers found to be guilty of the following crimes will be disqualified as a volunteer as outlined below. Guilty means the applicant was found guilty following a trial, entered a guilty plea, entered a no contest plea accompanied by the court's finding of guilty, regardless of whether there was an adjudication of guilt (conviction) or a withholding of guilt. This policy does not apply if criminal charges resulted in acquittal, dismissal or in an entry of "nolle prosequi":
 - i. Ever Found To Be Guilty Of:
 - ii. All sex offenses including child molestation, rape, sexual assault, sexual battery, sodomy, prostitution, solicitation, indecent exposure, kidnapping ([any crimes against children](#)).
 - iii. Found to be guilty within the past 10 years:
 - iv. All felony offenses other than violence or sex including drug offenses, child endangerment, etc...
 - v. Misdemeanor drug, simple drug possession, possession of drug
 - vi. paraphernalia, etc...
- b. Any other misdemeanor within the past 5 years that would be considered a potential danger to children or is directly related to the functions of the volunteer including contributing to the delinquency of a minor, providing alcohol to a minor, etc...
- c. Should any pending charges described in 1-2 above be uncovered, or should any of the above charges be brought against an applicant during the season, the applicant shall be suspended from serving until such time
- d. As the charges have been cleared or dropped and the Conduct Official has approved reinstatement

ARTICLE IX: PROTEST

- A. All protest must be filed by a President or Vice Presidents an accompanied by a written letter and \$50 protest fee, to the Shenandoah Valley Youth Football League within 48hrs of said game. If your protest is lost then you will forfeit the \$50 fee, if you win, then \$25 will be returned.

ARTICLE X: Concession Rule

Mission statement -

This being an instructional league at no time should a team embarrass or be embarrassed.

- A. The score shall not exceed a 24 point differential during the first half of the game and not exceed a 34 point differential during the second half. If the score exceeds the 34 point differential at any time during the game, then the clock will run continuously for the remainder of the game. Once the score exceeds a 34 point difference at any time, the Head Coach from the winning team must petition the SVYFL Board stating why this happened (in detail). This must be to the local League President within 48 hours following the game. The local President must approve this letter and then forward the letter to the SVYFL Board within another 48 hours. Disciplinary action will be determined by the SVYFL Board.

ARTICLE XI: Video Taping / Photos

- A. Video for scouting purposes is not permitted at any time. Teams may video their own game or practice to use as a teaching/instructional tool.
- B. If your local *board* has any child that parents have refused to allow a release to photograph or share images of it is up to the local board to notify all other locals in the SVYFL.

