

AMERICAN YOUTH FOOTBALL, INC.

AMERICAN YOUTH FOOTBALL & CHEER

**OFFICIAL
RULES AND REGULATIONS**

REVISED

2006

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You can be a hard, but good loser. Any coach or team that cannot lose or treat opponents with respect has no right to win.”- Knute Rockne

AMERICAN YOUTH FOOTBALL

RULES AND REGULATIONS

Mission: *AMERICAN YOUTH FOOTBALL, established in 1996, is an international youth football organization established to promote the wholesome development of youth through their association with adult leaders in the sport of American football.*

The international headquarters of AMERICAN YOUTH FOOTBALL is located at 1000 South Pointe Drive TH-A9 Miami, FL. 33139. Our goal is to be non-intrusive at the local level yet still support your efforts to conduct a safe, fun, and rewarding experience for children.

AYF serves everyone in youth football and cheerleading, regardless of age, sex and weight, within reason. Special divisions exist to serve various ages and weight groups.

The AYF website at **www.americanyouthfootball.com** is a good way to keep current with AYF activities and offers. For all AYF membership management, services, and publications, visit the control Panel at **www.MyAYF.com**, your password will be given to you upon registration.

The AYF Rulebook has been developed as a handy guide to operating a football and cheer program. It highlights rules that are important and effective to establishing and operating a safe and rewarding program. Your comments and suggestions are solicited and encouraged to make this a more useful resource for all participants.

Since better than 90% of boys participate in football as players, AYF will refer to the male gender throughout this Rulebook only for clarity. However, AYF is fully aware that girls do play football and the information printed herein is not meant to discriminate against girl football players or discourage girls from participating in the sport of football.

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PURPOSES AND OBJECTIVES OF THE AYF

1. The purpose of AYF is to give youngsters the opportunity to play the game of American Football in a safety-first environment. AYF promotes balanced competition and the spirit of teamwork, good sportsmanship and fair play. Skill development, physical fitness, scholarship and the balanced development of our youth are values that are stressed in all AYF activities.
2. American football, and AYF in particular, provide a platform for establishing and building positive relationships and respect between youngsters and adults.
3. AYF does not sanction, (and in fact, discourages) the exploitation of youngsters by over-zealous coaches, parents and other adults. The basic intent of AYF is to ensure the safe growth of American football for youngsters by offering standardized rules and regulations.

ORGANIZATION

Board of Directors

AYF is guided by a Board of Directors. The Board is responsible for overseeing the National staff on matters that relate to their individual talents and expertise. The National staff conducts the day-to-day operations of AYF. This staff will be under the guidance of the President of AYF. Positions will be added to the staff as necessary.

Football Advisory Board

The AYF Football Advisory Board is composed of individuals whose knowledge and experience provide valuable advice and insight to issues that affect AYF. The primary purpose of the AYF Football Advisory Board is to advise and guide AYF on matters related to rules and regulations that affect all forms of play.

“Organization is a habit” - George Allen

League Level of Authority

Governing of AYF Leagues occurs locally; rather than at the regional or national level. This requires decision-making at the league level. The League is the final authority for its teams and clubs. Governing should not be by a single person or informal group of people. League Representatives, elected from the local teams or clubs, should lead, manage and enforce AYF and local Rules and Regulations.

Football Club

Many youth organizations are organized into what is called “Associations.” AYF defines its local membership association as “Football Clubs” in keeping with the rich traditions of the sport. A Football Club is composed of one or more teams (e.g., Midgets, Jr. Midgets, etc.). The local Football Club is the sponsoring organization for all its members. Football Clubs may join with other Clubs and Associations to form leagues.

Football Team

The “Team” is the basic unit of an organization in AYF, as occurs in many youth sports organizations. A team is composed of one age and/or weight class (e.g., Midgets). A single team may be registered with AYF as a Football Club.

<p style="text-align:center">PART I AMERICAN YOUTH FOOTBALL INTRODUCTION TO THE RULES</p>
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ARTICLE I: American Youth Football Program

Local and National Participation

Organizations can participate in one of two participation levels: AYF Local Structure or AYF National Structure.

Local Structure

AYF Local Structure stays true to the AYF objective of remaining non-intrusive and supporting *all* football and cheer teams regardless of their competitive intentions. Organizations that **DO NOT** plan to participate in AYF inter-league competitions have the freedom to participate as a member of AYF without strictly abiding to the rules outline in the Official AYF Rules and Regulations Manual. As long as organizations abide by safety, sportsmanship and fair play as well as certain rule requirements as outlined in the Rules Sections of this manual, local structure leagues can retain independence in creating a structure that fits their group specifically. These rules must be submitted to AYF National Headquarters for review.

National Structure

AYF National Structure pertains to those leagues that plan to participate in AYF inter-league play: regional competitions, national championships and other pre or post season games/tournaments. These leagues must strictly abide by AYF Rules and Regulations as outlined in the Official AYF Rule Book and teams must fit into one of the outlined divisions below.

AYF NATIONAL DIVISION

Jr. Pee Wee	10 & Under	119 LBS IN UNIFORM 11 YR OLDER/LIGHTER = 99 LBS IN UNIFORM
Pee Wee	11 & Under	134 LBS IN UNIFORM 12 YR OLDER/LIGHTER = 114 LBS IN UNIFORM
Jr. Midget	12 & Under	150 LBS IN UNIFORM 13 YR OLDER/LIGHTER = 130 LBS IN UNIFORM
Midget	14 & Under	175 LBS IN UNIFORM NO OLDER LIGHTERS/NO 9 TH GRADERS OR HIGHER ALLOWED
Sr. Midget	15 & Under	175 LBS IN UNIFORM 15 YR OLDER/LIGHTER = 155 LBS IN UNIFORM 9TH GRADE AND HIGHER PLAYERS ELIGIBLE FOR THIS DIVISION

AYF ALL AMERICAN DIVISION “OPEN WEIGHT”

- GRADES 3RD & 4TH = OPEN DIVISION – 11 & UNDER – JR. PEE WEE
- CANNOT TURN 12 ON OR BEFORE 12/31 OF THE CURRENT YEAR
- GRADES 3RD, 4TH, & 5TH, = OPEN DIVISION - 11 & UNDER – JR. PEE WEE
- CANNOT TOURN 12 ON OR BEFORE 12/31 OF THE CURRENT YEAR
- GRADE 6TH = OPEN DIVISION – 12 & UNDER – PEE WEE
- CANNOT TURN 13 ON OR BEFORE 12/31 OF THE CURRENT YEAR
- GRADE 7TH = OPEN DIVISION – 13 & UNDER – JR. MIDGET
- CANNOT TURN 14 ON OR BEFORE 12/31 OF THE CURRENT YEAR
- GRADE 8TH = OPEN DIVISION – 14 & UNDER - MIDGET
- CANNOT TURN 15 ON OR BEFORE 12/31 OF THE CURRENT YEAR
 - MAY BE IN THE 9TH GRADE, IF NO HIGH SCHOOL PROGRAM IS OFFERED
- GRADES 6TH, 7TH, & 8TH = OPEN DIVISION – 14 & UNDER - MIDGET
- CANNOT TURN 15 ON OR BEFORE 12/31 OF THE CURRENT YEAR
 - MAY BE IN THE 9TH GRADE, IF NO HIGH SCHOOL FOOTBALL IS OFFERED

ALL AGES ARE AS OF DECEMBER 31ST OF THE CURRENT SEASON

AYF NATIONAL COMPETITION PLAYING RULES

1. DIVISION I & DIVISION II IN ALL DIVISION OF PLAY, WILL BE OFFERED
2. ALL DIVISION OF PLAY. WILL BE GUARANTEED AT LEAST TWO (2) GAMES
3. GAMES TIMES BEING CONSIDERED ARE 9:00, 11:00, 1:00, 3:00 & 5:00 PM
4. PLAYING DAYS TUESDAY, THURSDAY, & SATURDAY (MAY BE SUBJECT TO CHANGE)
5. DIVISION I & II NATIONAL CHAMPIONSHIPS WILL BE PLAYED ON SATURDAY
6. DIVISION I & II INVITATIONAL CHAMPIONSHIPS WILL ALSO BE PLAYED ON SATURDAY
7. EIGHT TEAM PARINGS WILL BE ATTEMPTED IN ALL DIVISIONS OF PLAY
8. ALL FOOTBALL RULES WILL BE PLAYED UNDER NFHS RULES
9. EXCEPTIONS TO THOSE RULES WILL BE AS FOLLOWS:
 - 2 POINTS FOR A KICKED P.A.T.
 - JERSEY NUMBERS SHOULD BE ALIGNED TO THE HIGH SCHOOL NUMBERING SYSTEM
 - 10 YARD TIE-BREAKER SYSTEM WILL BE USED FOR ALL TIE GAMES
 - 30 POINT (NEW) MERCY RULE WILL BE UTILIZED
 - 10 MINUTE QUARTERS WILL BE USED IN ALL GAMES
 - ALL TEAMS SHOULD ATTEMPT TO BRING TWO (2) JERSEYS ONE DARK AND ONE LIGHT COLORED JERSEY TO AVOID JERSEY CONFLICTS
 - ALL PAPERWORK WILL BE CHECKED AND APPROVED AT ALL REGIONAL GAMES, AND EACH REGIONAL COMMITTEE WILL VERIFY THE CREDIBILITY OF ALL TEAMS ADVANCING FORWARD TO AYF NATIONAL CHAMPIONSHIP GAMES

DOCUMENTS REQUIRED AT REGIONAL CHECK-IN ARE AS FOLLOWS:

1. ASSOCIATION/CONFERENCE/LEAGUE/TEAM WILL BE REQUIRED TO BRING AN AYF (APPROVED) CONTRACT FOR EACH PLAYER
2. COPY OF PLAYERS BIRTH CERTIFICATE
3. COPY OF PLAYERS REPORT CARD (ESPECIALLY IN GRADE DIVISION)
4. COPIES OF MEDICAL/WAIVER RELEASE FORMS DIGNED BY PARENTS, IF YOUR CONTRACT IS NOT APPROVED BY AYF.
5. A CURRENT PICTURE I.D. WILL BE REUIRED FOR EACH PLAYER
6. A CURRENT AYF APPROVED ROSTER SIGNED OFF BY A LEAGUE OFFICIAL AND DATED, WILL BE REQUIRED
7. AN AYF MANDATORY PLAY FORM (MPR) WILL BE REQUIRED FOR EACH AND EVERY GAME, AND MONITORED BY BOTH TEAMS
8. A CERTIFICATE OF INSURANCE, NAMING AYF AS AN ADDITIONAL INSURED, MUST ALSO BE INCLUDED IN THE TEAM NOTEBOOK. THE INSURANCE MUST CARRY BOTH LIABILITY AND MEDICAL COVERAGE FOR ALL PARTICIPATES.
9. A LETTER SIGNED BY A LOCAL LEAGUE/CONFERENCE OFFICAL STATING THAT A BACKGROUND CHECK HAS BEEN PERFORMED ON ALL COACHES, EIGHTEEN (18) YEARS AND OLDER, ON THE TEAM, AND THEY HAVE MET ALL THE REQUIREMENTS ESTABLISHED BY THEIR LOCAL LEAGUE/CONFERENCE.

- WILD CARD TEAMS NOT PARTICIPATING IN REGIONALS WILL BE REQUIRED TO CHECK-IN AND BE PAPERWORK CERTIFIED BY THE AYF NATIONAL FOOTBALL STAFF, ON MONDAY, PRIOR TO THEIR FIRST GAME
- I.D. CHECKS WILL BE CONDUCTED AT ALL GAMES PRIOR TO THE START OF THE GAME, AND THERE WILL BE FIRST GAME WEIGH-IN CHECK CONDUCTED AT ALL GAME SITES ON TUESDAY.
- MANDATORY HEAD COACHES MEETING WILL BE CONDUCTED ON MONDAY NIGHT ALONG WITH PAIRING/FIELD SCHEDULES/MAPS AT THE HOSTING HOTEL SITE.
- AYF THIRTY (30) POINT MERCY RULE IS IN EFFECT. ONCE TEAM "A" IS AHEAD OF TEAM "B" BY 30 POINTS OR MORE, THE AYF OFFICIALS WILL IMMEDIATELY STOP THE GAME AND ANY PLAYERS WHO HAVE NOT CLEARED THEIR MPR REQUIREMENTS, MUST ENTER THE GAME AND REMAIN IN THE GAME UNTIL THE SCORE IS LESS THAN 30 POINTS. (IF A PLAYER BECOMES INJURED, HE MAY BE EXCUSED FROM THE GAME.)
- DURING THE MERCY RULE THE CLOCK WILL BECOME A RUNNING CLOCK, AND ONCE STARTED AS A RUNNING CLOCK, WILL REMAIN THAT WAY TO THE END OF THE GAME.
- DURING THE MERCY RULE THERE WILL BE NO FURTHER KICKOFFS, TEAM "B" WILL TAKE THE BALL ON TEAM "A'S" 25 YARD LINE WITH A FIRST AND TEN SITUATION.
- DURING THE MERCY RULE TEAM "A" MAY NO LONGER PASS OR RUN REVERSES OR TRICK PLAYS, IF TEAM "A" IS CAUGHT DOING SO, TEAM "A" WILL BE FLAGGED AND ISSUED A WARNING THE FIRST TIME, AND THE BALL WILL BE PLACED BACK AT THE ORIGINAL LINE OF SCRIMMAGE.

IF A SECOND FLAG IS THROWN FOR THE SAME OFFENSE, TEAM "A" WILL RECEIVED A 15 YARD PENALTY FROM THE ORIGINAL LINE OF SCRIMMAGE, AND LOSS OF DOWN.

IF A THIRD FLAG IS THROWN FOR THE SAME OFFENSE, TEAM "A" WILL RECEIVE ANOTHER 15 YARD PENALTY, BUT THE HEAD COACH WILL BE EJECTED AND ASKED TO LEAVE THE STADIUM FOR THE REST OF THE DAY.

- AYF HOPES THAT IN THE EVENT THAT, A TEAM THAT IS OVER MATCHED AGAINST AN OPPONENT, IT WILL IN THE SPIRIT OF SPORTSMANSHIP ATTEMPT TO KEEP THE SCORE WITHIN 30 POINTS.
- AYF WILL UTILIZE FIVE (5) OFFICIALS (IF POSSIBLE) FOR ALL GAMES, AND THREE (3) OFFICIALS ON THE CHAIN CREW AS WELL.
- CLOCK OPERATOR WILL BE A QUALIFIED HIGH SCHOOL OPERATOR,

APPROVED BY AYF.

- A SCOREBOARD WILL BE AVAILABLE AT ALL SITES, ALONG WITH AND ANNOUNCER (IF POSSIBLE) AND OF COURSE LIGHTS.
- FIRST AID SUPPORT WILL ALSO BE AVAILABLE AT ALL SITES.
- TWO (2) YOUNG ADULTS , AS OLD AS SIXTEEN (16) YEARS AND AS YOUNG AS EIGHT (8) YEARS OLD MAY BE USED AS A WATER PERSON AND A BALL PERSON AND THIS PERSON CAN BE AN INJURED PLAYER WHO IS NOT ABLE TO PARTICIPATE IN THE ACTUAL GAME.
- EACH TEAM WILL BE REQUIRED TO SUPPLY TWO (2) ADULTS, EIGHTEEN (18) YEARS OR OLDER AS MPR MONTIORS, BUT NEITHER PERSON CAN BE A COACH FROM EITHER OF THE TWO (2) PARTICIPATING TEAMS.

ARTICLE II: Playing Season

Section 1 The AYF playing season may start as early as the fourth Monday in July and extend until December 31 of the current year. Start and end dates of the playing season may be modified for teams playing in regions with severe weather conditions, (eg. Alaska and Arizona). Written permission by the AYF National Football Commissioner is required before any such modifications may be made.

Section 2 No league shall commence team practice until the fourth Monday in July, with the first week being dedicated to Ten (10) Hours of conditioning ONLY before tackling is allowed. A later start date may be occur for any league, but NO league may start any earlier, without first obtaining permission in writing from the AYF National Football Commissioner.

ARTICLE III: Explanation of Playing Rules

Section 1 The on field playing rules of the AYF will be that of the National Federation of State High School Association except for state high school associations that play under the NCAA rules. The AYF modifies some of these rules for its purposes.

Section 2 The AYF allows leagues to establish stricter safety rules than those presented in the Rulebook.

Section 3 Teams may play to ages and weights below the maximums established by Local Weight classes.

Section 4 Teams will submit their rules and regulations to AYF Headquarter before July 1 of the current year.

Section 5 Local teams as well as playoff teams will all receive an Official American Youth Football Certificate of Charter via email upon registration, along with access to the AYF Control Panel at MyAYF.com. Rosters are due October, 1st of the current year in order to be eligible for many AYF services

Section 6 Independent Football Clubs or Leagues seeking a variance from the rules and regulations must do so in writing before September 1 of the current playing season.

ARTICLE IV: Participant Registration

Section 1 **Consent to Play:** Parents or legal guardians are required to furnish to local leagues a written statement declaring their child has permission to participate in AYF activities. The written and signed statements must include a: Waiver/Release, Emergency Information & Consent and Image release. (Sample copies of these documents can be found on www.MyAYF.com)

Section 2 **Medical Certification:** All AYF players and cheerleaders must deliver to their local league proof of a physical examination before participating in AYF programs. The examining physician must attest that the player or cheerleader is physically fit and can participate in all activities offered by AYF. School physicals are acceptable if done no earlier than spring of the current year.

Section 3 **Age Certification:** AYF requires that all participants present to their local league an original record of their birth or a certified copy or a notarized photocopy of that original record of birth. These documents can be a Certificate from the State, County or City Bureau of Vital Statistics, Department of Health, and the Dept. of Motor Vehicles, School Certificates or Record of Notification of Birth Registration by the Bureau of Census of the U.S. Department of Commerce. Passports are also acceptable. **NO HOSPITAL CERTIFICATES WILL BE ACCEPTED**

Note: *Falsifying birth documents to make a player or cheerleader eligible is grounds for forfeiture of all games in which they have participated and suspension of the adult(s) responsible for the act. Refer to the League Operations Manual.*

The certification date (Eligible age is the participants' age as of July 31st of the current season.) I.E.: 14 yrs old on July 31st, turns 15 yrs old on August 1st, the participate plays as a 14 yr old.,

Exception, in the “OPEN DIVISION OF PLAY, the Eligible Age Cutoff Date is December 31st of the current season. No player can turn 15 years of age in the season, in the “OPEN DIVISION OF PLAY.

Section 4 **Scholastic Eligibility:** All players and cheerleaders must be receiving passing grades in school to be eligible for AYF participation. If verifications of grades are necessary, only a school administrator (principal or counselor) will make the final ruling regarding scholastic eligibility.

ARTICLE V: Player Cuts

Note: *Cutting of players is not allowed in AYF. AYF recommends a first come, first served participation policy. A far better solution is to provide all players a position on an additional team. However, there are certain guidelines that should be met if it becomes necessary to not assign a player to a team. Additionally, if cut, or dropped from a team all sign-up fees, except those used for either physical, or etc, expenses should be returned to the candidate.*

When to Cut:

Section 1 When a player or cheerleader cannot furnish the required documents to be certified to a club or team roster, (e.g., Medical, Proof of Birth, etc.).

Section 2 Shows no interest in football, is disruptive to other players and the instructions of the coaching staff, and becomes a discipline problem.

Section 3 Does not show up for practices. Participants must have a valid excuse from the parent(s), guardians or a physician.

Section 4 **Trying out or playing for a school football team or cheerleader squad while participating with an AYF team or club.** If participants have been cut from the school program and have not participated in a school game, they may be added to the AYF program if there is roster space available and no other player is cut to make space for the new candidate. Playing flag or touch football as part of the physical education requirement in the school curriculum is not counted as school team participation.

Note: *Participation on a school team includes sitting on the bench regardless of whether or not the player plays a single down.*

ARTICLE VI: Player Eligibility Rosters

Section 1 AYF will furnish all leagues Player Eligibility Roster Forms. All teams must submit their local rosters (including coaches) to complete the registration process.

Section 2 Teams will need to digitally submit rosters through the MyAYF.com online member system. Alternatively if rosters are only available on paper, please email them to: forms@americanyouthfootball.com

Section 3 All rosters must be completed and entered into the www.myAYF.com system run by AYF Headquarters by the 1st of October, of the current playing season. Failure to submit rosters will mean the loss of certain services provided by AYF, including post-season and championship game eligibility.

Section 4 The player must reside within the geographic boundaries the League has established with the National AYF Headquarters at registration.

Section 5 Once a player has been certified on a roster, he cannot be re-certified to a lower class team in the same year/season. However, he can be re-certified to a higher-class team if he qualifies by age and his weight changes (gained). There must also be room on the higher-class roster. This can only take place by September 30. After that, there can be no roster movement. (See Article VII).

Note: These sections prevent the picking up of “Ringers” for post-season or championship games.

Section 6 For all divisions, first time and inexperienced players trying out for a team should be tried and be placed, whenever possible, in the lowest possible classification they can qualify for by age and weight.

ARTICLE VII: Dropping and Adding Players

Section 1 A league may drop and add players up to September 30. After that date, all rosters are frozen for the remainder of the season.

Section 2 Once a roster is full, no player may be dropped to make room for a more experienced or better player.

Section 3 If a player suffers a season-ending injury; he may be replaced on the roster, but only on or before September 30th , **not after that date.**

Section 4 Leagues can determine their own date regarding dropping or adding players, but no league can make it any later then September 30th of the playing season.

ARTICLE VIII: Boundaries

- Section 1** If required, Leagues shall present a map clearly defining their boundaries before/after a charter is granted by AYF.
- Section 2** Leagues will determine their own boundaries for its entire membership.
- Section 3** Boundaries will not infringe on the boundaries of other AYF leagues. Should this happen, National Headquarters shall determine the boundaries to resolve the dispute. This decision will be final.

ARTICLE IX: Practices

- Section 1** Practices as a team shall not begin before the fourth Monday in July or later if a league/conference so decides. However no league/team/association/conference may begin practice any earlier than the fourth Monday in July, without prior written permission from the AYF National Football Commissioner.
- Section 2** Pre-season practice can be on a daily basis (Except Sundays) until Labor Day, but must not exceed 10 hours a week, and two (2) hours in duration.
- Section 3** After Labor Day, all practices may not exceed a maximum of eight (8) hours, per week, with a maximum of two (2) hours duration per day.
- Section 4** All players, regardless of when they join the team, must have at least one week of conditioning before they are allowed to practice with full equipment or have live contact with another player. Even if a player joins the team after the start of the regular season schedule, this requirement must be met.
- Section 5** At least one coach must be present during every practice.
- Section 6** There shall be at least one person holding a Red Cross Multi-Media card, or of similar equivalency, present at all practices. This can be a coach or any volunteer approved by the team or club. Leagues are required to enforce this rule with its member teams and clubs.
- Section 7** There shall be no “out of class” practice between divisions, e.g., Pee Wee vs.Jr. Pee Wee, I.E.: This includes non-contact, as well as contact sessions.

Note: *Practices are defined as skill sessions, film viewing, conditioning, scrimmaging, scrimmaging other teams and any gathering by the team for any football purpose. Remember: Any player trying out for a school team will be ineligible for practice with any AYF team.*

ARTICLE X: Coaches

- Section 1** All coaches must be approved by the Local League. Coaching assignments are for one year only from the date of approval, or sooner if so established by a local league. Coaches must re-apply for coaching positions annually.
- Section 2** Head coaches must be at least 21 years of age. The coaching staff will be under his direction and supervision.
- Section 3** Assistant coaches must be at least 18 years of age and have graduated from high school or hold a GED certificate. They must have a general knowledge of the game of football.
- Section 4** Leagues will decide the duties of its coaches off the field concerning their relationship to the community, fans and parents.
- Section 5** Head coaches are in complete charge of their players. They are responsible for their own actions, their assistants' actions and the actions of their players.
- Section 6** Head coaches are required to be certified through any available training program available to their League. The League may also make this a requirement of assistant coaches.

For online Coaching Certifications, Coaching Resources and special AYF member Background Check Services visit www.MyAYF.com.

“What makes a good coach? Complete dedication.” - George Halas

ARTICLE XI: Insurance

- Section 1.** All teams must furnish proof of General Liability and Accident Insurance. The required coverages can be seen at www.myayf.com/tos.pdf. Additionally American Youth Football must be named as an additional insured. All members, not covered under the AYF endorsed insurance policy are required to deliver to AYF a certificate of insurance prior to conducting any games or practices. For more information on the AYF endorsed insurance plan visit the members only section on www.MyAYF.com

SECTION I: Unlimited “OPEN” Weight Classifications

Leagues with “OPEN” weight classifications may set their own weight and age standards. However, the age limit will not exceed 16 years of age. Applicants must submit a copy of their

local rules and regulations and team rosters before an Official AYF Certificate of Charter is validated.

To equally match teams for The AYF Regional/National playoffs and Championships an age/weight & OPEN matrix will be issued with The Championship Registration Packet. The parings meeting prior to competition will match teams as close to the opponent's weight matrix as possible.

SECTION II: Weigh-Ins

Rule A: When pre-season practice begins, all players shall be weighed-in for proper team assignments. Players whose weight exceeds the class weight will be given the opportunity to lose weight before the official certification weigh-in takes place. If not, the player must either move up in class, or be dropped, or if available, play for an Open weight class.

Rule B: All weigh-ins must be conducted using either a beam balanced scale or a digital Medical scale. (Other scales may be used with the express written permission of the National Football Commissioner.)

Rule C: Leagues may adopt one of two weigh-in methods during regular season play:

Method 1: Weigh-in with game uniform minus helmet & shoulder pads.

Method 2: Weigh-in stripped to shorts if facilities permit.

If method 1 is used, a reduction in equipment weight must be considered. AYF Equipment reduction is as follows:

Tiny Mites, Mity Mites, Jr. Pee Wee, Pee Wee is 5 lbs for equipment allowance.

Jr. Midgets, Midgets, Sr. Midgets is 6 lbs equipment allowance.

Note: *Methods 1 and 2 are preferred by AYF. Since equipment weight can be brought into question, such as what happens when players change equipment after a weigh-in? Do all shoulder pads weigh the same? AYF assumes that all leagues are honest, but equipment weigh-in does cause controversy from time to time. All protective equipment can be put on after weigh-ins.*

Rule D: Leagues shall designate weigh-in commissioners. A coach or general manager may be present at a weigh-in, but he cannot serve as a weigh-in commissioner.

Rule E: Leagues may adopt any method for in-season weight increases. However, to insure that leagues will meet the Age/Weight requirements For Regional/National Competition, it is recommended that either one of the two In-season weight methods be used.

Method 1: After Labor Day, there may be a one (1) pound weight increase per week, to a max of 9 lbs within a season, unless otherwise authorized by the National Football Commissioner.

Method 2: Leagues who use or adopt a higher weight limit at the beginning of the season, I.E.: Strippers, Heavier weight classes may decide that there will be NO increase in weights throughout the season, to allow those players/teams to qualify for Regional/National Age/Weight matrix's at the end of the season, making all players eligible to participate.

Rule F: Players who play under the Age/Weight Matrix, and fail to make weight at each game, are declared ineligible for that game. They must remove their equipment, but are allowed to sit on the bench during the game with their uniform on, and may be used as Water/Ball persons, if so desired.

“Coach a boy as if he is your own son.” - Eddie Robinson

SECTION III: Rosters

Rule A: No Roster shall be LARGER than a maximum of 36 players, and No Roster shall be SMALLER than 16 players. This is an AYF National Championship Roster Requirement.

Rule B: However, local leagues may choose to set a minimum number of players on a roster, lower than the recommended number for AYF National Championships. If so desired. But these teams/leagues become ineligible for AYF Regional/National Championships.

All Rosters are due at AYF Headquarters by October 1st of the Current year. Enter rosters electronically at www.MyAYF.com or email: forms@americanyouthfootball.com

Note: *Prudence should be practiced when setting a minimum number of players on a team. Decimated teams caused by injuries or drop-outs could break the cohesiveness of the team if there are not enough players to allow the team to function properly.*

SECTION IV: Final Roster Certification

Rule A: In order to make roster certification, players must meet all age and weight requirements.

Rule B: Leagues have the option of moving players to any class if they fail to make the requirements at roster certification and can qualify by age and weight for another class. However, once certified to a team/division for that season, the player MAY NOT move to another team/division within the same season.

SECTION V: All Play Rule

Rule A: All AYF players MUST play in each game. Unless noted prior to the start of the **Game, or if an injury should arise.**

Rule B: All AYF players MUST be guaranteed a minimum of 6 plays per game. Organizations may establish graduated minimum number of plays according to the size of their rosters.

Rule C: Kickoffs, extra point tries or free kicks do not count as plays. All plays must be from the line of scrimmage (LOS). Penalties do not count as plays, unless action has taken place, and a penalty has been assessed down field, I.E.: Holding, Clipping, Pass Interference, etc. Plays that result in a quarterback dropping to his knee with the sole purpose of “playing it safe” while subs are in the game, will not count as plays.

Rule D: Leagues shall establish their own method of enforcing the **All Play Rule.** There is no exception to this rule. The established AYF Mandatory Play Form (MPR) can be used by any league (the AYF MPR form can be found at MyAYF.com).

SECTION VI: Players Required Equipment

Standard Rule: The following is the required equipment for all AYF players. The most important consideration is given to the helmet and shoulder pads.

1. Helmets are to be NOCSAE approved with the warning label on the outside of the helmet. Chin strap regulations apply to those teams that play under the High School Federation or the NCAA whichever applies to your state. (NEW 2006 CHIN STRAP RULE PER THE NFHS RULE BOOK, PLEASE READ).
2. Shoulder pads
3. Pants shall be one piece shell.
4. Hip pads
5. Tail pads covering the base of the spine.
6. Thigh guards
7. Knee pads
8. Keeper strap mouth guards
9. Athletic supporters. Female players are NOT REQUIRED to wear this item

(Cups, Soft or hard are also recommended, but NOT MANDATORY)

10. Shoe requirements typically vary by age and division of play. Upper Divisions I.E.: Jr. Midgets, Sr. Midgets, and all OPEN Divisions are permitted to wear soft detachable cleats. All other classes, I.E.: Flag, Tiny Mites, Jr. Pee Wee, and Pee Wee, must wear one piece molded sole non-detachable rubber cheated shoes. All players may also wear sneakers. It is recommended that ages 5 thru 12 yrs old wear solid molded cleats, and ages 13 thru 15 yrs old can wear soft detachable cleats, if your league allows.
11. Eye glasses shall be the athletic constructed type with non-shattering glass. This also applies to contact lenses.
12. Acceptable Football Game Jerseys
13. Additional equipment shall be approved by the league, and will NOT COUNT TOWARDS REQUIRED EQUIPMENT AT THE SCALE.

Note: *Football equipment should be purchased with safety in mind. Buy the best you can afford. Getting a top of the line colorful jersey and pants is not as important as getting a quality helmet and shoulder pads.*

SECTION VII: The AYF Recommended Football

Although there are many brand name footballs in existence and many youth football clubs have their own “favorite” football, AYF recommends the following for your program:

A:	Flag, Tiny Mites, Mity Mites	Wilson TD (K2)	Pee Wee Ball
B:	Jr. Pee Wee & Pee Wee	Wilson TDJ	Junior Ball
C:	Jr. Midgets, & Sr, Midgets	Wilson TDY	Youth Ball
D:	OPEN Weight Class (Upper Div.)	Wilson TDS	High School Official Ball
E:	OPEN Weight Class (Lower Div.)	May use the balls recommended for Age/Weight	

To ORDER official AYF Wilson Footballs –visit www.MyAYF.com

SECTION VIII: Length of Quarters

Rule A: Only 10 minute quarters, will be utilized in all Divisions/Class of play within AYF

Rule B: AYF will allow each league to set their own tie-breaker system if needed. However, in AYF National Championship Games, AYF will utilize the ten (10) yard Tie-Breaker System ONLY.

Rule D: Intermission will be 15 minutes.

SECTION IX: Time Clock

Rule A: The official clock can either be kept by the officials on the field, or at the press box, if a league should be allowed to utilize said box.

Rule B: If a scoreboard clock is used, the timekeeper must be approved by the game officials before the game starts.

SECTION X: Timeouts

Rule A: There will be three (3) timeouts per half for all AYF games.

Rule B: Timeouts are not charged against a team for injuries or game officials' timeouts.

SECTION XI: Injured Players

Rule A: AYF teams are required to have one of the following: EMT, First Aid Attendant, Physician or Multi-Media Card Holder at each game. Also, the phone number to the local Fire Department, Emergency Response Team must be available at the snack stand or by the weigh-in Commissioner at all times.

Rule B: Once an injured player is removed from the game, they may not re-enter unless first approved by one of the **Rule A** attendees. Head injuries are to be closely evaluated before the player can re-enter, and if a player is transported off the playing field by ambulance to a medical facility, a 'signed-off release' **MUST** accompany that player, prior to any further participation within the program.

SECTION XII: Ineligible Players

Rule A: When ineligible players are found, all games of which the ineligible players have participated in are forfeited and will count in the league standings as such.

Rule B: Team is ineligible for post-season bowl games and championships regardless of the number of losses it has suffered for playing ineligible players.

Rule C: **Rule B** may be appealed to the league depending on the nature of the ineligibility regarding post-season play. However, regardless of the finding, the forfeitures still stand.

Note: See the *Hearings and Appeals section of the League/Club Operations Manual*.

SECTION XIII: Scoring

Touchdown.....	6 points
Point after touchdown (running or passing).....	1 point
Points after touchdown (kicking).....	2 points
Field goal.....	3 points
Forfeit.....	(7-0)

SECTION XIV: Lopsided or Run-Up Scores

Note: *There is nothing more demoralizing to a losing team than a lopsided score. Intentionally run-up scores are even more demeaning. A run-up score is when a team continues to pour it on even after the game is in their favor and far out of reach for their opponents. Coaches who practice this are to be disciplined by the local league. AYF considers this type of coaching contrary to its purposes.*

Leagues will adopt one of the following rules to control lopsided scoring:

Rule A: **“Mercy Rule”:** When team “A” has a 30 (Recommended) or more point lead over a team “B” at the end of the first half, or it takes this lead into the second half, the game will be terminated at that point. **THIS IS A RECOMMENDATION ONLY.** AYF Rules however, allow leagues to establish their own “Mercy Rule”, as long as it follows the spirit of AYF. AYF has a 30 Point Mercy Rule that will be used in AYF Regional/National Championship Games, and can be adopted by any league, if they so wish. (See AYF 30 Point Mercy Rule Written Above)

Rule B: **“Time Clock Rule”:** When team “A” has a 30 or more point lead over team “B” at the end of the first half, or it takes this lead into the second half, the game clock will continue to run and can only be stopped for injury or an official’s time out. **This rule can be modified to refer back to a “Stop Clock” should team “B”, reduce the points to 24 at anytime.** (THIS IS A RECOMMENDATION ONLY)

Rule C: **“Quarter Cut Rule”:** When team “A” has a 30 or more point lead over team “B” at the end of the first half, the third and fourth quarter time clock will be cut in half. (THIS IS A RECOMMENDATION ONLY)

Final Note: *Considerate coaches will have substituted all their players before the above rules come into play. Lopsided games can be used as a working tool for skill development for inexperienced players*

Once again leagues are allowed to change or modify this rule within their own league.

ONCE A TEAM IS LEADING ANOTHER TEAM BY 30 POINTS OR MORE, NO FURTHER KICKOFFS WILL BE ALLOWED. TEAM "B" WILL TAKE OVER THE BALL ON TEAM "A" TWENTY-FIVE (25) YARD LINE, WITH A FIRST AND TEN.

SECTION XV: Electronic Devices

Rule A: There will be no electronic devices from the press box or any other positions on the field to relay messages to the coaches on the sidelines at anytime, and this includes cell phones. A coach using a cell phone for emergency purposes must step outside the coach's box, and if it continues, could be asked to leave the field.

SECTION XVI: Schedules

Leagues make the schedules for their teams. All pre-season and post-season games are approved by the league. Football clubs and individual teams are prohibited from scheduling games on their own unless it is with league permission.

Because football is played during the school year, all games should be scheduled on weekends. However, when necessary and with the approval of the AYF National Football Commissioner a league may play games during the week, to make-up games cancelled by bad weather, lost of fields, etc., to establish a time line for Regional/National play.

Schedules should be drawn with current season, play-off, post-season bowl games and inclement weather taken into consideration. League play-off games take precedence over post-season bowl games.

Pre-season games do not count in the regular season schedule.

- A.** In all Classes etc., a maximum of 14 games are allowed, which includes play off games.
- B.** Football is played once a week with a 48-hour (two days) minimum between games. Leagues may waive the 48-hour rule to 24 hours (1 day) if a championship is needed. This is allowed only for those teams involved in the play-off series.
- C.** The AYF National Football Commissioner has the authority to waive this rule (to fit the needs) of the AYF National Championships in both Regional/Nationals tournaments if necessary.

SECTION XVII: Breaking Tied Ball Games

Games will adjust according to their respective age classes.

Rule A: Entry age games ending in a tie will remain ties.

Rule B: If a game ends in a tie, the following will take place:

1. There will be a coin toss. The team winning the toss will choose to take the ball or defend. The team losing the toss will choose the goal they wish to defend.
2. The referee places the ball on the defending team's 10 yard line.
3. The offensive team is given 4 downs to score.
4. The defensive team takes over on offense and has the same opportunity.
5. If the game is tied after each has scored, then the same procedure takes place until a winner is declared.
6. Each team will be given one (1) additional timeout, for over time play, and may also carryover any time outs that they have remaining from regular play into the Tie Breaker System.

Rule C: There will be no "Sudden Death" tie-breakers. As previously stated, no fifth quarters are allowed in AYF.

Rule D: If teams are still tied (won-loss record) at the end of the season, leagues may use **Section XVI, Rule D** as the tie-breaker.

SECTION XVIII: Bowl Games

Note: *Bowl games shall be considered as a reward for a good season. A good season is better than a .500 win-loss season. Reciprocal games (you play me at home this year and I will play you at your field next year) will be given consideration despite the lack of the team's .500 record.*

Rule A: Bowl game candidates must have an official AYF Roster on file with AYF Headquarters to be eligible for bowl games.

Rule B: **Non-AYF Bowl Games are not to be considered as championships.**

SECTION XIX: All-Star Teams

Rule A: Leagues may have All-Star teams for INTERNAL PLAY "ONLY". Leagues may establish an All-Star game (e.g., east vs. west) within its own League and at the same Level of Authority.

Rule B: All-Star teams are PROHIBITED from playing AYF sanctioned bowl games.

Rule C: All-Star teams are PROHIBITED from playing another league's All-Stars.

Rule D: All Star teams are PROHIBITED from playing in AYF Regional/National Championship Games; at anytime.

Note: *Leagues may choose to name an All-Star team or All-League team as an honor without playing a game. AYF fully recognizes this honor. All Star selections should require the highest of Academic standards.*

SECTION XX: Coaches Standard of Conduct

To players, coaches are living heroes. To parents and fans, coaches represent the best in football and a leader and role model for their children. A coach’s conduct is always under scrutiny. His actions affect his players, parents and fans. To this end, AYF requires this standard of conduct from all of its coaches.

ALL COACHES EIGHTEEN (18) YEARS AND OLDER MUST HAVE CRIMINAL BACKGROUND INVESTIGATIONS PERFORMED ON THEM AT LEAST ONECE EVERY FOUR (4) YEARS, BY THERE LOCAL LEAGUES/CONFERENCES

- A:** A coach will always keep the health and welfare of players foremost and remove from a game any injured player whose injury is in doubt concerning his return to the game.
- B:** A coach will always strive to set the example for his players on and off the field.
- C:** A coach will not smoke on the practice field or on the sideline during games.
- D:** A coach will not berate a player in front of teammates, parents or fans.
- E:** A coach will not berate or criticize game officials and will accept their decisions as fair.
- F:** A coach will not run up the score on a weaker opponent.
- G:** A coach will not incite fans or spectators into actions unbecoming to the game of football.
- H:** A coach will refrain from the use of alcohol on the practice and game fields **at all times.**
- I:** A coach will encourage scholastics on and off the field and observe the “no-pass - no play rule.”
- J:** A coach will follow the parameters of the **Anti-Substance Abuse Rule** and see that it’s carried out faithfully and that all players understand its importance.
- K:** A coach will not use ineligible players and will take the responsibility of having proper and legal documents on each and every player proving his eligibility at all times.
- L:** A coach will make sure that all players play the required number of plays under AYF Rules and Regulations.
- M:** A coach will follow the rules and regulations of local leagues and AYF.

SECTION XXI: Anti-Substance Abuse Rule

Rule A: Each team will present a Substance Abuse lecture to players and cheerleaders at all levels of play. The lecture will be presented during the first week of practice and will

be repeated as many times as necessary to ensure all participants are aware of the harmful effects of drugs, alcohol and tobacco.

Rule B: The lecture must be given by a member of the coaching staff or an adult volunteer designated for that purpose.

“Winning is only half of it. Having fun is the other half.”- Bum Phillips

SECTION XXII: Protests

Rule A: Leagues shall have complete jurisdiction over protests concerning all games within their programs.

Rule B: Protests on matters of judgment rendered by any game official WILL NOT be heard.

Rule C: Protests of eligibility of players will be heard.

Rule D: All protests must be in writing and submitted to local league officers no later than 24 hours after termination of the game in question. Leagues have the responsibility of calling a hearing within 48 hours after receipt of the protest.

Note: *The Hearings and Appeal Section is illustrated in the LEAGUE/CLUB OPERATIONS MANUAL to help guide league administrators. Also, mandated penalties to be applied also appear in this Rulebook and also the Manual.*

SECTION XXIII: Penalties

PART I: Coaches

The following penalties are prescribed for coaches who are guilty of the following:

Article 1: Failing to observe the “All Play Rule.” First offense: probation, affected players are given double playing time in next game. Second offense: suspension for one game. Third offense: suspension for remainder of season. If it is the last game: suspension for the first half of season games next season.

Article 2: Cheating: Permanent suspension.

Article 3: Playing ineligible players: Suspension for rest of season. League will review status for next season.

Article 4: Badgering of game officials with threats and inciting fans to display poor sportsmanship: First offense: suspension for two games. Second offense: permanent suspension,

Article 5: Fighting of any kind: suspension for the remainder of the season.

Article 6: Teaching players dirty tactics: First offense: suspension for one game. Second offense: permanent suspension.

Article 7: Failure to keep the health, safety and welfare of players through conscientious coaching: First offense: suspension for one game. Second offense: permanent suspension.

PART II: Players

Players are to be removed from the game for the following:

Article 1: Fighting: First offense: removal from the game. Second offense: suspended from team.

Article 2: Disrespect for coaches, game and team officials: First offense: removal from the game. Second offense: suspended for one game (including practice). Third offense: suspended from the team.

Article 3: Badgering opponents by word of mouth with the purpose of intimidation: First offense: removal from the game. Second offense: suspended for one game (including practice). Third offense: suspended for the rest of season.

PART III: Team or Club Offenses

Article 1: Failure to control parents or fans: First offense: forfeiture of the game in question. Second offense: suspension of team in question for remainder of season. Third offense: suspension of the entire club program from the league.

Article 2: Failure to control coaches from actions that are or may be harmful to the health, safety and welfare of players. First offense: probation for the entire club program for the season. Second offense: suspension of the entire club program from the league.

Note: *Please check your League/Club Operations Manual for Hearings and Appeals Section for carrying out penalties.*

SECTION XXIV: Rules Interpretations
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Any questions relating to the interpretations of these rules and regulations should be done in writing and sent to AYF Headquarters. Coaches seeking interpretations should first go through their league officials for permission. If interpretations are necessary and urgent, phone calls will be accepted from league officials only.

“Look for players with character and ability. But remember, character comes first.”

- *Joe Gibbs*

AMERICAN YOUTH FOOTBALL

FLAG AND TOUCH FOOTBALL RULES

AMERICAN YOUTH FOOTBALL also offers flag and touch football programs. Flag Football is an alternative to tackle football with its own rules and regulations. Flag football is played by people of all ages and genders and is often a part of many organizations and leagues that use flag and touch football as a teaching tool for their younger players just starting to play the game. AYF has many programs that operate exclusively as flag and touch football programs. AYF Flag programs can be played in the Spring and Fall.

Programs wishing to charter flag and touch football with AYF will be welcome. Boys and Girls Clubs, YMCAs, Recreation Departments, PALs and other relative type organizations find that flag and touch football is a great addition to their programs. Tackle programs chartered with AYF can add flag and touch teams at an additional, reduced charter fee.

AYF flag and touch football are for both boys and girls. Teams may be coed, all boys' teams or all girls' teams.

AYF flag and touch teams will not interact in any circumstances. Flag teams will not play touch teams.

There are no weight restrictions in AYF flag and touch football.

SECTION I: Age Classes Of Play

Bandits:

Ages will be 6 and under. Players cannot be 7 of age at anytime during the playing season.

Juniors:

Ages will be 9 and under. Players cannot be 10 years of age at anytime during the playing season.

Middies:

Ages will be 12 and under. Players cannot be 13 years of age anytime during the playing season.

Seniors:

Ages will be 15 and under. Players cannot be 16 years of age anytime during the playing season.

Ages will be determined by original birth certificate or a certified copy or a notarized photocopy of an original record of birth. These documents can be a Certificate from the State, County or City Bureau of Vital Statistics, Department of Health, Hospital Certificates, or Record of Notification of Birth Registration by the Bureau of Census of the U.S. Department of Commerce. Passports are also acceptable.

Once again the July 31st date will be used to determine a players age for the current season in all classes of play.

SECTION II: AYF REGULATIONS

RULE 1. THE GAME, FIELD, PLAYERS AND EQUIPMENT

Section 1. General Provisions

- Article 1.** **The Game** - will be played between two teams of eight players each on a rectangular field with an official football suited to the age of the players involved in the game.

- Article 2.** **Goal Lines** - for each team shall be established at opposite ends of the field, and each team shall be allowed the opportunity to advance the ball across their opponent's goal line by running or passing.

- Article 3.** **Winning Team** - the team having the highest score at the end of the game, unless it is forfeited, shall be declared the winner.

- Article 4.** **Game Officials.** The game shall be played under the supervision of , two or three officials.

- Article 5.** **Team Captain(s).** The coach will designate to the referee, the team captain(s). If more than one is designated, a speaking captain must be selected.

- Article 6.** **Subject to the Rules.** All participants are subject to rules of the game and shall be governed by the decisions of the game officials.

Section 2. THE FIELD

Article 1. Zone Markings. The field shall be marked in 20-yard zones from goal line to goal line. There shall be one inbound hash mark dividing the field into halves. This hash mark shall run parallel with each sideline.

Article 2. Inbounds/Out-of Bounds. The lines bounding the sidelines and end zones are out-of-bounds in their entirety. The inbounds area is also bound by the lines. The end zone is part of the width of the field.

Article 3. Size of Fields. AYF Flag and Touch fields shall be either 80 x 40 yards or the regulation 100-yard field. When only a 100-yard field is available, soft, flexible pylons can be placed within the field to make it conform to the 80 x 40 field.

Article 4. Down Marker. A down marker shall be used to indicate the number of the down and where the ball is placed on the field.

Section 3. THE BALL

Article 1. Specifications. The official ball will be:

Bandits to Juniors: Wilson K2 (Bandits only), Wilson TD5,

Middies: Wilson TDY,

Seniors: Wilson TDP,

To order the Official AYF/Wilson Ball, visit www.MyAYF.com

Article 2. Use of Ball. The referee shall be the sole judge of any ball offered for play and may change the ball at his discretion. During the game, each team may use its own ball as long as it meets the legal class standard.

Section 4. EQUIPMENT

- Article 1. Legal Equipment.** Players of opposing teams must wear contrasting colored jerseys with numbers front and rear. The pants must be a different color than the flags. The visiting team is responsible for changes that are required.
- Article 2. (Flag Football) -** No jersey or pants may cover any portion of a player's flag.
- Article 3. (Flag Football) -** Each player on the field must wear a one piece belt with three flags permanently attached. One flag will be on each side and one at the center of the back. The flag shall be 2 inches wide and a minimum of 14 inches long. The flags will be one of contrasting colors to their opponent's flags.
- Article 4. Additional Allowable Equipment.** Shoes will be soccer style, non-detachable rubber cleats. Sneakers may also be worn.
- Article 5. Illegal Equipment.** The use of headgear of any nature, body pads, shoulder pads, shoes with removable cleats are prohibited.

RULE 2. PLAYERS

Section 1. ROSTERS

- Article 1.** AYF Flag and Touch teams shall have a roster minimum of 12 and a maximum of 24 players per team.
- Article 2.** Official Rosters must be submitted to AYF Headquarters before the playing season begins.
- Article 3.** Players who play tackle football are ineligible for AYF Flag and Touch teams.
- Article 4.** Players may be added to the Official Roster if:
- A. The Official Roster is in danger of falling below the minimum.
 - B. There is still room to bring the roster to maximum size.
- Article 5.** Players may not be added to the Official Roster after September 30.

Section 2. 8 Play Rule

- Article 1.** AYF players are guaranteed a minimum of 8 plays per game. Only plays from the line of scrimmage are considered legitimate plays. Extra point tries do not count as plays.

Article 2. Each team shall furnish a monitor to record the 8 play rule.

Section 3. PLAYERS - GENERAL

Article 1. AYF Flag and Touch football is 8-man football. Everybody is eligible to catch forward passes.

Article 2. There will be free substitution. All substitutes must report to the huddle.

Section 4. INSURANCE

Article 1. All teams must furnish proof of General Liability and Accident Insurance. The required coverages can be seen at www.myayf.com/tos.pdf. Additionally American Youth Football must be named as an additional insured. All members, not covered under the AYF endorsed insurance policy are required to deliver to AYF a certificate of insurance prior to conducting any games or practices. For more information on the AYF endorsed insurance plan visit the members only section on www.MyAYF.com

RULE 3. LENGTH OF GAMES

Section 1. TIME SEGMENTS

Article 1. AYF Flag and Touch games will consist of two halves of 20 minutes each.

Article 2. There will be three time outs per half unless it is an officials time out.

Article 3. The 8-Play Rule goes into effect at the two minute warning. The clock will be stopped until the required substitutions take place.

Article 4. There will be a maximum of 15 minutes allowed for halftime.

Article 5. Teams in possession of the ball will have 35 seconds to put the ball in play. This includes huddle time.

RULE 4. SCORING

Section 1. TYPES OF SCORES

Article 1. Touchdown is 6 points

Article 2. Point after touchdown is 1 point for a pass from 3 yards out and 2 points by running from 5 yards out.

Article 3. Safety is 2 points

Article 4. Forfeited game - Winning team is awarded 7-0 score.

SECTION III: PLAYING SPECIFICATIONS

RULE 1. STARTING THE GAME

Article 1. Coin Toss - at the beginning of a game, a coin is tossed by the referee and the winner gets possession of the ball. The loser has the option of which goal to defend. These choices will be reversed for the second half.

Article 2. Ball is placed on the 30-yard line on the 100-yard field. Ball is placed on the 20-yard line on the 80-yard field.

RULE 2. FIRST DOWNS

Article 1. Four downs are allowed to advance the ball into the next zone.

Article 2. Zone lines are marked every 20 yards. The zone is reached when the forward part of the ball touches, or is advanced through, the zone line.

Article 3. The next zone line will be the line to gain for another first down.

RULE 3. GIVING UP THE BALL

Article 1. If the offensive team fails to make a first down, they will announce to the referee that they will give up the ball. The referee picks up the ball and steps off 30 yards (100-yard field), 20 yards (80-yard field) toward the defensive team's goal.

Article 2. The defensive team goes on offense from the placement of the ball with first and zone to go.

RULE 4. DE-FLAGGING

- Article 1.** The ball carrier is downed when his flag has been detached from his belt or if either knee touches the ground.
- Article 2.** The defensive player holds the flag over his head and stops at the point of de-flagging.
- Article 3.** Only the ball carrier's flag can be removed. Removing flags of other players is illegal.
- Article 4.** The defensive player cannot grab or hold the ball carrier in order to de-flag him.
- Article 5.** The defensive player must go for a passer's flag and not his arm.

RULE 5. TOUCHING (TOUCH FOOTBALL)

- Article 1.** AYF rules state that touch football will be with two hands.
- Article 2.** The defensive player must touch the ball carrier between the shoulder and the knees.

RULE 6. BLOCKING

- Article 1.** Blocking is done between the shoulder and waist only. There is no blocking below the waist.
- Article 2.** There will be no body, butt or roll blocking.
- Article 3.** Blockers will not use their hands to grab or hold a defensive player.
- Article 4.** Blockers will remain on their feet at all times.
- Article 5.** There will be no down field blocking.

RULE 7. BALL CARRIERS

- Article 1.** The ball carrier must not deliberately run or drive into a defensive player.
- Article 2.** The ball carrier will not protect his flags by using his hands, arm or head.

RULE 8. CENTER SNAP

Article 1. A center snap must be between the centers legs.

Article 2. If the snap hits the ground before it reaches the backfield man, it is ruled dead at the spot it hits the ground..

RULE 9. FUMBLE RULE

Article 1. A fumble at anytime will be declared a dead ball and belongs to the team last in possession and at the spot where it hits the ground.

Article 2. A ball that is fumbled and goes beyond the line to gain will be brought back and marked at the point of the fumble.

Article 3. A ball that is fumbled in the end zone by a trapped offensive player, will count as an automatic safety.

Article 4. A fumbled ball by the offensive team when moving toward the goal, and rolls into the defensive end zone, will count as a touchback.

RULE 10. DEAD BALL

Article 1. When a ball touches the ground at anytime, the ball will be declared dead.

Dead Ball Situations:

- A.** In **Flag Football:** when a player's flag is pulled. **Touch Football:** when a player has been tagged.
- B.** When a player's body touches the ground.
- C.** In **Flag Football:** any time a runner or pass receiver's flag is missing.
- D.** When a ball touches the ground by reason of a **Fumble** or center snap.
- E.** If a ball goes out of bounds for any reason.
- F.** An incomplete pass
- G.** After a touchdown, safety or touchback.
- H.** Change of possession.

RULE 11. PASSING

Article 1. Passing is done from behind the line of scrimmage.

Article 2. Anyone behind the line of scrimmage is an eligible passer.

Article 3. Double passing is permitted as long as the first pass is completed behind the line of scrimmage and the second pass is thrown from behind the line of scrimmage. This includes the lateral pass.

RULE 12. RECEIVING

Article 1. All players are eligible pass receivers.

Article 2. Receivers may catch the ball even if they go out of bounds, or the end zone, as long as one foot is in bounds when they come down with the ball.

Article 3. If the receiver's feet come down simultaneously with one foot in and one foot out of bounds, the pass will be ruled incomplete.

Article 4. Two or more offensive players may touch a passed ball in succession resulting in a completion.

RULE 13. 36 POINT RULE

Article 1. If a team is ahead by a 36 point differential by halftime, the game will be terminated. If at any time a team reaches this differential in the second half, the game will be terminated.

Article 2. The 36 point rule also applies to **Tournament** and **Championship** games.

RULE 14. TOURNAMENTS

Article 1. An official AYF tournament will consist of 4 or more teams.

Article 2. All tournament teams must have an Official AYF Roster on file with National Headquarters. Only players listed on the rosters will be allowed to play.

Article 3. All tournament teams must be official members of AYF.

Article 4. AYF tournaments can be double-elimination. This will be decided by the Tournament Director and the host site.

Article 5. Size of fields will be decided by the Tournament Director and the host site.

Article 6. Trophies will be awarded to the top 4 teams. Certificates will be awarded to others.

Article 7. Host site will be responsible for game officials, housing (if needed), awards and footballs.

RULE 15. PENALTIES

Article 1. Penalties are determined according to the size of the field. Penalties for the 100-yard field will be the standard 15, 10 and 5 yards. Penalties for the 80-yard field will be 10 and 5 yards.

Article 2. Major penalties (15 or 10 yards) are:

- A. Tackling
- B. Fighting (also ejection if official deems it to be serious enough).
- C. Ball carrier illegally using his hands to protect his flags.
- D. Offensive holding.
- E. Leaving feet to block.
- F. Grabbing or holding a ball carrier.
- G. Illegal blocking (body, butt, roll below the waist downfield).
- H. Unnecessary roughness.
- I. Pulling flags of players other than ball carrier.
- J. Offensive pass interference.
- K. Defensive pass interference.
- L. Defensive player pushing ball carrier out of bounds.
- M. Illegal use of hands by blocker.
- N. Disqualified players re-entering the game.
- O. Unsportsmanlike conduct on players and bench area.

Article 3. Minor Penalties (5 yards) are:

- 1. All offside plays.
- 2. Illegal motion.
- 3. Delay of game.
- 4. Wearing flags illegally.
- 5. Recovering a fumble.
- 6. Illegal substitution.
- 7. Illegal use of hands on defense.
- 8. Defensive holding.
- 9. More than 8 men on the field.
- 10. Illegal snap.

RULE 16. PROTESTS

Article 1. The local league will decide and rule on all protests.

Article 2. A protest can only be made if it is a matter of rules interpretations, or, if the eligibility of a player is involved.

Article 3. The judgment of a game official cannot be protested.

RULE 17. RULES INTERPRETATIONS

Any questions relating to the interpretation of these rules and regulations should be done in writing and sent to AYF Headquarters. Coaches seeking interpretations must first go through their league officials for interpretations or seek permission to contact AYF Headquarters. If interpretations are necessary and urgent, phone calls will be accepted from league officials only.

SECTION XXV: Cheerleading

What defines an American Youth Cheer Team:

The American Youth Football (AYF) League has created a sister league uniquely for its' Cheerleaders. This league is called American Youth Cheer (AYC). Any cheerleading or dance team who cheers for, or is affiliated with, an American Youth Football Team is automatically welcomed into this organization.

AMERICAN YOUTH FOOTBALL encourages cheerleading for all teams. It also encourages competition between squads for league (local), regional and national championships. AYF requires that each squad have a responsible adult in charge and as many assistants as necessary to carry out the squad function. Football rules applying to players will also apply to the cheerleaders with the exception of weight or weigh-ins and, of course, the rules of contact. Governing of AYF Leagues occurs locally. This pushes decision-making down to the league level rather than at the regional or national level. AYC also recognizes "cheer without football" squads. For example, if a league does not have a Midget football squad, but has enough cheerleaders interested and eligible for that age group, a "cheer without football" squad can be formed. This squad **MUST** cheer every week for a football team affiliated with said league. If all football squads have a cheer squad already assigned to them, the "cheer without football" squad must cheer along with another squad doing sideline cheers. The two cheer squads cannot stunt together. The following rules apply for ALL AYC teams.

Additionally, any independent cheer or dance team not affiliated with AYF due to the absence of a local AYF football team in their area is welcomed into AYC. This independent cheerleading

team must follow the same League entrance requirements and commitments required for an American Youth FOOTBALL team. Please log on to the website for complete requirements at www.americanyouthfootball.com or contact AYC by emailing: cheer@americanyouthfootball.com.

American Youth Cheer – League Description:

American Youth Cheer, hereafter known as AYC, is an all-inclusive and non-intrusive youth cheerleading & dance league. As local leagues enter a national program, AYC allows local autonomy except to the extent that basic safety rules must be followed. It is required that AYC Leagues follow at a minimum, the safety rules of the National Federation of State High School Associations. This includes a prohibition against the use of trampolines, springboards, and over two-high pyramiding. Local leagues may incorporate additional restrictions or guidelines to be used during season play and their local competitions. **Teams electing to compete in AYC sanctioned Regional and National competitions are required to follow AYC cheer and dance rules and regulations listed in this document.** AYC recommends that leagues follow the AYC listed rules at local competitions for the sake of consistency.

By allowing communities to continue long standing traditions, AYC will demonstrate current industry standards, which may offer options for local growth and change. Any changes will be made by choice of the community – at a pace accepted by the community and most importantly, not forced upon the community.

AYC is built on the premise that the same families who gather to watch the AYF Football players compete on a weekly basis, will also gather to watch the AYC Cheerleaders compete on a Local, Regional and National basis.

To youth cheerleaders, competition is their ‘game’. While they greatly enjoy their supporting role at each local football game, they equally enjoy their primary role on the competition floor. If the option of competition is missing from the cheerleading experience, the full benefit of the experience is lacking. AYC is committed to creating a positive competitive environment, where youth cheerleaders can showcase their skill, and learn how to win with grace and lose with honor.

Rule 1. Age of Coaches

The head cheer coach of each cheer squad must be 21 years or older. All assistant cheer coaches must be 18 years or older or a high school graduate. All cheer trainers or jr. coaches must be 16

years old or older. All coach trainees must be no younger than 14 years of age and under the supervision of the cheer head coach.

Rule 2. Coaching Supervision

Cheerleading coaches are under the supervision and answerable to the administration of the local league or football club officers.

Rule 3. Cheerleader Coordinator

Each league or football club may appoint a cheerleading coordinator to its administrative staff.

Rule 4. Outside Competition

The cheerleading coordinator, with the approval of the local league, shall be in charge of all outside competition. All cheerleading squads report to the cheerleading coordinator for approval of any outside activities. In accordance with the football season, the cheer season for AYC shall be from August 1 until December 31 of the current year.

Rule 5. Ages of cheerleaders

The ages of cheerleaders shall be the same as that of the football players in each class of play, i.e., the team they are cheering for. AYC Cheerleaders will use the July 31st cutoff date, the same as the football participants' use.

Rule 6. Rosters

Cheerleading squads will submit rosters of all its members no later than October 1st, 2006 to National Headquarters via www.MyAYF.com, or teams will not be eligible for many member services including Regional and National Competition.

Rule 7. Cuts

Cheerleaders may be cut for “no shows” at practice without an excuse.

Rule 8. AYF Membership

Cheerleading squads are required to be chartered members of AYF.

Rule 9. Adds and Drops

Cheerleaders may be added or dropped up to September 30. After that, the roster will be final for the remainder of the season (if a cheer squad should drop participants after the final rosters are submitted, the squad size will be determined by the roster submitted on October 1st). All Cheer Rosters must be received at AYF Headquarters by October 1st, or any and all Cheer Competitions inside or outside AYF are prohibited.

Rule 10. Practice Limits

Practice before Labor Day can be on a daily basis until Labor Day. However, practice must not exceed 10 hours a week. After Labor Day, all practices will be a maximum four times a week with two hours maximum duration. Leagues may set lesser times, but must not exceed the four-day limit.

Rule 11. Squad Limits

A: There are no limits to cheerleading squads (for non-competitive squads). However, care must be taken to assure proper adult supervision and avoid unwieldy squads. AYF requires that for every 12 cheerleaders there must be one (1) 21 year old assigned to the staff. I.E.: 24 Cheerleaders, two (2) 21 year old Staff members required.

B: Squads electing to compete in AYC Regional and National competitions are required to restrict teams to thirty-five (35) members. Mascots are not included in the total count of thirty-five (35).

Rule 12. Warm ups - Cool downs

Practice shall include a 15-minute warm up and a 15-Minute cool down.

Mascots are allowed. The ages of mascots are to be younger than the youngest squad member. Mascots cannot be a cheerleader for younger squads and a mascot for older squads.

Rule 13. Insurance

All teams/squads must furnish proof of General Liability and Accident Insurance. The required coverages can be seen at www.myayf.com/tos.pdf. Additionally American Youth Football must be named as an additional insured. All members, not covered under the AYC endorsed insurance policy are required to deliver to AYC a certificate of insurance prior to conducting any games or practices. For more information on the AYC endorsed insurance plan visit the members only section on www.MyAYF.com

AYC COMPETITIONS

AYC understands when cheer and dance teams from various regions across the nation come to compete there must be a standardized set of rules under which all must comply. The following pages will list the safety rules and Divisions/Levels that will be used in AYC Regional and National Cheerleading Competitions. Local competitions are encouraged to follow these rules for the sake of consistency. However, local leagues may elect to follow previously established rules and guidelines providing the rules are more stringent than the National Federation of State High School Associations.

AYC teams from various regions use a variety of terms to identify the same age division. As an example of this: Junior Midget, Junior Varsity, and Junior Prep can all be used to identify the same age group depending on what part of the nation is represented. For this reason, AYC is unable to define performance divisions using these terms.

To overcome this obstacle, AYC has competition divisions based on the age of the OLDEST member of a team. The age of a team member on July 31st of the current calendar year becomes the age used through AYC Cheer and Dance Nationals in December.

AYC COMPETITIONS - CHEER - REGIONALS/NATIONALS 2006

AMERICAN YOUTH FOOTBALL, INC. has established two (2) separate skill levels for all AYF cheerleading teams. All AYF cheer teams shall follow one (1) of the two (2) listed skill level grids outlined in this section. The AYC cheer skill levels have been created to provide safety and convenience for leagues whose cheer teams may perform at a different skill level than others. Coaches must consider tumbling and stunting abilities when choosing the level in which their team will compete. Coaches must also refer to the AYC General Cheer Safety Rules, which apply to all levels, for further rule specifications and routine guidelines. The AYC cheer rules incorporate the current rules of National Federation of State High School Associations and existing AYC cheer rules.

AYC Show Cheer Divisions - 2006

How to qualify for the AYF National Competition: Teams must be affiliated with the American Youth Football League. Teams must have ranked 1st, 2nd or 3rd place in a Regional AYF Competition. If an AYF Competition was not offered at the Regional level, a ranking of 1st, 2nd or 3rd place finish must be accomplished at your local AYF Conference Competition.

10 Yrs. Old & Under Small Squad (5-17 cheerleaders - Youngest participant being 8 yrs old as of July 31st of current year)
10 Yrs. Old & Under Large Squad (18-35 cheerleaders – Youngest participant being 8 yrs old as of July 31st of current year)
11 Yrs. Old & Under Small Squad (5-17 cheerleaders – Youngest participant being 8 yrs old as of July 31st of current year)
11 Yrs. Old & Under Large Squad (18-35 cheerleaders – Youngest participant being 8 yrs old as of July 31st of current year)
12 Yrs. Old & Under Small Squad (5-17 cheerleaders – Youngest participant being 9 yrs old as of July 31st of current year)
12 Yrs. Old & Under Large Squad (18-35 cheerleaders – Youngest participant being 9 yrs old as of July 31st of current year)
13 Yrs. Old & Under Small Squad (5-17 cheerleaders – Youngest participant being 10 yrs old as of July 31st of current year)
13 Yrs. Old & Under Large Squad (18-35 cheerleaders – Youngest participant being 10 yrs old as of July 31st of current year)
15 Yrs. Old & Under Small Squad (5-17 cheerleaders – Youngest participant being 11 yrs old as of July 31st of current year)
15 Yrs. Old & Under Large Squad (18-35 cheerleaders – Youngest participant being 11 yrs old as of July 31st of current year)

Please note: Each of the divisions above have been divided into two skill levels – **Red and Blue**. These levels have been created in the interest of providing safety and convenience for teams who may perform at a different skill level than others. Coaches must consider tumbling and stunting abilities when choosing the level in which their team will compete. Please refer to the **Cheer Levels Grid** and **General Cheer Safety Rules** for specifications on skills that are allowed and restricted in each level.

LARGE & SMALL Division Note: At regional competitions, teams will compete based on age

as listed above. At AYC National Championships, **Show Cheer** divisions will be split into small and large divisions. Those will be defined as follows:

Show Cheer Small is defined as 5 – 17 members, male and/or female.

Show Cheer Large is defined as 18 – 35 members, male and/or female.

AYC reserves the right to combine / delete divisions based on participation.

Show Cheer Routine Specifics: Performance using music, cheer or any combination thereof. Music must be incorporated into the performance. Music will not be limited by time and may be used throughout the entire routine. Gymnastic skills are required. Stunts, Lifts, and Pyramids are required. Poms, Megaphones, Signs, and Banners are encouraged. Tear away uniforms or removal of clothing is prohibited. Formal entrances are prohibited (i.e. crowd response chants, cheers, tumbling or stunts). A quick team huddle prior to performance is allowed. Spirited entrances are allowed. Teams should take no longer than 10 seconds to set for their routine.

Judging Criteria: Technical Skills, Building / Stunt Skills, Choreography, Routine Execution and Presentation.

Mascots: This division is not offered at AYC Nationals and they will not be included on squad rosters.

CHEER RULES - AYC REGIONALS/NATIONALS 2006

Red Level Division

Standing Tumbling	<p>All skills with hand support performed from a standing position are allowed. For example, front rolls, back rolls, front walkovers, back walkovers, cartwheels, handstands, round offs and handsprings are allowed.</p> <p>Standing series of these skills are also allowed. At least one hand must remain in contact with the floor during skill execution (exception: both hands must remain in contact with the floor when performing front or back handsprings).</p> <p>Flips and aerials are prohibited.</p>
Running Tumbling	<p>Flips may ONLY be performed from a round off or round off back handspring entry.</p> <p>Aerial cartwheels and running front tucks are allowed. Flips may be performed in alternate positions (layout, x-out, pike, etc.).</p> <p>No tumbling is allowed after a flip (exception: tumbling out of a front flip IS allowed). Twisting is prohibited in any flips.</p> <p>All skills with hand support are allowed from a running punch, hurdle, round off, round off back handspring entry, etc.</p> <p>For example, front handspring walkout round-off series back handsprings would also be allowed. At least one hand must remain in contact with the floor during skill execution (exception: both hands must remain in contact with the floor when performing front or back handsprings).</p>
Stunts	<p>Single leg extended stunts are allowed. Twisting during the load-in is limited to one full twist by the flyer only (base cannot turn during the load-in). Front, back or side tension rolls, split stunts, and swing-up stunts are prohibited.</p>
Dismounts	<p>Cradles from extensions, prep level one leg stunts and extension preps may not exceed more than one and one quarter twisting rotation. Only basic cradles (straight and quarter turn) are allowed from an extended one leg stunt. Other positions during cradles are allowed (i.e. arch, toe touch, pike, ball/tuck, etc.) Anything other than a step off the front or shove wrap must be caught in a cradle. Flips are prohibited (exception: forward-suspended roll dismounts, where the flyer flipping remains in continuous contact with the bases, are allowed from prep-level only). Cradles may not land in prone position (on stomach). Cradle dismounts to different bases (i.e. fireman's catches, fallbacks and pendulums that do not progress back to an upright/vertical position) are prohibited. "Upright" does NOT include flatbacks or Dead Man stunts.</p>
Release Moves	<p>No release moves are allowed other than those mentioned in the Dismounts and Tosses sections. Exceptions: 1) A single full twisting barrel (log) roll is allowed if it starts and ends in a cradle position. 2) Release moves that do not exceed more than eighteen inches above extended arm level are allowed ONLY if the flyer is continuously braced between two extension preps.</p>
Tosses	<p>Tosses - basket or sponge tosses are allowed (straight ride only) and must be caught in a cradle. Flyer must be cradled by original bases. Flipping (front or back), traveling, helicopters (that are released) or twisting tosses are prohibited.</p>
Pyramids	<p>Pyramids must follow stunt and cradling rules and are allowed up to 2 high only. The flyer must maintain contact with at least one base at all times (exception: see the release move section). Moving/walking pyramids are allowed. Hanging pyramids are allowed but must remain stationary. Collapsible pyramids are prohibited.</p>

Blue Level Division

Standing Tumbling	<p>All skills with hand support performed from a standing position are allowed.</p> <p>For example, front rolls, back rolls, front walkovers, back walkovers, cartwheels, handstands, round offs and handsprings are allowed.</p> <p>Standing series of these skills are also allowed. At least one hand must remain in contact with the floor during skill execution (exception: both hands must remain in contact with the floor when performing front or back handsprings).</p> <p>Flips are allowed but may not exceed one flipping and one twisting rotation.</p> <p>Forward 3/4 flips to the seat and toe-pitch flips are prohibited.</p>
Running Tumbling	<p>Flips are allowed but may not exceed one flipping and one twisting rotation. Flips may ONLY be performed from a round off or round off back handspring entry.</p> <p>Aerial cartwheels and running front tucks are allowed. Flips may be performed in alternate positions (layout, x-out, pike, etc.).</p> <p>No tumbling is allowed after a flip (exception: tumbling out of a front flip IS allowed).</p>
Stunts	<p>Single leg extended stunts are allowed. Twisting during the load-in is limited to one full twist by the base(s) and/or flyer. Front, back or side tension rolls, split stunts, and swing-up stunts are prohibited.</p>
Dismounts	<p>Cradles from all stunts are limited to two and one quarter (2 1/4) twists. Flips are prohibited (exception: forward- suspended roll dismounts, where the flyer flipping remains in continuous contact with the bases, are allowed from prep-level only). Cradle dismounts to different bases (i.e. fireman's catches, fallbacks and pendulums that do not progress back to an upright/vertical position) are prohibited. "Upright" does NOT include flatbacks or Dead Man stunts.</p>
Release Moves	<p>Release moves are allowed but must not exceed more than eighteen inches above extended arm level (i.e. tic tocs would be allowed). Half (1/2) helicopters (total release from bases) are allowed. Full helicopters (total release from bases) are prohibited.</p>
Tosses	<p>Tosses - basket or sponge must be caught in a cradle. Flyer must be cradled by original bases. Half (1/2) helicopters are allowed. Flipping (front or back) and traveling tosses are not allowed. Tosses may not exceed two twisting rotations.</p>
Pyramids	<p>Pyramids must follow stunt and cradling rules and are allowed up to 2 high only. Moving/walking pyramids are allowed. Hanging pyramids are allowed but must remain stationary. Collapsible pyramids are prohibited.</p>

Sample Red Level Skills

Standing Tumbling	<p>Forward Roll (Forward Somersault) Backward Roll (Backward Somersault) Handstand Cartwheel Round off Front Walkover Back Walkover Standing Backhandspring (aka: flip-flop) Standing Front Handspring Standing Front Handspring Walkout Toe Touch Back Handspring <i>All combinations/series of these skills are legal.</i></p>
Running Tumbling	<p>Aerial Cartwheel (aka: aerial) Round off Back Tuck (aka: Roundoff Back Flip) Round off Back Handspring(s), Back Tuck Punch Front Flip (aka: Running Tuck Front) Punch Front Flip Walkout Round off, Back Handspring(s) Punch Front Flip Walkout Round off, Back Tuck Punch Front Flip Walkout Round off Back Handspring(s), Back Tuck X-Out, Pike, Layout, Layout Walkout, etc. Cartwheel, Back Handspring(s) (aka: Cartwheel, Flip-Flop) Roundoff, Back Handspring(s) Front Handspring(s) - Multiple in a series Front Handspring Walkout, Cartwheel, Back Handspring(s) Front Handspring Walkout, Roundoff, Back Handspring(s) Refer to AYF Cheer Level Grid for further explanation.</p>
Stunting	<p>Liberty, Arabesque, Scale, Hitch, Heel Stretch Cupie, Scorpion, Bow & Arrow Transitional Stunts Show N Go to Single Leg Extended Position, Bottle Rocket Single Based stunts with proper spotting at prep level only. Full-Ups (One Twist Up) Pony Mount/Sit L or V Sit Thigh Stand (Single or Double Based Thigh Stand, Liberty/Heel Stretch on Thigh Stand, etc.) Shoulder Sit Shoulder Stand Prep Level Straddle Sit Extension Prep Full Extension Ground up Extension Awesome (Cupie) Retake Reload from Cradle Transitional Stunts leaving the Original Bases are not permitted Chair to Hands/Extension Shoulder Sit to Prep Level Prep Level Straddle Sit to Thigh Stand Extended Flatback Prep Level Flatback, Sponge to Extension Prep Show N Go to Extension (Show N Go is a Continuous Motion) Pendulum Hands/Prep Level to Awesome (Cupie) Walk-in Chair, Walk-in Hands, Toss Chair, Toss Hands/Extension</p>
Release Moves	<p>Basic Cradle Pop to Ground Single full twisting log roll allowed if it starts and ends in a cradle position.</p>
Pyramids	<p>Full Extension Stunts May Touch and Brace Other Full Extension Stunts in which the flyers have both feet in both hands of their bases. Two Extension Preps and a Full Extension in the Middle(any variations of these types of stunts) Three Two Leg Extensions Connected 2 Outside, Prep Level, Legs Hitched to a Prep Extended Stunt with Partner on One Leg Braced on Both Sides by a Prep Level Stunt - Dismount cannot be an obvious free standing release (from one leg extended stunt) Shoulder Stand Leg Hitch Totem Pole (Basic) Refer to AYF Cheer Level Grid for further explanation.</p>
Tosses	<p>Straight Ride Basket or Sponge Toss Log Roll with Single Twist</p>

Sample Blue Level Skills

Standing Tumbling	<p>Same Skills as Mentioned in RED Level Plus:</p> <ul style="list-style-type: none"> Standing Back Tuck Standing Back Handspring(s), Back Tuck Standing X-Out Standing Back Pike Standing Layout Standing Back Half Standing Back Full (aka: Standing Full-Twisting Back Flip or Standing Full) Standing Toe Touch Back Handspring(s) Back Tuck Standing Toe Touch Back Tuck (aka: Standing Toe Back)
Running Tumbling	<p>Same Skills as RED Plus:</p> <ul style="list-style-type: none"> Round Off Back Half (aka: Round off, Back Half Twist) Round off Back Handspring(s) Back Half Punch Front Flip Walkout Round off, Back Half Punch Front Flip Walkout Round off, Back Handspring(s), Back Half (can walkout of any back half and connect to a round off..) Round off, Back Full (aka: Round off, Back Full Twist or Round off Full) Round off, Back Handspring(s), Back Full Punch Front Flip Full (aka: Running Tuck Front Full) Punch Front Flip Walkout Round off, Back Full Punch Front Flip Walkout Round off, Back Handspring(s), Back Full (can tumble out of any back full and connect to a round off.) X-Out, Pike, Layout, Layout Walkout, etc.
Stunts	<p>Same Skills as Mentioned in RED Level Plus:</p> <ul style="list-style-type: none"> Leap Frog Stunt Transitional Stunts leaving the Original Bases are permitted 360 Up - Connected to a base Extended single based stunts.
Dismounts	<p>Same Skills as RED Plus:</p> <ul style="list-style-type: none"> Double Twist Dismounts are allowed
Release Moves	<p>Same Skills as RED Plus:</p> <ul style="list-style-type: none"> Tick-Tocks are allowed Show N Go Extension, Release at Top, Sponge Down 1/2 helicopters are allowed. (A release is a stunt free of contact or surface. A transition may be released.) Full helicopters are prohibited.
Pyramids	<p>Same Skills as RED Plus:</p> <ul style="list-style-type: none"> Refer to AYF cheer level grid for further explanation.
Tosses	<p>Same Skills as RED level plus:</p> <ul style="list-style-type: none"> 1/2 Helicopters (Face Up) Double Twist Dismounts Log Roll with Double Twist (Twisting Up into a Basket Toss is Permitted - It will be considered a Portion of the Total Twist Count to a Max of Two Twists) Basket or sponge toss dismounts arch/ball out, toe touch, pike, bottle rocket, pretty girl, pretty girl scissor, full up, toe touch

AYC General Cheer Safety Rules & Routine Guidelines

AYC General Safety Rules:

- All teams should be supervised during all official functions by a qualified Advisor/Coach.
- No Jewelry (except medical – taped down), Gloves (mounting divisions only), hand/wrist accessories, or chewing gum will be allowed during performances.
- Glitter is prohibited. Glitter on signs is allowed but must be laminated.
- Performers with a hard cast may not tumble or be involved in a stunt in any way.
- Fingernails, including artificial nails, shall be kept at a length appropriate for safe participation.
- Proper warm - up and stretching exercises should be performed prior to performance.
- All teams, coaches and advisors should have an emergency response plan in the event of injury.
- Mini-tramps, springboards, or any other height increasing apparatus are prohibited.
- Knee, seat, thigh and jump-split drops are prohibited if the performer jumps into the air and lands directly in the positions mentioned. High kicks dropping to a hurdler position on the performing surface are prohibited.
- Banners, flags, megaphones, Poms, and signs are the only props allowed. The use of poms and/or props is prohibited during tumbling, partner stunt/pyramid building, dismounts and all stunt transitions which require the use of hands. The flyer may obtain and use poms or props when secure in a stunt. (Tumbling exception: a forward/backward roll may be performed with poms in hand.) The placement of poms and props should be a safe distance away from the performance area to eliminate a safety hazard. Tumbling, building and/or dismounting stunts directly on poms and/or props will result in a safety deduction per occurrence (with the exception of a forward/backward roll). Hiding poms or props anywhere on the body or uniform is a safety issue and therefore, is prohibited.
- All tumbling must originate from ground level. Participants must land on their feet first from tumbling before moving into a stunt or catching position. Participants may not tumble over, under or through stunts, pyramids or over/under individuals.
- Dive rolls are prohibited.

Continuous back spotter:

- Required for all stunts at shoulder level (including shoulder stands) and all extended stunts (with the exception of a Chair, Russian Lift, Torch, Triple-Based Dead Man Lift and Double-Based Vertical T-Lift. Thigh stands, shoulder sits, and double-based non-extended v-sits do not require a continuous back spotter.
- Required for a triple-based extended v-sit.
- Required for a single-based partner stunt under the head and shoulder area of the flyer (located directly behind the stunt).

- Must not step underneath the stunt to hold the feet (soles) of the flyer without the
- Help of an additional back spotter.
- Must never pass through the vertical plane of the stunt.

Must be in direct contact with the performing surface.

One required in front of the bases during a back half pendulum; one required behind the bases in a front half pendulum.

Bases:

- 1) Must be in direct contact with the performing surface.
- 2) Must never assume a back-bend position.
- 3) Two required for a multi-based group stunt and/or toss.
- 4) Two required (must remain stationary) plus three additional catchers (must remain stationary) on each side of a full pendulum.

Flyer:

- Must never pass over, under or through other stunts and/or pyramids.
- Must never vault over another individual unless the flyer maintains constant physical contact with the base during the stunt and a spotter follows the flyer during the stunt (also known as Leapfrog or Up & Over stunts).
- Must never be in or pass through an inverted (head below the waist) position at any time during the building, transition, execution or dismount of a stunt (exception: forward-suspended roll dismounts as defined above).
- Must never dismount to a different set of bases (i.e. fireman's catch, fallback, pendulum that does not progress back upright).
- Must never brace, connect or touch another flyer in an extended stunt.
- Must perform a pendulum ONLY from shoulder-height (prep-level) or below; may end in an extension from a pendulum.

AYC Cheer Divisions General Routine Guidelines:

- Each team will perform a choreographed performance not to exceed 2-1/2 minutes.
- Formal entrances are prohibited (i.e. crowd response chants or cheers, tumbling or stunts). A quick team huddle prior to performance is allowed. Spirited entrances are allowed; teams should take no longer than 10 seconds to set for their routine.
- Timing will begin with the first organized word, movement, or note of music following the teams' announcement to take the floor. Timing will end with the last organized word, note of music, or movement by the team.
- Poms, Megaphones, signs, and banners are encouraged. No tear away uniforms or removal of clothing is allowed. Items that may damage the performance surface are prohibited.
- The team's name will be called at least twice (once as the team is on deck, and again

once the team is next to perform). Teams missing their performance time will perform at the end of the division only if time permits.

- In regards to Music, music must be incorporated into the performance. Music is required for this performance.
- ShowCheer: Gymnastic skills are required. Stunts, Lifts, and Pyramids are required.

Cheer Definitions:

Base: A person who is in direct weight bearing contact with the performing surface and provides primary support for another person.

Continuous Back Spotter: A person located behind the stunt that maintains continuous visual contact with the flyer, keeps the arms up and may hold the calves or ankles of the flyer, or the bases' wrists on an extended stunt. The continuous back spotter is responsible for the neck and shoulders of the flyer.

Dead Man Lift: A type of flatback (see below) when the arms of the bases are extended. A Dead Man Lift requires *three bases*.

Dismount: The final part of a stunt (originated by the bases) used to bring the flyer back to the performing surface (i.e. stepoff, shove wrap, cradle).

Dive Roll: A forward roll where your feet leave the ground before your hands reach the ground. Dive rolls are prohibited.

Extended Stunts: The supporting arm(s) of the base(s) is/are fully extended above the head. All extended stunts require a continuous back spotter except the following: Chair, Russian Lift, Torch, Triple-Based Dead Man Lift, and Double-Based Vertical T-Lift.

Forward-Suspended Roll: Bases grab under the flyer's arms and hold to continuously support the flyer during a front flip dismount.

Flatback: A stunt in which the flyer is lying horizontal face up and is supported by two or more bases and one continuous back spotter. A flatback is also referred to as a **Dead Man Lift** if it is extended.

Flyer: A person who receives primary support from another person.

Front Bracer (Spotter): A person located in front of the stunt added to help control the stunt and for the additional safety of the flyer.

Helicopter: Flyer in a horizontal position is tossed and rotates in the horizontal plane around the vertical axis, before being caught by the original bases. With the exception of a ½ helicopter in the Elite division, tossed helicopters are prohibited. Assisted helicopters are permitted (one or more bases must maintain constant physical contact with the flyer).

Mount: Any skill in which one or more persons are supported by one or more persons.

Pendulum: A stunt in which the flyer falls forward and/or backward away from the bases in a lay out position to the required number of catchers while maintaining constant hands to feet/legs contact with the bases. It is not a dismount.

Pop: A controlled upward throwing motion by a base(s) to release the flyer free from contact

with the bases to a cradle catch from a shoulder-level stunt and above.

Prep-Level: The height of the bases hands are at shoulder-level (also known as shoulder-height).

Pyramid: Multiple mounts.

Release Move: A skill in which the flyer becomes free of contact with the base (i.e. tic toc). A “toss” is a type of release move.

Running Tumbling: Tumbling that is performed with a running start and involves a punch, cartwheel, round-off, round-off handspring, etc, used to gain momentum as an entry to another skill. Running tumbling can also be referred to as a “series” of skills.

Standing Tumbling: A tumbling skill performed from a standing position without any previous momentum from other skills.

Stunt: Any toss, lift, mount or pyramid.

Sweep: A prohibited controlled forward throwing motion forward by a base(s) to release a flyer to a cradle catch.

Tension Roll/Drop: A prohibited pyramid/mount in which the base(s) and flyer(s) lean in formation until the top leaves the base without assistance.

Two – High Pyramid: All flyers, individuals in the pyramid / mount who are not in contact with the performing surface, must be primarily supported by a base(s), one or more individuals who are in direct weight-bearing contact with the performing surface.

Toss: A throwing motion by a base(s) originating from the ground or waist-level with the flyer becoming free from contact with the bases. Basket tosses, sponge tosses, etc. are classified as a type of “toss”.

AYC PENALTY INFORMATION:

SAFETY GUIDELINES PENALTIES:

5 points will be deducted from your total score for each infraction of the Youth Cheer General Safety Rules & Youth Cheer Routine Guidelines. (With the exceptions of Skill Execution, Boundary, Time Limit penalties and Reasons for Disqualification – see below)

10 points will be deducted from your total score for each violation of the level requirements mentioned in the Youth Cheer Levels grid.

Please refer to the AYF General Safety Rules, Youth Cheer Levels, and AYF Cheer Routine Guidelines regarding specific skill allowances and restrictions.

SKILL EXECUTION PENALTIES:

0.5 point per occurrence will be deducted from your total score for any hand touches on flipping tumbling skills following the landing.

1 point per occurrence will be deducted from your total score for any falls during stunts or tumbling (see maximum below).

3 points maximum will be deducted from your total score for any multiple falls per each pyramid, stunt or tumbling section.

BOUNDARY PENALTY:

0.5 point per occurrence will be deducted from your total score if any team member steps or touches out of bounds with any part of the body.

TIME LIMIT PENALTIES:

1 point will be deducted from your total score if your routine goes from 6 – 10 seconds over time requirements.

3 points will be deducted from your total score if your routine goes from 11 or more seconds over time requirements.

FORMAL ENTRANCE PENALTY:

3 points will be deducted from your total score for performing an organized/choreographed formal entrance prior to the start of a routine (i.e. crowd response chants or cheers, tumbling, or stunts). A quick team huddle prior to performance is allowed.

INAPPROPRIATE MUSIC/CHOREOGRAPHY:

Age appropriate choreography and music must be used. Penalties will be assessed under the Youth Cheer Routine Guidelines.

REASONS FOR DISQUALIFICATION:

Teams with illegal competitor(s) will be disqualified. Reasons for disqualification include but are not limited to overage competitor(s), competitor(s) not listed on official AYF league roster, and/or illegal competitor(s) listed on AYF official league roster. If a team is found with unregistered competitors, the team will be disqualified. Teams registering and performing in incorrect divisions and/or categories will be disqualified. See #6 in the Youth Cheer Divisions General Routine Guidelines for further details.

LEGALITY QUESTIONS:

Coaches and Coordinators are responsible to comprehend and comply with all AYF Youth Cheer Levels, Youth Division Requirements, Youth Cheer General Safety Rules and/or Youth Cheer Routine Guidelines pertaining to the competing division. Questions concerning any AYF General Safety Rules or questions regarding specific stunts and /or pyramids should follow the below process:

All Legality questions must be addressed in writing. By reason of terminology and misunderstandings, answers will NOT be provided by phone.

AYF Rule judges will address all questions in writing. All questions should be emailed to: cheer@americanyouthfootball.com Questions must be submitted 14 days prior to the event to ensure a reply. Questions submitted 13 days or less prior to the event are NOT guaranteed an answer prior to the event.

When you e-mail your questions make sure to include:

- 1) Event/Competition Date
 - 2) Your name
 - 3) Your team name
 - 4) Your division
 - 5) Your category
- (A written answer will be provided)

IN CASE OF A TIE: All ties will be broken at Regional/National competitions. Ties will be broken by using the Overall Effect/Appeal sections of each score sheet.

AYC Competitions – DANCE – REGIONALS/NATIONALS 2006
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AMERICAN YOUTH FOOTBALL, INC. has established one (1) set of rules for all AYF cheerleading dance divisions. The AYF dance rules incorporate the current rules of National Federation of State High School Associations and existing AYF cheer rules.

DANCE DIVISIONS – AYC REGIONALS/NATIONALS 2006

Dance Performance

Routine Specifics: Performance must clearly consist of 3 dance styles Cheer/Funk/Showmanship-Jazz Performance. Each team will be judged on **Cheer skills:** Basic cheerleading motions emphasizing uniformity, synchronization and strong/ sharp motions/arm placement as well as ground work, level changes and roll-offs and visual effect. **Funk skills:** Movements comprised of funk, hip-hop, and street styles with tempo variation. Dance style with an emphasis on uniformity, rhythm, body isolation, creativity, and execution. **Showmanship-Jazz Performance Skills:** Combination of dance movements with an emphasis on use of space, body placement, routine demonstration as well as artistic expression through movement with team uniformity. Technical skills (i.e. pirouettes/leaps) are not required, and if included will be credited towards the technical/difficulty score. This is to ensure that judging remains consistent. Routines may display a theme that is predominately one of these styles, but must incorporate skills from all three styles. Props, Poms, and/or costuming may be used but is not mandatory. Items that may damage the performance surface are prohibited.

AYC Dance Performance Divisions:

10 Yrs. Old & Under Small Squad (5-17 cheerleaders - Youngest participant being 8 yrs old as of July 31st of current year)
10 Yrs. Old & Under Large Squad (18-35 cheerleaders – Youngest participant being 8 yrs old as of July 31st of current year)
11 Yrs. Old & Under Small Squad (5-17 cheerleaders – Youngest participant being 8 yrs old as of July 31st of current year)
11 Yrs. Old & Under Large Squad (18-35 cheerleaders – Youngest participant being 8 yrs old as of July 31st of current year)
12 Yrs. Old & Under Small Squad (5-17 cheerleaders – Youngest participant being 9 yrs old as of July 31st of current year)
12 Yrs. Old & Under Large Squad (18-35 cheerleaders – Youngest participant being 9 yrs old as of July 31st of current year)
13 Yrs. Old & Under Small Squad (5-17 cheerleaders – Youngest participant being 10 yrs old as of July 31st of current year)
13 Yrs. Old & Under Large Squad (18-35 cheerleaders – Youngest participant being 10 yrs old as of July 31st of current year)
15 Yrs. Old & Under Small Squad (5-17 cheerleaders – Youngest participant being 11 yrs old as of July 31st of current year)
15 Yrs. Old & Under Large Squad (18-35 cheerleaders – Youngest participant being 11 yrs old as of July 31st of current year)

<h3>DANCE RULES – AYC REGIONALS/NATIONALS 2006</h3>
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General Safety Rules & Routine Guidelines (Dance)

- All teams should be supervised during all official functions by a qualified Advisor/Coach.
- Dance teams may wear approved jewelry as part of their costume. Approved jewelry includes legal post stud earrings and hair accessories. Jewelry such as hoop earrings, bracelets, necklaces, rings, belly, tongue, and nose rings etc are prohibited. Medical alert bracelets or necklaces may be worn, but should be secured to the body with tape.
- Drops (knee, seat, thigh, split, front and back drops) from a *jump*, or inverted position are prohibited unless most of the weight is first borne on the hands or feet to break the impact of the drop. Performers do NOT have to touch the hands first before dropping to the knees, seat, thigh or sliding into split positions when originating from a *standing position*.
- Soft soled dance shoes (jazz boots, dance sandals, jazz shoes) or bare feet are acceptable when competing. Wearing “socks only” is prohibited.
- All dance lifts, stunts, pyramids, or tosses are prohibited. Partner lifts may be used if the flyers hips are not above the base’s shoulders.
- All tumbling skills (with the exception of forward rolls and one shoulder backward rolls) are prohibited. Tumbling is defined as any hip over-head rotation.
- Back bends and handstands are allowed so long as they are choreographed as a progression to another skill. They may not be sustained and/or involve a hip over-head rotation.

Dance General Routine Guidelines:

Each team will perform a choreographed routine not to exceed:

Dance Performance: This performance may not exceed 3 minutes.

- Formal entrances are prohibited (i.e. crowd response chants or cheers, tumbling or stunts). A quick team huddle prior to performance is allowed. Spirited entrances are allowed; teams should take no longer than 10 seconds to set for their routine.
- Timing will begin with the first organized word, movement, or note of music following the teams' announcement to take the floor. Timing will end with the last organized word, note of music, or movement by the team.
- Props, Poms, and/or costuming may be used but is not mandatory. Items that may damage the performance surface are prohibited.
- The team's name will be called at least twice (once as the team is on deck, and again once the team is next to perform). Teams missing their performance time will perform at the end of the division only if time permits.
- Music is required throughout this performance. Dance Performance Category must consist of a variety of dance styles, see routine specifics for more details on each category. If music is interrupted due to technical failure, performers will continue to be judged on dance skills outlined in the routine specifics.
- Routines must be appropriate for family viewing. Appropriate choreography and music **MUST** be used. Teams using excessive vulgar or suggestive movements, words or music will be disqualified. Disqualification will be under the discretion of the head rules judge.

PENALTIES – DANCE - AYC REGIONALS/NATIONALS 2006

SAFETY GUIDELINES PENALTIES:

10 points will be deducted from your total score for each infraction of the AYC Dance General Safety Rules & Dance Routine Guidelines. (With the exceptions of Boundary and Time Limit penalties – see below)

Please refer to the AYC Dance General Safety Rules and Youth Dance Routine Guidelines for details.

BOUNDARY PENALTY:

5 points per occurrence will be deducted from your total score if any team member steps or touches out of bounds with any part of the body.

TIME LIMIT PENALTY:

5 points will be deducted from your total score if your routine goes from 5 – 10 seconds over time requirements.

10 points will be deducted from your total score if your routine goes from 11 or more seconds over time requirements.

FORMAL ENTRANCE PENALTY:

5 points will be deducted from your total score for performing an organized/choreographed formal entrance prior to the start of a routine (i.e. crowd response chants or cheers, or tumbling). A quick team huddle prior to performance is allowed.

INAPPROPRIATE MUSIC/CHOREOGRAPHY:

Age appropriate choreography and music should be used. Total points in the choreography section of the judging sheet will suffer for teams making inappropriate choices.

LEGALITY QUESTIONS:

Coaches and Coordinators are responsible to comprehend and comply with all AYC Division Requirements, Dance General Safety Rules and/or Dance Routine Guidelines pertaining to the competing division. Questions concerning any AYC General Dance Safety Rules should follow the below process:

All Legality questions must be addressed in writing. By reason of terminology and misunderstandings, answers will NOT be provided by phone.

AYC Rule judges will address all questions in writing. All questions should be emailed to: cheer@americanyouthfootball.com. Questions must be submitted 14 days prior to nationals to ensure a reply. Questions submitted 13 days or less prior to nationals are NOT guaranteed an answer prior to the event.

When you e-mail your questions make sure to include:

1) Event/Competition Date 2) Your name 3) Your team name 4) Your division 5) Your category (A written answer will be provided)

AYC Services Offered

'Planning Guide' for Conference Cheer Competitions: AYC will provide a 'Planning Guide' to assist local conferences in producing a cheer competition. Some AYF conferences have a long-standing tradition of conducting competitions for their cheerleaders. For these conferences, this planning guide will simply be a check off list of tasks already performed. However, in many parts of the country, there is no local event for AYF cheerleaders to showcase their skills. A conference-planning guide will assist conference coordinators in the tasks required to produce an excellent competition.

AYC Regional Competitions: For information on participating in Regional Competitions, check for information and forms on the www.myayf.com control panel and keep updated via www.ayfchampionships.com.

Coach's Newsletter: A complementary monthly electronic newsletter will be sent to each AYC coach wishing to receive one. This exciting electronic publication will contain timely advice and words of encouragement. It will be written in a conversational tone, and contain hints on coaching youth cheerleaders, cheer industry information and details of upcoming events in the world of cheer.

AYC National Competition: A National AYC Cheerleading competition will be held on an annual basis. Invitations will be given to teams that qualify from their regional competitions. There will be a competitor and spectator cost associated with the competition. The cost will vary each year, based on venue and production expenses. The national AYC competition will revolve in the following pattern: East Coast, West Coast, and Mid-America. With this pattern, each segment of the country will be guaranteed less travel every three years. This high-energy competition will offer a fitting end to each season. We highly encourage any team who qualifies, to begin fundraising early to ensure every eligible cheerleader have the opportunity of experiencing this excellent event.

Cheerleading Summer Camps: During summer months AYC encourages league/conference Coordinators to set up Conference Camps so their teams can improve their skills. There are many cheer organizations available for camps and clinics (UCA, NCA, JAMZ, etc.) The material taught should be focused specifically toward the youth cheerleader, and offer beginning through advanced levels. For more information on Summer Camps and Clinics check the myayf.com website.

Non-AYC Competitions: As stated previously, AYC will present Regional competitions nationwide. If additional non-AYF competitions are offered in your area, AYF encourages participation. Many times, teams wish to enter additional competitions to sharpen their skills prior to their regional AYC competition.

Cheer Uniforms: AYC now offers a service to provide members the best prices to outfit cheer teams. Visit www.MyAyf.com or www.ayflockerroom.com for more information.

How to Contact AYC

Any *questions* will gladly be answered by the AYC National Cheer Commissioner Chip Hebert. You may contact AYC or Chip via email at: cheer@americanyouthfootball.com

American Youth Football and American Youth Cheer

Wish you a fantastic, safe and fun season!

**At AYF, Our Goal is serving our members the best we can
please contact us with your comments and suggestion**

and

**Take full advantage of the benefits of being a member of AYF/AYC
by visiting www.MyAYF.com today!**

Digital Copies of the AYF/AYC Official Rule Book and Operations Manual are available at MyAyf.com