2026 Constitution

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(2025 RULES & REGULATIONS FOOTBALL - Pages 31)

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1. **Name**
    a. **Organization Name:** This organization shall be known as the Mother Lode Youth Athletic Conference, Inc. (MLYAC) doing business as Motherlode Valley Football League (MVFL)
2. **STATEMENT OF PRINCIPLE**
    a. **Objective:** The objective of this program is to inspire youth to practice the ideals of good health and to teach them sportsmanship and fair play. At all times and in all situations, the welfare of the participants is first and foremost.
    b. **Purpose:** The specific purpose of this program is to teach the fundamentals of football, sportsmanship, love of the game, while always promoting safe play.
    c. **Football Divisions:** All teams will fall into one the following classifications which are defined by age and grade.
        i. Jr. Novice, Novice, Jr. Varsity, Varsity
    d. **Cheerleading Divisions:** All teams will fall into one of the following classifications which are defined by grade.
        i. Mascots, Jr. Novice, Novice, Jr. Varsity, Varsity
3. **RULES**
    a. **MVFL Rules:** It shall be the responsibility of MVFL to establish the necessary procedures to assure compliance with the rules contained in the Constitution and Rules & Regulations.
        i. In the absence of a specific bylaw outlined in the MVFL constitution, NFHS or CIF rules shall be used if applicable. If it is not applicable then the situation shall be brought to the MVFL league for further review and discussion.
    b. **Rule Changes:**
        i. Only the MVFL Board can make rule changes. It shall be each organization's responsibility to submit their rule change recommendations to the MVFL Board for its approval.
        ii. Constitution and Rules & Regulations change recommendations will be presented in writing to the MVFL Board as follows:
            1. **Proposal:** Proposals must be submitted in writing to the Secretary no later than November 1st.**Each proposal must include: Clear motion languagePurpose and intentSection(s) of the Constitution or Bylaws affectedChanges may be made up to the First Reading**
            2. **November MVFL Meeting:** First Reading, Debates, & Amendments All proposals shall be reviewed. Amendments will be debated. Each speaker shall be allotted two (2) minutes per turn.All amendments must

be seconded and shall be voted on immediately.The Secretary will distribute all proposals to all Organizational League Representatives no later than 15 days before the December Meeting date.No changes shall occur 15 days prior to the December MVFL meeting

3. **Review Period:** Each Organizational League Representative will share all proposals with their representing Organization:Review all proposals and amendmentsDiscuss proposals internally with their organizations
4. **December MVFL Meeting:** Motions and Final VoteEach proposal shall be formally introduced as a motion.Vote is taken by all Organizational League Representatives.Results are entered into the minutes.
5. **Adoption & Implementation:** The Secretary will certify adopted changes followed by the MVFL Executive Officers ensuring compliance.
6. **Effective Date: A**ll adopted Proposals become effective January 1st of the following calendar year, unless otherwise specified by the MVFL Executive Board.
7. **In-Season Rule Change Restriction:** No changes to the MVFLConstitution nor Rules & Regulations for Football or Cheer may occur from the first day of practice through the last day of the season. The only exception shall be when a rule change is required for the immediate safety of the student-athletes

iii. A quorum (a majority of the Board) is required for any vote to be taken by the Board. 2/3 of the quorum is required for any Constitution or Rules & Regulations change.

iv. Minutes must be kept at all times during any MVFL Meeting.

v. Texting may be used as a source of official voting by the MVFL Board**.**

4. MVFL Authority:

a. Any violation of the MVFL Constitution, Football Rules & Regulations, or Cheer Rules & Regulations shall be administered by the League Representatives as follows:

i. **Reviewed –** The incident will be formally assessed to determine its validity and scope.

ii. **Investigated –** A thorough inquiry will be conducted to gather relevant facts and context.

iii. **Concluded –** Appropriate actions will be taken if found in violation, including potential penalties.

5. **INCIDENTS**
   a. **Organizational Issues:** When an organizational issue arises, it should first be addressed internally by referring it to your organization's League Representative and Executive Board members. They will attempt to resolve the matter by consulting the MVFL Constitution, MVFL Rules & Regulations, or your organization's Bylaws. If the issue remains unresolved at the local level, the following steps should be taken to escalate it to the MVFL:
      i. **Submission:** The organization's League Representative is responsible for submitting the unresolved issue to the MVFL.
      ii. **Petitioning the Board:** Only the organization's League Representative may petition all MVFL Board members to assemble regarding an incident for a resolution.
      iii. **Written Account:** Only the organization's League Representative may provide a detailed written account of the incident, including any previous actions taken locally to address the matter
      iv. **Submission Method:** Send the documentation to the official MVFLs official email address.
      v. **Confirmation of Receipt:** Follow up with a phone call to the MVFL President, MVFL Vice President, or MVFL Secretary until confirming that the submission has been received by the MVFL.
   b. **Examples:** The MVFL identifies several improper incidents that may necessitate board action, including but not limited to**:**
      i. **Violation of Civil Rights:** The right to be free from discrimination, the freedom to worship as we choose, the right to vote for our elected representatives, the protections of due process, the right to privacy. Any infringement upon the civil rights of athletes, coaches, advisors, board members, parents, or guardians**.**
      ii. **Derogatory Comments or Gestures:** Expressions intended to belittle or insult individuals based on factors such as ethnicity, religion, or economic status.
      iii. **Physical or Mental Abuse:** Any form of physical or mental abuse directed towards athletes, coaches, advisors, board members, game day officials, parents, or guardians.
   c. **Organizational Incidents:** If an organization has been accused of a violation, the accused organization will be formally notified via email. The notification will be sent to the email address on file with the MVFL Secretary. The representing League Representative of the accused

organization may be excluded from the investigation process to prevent any potential bias or conflict of interest. The MVFL Executive Officers and remaining League Representatives will conduct a comprehensive investigation to determine the validity of the accusation. If the accused organization is found guilty of the violation, the MVFL League Representatives will determine appropriate penalties as outlined in the MVFL Constitution. The following steps must be taken to escalate it to the MVFL:

i. **Submission:** All accusations of violations must be formally submitted to the MVFL official email address. Submissions related to accusations, complaints, or violations must come from a named individual or organization. This ensures that all allegations are properly documented and reviewed in a timely manner.

ii. **Petitioning the Board:** Only the League Representative of the organization involved may petition all MVFL Board members to assemble regarding an incident.

iii. **Written Account:** Only the organization's League Representative is authorized to provide a detailed written account of the incident.

iv. **Communications:** Both the accusing party and the accused organization have the right to follow up on the status of the investigation. They may contact the MVFL President, MVFL Vice President, or MVFL Secretary. Details may be limited.

v. The accused organization is required to surrender or accommodate all requests related to the incident within 24 hours of the request. This information must be provided without hesitation. Failure to comply with this request within the specified time frame will result in the organization being deemed guilty of the violation, and appropriate penalties will be assessed accordingly.

d. **Game Incident Protocol:** Any incident occurring during a game must follow the procedures outlined below to ensure timely and appropriate resolution:

i. **Immediate Notification:** The MVFL President must be notified when the incident occurs. If the MVFL President is not available, then immediately attempt to contact the MVFL Vice President or MVFL Secretary.

ii. **Written Submission:** A detailed written report of the incident must be submitted to the MVFL's email address within 48 hours

of the occurrence. Upon submission you must confirm receipt by contacting the MVFL Secretary.

iii. **Documentation Submission:** All relevant documentation related to the incident must also be provided to the MVFL Secretary within 48 hours via the MVFL official email address or hand delivered**.**

iv. **Board Review:** The MVFL Board, excluding representatives from the organizations directly involved in the incident, will deliberate on the matter.

v. **Judgement:** A final ruling will be made within 72 hours from the receipt of submission and communicated to all organizations involved. Such rulings may include "Penalties" per the MVFL Constitution.

e. **Incident Rulings by Officials:** If an incident occurs and is ruled upon by an official during a game, appeals will not be permitted for the official's decision. However, in situations involving potential errors, such as wrongly accused athlete, coach, parent or attendee, the organization's League Representative may submit a written request for correction to the MVFL Board for review and consideration. This process is limited to addressing inaccuracies and not for overturning the official's judgment during gameplay.

6. PENALTIES

a. Instances of Carelessness of Safety, Immoral Behavior,and Insubordination, among others, are considered serious offenses and will result in a penalty or penalties.

i. Penalties may apply to Individuals, Teams, and/or Organizations.

ii. It is the responsibility of the League Representatives to determine the appropriate penalties for such violations.

iii. The determination of penalties requires a 2/3 majority vote of the League Representatives.

iv. Penalties for violations may include, but are not limited to, the following actions:

1. **Forfeiture –** Loss of a single game or multiple games.
2. **Organizational Disqualification –** Violations may result in ineligibility to compete for or participate in Jamboree, Playoffs or the Super Bowl for the current season or future seasons, depending on the severity of the violation.
3. **Individual Disqualification –** Prohibited from participating in pre-season, regular season, or postseason practices or games

4. **Suspension/Expulsion –** temporary or permanent removal of individuals or team members, leading to their ineligibility or disbarment from participating in league activities.
5. **Franchise Loss –** Severe violations may result in the revocation of the rights to operate as an MVFL organization, effectively terminating the organization's affiliation with the league.
6. **Monetary Fines –** Financial penalties imposed on individuals, teams, and/or organizations.
    a. Fine amounts will range from $100 - $2500 depending on the severity of the violations.
    b. While standard fines range from $100 to $2,500, recoverable amounts may exceed $2,500 when deemed necessary based on the reasoning and nature of the violation.

b. Cool Down: All penalties assessed require a 48-hour cool-down period before any person attempts to contact the MVFL Executive Board. Organizational League Representatives are not to be contacted regarding any type of assessed penalties. Failure to comply with the 48-hour cool-down period may result in additional penalties.

c. Appeal: All penalties imposed are subject to an appeal process.

- **i. Submission:** All appeals must be submitted by the Organizations League Representative, in writing to the official MVFL email address following notification of the penalty and must be received within seven (7) days of the incident. The appealing party must provide a formal written request detailing the grounds for the appeal.
- **ii. Review:** Each Organizations League Representative will review within 5 days of receipt of email,all relevant information, evidence, and circumstances surrounding the appeal.
- **iii. Vote:** A decision regarding the appeal will be determined by a majority vote of the Organizational League Representatives.
- **iv. Outcome:** The decision of the Organizational League Representatives regarding the appeal will be final and binding.
    1. The Appeal process may be waived upon request of League Representatives or the Executive Board if deemed necessary. Such decisions will be determined on a case-by-case basis.

7. BOARD, COACHES, PARENT, ATTENDEES AND PLAYERS

a. Preamble: The essential elements of character-building and ethics in sports are embodied in the concept of sportsmanship and six core principles: trustworthiness, respect, responsibility, fairness, caring and good citizenship. The highest potential of sports is achieved when the competition reflects these "six pillars of character."

b. Board Members Code of Ethics:

i. Elected & Appointed

1. Each elected and appointed Board Member shall pledge to follow and uphold all MVFL Constitution and Rules & Regulations and to report any violation regardless of the violation or the person or persons involved in the violation.
2. All Board Members will conduct themselves in a professional manner and treat all other board members, athletes, cheerleaders, coaches, league officials and parents with respect, honesty, integrity, and openness.
3. Devote time, thought, and study to the duties and responsibilities of a Board Member so they may render effective and credible service to MVFL.
4. Work with their fellow Board Members in a spirit of harmony and cooperation in spite of the many differences of opinion which may arise. Base their personal decisions upon available facts in each situation; to vote their honest conviction in every case, un-swayed by partisan bias of any kind; thereafter, to abide by and uphold the majority decision of the Board. Board Members will act in the best interest of MVFL rather than in furtherance of personal interests or the interests of third parties, such as friends and family. Decisions about MVFL and the use or disposition of its assets, are made solely in terms of the benefits to MVFL. They are neither influenced nor appear to be influenced by any private profit, personal gain or outside benefit for staff, board members and volunteers; their friends and family members or the organizations with which they are affiliated.
5. To avoid issues with nepotism within an organization. Married or immediate family members who live in the same household that are board members would only count as one vote when voting on issues pertaining to the respected organization.

6. **Violations of the MVFL Code of Ethics will not be tolerated. Any Board found in violation at any MVFL event will be subject to disciplinary action and fines as outlined below:**
    a. **Immediate Removal**
        i. The Board Member will be removed from the event in which the incident occurs.
    b. **Fines and Payment:**
        i. A fine of $300 will be imposed on the ejected Board Member, payable to the MVFL, and must be paid within seven (7) days of the violation by the responsible organization. Additional penalties may be imposed by the representing Organization.
            1. Failure to pay the fine within the specified period will result in additional disciplinary action against the individual, and an additional $300 fine assessed to the representing organization, payable to the MVFL on the 8th day from the ejection.
    c. **Two-Strike Policy:**
        i. **First Offense:** $300 fine and ejection from the remainder of the current event.
        ii. **Second Offense:** Immediate removal from all MVFL events for the remainder of the season.

c. **Coaches Code of Ethics:**
    i. **Organizational Head Coaches, Assistant Coaches and JR Coaches**
        1. Lead by example in demonstrating the six pillars of character, written in the Preamble above, to all my players and cheerleaders.
        2. Treat all athletes, coaches, league officials, refs and parents with respect and dignity.
        3. Place the emotional and physical well-being of all athletes ahead of the personal desire to win.
        4. Treat each athlete as an individual, always remembering the large range of emotional and physical development for each age group.

5. MVFL will not tolerate the use or influence of drugs and alcohol, including all tobacco products, e-cig, and vape pens during any organization function and in the presence of any minor child as a representative of the MVFL.
6. Be or become knowledgeable in all the rules of the sport and teach these rules to all athletes.
7. Do their best to make sure that all practices are well organized, safe, fun, and challenging for all athletes.
8. Use only those coaching techniques that are appropriate and safe for the skill level of the team that I will be coaching.
9. Young athletes are to be protected from unsafe and possibly illegal weight loss programs or techniques. Examples: working out in plastic garbage bags; working out under extreme heat conditions; advising parents to have their child fast or use extreme diets; etc.
10. Will not tolerate any form of abuse of children, should it be physical, verbal, emotional, ethical, or sexual, and will immediately report any such abuse to the proper authorities.
11. No Profanity, Foul, derogatory language toward event attendees, players, refs, other coaches, or board members will be tolerated.
12. Always remember that they are a youth sports coach and that the game is for the young athletes, and not for the vicarious interests of adults.
13. Head coaches and league reps. are only people allowed to communicate with refs during and after games.
14. Only 8 coaches with current MVFL badges are allowed on the sideline during the games.
15. **Violations of the MVFL Code of Ethics will not be tolerated. Any coach found in violation will be subject to disciplinary action and fines as outlined below:**
    a. **Immediate Removal:**
        i. The ejected Coach and Head Coach will be removed from the remainder of the game in which the incident occurs.
    b. **Fines and Payment:**
        i. A fine of $300 will be imposed on the ejected coach, payable to the MVFL, and must be paid within seven (7) days of the violation by

the responsible organization. Additional penalties may be imposed by the representing Organization.

1. Failure to pay the fine within the specified period will result in additional disciplinary action against the individual, and an additional $300 fine assessed to the representing organization, payable to the MVFL on the 8th day from the ejection.

c. Two-Strike Policy:

i. First Offense: $300 fine and ejection from the remainder of the current game, plus suspension from the next two (2) games.

ii. Second Offense: Immediate removal for the remainder of the season.

d. Officials Code of Ethics

i. Commitment to MVFL Rules: All Officials shall pledge to follow and uphold the MVFL Constitution, Rules & Regulations, and report any violation, regardless of the person(s) involved to the MVFL Executive Officers.

ii. All Officials will conduct themselves in a professional manner and treat all board members, athletes, cheerleaders, coaches, league officials, parents, event personnel, and spectators with respect, honesty, integrity, and transparency.

iii. Use or influence of drugs, alcohol, tobacco products, e-cigarettes, or vape devices during any MVFL function or while in the presence of minors is prohibited. Removal(s) may be enforced.

iv. Any form of abuse toward a minor, physical, verbal, emotional, ethical, or sexual is strictly prohibited. Any suspected abuse shall be immediately reported to the proper authorities.

v. Profanity, foul language, or derogatory remarks toward event attendees, players, officials, coaches, or board members will not be tolerated.

vi. All violations are brought to the MVFL Via email. Email will be reviewed by MVFL League Representatives within 5 days. The MVFL executive board will conduct investigation of violation prior to League Rep review.

e. Parent/ Attendee Code of Ethics:

i. All Game Attendees, Volunteers, Chain Gangs, Field Crews, etc.

1. Treat all athletes, coaches, board members, league officials, refs and other attendees of the event with respect and dignity.
2. No inappropriate behavior that is deemed an obstruction to the football game or sideline cheering will be tolerated
3. MVFL will not tolerate the use or influence of drugs and alcohol, including all tobacco products, e-cig, and vape pens during any organization function and in the presence of any minor child as a representative of the MVFL.
4. MVFL will not tolerate any form of abuse of children, should it be physical, verbal, emotional, ethical, or sexual, and will immediately report any such abuse to the proper authorities.
5. No Profanity, Foul, derogatory language toward event attendees, players, refs, other coaches, or board members will be tolerated.
6. All parents/ attendees must adhere to the rules of the game location and practice site.
7. No parents/ attendees are allowed on the track in the cheer area, on sideline or field during use without a MVFL badge. (This includes before and after game times.)
8. **Violations of the MVFL Code of Ethics will not be tolerated. Any Parent/ Attendee found in violation will be subject to disciplinary action and fines as outlined below:**
    a. **Immediate Removal:**
        i. The Parent/ Attendee will be removed from the remainder of the game in which the incident occurs.
    b. **Fines and Payment:**
        i. A fine of $300 will be imposed on the ejected Parent/ Attendee, payable to the MVFL, and must be paid within seventh (7) days of the violation by the responsible organization. Additional penalties may be imposed by the representing Organization.
            1. Failure to pay the fine within the specified period will result in additional disciplinary action against the individual, and an additional $300

fine assessed to the representing organization, payable to the MVFL on the 8th day from the ejection.

c. **Two-Strike Policy:**
    i. **First Offense:** $300 fine and ejection from the remainder of the current game, plus suspension from the next two (2) games.
    ii. **Second Offense:** Immediate removal for the remainder of the season.

f. **Player Code of Ethics:**
    i. **All Game Participants**
        1. Treat all athletes, coaches, board members, league officials, refs and attendees with respect and dignity. The players and cheerleaders must conduct themselves in a respectable manner.
        2. No inappropriate behavior that is deemed an obstruction to the football game or sideline cheering.
        3. MVFL will not tolerate the use or influence of drugs and alcohol, including all tobacco products, e-cig, and vape pens during any organization function and in the presence of any minor child as a representative of the MVFL.
        4. No Profanity, Foul, derogatory language toward other players, refs, coaches, or board members will be tolerated.
        5. All players must adhere to the rules of the game location and practice site.
        6. No unauthorized players are allowed on the track in the cheer area, on sideline or field during field use without league reps approval.
        7. Targeting (illegal helmet contact, late hits) will not be tolerated. If behavior occurs this will be at the league discretion if violation needs to be enforced. Repetitive occurrence from a player of targeting toward another may result in expulsion from the season. MVFL will determine the severity of citation.
        8. Violation of the code of ethics may require a player to be removed from the game and/or practice and may also be unable to participate in the following games. This will be determined by the organization league rep and MVFL board. The child's parent or guardian will be notified immediately of the situation.

9. **Player ejection will be penalized as follows**
    a. 1st offense Player ejection rest of game and next game
    b. 2nd offense rest of game and 2 games
    c. 3rd offense rest of game and 3 games.

g. Ethics Pledge: As volunteer board members, football, and cheerleading coaches, we acknowledge and agree to honor all ethical obligations to all athletes, colleagues and to the public at-large. We will pledge to comply with all MVFL Constitution and Rules & Regulations and its Code of Ethics. We agree that the MVFL Board in its sole discretion may hold us accountable for doing so. We will further agree that our accountability to the MVFL Board for any breach may include suspension, expulsion, ineligibility, or disbarment of the individual or team.

h. Badges: MVFL will issue game day badges to all organizations once required items are received as noted below. All required items are to be emailed to the league or hard copy to the MVFL Secretary to receive MVFL Badges.

i. A list of all board members, coaches that need an MVFL badge
ii. Individual headshot photo in jpeg format submitted via email, or uploaded to USB Flash Drive. Each photo must be labeled with Name, Title/ Position in the individual organization.
iii. Copy of each individual's/organizational background check report
iv. Completion of USA football or YCADA training. copy of training provided to MVFL if MVFL is unable to access online.
v. A valid copy of each board member's AB 506 Mandated Reporter Training Certificate must be submitted. The certificate must reflect the current year or must not expire prior to the conclusion of the scheduled football season.
vi. Copy of current CPR training

1. All Board member items must be received by May 1st and Coaches items by August 1st. After this NO other badges will be made. Badges will be given to League Rep at Book signing. If additional coaches or board members required field access, background checks and training must be emailed to the league ASAP and a notification will be added to the GroupMe once received so that other teams are aware.

2. A maximum of 15 board badges and 8 coaches badges per level will be issued to each individual organization. maximum of 79 game badges per organization.

i. **Field Access:** MVFL will only allow referees, League officials, photographers (1 per team and must wear an orange vest and stay on their teams sideline or in the endzone), EMS, chain gang, players, and only (8) eight coaches with badges on the field on game day. Those without badges will be immediately removed from the field.No UNAUTHORIZED presence allowed on the field, sideline or end zone area. Players and coaches waiting for their game must remain in the staging area; no siblings or spectators allowed. This will be enforced. If not followed both league reps will address and if unable to follow MVFL Board to be notified and will address as per the code of conduct.

j. **Background Checks:** MVFL will require all organizations to obtain background checks on all coaches over the age of 18 and Board members. Background checks must be obtained by credible background check, company that identifies criminal, arrest, and conviction records. A copy of background checks is to be given to the league secretary at book signing and a copy kept by the organization.
   i. If a person fails the background check, it is at the individual organizations discretion to allow or not allow that person to participate if they are allowed, a note explaining why will be attached to their background check that is turned into MVFL for approval.

k. **CPR Certification:** all coaches must have current CPR training. A copy of this is to be emailed to the league secretary and a copy kept by the organization.

l. **Concussion, Heat illness and Sudden Cardiac Information:** MVFL will require all organizations to provide the Concussion, Heat Illness and Sudden Cardiac forms to both the parent/guardian and the athlete. The acknowledgement form must be signed by both parent/guardian and the athlete and kept with athlete cards.

m. **Training:** MVFL will require all organizations to have their coaching staff certified through USA Football prior to any coaching of football players and Pop Warner Course Y101PW/Y102PW (for returning cheer coaches) prior to any coaching of cheerleaders. Classes may be taken online. Additional training required for all coaches and board members: Mandated reporter course completed annually. via website mandatedreporter.ca.com copy of certificate must be emailed to league secretary and a copy kept by the organization.

8. **MVFL ENTRANCE REQUIREMENTS**
    a. **Entry into League:** In order for a new organization to enter MVFL, it first must complete an official application to the MVFL Board in writing recommended by January 31st of the current year.
    b. **Application Must Contain:**
        i. A statement delineating local backing for the organization, a board of directors and the required boosters support necessary to finance the community's organization and program
        ii. A statement of the ability to meet financial means for a two-year period.
        iii. The name of the school district or districts which the organization would represent, a geographical map (boundary map) of the district or districts and a list of the grade and middle schools from which the organization would draw members. Deviation from this policy is permitted by MVFL Board approval.
        iv. A listing of the arrangements for hosting and playing home games such as clearance of field for home games, dressing facilities, spectator seating, etc.
        v. Additionally the Organization must include Articles of Incorporation, Bylaws, and an Employer identification Number (EIN) to verify good standings with the requirements of a Non-Profit Organization.
        vi. With the approval of a 2/3 vote of the MVFL Board, new organizations may be admitted into MVFL. New organizations must agree to abide by the league constitution and rules & regulations.
    c. **Entrance fee:** Any organization that enters the MVFL will agree to a $2500 penalty if they leave before completing a 48-month commitment. The $2500 will be paid at the time of admission and reimbursed on the 49th month, provided the organization has completed the full 48-month commitment. This fee is in addition to the yearly league dues.
    d. An organization may request to leave before completing the 48-month commitment, but the request must be submitted to the MVFL Board and approved by a vote of all MVFL League Representatives.
    e. Any organization leaving the MVFL will not be allowed to rejoin until after 48 months, unless they pay a $2500 penalty and obtain approval from the MVFL's voting body.
9. **Duties of MVFL Officers**
    a. **Executive Board**
        i. **Responsibilities:**

1. **Familiarity with the Constitution:** Each member of the MVFL Executive Board must be thoroughly familiar with the organization's Constitution and its provisions.
2. **Purpose:** All Executive board members shall dedicate their efforts and energies to advancing the mission and objectives of MVFL and the league. This ensures all members actively contribute to the league's success and uphold its core values and objectives.
3. **Reporting Responsibilities:** Each board member must prepare and present updates on their respective area of responsibility at every MVFL meeting.
4. **Games:** All Executive Board Members are expected to attend all rounds of playoff games and the Super Bowl games to show strong support and leadership from the MVFL.
5. **Voting:** Executive officers shall not have voting privileges on the MVFL Board unless they also serve as their organization's designated League Representative. The President, Vice President Football, and Vice President Cheer may cast a deciding vote to break a tie only when necessary.

b. President: The President shall preside at all meetings of the MVFL, enforce the provisions of the Constitution and Rules & Regulations. While exercising general supervision over its affairs.

i. Communicate to the League Representatives on all matters while providing recommendations and suggestions aimed at promoting the welfare, growth, and success of the MVFL.
ii. Establish agenda in cooperation with the secretary.
iii. Ensure that the MVFL operates in strict conformity with the league's policies, principles, rules, and regulations as outlined in the MVFL Constitution, Football Rules & Regulations, and Cheer Rules & Regulations.
iv. Investigate any complaints, irregularities, or conditions that may be detrimental to the MVFL's operation, reputation, or integrity. While providing a detailed report of findings to the League Representatives and Executive Officers as necessary or warranted by the situation.
v. Serve as the primary spokesperson for MVFL in all matters requiring representation, ensuring all communications align with the input and direction of the League Representatives.

vi. The President, in cooperation with the Secretary/Treasurer, is responsible for determining the date, time, and location of all MVFL board meetings.

vii. If the President is unable to perform the duties outlined above, the Vice President Football, Vice President Cheer, and/or Secretary/Treasurer shall convene a meeting of the League Representatives and Executive Officers to facilitate the selection of a replacement President to fulfill the responsibilities.

viii. The President shall appoint a Sergeant-at-Arms and President Emeritus

1. **Sergeant-At-Arms:**
    a. Appointed by the current sitting President for a term of 2 (two) years.
    b. Shall keep order and efficiency during meetings, handle physical preparations for meetings, guide the conduct of members and guests, help keep events on schedule and help conduct the meeting according to the rules of order.
    c. Perform such duties as are herein specifically set forth and such other duties as are customarily incident to the Office of the Treasurer or may be assigned by the Executive Board or President.
2. **President Emeritus:**
    a. This Executive Position serves in an advisory capacity to the MVFL Executive Officers and League Representatives. The purpose of this role is to provide guidance, historical knowledge, and continuity for the League.
    b. **Authority and Voting Rights:** The President Emeritus holds no voting rights.The President Emeritus may present proposals at any MVFL meeting.All proposals must be voted on by the MVFL League Representatives.
    c. **Attendance Requirements:** While attendance is not mandatory, the President Emeritus is encouraged to attend MVFL Meetings and major MVFL events (Cheer Competition, Playoffs, Super Bowl, etc.) to support continuity and provide guidance when needed**.**
    d. **Term of Service:** The President Emeritus serves a two (2) year term.Upon completion of the term, the

individual must be nominated and voted back into the position by the MVFL League Representatives to continue serving.

e. The President Emeritus must adhere to the MVFL Board Member Code of Ethics. Any violation may result in immediate removal from the position upon a majority vote of the MVFL BoardQualifications: Eligibility is open to all former MVFL Presidents. The position is not limited to a single individual, and multiple former Presidents may hold the title concurrently.

c. Vice President Football: In the event of the President's absence, the Vice President Football shall assume all the duties and responsibilities of the President. The Vice President Football will have all the powers and restrictions associated with the office of the President during this time.

i. The Vice President shall have any additional powers and duties as may be assigned or prescribed by the MVFL.

ii. The Vice President, in cooperation with the Secretary, shall assist with any and all additional meetings that take place outside of the regular MVFL monthly meetings.

iii. The Vice President Football shall have any additional powers and duties as assigned or prescribed by the MVFL.

iv. The Vice President Football, in cooperation with the Secretary, shall assist with all additional meetings that take place outside of the regular MVFL monthly meetings.

v. The Vice President Football will attend all Football and Cheer MVFL meetings.

d. Vice President Cheer: In the event of the President's and the Vice President Football absence, the Vice President Cheer shall assume all the duties and responsibilities of the President and Vice President Football. The Vice President Cheer will have all the powers and restrictions associated with the office of the President and Vice President Football during this time.

i. The Vice President Cheer shall have any additional powers and duties as assigned or prescribed by the MVFL.

ii. The Vice President Cheer, in cooperation with the Secretary, shall assist with all additional meetings that take place outside of the regular MVFL monthly meetings.

iii. The Vice President Cheer will attend all Football and Cheer MVFL meetings.

iv. Vice President Cheer oversees all Cheer related events . Develop and distribute the agenda for the monthly MVFL Cheer meetings to ensure all necessary topics are addressed. Record the minutes of the MVFL Cheer meetings. Actively participate in the MVFL Football monthly meetings to represent the Cheer program. Provide a summary report of the Cheer Meeting minutes during the MVFL Football monthly meetings

e. **Secretary/Treasurer:** Shall keep, or cause to be kept, a book of minutes of all Board meetings. The minutes will include the time and place of the meeting. Whether the meeting was regular or special. The names of Governing Members present and the proceedings that follow.
   i. In cooperation with the President, prepare an agenda for monthly meetings.
   ii. Provide minutes from previous meetings at the MVFL meetings.
   iii. Be responsible for recording the activities of MVFL and maintain appropriate files, mailing lists, and necessary records.
   iv. Handle all correspondence related to meetings, unless specifically delegated to another party.
   v. Be responsible for carrying out all orders, votes, and resolutions, unless otherwise assigned to someone else.
   vi. Coordinate with the DOJ Coordinator regarding the background checks and documentation of Coaches, Officers, Board Members and other MVFL officials as necessary. (Book Signing)
   vii. The Secretary shall keep a copy of the organization's by-laws as amended to date.
   viii. The Secretary will be responsible for all written correspondence to all Governing Members.
   ix. Pick up and direct organization mail from the post office, including emails, to appropriate Board members.
   x. Web site to be updated with standing and scores weekly no later than Wednesday during the season.
   xi. Perform such duties as are herein specifically set forth, in addition to such other duties as are customarily incident to the office of Secretary or as may be assigned by the Board of Directors or President.
   xii. The Secretary/ Treasurer shall deposit all monies and other valuables in the name and to the credit of the organization, with such depositories as may be designated by the Board. The Treasurer or Secretary shall disburse the funds of the organization as may be ordered by the Board. All funds collected

through games, events or any other type of income opportunity shall be handled in the following manner:All receipts, checks, envelopes and bank deposits are to be verified and presented at the start of each monthly meeting so that the Secretary can file and annotate into the minutes. No reimbursements for expenditures will be made without prior authorization of the MVFL.

10.GOVERNING BODY

a. **Board of Directors Guidelines:**
    i. **Executive Positions:**
        1. Executive positions on the MVFL Board are filled through a majority vote by the board.
        2. **Nominations** occur annually, with terms lasting two years and staggered as follows:
            a. **Odd Years: President & Secretary/Treasurer**
                i. **Example Term: February 28th 2027 – February 28th, 2029**
            b. **Even Years: Vice President Football and Vice President Cheer**
                i. **Example Term: February 28th, 2028 – February 28th, 2030**
        3. **Eligibility Requirements:**
            a. A board member must serve on the MVFL Board for a minimum of one year to qualify for an executive officer position.
            b. To become President, a board member must have served for a minimum of two years
                i. Emergency Situations: In cases where no established policy exists, the matter shall be resolved by a majority vote of the MVFL Board.
    ii. **Voting Schedule**
        1. **January Meeting –** Announcement of available Executive Board positions and acceptance of officer nominations.
        2. **February Meeting –** Official vote to elect new officers.
        3. **February 28th –** Commencement of duties for newly elected officers.
b. **Makeup of Board:** Each organization will elect one representative to serve on the MVFL Board as their Organizational League Representative or Co-League Representative.

i. Requirements-

1. The Organizational League Representative and Co- rep must serve a 2 year term within their organization
2. The Organizational League Representative or Co- rep must not coach at the same level within the organization.
3. The Organizational League Representative and Co- rep may not be married or immediate family living in the same household.
4. The Organizational League Representative or Co- rep must attend all MVFL meetings.
5. The Organizational League rep or Co- rep must be present at all games home and away. Unless notice is given to the MVFL prior to game day via group me. Information needed to be given alternate Name, phone number.
6. The Organizational League Representative is responsible for voting on all MVFL Proposals/Motions. If the Organizational League Representative is not available, the Co-rep will cast a vote for the organization. ONLY 1 vote per organization.
7. The Organizational League Representatives duties are as follows.
    a. **Representatives Duties:** Serving as the primary communication channel between their organization and the MVFL Board, ensuring that information flows smoothly, and any concerns or updates are promptly relayed**.**
    b. **Governance and Compliance:** Each League Representative shall serve as the lead authority within their organization on all matters related to the MVFL Constitution, Rules & Regulations Football, and Rules and Regulations Cheer. League Representatives are responsible for ensuring full compliance with all established rules and regulations.
        i. To reinforce accountability and understanding, all League Representatives must sign an acknowledgement confirming they have read and understand the MVFL Constitution and both Rules & Regulations in its entirety.

c. **Meeting Attendance:** Attendance at meetings shall be limited to MVFL Executive Officers and one or both the Organizational League Representative and Organizational Co League Representative from each organization, unless additional attendance is requested and approved by the MVFL Executive Board. Public comment is scheduled for up to 30 minutes total. Each speaker may use up to 10 minutes; if there are more than three speakers, time will be divided equally so as not to exceed 30 minutes. No time adjustments will be made once public comment begins.

ii. **Platforms of Communication:** Representatives will actively communicate with the MVFL through various means such as meetings, emails, GroupMe, Zoom, or any other platform as directed by the MVFL Executive Board.

iii. **Voting:** Any votes or decisions requiring input from the Representative must be treated as Urgent. Responses will be provided within 24-hours if the Representative needs to communicate with their representing Board for approval, direction, or feedback. If a Representative fails to respond within the governed 24-hour timeline, their vote will be considered as an "Abstained" vote and will be documented accordingly.

iv. **Coordination of Events:** Overseeing, organizing or coordinating elements necessary for proper completion of registrations, weigh-ins, and other league-mandated events such as Jamboree, Games, Playoffs, and Super bowl. Ensuring that all requirements are met per the Constitution or as directed by the MVFL Executive Board.

v. **Conflict Resolution:** Addressing issues that arise within their organization concerning the constitution. If a matter cannot be resolved internally, the League Representative is responsible for escalating it to the MVFL Executive Board for further guidance and resolution.

vi. **Enforcement of Regulations:** Ensuring that all coaches and team personnel adhere to MVFL regulations, rules, and codes, and addressing any violations and incidents to the MVFL Executive Board within 24-hours.

c. **Board Appointed Members:** The head official will be appointed and voted on by the members of the MVFL Board at the scheduled December meeting.

d. **Voting:** The Organizational League Representative is responsible for voting on all MVFL Proposals/Motions. If the Organizational League Representative is not available, the Co-rep will cast a vote for the organization. ONLY 1 vote per organization. A quorum must be present to take any action. If there is a tie when voting where a 2/3 vote or majority vote is required, the president or vice-president of football or cheer will vote as a majority member.

e. **Non-Participation in MVFL Affairs and Rule Violation:** Members of the MVFL Board are expected to attend and play an active role in the MVFL meetings.

   i. **Football:** Any organization that misses two meetings in a row or three meetings in a calendar year will lose their vote in the following years' constitution and rules & regulation voting.

   ii. **Cheer:** Any organization that misses two meetings in a row or three meetings in a calendar year will lose their vote in the following years' constitution and rules & regulation voting. League representatives may send an alternate representative if necessary.MVFL cheer meetings are held separately from the MVFL Board meetings. Vice President Cheer will be responsible for all procedures.

11. FINANCE AND FEES

a. **Financial Obligations:** Each MVFL member will handle the financial matters of its organization.

b. **Registration Fees for Players:** Participant registration fees will be determined and collected by each individual MVFL organization.

c. **Other Financial Sources:** Additional funds to assist in financing individual MVFL organizations and MVFL, will come from gate admissions, game concessions and various fund-raising projects which the MVFL members will coordinate individually.

d. **Game Admission Fees:** Gate fees will be established by a majority vote of the MVFL Board. Currently the rates are as follows:

i.	**Adults**	**$7.00**
ii.	**Seniors**	**$5.00**
iii.	**Children 6 to 12 years old**	**$5.00**
iv.	**Children 5 and under**	**FREE**
v.	**Military/Veteran (Military ID required)**	**FREE**

1. The home team retains gate fees. Rates will be the same for pre-season regular season, and post-season games including Super Bowl.
2. No organization will be allowed to charge for parking unless the parking area gives VIP access to the field/

stands and no other gate fee area is designated. VIP Example: Argonaut you may park next to the bleacher in the lower level and watch from your car.

e. **Jamboree:** Host teams will be responsible to pay the following for hosting the Jamboree. Payments are as follows:
   i. **To MVFL:** $500 jamboree dues
   ii. **To Officials:** $200 per official
   iii. **To Host Team:** retain all other revenues
f. **Superbowl:** Host team will be responsible for paying the following for hosting.
   i. **To MVFL:** $1000 superbowl dues
   ii. **To Officials:** $ 400 per official and $200 for (1) supervisor
   iii. **To Host Team:** retain all other revenuesMVFL provides individual trophies for all winning football players on each level.
g. **Cheer Competition:** Host team will be responsible for paying the following for hosting.
   i. **To MVFL:** $2000 Competition dues
   ii. **To Officials/ judges:** to be paid by hosting team and determined by MVFL Cheer Board
   iii. **To Host Team:** retain all other revenues
   iv. MVFL to provide banners for winning divisions 1st, 2nd, 3rd place. in addition to individual ribbons to winning players.
   v. If an organization opts to not attend competition they must notify the league one month prior to the event or a fee of $500 is imposed payable to the hosting team.
h. **MVFL Fees:** An annual MVFL fee will be charged to all organizations to assist with the cost of operating the MVFL. This fee is determined by the MVFL Organizational League Representatives and must be paid prior April 1st . If fees are not paid before April 1st that organization will not participate within any MVFL meetings, events, or activities and may be assessed an additional fee of $300.00 as well as a loss of voting rights until paid. The MVFL will be responsible for setting up a budget every year. Fees are listed below.
   i. 2027 = $1200.00
   ii. 2028 = $1500.00
      1. Minimum 2 year contracts for all teams that at end of term auto renews annually on November 1st of the current season. A team has to announce prior to this date season if they're not coming back for the next season.
i. **MVFL Financing:** The MVFL Board elected officers will be signers on the MVFL checking account.

i. The checking account will require two signatures to process a check.
    1. The monthly bank statements and reports will be copied, reviewed, and approved by the MVFL Board. The Secretary will keep all correspondence in MVFL files.
    2. The MVFL Board will approve a treasurer's report at each monthly meeting.

ii. MVFL will be responsible for paying the following:
    1. Annual head official pay.
    2. Awards for the Superbowl for football players & Cheer Competition for cheerleaders.
    3. Operating costs and tax preparation.

j. Vendors: There are no "approved" or "official" MVFL vendors. Each organization will control who is approved, or not approved, for events they are hosting. It is the responsibility of all vendors to contact each organization for approval prior to attending events where they have been hired or their intent for financial gain is evident. When prior approval is not obtained, each organization will have the right to remove vendors from the ballpark or sidelines at their discretion.

12.INSURANCE

a. Insurance Requirement: All MVFL Organizations will be required to carry general liability insurance.

i. Each organization will select their own coverages based on their need while recognizing MVFL minimum limits.

1. **Each Occurrence Limit $1,000,000**
2. **General Aggregate Limit $1,000,000**
3. **Products/Complete Operations Aggregate Limit $1,000,000**
4. **Personal and Advertising Injury Limit(any one person) $1,000,000**
5. **Rented to You Limit (anyone premises) $100,000**
6. **Medical Expense Limit (and one person) $5,000**

ii. Each organization will provide the MVFL Executive Secretary a copy of their executed insurance certificates no later than July 15th.

1. **Certificate Holder & Additional Insured Endorsement:** Mother Lode Youth Athletic Conference, Inc. (MLYAC) / Motherlode Valley Football League (MVFL)
    a. PO Box 92, Waterford Ca 95386

2. **Terms:** Terms of insurance coverage is no later than July 1st of the current year to July 1st of the following year.

b. MVFL Board: The MVFL Board will obtain a policy for director and officer coverage.

13.MVFL Organizational Meeting Requirements:

a. All MVFL Meetings are mandatory and will be assessed a penalty either voting or monetary.
   i. Monthly League Meetings are a requirement for League Representatives. (Possible loss of voting rights)
   ii. Annual Officials + MVFL Board meeting requiring all Organizational League Representatives and Co-League Representatives. ($200 fee per absent Organizational League Representatives and/or Co-League Representatives)
   iii. Annual MVFL + Organizational Board meeting requiring the Organizational President & Vice President. ($200 fee per absent President and/or Vice President).
   iv. Book Signing meetings are mandatory for a total of 5 members per organization to attend. Confirmation of attendance required ($200 fee will be assessed per missing person)

14.MVFL Organizational Documentation Requirements Timeline:

a. Every organization affiliated with the MVFL is required to maintain, for a minimum period of three (3) years, all the following:
   i. Financial records
   ii. Files pertaining to all grievances
   iii. All required documentation for Players, Coaches, and Board MembersThese records must be readily accessible upon request by the MVFL Executive Board for the purpose of verification, compliance, or audit review

b. Items needed by Feb 1st
   i. Each organization will provide the league via email a list of all schools in their boundaries. This list will be attached to the agenda at the Feb meeting to be approved by the league yearly as an addendum to the MVFL Constitution.
   ii. If a school needs to be added to the list after this date it must be submitted to the league for approval.
      1. Copies of the approved list will be made available at book signing.
      2. If school is not on the approved list please follow exception, transfer, grandfather MVFL Policy.

c. items needed by April 1st

i. copy of each organization's current bylaws to be emailed to the league.
ii. annual league dues must be paid.
iii. a list of all board members submitted via email to the league
iv. individual headshot photo of each board member in jpeg format submitted via email, or uploaded to USB Flash Drive. Each photo must be labeled with Name, Title/ Position in the individual organization.
v. copy of each board members individual's/organizational background check report
vi. copy of board members current year mandated reporter training certificate

d. ITEMS NEEDED TO BE EMAILED TO LEAGUE PRIOR TO JULY 15TH

i. Sign-up Procedure

1. Written procedure of how first come first serve sign ups are done.
2. Please add the website or social media site.

ii. Practice Schedule

1. See form on website (one needed for football and one for cheer.)
2. Please note if you have multiple sites for games/ practice you may add to the back just put what dates.

iii. Helmet Certification

1. Receipts of recert. and or new purchase

iv. Scale Certification

1. Receipt for certification with in calendar year

v. Constitution/Rules & Regulations

1. Acknowledgment See form. On mvfl.net.
a. Must be signed by the Organization President, League Representative, & Head Coaches.
b. One needed for football and one needed for cheer.

vi. Insurance Certificates

1. Copy of current insurance policy with Certificate Holder & Additional

e. items needed by August 1st

i. list of all coaches that need an MVFL badge to be emailed to the league
ii. individual headshot photo of each coach in jpeg format submitted via email, or uploaded to USB Flash Drive. Each photo must be labeled with Name, Title/ Position / level coaching in the individual organization.

iii. copy of each coaches individual's/organizational background check report
iv. Completion of USA football or YCADA training. copy of training provided to MVFL if MVFL is unable to access online.
v. copy of cheer coaches NFHS Heat illness cert.
vi. Copy of coaches current Mandated reporter training certificate
vii. Copy of coaches current CPR training

f. ITEMS NEEDED TO BE BROUGHT TO BOOK SIGNING (DATE TO BE NOTIFIED TO LEAGUE REPS):

i. Player Books

1. Each player:
    a. Player card with photo
        i. If have new transfer/ exception form must be attached to current player card
        ii. If grandfather player prior year player card must be attached to current card Exceptions, transfers & grandfathered playercards must be on blue cardstock
        iii. Mascot playercards must be on pink card stock. Current year physical
        iv. Age up must be on yellow card stock
    b. Physical forms must include the wording cleared for sports, cleared for athletic activity, or the box marked "SPORT PARTICIPATION APPROVED" on the MVFL physical form.
    c. Proof of gradeMust be from current or prior year grade level.If not from school in boundaries must provide
    d. proof of residence in organizations boundaries. Proof of residence (ONLY needed if from school that is out of boundaries)
    e. Concussion form signed by parent/ guardian
    f. Heat illness form signed by parent/ guardian
    g. Sudden cardiac form signed by parent/ guardian

ii. Copies of pre season roster

1. All rosters must be emailed to the league the Friday prior to books signing on approved MVFL roster form. Rosters must be typed and include all required information
    a. FB- jr novice, novice, jv, varsity
    b. cheer- jr novice, novice, jv, varsity

iii. **Hudl Accounts:** A finalized list of Hudl accounts, organized by level, to which game film must be shared shall be provided by the league no later than the Friday prior to book signing. This list will be emailed to each League Representative and shall be distributed to all Head Coaches.

g. Items to be emailed to the league by friday week 4

i. regular season roster

h. Items to be emailed to the league by the MVFL playoff seeding meeting

i. Post season rosterOnce this is emailed no changes can be made.

2026 Rules & Regulations
FOOTBALL

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1. **ELIGIBILITY OF ATHLETES**

A. Right to Play: No athlete will be denied the right to participate because of culture, language, gender, race, ethnicity, or disability. No athlete will be denied the right to participate because of ethnicity, race, or religion.

1. All participants must be registered and rostered on a first come basis. No tryouts are allowed. Once the roster is at capacity, the waitlist may also be created following the same first come guidelines.WAITLIST MUST NOT EXCEED 10 PARTICIPANTS

a. Priority registration day: each organization may have a (one day) return athlete registration at first come first serve prior to open to public registration. (This includes ONLY athletes from last season.)

B. Permission to Play: Each athlete must furnish proof of parental or guardian permission to participate, and he or she must pay a registration fee. Each organization determines the amount of the registration fee.

C. Academic Standards: It is the recommendation of the MVFL, that athletes should maintain acceptable grades to participate in the football/cheer program. Athletes should maintain a 2.0 or "C" average to be qualified. The various teams in the league shall adopt locally developed policies to ensure that the grades of athletes are acceptable. The MVFL Board will support the decisions of the various teams on this matter. Organizations are encouraged to recognize the academic achievement of its athletes.

D. High School Students: No high school student can participate in MVFL.

E. Non-Public School Students: Non-Public School Students: Athletes not enrolled in the public-school system may participate in MVFL, but they must meet the appropriate grade level, weight, and experience requirements. Athletes must provide proof of permanent residency within organizations boundaries.

F. **Proof of Grade Level:** Proof of incoming grade level will need to be given to the program, copy of last (end of year) report card or letter from school district of ingoing school grade level. Proof of grade must include year, grade and school.

1. **Retention players:** (players that are repeating a grade) If a player is repeating a grade current proof of grade is required and a letter from the school on letter head stating what grade the player is in during the current season. Players must follow MVFL player eligibility regarding school or residence boundaries.

G. **Boundaries and Proof of Residency /Geographical Areas:**

1. Eligibility Requirements: To qualify for participation, an athlete must reside or attend school within the boundaries of the organization.

   a. Definition of Boundaries: Organizational boundaries shall be defined according to the boundaries of the organization's designated high school.

      i. An athlete's school or permanent residence must fall within this designated area.

      ii. "Charter school" or "home school" addresses shall not be used for eligibility purposes if the school does not have a Site-based campus with a traditional classroom setting.

   b. If a player does not attend school within organizational boundaries Proof of Residency must be provided and can include:

      i. A utility bill with the applicant's permanent address.

      ii. School registrar paperwork.

      This documentation must be attached to the application during submission.

H. **Transfers (Intra-organization & Outer League), Waitlist Transfer, Grandfathered Player:**

1. **Transfers** are defined as:

a. **(Intra-Organization Transfer)**

   i. Athlete who permanently resides or goes to school within a neighboring organization's boundary.

   ii. An athlete that played with an MVFL team the prior season and now is inquiring to play with another MVFL team. (If a player permanently resides or goes to school in inquiring organizations boundaries a transfer is still required if they player for another MVFL team the season prior.)

b. **(Outer- League Transfer)**

   i. an athlete that does not reside or go to school within MVFL organizational boundaries.

c. Transfer Requirements:

   i. Only when an organization has less than a full roster, that organization can request a transfer.

   ii. Organizations wishing to secure athletes from another MVFL organization’s boundary, must submit an MVFL Transfer Application Form to be approved no earlier than May 1st or 30 days after registration opens, whichever is later.

   iii. Athletes cannot join activities until MVFL certifies all forms.

   iv. Acceptance of Transfers must be completed prior to any form of physical activities. Both teams involved must agree to the transfer. Additionally, a majority vote of the MVFL Board must authorize the action.

   v. All approved transfers must be signed by League Representative and include a player card printed on Blue cardstock.

   vi. If a player has a transfer approved the first year a copy of the approved form must be present with the athlete’s player card and paperwork.

   vii. If form is not present the player will be deemed ineligible to participate.

viii. Organizations not complying with this regulation will be considered as using ineligible athletes and will forfeit all games in which the ineligible athletes participated.

ix. Once an athlete receives a district transfer, they may continue to play for that organization annually until they no longer meet the age requirement or separate membership from the organization for one full season. This will qualify them as a grandfathered player.

x. If one full season of separation occurs, the athlete must again get approval from the other organizations and the MVFL Board. The MVFL Board must review all new District Transfers regardless of the circumstance.

2. Waitlist Transfer:

a. Waitlist transfers are defined as:

i. If an organization reaches its full roster, a player may join the first available neighboring organization without MVFL approval.

ii. Requirements:

i. The receiving organization must immediately contact the neighboring League Representative or Representatives to confirm that their roster has reached the maximum size as specified under "C. Roster Size."

ii. The MVFL must then be notified of the player's poll within 48 hours.

iii. The player cannot participate in any activities until both requirements are fulfilled.

iv. Approved transfers must have a player card on Blue cardstock

3. Grandfathered Player:

a. Grandfather players are defined as:

i. A transfer player continues with organization after the first year, the prior year's player card with all signatures and game day check in's must be attached to the current

year player card. GRANDFATHER to be written on the top of the new card.

ii. If both cards are not present the player will be deemed ineligible to participate.

iii. No transfer or expectation form is needed if the player is a continued participant with the organization.

I. **Physical Exam:** All athletes must have a physical examination in the current calendar year to be eligible for participation. Acceptable physical forms must include the wording cleared for sports, cleared for athletic activity, or the box marked "SPORT PARTICIPATION APPROVED" on the MVFL physical form.

J. **Eligibility to Participate in Game:** Athletes must complete (10) hours of physical conditioning and (6) hours in full gear to be eligible to participate in a game or jamboree/scrimmage.

K. **Level of Play:** Generally, athletes should play at the highest level at which they are capable. It is the intention of MVFL that athletes are encouraged to play in their own grade level division. At the discretion of their local board, athletes may move up a division. Under no circumstances, may an athlete move down a division.

2. **GRADE REQUIREMENTS**

A. Grade Requirements: Any athlete, 1st grade thru 8th grade, will be eligible to participate. No 9th graders are allowed.

1. Kindergartners are allowed to participate in the Jr. Novice Division at the discretion of the responsible organization.

2. Transitional Kindergarten (TK) or Preschool player are NOT permitted for either Cheer or Football under any circumstances. All participants must meet the minimum grade-level eligibility requirements established by the MVFL.

a. If a 2025 MVFL rostered Transitional Kindergarten (TK) or Preschool athlete does not meet any of the permitted eligibility criteria, that athlete will be allowed to continue with valid proof provided at book signing.

B. Division Grade:

1. Jr. Novice Division: 1st & 2nd Grades & Kindergarten

a. Kindergarten at the discretion of the organization

2. Novice Division: 3rd & 4th Grades

3. Jr. Varsity Division: 5th & 6th Grades
4. Varsity Division: 7th & 8th Grades
a. Athletes are eligible to move up. Refer to Eligibility of Athletes.

C. Proof of Grade: A copy of athletes' last year report card, letter from school / school district, or photo from online portal with players name, picture, year and grade level must accompany the team when the team is participating in any MVFL event.

D. Certificate of live birth: , issued by the county or state, must accompany the team when the team is participating in any MVFL game. All MVFL teams are required to secure and make copies of each athlete's birth certificate and keep it as a permanent record. If a certificate is unobtainable, the MVFL Board will have final say for an athlete's participation by a majority vote.

E. OLDER AGE RULE If an athlete turns the age listed below before December 31st of the corresponding MVFL season they must:

1. Play up (must move up to the next division)

Division	Maximum Age	Requirement
Junior Novice	9 Year Old	Must play up
Novice	11 Year Old	Must play up
Junior Varsity	13 Year Old	Must play up
Varsity	15 Year Old	Can not play

2. No exceptions will be granted at any level. Special circumstances will be considered only for athletes with documented special needs.
3. Any athlete falling within these criteria are required to be identified on a yellow stock card present with the athlete's player card and paperwork.

3. **WEIGHT RULES**

A. Maximum Weights for Divisions:
1. Jr. Novice Division unlimited
2. Novice Division unlimited
3. Jr. Varsity Division unlimited
4. Varsity Division unlimited

B. Maximum Skilled Athlete Weights for Divisions:
1. Jr. Novice Division 90.0 lbs.

2. Novice Division 115.0 lbs.
3. Jr. Varsity Division 140.0 lbs.
4. Varsity Division unlimited

C. X-Man Designations for Divisions:

1. Jr. Novice Division Weight exceeding 90.1 lbs.
2. Novice Division Weight exceeding 115.1 lbs.
3. Jr. Varsity Division Weight exceeding 140.1 lbs
4. .Varsity Division unlimited

a. X-Man: Any athlete who exceeds the above weights will be designated an X-man. An x-man is defined as a non-skilled athlete. They are allowed to play line on both offense and defense and must be lined up between or straight up on the tackles. An X-man must start plays in a 3- or 4-point stance. An X-man is required to wear an agreed upon mark on the back of the helmet to be determined by MVFL. All teams must use the same mark. An X-man may not handle the football on offense or defense. If an X-man gains possession of the football for any reason, the play is dead. A tackle is defined as a player on the line of scrimmage that is covered by an eligible receiver.

b. Special Teams: An X-man is not eligible to participate in kick-off or kick-return. A team must field a kickoff and kick return team if (11) skilled athletes are present. If a team cannot field a kickoff team without using an X-man, the ball will be automatically placed on the opposing team's 40-yard line and the opposing team will start possession there. If a team cannot field a kick return team without using an X-man, the ball will be placed on the returning team's 20-yard line and possession will start there. An X-man will be eligible to play on the punt and punt return, field goal and PAT teams. An X-man will be eligible to kick on PAT and Field Goals. If an X-man player touches the ball other than kicking it, it is a dead ball at that spot. They may not participate in any fake PAT or Field Goal attempts.

D. Game Day Weigh/ Check-in Times: All athletes will weigh/ check-in no earlier than one hour prior to game time. If late, athletes can be weighed-in up to (10) minutes from the start of the scheduled start time of their game.

1. Jr. Novice Division One hour prior to game time
2. Novice Division Half time of Jr. Novice game
3. Jr. Varsity Division Half time of Novice game

4. Varsity Division Half time of Jr. Varsity game

E. Game Day Weigh/Check-in Rules:

1. All athletes must be weighed/checked-in. They must meet the required weight before being allowed to participate in the game.
2. All athletes playing in the game must attend weigh/ check in. All athletes participating that day must have initials from the weighmaster/ opposing coach verifying attendance.
3. All athletes are not allowed to leave the weigh-in area once weigh-ins have started or until they are deemed eligible or ineligible to play.
4. No "deals" between teams on weight issues will be permitted. If it is determined that a "deal" has been struck, one or both teams will be called before the MVFL Board for disciplinary actions.
5. All athletes, at all division levels, must weigh/check-in wearing game jerseys. Top weights will be allowed to weigh in wearing gym shorts and no jersey but must present a jersey to the weighing official.
6. There will be no "mid-season" weight adjustment.
7. Skilled Athlete or X-man will be determined at this time. ***The coach's agreement to the code of ethics applies to enforce this rule.**
8. If a player does not have an initials for weigh/check-in for a game from the opposing team they are not eligible to participate in the game.
    a. If a player participates without initials from the opposing team at weigh/ check-in the players team will be forced to forfeit the game and the incident will be reviewed by the league for possible further penalties.

F. Weigh/Check-ins Procedure:

1. **Scales:** A certified counterweight type or digital scale must be used for weigh-ins at all pre-season, regular season, and post season games. Scales must be certified yearly displaying current certification stickers. Organizations without a proper scale will not be allowed to play their athletes whose weight is questionable, +/- (3) lbs., on the non-certified scale. However, the visiting team's questionable athletes will all be declared eligible and legal athletes.
    a. Weigh/Check-ins will be conducted in the presence of a weighmaster or a representative for each team.
    b. Weigh-in officials will check all forms and documents pertaining to each athlete to ensure compliance with all MVFL Board Regulations.

c. Additional rosters are required to check off players as they weigh in as a verification of player and player card.

d. Weight book must be in numerical order by team with a picture.

e. Jersey number is required to be written on the card. If numbers change or an athlete has multiple numbers, those numbers must also be noted on the card.

f. Complete information is recorded on the weight card.

g. X-men must bring helmets and jerseys and may weigh in first.

h. The visiting team will weigh/ check- in first unless they concede. Teams will have their representatives available immediately for weigh-ins (1) hour before game time or as soon as the 2nd quarter ends in the previous game.

i. Weigh in/ Check in for Regular season games only. **(Not Jamboree)**

i. Players that are 5 lbs over or below the x-men weight limit are required to weigh in at every game.

ii. All other players will get checked in at the weigh-in that they attended but no weight is required to record unless Coach or weight master requests.

iii. Weighmaster will initial the player card that player was in attendance. All players must attend weigh/ check in with numbered jerseys. X-man must bring their helmet.

iv. NO WEIGHTS ARE REQUIRED FOR VARSITY PLAYERS AT ANY GAME/ JAMBOREE.

G. Athlete Card (player card): MVFL athlete player card and all required paperwork must be carried and presented at every game.

4. **Book Signing & Certification of Athletes Books**

A. Annual Certification: The certification of player cards and supporting documentation shall take place during the annual Book Signing Meeting. The MVFL Executive Board shall determine and coordinate the location, date, and time of this meeting.

B. Mandatory Attendance: Book Signing meetings are mandatory for a total of 5 members per organization to attend. Confirmation of attendance required

C. Non-Compliance Penalties: Any organization that fails to attend the Book Signing Meeting or fails to bring the required number of board members shall be subject to:($200 fee will be assessed per missing person)

D. Pre-Season Rosters: All books must be certified at the Book Signing Meeting prior to the Jamboree. Teams are required to email the league

rosters the Friday prior to book signing on approved MVFL roster form. Rosters must be typed and include all required information

E. **Late Certification:** If a player's documentation is not signed off during the Book Signing Meeting, the organization may contact a neighboring organization or a member of the MVFL Executive Board for certification prior to the next scheduled game day.
F. **Game Day Eligibility**: Players shall not be certified on game day. Any player not certified prior to game day shall be deemed ineligible to participate in that day's game.
G. **Certification Requirements:** To certify an athlete, each team must have the following in their team book:
    1. **Athlete Weight Card** – Must include:
        - **a.** Athlete's full information on official MVFL Athlete Card printed on white cardstocks
        - **b.** Athlete's photo and game jersey number.
        - **c.** Blue cardstock for Grandfather, Level-Up Certifications, or Approved Transfer Forms.
        - **d.** Yellow card stock for Older Age Rule
        - **e.** Pink cardstock for Mascots.
    2. **Valid Physical Examination** – Must be dated within the "CURRENT" calendar year and clearly state 'Cleared for sports,' 'Cleared for athletic activity,' or have the box marked 'SPORT PARTICIPATION APPROVED.'
    3. **Proof of Age** – Certified birth certificate issued by county or state. If unobtainable, the MVFL Executive Board may grant approval by majority vote.
    4. **Proof of Grade Level** – Copy of current report card/progress report, letter from school district, must include year, grade and school.
    5. **Proof of residence-** if required of eligibility.
    6. **AB2007 Concussion, Heat Illness, and Sudden Cardiac Arrest Acknowledgement Forms** – Signed by both parent/guardian and athlete.
    7. **Organization Roster** – A complete and current copy of the organization's roster must be included in the book.
H. **Certification Procedure**
    1. **League Representative Review:** The Organization's League Representative must sign off on each athlete's player card prior to book signing, ensuring all required documents are complete.
    2. **Cross-Organization Review**: A representative from an opposing organization will review the forms for compliance. Once verified, they will sign each compliant athlete card. Missing or

non-compliant documents must be corrected before certifying the athlete and may not participate in any organizational activities until certified.

3. **No Game Day Signoffs:** No players shall be certified on game day.
4. **Post-Certification Discrepancies**: Any discrepancies discovered later must be corrected immediately or the athlete may be deemed ineligible

5. **ROSTERS**

A. Roster Submissions and Terms:

1. **Pre-Season Rosters:** All rosters must be emailed to the league the Friday prior to books signing on approved MVFL roster form. Rosters must be typed and include all required informationFB- jr novice, novice, jv, varsity
2. **Regular Season Rosters:**Must be emailed to the MVFL Secretary by Friday Week 4 on approved MVFL roster form. Roster must be typed and include all required information, Athletes can move up to a higher level, but once a game is played at the higher level, the athlete cannot return to the lower level.
3. **Postseason Rosters:**Must be emailed to the MVFL Secretary by the Play-off Seeding Meeting on approved MVFL roster form. Roster must be typed and include all required information.

B. Roster Requirements: Rosters must be complete, signed as requested and in compliance with all MVFL Rules and Regulations.They will include name, birth date, school attending, CITY OF RESIDENCE, grade level, parents' phone number and jersey number.

C. Roster Size: Organizations should strive to meet the following criteria of team divisions. The total number of athletes you are allowed to roster for the Jr. Novice, Novice, Jr. Varsity and Varsity Divisions shall not exceed (160).

1. Jr. Novice Division Maximum number 40 athletes
2. Novice Division Maximum number 40 athletes
3. Jr. Varsity Division Maximum number 40 athletes
4. Varsity Division Maximum number 40 athletes
    a. WAITLIST MAXIMUM OF 10 ATHLETES PRIOR TO SEASON START DATE ON ANY LEVEL.

D. New Athlete: A new athlete is one that has not participated in any organized youth tackle football program at this age, weight, or grade level.

1. **Procedure for Adding New Athletes:** Athletes being added must comply with all pre-season eligibility requirements and send all

appropriate information to the MVFL Board. For teams with waiting lists, new athletes must come from the waiting list.

2. **Final Day to Add to Roster:** The final day an athlete is eligible to be added to the roster is by Friday of week 4 regular season.

E. Elevating Athletes: Elevated athletes must practice at least (3) times with the higher-level team before they can participate in a league game at the higher level. Athletes may only level up one grade level. This must be approved by organizations and a level up form completed and added to the players paperwork. Once a player is elevated they may not play at the lower level.

F. Post Season Games: Post season games must be played with the roster that was in effect as of the Play-off Seeding Meeting. No athletes may be added or elevated for post season games after the postseason roster has been submitted. Post season games are not considered regular season games. The post season roster must include football athletes at each level.

G. Roster Notification: Organizations must notify MVFL by July 1st if roster size is limited and will possibly be unable to field a team.

6. **EQUIPMENT AND UNIFORMS**

A. Uniform: Teams wishing to enter MVFL or teams planning to change team colors, must get the approval of the MVFL Board.

1. All teams must notify the league via email the colors of home (DARK) and away (LIGHT) jerseys by April 1st this notification will be added to the MVFL agenda and approved by MVFL Board.
2. Athletes must have numbers on their jerseys at all sanctioned MVFL games and scrimmages.
3. MVFL does not follow CIF Rule for Assigned Jersey Numbers for player positions.
4. MVFL will not allow players to have the same jersey numbers on an assigned level within an organization.
5. Jersey Numbers must be submitted on the rosters given to the MVFL at book signing

B. Protective Equipment:

1. All athletes shall wear full football protective equipment during all games and any practice sessions involving contact.
2. Each team shall furnish protective equipment for its athletes.
3. All MVFL member organizations are required to condition and recertify all football helmets every other year in accordance with recognized industry safety standards.
    a. Helmet Certification Cycle:

i. Helmets must be reconditioned and recertified on a two year cycle.
ii. The cycle alternates between even years and odd years to maintain continuous safety compliance.
iii. Helmets certified in an even year are approved for use during that season and the following odd year.
iv. Helmets certified in an odd year are approved for use during that season and the following even year.
v. Reconditioning Date Stickers must clearly display the certification year to verify compliance.
vi. Any helmet without a valid sticker for the current certification cycle is not permitted for use in practices or games.

4. A football helmet may be recertified until it reaches ten (10) years from the date of its initial certification.
5. Each organization shall submit helmet certification records to the MVFL Secretary no later than July 15 of its designated recertification year.

C. **Equipment:** Teams should purchase, and have available, only top-grade protective equipment for its athletes. In addition, all equipment should be checked and repaired regularly.
1. **Equipment Check:** Equipment is monitored by the coach and/or equipment manager to ensure proper fit and good condition. This should be checked regularly.
2. **Practice and Game Equipment:** It is recommended that coaches see that each athlete brings the following items to practices and games: t-shirt, sweatshirt, socks, athletic supporter, tennis shoes or cleats, mouthpiece, towel and necessary football equipment.
3. **Acceptable Shoes:** The following shoes are sanctioned for wear in games or practices: Little League rubber/plastic solid soled cleats, approved youth football cleats or soccer shoes. Screw-in cleats are allowed if they utilize non-metal cleats.
4. **Mouth Pieces:** Mouth pieces will always be worn during games and contact practice sessions and must cover the entire upper jaw. Any color other than white or clear.
5. **Footballs:** Designated football for all scrimmages and games approved by MVFL. Chart size is as follows:
a. Youth (Size 8) for Varsity and/or Jr. Varsity
b. Junior (Size 7) for Jr. Varsity and/or Novice
c. Pee Wee (Size 6) for Novice and/or Jr. Novice

D. Headsets: MVFL rules state that if you want to use a headset you may bring your own. It is not a requirement that both teams use them. Athletes are not allowed to talk on the headsets. No headsets allowed on the playing field for JR Novice games but are allowed on the sideline.

7. **PRACTICE PROCEDURES**

A. Practice Schedule: All teams must file their practice schedule, location, times, and dates with the MVFL Secretary prior to any practice beginning for that season. Any change in practice schedules also requires approval of the MVFL Board. Approval may be given by phone, in person or with written correspondence. Jamboree is considered a practice.

B. Discipline for Breaking Practice Schedule: Any team breaking any approved practice procedure will be brought before the MVFL Board for action as the Board deems necessary.

C. To Start Practice: To begin practice, all athletes must officially sign up with a team and meet all the requirements stated in these Rules & Regulations.

D. Pre-Season Practices:

1. Practices:

- **a. 1st week: (5)** practices Conditioning with Helmets
- **b. 2nd week: (5)** practices with Pads
- **c. 3rd week: (4)** practices And Jamboree
- **d. 4th week: (4)** practices
- **e. 5th week and after: (3)** practices per week

2. Camps/Clinics: Teams may have the option of (1) clinic prior to regular practices. A clinic consists of (1) day (6) hour team operated instructional and/or play running clinic with no pads. Clinic must be held in the month of July.

- **a.** High School or "open to all" clinics are not considered team operated clinics. No pads or contact will be allowed during these camps/clinics. Footballs are allowed.

3. Physical Conditioning: All athletes must complete (10) hours of physical conditioning and (6) hours in full gear to be eligible to participate in jamboree/scrimmage or game.

E. Practice Time Limits: Practices will run no longer than (2) hours at any session. Time spent in team meetings is not counted as part of the 2-hour practice sessions.

F. Practice Procedures for Add-On Athletes:

1. **Minimum Conditioning Requirement:** All add-on athletes must complete a minimum of sixteen (16) total practice hours before being eligible for full participation.
    a. This requirement includes:
        i. Ten (10) hours of conditioning (non-padded).
        ii. Six (6) hours of practice in full pads
    b. Note: These hours must be completed over a minimum of eight (8) days, adhering to the two (2)-hour maximum per day rule.
2. **Off-Schedule:** Conditioning sessions may take place on non-scheduled practice days; however, all such sessions must be reported and documented with the MVFL through the organization's League Representative for verification and approval.

G. **Jamboree Participation:** While the Jamboree is considered a practice, no athlete may participate unless they have completed the FULL sixteen (16)-hour practice requirement as outlined above.

8. **GAME PROCEDURES**

A. **MVFL Rules:** National Federation of State High School Associations (NFHS), the national leadership in high school sports, with the exception of the MVFL Rules and Regulations discussed below, will govern all MVFL games.

B. **Hudl Game Film Requirements:**
1. Each Organization shall maintain an active Hudl account designated specifically for its organization and teams. All Novice, Junior Varsity, and Varsity games shall be recorded, unless the Organization does not field a team at a particular level.
2. Game film must be shared at all levels from Novice through Varsity.
3. All game film must be uploaded to Hudl and shared no later than 8:00 PM on the Sunday following each scheduled game.
4. In alignment with the Board Member and Coaches Code of Ethics, Organizations shall share game film with the upcoming week's scheduled opponent upon request to ensure fair and equitable preparation.
5. Failure to share required game film by the stated deadline shall result in a $300 fine per level, paid by the Organization to the MVFL.
6. If an organization is unable to share game film due to a camera malfunction or filming error, the Organization's League Representative must notify the league via the official GroupMe no later than 8:00 AM on Sunday following the scheduled game.

Repeat occurrences may be subject to fines if deemed excessive or avoidable by the League Representatives.

7. Additionally, game film shall be provided to any MVFL Executive Officer upon request and must be submitted without delay, hesitation, or refusal.
8. A finalized list of Hudl accounts, organized by level, to which game film must be shared shall be provided by the league no later than the Friday prior to book signing. This list will be emailed to each League Representative and shall be distributed to all Head Coaches.

C. Ice Chests/Outside Food or Drink:

1. All teams must post these signs at their admission gates:
   - **a.** No ice chests will be allowed into any game except TEAM ice chests.
     - **i. Ice Chest Badges:** (8) badges, (1) per level & (1) per team, will be issued specifically for personnel to bring in TEAM ice chests ONLY
   - **b.** No outside food or drinks.

D. Game Facilities: All MVFL teams must furnish the necessary facilities and spectator seating for all MVFL games. The facilities shall include a lined playing field; certified scales; an EMT, an ambulance service or a doctor, all competent personnel must be 16 years old or older to man the chains; timing; etc.; a first aid kit on the field and any other equipment necessary to coordinate a scheduled game. Each team is responsible for bringing their-own game balls.

1. Host teams shall supply the visiting team with (20) lbs. of ice per level.
2. Gates shall open 1-1/2 hours prior to game time.

E. Football Field: All MVFL games will be played on a regulation football field. Only 8 coaches are allowed on the sideline.

F. Sideline Personnel Regulations:

1. The sidelines are to only include no more than 8 MVFL approved badged coaches, rostered players of the level playing, one hydration assistant, one ball attendant, one media person, and the League Representatives.
2. All other coaches, athletes, board members, and spectators must always remain off the sideline and away from the endzones.
3. The League Representatives will be responsible for maintaining a safe and secure sideline throughout all games.
4. If any individual not authorized to be on the sideline refuses to comply with removal, the League Representatives may request

assistance and Code of Ethics disciplinary actions may follow as necessary.

5. Failure for an organization to control its sideline may result in penalties, and or removal of individuals involved, this is at the discretion of the League Representatives and MVFL Executive Officers.

G. Chain Gang Volunteers:

1. The visiting team is responsible for providing chain gang volunteers for all games. 3 people minimum per game additional may be requested at the referees discretion. This will be discussed with league representatives prior.
2. Chain gang volunteers are to follow code of ethics or they will be dismissed from the sideline.
3. Chain gang volunteers do not require MVFL badgesNo cheering or taunting of players while on the sideline.
4. No cellphone use while volunteering for chain gang.
5. Must be at least 16 years of age.

H. Game Officials:

1. All MVFL games will be officiated by MVFL approved officials, preferably those who are members of the MVFL Official's Association or officials who have been approved by the MVFL Board.
2. Four Officials will be assigned to each game site for regular season games. Five officials shall be assigned to game sites for the first round of playoffs. Five officials and a supervisor shall be assigned to each game site for the second round of playoffs and SuperBowl. If the referee association can not furnish four officials per site immediate notification shall be made to the MVFL Board with further investigation and discussions to follow.
3. In the event of an injury or the need to reassign referees the following minimums shall be in place:
    a. For JN there shall be a minimum of 2 referees on the field
    b. For N, JV and V there shall be a minimum of 3 referees on the field
    c. If this can not be met the game can be paused however if the game is not able to be started and/or restarted within 60 minutes the game shall be postponed and played at a later date.

I. Game Officials Pay/ Requirements:

1. MVFL officials are paid by half-time of the Jr. Varsity game at a rate of $400 per day flat fee by the hosting team for regular season games.
    a. Scrimmages/Jamboree, $200 per official, 8 officials for Jamboree
    b. Play-off's 1st Round, 5-man mechanics, $400 per official, No supervisor
    c. Play-off's 2nd Round, 5-man mechanics, $400 per official, $200 supervisor
    d. Superbowl, 5-man mechanics, $400 per official, $200 supervisor
2. Once a season has started (Jamboree has been played) there shall be no changes to the payment structure as outlined below.
3. Programs and/or the MVFL are not responsible to pay for referees in training
4. In the event of unforeseen circumstances out of the control of either team, the referees shall be paid at a rate of $100 per individual game officiated.
5. If no games are officiated then the referees shall be compensated $100 for drivetime to the field.
    a. Examples of this include but not limited to weather events (lightning), mandatory evacuations, catastrophic damage to the field (vandalism, fire).
    b. If a referee is late or becomes injured and does not complete all games scheduled for that day, they shall be paid at a rate of $100 per game completed.
    c. If a team is not able to furnish a team at a specific level the referees shall still be compensated for a full day of officiating (4 games).
6. No obligation to provide any form of compensation (financial or other) by teams on game day other than a parking spot, a seating area large enough for the crew with natural or artificial shade, and a reasonable amount of ice.
7. Referees are required to sign a MVFL Code of Conduct annually
8. Referees are required to provide a copy of insurance annually
9. The League Head Official shall provide a list of assigned Referee Crew Chiefs with contact phone numbers each week for all game sites to all League Representatives.
10. Weekly head official must submit an official report to the league via email by Sunday at 8pm. Once received this will be sent to the league reps to review.

J. **Head MVFL Game Official:**
   1. The MVFL Board shall employ a MVFL head official to recruit, train, assign, and evaluate MVFL game officials.
   2. Head MVFL game officials pay $2000 for the season for up to 12 teams. If more than 12 teams pay will be $150 each team payable to Head MVFL game official at the end of the season.

K. **Medical Presence at Games:** It is mandatory that the home team at all MVFL games provide adequate medical protection for both teams. NO GAME shall commence without a first aid certified individual (i.e., an EMT, ambulance service, or a medical doctor) present at the field and identified to each head coach by the game official. The medical personnel will be introduced by the game official to both teams at the beginning of each game. Medical personnel "MUST" be available during each game in designated areas on the sidelines. It would be wise to have a phone available for emergencies.
   1. All home teams must have an AED present on the sideline or within the stadium gates at all games.
   2. Each Program E.A.P must be emailed to the league with bylaws and opposing teams league rep prior to game day.

L. **Field Conditions/Postponement of Game:** The game officials and a MVFL Board Member (when present), shall be the sole judges of whether the field conditions will permit the start of a game. Once a game has begun, the game officials and a MVFL Board Member will determine whether field conditions will permit the continuance of play. Postponed games will be rescheduled by the MVFL Board if facilities are available, and it is reasonable to do so.

M. **Mercy Rule:** Mercy Rule is in effect per the National Federation of High School Rules. (NFHS) or if both coaches agree.

N. **All 11 vs 11 Games:** Games will comprise four 10-minute quarters and a 12-minute half with a 3-minute warm up. Each team will be allowed (3) time-outs per half.

O. **Scrimmage/Jamboree Format:** Each team will get (15) minutes on offense and (15) minutes on defense with a running clock. The ball will be placed on the 35-yard line. The offense will drive 35 yards for a touchdown. The offense will have (4) plays to make (10) yards for a first down. They will continue their offensive drive until they score a touchdown, turn the ball over via interception or fumble recovered by the defense, or fail to go (10) yards in (4) plays. If a team does not make a first down or turns the ball over, the ball will return to the 35-yard line and the process will start over again until the 15-minute time limit expires. No score will be kept.

P. Game Time: Game times will be listed on the MVFL schedule at suggested times below. They shall be determined prior to each season. *times subject to change via MVFL board approval.

DAY		NIGHT	
9:30 am	Jr. Novice	12:30 pm	Jr. Novice
11:00 am	Novice	2:00 pm	Novice
1:00 pm	Jr. Varsity	4:00 pm	Jr. Varsity
3:00 pm	Varsity	6:00 pm	Varsity

Q. Scoring:

1. Jr. Novice Division 11 VS 11

- **a. Touchdow**n 6 points
  - **i.** Extra Point – Run or Pass 1 point
- **b. Safety** 2 points

2. Novice & Jr. Varsity Divisions

- **a. Touchdown** 6 points
  - **i.** Extra Point – Run or Pass 1 point
- **b. Safety** 2 points
  - **i.** Extra Point – Kick 2 points
- **c. Field goal** 3 points

3. Varsity Division

- **a. Touchdown** 6 points
  - **i.** Extra Point – Run or Pass 2 point
  - **ii.** Extra Point -- Kick 1 point
- **b. Safety** 2 points
  - **i.** Extra Point – Kick 1 points
- **c. Field goal** 3 points

R. Forfeiture Due to Number of Athletes: Programs that forfeit an away game be held financially responsible for referee and field costs that are typically the financial responsibility of the hosting team.

1. Exception: Program does not have a rostered team at the time of book signings with the approval of the League Board.
   - **a.** Example: Escalon Jr Cougars did not roster a Jr Novice squad for the 2022 season therefore would not be held financially responsible for the non-played games.

2. Organizations that cannot field all (4) teams will be responsible for the payment of the forfeited game. The host team will pay officials in full and invoice the organization the amount owed for the forfeited games. The breakdown for reimbursement is as follows:
   - **a.** 3 games forfeited - $750.00
   - **b.** 2 games forfeited - $500.00
   - **c.** 1 game forfeited - $250.00

i. The MVFL Board reserves the right to review this section any time necessary.

S. **Termination of Game:** Game Officials and League Representatives may terminate a game at any time if necessary to protect the well-being of athletes, coaches, or spectators from either team. In the event of a termination, the MVFL Board will review the circumstances and determine the official outcome of the game.

T. **25-Yard Line:** While coaching, coaches must stay within the 25-yard lines of the playing field while the game is in progress.

U. **Athlete/Coach Lack of Cooperation:** Any athlete or coach who refuses to cooperate with game officials or League Representatives at any time during the game may be ejected and may be subject to Code of Ethics violations.

V. **Mandatory Play Rules:** Every eligible athlete suited up for a game must play in that game according to these guidelines:

1. Jr. Novice minimum of 10 plays
2. Novice Division minimum of 8 plays
3. Jr. Varsity minimum of 6 plays
4. Varsity minimum of 6 plays
5. No requirement to play everyone during playoffs
6. Each organization should decide the eligibility of each athlete within their organization. MVFL will stand behind each organizations' rule. The athlete will be subject to the minimum play rule. MVFL has the authority to enforce local rules.
    a. If practices are missed, the minimum play rule goes down by one. If no practices are attended, athletes will not be allowed to suit up. Each team will regulate themselves on this rule during games but may be subject to League actions if found to be in violation. The coach's agreement to the code of ethics applies to enforce this rule.
    b. The coach will deal with team members reluctant to play at the coach's discretion. If an athlete refuses to play during a game or is injured during the game and unable to play, their helmet will be taken off and left on the bench the remainder of the game. Athletes not participating for medical or disciplinary reasons will not suit up for the game. Once a team reaches (25) active athletes on a roster, the Mandatory Play Rule is reduced by half.
    c. **Free Blocking Zone:** The free blocking zone is in effect per the NFHS Rules except in the Jr. Novice Division.

W. Special Rules:Special Rules:

1. Novice:

- **a.** Coaches shall not be permitted on the field of play at any time during the game.
- **b.** Rushing of the punter is permitted; however, the receiving team must line up in a standard punt return formation. Trick or unorthodox formations designed to deceive or overload the punter are not allowed.
- **c.** No standing between the tackles on defense: Any defender lined up between the tackles must have a hand down or be at least three (3) yards off the line of scrimmage.

2. Jr. Novice:

- **a. League Participation:**
  - **i.** If a team begins a game in the standard 11 vs. 11 format and subsequently drops below eleven (11) eligible players, the team shall forfeit the game immediately. The opposing team that is able to field eleven (11) players shall be awarded a win in the standings and shall receive one (1) point in the "Points For" column At that time, if both head coaches mutually agree, the game may continue as an exhibition or scrimmage for the purpose of player development and sportsmanship. No deviations or exceptions to this rule shall be permitted under any circumstances, in accordance with the MVFL Rules & Regulations.
  - **ii.** If a team is scheduled to play against an opponent that is able to field eleven (11) players per side, and the scheduled team is unable to field eleven (11) players, the game shall be recorded as a forfeit. The opposing team that is able to field eleven (11) players shall be awarded a win in the standings and shall receive one (1) point in the "Points For" column.
    - **i.** If a team adds additional eligible players prior to Friday of Week Four and is subsequently able to field eleven (11) players per side, the organization may participate in the next scheduled game without forfeit and shall be eligible for postseason participation, provided the team continues to field eleven (11) players per side for the remainder of the season.
  - **iii.** Any Jr. Novice game played with fewer than eleven (11) players per team on the field shall be permitted; however, it will be classified strictly as an exhibition

game and will not count toward official standings, records, or playoff eligibility. Coaches, Officials, and League Representatives shall jointly determine how the game will be conducted, exercising good judgment, ethical decision-making, and a commitment to player safety and development. Any scheduled game expected to be played with fewer than eleven (11) players per side must be reported to the opposing team and the MVFL by Monday of the week of the scheduled event, or at the start of the season if known in advance.

b. Game Procedures:

i. Format: The game will be opened in accordance with MVFL Rules by a coin toss to determine possession.Games will be played with MVFL Novice rules and CIF Rules for 11 vs 11 games on full field.

c. Coaches on Field:

i. Only (2) two coaches per team are allowed on the field at any one time during the regular season game. NO COACHES WILL BE ALLOWED ON THE FIELD DURING PLAYOFF GAMES OR SUPERBOWL.

d. Post Season Play:

i. Jr novice post season game play rules will be the same as regular season play. Only teams that can field 11vs11 will be eligible for postseason play

9. **GAME SCHEDULES, RESULTS, STANDINGS AND DIVISION TIE**

A. Game Schedule: Schedules will be drawn up and issued through the MVFL Board.

1. Jamboree:

a. Jamboree to be held at 4 locations with 2 being valley and 2 mountain if 12 teams or more. If under 12 teams jamboree to be held at 3 locations. All locations to follow rotation that is approved yearly by league representatives.

2. Regular Season Games:

a. Each team will play **11** regular games in a season that will not include jamboree.

3. Practice: start date last full week of July.

4. 2026 Season Schedule:

a. Practice start Monday July 20th

b. Jamboree August 8th

c. Regular games August 15th thru October 24th

d. BREAK WEEK ALL TEAMS October 31st (this may be used for make up games if needed if a team is going to play offs this week they may practice 4 days.)

e. Playoff round 1 November 7th

f. Playoff round 2 November 14th

g. Superbowl November 21st

*dates may change with MVFL Approval due to unforeseen circumstances.

B. Game Days: Games will be played on Saturdays and Sunday games are considered as a last resort. One game will be played in a week.

C. Results: Results of the games will be recorded at the end of the 4th quarter or enactment of the mercy rule. **No game shall end in a tie**. It is the responsibility of the home team representative to notify the MVFL Board of game results.

D. MVFL Standings: The MVFL Board standings will be the official league standings. Game results will be the responsibility of the home team and MUST be texted through the GroupMe "Scores" app. by no later than Monday night following those weekend games.

E. Tie Breaker Rules: NFHS will be in effect for all tie breakers.

F. Playoffs

1. seeding and bracketing:

a. At the conclusion of the regular season all teams win/loss records shall be calculated and a win/loss percentage found.

b. The top 8 teams shall make it to playoffs

c. The seeding should be determined using the following order:

i. Win/Loss record percentage (regular season only)

ii. Head to Head (Win v Loss)

iii. Common Opponents

iv. Points Allowed

v. The above mentioned order shall only be used to set the playoff bracket and the conclusion of the regular season

d. The playoff bracket shall be of a single sided makeup with a single elimination round robin.

e. Playoff Bracket (for 5, 6, 7 or 8 team playoffs):

2. Locations, game times Ect.

- **a.** Playoff and Superbowl locations shall follow the already agreed upon location rotation as outlined by the MVFL
- **b.** If a hosting team makes it to the playoffs they get to host their team at home
  - **i.** EXCEPTION: If both teams of a game slot are hosting, the higher seed gets the game at home
    - **i.** I.e.: #1 and #8 seed are host locations, game would be played at #1 seed location
- **c.** Regardless of seeding, if a hosting team is playing at the home field, the hosting team is the “home” team
- **d.** The chain gang shall be on the “visitor” sideline.
- **e.** The visiting team is responsible for finding chain gang personnel and providing.
- **f.** Regardless of home or away designation, the lower seeded team shall call the coin toss
- **g.** Efforts shall be made to reduce the number of locations that any one program has to play at multiple locations.

h. If neither team is hosting and all things being equal, the game shall be played at an agreed upon location that makes the most sense for both teams on playoff Day

i. If neither team is hosting and all things being equal then seeding shall prevail for sideline and coin toss

j. Game Times are as follows (unless otherwise agreed upon by the hosting team and the MVFL due to facility restrictions):

i. JN: 11am

ii. N: 130pm

iii. JV: 400pm

iv. V: 630pm

k. Gates shall open 1.5 hours before game time for playoffs (9:30am)

3. FOR JUNIOR NOVICE ONLY:

a. In the event that there are not enough teams eligible for playoffs with an 11 man roster, byes shall be awarded in the 1st round

i. The highest seeds shall be awarded byes based on the number of eligible teams. If there are only 7 eligible teams, #1 seed shall be awarded a bye. If there are only 6 eligible teams, #1 and #2 seed shall be awarded a bye week. If there are only 5 eligible teams, #1, #2, and #3 seeds shall be awarded a bye week.

b. In the event that there are only 4 eligible teams for playoffs then the second round of playoffs will be used and the first round JN will be a bye Week.

i. #1 plays #4, #2 plays #3

ii. Same rules apply as outlined above in regards to locations and Seeding

c. In the event there are only 2 eligible teams for playoffs then they shall play each other for the Super Bowl. This game can be played at either the first round of playoffs, second round of playoffs, or the league SuperBowl whichever is mutually agreed upon by both teams and the MVFL Executive Board.

***Note: For this item, the “home” sideline is the sideline that has a pressbox, and the “away” is the non-pressbox side**

10. **GAME EJECTIONS & REVIEWS**

A. It is the organization's league reps responsibility to notify the MVFL if a player, coach or attendee is ejected or removed from the game via group me no later than Monday following the game.

1. **Athlete Ejection:** Any athlete ejection is to follow penalties as noted in the code of conduct.
2. **Coach Ejection:** Any coach ejection is to follow penalties as noted in the code of conduct.

B. Incident Rulings by Officials: If an incident occurs and is ruled upon by an official during a game, appeals will not be permitted for the official's decision. However, in situations involving potential errors, such as wrongly accused athlete, coach, parent or attendee, the organization's League Representative may submit a written request for correction to the MVFL Board for review and consideration. This process is limited to addressing inaccuracies and not for overturning the official's judgment during gameplay.

2026 Rules & Regulations
CHEER

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1. **ELIGIBILITY OF ATHLETES**

A. Right to Play: No athlete will be denied the right to participate because of culture, language, gender, race, ethnicity, or disability. No athlete will be denied the right to participate because of ethnicity, race, or religion.

1. All participants must be registered and rostered on a first come basis. No tryouts are allowed. Once the roster is at capacity, the waitlist may also be created following the same first come guidelines.WAITLIST MUST NOT EXCEED 10 PARTICIPANTS

1. Priority registration day: each organization may have a (one day) return athlete registration at first come first serve prior to open to public registration. (This includes ONLY athletes from last season.)

B. Permission to Play: Each athlete must furnish proof of parental or guardian permission to participate, and he or she must pay a registration fee. Each organization determines the amount of the registration fee.

C. Academic Standards: It is the recommendation of the MVFL, that athletes should maintain acceptable grades to participate in the football/cheer program. Athletes should maintain a 2.0 or "C" average to be qualified. The various teams in the league shall adopt locally developed policies to ensure that the grades of athletes are acceptable. The MVFL Board will support the decisions of the various teams on this matter. Organizations are encouraged to recognize the academic achievement of its athletes.

D. High School Students: No high school student can participate in MVFL.

E. Non-Public School Students: Non-Public School Students: Athletes not enrolled in the public-school system may participate in MVFL, but they must meet the appropriate grade level, weight, and experience requirements. Athletes must provide proof of permanent residency within organizations boundaries.

F. Proof of Grade Level: Proof of incoming grade level will need to be given to the program, copy of last (end of year) report card or letter from school district of ingoing school grade level. Proof of grade must include year, grade and school.

1. **Retention players:** (players that are repeating a grade) If a player is repeating a grade current proof of grade is required and a letter from the school on letter head stating what grade the player is in during the current season. Players must follow MVFL player eligibility regarding school or residence boundaries.

G. Boundaries and Proof of Residency /Geographical Areas:

1. Eligibility Requirements: To qualify for participation, an athlete must reside or attend school within the boundaries of the organization.

1. Definition of Boundaries: Organizational boundaries shall be defined according to the boundaries of the organization's designated high school.

a. An athlete's school or permanent residence must fall within this designated area.

b. "Charter school" or "home school" addresses shall not be used for eligibility purposes if the school does not have a Site-based campus with a traditional classroom setting.

2. If a player does not attend school within organizational boundaries Proof of Residency must be provided and can include:

a. A utility bill with the applicant's permanent address.

b. School registrar paperwork.

This documentation must be attached to the application during submission.

H. Transfers (Intra-organization & Outer League), Waitlist Transfer, Grandfathered Player:

1. Transfers are defined as:

1. (Intra-Organization Transfer)

a. Athlete who permanently resides or goes to school within a neighboring organization's boundary.

b. An athlete that played with an MVFL team the prior season and now is inquiring to play with another MVFL team. (If a player permanently resides or goes to school in inquiring organizations boundaries a transfer is still required if they player for another MVFL team the season prior.)

2. (Outer- League Transfer)

a. an athlete that does not reside or go to school within MVFL organizational boundaries.

3. Transfer Requirements:

a. Only when an organization has less than a full roster, that organization can request a transfer.

b. Organizations wishing to secure athletes from another MVFL organization's boundary, must submit an MVFL Transfer Application Form to be approved no earlier than May 1st or 30 days after registration opens, whichever is later.

c. Athletes cannot join activities until MVFL certifies all forms.

d. Acceptance of Transfers must be completed prior to any form of physical activities. Both teams involved must agree to the transfer. Additionally, a majority vote of the MVFL Board must authorize the action.

e. All approved transfers must be signed by League Representative and include a player card printed on Blue cardstock.

f. If a player has a transfer approved the first year a copy of the approved form must be present with the athlete's player card and paperwork.

g. If form is not present the player will be deemed ineligible to participate.

h. Organizations not complying with this regulation will be considered as using ineligible athletes and will forfeit all games in which the ineligible athletes participated.

i. Once an athlete receives a district transfer, they may continue to play for that organization annually until they no longer meet the age requirement or separate membership from the organization for one full season. This will qualify them as a grandfathered player.

j. If one full season of separation occurs, the athlete must again get approval from the other organizations and the MVFL Board. The MVFL Board must review all new District Transfers regardless of the circumstance.

2. Waitlist Transfer:

1. Waitlist transfers are defined as:

   a. If an organization reaches its full roster, a player may join the first available neighboring organization without MVFL approval.

   b. Requirements:

   i. The receiving organization must immediately contact the neighboring League Representative or Representatives to confirm that their roster has reached the maximum size as specified under "C. Roster Size."

   ii. The MVFL must then be notified of the player's poll within 48 hours.

   iii. The player cannot participate in any activities until both requirements are fulfilled.

   iv. Approved transfers must have a player card on Blue cardstock

3. Grandfathered Player:

1. Grandfather players are defined as:

   a. A transfer player continues with organization after the first year, the prior year's player card with all signatures and game day check in's must be attached to the current year player card. GRANDFATHER to be written on the top of the new card.

   b. If both cards are not present the player will be deemed ineligible to participate.

   c. No transfer or expectation form is needed if the player is a continued participant with the organization.

I. **Physical Exam:** All athletes must have a physical examination in the current calendar year to be eligible for participation. Acceptable physical forms must include the wording cleared for sports, cleared for athletic activity, or the box marked "SPORT PARTICIPATION APPROVED" on the MVFL physical form.

J. **Eligibility to Participate in Game:** Athletes must complete (10) hours of physical conditioning and (6) hours in full gear to be eligible to participate in a game or jamboree/scrimmage.

K. **Level of Play:** Generally, athletes should play at the highest level at which they are capable. It is the intention of MVFL that athletes are encouraged to play in their

own grade level division. At the discretion of their local board, athletes may move up a division. Under no circumstances, may an athlete move down a division.

2. **GRADE REQUIREMENTS**
   - **A. Grade Requirements: Any athlete, 1st grade thru 8th grade, will be eligible to participate. No 9th graders are allowed.**
     1. **Kindergartners are allowed to participate in the Jr. Novice Division at the discretion of the responsible organization.**
     2. **Transitional Kindergarten (TK) or Preschool player are NOT permitted for either Cheer or Football under any circumstances. All participants must meet the minimum grade-level eligibility requirements established by the MVFL.**
        a. **If a 2025 MVFL rostered Transitional Kindergarten (TK) or Preschool athlete does not meet any of the permitted eligibility criteria, that athlete will be allowed to continue with valid proof provided at book signing.**
   - **B. Division Grade:**
     1. Jr. Novice Division: 1st & 2nd Grades & Kindergarten
        a. Kindergarten at the discretion of the organization **(Mascots)**
     2. Novice Division: 3rd & 4th Grades
     3. Jr. Varsity Division: 5th & 6th Grades
     4. Varsity Division: 7th & 8th Grades
        a. Athletes are eligible to move up. Refer to Eligibility of Athletes.
   - **C. Proof of Grade:** A copy of athletes' last year report card, letter from school / school district, or photo from online portal with players name, picture, year and grade level must accompany the team when the team is participating in any MVFL event.
   - **D. Certificate of live birth:** , issued by the county or state, must accompany the team when the team is participating in any MVFL game. All MVFL teams are required to secure and make copies of each athlete's birth certificate and keep it as a permanent record. If a certificate is unobtainable, the MVFL Board will have final say for an athlete's participation by a majority vote.
   - **E. OLDER AGE RULE** If an athlete turns the age listed below before December 31st of the corresponding MVFL season they must:
     1. Play up (must move up to the next division)

Division	Maximum Age	Requirement
Junior Novice	9 Year Old	Must play up
Novice	11 Year Old	Must play up
Junior Varsity	13 Year Old	Must play up

Varsity	15 Year Old	Can not play

2. No exceptions will be granted at any level. Special circumstances will be considered only for athletes with documented special needs.
3. Any athlete falling within these criteria are required to be identified on a yellow stock card present with the athlete's player card and paperwork.

3. **Book Signing & Certification of Athletes Books**

A. Annual Certification: The certification of player cards and supporting documentation shall take place during the annual Book Signing Meeting. The MVFL Executive Board shall determine and coordinate the location, date, and time of this meeting.

B. Mandatory Attendance: Book Signing meetings are mandatory for a total of 5 members per organization to attend. Confirmation of attendance required

C. Non-Compliance Penalties: Any organization that fails to attend the Book Signing Meeting or fails to bring the required number of board members shall be subject to:($200 fee will be assessed per missing person)

D. Pre-Season Rosters: All books must be certified at the Book Signing Meeting prior to the Jamboree. Teams are required to email the league rosters the Friday prior to book signing on approved MVFL roster form. Rosters must be typed and include all required information

E. Late Certification: If a player's documentation is not signed off during the Book Signing Meeting, the organization may contact a neighboring organization or a member of the MVFL Executive Board for certification prior to the next scheduled game day.

F. Game Day Eligibility: Players shall not be certified on game day. Any player not certified prior to game day shall be deemed ineligible to participate in that day's game.

G. Certification Requirements: To certify an athlete, each team must have the following in their team book:

1. **Athlete Player Card** – Must include:Athlete's full information on official MVFL Athlete Card printed on white cardstocks Athlete's photo and game jersey number. Blue cardstock for Grandfather, Level-Up Certifications, or Approved Transfer Forms. Yellow card stock for Older Age RulePink cardstock for Mascots.
2. **Valid Physical Examination** – Must be dated within the "CURRENT" calendar year and clearly state 'Cleared for sports,' 'Cleared for athletic activity,' or have the box marked 'SPORT PARTICIPATION APPROVED.'
3. **Proof of Age** – Certified birth certificate issued by county or state. If unobtainable, the MVFL Executive Board may grant approval by majority vote.

4. **Proof of Grade Level** – Copy of current report card/progress report, letter from school district, must include year, grade and school.
5. **Proof of residence-** if required of eligibility.
6. **AB2007 Concussion, Heat Illness, and Sudden Cardiac Arrest Acknowledgement Forms** – Signed by both parent/guardian and athlete.
7. **Organization Roster** – A complete and current copy of the organization's roster must be included in the book.

H. Certification Procedure League Representative Review: The Organization's League Representative must sign off on each athlete's player card prior to book signing, ensuring all required documents are complete.

I. Cross-Organization Review: A representative from an opposing organization will review the forms for compliance. Once verified, they will sign each compliant athlete card. Missing or non-compliant documents must be corrected before certifying the athlete and may not participate in any organizational activities until certified.

J. No Game Day Signoffs: No players shall be certified on game day.

K. Post-Certification Discrepancies: Any discrepancies discovered later must be corrected immediately or the athlete may be deemed ineligible

4. **ROSTERS**

A. Roster Submissions and Terms:

1. **Pre-Season Rosters:** All rosters must be emailed to the league the Friday prior to books signing on approved MVFL roster form. Rosters must be typed and include all required informationFB- jr novice, novice, jv, varsity
2. **Regular Season Rosters:**Must be emailed to the MVFL Secretary by Friday Week 4 on approved MVFL roster form. Roster must be typed and include all required information, Athletes can move up to a higher level, but once a game is played at the higher level, the athlete cannot return to the lower level.
3. **Postseason Rosters:**Must be emailed to the MVFL Secretary by the Play-off Seeding Meeting on approved MVFL roster form. Roster must be typed and include all required information.
4. **Cheer Competition Roster**Must be emailed to the MVFL Cheer Representative one month prior to the cheer competition and forwarded to the MVFL Secretary. Date to be given to cheer representatives when the date is determined for competition. Once the roster is submitted no changes can be made. This roster is only for competition. Not the regular season.
    a. **Combined Teams:** All athletes on combined teams must be included on one (1) roster.
    b. **Mascots:** Mascots will be added to the team assigned at the Jr. Novice/ Level. Mascot information will be identified in ITALIC font at the end of the roster.

B. Roster Requirements: Rosters must be complete, signed as requested and in compliance with all MVFL Rules and Regulations.They will include name, birth date, school attending, CITY OF RESIDENCE, grade level, parents' phone number and jersey number.

C. Roster Size: Organizations should strive to meet the following criteria of team divisions. The total number of athletes you are allowed to roster for the Jr. Novice, Novice, Jr. Varsity and Varsity Divisions shall not exceed (160).

1. Jr. Novice Division Maximum number 40 athletes
2. Novice Division Maximum number 40 athletes
3. Jr. Varsity Division Maximum number 40 athletes
4. Varsity Division Maximum number 40 athletes
    a. WAITLIST MAXIMUM OF 10 ATHLETES PRIOR TO SEASON START DATE ON ANY LEVEL.

D. New Athlete: A new athlete is one that has not participated in any organized youth tackle football program at this age, weight, or grade level.

1. **Procedure for Adding New Athletes:** Athletes being added must comply with all pre-season eligibility requirements and send all appropriate information to the MVFL Board. For teams with waiting lists, new athletes must come from the waiting list.
2. **Final Day to Add to Roster:** The final day an athlete is eligible to be added to the roster is by Friday of week 4 regular season.

E. Elevating Athletes: Elevated athletes must practice at least (3) times with the higher-level team before they can participate in a league game at the higher level. Athletes may only level up one grade level. This must be approved by organizations and a level up form completed and added to the players paperwork. Once a player is elevated they may not play at the lower level.

1. Cheerleaders that play up a level the year prior due to no having a level may be moved back down to their own grade level the next year.

F. Post Season Games: Post season games must be played with the roster that was in effect as of the Play-off Seeding Meeting. No athletes may be added or elevated for post season games after the postseason roster has been submitted. Post season games are not considered regular season games. The post season roster must include football athletes at each level.

G. Roster Notification: Organizations must notify MVFL by July 1st if roster size is limited and will possibly be unable to field a team.

5. **CHEER RULES**

A. Purpose: The MVFL Cheerleading Program is an integral part of our total youth football program and contributes highly to an individual's overall education and growth as a young person. The MVFL cheerleading program is in place to promote spirit, develop teamwork, sportsmanship and provide a safe environment in which cheerleading athletes can learn and have fun. It is the intention of this organization to allow any athlete who wants to cheer the opportunity to participate. Depending on the number of

cheerleaders, availability of uniforms, the number of coaches available, etc., it may be necessary to limit squad sizes.

B. Safety: No issue is of greater importance than the safety of our young athletes. None is more worthy of the attention of coaches, officials, players, and administrators. The young athletes who enjoy the sport of cheerleading deserve our wholehearted commitment to their safety. No jewelry on any part of the body or piercings allowed during practices and games. Medical/religious jewelry may be worn if taped down.No false fingernails. No nail length above fingertip. The only metal allowed are flip clips, bobby pins and other accessories at the discretion of the cheer advisor. Casts/braces: Athletes with a hard cast may not tumble, stunt, or be considered as spotters and are not required to wrap/pad the cast.Athletes wearing hard braces with exposed metal material, such as knee, wrist, and elbow braces, are required to wrap/cover the brace with a padded material so that it protects both them and their fellow athletes from injury.

C. Liability and Responsibility: Guidelines are aimed at ages, due to the liability and risks involved in cheerleading. Younger athletes are less likely to recognize and respect those risks and are more likely to attempt something inherently dangerous due to current skill levels. Restrictions exist for the protection of those under the age of legal liability, coaches, parents/guardians, and responsible organizations such as the MVFL. **Therefore, no intermixing of stunt groups will be allowed.** This applies to performing with a High School athletes. On combined teams, stunt groups must be based on the level for which the athlete would have been assigned to if there were no combination team. Only **current badged coaches, assistants, junior coaches** may be allowed on track or during the game sideline. Current badged coaches, assistants, and junior coaches must stay on the sideline during halftime. NO above/below level athletes are allowed on track or field spotting stunts or filling in for an absent athlete.

D. Divisions: Mascots may only cheer at the Jr. Novice level. Any character mascots must be a registered athlete in the athlete books with all forms completed. ALL MASCOTS PLAYER CARD MUST BE ON PINK CARD STOCK. Mascots must have two uniform differences. See Equipment and Uniforms section of Cheer Rules & Regulations.

E. Level-Up Certification: Elevated athletes must practice at least (3) times with the higher-level team before they can participate in a league game at the higher level. Athletes may only level up one grade level. This must be approved by organizations and a level up form completed and added to the players paperwork. Once a player is elevated they may not play at the lower level.

1. Cheerleaders that play up a level the year prior due to not having a level may be moved back down to their own grade level the next year.

F. Participation:

1. **Smaller Programs:** Smaller groups may participate as one squad, but stunting must be based on appropriate age divisions.
2. **MVFL Participation:** Athletes are to participate in sanctioned MVFL pre-season, regular season and postseason games or activities that their organization's football team is participating in.
    a. Competition squads and their performances, practices and activities do not fall under the MVFL guidelines as they are considered a separate entity and

are not MVFL sanctioned. The MVFL does not endorse but needs to be notified of organizations participating in a cheer competition.

b. Non-MVFL sanctioned events must have written approval by the local board and notify the MVFL Cheer Board of said changes. Prior to participating in any event, appropriate insurance coverage must be submitted to the MVFL Board. Example: Cheer Competitions.

3. **Cheer Coaches:** All cheer advisors, head coaches and assistant coaches must complete online classes:Pop Warner Course, Y101PW for new coaches or Y102PW for returning coaches, NFHS Heat Illness Prevention training online, mandated reporter certificate, and current CPR certificate in order to receive their coach badge. Coaches that do not complete the training, will not be allowed on the sidelines during the game and cannot participate in practice sessions. If a coach is added during the season, they must complete the same required training. Cheer advisors will turn in the completed certificates to the MVFL Cheer Representative to be eligible to obtain their organizations badges. Jr. Coaches are not required to complete this training.

G. Stunting:

1. **Mascots stunting:**
   a. Mascots are permitted to do stunts within waist level on two feet with feet never going above the waist level. Stepping out of stunts ONLY; NO cradling permitted. Mascots can ONLY be stunted by Mascots or Jr. Novice athletes.
2. **Cheerleader Stunting**: MVFL will follow the JAMZ Youth Cheer Level Grid up to YCADA Level 4. Levels to be determined by the cheer advisor based on the ability of each squad. Current JAMZ Level Grid will be provided by MVFL Cheer Representative. If a team performs illegal stunting, video of performance must be sent to MVFL Cheer Representative for review. If determined illegal, the organization will be subject to violation Section IX.
   a. No sideline stunting on dirt tracks for Mascots.
   b. Level 1 – Sideline stunting allowed for Jr. Novice and Novice.
   c. Level 2 – Sideline stunting allowed for Jr. Varsity and Varsity.
   d. Jamboree Stunting: Stunting at the jamboree will be at the cheer advisor's discretion. Squads must be uniformed per the cheer advisor's discretion.

H. EQUIPMENT AND UNIFORMS:

1. **Team Uniform**: Cheer teams planning to change team colors, must get the approval of the MVFL Board. No individual Player may alter/ modify their uniform from original organization design. Uniforms must be worn as attended. If a player is observed with an altered uniform or not wearing it as attended, the MVFL will penalize the player as per the code of conduct/ ethics.
   a. **Game Uniform:** Athletes must have game uniform as required by each organization at all sanctioned MVFL games and scrimmages.
   b. **Mascot Uniform:** Must have two (2) identifying uniform differences. These will be their bow and poms no other differences are accepted.

c. **Jamboree:** All athletes may wear camp or game day attire per Cheer Advisors discretion.

6. **PRACTICE PROCEDURES**

A. Practice Schedule: All teams must file their practice schedule, location, times, and dates with the MVFL Secretary prior to any practice beginning for that season. Any change in practice schedules also requires approval of the MVFL Board. Approval may be given by phone, in person or with written correspondence. Jamboree is considered a practice.

B. Discipline for Breaking Practice Schedule: Any team breaking any approved practice procedure will be brought before the MVFL Board for action as the Board deems necessary.

C. To Start Practice: To begin practice, all athletes must officially sign up with a team and meet all the requirements stated in these Rules & Regulations.

D. Pre-Season Practices:

1. **Practices:**
   a. **1st week: (5)** practices Conditioning and learning new sideline cheers for the season/no stunting
   b. **2nd week: (5)** practices Conditioning & stunting
   c. **3rd week: (4)** practices And Jamboree
   d. **4th week: (4)** practices
   e. **5th week and after: (3)** practices per week
2. **Camps/Clinics:** Teams may have the option of (1) clinic prior to regular practices. A clinic consists of (1) day (6) hour team operated instructional and/or play running clinic with no pads. Clinic must be held in the month of July.
   a. High School or "open to all" clinics are not considered team operated clinics. No pads or contact will be allowed during these camps/clinics. Footballs are allowed.
      i. **Organization Cheer Clinic/Camp:** Teams have the option of attending cheer clinic/camp. The MVFL Cheer Board and team advisors will work to contract a certified cheer instructor to teach skills, techniques, progression and stunting while focusing on safety. If camp is two days, the organization is permitted to take two days off of practice. Example of camp is a Saturday and a Sunday, the organization can take off the day prior of practice and the day after
3. **Physical Conditioning:** All athletes must complete (10) hours of physical conditioning and (6) hours in full gear to be eligible to participate in jamboree/scrimmage or game.

E. Practice Time Limits: Practices will run no longer than (2) hours at any session. Time spent in team meetings is not counted as part of the 2-hour practice sessions.

F. Practice Procedures for Add-On Athletes:

1. **Minimum Conditioning Requirement:** All add-on athletes must complete a minimum of sixteen (16) total practice hours before being eligible for full participation.
    a. This requirement includes:
        i. Ten (10) hours of conditioning (no stunning) .
        ii. Six (6) hours of practice in full pads
    b. Note: These hours must be completed over a minimum of eight (8) days, adhering to the two (2)-hour maximum per day rule.
2. **Off-Schedule:** Conditioning sessions may take place on non- scheduled practice days; however, all such sessions must be reported and documented with the MVFL through the organization's League Representative for verification and approval.

G. Jamboree Participation: While the Jamboree is considered a practice, no athlete may participate unless they have completed the FULL sixteen (16)-hour practice requirement as outlined above.

7. **GAME PROCEDURES**

A. MVFL Rules: Refer to 2026 Football Rules & Regulations.

B. Halftime Routines: Cheer is allowed two minutes and thirty seconds (2:30) at halftime to perform their routines.

1. Mascots will be allowed 30 to 60 seconds to perform their own halftime routine prior to the junior novice halftime show. MASCOTS ONLY
2. Organizations may choose to combine mascots with Jr. Novice level and perform at that stunt/tumbling level as determined by the organization's cheer advisor.

8. **Cheer Competition**

A. Hosting team

1. The hosting team will follow the MVFL Superbowl rotation. This rotation is approved by league reps
2. Cheer competition may be hosted on a football field without mats or in a gym with dead mats.This will be at the discretion of the hosting team
3. The hosting team is responsible to pay all MVFL dues/ fees associated with competition

B. Competition Date

1. Date for competition will be determined by the hosting team
2. Must be a Sunday
3. Date must be between beginning October to middle of November
4. MVFL must be notified of this date when the football schedule is finalized prior to the season start date
5. If an organization opts to not attend competition, they must notify the league one month prior to the event or a fee of $500 is imposed payable to the hosting team

C. Judges

1. All judges for the event must be cheer minded

2. A list of all judges are to be brought to the MVFL cheer meeting prior to the event
3. A minimum of 3 judges maximum of 5 is required
4. If a fee is required it is the hosting teams responsibility to pay
5. Parents/ spectators are not to communicate with the judges during the event
6. All judges will be given the MVFL cheer competition rules to review

D. Cheer Competition Rules:

1. Each organization will perform a half time routine at their level. Stunting, tumbling ability
2. No organization may pay for Choreography
3. Organizations may pay for music
4. Mascots may combine with registered level and perform at that stunt or tumbling level as determined by the organizations cheer advisor
5. Competition Boundaries will be 54W x 42D (clearly defined on both indoor or outdoor performance areas).
6. Routine time frame is from start to end
    a. Mascot- 30sec to 1 min
    b. Jr Novice- 1 min 30 sec to 2min
    c. Novice- 2 min to 2 min and 30 sec
    d. JV and Varsity- 2 min and 30 sec.
    e. **organizations are encouraged to screen record music and play with devices in airplane mode. If problems with music during routine at comp organization will not be allowed to restart and should continue on counts.

E. PENALTIES:

1. TIME LIMIT PENALTIES :
    a. 1.0 POINT deducted from your total possible score if your routine goes 4 - 7SECONDS UNDER/OVER time requirements.
    b. 2.0 POINTS deducted from your total possible score if your routine goes 8 - 10SECONDS UNDER/OVER time requirements.
    c. 3.0 POINTS deducted from your total possible score if your routine goes 11 ORMORE SECONDS UNDER/OVER time requirements.
2. TUMBLING PENALTIES
    a. TUMBLING TOUCH - 0.25 POINT (per occurrence) deducted from your total possible score for any touch to the performance surface during execution of or following the landing of any tumbling skill. Includes head, hand, elbow, arm, knee, and leg.
    b. TUMBLING FALL - 0.5 POINT (per occurrence) deducted from your total possible score for each FALL on tumbling skills. Tumbling falls are any time the majority of the tumbler's body comes in contact with the performance surface either on an over rotation or under rotation during the attempted skill.
3. STUNT SKILLS* PENALTIES

a. STUNT BOBBLE - 0.25 POINT (per occurrence) deducted from your total possible score for each obvious stunt bobbles on a stunt/toss skill. Stunt bobbles will be defined as any of the following:
    i. Obvious breaks in bodyline and/or body positions of the flyer
    ii. Excessive movement by bases
    iii. Stunts that almost fall but recover
    iv. Obvious incomplete twisting of the flyer (i.e. flyer lands prone when intending to land in cradle)
    v. Stunt bobbles that precede a stunt fall will not be counted in the total deduction. The largest deduction will supersedes the total number of stunt bobble deductions
b. STUNT FALL - 1.0 POINT (per occurrence) deducted from your total possible score for each Stunt Fall on a stunt/toss skill by any member of the stunt group/partner stunt. AStunt Fall will be defined as any of the following:
    i. stunt/toss that fails to execute intended skill (is lowered or dropped below its intended level) OR the flyers legs are no longer “locked out”
    ii. the flyer is no longer in an upright body position
    iii. one member of a stunt group/partner stunt other than the flyer falls to the performance surface.
c. MAJOR STUNT FALL - 1.5 POINTS (per occurrence) deducted from your total possible score for each FALL on a stunt/toss skill in which the flyer’s body (other than their feet/foot) hits the floor and/or a FALL by multiple members of the stunt group.
d. *The category “stunt/toss skills” will include stunts, dismounts, inversions, release

4. BOUNDARY PENALTY:
    a. 0.5 POINT (per occurrence) deducted from your total possible score for each

F. SCORECARD:

Performance Routine: Performance using music, cheer or any combination thereof. Music is required in this category. Music may be incorporated for a segment, half, or the entire performance. Poms and props are allowed.

MAX 90 POINTS

Scoring breakdown:

0 Zero skills performed
8.0 - 8.4 MINIMAL/INCONSISTENT
8.5 - 8.9 MODERATE
9.0 - 9.4 GOOD
9.5 - 10.0 EXCELLENT

a. Choreography 10 points
    i. Pace/flow of routine, transitions, visual effects, level changes, roll offs,creativity, percentage of team incorporation

b. Jumps 10 points

Jumps should emphasize clean technique, control, and team timing rather than difficulty.

- **i.** Height, form (pointed toes, straight legs), landing (stuck landings), and synchronization.

c. Stunts 10 points

Stunts are partner or group skills in which one or more athletes support, lift, or hold another athlete off the ground. Stunts will be scored based on demonstration of proper technique, control, stability, and safe execution, rather than difficulty.

- i. Judged on execution (cleanliness, synchronization
  1. Technique & Control
     a. Proper body positions for flyers, bases, and spotters.
     b. Controlled grips, steady balance, and strong stunt placement
     c. Minimal bobbles, wobbles, or balance adjustments
  2. Timing & Synchronization
     a. Stunts are loaded, hit, and transitioned together
     b. Consistent timing across all stunt groups
  3. Safety & Stability
     a. Correct use of spotters and safe stunt execution
     b. Stunts remain secure and controlled throughout
  4. Performance Quality
     a. Confidence and composure during stunt sequences
     b. Sharp motions and strong engagement from all participants

d. Pyramids (min of 1)10 points

Pyramids are formations that combine two or more stunts connected by athletes,demonstrating coordinated timing and stability. Pyramids will be scored based on demonstration of proper technique, control, stability, and safe execution, rather than difficulty.

- i. Technique & Control
  1. Solid connections and proper body alignment
  2. Stable pyramid formations with minimal movement or corrections
- ii. Timing & Synchronization
  1. Smooth, unified transitions into and out of the pyramid
  2. All sections of the pyramid hit together
- iii. Safety & Stability
  1. Secure connections and proper spotting throughout

2. Pyramid remains stable and safely disassembled

iv. Performance Quality

1. Confidence and visual clarity of formations
2. Strong presence and energy maintained throughout the pyramid

e. Dismounts 10 points

Dismounts are the controlled and safe ways in which a flyer returns to the ground from a stunt or pyramid. Examples include (but not limited to): Cradle, Straight Pop-Off toCatch, Step-Down, Half-Turn Cradle. Dismounts will be scored based on demonstration of proper technique, control, stability, and safe execution, rather than difficulty.

i. Technique & Control

1. Proper technique and correct body positions
2. Controlled landings with no falls or drops

ii. Timing & Synchronization

1. Dismounts are completed together with consistent timing
2. Smooth flow into the next formation or motion

iii. Safety & Stability

1. Flyers are safely caught and protected at all times
2. Correct positioning of bases and spotters during the dismount

iv. Performance Quality

1. Confident, composed finishes to stunts and pyramids
2. Energy and focus maintained through completion

f. Tumbling 10 points

Tumbling consists of age-appropriate acrobatic skills performed on the ground that demonstrate body control, balance, and coordination. Examples include (but not limited to): Forward roll/Backward roll, Cartwheel, Round-off, Back/Front walk-over,Back handspring. Tumbling will be scored based on demonstration of proper technique, control, and safe execution, rather than difficulty

i. Technique & Control

1. Proper body alignment and form throughout tumbling skills
2. Controlled takeoffs, landings, and rebounds
3. Minimal bent arms/legs, piking, or loss of balance
4. Skills are completed with confidence and consistency

ii. Timing & Synchronization

1. Tumbling is performed in unison when grouped
2. Clear, consistent timing with the music and choreography

3. Smooth transitions into and out of tumbling sections

iii. Safety & Stability

1. Tumbling skills are appropriate for the athlete's ability level
2. Safe landings with controlled finishes
3. No falls, uncontrolled landings, or safety concerns

g. Showmanship 10 points

Quality of presentation, synchronization, enthusiasm, showmanship,attitude/ownership, confidence, facials/smiling, crowd appeal

h. Dance 10 Points

Technique and placement, sharpness and overall motion control, energy, pace,creativity, variety, incorporation of visuals, transitions, level changes, footwork and floorwork

i. **Overall Performance 10 Points**

Overall impression, how strong, clean & entertaining the entire route is start to finish.

*Stunts, pyramids, dismounts, and tumbling are evaluated on execution, control, timing,safety, and performance quality. Difficulty of skills is not considered for deduction.

G. COMPETITION PRACTICE

1. (4) additional 2-hour practice may be added from the first day of the season till competition date with notification to the league prior to practice.

9. **EJECTION, REVIEWS**

A. It is the organization's league reps responsibility to notify the MVFL if a player, coach or attendee is ejected or removed from the game via group me no later than Monday following the game.

1. **Athlete Ejection:** Any athlete ejection is to follow penalties as noted in the code of conduct.

2. **Coach Ejection:** Any coach ejection is to is to follow penalties as noted in the code of conduct:

3. **Incident Rulings by Officials**: If an incident occurs and is ruled upon by an official during a game, appeals will not be permitted for the official's decision. However, in situations involving potential errors, such as wrongly accused athlete, coach, parent or attendee, the organization's League Representative may submit a written request for correction to the MVFL Board for review and consideration. This process is limited to addressing inaccuracies and not for overturning the official's judgment during gameplay.