

**SIX RIVERS YOUTH
FOOTBALL
CONFERENCE, Inc.
RULEBOOK**



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SIX RIVERS YOUTH FOOTBALL

Articles of Incorporation

ARTICLE I-Name of Corporation

The name of this corporation is **SIX RIVERS YOUTH FOOTBALL CONFERENCE, INCORPORATED** often referred to as SRYF.

ARTICLE II-Purpose of SRYF

A. This corporation is a nonprofit PUBLIC AND CHARITABLE BENEFIT CORPORATION and isn't organized for the private or pecuniary gain or profit to itself, the members (Executive Board Members), of any person identified within its operations. This corporation elects to be governed by all of the provision of the NON-PROFIT CORPORATION LAW OF 1980, not otherwise applicable to it under part 5 of DIVISION 2 PURSUANT TO CALIFORNIA CORPORATIONS CODE SECTION 9913(a). SRYF is organized and operated exclusively for charitable purposes within the definitions as outlined in the Internal Revenue Code section 501(c) (3).

B. The specific purpose SRYF is to:

- Provide youth within our community the opportunity to participate in either tackle football and/or cheerleading in an organized fashion under the guidance of responsible adults.
- Learn the fundamentals of the sports.
- Instill the ideals of:
 - Sportsmanship
 - Citizenship
 - Education,
 - Physical fitness
 - Collaborative play

ARTICLE III-Principal Office and Agent of Service

The principal office of this corporation is fixed and located at the current COMMISSIONER'S residential address. The current COMMISSIONER will also serve as the Agent of Service of process for SRYF using their current residential address.

ARTICLE IV-Declaration

Notwithstanding any of the above statements of purposes and powers, this corporation shall not, except to an insubstantial degree, engage in any activities or exercise any powers that are not furtherance of the specific purposes of this corporation.

ARTICLE V-Dissolution

The property of this corporation is irrevocably dedicated to charitable purposes and no part of the net income or assets of this corporation shall ever inure to the benefit of any director, officer, or member thereof or to the benefit of any private person. Upon dissolution or wind up of the corporation, it's assets remaining after payment or provision for payment, of all debts and liabilities of this corporation shall be distributed to a non-profit fund, foundation or corporation which is organized and operated within similar objectives as outlined ARTICLE II (B) of these Articles of Incorporation.

ARTICLE VI-Geographical Boundaries

The geographical boundaries for SRYF are: the California counties of Del Norte, Humboldt, Mendocino, Siskiyou, and Trinity; and the Oregon counties of Coos, Curry, and Jackson. Nothing in this paragraph of this article shall preclude SRYF or its member associations from engaging in activities with organizations outside of its geographical area, providing those organizations embrace the general and specific objectives of SRYF, as outlined above.

Article VII-Membership

Application for membership privileges in SRYF is open to all teams of non-school affiliation for both tackle football or cheerleading, providing those organizations embrace the general and specific objectives of SRYF, as outlined in Article II (B). All member associations shall maintain their non-profit status and incorporation pursuant to the California Civil Codes or Oregon Uniform Commercial Codes, and the Internal Revenue Code.

ARTICLE VIII-Voting/Proxy

A. Voting

Each association affiliated with SRYF will send the association PRESIDENT or other designated representative to represent their association on the Executive Board. Each association will have the right and responsibility to vote on all issues brought to a vote before the Executive Board. Votes will be allotted on the basis of one (1) vote per association. A QUORUM is needed to pass a vote on any issues that are presented to the Executive Board.

A QUORUM of Executive Board members shall consist of all the Executive Board members or their duly appointed representative PRESENT, providing they represent 50% plus one or more of the TOTAL membership of the SRYF Executive Board.

A QUORUM of Board of Directors shall be three (3). All measures brought to a vote by the Board of Directors will require a quorum in favor of a measure in order to pass and be enacted. The Board of Directors shall cast a vote in the event of a tie between the Executive Board members.

B. Proxy

Each association PRESIDENT can be represented by his/her proxy. A proxy will recognize only upon proper presentation of standard proxy from the COMMISSIONER or his/her designated representative at the time of the appropriate meeting. It will be the sole responsibility of each association PRESIDENT to provide each representative with the necessary proxy forms.

ARTICE IX-Board of Directors

The affairs of SRYF shall be administered by: one (1) COMMISSIONER; one (1) VICE-COMMISSIONER; one (1) TREASURER; one (1) SECRETARY; one (1) CHEER COMMISSIONER; And one (1) CHEER VICE COMMISSIONER aka the Board of Directors.

The BOARD OF DIRECTORS shall meet the last Tuesday of each month, excluding the month of December or at the call of the COMMISSIONER. The COMMISSIONER will designate the time and location of each meeting.

Member of the Board of Directors shall be elected annually for terms of one year by the Executive Board. Nominations and elections for the Board of Directors shall be held at the last meeting of the current seasonal year. Newly elected Board of Directors shall assume their positions at the first meeting of the new year. (i.e. Elections will be in November and new board members will assume their offices at the January meeting.) No coaches shall serve on the Board of Directors. Individuals may only serve on the Board of Directors if they have attended eleven (11) consecutive meetings from the previous year and have participated on an association level as board member.

(Consider changing to 80% or to 9 total of current year meetings)

ARTICLE X-Executive Board

SRYF Executive Board members are each of the individual PRESIDENT of every association. Only the President can nominate another representative from within their association to be a representative at any SRYF meeting. Each member association shall designate in their By-Laws/Rules of Operation, an annual election for new board members. An individual cannot hold the position of PRESIDENT and Head Coach simultaneously during the current year.

ARTICLE XI-LIMITATION ON MEMBERSHIP POWERS FOR FINANCIAL ACCOUNTING

- A. No Board of Director or Executive Board member shall contract or incur debt or enter into any agreement or otherwise obligate SRYF, without securing approval of the Executive Board Members.
- B. The fiscal year for SRYF shall begin on the first day of January and shall end on the last day of December.

ARTICLE XII-AMENDMENTS TO ARTICLES

- A. Proposed amendments to these articles must be presented in writing to the Commissioner at a regular meeting with enough copies for all of the Executive Board members and Board of Directors. The Commissioner must forward the proposed amendments to all Executive Board members within two weeks of the receipt. An Executive Board member cannot decline to present an amendment to these articles if it has been recommended to him/her by their association board. Amendments do not require prior approval or endorsement by an Executive Board member. Proposed amendments to these articles must be voted upon at the following regular SRYF meeting. A quorum is required to amend the Articles of Incorporation. Proposed amendments to the Articles shall be proposed during the regularly scheduled February meeting with a final vote to take place during the regularly scheduled March board meeting. The rules contained in Robert's Rule of Order shall govern SRYF in all cases to which they are applicable and in which they aren't inconsistent with By-Laws/Rules of Operations for SRYF.

- B. The rules contained in Robert's Rule of Order shall govern SRYF in all cases to which they are applicable and in which they aren't inconsistent with By-Laws/Rules of Operations for SRYF.
- C. **In the case of Email meetings the following protocol shall be followed to be consistent with Robert's Rules of Order.**

Rules of order for e-mail meetings

As the following is limited, these guidelines should be supplemented by related material in the current edition of *Robert's Rules*, indicated by the references in the section headings below:

Quorum [Robert's (S3, S39)]. For an e-mail message to be part of a meeting, it must be sent to *all* members (with the exception of returned ballots). Other messages may be sent for caucusing or other off-line discussion, but these are not officially part of the meeting.

For a vote to be valid in the context of an e-mail meeting, a quorum of ballots must be returned. Unless otherwise provided for, this quorum is one half. This need for a vote quorum results from the fact that it is harder to know who is following an e-mail meeting than who is attending a face-to-face meeting; hence, the concept of a quorum based on attendance is less applicable to e-mail meetings.

An equipment malfunction among the membership that significantly interferes with reading, writing, or delivering e-mail requires the chair to recess or adjourn the meeting without a vote. E-mail meetings shall not be held when equipment malfunction is a significant hindrance.

Call to order [Robert's (S3)]. An e-mail meeting is called to order with a message from the chair containing a "subject" (or equivalent) line stating "Call to order" and a body beginning with "The e-mail meeting will come to order."

The call-to-order message should explain which meeting has been called to order, because unlike attendees at ordinary meetings, members may be participating in multiple simultaneous e-mail meetings.

Minutes [Robert's (S3)]. Minutes consist of the full transcript of the meeting, comprising all of the e-mail messages that were part of it. Their accuracy can usually be assumed, so minutes need not be read or approved in e-mail meetings.

Floor [Robert's (S3)]. In face-to-face meetings, obtaining the floor prevents more than one person from speaking at the same time and gives various members a chance to be heard. Obtaining the floor is typically an arbitration process and is unnecessary in e-mail meetings because messages can be sent simultaneously by different members. In an e-mail meeting, the floor is trivially and implicitly obtained simply by sending an e-mail message to the membership, and rules of order for obtaining the floor are generally unnecessary.

Voting [Robert's (S4)]. When issues are decided by a vote, all voters may have to be present in the same room at the same time, as when secret ballots must be counted in the presence of the membership. However, a vote by e-mail shall be acceptable unless explicitly disallowed. To conduct an e-mail vote, a ballot is sent to the voting membership stating exactly what is to be voted on and containing at the beginning a clearly designated place for the member to mark a vote. The subject line (or equivalent) should contain the term "ballot."

The simplest kind of vote is the *consensus vote*. The ballot specifies that only nay votes need be returned. No nay votes means the measure is approved, so no vote quorum applies.

If a vote is to be counted, the ballot should clearly designate the choices. Here are two hypothetical examples:

I vote _____ (fill in "yes," "no," or leave blank).

I vote for _____ (fill in "Jones," "Miller," "Wang," or leave blank).

In a *verbose public vote*, each voter e-mails a completed ballot to all members. In a *terse public vote*, completed ballots are returned to the sender. Voting may be conducted by the chair, the secretary, or the voting commissioner. The votes for each option are tabulated to produce a report that accompanies the announcement of the result. This report is sent after a deadline (by default, one full business day after ballot distribution). Ballots returned after the deadline but received before the report is sent are valid votes and must be included in the report.

BY-LAWS

FOR SIX RIVERS YOUTH FOOTBALL CONFERENCE, INC.

ARTICLE I-OBJECTIVES

The specific purpose Six Rivers Youth Football Conference, Inc (SRYF) is to:

- Provide youth within our community the opportunity to participate in either tackle football and/or cheerleading in an organized fashion.
- Learn the fundamentals of the sports.
- Instill the ideals of:
 - Sportsmanship
 - Citizenship
 - Education,
 - Physical fitness
 - Collaborative play

SRYF wants all of the children to participate under the guidance of responsible adults; by placing the welfare of the young people first and foremost; and without adult ambitions for personal glory. SRYF will act as the governing board for the associations that are encompassed within SRYF conference, as defined below.

ARTICLE II – GEOGRAPHICAL BOUNDARIES ASSOCIATIONS

1. The geographical boundaries of a Conference shall be identical to the boundaries of its associations and of its teams. For reference, please reference maps located on pages 50-53 of the articles.
2. The geographical boundaries of an association must be expressed in public senior high school attendance districts or portions thereof. For the purposes of this section, lines of public senior high school attendance districts must be precisely established as to directions from freeways, major streets, through main line railroads tracks and/or geographical features such as a creek, river, and drainage or irrigation canal.
3. A team shall not claim for its geographical boundaries public senior high school attendance districts or parts thereof which cannot adequately serve. Two or more teams of the same division cannot serve or claim the same geographical area except for the following:
 - A. The boundary between ERV association and FYF association shall be adjusted to allow participants from Loleta or 95551 areas to register with FYF.
 - B. The boundary between Redwood Youth Football (RYF) and Eureka Jr. League Football (EJLF) shall run the length of Harris, with the north side of Harris to Hall Street and Freshwater addresses assigned to RYF. The south side of Harris to Hall Street, south to Humboldt Hill, Elk River, King Salmon, Pine Hill, Fields Landing assigned to EJLF. Please refer to the map.
 - I. Registration of players will require a proof of residence in the form of utility bills in the name of the parent or guardian registering a player.

4. Any player waived from one SRYF association to another shall be eligible to play for the association in which they most recently played for duration for that specific division (i.e AA to AAA) and get renewed once they move divisions, unless the player and his or her family have a change of residence to another associations geographical boundary (example player is waived from Eureka to Fortuna, if player moves to Ferndale player must reapply for waiver). All waivers shall be kept on file with current association for the duration of the player's career and copies accompany the player in the team binder.
5. Any player seeking to play for another association outside of their residential boundary shall apply for a waiver from their home association. All waivers shall be approved by the home association prior to certification. Association Presidents must use the standardized form. All waivers if requested can be reviewed and verified by the SRYF certifying officer(s).

ARTICLE III-MEMBERSHIP

1. Conference membership in SRYF is open to all teams of non-school youth football and cheer teams within the geographical boundaries of SRYF that adhere to the SRYF Articles of Incorporation and By-Laws and are members of an association in GOOD STANDING* that has affiliated with SRYF. SRYF does not need show cause for refusing to accept an association/team into their membership.
2. Terms of membership are the calendar year from January 1st through December 31st.
3. Requests to affiliate by new members and applications for new membership must be filed with the Commissioner prior to November meeting of each year. Additionally, all proposing new members shall provide a copy of their Articles of Incorporation as filed with their state of origin along with their application to SRYF. Members cannot be accepted into SRYF without being incorporated in their state of origin.
 - A. Applications for membership by newly organized associations must be approved by a 2/3 majority vote of the quorum of the Executive Board Members that are in GOOD STANDING.
4. Statements of intent to affiliate by association members must be filed with the Commissioner prior to the January meeting. A verbal acknowledgement via the SRYF minutes shall be sufficient for notification of "intent to affiliate" .
5. The association fees and teams' fees must be established annually by the SRYF Board of Directors and approved by the Executive Board Members at the regular May meeting.
6. Associations will only have the right to vote each calendar year will be members that are in GOOD STANDING as of October 31st of the previous year AND who have filed their intent to affiliate prior to the January meeting.
7. The membership must cast its vote through its association Presidents or his/her dulyappointed proxy. The Association Presidents must limit their representation to individuals from within their association.
8. Removal from SRYF membership of any association or team can be accomplished onlyat a regular meeting or a special meeting called for that purpose.
 - A. The association and/or individual subject to the action must be advised via theAssociation President in writing to the official address of the association by certified mail, return receipt requested, two weeks prior to the meeting as to the allegations and/or issues which are being alleged and notification of the date, time andlocation of the meeting.
 - B. The subject shall have the right to present witnesses, to confront witnesses andto cross-examine the same.
 - C. A 2/3rd vote of the quorum of the Executive Board members shall be required to affect

expulsion from membership to the SRYF conference. Only associations that are in “GOOD STANDING” shall be eligible to cast a vote.

9. All associations and Conferences shall adhere to Article VII of the SRYF Articles of Incorporation that establish the either non-profit status and/or being incorporated with the State of California or the State of Oregon, as soon as possible after the commencement of operations.
10. All associations shall provide documentation to the SRYF Board of Directors confirming their non-profit status: registration of incorporation, copy of Articles of Incorporation, 501(c)(3) IRS confirmation, EIN Number, and maintain annual compliance per State and Federal regulations.

ARTICLE IV – BOARD OF DIRECTORS

1. The affairs of SRYF shall be administered by its Board of Directors, referred to as the SRYF Board with their duties as outlined below:

COMMISSIONER shall be the Chief Executive Officer and prime spokesman for SRYF. It shall be his/her responsibility to provide for the administration of SRYF’s operation. The duties of the Commissioner are to include, but are not limited to:

- A. All Conference scheduling and director of conference playoffs/championships.
- B. Membership and public relations, including releases to the media.
- C. Distribution of Articles of Incorporation, By-laws, playing rules, NFHS Rule Book, SRYF standardized forms, etc...to associations. This can include electronic forms and/or printed forms to all association Presidents as their need dictates.
- D. Aid in the certification of football and cheer teams.
- E. Investigate allegations of individual associations violating the Bylaws of SRYF.

VICE-COMMISSIONER Duties shall include but no limited to the following.

- A. To aid the Commissioner in the discharging of his/her duties
- B. To assume the role and responsibilities of the Commissioner in the absence of the elected Commissioner.
- C. Aid in the certification of the football and cheer teams.

CHEER COMMISSIONER shall be responsible for collaborating with all of the association Cheer Coordinator and overseeing compliance of the SRYF By-Laws that are specific to cheerleading. The duties of the Cheer Commissioner are to include, but are not limited to:

- A. Certification of Cheer teams for SRYF.
- B. Coordinating and facilitating the annual SRYF Cheer Competition.
- C. Coordinating the annual coaching clinics for Cheer Coaching staff.
- D. Hosting monthly Cheer coordinator meetings to discuss issues which may arise in the daily business of the SRYF Cheer Teams.

SECRETARY shall be responsible for, but not limited to all of the following duties.

- A. The preparation and permanent record of the minutes of all meetings of SRYF.
- B. Assist in the maintenance of all the necessary records for compliance to maintain non-profit status.
- C. Aid in the certification of football and cheer teams.

TREASURER Duties shall include but not be limited to all of the following.

- A. Shall be responsible for all SRYF funds and a detailed accounting of all receipts and expenditures at each regular meeting for the immediate preceding period between regular meetings.
- B. Ensure that all funds of SRYF must be placed in a depository insured by an agency of the Federal Government.
- C. Shall maintain all non-profit filings to maintain compliance with State and Federal regulations i.e tax filings, DOJ-Charitable Trusts, Secretary of State, etc...
- D. Shall aid in the certification of football and cheer teams.

Cheer Vice Commissioner Duties shall include but not be limited to all of the following

- A. To aid the Cheer Commissioner in the discharging of his/her duties
 - B. To assume the role and responsibilities of the Cheer Commissioner in the absence of the elected Commissioner.
 - C. Aid in the certification of football and cheer teams.
2. Members of the Board of Directors shall be elected annually for a term of one year and shall expire on the last Monday of January of each year.
 - A. To hold an SRYF Board of Director position an elected individual shall have been involved in an associations program for a year and have attended Nine (9) or 80% of current year SRYF meetings.
 - B. All elected SRYF Board of Directors shall be placed on the SRYF accounts to be signors for disbursement of funds. This shall change annually depending on the annual elections of SRYF Board members. This modification shall change with each of the SRYF financial institution(s).
 - C. All SRYF Board of Directors shall obtain additional liability insurance coverage specific to their elected positions at the cost of the associations. This will avoid any SRYF Board of Director being personally liable in the event of litigation. Further, the costs will be incorporated into the annual budget for SRYF's operating costs.
 3. Upon approval of the Executive Board, all members of the Board of Directors may be reimbursed for all out-of-pocket expenses related to officially conduct SRYF meetings, such as mileage, meals lodging, etc.
 - A. All members of the Board of Directors will be reimbursed at the rate of \$.49 per mile or all SRYF Conference related travel. They will also be reimbursed for Conference related long distance phone calls, supplies and postage expenses, as deemed necessary to conduct business.
 - B. Any SRYF Board of Director seeking reimbursement for out of pocket costs for incidentals related to conducting daily business shall provide receipts to the Executive Board for approval prior to receiving reimbursement, unless it was previously approved in the annual budget.
 4. In the event of the inability of the Commissioner to continue in his/her position, the Vice Commissioner shall call a special meeting. The purpose shall be to elect a successor and to conduct any business seemed necessary. The Commissioner, Vice Commissioner, Cheer Commissioner, Secretary, Treasurer and Association Presidents must be alert to the welfare of the players and to the proper administration of the SRYF By-Laws.
 5. VOTING OUT SRYF BOARD OF DIRECTORS:
 - A. On the written petition of 25% of the membership vested with the right to vote who are

in GOOD STANDING with SRYF, may call a special meeting of SRYF can be convened to consider the recall of any member of the Board of Directors.

- I. Such a petition by the membership shall name the chairman of the meeting from among the Executive Board Members who are eligible to vote.
- II. The chairman shall set the time, date, and location of the meeting. The meeting has to be set at least two weeks, but not more than 4 weeks following the date of the final signature to the petition or date of the telephone call.
- III. A 2/3rd vote of the quorum is necessary to recall and SRYF Board of Directors.
- IV. The agenda as outlined in Article IX(9) shall set the agenda and govern the meeting except for matters that were not identified in the petition.

6. EXECUTIVE SRYF BOARD MEMBERS

Each Association President shall serve his/her association as its Executive Board member.

7. Each association must provide in its constitution and/or By-laws for the annual election of its Association President and other association board members.
8. Association Presidents are solely responsible for the prompt distribution within their associations of all memos, circulars, letters, by-laws, rules and regulations, amendments, alterations, financial statements, budgets, minutes and information received from the SRYF Board meetings. The SRYF Board shall direct communications of any nature to any Association President, or their designated proxy.

ARTICLE V-MEETINGS

1. The Commissioner shall set the time and place of each meeting and announce same to all Board of Directors and Executive Board members.
2. SRYF shall meet on the last Tuesday of every month, excluding the month of December, or at the call of Commissioner. Cheer meetings shall take place on the 3rd Tuesday of each month. For the month of October, the meeting will commence on the Sunday of the last regular season game. This meeting will determine the seeding for division standings and postseason play. This meeting will also determine which game locations will be assigned to host post season games. The Commissioner shall give notice to Executive Board Members and SRYF Board of Directors of the date, time and location of said meeting.
3. A quorum shall consist of all Executive Board members and/or their duly appointed representatives present, providing they represent 50% plus 1 or more of the total association membership of SRYF. All deliberations of SRYF must be subjected to a poll of the Executive Board and detailed in the SRYF meeting minutes.
 - A. In that case of a contradictory or tie vote between the Executive Board members, the Board of Directors SHALL be called upon to vote on an issue.

4. Any association that is not represented at a SRYF or a SRYF Cheer Coordinators meeting by their association President or duly appointed representative (Cheer Coordinator) SHALL be fined as follows:

FINES

\$25.00	First missed meeting
\$50.00	Second missed meeting *
\$100.00	Third missed meeting *
\$200.00	Fourth missed meeting *

***THIS SHALL INCLUDE ALL UNPAID FINES IN ADDITION TO THE DESIGNATED FINE AMOUNT.**

5. Any association that fails to pay a fine levied under # 5 of this Article, or that attends less than eight (8) of the eleven (11) regular SRYF Conference or Cheer Coordinator meetings in any one year SHALL be expelled from membership in SRYF.
6. Any association that is expelled from SRYF under paragraph 6 of, this Article can be reinstated to membership upon 2/3rd vote of the quorum in a regular meeting and the payment of all delinquent fines plus an additional late charge of \$50 per team involved. Football teams and Cheer squads for a particular division will be considered 1 team.
7. The levy of all fines, and/or penalties as a result of a violation of paragraphs 5, 6 and 7 above shall be subject to review of the Board of Directors and Executive Board and may be waived upon a motion and majority vote.
8. The order of business at the regular meetings of SRYF should reflect the following agenda items:
- I. Call to order
 - II. Attendance Call of Associations
 - III. Approval of minute(s) from previous meeting(s)
 - IV. Treasurer's Report
-Can include fines for missed meetings, outstanding bills, etc...
 - V. Referee Report
 - VI. Cheer Commissioner's Report
 - VII. Commissioner's Report
-Can include: membership and association fees, insurance requirements, etc
 - VIII. Application for New Membership, Transfer of team
 - IX. Report(s) of Committee(s)
 - X. Old Business
 - XI. New Business
 - XII. Adjournment
 - XIII. Date, Time and Location of Next Meeting
9. Motions or resolutions require:
- A. A majority vote of the quorum is required for the adoption of any motion or resolution or favorable action upon any deliberations.
 - B. All motions require a second from an Executive Board Member, if not received the motion will die on the table. If seconded, all motions should require an identified vote by each Executive Board Member to determine the outcome of a motion.

Member associations or teams of SRYF that act contrary to voted motions or resolutions adopted by the SRYF Executive Board members SHALL be investigated by the Commissioner, as provided in the By-Laws, Article XIV, paragraph 6. The Commissioner SHALL order suspension on finding this violation.

ARTICLE VI – AFFILIATION

1. All member teams, associations are expressly prohibited from joining or affiliating with any other youth football organization that serves purposes similar or identical to SRYF. Any affiliation shall incorporate the entire SRYF Conference and each individual association, providing it to be non-intrusive on the SRYF Articles of Incorporation and/or SRYF By-Laws.
2. Associations, teams that violate paragraph 1 of this article SHALL be removed from membership in SRYF by the Commissioner. This action SHALL be mandatory upon the Commissioner. Member associations or teams of SRYF that act contrary to voted motions or resolutions adopted by the SRYF Executive Board members SHALL be investigated by the Commissioner, if found in violation the Commissioner shall suspend the offending association.

ARTICLE VII — ASSOCIATIONS

1. ASSOCIATIONS

- A. The Articles of Incorporation, By-laws, rules and/or regulations of an association shall not be in conflict with Articles of Incorporation and By-laws of SRYF. All of SRYF shall adopt a “Conflict of Interest” policy in adherence to section 501 (c)(3) Internal Revenue Code.
- B. The Association is the instrument through which team membership in SRYF is acquired.
- C. As of this printing of these by-laws, SRYF recognizes the existence of the following associations within its membership.
 - I. All associations SHALL be required to field the number of teams set forth by the SRYF Executive Board members. A family SHALL consist of one (1) team(s) in each of the separate divisions: “A”, “AA”, and “AAA”.
 - II. All associations shall notify the SRYF Board of Directors no later than the regular July meeting a commitment to participate in order to be included in the current schedule for the current season.
- D. The transfer of an existing or new team from one association to another requires 2/3rd vote of the quorum at a regular meeting and becomes effective upon approval of the transfer.
- E. Except in the case of a municipally sponsored program the association shall be governed by an elected Board of Directors. The board of each association SHALL elect its own officers annually which SHALL include: President, one or more Vice Presidents, Secretary, Treasurer, Cheer Leader Coordinator, and other officers as deemed necessary by each individual association board.
- F. The President shall be the Chief Executive Officer and spokesman of the association. It shall be his/her responsibility to provide for the administration of the association and its operations, and the appointment of committees to carry out necessary functions.
- G. Following each annual election of Officers/Directors, the Association President must advise the SRYF Board of Directors, in writing, as to the name, address, telephone number and position at each person elected or re-elected. This can be in the form of electronic.
- H. The President has the responsibility to investigate possible infractions of the SRYF Articles of Incorporation and By-laws, rules and regulations and place his/her findings before hearing committee and administer such disciplinary action and established by this committee. Such hearings must conform to Article XV of these By-laws.
- I. Failure of an association to field the required number of teams shall cause all teams in that

Association to be declared an ineligible for all post-season play. This action shall be enforced by the SRYF Commissioner unless presented via motion by the SRYF Executive Board and approved by the SRYF Executive Board Members.

2. COACHING STAFF/VOLUNTEERS

- A. All coaches shall have taken a coaching clinic as designated by the SRYF Commissioner for football coaches and SRYF Cheer Commissioner for cheerleading coaches.
- B. All coaches shall familiarize themselves with the SRYF Articles of Incorporation, SRYF By-Laws, and the [National Federation of High School Football](#) or [American Association of Cheerleading Coaches & Administrators Rule Book](#).
- C. All coaches shall submit: SRYF Volunteer Application, SRYF Coaching Contract, and consent to a background check to determine eligibility to coach prior to interacting with any SRYF player/participant.
- D. All coaches must complete a background investigation application with their association Presidents prior to participating in the SRYF program. Applications shall be on a form(s) provided by the Commissioner and shall itemize all pertinent information to conduct a thorough investigation to determine a coach's eligibility to volunteer their time towards SRYF youth.
 - I. Associations are responsible for conducting a background check to establish if a coaching candidate is appropriate to work with youth. Additionally, the Association needs to comply with *The Fair Credit Reporting Act is a Federal law that governs organizations who use background checks and/or other "consumer reports." The background check needs to determine if:
 - a. The individual has been adjudicated and/or convicted or plead nolo contendere on any charges related to crimes against children.
 - b. The individual has a pattern of criminal behavior which exhibits the lack of judgment and/or restraint.
 - c. Individuals that are required to register as sex offenders in any state and/or province of the U.S. SHALL BE INELIGIBLE TO VOLUNTEER AS A MEMBERS OF THE COACHING STAFF OR INTERACT DIRECTLY WITH THE YOUTH FOR EACH ASSOCIATION.

i.e . No Chain Gang Volunteers, 6 Play Volunteering, being on the practice field, etc...This may or may not preclude an individual from being able to watch their child(ren) participate. The safety for the youth participating in SRYF will be the determining factor if and when this becomes an issue that needs to be addressed.

- E. The Commissioner can refuse to certify the application for any member of the coaching staff pending a determination of the ability, character, and/or suitability of said coaching staff.
- F. The Commissioner shall not withhold certifying a member of the coaching staff for more than 2 weeks from the date he/she receives the application form. The individual in questions SHALL NOT participate in the SRYF program during the 2 week period to allow for a thorough investigation on the coaches ability, suitability and/or and eligibility to become an SRYF Volunteer Coaching Staff Member.
- G. If the Commissioner declines to certify a coach, he/she must refer the matter to SRYF Executive Board. The Commissioner must advise the Board as to the basis of his/her actions. The SRYF Executive Board, after an investigation, can accept the re-submitted application if deemed appropriate and the individual meets the minimum criteria as set

forth in these SRYF By-Laws.

- H. All Coaches, Managers and Association Presidents, prior to participating in that SRYF program will be required to sign a statement on the registration form that:
 - I. They have read and understand the SRYF and their own association, Articles of Incorporation, By-laws, rules and/or regulations and the playing rules.
 - II. They cannot claim participation in the SRYF program as training, experience and/or advancement for their livelihood if they have been subjected to disciplinary actions pursuant to the provisions of Article XIV .
 - III. They shall be subjected to disciplinary action in the form of probation, suspension and/or disbarment by the Association, sponsor, Conference, league, and/or SRYF Articles of Incorporation, By-laws, rules and/or regulations.
 - IV. All appeals on this matter must be filed as outlined in Article XIV of these SRYF By-Laws.
 - V. Coaches will be allowed to transport children to and from games/practices as long as they have no driving convictions, including any “driving under the influence” convictions, with car insurance with that meets the state minimum requirements, as pre-arranged with a parent/guardian with their approval. A driving record and proof of insurance shall be provided to the association in conjunction with other required documentation if transporting SRYF youth is a possibility.
 - VI. All coaches, managers and adults shall refrain from drinking alcoholic beverages, smoking, using drugs or using profanity while with the players on the field or in the locker room in conjunction with a practice, game or any other SRYF function. The consumption of alcoholic beverages at an SRYF gathering, regardless of nature, when players are present isn’t necessarily an adjunct to the tenants and philosophies of SRYF. These types of events can invalidate the insurance policy and open associations up to legal ramifications.
- I. All coaches and managers must have on the sidelines, on their person and visible, an identification card signed by the Commissioner and/or their representative authorizing their participation in that SRYF program. Said card will itemize name, team, division an association, and must be presented upon request.
- J. Disciplinary action of an association coach should be dealt with on an association level. However, if some type of action, behavior or blatant disregard for SRYF’s By- Laws has been violated or in violation after an intervention by the association, the individual can be subject to disciplinary action by the SRYF board pursuant to these SRYF By-Laws.
- K. Adults of SRYF shall always, strive to make every activity of the players serve as a training ground for life.
- L. Adults including coaches affiliated with SRYF will not: criticize the opposing team, coaches or fans by improper comments or gestures; will not incite unsportsmanlike conduct; will not strike or threaten to strike any coach, manager, game official, board member parent/guardian and/or spectator.
- M. Adults affiliated with SRYF will adhere to the coaching standards as set forth in the Code of Conduct for Volunteer/Coaches.
- N. A parent/guardian whose conduct and/or actions are found to be detrimental to the activities of SRYF can be requested to remove their player(s) from the program or he/she can be expelled from any SRYF sponsored activity at the direction of the SRYF

- Commissioner. Any requests will be handled in the most discrete manner as possible.
- O. Associations that fail to comply with the above terms can be denied the right to participate in games for the remainder of the current season and be suspended from participation for the next years season as well; this punishment must be ordered by the commissioner and approved by the executive board. The action must take place at a regularly scheduled board meeting, or a special board meeting that follows the protocol established in Article XII in the SRYF articles of incorporation.
 - P. Adult team coaching personnel shall consist of: one (1) Head Coach, and maximum seven (7) assistant coaches. The team’s coaching staff, under the direction of the head coach, shall be responsible for the training and organizingthe team and directing its play.
 - I. The head coach is solely responsible for which players will participate ineach and their positions. The head coach is expected to consult with hisassistants in this matter.
 - II. Coaches shall not engage in any live scrimmage or any other violentcontact with any players.
 - Q. No more than 2 of the association board members can be in the bench area during the game. All coaching staff for a team can be in the restricted coaching box and team box.
 - R. Coaches must recruit players for the good of the association rather than for the benefit of a team. Coaches shall not recruit players from the geographical boundaries of another association.

3. TEAMS

- A. A team must have 13 or more players eligible, suited, and ready to play at kickoff or forfeit the game. After conferring with “Team Certifiers” previously known as WeighMasters, the two head coaches of the teams involved will meet prior to the kick-off andconfirm that:
 - I. Both teams have met the verification requirements as to the numberof eligible players or if the game will be played as a forfeit.
- B. A team shall not have less than 13, but not more than 36 players certified to its team roster.
- C. The division of a squad into varsity and junior varsity teams is expressly prohibited. The objective is to have all players on a squad participate in all games is defeated with the establishment of such squads. The required alternative is the development of an additional team(s) and must be pursued by the team and association when the equipment, coaching staff and/or funds are available, if division teams exceed the maximum number of 36 players. The Commissioner shall investigate the association if this policy is being violated and proceed appropriately as outline in the By-Laws for disciplinary actions.

ARTICLE VIII-DIVISIONS

1. SRYF football is played in 3 divisions. Divisions function on the minimum and maximum age limits of eligible players.

“A” **8 and 9 year olds**
“AA” **10 and 11 year olds**
“AAA” **12, 13 and 14 year olds**

SRYF Cheer Squads are divided into 3 divisions.

“A” **8 and 9 year olds**
“AA” **10 and 11 year olds**
“AAA” **12, 13, and 14 year olds**

Divisions function on the placement according to age, level of skill, and total squad numbers at the discretion of the Association Cheer Coordinator, association board and/or coaching staff.

- A. All 14 year old players must present proof of enrollment in the 8th grade at certification. This proof will need to be in the form of a letter from school on letterhead for respective school and/or a report card stating the current gradelevel for the upcoming season.
 - B. 14 year olds that are enrolled in high school are not eligible for participation in SRYF.
 - C. The age of player shall be based on their age on August 31st of the current year. i.e. if a player turns 8 on September 1st, he/she will be considered a 7 year old and ineligible for participation, but if a player turns 8 on August 30th, he/she will be considered a 8 year old and eligible for participation.
2. **PRE-GAME VERIFICATION.** Pre-game VERIFICATIONS SHALL be conducted by an authorized representative of each team, appointed and designated by the Association President as the team’s “verifier”. The verifiers have the final word in any determination of eligibility during pre-game verifications. The following procedure is to be followed at all pre- game verification:
 - A. Each player must have an official SRYF ID Card, complete with photo and approved signatures certified by the Commissioner or his/her representative. There SHALL NOT be exceptions to this requirement.
 - B. Lineup quietly by alphabetical order.
 - C. After every player has been verified he/she is eligible to participate in the game: All the cards of those will be dated, initialed, and counted by the “team verifiers”, to compare with the number of players on the field. For those who did verify their eligibility to participate in the game shall have their card should be dated, and jersey number recorded, and cards initialed. A player that is ineligible to participate will be allowed to sit on the team bench in street clothes or pads off and jersey inside out.
3. Verifications of teams will take place during the 3rd quarter of the preceding game, or 30 minutes prior to scheduled kick off if the game is the first scheduled game of the day. Players arriving after the end of the 3rd quarter, may still be verified with mutual consent of both head coaches. If a player is not present by the end of the preceding game or 10 minutes prior to the first game of the day, the player can be “verified” of his/her eligibility to participate in the game at half-time, at the discretion of his/her Head Coach. ***Please note the 6 Play Rule is still applicable, as well as***

proper warm-ups.

4. If “team verifiers” are found to have agreed between themselves and/or the coaches to permit players who were ineligible to play, the teams involved must be ruled ineligible by the SRYF Conference for the championship and all post season play during the current season.
5. The Conference must declare a game forfeit by any team which verified eligibility of a player suited and/or played a player subsequently found to be ineligible by reason of age or lack of certification by an SRYF Certifying Board Member.
6. The decision of the “team verifiers” concerning the eligibility of a player at the official pre-game “verification” shall be final and will not subject to appeal.

ARTICLE IX – PLAYERS

1. Players shall reside within the jurisdiction of their home association as determined by Article II-Geographical boundaries of these SRYF By-Laws.
2. No player(s) shall be recruited from another association’s jurisdiction.
3. All players that have been waived to play for another association can play for that association for that specific division and will need to renew the waiver once they advance (i.e AA to AAA), unless the player and their family move to the geographical boundary of another association not named in the waiver. Waivers are to be kept on file with the association, and copies kept in the team binder for verification purposes.
4. All player(s) shall be eligible to participate as specified in Article IX of these SRYF By-Laws.
5. A player who establishes initial certification within an association, shall have the right to continue participation with that association; as long as participation is continuous across sequential calendar years. New players, or returning players without continuous participation shall be placed according to Article II Geographical Boundaries in SRYF By-Laws.
6. In order for a player to be certified for eligibility to be placed on a team roster(Cheer or Football a player must meet the following requirements:
 - A. A player must provide the SRYF PPPE Form with SRYF Release of Liability completely filled out and signed by a parent/guardian.
 - B. A player must provide a physical form completed by a doctor or health care provider. The physical has to have been completed and dated after April 1st of the current year. All players should use the SRYF PPE in conjunction with release of liability, signed by parent/guardian. If there is another form utilized by the health care provider it can be attached, but it needs to have the **same information as on the SRYF PPE form**, along with the player’s name, date of birth, association, division, etc. If a physical should subsequently determine that the player is no longer physically able to participate said player is immediately ineligible.
 - C. A player and parent must submit a SRYF Player’s Code of Conduct Form filled out completely with the required signature(s) from the parent/guardian and the player.
 - D. No player shall participate in physical contact for football or stunting for cheer until s/he has experience 10 hours of conditioning practice, over a minimum period consisting of 5 daily sessions of 2 hours in duration. The conditioning period can extend beyond the minimum time frame at the discretion of the coach.
7. **Player’s need to have all their required documentation submitted to the association prior to**

- stepping on the practice field.** SRYF's insurance coverage does not cover player's that do not have all the signed written consents, physical waivers, and parental permission to participate.
8. A player shall be ineligible during any season in which he has engaged in an interschool tackle football or cheerleading team's game. All adults affiliated with SRYF are prohibited from recruiting players from school teams.
 9. A Head Coach shall request a parent/guardian to remove a player from a team if necessary for such disciplinary action is absolutely essential to the welfare of the team and only in a discrete manner to avoid embarrassment for both the player and his/her family.
 10. The association has the discretion to remove a player from a team if there is a violation of the Player Code of Conduct, as needed. If this should occur, the association shall document the efforts to allow the player's participation and provide a written statement if needed to the SRYF Board of Directors, as requested.
 11. The SRYF Commissioner must declare a game forfeit by any team in which, said game, suited and/or played a player ineligible under this Article. **THIS ONLY APPLIES TO FOOTBALL PLAYERS.**

ARTICLE X-REGISTRATION OF TEAMS

1. TEAM REGISTRATION OF PLAYERS

- A. All player candidates must register with their team and association prior to start practice. At that time, the player must deliver to the association, the items required in the By-laws, Article IX(6)(A-E).
- B. The Association President shall provide an original & copy of an SRYF Player Roster completely filled out with name, date of birth, team association, team division, coaches' names and contact phone numbers. The Association President will sign the form certifying the information is accurate and in compliance with these SRYF's By-Laws.
- C. Once registered with one team, and certified, a player shall not move up or down to another team within the same association, without agreement of both the Association Board and the SRYF Executive Board, i.e. If a player's team is disbanded for not having enough players to constitute a legal team he/she qualifies for another team.
- D. Certification of players in SRYF can only be completed by SRYF Board of Directors, or appointed certifying officials with SRYF Board of Director approval.

2. CONFERENCE CERTIFICATION OF TEAMS

- A. Each association shall follow the guidelines for certification and have the team binders in the appropriate order: this includes all required documentation: copy of record of birth; SRYF Physical Form; Player's Code of Conduct; SRYF Parent Consent and Waiver and a SRYF ID Card filled out appropriately with the required affixed photo.
- B. An Association Board member (ideally the President should always be in attendance) and Head Coach from the team being certified must be present.
 - I. Each association must see that the players do the following:
 - a. Lineup quietly.
 - b. At their turn each player will give their name and remain there until dismissed.
 - c. Each association must provide a table and chairs.

C. **TEAM ROSTERS**

- I. **Each association must provide team rosters with all names in alphabetical order either printed neatly and/or typed into each field.** Please do not skiplines and fill up an entire roster if possible.
 - a. If a team has additionally players that did not get certified during their appointed certification event, the coach needs to provide another SRYF Football/Cheer Roster with the identified players. This should always be on another form than the first SRYF Team Roster. Some teams may end up with having to produce several copies to incorporate all of their players.
 - b. **REMEMBER TO MAKE COPIES SO THAT THE ASSOCIATION PRESIDENT AND HEAD COACH CAN HAVE A COPY OF THEIR ROSTERS. AT EVERY GAME A COMPLETE SET OF ROSTER(S) NEED TO BE HANDED TO THE OPPOSING COACH FOR "VERIFICATION".**

D. **PLAYER IDENTIFICATION CARDS**

- I. The cards need to be in alphabetical order.
- II. Completely fill out the card with all pertinent information.
- III. Affix a current picture as of August 1st to the card.
- IV. The Head Coach and Association President need to sign the cards.

E. **SRYF PHYSICAL FORMS & RELEASE OF LIABILITY/WAIVER**

- I. SRYF forms need to be filled out by qualifying medical healthcare provider.
- II. If another form is used, the SRYF needs to be attached with the appropriate signatures for all of the consents from the parent/guardian(s).
- III. Physical dates cannot be dated earlier than April 1st of the current year.
- IV. The parent/guardian needs to sign and date the Notice, Consent & Waiver Form. This ideally should be the back side of the SRYF Physical Form, but can be a separate document. No player should be participating without this form. As with the SRYF Physical Form this is a mandated form.

F. **PLAYER AGE, REQUIREMENTS**-as stated in these SRYF By-Laws

G. **PLAYER CODE OF CONDUCT FORM**-This must be completed by a parent/guardian and the player with all designated signatures.

- H. Each association will be allowed to establish their own registration dates. If by August 1st, an association has reached full teams that association will be allowed to cut off all further registration for that team(s). That association will provide waivers if requested for participation in another association outside of the residential boundaries.
- I. Any player added to a team must be certified by the Commissioner or appointed representative prior to participating in a game. A player shall not be certified by his or an opposing team's "verifier" before a game. A team shall continue to certify players to their roster up to 8 p.m. on the Saturday of the second week of the regular season schedule. Players unable to meet the above requirements will be released from the team.
- J. Addition of players. After the 2nd league game a team can add players, only if their roster drops below 22 players. If a team adds players, the roster shall not exceed 22. Explanation and documented evidence of the reason for a drop from the roster must be submitted to the Commissioner of SRYF for approval. The minimum number of players to avoid a forfeit will remain at 13.
- K. Players added to a roster must still have 10 hours of conditioning practice prior to participation in any contact practices or games, prior to certification.

- L. An added player must not replace a player already certified, still eligible and still willing to play in such cases that added player will be declared ineligible and the head coach will be suspended from further participation in all SRYF activities pending full investigation pursuant to Article XV.
- M. Any player added to a team must be added to their own roster with all designated areas completed by the association.
- N. Any player certified within one association cannot, during the same season change to another association without changing his/her physical residence from one area to another from within the boundaries of one association to within the boundaries of another association, without good reason and an approval of both associations and the SRYF Executive Board in writing.
- O. Earlier or late certifications need to be pre-arranged with the Commissioner and/or the authorized representative.

3. REGISTRATION OF TEAMS WITH SRYF

- A. Associations in good standing with SRYF as of November 30th, must deliver to the Commissioner, prior to the convening of the regular January meeting, their intent to affiliate SRYF. The association shall cover all teams of their association with one letter of intent to affiliate or on record via the meeting minutes.
- B. Newly organized associations must deliver their requests to affiliate through their association President to the Commissioner prior to the regular November meeting. The affiliation fees for a new membership shall be \$50 per association.
- C. The geographical boundaries of a new association must be filed with the Commissioner with the request to affiliate letter to SRYF. Approval of such boundaries will require a 2/3rds vote of a quorum of the Executive Board members of SRYF in a regular meeting of the board. Approval of the boundaries does not constitute acceptance of the new association to membership and SRYF.
- D. New associations have to pre-establish their status as an incorporated non-profit and exemption status and provide proof of completion of these requirements, before being admitted to SRYF.

4. INSURANCE REQUIRED TO ALLOW REGISTRATION

- A. All insurance fees SHALL be paid to the SRYF Conference prior to the 15th of July of the current year. Associations which fail to pay their associations fees SHALL be immediately be suspended from participation in any and all activities related to SRYF. The insurance policy is from JULY 15th of the previous year to July 15th of the next year. We have insurance from 12:01 am of the current year until the following July 15th at 11:59 pm. New associations will not have coverage until the next year if eligible.
- B. SRYF Conference associations SHALL be required to carry Bodily Injury Liability, Property Damage and Accident/Medical Insurance Coverage. The minimum amount of insurance per type of coverage per team will be determined and set annually by the SRYF Executive Board at the regular January meeting. The minimum Accident/Medical coverage must have at least the minimum following coverage:
 - I. Cover injuries sustained while engaged in the play of tackle football or cheerleading during a scheduled game or practice, or in the participation of other

- SRYF activities, while traveling to or from a scheduled game.
 - II. Cover all candidate players, otherwise known as mascots, players, cheerleaders, spirit leaders, coaches, teams, and duly authorized volunteer workers all officially connected with the insured team(s).
 - III. The minimum amount of insurance carried will be \$25,000 per incident for accident/medical \$1,000,000,000.00 (million) liability.
 - IV. Each association is encouraged to purchase the liability insurance for their Board of Directors, equipment insurance as additionally protection against financial loss.
- C. Each association will designate an individual to be responsible for all insurance matters within that association.
- D. All insurance claims need to adhere to the guidelines as presented via the insurance policy. Claims that are not submitted in a timely manner could nullify the claim.
 - I. All player information shall be retained by the Association if a claim has been submitted to the insurance company for a period of two (2) years.

ARTICLE XI — SCHEDULES, PRACTICES & GAMES

1. A SRYF team SHALL not schedule, conduct and/or play a controlled or practice scrimmage and/or an exhibition, pre-season, regular-season, bye, post-season, championship or bowl game with a non SRYF team that utilizes age divisions which are different from those of SRYF.
2. The schedule of all SRYF teams include all regular season, bye, post-season, championship and SRYF tournament games must be approved by the SRYF Board of Directors and Executive Board Members.
3. A team that is on probation or suspended by SRYF is ineligible to play in any exhibition, post-season, bowl or championship game with SRYF or its affiliated associations.
4. The SRYF Board of Directors is responsible for the scheduling of all season games for the SRYF Conference. Consultation with the SRYF Executive Board is highly encouraged to ensure all associations' needs are being addressed.
5. The current season schedule must be completed prior to the regular August meeting of SRYF or sooner if the season starts at an earlier date.
6. Any association that fails to provide a team as committed in the scheduling will be fined \$250.00 per team by the Commissioner. The fine will be paid to the opposing association. All fines shall be paid within 4 days from the date of the scheduled game.
 - A. If the association fails to pay the fine, the team will be prohibited from engaging in all games during the present and the next season.
 - B. In the event of extreme hardship, a team can request to cancel a specific scheduling agreement and avoid the penalties as outline in "D" and "E" if the opposing team is in agreement and declines receipt of payment.
7. **PRACTICES-** A practice session is deemed as any skill session, group conditioning, film session or any other form of training after the start of practice with a group of players that are registered within an association.
 - A. The first day of practice can commence the week starting the month of August. i.e. If August 1st falls on a Wednesday, the first day of practice can be Monday, July 30th or at a later date as determined by each individual association.
 - B. The following rules shall cover all practice sessions of all SRYF teams:
 - I. A physician, EMT, RN, First Responder or an individual holding a valid

certification for First Aid and CPR SHALL present at all practices and clearly identifiable and introduced to the game officials and coaching staff for both teams.

- II. No player shall participate in physical contact until he has experienced a minimum of 10 hours of conditioning practice, (football conditioning within a football association), over a period consisting of 5 daily sessions of 2 hour duration each, or until the coach feels appropriate conditioning has occurred beyond the minimum time frame.
 - III. At all sessions involving physical contact, all players must wear full protective equipment as required by the current National Federation of High School Football (NFHS) Rule book.
 - IV. The Head Coach will have the team binder accessible during the course of all practices with all of the mandated information: SRYF player card, SRYF Physical Form, Notice, Consents & Waiver, and valid emergency contact information.
- C. No practice session shall exceed 2 hours in duration.
- I. Associations can hold practice five (5) days per week not to exceed two (2) hours per day for duration of four (4) weeks prior to the first week of scheduled games (byes included).
 - II. Associations will decrease practices to a maximum of three (3) times per week not to exceed two (2) hours in length; starting the week of the 1st scheduled games (byes included).
8. Hosting Associations Games-The following rules shall govern the scheduling of all games for SRYF:
- A. The home team shall be responsible for the presence of a game Physician, RN, EMT, First Responder or an ambulance that is clearly identifiable. The Host Association must have a telephone readily available at the game site for emergencies.
 - B. The hosting association shall pay for the services of the officials assigned by the local officiating association in accordance to the invoice provided. Payments to all officials will happen immediately after his/her last official game for the day.
 - C. All games must be scheduled in keeping with all applicable local ordinances and state laws.
 - D. A period of 94 hours must elapse between the final close of the game in the opening kick-off of the immediate following game.
 - E. Night games shall be scheduled on Fridays and Saturdays only and must be started and finished as follows:
 - I. "A", "AA", divisions start at such a time as to allow "AAA" to start by 8:00 PM, finished by 10:00 PM.
 - II. A game that is terminated for any reason other than forfeiture shall be re-scheduled.
 - F. An association SHALL not charge a standard admission fee, but can request a DONATION at the gate.
 - G. The hosting association is responsible for the exclusion of spectators from the bench area and all points within ten yards of the sidelines and the end zone lines. Spectators must keep off the track. All others must have a visible valid SRYF ID and meet the criteria for being on the sidelines or near the team during the course of the game, as outlined in these SRYF By-Laws.
9. SRYF players are not allowed to be named or to take part in "All Star" youth football teams or

- games. The typical SRYF player is too immature to be named “All-Star” and such honors with or without game participation are too frequently detrimental to the spirit necessary to a good team or Conference.
10. The winning of a league championship does not of itself guarantee or assure the team a bowlbid or post season play for members of the team.
 11. At all games all players shall wear full protective equipment, including cleats as required by the current National Federation High School (NFHS) Football Rule Book and approved by National Operating Committee on Standards for Athletic Equipment (NOCSAE).
 12. Associations that fail to comply with this Article shall be denied the right to have any or all of their teams engage in games during the current any immediate following season upon the order of the Commissioner.
 13. All game times are to be determined at the scheduling meeting scheduled in August prior to the pre-scheduled SRYF Board Meeting. The game times need to accommodate the number of games schedule for the day i.e. 3 Games-should start at 10 am, 12 p.m. & 2 p.m. 4-Games s should started at 9 am, 11 am, 1, pm, and 3 pm, OR as mutually agreed upon at the annual scheduling meeting between the associations.
 14. The association representative SHALL set the order in which the divisions play at the scheduling meeting. Any changes to the official schedule need to be mutually agreed upon by both Associations and report to the SRYF Board of Directors one (1) week prior to the start of the first game of the current season.

ARTICLE XII — PLAYING RULES

1. All games will be played under the CURRENT National Federation of High School (NFHS) Rule Book subject to the following modifications specific to these SEYF By-Laws.
2. **Point Spread Rule**
 - A. Adopt the NFHS Rule 18.11H (Mercy Rule) but adding a 50 MAXIMUM point differential. At the conclusion of the 3rd quarter or any point thereafter, if there is a point differential of 35 points or more points, the following shall apply:
 - I. A running clock shall be instituted for the remainder of the game regardless of the score. The game clock shall stop only for a score, a free kick following a fair catch or awarded fair catch, a charged team timeout, a coach-referee conference or an officials’ timeout.
 - II. No team shall finish the game with a score differential of more than 50 points, if there is a differential of 51 or more points at the conclusion of the game, the offending association shall pay the effected association a sum of \$300.00 and forfeit any post season play for the offending team.
 - B. Enforcement shall be mandatory by the SRFY Commissioner.
Please note this was initially omitted, but approved as of 11-29-11

ARTICLE XII PLAYING RULES

1. All games will be played under the CURRENT National Federation of High School (NFHS) Rule Book subject to the following modifications specific to these SEYF By-Laws.
2. **Point Spread Rule**
 - A. Maximum spread at the end of the game to be 30 points. This includes all regularly

- scheduled season games, playoffs and championship games.
- B. In the spirit of promoting positive self-esteem amongst all players, once maximum spread is reached, leading team to should remove all starters (teams with less than 22 players to remove the best players) from game.
 - C. Penalty for exceeding the point spread SHALL BE THE FOLLOWING:
 - I. **1st Offense- \$250.00, Association Fine and head coach placed on probation for one year.**
 - II. **2nd Offense- Forfeiture of GAME AND HEAD COACH SUSPENDED FOR remainder of season (including post season) and on probation for the next season.**
 - D. Enforcement shall be mandatory by SRYF Commissioner.
 - E. Offending coaches have the right to appeal within 48 hours by written verification to the Commissioner. Appeals hearing shall be completed within seventy-two (72) hours of notification of appeal or at the next scheduled SRYF Board Meeting.
3. **BALL SIZE**
- A. Teams in the " A & AA" division shall use the Junior size ball.
 - B. Teams in the "AAA" division shall use the Intermediate/Youth size ball.
4. **SCOUTING/GAME TAPES**
- The use of game films for the purpose of scouting a future opponent is expressly forbidden. However, videotaping at **your own teams games** will be allowed. Associations SHALL not be allowed to videotape other association games or other teams' games within their association.
- A. You shall not pass tapes within your association or to other associations.
 - B. Any gathering of coaches and players to view these games SHALL be considered practice time and deducted from practice hours. The ONLY exception to rule this is when a team views the film of the game just played.
 - C. A coach while attending a game in which his team and/or child(ren) is not participating in must inform both head coaches upon his/her arrival at the game .
 - D. Teams that violate ~~paragraph 11~~, as above SHALL forfeit the game in which they gained the advantage.
 - E. All fines associated with a "forfeit" game SHALL be levied by the Commissioner.
5. The bench is limited to players, coaches, managers, game physician, ambulance attendants and law-enforcement officers. Each team is solely responsible for the presence of only the above individuals, game officials, and members of the down marker crew in their bench area during the game.
- A. The game officials will assess a 15 yard unsportsmanlike conduct penalty against any team that has in its bench area any individuals other than those authorized above.
 - B. The SRYF Board of Directors and SRYF Executive Board Members and Board Members for individual associations are empowered to direct the attention of game officials to violations of this paragraph.
 - C. Any team found guilty of placing any unauthorized individuals in an opponent's bench area will forfeit the game in question, and one position in its win/loss standings.
 - D. The "Chain Gang" SHALL always be placed on the home side of the field.

6. **EJECTION**

Any player or coach ejected from a game SHALL be suspended from participating for a period of seven (7) days, including the next scheduled game (BYE games do not count as the 7th day),

- A. This suspension SHALL include all practices and the game the following Sunday. However, a player can participate in practice after waiting the seven (7) days if there was a scheduled BYE game.
 - I. The Head Coach SHALL notify their Association President immediately following the game. The President SHALL notify the Commissioner immediately of the ejection via phone call, text message and/or email.
- B. A second ejection from a game SHALL lead to a ban for the season. If the ejection occurs at the last game of the season it cannot be held over to next season.

7. **THE 6 PLAY A RULE**

The coaches SHALL play all eligible players on the team. It is the responsibility of the SRYF Board of Directors and Executive Board Members to see this carried out within the spirit of SRYF. Coaches SHALL play all of the team's eligible players a minimum of 6 plays from the line of scrimmage during the regulation play (regulation play does not include overtime).

A. **If a Coach fails to comply with the above rule then:**

- I. Failure to play all of the teams eligible players a minimum of six (6) plays from the line of scrimmage during regulation play SHALL result in the Head Coach being suspended immediately from all duties, practices, and games until the 2nd Monday after the ~~infraction~~ violation, as well as forfeiture of the game in question.
 - II. A second violation SHALL result in the immediate suspension of the Head Coach for a period of one (1) year.
 - III. If an infraction of the 6th play rule occurs on the last game of the season the Head Coach will be suspended for the 1st week of regular season practice and for the 1st regular season game of the following season. The opposing team must notify their Association President immediately, and in writing within 48 hours, when violation of the rule occurs.
- B. If a player is not eligible to play because of injury, absence, discipline, etc., write the reason after his name, through the numbered boxes prior to the start of the game. If, for any reason, a player cannot continue to play who has not yet played 6 plays during the course of a game notify your monitor immediately.
 - C. Players not eligible to play or continue to play can only wear their game jersey and shall not suit up. They belong on the sidelines with the rest of their team except in the case of an injury that necessitates medical evacuation.
 - D. If the Head Coach benches a player after the start of the game that has not yet played 6 plays notify your monitor immediately. Head Coach must submit to the Association President, in writing within 72 hours, the reason (s) for the disciplinary benching.
 - E. If a player informs his coach he/she does not want to play notify your monitor immediately. The player will subsequently be removed from the game for his own welfare.
 - F. Each player will be credited with one play if the ball is snapped and the play is run to completion even if a penalty occurs on that play. A player will not be credited with a play if the ball is snapped and the referee then blows the play dead prior to the complete execution of the play.
 - G. All special team plays count towards a player 6 plays including kick-off teams and kick- off

receiving teams' players. Extra point, field goal and punting plays also count towards players 6 plays.

H. If the 6 Play Monitor informs the Head Coach player has not received the minimum six (6) plays, the Head Coach is obligated to fulfill the requirement regardless if he/she disagrees.

8. SRYF SPECIFIC GAME RULES

A. The length of quarters for all games SHALL be 10 minutes on a stop and go clock. If at any point in the game, both head coaches feel it would serve the best interests of the players involved, a running clock can be used, only by mutual agreement of the Head Coaches.

B. Intermission between the 1st and 2nd, and the 3rd and 4th quarters shall be 2 minutes. Halftime length will be determined by the number of games being played at the hosting field for each game day. The Officials will notify the hosting team and the Head Coaches of the duration of the half time break. Coaches SHALL hold a conference within the two (2) minutes intermission between quarters with one (1) or more players.

C. Each team SHALL be permitted three (3) timeouts per half. Time outs for injuries shall be charged as officials' time outs.

D. The free substitution rule is always in effect.

E. The use of walkie-talkies, telephone or other communication equipment is prohibited for all coaching staff.

F. During a try for an extra point, a team may score one (1) point from what would be a touchdown and two (2) points for what would be a field goal under rules governing play at other times during the game.

G. Coaches who remove their teams from a game before the game is completed, as a protest against game official(s), SHALL: forfeit the game and RELINQUISH ANY & ALL claims their team have to their current division championship and post-season playoff games. The team shall be placed on suspension until the Head Coaches actions can be heard by the SRYF Board of Directors. There is no appeal to the provisions of this paragraph.

H. Once removed FROM A GAME, by reason of injury, by the Official recognized field EMT, RN, or First Responder, a player SHALL not be allowed to re-enter the game without the approval of the recognized field EMT, RN or First Responder that originally removed the player from the game. Forfeiture of the game, suspension of the Head Coach for one-game and probation for the rest of the season will occur if the rule is not followed.

I. Head official (white hat) SHALL enforce a game time suspension until player is removed or game forfeiture if head coach refuses to remove.

J. All coaches must abide by a doctor's decision in all matters pertaining to a player's health, injuries and/or physical ability to participate in a game of the SRYF program.

9. All SRYF games will adhere to the National Federation for High School Football Rule Book (NFHS) for rules and regulations governing the game unless there is a rule specific within the SRYF Rule Book which circumvents and/or nullifies a NFHS Football Rule.

10. If the score is tied at the end of the regulation game time, referees shall adhere to the current NFHS Football Rule Book, Section labeled "RESOLVING TIED GAMES."

ARTICLE XIII- AWARDS & RECOGNITIONS

1. No team, association, Conference, booster club or any other individual or group of individuals directly or indirectly affiliated with SRYF shall grant, give, bestow or otherwise present or convey to any player an expensive trophy or other award. Any trophy or other award given to an individual player should not cost more than \$15. Recognition for scholastic achievements,

- scholarships, or SRYF approved awards is exempt from the \$15 limit.
2. For the purpose of this Article, parents or groups of parents of players and/or booster clubs and sponsoring organizations of teams are considered to be SRYF affiliates.

ARTICLE XIV-DISCIPLINARY, ACTION & APPEALS

1. Fines and Disciplinary Action not previously outlined in the articles of incorporation or SRYF Bylaws shall be at the discretion of a majority vote of the SRYF board of directors. Applicable actions taken by the board may take place at a specially called, regularly scheduled, or electronic meeting, but must take place in an open forum in accordance with Roberts Rules of Order, and bylaws detailed previously in SRYF bylaws.
2. Appeals of fines and disciplinary actions taken shall be heard by a quorum of the SRYF Board of Directors and Executive Board at the next regularly scheduled board meeting. All appeals must be filed with the SRYF commissioner by the association president in writing within 72 hours of the disciplinary action.

ARTICLE XV– RULE BOOKS

1. Each year SRYF will ensure that electronic versions of the current SRYF RULE BOOK will be available to each of the SRYF Association Presidents. This can include providing them via email in PDF and/or providing a link to download the SRYF RULE BOOK.
2. Every association should make the current NFHS Rule Book for Football readily available for all coaching staff and board members. Any annual changes will be provided to the associations to distribute to coaching staff.
3. SRYF will provide current five (5) copies of SRYF Rule Books to the Referee/Official association coordinator to distribute as needed to officiating referees

ARTICLE XVI – ANNUAL CONFERENCE BUDGET

BUDGET ASSESSMENT

1. SRYF Treasurer shall propose an annual budget that shall incorporate all expenditures and incidental costs for SRYF Championship Game(s) and the SRYF Cheer Competition.
2. The annual budget should be available for approval at or prior to the May SRYF meeting.

ARTICLE XVII – AMENDMENTS

1. Proposed amendments to the Articles of Incorporation of these By-laws MUST be presented to the Commissioner, ONLY by an Association President or by a current SRYF BOD during the course of the current season, to be implemented for the upcoming season using the [SRYF Rule Change Form](#). The presenting association MUST provide copies for all participating associations and all SRYF Board of Directors. The Commissioner will forward the proposal(s) to all Association Presidents within two weeks of receipt and/or at the March meeting. This can be done via electronically via e-mail.
2. An Association President must present an amendment to these By-Laws as provided in paragraph 1, if it has been forwarded from their association.
3. Amendments to these By-laws proposed by the Commissioner must follow the same rules set forth in paragraph 1 of this Article, and does not require prior approval or endorsement by an Association President.

4. Proposed amendments to these By-laws properly presented to the Association Presidents by the February Board Meeting and must be voted on no later than the regular March meeting. A majority of the quorum of the Executive Board is required to amend these By-Laws.
5. No waivers can be presented to circumvent the current schematic for the teams divisions.

ARTICLE XVIII — BOWL GAMES & PLAY-OFFS

1. Play-Offs will start the 1 st weekend after the end of the regular season and finish on by the 3rd Sunday of November. Placement of teams into playoffs SHALL be determined in the following order:
 - A. TEAM LOSS RECORD
 - B. HEAD TO HEAD
 - C. COMMON OPPONENTS
 - D. MUTUAL AGREEMENT
 - E. COIN TOSS

SRYF will provide season division co-champions, as needed.

2. For divisions that have **less than fourteen (14)** will have a **six (6) team playoff for championship** will be used with the following schedule:

1st ROUND PLAYOFFS

1st and 2nd place teams will have BYES for the first week of playoffs

GAME 1: 3rd vs. 6th
 GAME 2: 4th vs. 5th

2nd ROUND PLAYOFFS

GAME 3: Winner of GAME 1 will play 2nd
 GAME 4: Winner of GAME 2 will play 1st

CHAMPIONSHIP GAME

GAME 5: Winner of GAME 3 vs. Winner of GAME 4

3. For divisions that have fourteen (14) or more teams in their division will have an eight (8) team playoff for championship

1st ROUND PLAYOFFS

2nd ROUND PLAYOFFS

GAME 1: 1st	vs.	8th	GAME 6: WINNER OF GAME 1 vs. GAME 4
GAME 2: 2nd	vs.	7th	GAME 7: WINNER OF GAME 2 vs. GAME 3
GAME 3: 3rd	vs.	6th	CHAMPIONSHIP GAME
GAME 4: 4th	vs.	5th	GAME 8: WINNER OF GAME 6 vs. GAME 7

4. The rotation of championship games will be hosted in the following order commencing in the 2021 season:

MYF	2021	ERV	2026	RYF	2024
DNYF	2022	FYF	2027		
EJLF	2023	HYCF	2028		

- A. The following job duties shall be distributed and assigned as follows:
 - I. The hosting association shall be responsible for all the duties incorporated in “hosting the snack bar” and providing volunteers for cleaning up the facilities at the end of the last game. The hosting team shall keep all proceeds collected from the snack bar to distribute back into their association for overhead costs associated with maintaining their association.
 - II. The hosting association will receive all proceeds from the gate donations for their association. Additionally, this association is responsible for providing security for the post-season games
 - III. Teams participating in the post-season game(s) are responsible for obtaining volunteers for 6-Play for the opposing side of the field and home side.

- 6. All Associations shall host championship games in the order stated above unless placed on probation or suspension by SRYF. In the event an Association is on probation or suspended by order of SRYF or is unable to provide volunteers for their specific duties that association shall relinquish their placement in the rotation schedule.
 - A. Any Association hosting a Play-off must provide:
 - I. Awards for the football players, cheerleaders and coaches that have lost.
 - II. Pay for all costs associated with hosting a post-season game and provide for chain gang, EMT, and other job duties, as deemed necessary for game play.
 - III. Any Association posting a bowl or play-off game can request a donation for admission to offset the overhead costs associated with hosting a game (Referee fees, field costs, awards, etc..) of: The following will be the donation schedule: \$3.00 Adults, \$1.50 Teens, Free under 12, when accompanied by an adult or \$5.00 for families.

- 7. If an Association hosting a Championship or playoff game has a team playing, that team will have home field rights regardless of ranking. If a hosting Association does not have a team in the playoffs, the highest ranking team will have home team rights.

- 8. SRYF will pay for the EMT and game officials in addition to providing awards for the Championship Games.

- 9. Invitational Bowl Games are played at the discretion of the individual associations. Associations shall notify SRYF Board of Directors of the date, time and location of any invitational bowl games.
 - A. Any team that would like to participate in a post-season game, with the Conference’s approval, can do so in the form of an invitational bowl game regardless of the teams’ win/loss record.
 - B. Invitational bowl games are encouraged as a means to allow a greater number of youngsters to experience the festive excitement of post-season play.
 - C. Any teams hosting a bowl game are responsible to providing the appropriate, credited officials, and EMT/First Responder at the game. All payments for above services are the responsibility of the hosting associations and not at the expense of SRYF.

NOTES

Six Rivers Youth Football Conference Cheer Leaders' Operating Procedures 2021

I. ADMINISTRATION

1. The Cheer Coordinator, Head Coach, Assistant Coaches, Instructors, and volunteers shall adhere to these SRYF By-Laws and that of their own association.
2. The Conference CHEER Commissioner shall be under the leadership of the Conference and serve as an SRYF Board of Director.

II. MEETINGS FOR SRYF CHEER COORDINATORS

1. SRYF Cheer Coordinators shall meet monthly, as scheduled and directed by the SRYF Cheer Commissioner.
2. All SRYF Cheer Coordinators and/or their representatives shall adhere to the requirements for minimum mandatory attendance, as outline in these SRYF By-Laws, Article XI.

III. COACHES, INSTRUCTORS AND VOLUNTEERS

1. All Coaches, Assistant Coaches, Instructors, and volunteers must adhere to Article VII(2) of these SRYF By-Laws. All Associations have the authority to refuse any volunteer who are deemed ineligible pursuant of these SRYF By-Laws.
2. Coaches will be allowed to transport children to and from games and/or practices as long as they have no driving convictions, and have valid car insurance with the state minimum requirements as pre-arranged with the parent(s) and/or guardian(s). The coach must provide the current Department of Motor Vehicle (DMV) printout and proof of insurance to the Association President in addition to their SRYF Volunteer Application.

IV. COACHING STAFF

1. Head Coach is to conduct and oversee also aspects of the squad.
 - a. Must be 21 years of age.
 - b. Shall not be an Association President, however if a coach is needed, an Association Cheer Coordinator can be a Head Coach with the waiver from the SRYF Executive Board members.
 - c. Must attend mandatory coaches' clinic, if available.
2. Assistant Coach is to be under the direction of the Head Coach and is to take the place of the Head Coach in his/her absence.
 - a. Must be 18 years of age. If under 21, the Assistant Coach cannot be left alone with the squad.
 - b. Must attend a mandatory coach's clinic, if available.
3. Instructor(s) help instruct the squad under the direction of the Head Coach.
 - a. Must be at least one year older than oldest squad member.
 - b. Shall not be left alone with the squad, if under the age of 21.

- c. Is not to conduct practice or discipline the squad members.
- d. Must attend mandatory coaches' clinic, if available.
- 4. The Head Coach has the discretion to bench from the game, practice, or competition any member of the Cheer/Spirit Leader team/Squad for breaking the rules outline in the Cheer Leader Code of Conduct and/or team rules with the approval of the Association Cheer Coordinator.
- 5. The Head Coaches, assistant coaches, instructors, and/or volunteers shall not participate in the organization of practice before the mandatory start date and time and SHALL not encourage or allow practice times to extend beyond the allowed number of hours and/or days. Please refer to the practice rules outlines in Article XIII.
- 6. At no time shall a coach or volunteer receive any payment in cash or kind, nor hire for payment a private tutor to teach cheers, routines, or stunting skills for competition or otherwise. Teams that violate this rule shall receive a loss of all points at competition. Please note this does not apply to clinics or open gym sessions that are announced and available for all SRYF participants.
- 7. Failure to attend a coaching clinic can result in a coach, assistant coach, and/or instructor from being certified for a team.

V. SIGN UPS/TRY OUTS

- 1. Our purpose shall be to involve all interested youth. There are to be no tryouts and all positions are to be on a first come basis. This gives all participants an opportunity to cheer, regardless of talent or skill.
- 2. All positions shall be open each year. Each participant having equal opportunity to participate.
- 3. A Cheer Leader will not be able to be on 2 squads that share the same season.
- 4. The Association has the discretion to close registration as provided in these By-Laws

VI. CERTIFICATION

- 1. Cheer Leaders do not need to be present at the time of certification. The SRYF Cheer Commissioner will arrange a date with each Association Cheer Coordinator to review/certify all team books.
- 2. All Cheer Leaders who do not pass certification will be crossed off the original roster.
- 3. To be re-certified a Cheer Leader must be placed on a new separate roster in alphabetical order if more than one on the roster.
 - a. Must have all required paperwork guidelines as stated below.
 - b. Must be certified prior to 8 PM on Saturday of the second week of the regular season.
 - A. TEAM ROSTERS
 - 1. Team rosters must be legible and in alphabetical order excluding Mascots. Do not skip lines on the roster form.
 - 2. Columns identified for SRYF OFFICIAL USE ONLY, should be left blank for the SRYF Certifying Officer
 - 3. Mascots are to have a separate roster.
 - B. SRYF PLAYERS' I.D CARD
 - 1. Completely fill out the card with all pertinent information.
 - 2. Adhere a current picture as of August 1st to the card.
 - 3. The Head Coach and Association President OR Cheer Coordinator need to sign the cards.
 - C. SRYF PHYSICAL FORMS/CONSENT, WAIVER FORMS
 - 1. SRYF forms need to be filled out by qualifying medical professional.

2. If another form is used, the SRYF needs to be attached with the appropriate signatures for all of the consents from the parent/guardian(s).
3. Physical dates cannot be dated earlier than April 1st of the current year.
4. The Notice, Consent & Waiver form needs to be filled out completely by the parent/guardian.

VII. MASCOTS

1. Children are eligible to become mascots if he/she turn 5 years old on or **August 31st** and do not turn 8 years old on or before **August 31st** of the current season.
2. The placement of Mascots shall be at the discretion of the Association.
3. Mascot utilization at practice and game level shall be at the discretion of the Head Coach.
4. Mascots will be registered and insured just as other youth in the program.
5. A squad may have up to 10 mascots. If a squad has more than 6 members, including mascots a separate instructor must be provided.
6. Mascots will have the option of performing in mascot's demonstration at the SRYF competition.

VIII. PRACTICES

1. All spirit leaders must have 10 hours of conditioning before stunting. Following the Progressions detailed on the SRYF Progressions Sheets are considered part of conditioning.
 - a. In conformity with SRYF playing regulations as outlined in Article XIII in the SRYF Rules and By- Laws.
 - b. The first ten (10) minutes of practice will be used for warm-ups.
 - c. Water should be used frequently during hot days.
 - d. No practice session shall exceed 2 hours in duration, and shall not exceed the weekly maximum in evening termination specified.
 - e. The 2-3 weeks prior to an SRYF cheerleading competition associations may add 1 (one) practice per week for a total of four (4) practices for those weeks.
 - f. All practices will end that no later than 8:30 PM.
 - g. Player's books must be present at all practices and games. If your book is not present you do not practice or cheer.
 - h. All coaches must be in possession of their coaching badge at all practices, games and competition.
2. **PROGRESSION SHEETS**
 - a. A progression chart for stunting must be used for each cheer leader. Stunt Progression sheets are to be done in August, September, and October. Each cheer leader MUST have a stunt progression sheet signed monthly by the Association Cheer Coordinator .
 - b. If an association does not use Progression Sheets, the Cheer Team WILL NOT BE ALLOWED to stunt at practices, games and/or competition.
 - c. All Stunt Progression sheets will be turned to the SRYF Cheer Commissioner at the October SRYF Cheer meeting.
 - d. Any Stunt Progressions Sheet turned in late-will result in **100.00 fine on the first day they are late. The penalty will increase by \$25.00 each following day late. Progression Sheets that aren't turned by the Sunday prior to the SRYF monthly meeting will lose their eligibility to stunt at the competition and have points deducted appropriately by the judges.**

IX. CAMPS

1. Cheerleader Camps are left to the discretion of the individual participants, but are highly encouraged. See practices.

X. DRESS CODE

1. Participants should wear appropriate clothing: cotton shorts, cotton sweats (no nylon or jeans material). Shorts, skirts, shirts, sweatshirts and jackets are not to have pockets, studs, zippers or abrasive surfaces on them. No hooded shirts, sweatshirts or jackets.
2. Participants are to wear tennis type shoes that lace up and the shoe sole is to be no more than a ½ inch high. No waffle bottom shoes. Socks are to be worn at all times with tennis shoes.
3. Makeup at the A and AA divisions is not permitted. At the discretion of the coach, AAA division participants may wear makeup that is natural looking and good taste. Tattoos/stickers are allowed at all levels.
4. Hair is to be neat, clean and out of the face.
5. Nylons are not permitted. Leggings and gloves can be worn if deemed necessary by the Head Coach due to weather conditions. Leggings/gloves should be a non-slip material, ideally cotton and must be removed for stunting.
6. Uniforms should be kept neat and clean.
7. ~~Gloves are not permitted.~~
8. Skirt length should be no shorter than 2 inches below the cup of the buttocks.
9. Spirit leaders must wear appropriate undergarments or they will not be allowed to participate.
10. There is to be no jewelry worn. This includes, but is not limited to necklaces, earrings, bracelets, rings, body piercing including but not limited to the nose, tongue, belly button, etc. Religious or medical ID's must be taped flat to the body with medical tape.
11. There is to be NO glitter of any kind to be worn on the body, hair or uniform at the SRYF Cheer Competition. **The use of glitter during the season is at the discretion of each individual association. (Signs with glitter on them MUST be laminated for competition)**
12. Fingernails (natural and/or engineered) must not be visible beyond the ends of the fingers viewing palm of the hand.
13. There is a uniform limit of \$350.00. The penalty for exceeding the limit is disqualification from competition. Definition of the uniform is: everything a spirit leader is required to wear from head to toe, excluding undergarments, but not limited to shell, sweater, skirt, poms, shoes, socks, briefs, turtleneck, hair-tie, raincoat, jackets, etc. Spending limits shall include all costs related to the uniform; shipping, handling, tax etc.

XI. GAME CONDUCT

1. All cheers to be done in good taste. The use of vulgarity is strictly prohibited as outlined in the SRYF Code of Conduct.
 - a. Any words with double meanings, suggesting a vulgar tone will not be permitted.
2. Derogatory remarks toward anyone is not permitted.
3. Cheer leaders shall conduct themselves in a respectful manner at all times, which includes no arguing during games with other teammates and/or coaching staff.
4. Cheer leaders shall not leave the cheering area without permission from the Head Coach.
5. Cheer leaders should be alerted to the game action so that appropriate cheers are done.
6. Cheer leaders shall not cheer when there is an injury on the field. **PLEASE KNEEL.**

7. When not cheering, spirit leaders shall stand in line so the next cheer can be done without delay.
8. When visitors and the home team are on the same side of the field, alternate cheers. Be courteous to others!
9. Always be friendly and cooperative.
10. Participants are not permitted to chew gum or have candy in their mouth during practice or performance.
11. Water breaks should be given frequently.
 - a. Water bottles should be brought and kept in the cheer area for usage. No cheerleader should go into the stands to retrieve a water bottle.
12. **ILLEGAL STUNTS: Associations will receive 1 warning for doing illegal stunts. Failure to change the stunt to make it legal or to continue to use the illegal stunt will result in losing stunting privileges at competition which will result in zero points for the stunting category.**

XII. PERFORMANCE AT GAME LEVEL

1. All music must be cued and in announcer's booth or other
2. Home and visitors will perform their song routine and/or performance cheers during half-time.
 - a. Visitors will take the field immediately after it is vacated by the football teams. Their performance will start immediately. Visitor's performance and/or time on the field shouldn't last longer than 4 minutes. Time allowed is for cheerleaders and mascots.
 - b. Home team is to take the field immediately following the performance by the visiting team. The field should be vacated immediately so the players may re-enter the field. No more than 4 minutes is allowed for their performance. Time allowed is for cheerleaders and mascots.
3. At no time shall a spirit leader take the field while it is occupied by the football team unless supervised by certified adult.
4. Music routines shall be done during timeouts, etc., as long as the music is played from the sidelines so as to not disturb the game.
5. Each squad shall have ready for inspection at any officials request for the following: Team Rosters, Progression and Tumbling Sheets.
6. All home teams shall provide a sound system for visiting team's halftime music. NO Friendship favors of any kind shall be exchanged between associations.

XIII. COMPETITION

1. All squads from each Association are encouraged to attend the SRYF cheerleading competition and complete each event, but not required for participation in SRYF. Two weeks immediately prior to the SRYF cheerleading competition (1) additional day of practice per week shall be added to the regular schedule.
 - b. **QUALIFICATION**
 - I. All squads must be certified and competing in the division in which they are certified.
 - II. Once a team has been deemed eligible for and registered for a particular division, they must compete within that particular division. Teams shall withdraw from competition completely, but shall not change divisions once they have registered.
2. Registration packets must be given to Associations by the August Cheer Leader Coordinators' meeting.

3. Prior to the 1st game of the season, the Head Coach must submit the competition registration form to the Association Coordinator, to show proof of the results to participate in the competition along with a certified roster.
4. Associations must turn in all paperwork and fees to the Spirit Leader Commissioner at least 30 days prior to the competition or the Association shall not be allowed to compete due to the tardiness, unless prior approval was given from the Cheer Leader Commissioner.
5. Squads with stunting questions regarding legality of a stunt, shall have the coordinator show a video of the stunt (not the competition routine) being performed by the Cheer leaders involved, to the Cheer commissioner for pre-approval.
 - a. In the event a decision cannot be made the cheer commissioner will investigate and get back with the association coordinator as soon as possible.
6. If a tie should occur, new score sheets will be used by judges, and the teams concerned will perform their routines again and be judged again to break the tie for the positions in question. You will not be able to move into a higher or lower position other than the position in question regardless of how you score in tie breaker.
7. Awards are at the discretion of the Spirit Leader Board. They will determine how far to place trophies, ribbons and other awards on a yearly basis.
8. An Association not in good standing will not be eligible to compete.
9. Each Association will host competition on a designated year. The schedule is on the following rotation:
 - a. ERV, Curry, Del Norte, McKinleyville, Arcata, Hoopa, Eureka, So. Humboldt and Ferndale and Redwood .
 - b. An outline of duties should be discussed and issued, rotating down the list the next year.
 1. For Example: Take Down/Clean Up, T-Shirts, Mats, Door, Snack Bar, Security, Set Up, Warm Up Room, Programs/Scoring Sheets.
10. SRYF Conference shall help a secure facility of appropriate size to accommodate the expected crowd.
11. Competition is to be held the first Saturday in November **UNLESS Halloween falls on the Friday prior to the 1st Saturday. In this case the annual SRYF Cheer Competition will be held on the 2nd Saturday in November.**
12. Cheerleading Coordinators will have all voting rights regarding competition. Each Coordinator is required to inform their boards on all competition arrangements for the current season. Cheer Commissioner at the SRYF monthly meetings should provide an update/overview. However, all issues regarding finances has to be presented to the SRYF Executive Board for approval of expenditure of funds.
13. If a squad would like to participate in another type of Cheer Competition, it must be approved by the spirit leader board and then approved by the SRYF Conference Board. The competition must fall within the season or will not be considered. Additionally, the competition must adhere to the team rules as specified by the SRYF By-Laws regarding divisions, stunt perimeters, etc...
14. Special competition squads are not permitted: Squads must be in compliance with age levels and must have cheered with a team throughout the season.
15. **COMPETITION**
 - EVENTS:**

There will be 1 event and it will include cheer and song.

- a. Must be at least 2 1/2 minutes but no longer than 3 minutes. You can break it up however you want but you cheer needs to be at least **45 secs**. You can do cheer/music or music/cheer/music or cheer/music/cheer. **NO PROPS OTHER THAN POMS OR SIGNS ALLOWED.**
- b. Mascots are 1 to 1 ½ minutes. **Cheer or music or both.** Mascots can use any prop of their choice but be careful when stunting that they do not end up under their feet. **NO STUNTING WITH PROPS!**

TEAMS:

- a. Once competition roster are turned in there will be no division changes allowed.
- b. If the squad gets down to 3 or less cheerleaders it can be voted on by the cheer coordinators whether to allow them to compete with another squad.
- c. If they are "A" cheerleaders then they must compete at their level as far as stunting is concerned. (No extended stunts for the "A" girls). Any association that knowingly allows a single A to base or fly in an extended stunt will be disqualified.

COMBINING TEAMS FOR COMPETITION:

- a. Associations can combine two "A", "AA" or "AAA" squads without prior approval from the cheer coordinators.
- b. If associations want to combine two different divisions together you must get approval prior to competition rosters being handed in.

16. REGISTRATION

- a. Roster must be received by the Conference Cheer Commissioner 30 days prior to competition.
- b. Squads not complying will not be eligible to compete, unless other arrangements have been made prior to the deadline directly with the Cheer Commissioner.
 - I. Team check in will begin at a pre-arranged schedule.
 - II. Only one (1) certified representative per squad will be able to check in the squad, retrieve any score sheets, lodge protests or pick up any award packets.

17. JUDGING

- a. Four (4) judges will be hired from AACCA or NCA to judge the SRYF cheer competition. There will be three (3) main judges and one penalty judge.
- b. The competition will be judged by each judge in the same capacity. The 1st, 2nd, 3rd, and Superior rankings.
- c. Any unsportsmanlike conduct shall result in disqualification and immediate removal from the competition as well as the penalties, as outlined below for violations.
- d. Score sheets will be given to, the Coordinators after the competition.
- e. All scorers and decisions of the judges are final.
- f. There will be a short meeting for judges and association cheer coordinators prior to the start of competition for any last-minute questions.

20. **PENALTIES SAFETY VIOLATIONS/TIME VIOLATIONS OR RULE VIOLATIONS WILL HAVE 10 POINTS PER VIOLATION DEDUCTED FROM THE FINAL SCORE.**

21. **CAMERAS**

- a. Video cameras are allowed in designated areas. Hand held video cameras are allowed in the stands.

SPECIFIC SAFETY GUIDELINES

GENERAL RISK MANAGEMENT

1. Cheerleading squads should be placed under the direction of a knowledgeable adviser or coach.
2. The cheerleading coach or other knowledgeable designated representative should be in attendance at all practices and functions.
3. All cheerleaders should receive proper training before attempting any type of gymnastics and/or tumbling skills.

DIVISIONAL RESTRICTIONS

MASCOTS

1. Spotters must be a part of the squad. Parents or individuals that are certified with the squad and are familiar with the routines can be an additional spotter but shall not take the place of the main spotter. Number of spotters should be approved by the cheerleading coordinator prior to the stunt.
2. The height of all partner stunts and pyramids is restricted to the waist level of the base. Therefore, absolutely no shoulder sits or extended arm stunts are allowed.
3. Splits are permitted. Splits must begin with both feet, floor and slide into split position.
4. Liberty type stunts ARE allowed at waist level (needs back spot) or below.
5. Bases shall not lose physical or visual contact with the top person at any time.

“A” DIVISION

1. Spotters must be a part of the squad. Parents or individuals that are certified with the squad and are familiar with the routines can be an additional spotter but shall not take the place of the main spotter. Number of spotters should be approved by the cheerleading coordinator prior to the stunt.
2. The height of all partner stunts and pyramids is restricted to below the shoulder level of the base. Therefore, absolutely no extended arm stunts are allowed. Exception to this is the Russia lift or star, and the chair lift; both of these exceptions must maintain a continuous spotter.
3. Shoulder sits are permitted at the Single A level with the spotter' hand around the Flyer's waist at all times in order to keep constant contact. Shoulder stands are not permitted at this level.
4. Liberty type stunts at the shoulder level or below may be done at this level.
5. Splits are permitted. Splits must begin with both feet on the floor; and slide into split position.
6. "A" bases must not lose physical contact with top person, with the exception of a pop cradle. Pop cradle must be done with 3 bases and a flyer.
7. Backward pendulums are allowed. No forward or face down pendulums allowed. No face down load ins allowed.

8. Bases must maintain visual contact with the top person at all times.

“AA” and “AAA” DIVISION

1. Spotters must be part of the squad. Parents or individuals that are certified with the squad and are familiar with the routines can be an additional spotter but shall not take the place of the main spotter. Number of spotters should be approved by the Cheerleading Coordinator prior to the stunt.
2. Extended arm stunts or pyramids are allowed, including shoulder stands.
3. Splits are permitted. Splits must begin with both feet on the floor and slide into split position.
4. Cradle catch dismounts are allowed.
5. Backward pendulums are allowed with the appropriate number of spotters (see progression sheets). No forward or face down pendulums allowed.
6. No tosses allowed including basket tosses and shotgun cradles.
7. Bases must maintain visual contact with the top person at all times.
7. Shoulder sits are permitted at the “AA” and “AAA” level and requires a spotter for the build. The spotter can leave afterwards and is not needed for the dismount.

CHEER TERMINOLOGY

Base:	A person who is in direct contact with the performing surface and is supporting another person's weight.
Basket Toss:	A stunt in which a top person is tossed by bases whose hands are interlocked.
Bracer:	A top person that provides stability to another top person.
Cradle:	A dismount from a partner stunt, pyramid or toss in which the top person is caught in a face-up, pike position before being placed on the performance area or remounting into another stunt, pyramid or loading position.
Cupie/Awesome:	A stunt in which both feet of the top person are in one hand of a base.
Dive Roll:	A forward roll where the feet leave the ground before the hands reach the ground.
Elevator/Sponge Toss:	A stunt in which the top person loads in to an elevator/sponge loading position and is then tossed into the air.
Extended Stunt:	A stunt in which the entire body of the top person is extended in an upright position over the base(s). Chairs, torches, flat backs and straddle lifts are examples of stunts where the bases' arms are extended overhead, but are NOT considered to be extended stunts since the height of the body of the top person is similar to a shoulder level stunt.
Hanging Pyramid:	A pyramid in which the top person's weight is primarily supported by another top person. Examples of hanging pyramids are: a person being suspended between two shoulder stands; a "whirlybird" stunt where one person's weight is being supported by the legs of a top person in a shoulder sit; and a "diamond head" where two persons are suspended from one shoulder stand.
Helicopter:	A stunt in which the top person is tossed into the air in a horizontal position and rotates parallel to the ground in the same motion as a helicopter blade.
Inverted:	A body position where the shoulders are below the waist.
Knee Drop:	Dropping to the knees without first bearing the majority of the weight on the hands or feet.
Loading Position:	A position in which the top person is off the ground in continuous movement that puts the bases and top in a position to end the movement in a stunt.
Pyramid:	Connected partner stunts.
Post:	A person on the performing surface who may assist a top person during a stunt or transition.
Prop:	Any object which can be manipulated or used as a base (ex: poms, signs, flags, megaphones, etc.)
Quick Toss:	A toss technique where the top person begins the toss with both feet on the ground. The bases can apply an upward force on any part of the body other than under the feet.
Released Pyramid Transition:	A pyramid transition in which the top person is connected to a bracer while being released from their bases and is in a descending mode before being caught in a cradle, stunt or loading position.
Spotter:	A person who is responsible for assisting or catching the top person in a partner stunt or pyramid. This person cannot be in a position of providing primary support for a top person but must be in a position to protect the top person's head, neck and shoulders when coming off a stunt or pyramid or

landing in a cradle. Spotters must have their attention focused on the top person in order to be considered a spotter. Momentarily looking away in order to assess environmental safety factors (poms, signs, another stunt, etc.) is allowed as long as their focus returns to the top person.

Stunt/Partner Stunt: One or more persons supporting one or more top persons off of the ground.

Suspended Roll: A skill in which a person in contact with bases or posts performs a foot-over-head rotation.

Tension Drop: A dismount from a stunt or pyramid where the top person(s) are directed toward the ground while their feet are held by the base(s) until just before the landing.

Tic-Toc: A stunt that is held in a static position on one leg, the base(s) takes a downward dip and release the top person as the top person switches the weight to the other leg and lands in a static position on the opposite leg. The dip may or may not pass through prep level before release.

Top Person: A person who is not in contact with the performing surface and is being supported or stabilized by another person or has been tossed into the air.

Toss: An airborne stunt where the base(s) executes a throwing motion from below shoulder level to increase the height of the top person and the top person becomes free from all bases, posts or bracers.

GENERAL TERMS AND/OR INFORMATION

1. Cheerleading squads should be placed under the direction of a qualified and knowledgeable advisor or coach.
2. All practice sessions should be supervised by the coach and held in a location suitable for the activities of cheerleaders (i.e., use of appropriate mats, away from excessive noise and distractions, etc.).
3. Advisors/coaches should recognize a squad's particular ability level and should limit the squad's activities accordingly. "Ability level" refers to the squad's talents as a whole and individuals should not be pressed to perform activities until safely perfected.
4. All cheerleaders should receive proper training before attempting any form of cheerleading gymnastics (tumbling, partner stunts, pyramids and jumps).
5. Professional training in proper spotting techniques should be mandatory for all squads.
6. All cheerleading squads should adopt a comprehensive conditioning and strength-building program.
7. An appropriate warm-up routine should precede all cheerleading activities.
8. Prior to the performance of any skill, the immediate environment for the activity should be taken into consideration including, but not limited to proximity of non-squad personnel, performance surface, lighting and/or precipitation. Technical skills should not be performed on concrete, asphalt, wet or uneven surfaces or surfaces with obstructions.
9. Programs should qualify cheerleaders according to generally accepted teaching progressions. Appropriate spotting should be used until all performers demonstrate mastery of the skill.
10. All jewelry is prohibited during participation. Religious medals and medical medals are not considered to be jewelry. A religious medal without a chain must be taped and worn under the uniform. A medical alert medal must be taped and may be visible.
11. Supports, braces and air casts which are hard and unyielding or have rough edges or surfaces must be appropriately covered. A participant wearing a plaster-type or other hard, heavy cast shall not be involved in stunts, pyramids, tosses, tumbling or spotting.

12. Squad members must wear athletic shoes (no gymnastic slippers).
13. When discarding props (signs, etc.) that are made of solid material or have sharp edges/corners, team members must gently toss or place the props so that they are under control.
14. The use of mini-trampolines, springboards, spring-assisted floors or any other height-increasing apparatus is prohibited for competition or performance. These devices may be used for skill development and practice under the supervision of a coach *trained in their use*.
15. Any stunt extended above shoulder level must have a continuous extra spotter. Spotter must stay in place watching top person until top girls is cradled or is back to should level or below. Spotter cannot be doing any motions or jumps while spotting.

INVERSIONS

1. The top person may not be in an inverted position with the following exceptions:
 - a. Suspended forward rolls are allowed provided that all of the following conditions are met:
 - I. The top person begins in a non-inverted position from the performing surface or a stunt.
 - II. The top person has continuous hand-to-hand contact with two primary bases or with two posts who are controlling the top person. The top person cannot have contact with one base and one post .
 - IV. The bases or posts cannot be involved in any other skill during the suspended roll.
 - V. The top person lands in a double-based cradle or the performing surface. They may not land in a loading position for a stunt.
 - b. The top person may begin a stunt in an inverted position provided that all of the following conditions are met:
 - I. The top person begins with at least one hand on the performing surface.
 - II. The top person is loaded into a non-inverted position shoulder height or below.
 - III. A base or spotter must maintain contact with the top person until they are in a non-inverted position.
 - IV. A base or spotter must be in a position to protect the head, neck and shoulder area of the top person.
 - c. The top person can be placed on the performing surface in an inverted position provided that all of the following conditions are met:
 - I. The inversion begins from a cradle or prone position below shoulder level. The cradle or prone position must be established prior to the inversion. In other words, the skill cannot simply "pass through" the cradle or prone position on the way to the inversion.
 - II. The inversion goes immediately to the performing surface with both the top person's hands supporting his or her weight.
 - III. Two original bases or an original base and a spotter must maintain contact with the top person in a position to protect the head, neck and shoulder area of the top person. This contact must be maintained until the top person's hands are on the performing surface.
 - IV. SUSPENDED FORWARD FLIP ALLOWED WITH THE ASSISTANCE OF 2 HALVES AS LONG AS THE MAINTAIN CONTACT THRU THE ENTIRE FLIP UNTIL THE FLYER IS IN THE CRADLE OR FEET ARE ON THE FLOOR.

PARTNER STUNTS

- **MASCOTS AND SINGLE A CAN ONLY BE WAIST LEVEL AND BELOW IN ANY ONE MAN PARTNER STUNTS**
 - **AA AND AAA CAN BE AT SHOULDER LEVEL AND MUST HAVE AN EXTRA HANDS ON SPOTTER.**
1. Partner stunts (free-standing or as part of a pyramid) must have continuous spotter for each person AT shoulder stand level. Extended one man partners stunts are not allowed.
 2. In single-based extended stunts ARE NOT ALLOWED
 3. The top person in a partner stunt must receive primary support from a base or a bracer who is on a base.
 4. The bases of any extended stunt must have both feet in direct weight-bearing contact with the performing surface.
 5. Bases may not hold props in their hands if the hands are the primary support for the top person.
 6. The total number of twists in a dismount from a stunt cannot be greater than ONE and one quarter rotations.
 7. Partner stunts and pyramids may not pass over, under or through other partner stunts or pyramids.
 8. Cradle dismounts from partner stunts or pyramids shoulder height or above to the original base(s) require an additional spotter in position to protect the head, neck and shoulders of the top person.
 9. Cradle dismounts from partner stunts to another set of bases must be caught by three bases who are standing near the original base(s). Any type of gymnastics movement (1/2 turn, twist, toe touch, etc) after the top person has left the base(s) hands is prohibited.
 10. The top person cannot be caught in a prone position from a release unless connected to a bracer.
 11. Non-braced suspended splits in a transition are allowed provided all of the following conditions are met:
 - a. There are a total of four bases that support the top person.
 - b. At least three of the bases must support under the legs of the top person, and the fourth base may support under the legs or make contact with the hands of the top person.
 - c. The top person must have hand contact with bases during the split portion of the transition.
 12. Free-standing tic-tocs are prohibited. BRACED TIC TOCS ARE ALLOWED AT SHOULDER LEVEL
 13. Extended Straddle Lifts must have an additional spotter for the head and shoulders of the top person (similar position to a Double-Based Elevator/Extension Prep).
 14. Single-based stunts in which the top person is parallel to the performing surface and the bases' arms are extended ARE NOT ALLOWED.
 15. When the top person falls away from the bases FROM SHOULDER LEVEL ONLY to a horizontal, straight-body position, a minimum of 5 catchers are required. The bases may not be counted as part of the required catchers.
 16. When the top person is transitioned to a straight-body position between two bases, an additional catcher is required. *At least one of the catchers must control the upper torso.*
 17. Tension drops are prohibited.
 18. Helicopters are NOT allowed (NO TOSSES)
 19. Single-based split catches are prohibited.

21. Dismounts to the performing surface require assistance from a base or spotter. This assistance must be sufficient to slow the momentum of the top person. The exception to this rule is the following:
 - a. Cradles may be set out to the performing surface without continuous contact.
22. **NO FREE FALLING DISMOUNTS FROM ABOVE THE SHOULDER LEVEL.**

PYRAMIDS

1. The top person in a pyramid must receive primary support from a base or be connected to a bracer who is on a base.
2. In braced pyramids, at least one bracer of each pair must be at shoulder height or below. The exception to this rule is the following:
 - a. Extensions may brace other extensions.
3. Partner stunts and pyramids may not pass over, under or through other partner stunts or pyramids.
4. If a person in a pyramid is used as a brace for an extended stunt, that brace must not be supporting a majority of the top person's weight. (To demonstrate this, the foot of the top person's braced leg must be at or above the knee of their supporting leg.)
5. Hanging pyramids must have a continuous spotter for each shoulder stand involved in suspending another person. Hanging pyramids are not allowed to rotate.
6. In a Released Pyramid Transition the following rules apply:
 - a. At least three original bases must be under the top person throughout the transition.
 - b. Bracers at shoulder level must have a spotter in place during the transition movement. (Shoulder sits and double-based thigh stands do not require an additional spotter.)
 - c. The top person must be in hand/arm to hand/arm contact with at least one bracer during the entire transition.
 - d. The top person may not be supporting his or her weight on any other body part of the person(s) assisting (i.e. Shoulders of the bracer).
 - e. The top person must be continuous in motion and cannot be supported so that they pause during the transition.

TOSSES

(including tosses from the performing surface)

- **No tosses Allowed with the exception of:**

- a. Pop Cradle
- b. Barrel Rolls: Flyer must start and end in the cradle position.

(Note: **Not considered a toss if they have hands on spotting at all times and will be considered legal**)

- c. Leap frogs: Flyer must have continuous hands on spotting from a bracer or post for the jump over and land in a reload position before going to the next position.
- d. Knee baskets with 3 bases (plus 2 front people tossing), all with hands on and can only go to a half (shoulder level).
- e. Suspended forward rolls with 2 post or 2 bracers. (Needs to be have both hands on until flyer is back in to the cradle or both feet on the floor.)

TUMBLING AND JUMPS

1. Dive rolls are prohibited.
2. Flips greater than one rotation are prohibited.
3. Twists greater than one rotation are prohibited.
4. A forward three-quarter flip to the seat or knees is prohibited.
5. Participants may not perform aerial tumbling or rebound over an individual or prop. (Cartwheels, rolls and walkovers are allowed.)
6. Participants may not land in a partner stunt or in a catching position from an aerial tumbling skill. (Example :A back flip from a tumbling pass into a cradle is prohibited, however, rebounding from a back handspring into a cradle is allowed.)
7. Landings for all jumps must bear weight on at least one foot. (Example : A toe touch jump or kick to a hurdler position, to the seat, knees, or landing with both feet back, or to a push-up position are prohibited.)
8. Knee drops are prohibited.
9. Any type of hurdler position or the position with both feet back (sitting, landing or lying) is prohibited with the exception of a "Z" sit.
10. Airborne drops to a prone position on the performing surface are illegal. (Examples: A back flip or a jump landing in a pushup position is illegal. A handspring to a pushup position is legal as it is not airborne prior to the prone landing.)

ROTATING OR MOVING STUNTS:

1. Rotating or moving stunts can only be done with the flyer at prep level or below. If moving at prep level 1 extra spotter needs to be in the back rotating with the stunt group

GLOSSARY

ASSOCIATION	Is an organization of adults banded together to sponsor and administer one or more non- school youth football and cheer teams.
BOOSTER CLUB	is an organization of adults banded together to support the activities of one or more non-school youth football teams. An association can perform the functions of a booster club. A booster club cannot perform the functions of an association.
BOWL GAME	is an inter- conference game played between a SRYF association member and any team or teams invited by those SRYF members, provided the invited teams belong to an organization which embraces the general and specific objectives of SRYF. Bowl games shall not be allowed to be in conflict with regular scheduled league games or SRYF tournament games.
BYE GAME	is inter- conference has no bearing on the current calendar year conference standings and is scheduled to be played subsequent to the first game and prior to the last game that has no bearing on the determination of the calendar Conference championship.
CHEER/SPIRIT LEADER COMMISSIONER	is an individual who has similar responsibilities as the SRYF Conference Commissioner as they would apply to spirit leaders
CHEER/SPIRIT LEADER	is an individual participant who cheers for their team and inspires the crowd to become involved in rooting for their team. They shall follow the same rules as set for the football players in the SRYF rulebook except where specifically discussed in the Spirit Leader Standard Operating Procedures.
COACH	individual who instructs or assists in instructing players in the fundamental of a nd directs or assists in directing the team’s strategy for all games.
COORDINATOR	is an individual who has similar responsibilities as the association president as they would apply to spirit leaders.
CONFERENCE	is an governing body of associations banded together to coordinate the activities of two or more leagues within a restricted geographical area. The leagues need not be of the same division. A Conference shall administrate the operations of its member league and/or teams, in whole or in part.
DIVISION	DIVISION is a classification of players by specific criteria i.e age is a classification of players by specific criteria i.e age
EXHIBITION GAME	is inter/intra conference has no bearing on Conference standings and is played primarily for the purpose of publicizing youth football.
FORFEIT GAME	is a game in which one team has to call the game a loss due lack of players or other reasons. If a game is a forfeit and acknowledged by both Head Coaches, the two teams shall play a regular game, however, the score shall have no bearing on the win-loss for either team. The loss will go to the team that caused the forfeit by not having the required number of players and the win will automatically go to the

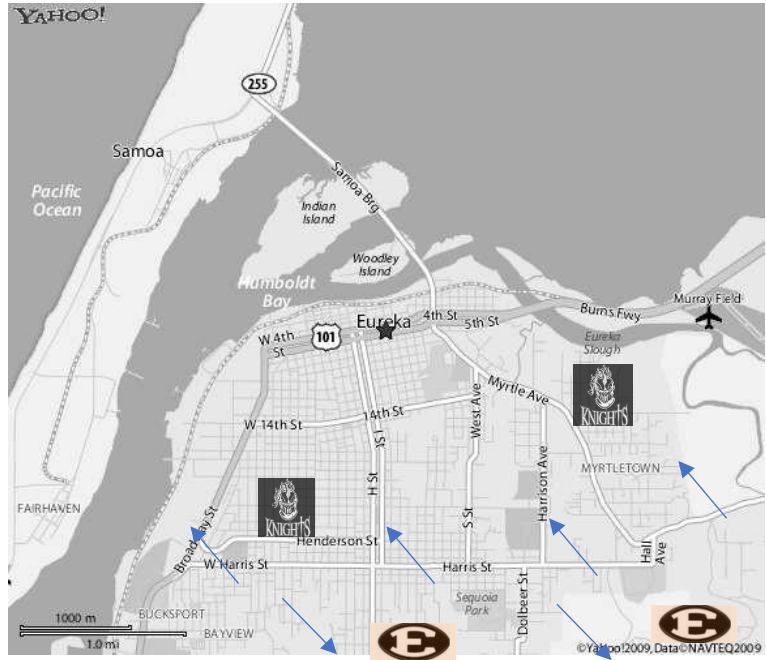
	other team. If played, both Head Coaches must agree to play the game strictly as an exhibition.
IN GOOD STANDING	Is when associations are in compliance with attending the required minimum number of SRYF conference meetings; all fines/fees are paid in full; and has fulfilled the necessary obligations for maintaining non-profit status for state/federal guidelines. Associations lose their voting privileges if they are not in "GOOD STANDING".
LEAGUE	is a group of teams of the same division within a restricted geographical area, banded together to compete in football games under a common schedule to determine a league champion.
MANAGER	is an individual who conducts the registration players and provides for their transportation, purchases and/or cares for equipment. The manager's duties and responsibilities must be specifically defined by the association, league, sponsor Conference that is in charge with the administration of the team.
PLAY OFF GAME	is intra-Conference, and is scheduled to break ties in Conference standings and/or to determine division champion.
POST SEASON	is intra Conference has no bearing on the current calendar year standings and is scheduled to be played subsequent to the last game that has a bearing on the determination of the calendar year league champion. A host association shall advertise a post-season game as a bowl game.
PRE-SEASON GAME	is intra Conference has no bearing on the current calendar year standings and is scheduled to be played prior to the first game that has a bearing on the determination of the calendar year league champion.
SCOUT	is an individual who observes a game of a future opponent in order to obtain information as to the style or method of play. A scout is considered to be a part of the team's coaching staff and must abide by all rules applicable to coaches
SPONSOR	is a civic club, fraternal organization, service club or similar community minded local organization or business. All such sponsors shall be referred to as "CIVIC SPONSORS". Sponsorship of individual teams by business enterprises shall be permitted only where the activity of such firm will not be detrimental to the welfare of the youth participants. Such sponsors shall be referred to as "BUSINESS SPONSORS". A Conference need not show cause for refusing to accept an offer to sponsor.
TEAM	is a group of players of the same division banded together to play football. A team is held to include the coaches, managers and scouts thereof.

GEOGRAPHICAL BOUNDARIES

EJLF & RYF

STREET MAP OF EUREKA & UNINCORPORATED AREAS

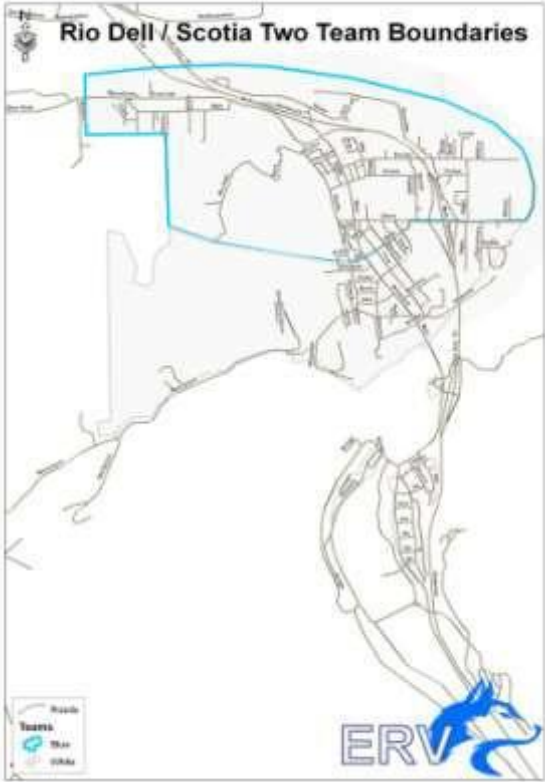
RYF boundary is:
 Harris (north) to Broadway(east)
 Hall Avenue (west) to
 Freshwater and Indianola cutoff
 on the southside; to the Samoa
 Bridge.



EJLF boundary is from Harris
 (south) to Broadway to Hall
 Avenue including: Cutten,
 Humboldt Hill, Elk River
 Road, Fields Landing, Pine
 Hill, King Salmon.



Geographic Boundaries for ERV



Geographic Boundaries For MYF



McK Youth Football & Cheer has voted to have the intra-association boundary set along the Central Avenue line running North/South, with the squads being divided as an East Squad (east of Central) and a West Squad (west of Central). In addition, the MYF Board has voted that there will not be a “veteran clause” and there will not be a “grandfather clause”; in that a player is placed according to their residential location, regardless of previous year participation. With this intra-association boundary, it is understood that Fieldbrook residences are considered East of Central Avenue; Trinidad/Westhaven/Orick residences are considered West of Central Avenue and All ‘Waivered’ Players from other Associations are considered East of Central Avenue and placed on the East Side Team.(Received via email on 08-16-13 by President C. Wainwright)

Geographical Boundaries for DNYF



Our street is Madison. I wouldn't know where to begin on submitting an electronic Map. I do have a paper one that I (sic) can bring to next meeting. (Rec'd from J. Hall, DNYF Pres on 7-24-13)



SRYF Certification Instruction and Checklist

This guide is a guide to how all team binder should look at certification. If team binders are not put together appropriately, then certification will not commence, and the association President is responsible to reschedule with a SRYF BOD and/or another association President to certify players.

For each player:

1. **SRYF PLAYER CARD**- Completely Filled out with the exception of areas designated to the SRYF Certifying BOD or Association President.
 - Both the Head Coach and Association President need to sign ID cards.
2. **CERTIFIED COPY OF BIRTH CERTIFICATE**
3. **SRYF CODE OF CONDUCT**-Complete with all initials and signatures from both parent(s) and player.
4. **SRYF PPE FORM**- completely filled out.
5. **SRYF RELEASE OF LIABILITY**- Completely filled out & signed by parent/guardian
6. **PROOF OF 14 YEAR OLD 8th GRADER**
7. **PICTURE OF PLAYER** -Affixed picture of the player on SRYF Player Card
8. **INTRA-ASSOCIATION WAIVER**-If applicable, this can be electronic communication that is printed out or the form.
9. **SRYF COVID WAIVER**

FOR EACH TEAM:

3 copies of a SRYF Football Roster completely filled out and signed by President or proxy

FOR EACH OF THE COACHES:

- **SRYF Volunteer Application Form**
- **Proof of background verification**
- **SRYF COACH CODE OF CONDUCT**-Signed
- **Proof of CPR and First Aid** , a copy of card is okay(2 Coaches per team, minimum)
- **USAFOOTBALL COACHES CERTIFICATION** -TACKLE YOUTH

ALL TEAM BINDERS SHOULD HAVE:

1. THE SRYF ID CARDS IN ALPHABETICAL ORDER

- WITH EACH OF THE FOLLOWING DOCUMENTS BEHIND THE SRYF ID CARD: CODE OF CONDUCT, SRYF PHYSICAL FORM, SRYF RELEASE OF LIABILITY, RECORD OF BIRTH AND PROOF OF WAIVER, IF APPLICABLE.
- ALL PICTURES SHALL BE AFFIXED TO THEIR APPROPRIATE SRYF ID CARD.

SRYF PLAYER ID CARD needs to have all identified areas completely filled out, unless the information is not applicable. NOTE: If you have a player that received a inter-association waiver, please provide proof of approval from the home association.

PROOF OF AGE: is mandatory with each SRYF ID Card. Copy of a record of birth, preferably a copy of a certified birth, certificate, passport, CA ID card, State/Federal/Tribal issued Identification Card etc

If none of the above documents are available, you can use the previous year's SRYF Player ID card that still has all information visible with attached picture and appropriate SRYF stamp of approval.

All 14 year old 8th graders need to provide a letter verifying their enrollment in 8th grade on a letterhead from school registrar, previous years STAR Test Results, and /or previous year report card.

PPE (SRYF Physicals): May be filled out directly on the SRYF Physical Form or on an official medical providers letterhead and attached directly SRYF PPE form. If a player doesn't utilize the SRYF Physical Form, the parent/guardian needs to make sure that all health areas as identified on SRYF PPE Form are addressed on their health care provider's form. Our SRYF PPE form is almost the exact replica of the one that school districts utilize, so interchanging should not present an issue. These have to be dated after April 1st of the current year.

PICTURE: Needs to be dated after August 1st of current year and show only the head and shoulders of the player

PRESIDENTS:

Please bring 3 copies of the certified roster to certification filled out completely with appropriate signatures. Presidents should be available on the date of certification to assist in the process. Coaches should only be there to assist in keeping their players on track and not directly involved in the certification process.

Each Association will be responsible to have the following at the certification site:

- 1 long or two short tables for the certification team to work at.
- 2 chairs minimum.
- An indoor facility protected from wind and other outside elements.
- 3 copies-1-SRYF COMMISSIONER; 1-ASSOCIATION PRESIDENT; and 1-TEAM BINDER

PLAYERS NEED TO BE IN ALPHABETICAL ORDER THAT MATCHES THE TEAM BINDER.

- Players can either wear their practice clothes without shoulder pads, helmets and cleats.
- NO parents will be allowed in the certification area. **We prefer that only the President is present**, however the rulebook does allow for the head coach. If the head coach does wish to be present, they must be seated near by and must NOT interfere with the process, but to provide supervision for their team.

CHANGES TO CERTIFIED ROSTERS

1. Deletions – Single line strike out only and initialed by the SRYF BOD Certifying
2. No white-out permitted
3. No reproduction/retype of certified rosters will be permitted with the exception of photocopying for distribution to opposing teams.
4. For players that were absent and/or not registered there needs to be a separate SRYF roster completed.

Once this process is complete, the certification team will distribute a copy to the Association President and to the Head Coach. The original SRYF Football Roster shall be maintained by the SRYF Commissioner

Please note all roster(s) for the entire team shall be distributed to their opponents prior to team verification before the start of the game.



**SIX RIVER YOUTH
FOOTBALL CONFERENCE, INC
RELEASE OF LIABILITY FOR MINOR PARTICIPANTS**

READ BEFORE SIGNING

IN CONSIDERATION OF _____, my child/ward, being allowed to [Name Of Minor Child/Ward] participate in any way in the Six Rivers Youth Football Conference aka SRYF related events and activities, SRYF and the undersigned acknowledges, appreciates, and agrees that: The risk of injury to my child from the activities involved in these programs is significant, including the potential for permanent disability and death, and while particular rules, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and,

- 1) FOR MYSELF, SPOUSE, AND CHILD, I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASES or others, and assume full responsibility for my child's participation; and, 2) I willingly agree to comply with the program's stated and customary terms and conditions for participation. If I observe any unusual significant concern in my child's readiness for participation and/or in the program itself, I will remove my child from the participation and bring such attention of the nearest official immediately; and, 3) I myself, my spouse, my child, and on behalf of my/our heirs, assigns, personal representatives and next of kin, HEREBY RELEASE AND HOLD HARMLESS SRYF, its directors, officers, officials, agents, employees, volunteers, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of premises used to conduct the event ("Releasees"), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property incident to my child's involvement or participation in these programs, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, to the fullest extent permitted by law. 4) I, for myself, my spouse, my child, and on behalf of my/our heirs, assigns, personal representatives and next of kin, HEREBY INDEMNIFY AND HOLD HARMLESS all the above Releasees from any and all liabilities incident to my involvement or participation in these programs, EVEN IF ARISING FROM THEIR NEGLIGENCE, to the fullest extent permitted by law.
- 2) I, agree to adhere to the code of conduct as outlined in the current SRYF Code of Conduct Form provided by SRYF and affiliated associations. I understand that any failure to adhere to outlined conduct could result in my ability to participate in any or all SRYF/affiliated association activities including practices, regularly scheduled games, post-season, cheer competition, and championship games. I also understand that any failure on my part to adhere to SRYF Code of Conduct could also result varying sanctions from removal of a game/practice site, to the termination of my child/ren in any SRYF sponsored activity.
- 3) Permission is also granted to use images of my child listed above. I understand that no names will be used on the web site unless specific permission, in written form, is given to an appropriate staff member. I understand that once any image is posted to the SRYF web site or Facebook page, the image can be downloaded by any computer user around the world. I hereby attest that I am the legal parent/guardian of the child listed below. This consent is effective until such time as I revoke it in writing and provide a copy of the revocation to SRYF.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

Date Signed: _____
(PARENT/GUARDIAN SIGNATURE)

(PRINT NAME)

WAIVER FOR USING PERSONAL EQUIPMENT

In consideration of _____ [athlete's name] electing to use a personal football helmet, shoulder pad(s), game pants or other safety equipment necessary to play the game of tackle football in place of the association issued football helmet, should pad(s), game pants, or other safety equipment necessary for games and practices, I hereby agree, that on behalf of myself, my spouse, and _____ [athlete's name], my heirs, assigns, and any other person acting on my or _____ [athlete's name]'s behalf hereby expressly waive, disclaim, and release the SIX RIVERS YOUTH FOOTBALL CONFERENCE, INC (SRYF) and the association(s) which are incorporated into SRYF, Board of Directors, Executive Board Members, Associations, Volunteers, and representatives from and against any and all claims, costs, liabilities, expenses as a result _____ [athlete's name]'s use of a personal football helmet, shoulder pad(s), game pants, or other safety equipment necessary to participate/play in the game of tackle football for practice and/or games rather than the individual association issued helmet. I also agree to have my helmet recertified with a NOCSAE approved certification every two years. Verification of this certification will be provided to the ASSOCIATION BOARD and/or a REPRESENTATIVE, PRIOR TO THE SECOND WEEK OF PRACTICE.

Date Signed: _____
(PARENT/GUARDIAN SIGNATURE)

(PRINT NAME)

2018.03.28/REVISED/SRYF RELEASE OF LIABILITY. ENGLISH.SPANISH-MANDATORY FORM

■ Preparticipation Physical Evaluation CLEARANCE FORM



Name _____ Sex M F Age _____ Date of birth _____

Cleared for all sports without restriction

Cleared for all sports without restriction with recommendations for further evaluation or treatment for _____

Not cleared

 Pending further evaluation

 - For any sports

 - For certain sports

Reason _____ Recommendations _____

I have examined the above-named student and completed the preparticipation physical evaluation. The athlete does not present apparent clinical contraindications to practice and participate in the sport(s) as outlined above. A copy of the physical exam is on record in my office and can be made available to the school at the request of the parents. If conditions arise after the athlete has been cleared for participation, the physician may rescind the clearance until the problem is resolved and the potential consequences are completely explained to the athlete (and parents/guardians).

Name of physician (print/type) _____ Date _____

Address _____ Phone _____

Signature of physician _____, MD, DO, ND, NP,

or PA

EMERGENCY INFORMATION

Allergies _____

Other information _____

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102033

2017.04.03.SRYF FORM/PHYSICAL/MANDATED

CODE OF CONDUCT

PLAYER'S FULL NAME _____ Birthdate _____ Age _____ Association Name: _____

This form must be completed and turned in by the first day of practice.

THE ROLE & RESPONSIBILITY OF THE PARENT

The support of the parent(s) is essential to the success of any youth program. This support should be in such activities as fund raising, promotions, equipment maintenance, team sponsorship, and other volunteer activities.

1. Remember, a positive mental attitude, free from parental pressures, is an important ingredient for the success of any youngster participating in the program.

2. Refrain from open criticisms, especially in the presence of your child(ren), of the program, coaches, or any personnel connected with the organization.

3. Encourage your youngster to attend all practice sessions. His/her absence not only impedes his progress but hurts the team as well. Missing a practice is a prime cause for not playing in a game and can lead to suspension from the team for repeated occurrences.

4. Parents are not encouraged to attend practice sessions. Often a parent's presence may tend to inhibit or distract a youngster. Parents should never be on the practice field nor interrupt a coach during a practice session. Any questions and/or concerns should be addressed with coaching staff prior to bringing an issue to the association board members.

5. Youth football is a different dimension than professional ball. Cheer hard and loud for your team at the games, but remember to keep your fan support in the proper perspective and in good taste.

6. **Unsportsmanlike conduct in the stands during games is prohibited. Derogatory statements towards game officials, fans or the opposing team is prohibited and may result in the forfeiture of a game. ALCOHOL at games is PROHIBITED.**

7. Parents are not allowed on the sidelines, playing field, or locker rooms. All spectators belong in the stands. Only players, coaches, and appointed association official may be on the sidelines or the track in front of the stands.

8. Parents should clearly understand that the aim of SRYF is to teach their youngster teamwork, good sportsmanship, fair play, and a love for the wonderful game football.

9. Parents must assume complete financial responsibility for their child to participate in this program. This responsibility includes the timely return of all equipment and uniforms, fully cleaned, in a condition of reasonable wear from use, free from excessive damage. Gear that is lost or stolen will be paid for at current market replacement costs shall be determined by the association.

10. **We are not a babysitting service. We cannot be held responsible for the health and welfare of unattended children. Parents are responsible in picking their child(ren) in a timely manner from practice and/or game sites.**

I/We have read and understood and promise to follow the Players/Parent(s) Code of Conduct.

DATE: _____

SIGNATURE: _____
Parent/Guardian

PRINTED NAME: _____
Parent/Guardian

THE ROLE & RESPONSIBILITY OF THE PLAYER

Being a member of the team means much more than just learning about and playing football. As a player, both on and off the field, you are a representative of you team, and expected to act accordingly. No matter what the circumstances, whether it be in victory or defeat, always conduct yourself with pride and poise.

1. Good school grades are a must! Periodic grade checks can be made, and if your average drops below 2.0 you can be "benched" until your grades are brought up to a satisfactory level.

2. **Good citizenship is a must!** Any player, who has behavioral issues with the law enforcement and/or school officials, can be subject to suspension from the team.

(Player's Initials _____) (Parent's Initials _____).

3. You must notify your coach if you are going to miss a practice.

4. There is no excuse for being late to practice.

5. Vulgarity, temper tantrums, or fighting is absolutely prohibited.

6. During instructional periods you will only speak when spoken to or with permission.

7. You must wear a mouthpiece and jock to all games and practices.

8. Socks, jocks, and practice uniforms will be washed on a regular basis to prevent disease. Never use bleach on any football gear or equipment. It is the responsibility of you and your parents to keep your uniform and equipment clean. Football shoes should be cleaned before every game.

9. Your helmet may only be removed by the permission of your coach. Your helmet should never be put on the ground or sat on.

10. When addressing or replying to any coach(es), you will call him/her "coach". Game officials should be addressed as "sir or ma'am."

11. Missing or cutting a practice will not only hurt you but your team as well, and you can be "benched" at the discretion of your coach(es).

12. A player may be benched or not allowed to participate in a game or portions of a game for violation of Player's Code of Conduct.

I (the player) have read and understood and promise to follow the Players/Parent(s) Code of Conduct.

DATE: _____

SIGNATURE: _____
Participant/Player

PRINTED NAME: _____
Participant/Player

SRYF Coaches Code of Conduct

The SRYF Executive Board approved and initiated the following in the 2009 Articles of Incorporation on February 24th, 2009. It is the expectation that all adults that wish to participate in the capacity of : Coaches, Assistant Coaches or Instructors will adhere to the following principles:

ARTICLE II-PURPOSE

B. The specific purpose SRYF is to: provide youth within our community the opportunity to participate in either tackle football and/or cheerleading in an organized fashion; learn the fundamentals of the sports; and instill the ideals of sportsmanship, citizenship, education, physical fitness, and collaborative play.

This further means all coaching staff agree to the following:

1. First and foremost, as Coach it is your responsibility to ensure that you create a positive environment of learning, fun and reinforcement of proper techniques for your specific sport.
2. A Coach will treat all of his/her Players fairly and with respect at all times. The Coach will communicate his/her expectations to the players and their parents as clearly, consistently, and as early as possible.
3. A Coach is to be an example of dignity, patience and positive spirit before, during and after the Game. The Coach is NEVER to address any referee or official in a derogatory manner or step onto the field to confront an official or referee. If there is an issue or dispute, discuss it with the official calmly and patiently. If the complaint is unresolved, or if the Coach thinks the official was unfair, biased, unfit or incompetent, the coach should report his/her opinion in writing to their association President .
4. A Coach will never use profanity, abusive language or threatening behavior towards any player, parent, board member, coach or official/referee. **THIS CAN BE GROUNDS FOR IMMEDIATE SUSPENSION FOR ANY SRYF AFFILIATED ASSOCIATION IN ANY CAPACITY.**
5. Before the Game, introduce yourself to the opposing coaches and to the officials.
6. A Coach is responsible for the sportsmanship of the Players during the Game. If one of your players is disrespectful, irresponsible, or overtly aggressive, take the player out of the game at least long enough for him/her to calm down.
7. The Coach is also responsible for the conduct of the Players during the game. It is imperative to explain to a player clearly, forcefully, and directly discourage them from being derisive toward officials or opposing players.
8. The Coach is responsible for the conduct of spectators rooting for his/her team during the game. Clearly, forcefully, and directly discourage them from being derisive toward officials or opposing players. This should be addressed at pre-season team meeting.
9. A Coach shall not consume alcohol beverages or other illicit substances on or near practice and/or game facilities.
10. A Coach shall never engage in "physical abusive" behaviors will be tolerated at any time. This will include, but not limited to striking a player, grabbing of facemasks, grabbing jerseys and shaking. There is no distinction between your own child on the field or other team members.
11. All coaches will adhere to the minimum play policy as outlined in the SRYF By-Laws.
12. All coaching staff will maintain their identification badges at all times on game days.
13. A Coach shall have his/her team binder in order and available at ALL practices, certification, and at pre-game weigh ins.
14. As a Coach in any of the SRYF Conference associations, I understand that I am required to adhere first to the SRYF By-Laws and secondly by the National Federation of State High School Rules (NFSHS). Both of which the Coach shall have familiarized themselves with prior to stepping on the practice field and/or have any interaction with their team.

I, further understand that any failure to abide by the above guidelines and the SRYF By-Laws can result in disciplinary action by the SRYF board and the association board, as deemed appropriate. Please note this can include forfeiture of games, competition, loss of post-season play, probation, termination from position and/or expulsion from SRYF.

Date: _____ Signature: _____

Printed Name: _____

This shall accompany the SRYF Volunteer Application prior to being certified by SRYF and issued a SRYF ID Badge.

2011.REVISED.SRYF COACHES CODE OF CONDUCT.MANDATORY FORM

S.R.Y.F

Cheer Coaches Code of Conduct

It is the expectation that all adults that wish to participate in the capacity of : Coaches, Assistant Coaches or Instructors will adhere to the following principles:

ARTICLE II-PURPOSE

B. The specific purpose SRYF is to: provide youth within our community the opportunity to participate in either tackle football and/or cheerleading in an organized fashion; learn the fundamentals of the sports; and instill the ideals of sportsmanship, citizenship, education, physical fitness, and collaborative play.

This further means all coaching staff agrees to the following:

1. First and foremost, as Coach it is your responsibility to ensure that you create a positive environment of learning, fun and reinforcement of the proper techniques for your specific sport.
2. A Coach will treat all of his/her Cheerleaders fairly and with respect at all times. The Coach will communicate his/her expectations to the players and their parents as clearly, consistently, and as early as possible.
3. A Coach will never use profanity, abusive language or threatening behavior towards any player, parent, board member, coach or official/referee. **THIS CAN BE GROUNDS FOR IMMEDIATE SUSPENSION FOR ANY SRYF AFFILIATED ASSOCIATION IN ANY CAPACITY.**
4. A Coach is responsible for the sportsmanship and conduct of the cheerleaders during the Game and at practices. If a cheerleader is not following directions, being defiant or distracting others from doing what is asked of them it is at the coaches discretion whether to have them be involved in the game/practice or not.
5. The Coach is responsible for the conduct of spectators rooting for his/her team during the game. Clearly, forcefully, and directly discouraging them from being derisive toward officials or opposing players.
6. A Coach shall not consume alcohol beverages or other illicit substances on or near practice and/or game facilities.
7. All coaching staff will maintain their identification badges at all times on game days and at practices.
8. A Coach shall have his/her team binder in order and available at ALL practices and games.

A Coach shall have his/her team binder in order and available at ALL practices and practices. I, further understand that any failure to abide by the above guidelines and the SRYF By-Laws can result in disciplinary action by the SRYF board and the association board, as deemed appropriate. Please note this can include forfeiture of games, competition, loss of post-season play, probation, termination from position and/or expulsion from SRYF.

Date: _____ Signature: _____

Printed Name: _____

This shall accompany the SRYF Volunteer Application prior to being certified by SRYF and issued a SRYF ID Badge. RYF Conference associations, I understand that I am required to adhere first to the SRYF By-Laws

2013.REVISED.SRYF COACHES CODE OF CONDUCT.MANDATORY FORM

SIX RIVERS YOUTHFOOTBALL GRIEVANCE POLICY & PROCEDURE

The policy of the SRYF Conference is to ensure that any and all grievances are handled within a timely period of an incident being grieved and at the lowest possible level within the organization. The use of this procedure is only recommended if a Grievant has been unable to develop a resolution to their problem with the individuals involved and believe this matter can be resolved with through the next chain in command.

Should anyone participant/player, coach, parent, volunteer, team, board member or spectator have a grievance with anyone affiliated within the SRYF Conference, the following procedure is recommended and should be followed:

1. It is the expectation of SRYF that all parties involved in any grievance process are treated with respect.
2. The SRYF Grievance Form should be submitted first to coaching staff, board member, Association Board, and presented to the SRYF Executive Board if there has not been a solution to the problem. It should be noted that submitting the form to SRYF Executive Board doesn't necessarily negate a decision made at an association level. As there are many issues that cannot or will not have SRYF Executive Board intervention.
2. All teams, coaches, board members should have SRYF Grievance Forms readily available or have an established process to accessing said forms for a grievant. Further, each association should have a designated individual(s) who are familiar with the SRYF Grievance Process.
3. The Grievant should fill out the SRYF Grievance Form to explain their concern, issue and/or grievance. This should be completed in the brief and concise manner as possible. If the SRYF Grievance Form has insufficient space needed, please submit an additional attachment.
4. The Grievant should not wait more than 2 days to submit their SRYF Grievance Form through the chain of command. I.e. Head Coach, Board Member, Association Board, etc...
5. The Grievant will need to thoroughly complete the SRYF Grievance Form and provide an original to the Head Coach or the next in command. It is further recommended the Grievant retain a copy of their completed form for their own record keeping.
6. If the designated individual and the Grievant are unable to develop a solution or if the Grievant remains dissatisfied, then the designated individual will need to complete the portion on the SRYF Grievance Form as to the action taken and submit to the Association Board for further review.
7. The Association Board will review the completed SRYF Grievance Form and determine if the actions taken were acceptable or if there is another solution to the presented grievance, issue and/or concern.
8. If the Grievant is dissatisfied he/she can have their Association President bring to the SRYF Executive Board for further input on how to find a plausible solution. It should be noted that incidents specific to violations of the SRYF By-Laws and Articles of Incorporation are subject to being handled directly by the SRYF Board of Directors, if deemed necessary for the best interest of SRYF Conference without following the SRYF Grievance Procedure.



SRYF
GRIEVANCE POLICY FORM

GRIEVANT'S NAME:	DATE:
ADDRESS:	PHONE NO:
E-MAIL:	CELL NO:

GRIEVANCE FILED AGAINST (SPECIFY NAME/TEAM):

DATE OF INCIDENT:

WHERE:

WHO WAS INVOLVED:

NAME(S) OF WITNESSES	CONTACT PHONE NUMBER

DESCRIPTION (BE BRIEF & CONCISE TO FACTS ONLY)

PROPOSED RESOLUTION:



SIGNATURE OF GRIEVANT:

GRIEVANCE REVIEW-STEP 1 BY
HEAD COACH/TEAM REP OR OTHER DESIGNEE

NAME:	TITLE:
SIGNATURE	DATE:
ACTION TAKEN:	

GRIEVANCE REVIEW-STEP 2
BY ASSOCIATION BOARD

NAME:	TITLE:
SIGNATURE	DATE:
ACTION TAKEN:	

 **SRYF FOOTBALL/CHEER ACTIVITY** 
COVID-19 ASSUMPTION OF RISK, WAIVER OF LIABILITY
&
IDEMNIFICATION AGREEMENT

ASSOCIATION: _____ **TEAM/DIVISION:** _____

PARENT/LEGAL GUARDIAN'S NAME: _____

SRYF PARTICIPANT/VOLUNTEER'S NAME: _____

I understand and agree as set forth below:

1. Six Rivers Youth Football hereafter referred to SRYF and the _____ (Association Name), its governing board, directors, board, officers, agents, employees, volunteers, and representatives (collectively "RELEASED PARTIES) shall not be liable for any injury or illness suffered by myself, son/daughter which is related to or arises out of preparing for and/or participating in this ACTIVITY, and to the fullest extent allowed by law, on behalf of my child(ren) and myself, I voluntarily assume all known and unknown risks of injury, or illness, howsoever caused, even if caused, in whole or part, by the action or inaction of the RELEASED PARTIES.
2. Participation in ACTIVITY includes possible exposure to, illness, and death from infectious diseases including, but not limited to, methicillin-resistant Staphylococcus aureus (MRSA), influenza, and COVID-19 and/or variants of COVID-19. While particular rules and personal discipline may reduce this risk, the risk of serious illness and death does exist;
3. I knowingly and freely assume all such risks, both known and unknown, and assume full responsibility for my child(ren)'s participation.
4. I will willingly agree to comply with the stated and customary terms and conditions for participation as they relate to protection against infectious diseases. I have reviewed the most recent directives from the Centers for Disease Control (CDC), the California Department of Public Health and Humboldt County Health Services, along with the SRYF and/or _____ Association (name) policy and protocols, if any, regarding the risk associated with COVID-19 exposure and safe practices to follow, which have been provided to me by the association. I have informed and discussed the dangers of participation in ACTIVITY and the required rules and regulations to allow participation in ACTIVITY with my child(ren).
5. To the fullest extent permitted by law, I, for myself, and on behalf of my child(ren), heirs, assigns and representatives hereby release and hold harmless the RELEASED PARTIES with respect to any and all illness, injury, disability, death of my child(ren) related to or arising out of preparing for and/or participating in the ACTIVITY.

I HAVE READ THIS WAIVER OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT. I FULLY UNDERSTAND ITS TERMS, UNDERSTAN THAT I HAVE GIVEN UP SUBSTANTIAL RIGHT BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY.

PARENT/GUARDIAN'S SIGNATURE: _____

DATE SIGNED: _____

SRYF\FORMS\2021.COVIDWAIVER

Memo from Six Rivers Youth Football Conference, Inc

To: Shannon Chase, Arcata Youth Football
David Freeman, Curry Youth Football
Danny Forkner, Del Norte Youth Football
Dave Reed, Eel River Valley Youth Football
Joanna Russell, Eureka Jr. League Football
Danielle Meyer, Ferndale Youth Football
Rowdy Robbins, Hoopa Youth Football
Rachel Barnett, McKinleyville Youth Football Phil
Langley, Southern Humboldt Youth Football
Jeremy Wardrip, Redwood Youth Football

Cc: Six Rivers Youth Football Board of Directors

From: Petrina Fennell, Commissioner

Date: 19 March 2009

SUBJECT: IRS/Ethical Behavior and Personal Inurement-Conflict of Interest

For a number of years, we've received an increasing number of questions and situations concerning personal inurement (personal benefit within a non-profit structure) and IRS regulations. Particularly since

With the passage of the Sarbanes-Oxley Act, the entire issue of personal inurement and ethical behavior is being scrutinized much more closely by the Internal Revenue Service (IRS). One of the emphasized policies guiding non-profit organizations is "personal gain", as stated in our Articles of Incorporation (Article II and V) which prohibit any type of personal inurement. The IRS is now penalizing non-profit organizations and individuals which have circumvented this policy with two separate effects:

- Possible loss of tax-exempt status, which may extend to other levels of the Conference.
- Possible tax penalties against the individual involved.

All non-profit organizations are required have a Conflict of Interest Policy passed by their Board and in effect. It is imperative that we all strive to eliminate even the perception of conflict of interest. We think that every association affiliated with SRYF should immediately examine their volunteer members for any possible ramifications for tax-exempt status. SRYF and youth sports in general, exists to be a fun learning experience for the participating kids, not as a business opportunity, nor to provide personal benefits for the participating adults.

Please refer to the following statement for Conflict of Interest and/or Inurement of Benefits:

Those who choose to serve Six Rivers Youth Football (SRYF), whether as board members, parents, coaches or volunteers are held to the highest standards of conduct. As the adults in each individual youth associations all assume an obligation to subordinate individual interests to the interests of the organization. What may be considered acceptable conduct in some businesses may be inappropriate in service to SRYF.

Volunteers who serve SRYF must do so without personal gain, to avoid any institutional loss or embarrassment and to behave in such a way that the organization's trust and public confidence are enhanced. It is important to avoid any real conflict of interest, as well as to avoid even the appearance or perception of a conflict of interest. While no set of guidelines can guarantee acceptable behavior, the principles which guide behavior in this area are disclosure, physical absence from, and on-participation in, the decision making process where personal or family gain is a possibility, and a commitment to honor the confidentiality of organizational information. All conduct is founded on the individual's own sense of integrity. Any individual accepting the honor of serving SRYF must also accept the burdens of public disclosure and public scrutiny.

In our complex society the inter-mix of volunteer work, business interests, governmental activity, and family relationships often create potentially conflicting interests. What is required is disclosure of conflicting interests when they arise, as well as physical absence from and strict non-participation in any evaluation process relating to the matter in question.

The following guidelines aren't set in stone, but a path in the right direction to avoid negatively impacting our programs.

1. The business of SRYF is to be conducted in observance of both the spirit and letter of applicable federal and state laws.
2. SRYF properties, services, opportunities, authority, and influence are not to be used for private benefit.
3. All individuals who participate with SRYF are required to make full disclosure of the nature and extent of any actual or potential conflict of interest. In the consideration of an issue, where possible conflicts exist, such individuals will avoid evaluating, or in any other way influencing, directly or indirectly, or voting on the matter involved, and will be physically absent during the evaluation and vote. This includes, but is not limited to, the award of contracts, the purchase of goods and services, and the allocation of SRYF resources.
4. Gifts, cash, travel, hotel accommodations, entertainment, or favors are neither to be given nor received except those of nominal value exchanged in the normal course of business.
5. Expenses incurred in the furtherance of SRYF business are to be reasonable, necessary and (if twenty-five dollars or more) substantiated.
6. All are expected to exhibit honesty, loyalty, candor and professional competence in their relationships with SRYF and with each other.
7. Each individual has the responsibility to maintain the confidentiality of the organization. This includes both proprietary and sensitive information.

Memorandum



Date: 07/20/2020

To: Del Norte Youth Football Association
Eel River Youth Football Association
Eureka Jr. League Football
Ferndale Youth Football Association
Hoopa Cheer & Football Association
McKinleyville Youth Football Association and
Redwood Youth Football Association.

Re: AB 1-Youth Athletics: CA Youth Football Act- Compliance

With the onset of [AB 1 effective as of January 1, 2021, there is several mandated requirements](#) for each of the associations. Please review the actual bill for specifics. A summary of the bill has been provided on the www.quickscores.com/sryfootball opening page, along with informational links for the highlighted areas.

However, there were several aspects was left off :

124241(n)-A youth sports organization shall:

Provide a declaration annual to its league stating that it is in compliance with this article and shall either post the declaration on website or provide it to all participants.

124242(a)-A youth football league shall:

1. Establish youth tackle football participant division that are organized by similar age or weight or by both age and weight.
2. The tracking of youth sports injuries and maintaining the information to include: type of injury, medical treatment received, and return to play protocols followed.

A sample of the [Declaration of Compliance](#) will be available on the website to fill out and send to the Commissioner for placement on the conference website.

Thank you,

SRYF Board of Directors

AB 1-CALIFORNIA YOUTH FOOTBALL ACT

<http://www.quickscores.com/sryfootball>



CHAMPIONS OF THE PAST



2018
AAA FYF
AA DNYF GOLD
A EJLF

2017
AAA REDWOOD
AA DNYF GOLD
A EJLF

2016
AAA REDWOOD
AA MYF
A MYF

2015
AAA DNYF GOLD
AA RYF
A DNYF BLUE

2014
AAA EJLF GREEN
AA RYF
A FYF

2013
AAA EJLF
AA DNYF GOLD
A DNYF

2012
AAA MYF
AA ERV BLUE
A DNYF GOLD

2011
AAA FYF
AA DNYF GOLD
A EJLF GREEN

2010
AAA DNYF
AA FYF
A RYF

2009
AAA FYF
AA DNYF GOLD
A SHYF

2008
AAA FYF
AA DNYF BLUE
A ERV BLUE

2007
AAA DNYF
AA EJLF FORRESTERS
A DNYF GOLD

2006
AAA FYF
AA EJLF FORRESTERS
A DNYF

2005
AAA FYF
AA FYF
A FYF

2004
AAA DNYF
AA SHYF
A EJLF

2003
AAA MYF
AA DNYF
A FYF

2002
A MYF PUMAS
AA EJLF LOGGERS
AAA EJLF JACKS

2001
AAA EJLF JACKS
AA EJLF LOGGERS
A MYF PUMAS

ASSOCIATIONS IN SRYF

DEL NORTE YOUTH FOOTBALL (DNYF)
WARRIORS-BLUE/COLD
EEL RIVER YOUTH FOOTBALL (ERV)
HUSKIES-BLUE/WHITE
EUREKA JR LEAGUE FOOTBALL (EJLF)
LOGGERS-GREEN/RED
FERNDALE YOUTH FOOTBALL (FYF)
MUSTANGS-GREEN/WHITE/CRAY
HOOPA YOUTH CHEER & FOOTBALL (HYCF)
WARRIORS-MAROON/WHITE
MCKINLEYVILLE YOUTH FOOTBALL(MYF)
PANTHERS-BLACK/RED
REDWOOD YOUTH FOOTBALL(RYF)
KNIGHTS-WHITE/BLACK/CRAY

Every association incorporated into SRYF is a non-profit organization independently ran by their own elected board under the umbrella of SRYF. All associations adhere to the basic rules as outlined in the SRYF Rulebook and the NFHS Football Rules. SRYF is utilizing the best practices provided by USAFootball for Concussion Education and heads UP Program for safety guidelines.

