

2022
NEW HAMPSHIRE
YOUTH
FOOTBALL
&
SPIRIT
CONFERENCE
CONSTITUTION,
BYLAWS, and
RULES & REGULATIONS

(All rules listed in this book apply to both football & cheerleading unless otherwise noted)

www.nhyfsc.org

Constitution & Bylaws and Rules & Regulations Revised 11-2021

(Refer to the notes on each cover page pertaining to the sections revised in each governing document. Revisions are noted in blue text within each document.)

TABLE OF CONTENTS CONSTITUTION

ARTICLE I	GENERAL.....6
Section I	Name6
Section II	Purpose6
Section III	Parliamentary Procedure.....6
ARTICLE II	DEFINITIONS.....6
Section I	Conference6
Section II	Association6
Section III	Team.....6
ARTICLE III	POWERS.....6-7
Section I	General6
Section II	Authority6
Section III	NHYFSC Board Members6
Section IV	Conflict of Interest7
Section V	Records7
Section VI	Undermining7
Section VII	The Local Association7
	Incorporation7
	Fundraising7
	Tax Returns7
	Transportation7
Section VIII	National Headquarters7
ARTICLE IV	ELECTIONS7
Section I	General7
Section II	Restriction7
	Commissioner7
	Spirit Coordinator7
ARTICLE V	MEMBERSHIP8-9
Section I	General.....8
Section II	Representation.....8
Section III	Voting8
Section IV	Voting Procedures.....8
Section V	Proxy Voting8
Section VI	Conditions8-9
ARTICLE VI	AMENDMENT.....9
Section I	General9
ARTICLE VII	DISSOLUTION9
Section I	General9

TABLE OF CONTENTS BY—LAWS

ARTICLE I	GENERAL11
ARTICLE II	ELECTIONS11
Section I	General11
	Voting.....11
	Nominations.....11
	Balloting11
	Ties11
	Term Commencement11
	Vacant Position.....11
Section II	Restrictions.....11
	Commissioner/Spirit
	Coordinator11
	NHYFSC Board Member.....11
	Coaches11
	Dual Office11
	Distribution.....11
ARTICLE III	RESPONSIBILITIES ...11-13
Section I	Officers11
	Commissioner.....11
	Vice Commissioner12
	Secretary.....12
	Treasurer.....12
	Commissioner of Officials12
	Football Coordinator13
	Spirit Coordinator.....13
	Directors.....13
ARTICLE IV	ADMINISTRATION14
Section I	Chain of Command14
	Communication14
	Written Complaint14
ARTICLE V	MEETINGS.....14
Section I	General14
Section II	Regular Meetings14
Section III	Special Meetings.....14
Section IV	Executive Board Meetings.....14

TABLE OF CONTENTS BY—LAWS

ARTICLE VI	INSURANCE	15
Section I	General	15
	Payment Deadline.....	15
	Penalty.....	15
Section II	Additional Insurance	15
Section III	Crime Insurance	15
ARTICLE VII	REGISTRATION	
	CONFERENCE.....	15
Section I	General	15
Section II	Registration Fees	15
	NHYFSC Dues	15
	National Dues.....	15
	Regional Dues	15
Section III	Mandatory Background Screening	15-16
Section IV	New Member Team/ Association	16
	Franchise Fee.....	16
	Withdrawal.....	16
	New Member Probation	16
	Voting Privileges	16
ARTICLE VIII	BOUNDARIES.....	16-17
Section I	General.....	16
Section II	Authority	16
Section III	Soliciting/Fundraising out Of Territory.....	16
Section IV	Change of Residence.....	17
Section V	Waiver Association to Association	17
Section VI	Out of State Waiver	17
ARTICLE IX	REGISTRATION	
	LOCAL	17-18
Section I	General.....	17
Section II	Cut off Conference Age.....	17
Section III	Formation of Teams and Squads	17
Section IV	Roster Size.....	17
Section V	Registration Format.....	17-18
	No Cuts.....	17
	Mandatory Cuts	18
	Voluntary Cuts	18
	No All-Stars	18

TABLE OF CONTENTS BY—LAWS

ARTICLE IX	REGISTRATION	
	LOCAL	17-19
Section VI	Required Paperwork	18
	Proof of age	18
	Medical Examination.....	18
	Parental Consent	18
	Photos	19
	HLA Welcome Letter	19
	Academic Fitness.....	19
ARTICLE X	CERTIFICATION	19
Section I	General	19
	Dry Certification	19
	A. Football and Spirit Rosters	19
	B. Team Books	19
	C. Required Paperwork.....	19
Section II	Official Final Certification.....	19
Section III	Final Supplemental	19-20
ARTICLE XI	PRACTICE	
	REQUIREMENTS	20-21
Section I	General	20
Section II	Definition	20
Section III	Conditioning.....	20
	FOOTBALL TEAMS.....	20
	CHEER SQUADS	20
Section IV	Late Candidates.....	20
Section V	Before Game 1	20
Section VI	After Game 1.....	21
Section VII	Scheduling Scrimmages.....	21
	A: RESTRICTION	
	CALENDAR	21
	B: RESTRICTION	
	OPPONENT	21
	C: RESTRICTION	
	TRAVEL	21
	D: RESTRICTION	
	DRILLS	21
Section VIII	Joint Practice	21
Section IX	Practice Violation	21

TABLE OF CONTENTS BY—LAWS

ARTICLE XII	COACHES	
	REQUIREMENTS21-22
Section I	NHYFSC Clinic21
Section II	Staffing21-22
	Football Teams22
	Cheer Teams22
ARTICLE XII	COACHES	
	RESPONSIBILITIES22
ARTICLE XIII	SPIRIT SQUADS22-24
Section I	General22-23
Section II	Attendance23
Section III	Encourage Cheer23
Section IV	Formation of Squad23
Section V	Age Division23
Section VI	Mascots23
Section VII	Squad Size23
Section VIII	Cheer/Dance without	
	Football23
Section X	Deployment23
Section IX	Outside Competition or	
	Exhibit24
Section XI	Competition24
Section XII	Spirit Trophies24
Section XIII	Regional and National	
	Champion24
Section XIV	National Rules24
Article XIV	ENFORCEMENT	
	POLICY24-26
Section I	General24
Section II	Minimum Mandated	
	Penalties24
Section III	Adult Offenses24-25
Section IV	Juvenile Offenses25
Section V	Team and Association	
	Offenses25
Section VI	Parental Behavior25
Section VII	Contact with Officials26
Section VIII	Association Review Board26
Section IX	NHYFSC Review Board26

TABLE OF CONTENTS RULES AND REGULATIONS

Section I	General28
Section II	Amendments28
Section III	Associations28
	Constitutions28
	Administrative Probation28
	Disciplinary Probation28
	Suspension28
	Forfeit28
	Fines28
Section IV	Academic Achievement	
	Award28
Section V	League Structure28-29
	Structure28
	Divisions28-29
Section VI	Scheduling29
	Official Schedule29
	Standing29
	Game Time29
	Scheduled Games29
	Prohibition Scheduling29
Section VII	Game Day29-30
	Contact29
	Postponed Games29
	Sunday Practice29
	Game Ball29-30
	Length of Quarters30
	Time Clock30
	Time Outs30
	Handshake30
	Introduction30
	Check-In30
	Players30
	Ineligible Players30
	Locker Rooms30
	Reporting30

TABLE OF CONTENTS RULES AND REGULATIONS

Section VIII	Game Situation.....30-31
	Failure to Play30
	Sideline Personnel30
	Sideline Conduct.....31
	Video Tape31
	Scouting31
	Communication Devices.....31
	Field Conditions31
	Early Withdrawal31
	Fewer Than 13 Players.....31
	Tie Breakers31
	Protested Games31
Section IX	Players31-32
	Discipline31
	Eligibility31
	Prohibition Two Teams31
	Ejection31-32
	Prohibition Integrating Divisions32
	Captains32
Section X	Coaches32
	Sidelines32
	Behavior32
	Ejection32
Section XI	Medical32-33
	Game Day Medical32
	EMT/CAT Required32
	EMT/CAT Payment33
	EMT/CAT Deployment33
	EMT/CAT Summoned33
	Responsibility33
	Loss of Consciousness33
	Prohibition Moving- Injured Player.....33
	Warm Weather Precautions.....33
	Heat Stroke/Exhaustion33
Section XII	Field and Markings.....33-34
	Requirements33
	Chain Crew33
	Roping Off33
	Field Inspection34
	Required Field Equipment34

TABLE OF CONTENTS RULES AND REGULATIONS

Section XIII	Equipment Required34
	Helmet34
	Re-Certification34
	Chin Straps34
	Cleats34
Section XIV	Safety Responsibility.....34
Section XV	The Picture / Roster Book35
Section XVI	Uniform.....35
	Adornments35
	Jerseys35
	Home / Away35
	Conflict35
Section XVII	National Federation Rules35
	State Rules35
Section XVIII	Mandatory Play Rule (MPR.....35-36
	Principle35
	Late Arrival35
	Rule35
	Day of Game35
	Team Size35
	Team Determination35
	Inform Players.....36
	Inform Parents36
	Exception36
	Monitoring36
	Penalty Monitoring36
	Penalty MPR36
	Reporting36
Section XIX	Scoring Value36
	Game Scoring Values36
	Point After Attempt (Kick)36
Section XX	Game Officials36-37
	Staffing36
	Exception36
	Payment36
	Playoff36
	New England Regional Playoff37

TABLE OF CONTENTS RULES AND REGULATIONS

Section XXI	Lopsided Scores	37
	Slaughter Rule	37
	Tone it Down	37
	Midfield Conference	37
	Protests	37
	Violations	37
Section XXII	Instructional 8U	38
	Coaching	38
	Rushing	38
	Blocking on Center	38
	Blitzing	38
	Safety	38
	Kick offs	38
	Kick Returns	38
	Points after Attempt	38
	Punts	38
	Officials	38
	Penalties for Blocking on Center	38
	Questions about Penalties	38
	Time of Quarters	38
	Scores	38
	Football	38
	Age Requirement	38
	Games	38
Section XXIII	Length of Season	38
Section XXIV	Post Season Bowl Games	39
Section XXV	Playoffs	39-40
Section XXVI	AWARDS	40
Section XXVII	Region/National Championship Eligibility ..	40
Section XXVIII	Common & Prior Requirements for Hosting an NHYFSC Event	41
Section XXIX	Spirit Competition Requirements	41
Section XXX	Spirit Competition Warm-Up Rules	41
Section XXXI	Spirit Competition Guidelines	41

TABLE OF CONTENTS FLAG FOOTBALL RULES & REGULATIONS

RULE 1	GENERAL	43
RULE 2	PLAYERS	43
RULE 3	PLAYING FIELDS	43
	F3-1: General	43
	F3-2: FIELD EQUIPMENT	43
RULE 4	EQUIPMENT	44
	F4-1- GAME BALL	44
	F4-2- FLAGS	44
	F4-3 - GAME UNIFORMS	44
	F4-4 - EYEGLASSES	44
	F4-5 - MOUTHGUARDS	44
RULE 5	PROHIBITED EQUIPMENT	44
RULE 6	REFEREES	44
RULE 7	THE RULES OF THE GAME ..	45-47
	F7-1 - PLAYERS	45
	F7-2 - TEAM COACHES	45
	F7-3 - TIME	45
	F7-4 - KICKOFFS	45
	F7-5 - PUNTS	45
	F7-6 - DE-FLAGGING	45-46
	F7-7 - BLOCKING	46
	F7-8 - BALL CARRIER	46
	F7-9 - CENTER	46
	F7-10 - PASSING	46
	F7-11 - RECEIVING	46-47
	F7-12 - DEAD BALL	47
RULE 8	SCORING VALUES	47
RULE 9	TIE GAME	47
	F9-1: General	47
	F9-2: All Tournament Games	47
RULE 10	INJURED PLAYERS	47
RULE 11	PRACTICES	48-49
	F12-1 - LINE OF SCRIMMAGE	48
	F12-2 - PASSING	48
	F12-3 - DELAY OF GAME	48
	F12-4 - FLAG WEARING AND DE-FLAGGING	48
	F12-5 - ILLEGAL HAND-OFF	48
	F12-6 - ILLEGAL SUBSTITUTIONS ..	48
	F12-7 - BLOCKING	48
	F12-8 - BALL CARRIER	49
	F12-9 - UNNECESSARY ROUGHNESS	49
	F12-10 - UNSPORTSMANLIKE CONDUCT	49
RULE 13:	CHEERLEADING	49

NOTES:

No Changes for 2022

THE
NHYFSC
CONSTITUTION

THE CONSTITUTION

ARTICLE I - GENERAL

Section I Name:

The organization governed by this Constitution shall be known as the New Hampshire Youth Football & Spirit Conference or hereinafter referred to by the designation NHYFSC.

Section II Purpose:

The purpose of the NHYFSC is to provide youth with athletic and social activities that will promote sound bodies, keen minds, and competitive attitudes. Those traits will prepare them for productive adult lives in their community, state, and nation; to familiarize them with the fundamentals of football and cheerleading, and to provide them with an opportunity to play and compete in a supervised, organized, and safe manner.

Section III Parliamentary Procedure:

When this document is silent on a particular situation confronting the NHYFSC, Roberts Rules of Order, Modern Edition, shall be consulted.

ARTICLE II - Definitions

Section I Conference:

The term Conference is defined by the geographic boundary and multiple associations of its members. The NHYFSC is a conference.

Section II Association:

Associations are organizations that sponsor and administer one or more teams. They raise money, buy equipment, recruit coaches, secure fields, etc. Associations are characterized by specific geographical coverage. In cities, they often adopt commonly understood neighborhood names. In the suburbs, they usually take the town name. In rural areas, an association name may embrace an entire county (or a substantial part of it). An association's recruiting area requires approval by the Conference and is normally consistent with its geographical name.

Section III Team:

A team is the universal, basic unit of an association. At minimum a team consists of a group of participants organized under the direction of a coaching staff in each level or division.

THE CONSTITUTION

ARTICLE III - POWERS

Section I General

The NHYFSC is governed by to this Constitution, Bylaws and Rules & Regulations for all meetings and situations involving this conference and members throughout the year and playing season. The NHYFSC and its members will follow current year published National guidelines for Regional and National participation.

Section II Authority:

The NHYFSC Board of Directors shall assume the duty and powers to enforce all rules and regulations set forth by this Constitution, Bylaws and Rules & Regulations and National Affiliation. Any violations of the Constitution, Bylaws, or Rules & Regulations contained in this booklet may result in a fine, probation, suspension of individuals or associations, and/or forfeiture of a game or an entire season.

The NHYFSC has the responsibility to ensure that the conference Rules & Regulations are complied with to provide a positive and safe atmosphere for all our football and spirit participants and association members. The NHYFSC Executive Board has the responsibility and right to investigate/review and assess penalties as necessary and accordingly when the safety and best interest of our young participants and/or other member associations are in jeopardy. The conference associations develop and vote to establish the conference rules and regulations which are enforced by the NHYFSC Executive Board. The Executive Board has the responsibility and right to investigate matters that potentially conflict/ violate the Constitution, Bylaws or Rules and Regulations and issues/matters as necessary to uphold the purpose of the NHYFSC.

Section III NHYFSC Board Members

All members of the NHYFSC Board of Directors shall follow the Constitution, Bylaws and Rules & Regulations. Any member of the Board who violates the Constitution, Bylaws, and Rules & Regulations shall be brought before a review board of Association Presidents as defined in the Bylaws. (Bylaws pg. 24, Article XV, Section IX)

THE CONSTITUTION

ARTICLE III – POWERS

Section IV Conflict of Interest

Any NHYFSC Board Member, elected or appointed, shall disclose to the full NHYFSC Executive Board in writing any possible conflict of interest on an annual basis. Conflicts can be either financially based or based on personal matters.

A.) In matters concerning financial conflict, if the dollar amount exceeds five hundred dollars (\$500) but is less than five thousand (\$5,000) in a fiscal year, a two-thirds of votes cast of the disinterested board members of the NHYFSC is required to approve the transaction. If the amount exceeds five thousand dollars (\$5,000) in a fiscal year, then a two-thirds of votes cast of the disinterested board members of NHYFSC and public notification, i.e., news- paper, is required to engage in the transaction.

B.) At any time a matter comes before the NHYFSC Board in such a way as to create a conflict of interest the affected board member shall withdraw from any discussion, meetings, or votes on the topic. The NHYFSC Board will comply with applicable New Hampshire Laws regarding conflicts of interest.

Section V All Records:

Rulebooks, constitutions, correspondence, etc. remain the property of the NHYFSC and should be turned over by each outgoing member or officer.

Section VI Undermining:

Any individual or association found to have undermined the administrative authority of the NHYFSC Executive Board may be permanently suspended following a formal hearing. The NHYFSC Board will convene a panel of association presidents and/or their designee to be comprised of 5 members.

Section VII The Local Association:

Is subordinate to the NHYFSC HLA Board of Officers. The local association will be governed by a President and Board of Officers elected by the local membership. The local governing board will remain autonomous from any sponsoring group. Sponsoring groups have no say or status within the NHYFSC. It is strongly recommended that coaches not also serve as local Board Member.

INCORPORATION:

Associations must be incorporated, this can be accomplished by contacting the Secretary of State, Room 204, State House, Concord, NH 03301.

THE CONSTITUTION

ARTICLE III – POWERS

FUNDRAISING:

Any association engaged in fundraising must be registered with the Attorney General's office (Charitable Trust Division) State House Annex, 25 Capitol St., Concord, NH 03301, Telephone 603-271-3591.

TAX RETURNS:

Associations are responsible to comply with all published IRS Rules and Regulations including tax filing status.

TRANSPORTATION:

Each association must submit a transportation plan, to the conference secretary not later than the first day of practice.

Section VIII National Headquarters:

Current National Affiliation will recognize the NHYFSC Board of Directors as the sole governing body of the New Hampshire Youth Football & Spirit Conference.

ARTICLE IV - ELECTIONS

Section I General

An election of officers to conduct the business of this conference will take place each year. Elected positions are Commissioner, Vice Commissioner, Secretary, Treasurer, Spirit Coordinator, Football Director, and Directors. All members as defined by Article II are eligible to hold office. Any NH resident with a minimum of 1-year experience on a board of a local NHYFSC association will be eligible to be nominated for a NHYFSC position, elected or appointed. A quorum is defined as a majority of current registered membership.

Section II Restriction Commissioner:

Any candidate interested in running for the position of Commissioner must be currently on the NHYFSC Board in some other position for one full term (term equals a year) prior to running. Current Presidents with three years of tenure will also be considered.

SPIRIT COORDINATOR:

Any candidate interested in running for the position of Spirit Coordinator must be currently on the NHYFSC Board in some other position for one full term (term equals a year) prior to running. Current Association Spirit Coordinators with three years of tenure will also be considered.

THE CONSTITUTION

ARTICLE V - MEMBERSHIP

Section I General

Any duly interested organization of adults banded together to sponsor or administer youth football teams, charged with the responsibility of raising funds, selection and providing equipment, providing a coaching staff and managers, and the overall operations of its member team(s) may become a member.

Section II Representation

The President will be the recognized representative communicating with the Higher Local Authority (HLA), current Regional and National Affiliated Headquarters. This will include all game protests.

Section III Voting

Member associations may participate in any conference activity with full voting rights, one vote per association. A voting member will be defined as the President of an association or association member designee in his/her absence. If a president is unable to attend an association meeting, he/she may transfer the association's voting authority to a designee. A proxy must be submitted to the conference secretary in writing or via email or text prior to the start of the meeting. Voting by mail/email/text is strictly prohibited. Voting process is done at meetings with the exception of calling for a special meeting which can be done via email. Voting is calculated on the basis of the number of votes cast on a particular matter not the basis of the number of voting members.

Section IV Voting Procedures

ABSTAINING:

With the right to vote goes the right to abstain from voting. The chair should never call for abstentions, nor do members have a right to announce that they abstained. Abstentions have no effect on calculation of votes. (When a ballot is marked "abstain," it is considered a blank.)

MAJORITY VOTING:

Unless stated otherwise, a majority is more than half of the votes cast by legal voters. Note that illegal votes are part of the calculation if they are cast by legal voters. Note also that a majority is not necessarily one more than half or fifty-one percent. Thus, a majority of twenty present voting members is eleven; a majority of twenty-one is eleven; a majority of twenty-two is twelve. If there are twenty members present, but only seven votes, a majority is four.

THE CONSTITUTION

ARTICLE V – MEMBERSHIP

TWO-THIRDS VOTE:

In the case of a two-thirds vote, there must be two-thirds votes cast of the present voting members in the affirmative for adoption. Thus, if there are twenty present voting members, fourteen would constitute two-thirds. If there are twenty-one, fourteen would constitute two-thirds. If there are twenty-two, fifteen would constitute two-thirds. Just in the case of a majority there must be more in the affirmative than in the negative, so in the case of a two-thirds vote there must be at least twice as many in the affirmative as in the negative.

Section V Proxy Voting

Proxy voting will be allowed by proxy with a written letter from the Association President, as outlined in Article V Section III of the Constitution. Voting by mail/email/text is strictly prohibited.

Section VI Conditions

As a condition of membership all persons associated with the NHYFSC and/or any local association agree to the following; the HLA, conference, association, persons affiliated therewith, players, cheerleaders, parents and legal guardians of players and cheerleaders, shall resolve disputes, protests, and other conflicts, the subject of which is based on any rules, regulations, bylaws, or enforcement or interpretation thereof, of National Rules & Regulations, and/or Bylaws; HLA Constitution, Rules & Regulations, and/or Bylaws; Conference Rules & Regulations, and/or Bylaws; and Association Constitution, Rules & Regulations, and/or Bylaws, including the power to impose penalties, sanctions, and other disciplinary actions, by arbitrating, adjudicating and resolving such disputes, protests, or conflicts at the association, HLA, Conference level. It is expressly understood and intended that no person, entity, parent, legal guardian, or administrator, official, or coach who is a member of, affiliated with, or participating in any program which is nationally administered, may bring, or cause to be brought, either directly or indirectly, on his/its own behalf or on behalf of any person or entity, any action, against any person or entity, in a court of law or equity, the subject of which action is based upon any Constitution, Rules & Regulations, or Bylaws, or enforcement or interpretation thereof, of either the Constitution, Rules & Regulations, and/or Bylaws of current National Affiliation,

THE CONSTITUTION

ARTICLE V – MEMBERSHIP

Section VI Conditions (CONT)

the HLA, conference, association, or team for which a player or cheerleader plays, until such time as each and every step of the administrative remedies available within the NHYFSC system, including appeal to the National Affiliated office, has been concluded and exhausted. If such an action is brought without exhausting said administrative remedies, the person who brought such action shall be liable for the costs of defending such action including reasonable attorney fees and the following penalty shall apply.

PENALTY FOR FAILURE TO COMPLY: The penalty for violation of the above rule shall be immediate suspension. Such suspension shall continue until such time as the violation has been eliminated. In the case of the bringing and/or filing of any court action, as described above, the violation is deemed to have occurred at the moment the person or entity, directly, indirectly, or through his/its agents, seeks the aid of or submits his/its claim or complaint to any court or judicial authority. The suspension shall include, not only the violator, but the group or entity with which he/it is most closely affiliated and/or is mentioned in the court action brought, and such suspension shall continue from that time until such time as the matter brought to the court or judicial authority has been fully and finally adjudicated, including any appeals. At the time of the final adjudication the suspension shall be lifted, but the violator may be subject to additional sanctions and penalties for the violation, which may include, but are not limited to, fines equal to lost monies incurred by third parties and/or entities not directly involved in the action, suspension of entities and/or individuals, or probation of entities and/or individuals.

THE CONSTITUTION

ARTICLE VI - AMENDMENTS

Section I General

Amendments to this Constitution must be presented in writing by any President or designee of the Association by October 31. A written or electronic copy of the proposed changes must be sent to the Commissioner and the Secretary. The NHYFSC must have all proposed amendment changes to the Constitution prepared and ready for distribution 48 hours prior to the November meeting. Submissions to be voted on at the November meeting. A two-thirds (2/3) majority of votes cast is required to ratify the amendment. All changes will become effective January 1st of the following year. A quorum is defined as a majority of current registered membership.

ARTICLE VII - DISSOLUTION

Section I General

In the event of dissolution of the New Hampshire Youth Football & Spirit Conference any and all property shall be distributed equally to our member associations, as required by the New Hampshire Secretary of State. In the event the member associations are unable or unwilling to receive the assets, they will be distributed to one or more local non-profit charities within the State of New Hampshire within the meaning of section 501(C)(3) of the Internal Revenue Code.

NOTES:

ARTICLE II - ELECTIONS

Section I General
(Add)

ARTICLE IV - ADMINISTRATION

Section I Chain of Command
(Add)

ARTICLE VII - REGISTRATION CONFERENCE

Section III Mandatory Volunteer Background Screening
(Add)

ARTICLE IX - REGISTRATION LOCAL

Section VI Out of State Waiver:
(Change)

Section V Registration Format
(Add)

ARTICLE XI - PRACTICE REQUIREMENTS

Section III Conditioning:
(Updated) Moved Cheer Squads conditioning to this
section

(Updated) reordered/renumbered sections

Section V Before Game 1

(Added 2 updates)

Section VI After Game 1

(Added 3 updates)

Article XII COACHES REQUIREMENTS

Section II Staffing

Section III Coaches Responsibilities

Combined Football and Cheer in the above sections

ARTICLE XIV - SPIRIT SQUADS

Section I General

(Moved 5th bullet over from attendance and added
new 6th bullet.)

(Updated) reordered/renumbered sections

Special Meeting 5.18.22

Remove requirement of report cards

Article IX – Registration Local

Article X – Certification, Section I General.

THE BYLAWS OF THE NHYFSC

BYLAWS

ARTICLE I - GENERAL

Elections for the upcoming season will take place in November. Newly elected officers will begin their terms on January 1st, and annually thereafter.

ARTICLE II - ELECTIONS

Section I General

VOTING: All voting will be limited to one vote per association by the President or his duly authorized representative.

NOMINATIONS: Nominations will take place at the October President's Meeting. All current NHYFSC seated board members do not need to be nominated. They are automatically nominated. A new nominee must be nominated by a President or designee of the association with proxy. The new nominee must be present to address the membership and present his or her qualifications. No nominations will be allowed the night of elections. [A signed written recommendation from the local association that the nominee was a member of must be submitted to the NHYFSC.](#)

BALLOTING: Balloting for each office will be handled either individually or on a single ballot sheet, starting with the Commissioner, Vice Commissioner, Secretary, Treasurer, Football Coordinator, Spirit Coordinator, and Directors. The minimum number of Directors shall be one Director for every three (3) Associations (Ex: 18-20 Associations = 6 Directors.

21-23 Associations = 7 Directors; 24-26 Associations = 8 Directors; etc.). The maximum number of Director's shall be one Director for every two (2) Associations (Ex: 20-21 Associations = 10 Directors; 22-23 Associations = 11 Directors; 24-25 Associations = 12 Directors; etc.). The winner of each position will be the person with the most votes. If there is only one (1) person running, he or she must be elected by a majority of votes cast of those eligible to vote.

TIES: A tie will be resolved by another ballot with only the names of those persons tied.

TERM COMMENCEMENT: The newly elected officers, elected in November of the current year will take office January 1 of the following year. They will hold office for one (1) year.

VACANT POSITION: The Commissioner shall fill by temporary appointment any vacant position on the NHYFSC Board, to be ratified by a majority vote at the next association meeting.

BYLAWS

ARTICLE II - ELECTIONS

Section II Restrictions

COMMISSIONER/SPIRIT COORDINATOR: May not hold the office of Association President or any other office in an association which position gives him or her the voting rights at the HLA level.

NHYFSC BOARD MEMBER: The candidate must have at least 1-year experience on a board of a local NHYFSC association or a president may present a candidate for consideration to the membership if no other candidates are available.

COACHES: No NHYFSC Board member may be a coach.










DUAL OFFICE: A person may only hold one office on the NHYFSC Executive Board.

DISTRIBUTION: Not more than two (2) people from any one Association boundaries may hold a position on the NHYFSC Board in the same year. Not more than two (2) members from 1 Association with a child registered in that association for the current year.

ARTICLE III - RESPONSIBILITIES

Section I Officers

THE COMMISSIONER SHALL:

-  Preside at all meetings.
-  Oversee all conference activities
-  Participate as ex-officio member of all appointed committees. Represent the NHYFSC at all non-NHYFSC affairs.
-  Be a voting member to the HLA
-  Appoint all committees necessary to carry out the approved action of the NHYFSC membership.
-  Fill by temporary appointment any elected office vacant for any reason, to be ratified by majority vote at the next association meeting.
-  Arbitrate all conflicts that may arise between member teams. Designate all meetings, their time, and their place.
-  Call a special meeting per guidelines under Bylaws, Article V Meetings, Section III, Special Meetings.
-  Be responsible for overseeing the enforcement of all playing rules, related or special conference rules, decide team and player eligibility, impose appropriate restrictions, and generally provide for an overall safety in the program.

BYLAWS

ARTICLE III - RESPONSIBILITIES

Section I Officers

THE COMMISSIONER SHALL: (cont.)

- ✚ Appoint a Head Official who shall be responsible for the assignments of all officials for all games and who shall be responsible for the proper training and coordination of the officials
- ✚ Be reimbursed for all actual and reasonable expenses incurred in the performance of official duties.
- ✚ Be responsible for imposing and enforcing any conference disciplinary action required by the Executive Board.
- ✚ Act as Bowl Scheduling Director and will delegate each year as necessary.
- ✚ Have the authority to call for disciplinary action against another Conference Board member who misrepresents the NHYFSC.

THE VICE COMMISSIONER SHALL:

- ✚ Perform in the absence of the Commissioner the duties of the Commissioner until the next general election so all members can vote on this position.
- ✚ Ascertain that the conference business remains within the duly qualified articles of this Constitution.
- ✚ Assure that the proper publicity within this Constitution is provided. Update the Constitution by annotating additions, deletions and changes duly ratified by the membership.
- ✚ Be reimbursed for all actual and reasonable expenses incurred in the performance of official duties.
- ✚ Coordinate all insurance activities.
- ✚ Coordinate and schedule the Review Board meetings.
- ✚ Implement all action recommended by the Review Board at the conclusion of the proceedings.
- ✚ Be the Coordinator of the Directors.

THE SECRETARY SHALL:

- ✚ Maintain confidential minutes.
- ✚ Prepare a permanent set of minutes of the proceedings of each meeting and delegate a proxy in his/her absence.
- ✚ Handle all incoming and outgoing correspondence.

BYLAWS

ARTICLE III - RESPONSIBILITIES

Section I Officers

THE SECRETARY SHALL: (cont.)

- ✚ Update and correct all grammar, outdated language, spelling and corrections as necessary to this Constitution, Bylaws and Rules & Regulations up to date.
- ✚ Receive all scores and keep standings.
- ✚ Be reimbursed for all actual and reasonable expenses incurred in the performance of official duties.
- ✚ Mail, email or post minutes of all Conference and Association Board meetings and Special meetings to all Executive Board members and Association Presidents (only) within 7 days of meeting.
- ✚ Maintain Computer Records.
- ✚ Any requests for Association minutes from any association member other than that Associations President must be referred to the local President.

THE TREASURER SHALL:

- ✚ Maintain a set of books covering the financial transactions of the conference, a cash flow report will be distributed at all meetings. Prepare and sign all checks.
- ✚ Ascertain that all financial obligations are paid promptly taking advantage of any cash discounts offered.
- ✚ Accept and deposit in a bank of his/her choosing all conference funds.
- ✚ Be reimbursed for all actual and reasonable expenses incurred in the performance of official duties.
- ✚ Provide a quarterly Financial Analysis, to include a Balance Sheet, Income Statement, and a Fund flow analysis.

THE COMMISSIONER OF OFFICIALS SHALL:

- ✚ Be responsible for the assignments of all officials for games, provide the HLA with a schedule of working officials (regular season games) and review with the Commissioner assignments of officials for playoffs.
- ✚ To the best of his ability, aid in settling disputes of whatever nature, by reviewing game situations with both coaches and officials.
- ✚ Be an Ex-Officio member of the HLA Board.

BYLAWS

ARTICLE III - RESPONSIBILITIES

Section I Officers

THE FOOTBALL COORDINATOR SHALL:

- ✚ Be a voting member to the HLA
- ✚ Provide direction and implementation for training of football coaches.
- ✚ Coordinates football clinics/training such as: Football officials, 1st year coaches, etc.
- ✚ Be responsible for overseeing the enforcement of the NHYFSC Football By-Laws and National Rules.
- ✚ Primary source of information for rules such as: MPR's, Mercy Rule, and for compliance with NHYFSC and AYF.
- ✚ Primary editor of the football section of the constitution.
- ✚ Foster and implement an attitude of sportsmanship by players and coaches.
- ✚ Coordinator of the Review Board for game day violations. Implement all action recommended by the Review Board at the conclusion of the proceedings.
- ✚ A member of the football scheduling committee.
- ✚ Coordinate's playoffs/state championships with host associations.
- ✚ Create communication loop with coaches via Facebook, NHYFSC web site, etc.
- ✚ Provide support to associations who seek input on coach selection and evaluation.
- ✚ Be reimbursed for all actual and reasonable expenses incurred in the performance of official duties.

THE SPIRIT COORDINATOR SHALL:

- ✚ Be a voting member to the HLA
- ✚ Provide direction and implementation for training of spirit coaches.
- ✚ Coordinates spirit camps/training such as: Judges trainings, Routine reviews, Coaches Clinics, etc.
- ✚ Be responsible for overseeing the enforcement of the NHYFSC Spirit Bylaws and National Rules.
- ✚ Primary source of information for rules such as: Spirit game day requirements, and Competition routine requirements
- ✚ Primary editor of the spirit section of the constitution.

BYLAWS

ARTICLE III - RESPONSIBILITIES

Section I Officers

THE SPIRIT COORDINATOR SHALL: (cont.)

- ✚ Create communication loop with coaches via Facebook, NHYFSC web site, etc.
- ✚ Be responsible for scheduling a Spirit Competition for the NHYFSC Cheerleaders.
- ✚ Call any necessary meetings pertaining to cheerleaders.
- ✚ Coordinate and schedule the Spirit Review Board meetings. Implement all action recommended by the Spirit Review Board at the conclusion of the proceedings.
- ✚ Approve AYC Age Waivers and Coordinate NHYFSC Cheer Declarations
- ✚ Provide support to associations who seek input on coach selection and evaluation.
- ✚ Be reimbursed for all actual and reasonable expenses incurred in the performance of official duties.

THE DIRECTORS SHALL:




- ✚ Be responsible for coordination of all football & spirit activities unique to this level (e.g., Jamborees, roster certification, Clinics, etc.)
- ✚ Will serve as the initial HLA interface for local programs requiring information related to both National and NHYFSC rules and procedures.
- ✚ Coordinate the Mandatory Play Rule (MPR) reports from each team.
- ✚ Will serve as proxy if coordinator is unable to attend regional meetings, Coordinator's responsibility to appoint a director.
- ✚ Have some experience and knowledge of National NHYFSC Constitution, Bylaws, and Rules & Regulations.
- ✚ Not be assigned to any association for which they have a child participating or in which they live.
- ✚ Be reimbursed for all actual and reasonable expenses incurred in the performance of official duties.

BYLAWS

ARTICLE IV - ADMINISTRATION

Section I Chain of Command

To deal effectively with the Programs in the field. The NHYFSC has installed the Highest Local Authority (HLA) system which is to be adhered to in all New Hampshire Youth Football & Spirit Conference communications.

-  NHYFSC Commissioner/Spirit Coordinator/
Football Coordinator
-  NHYFSC Director
-  Local Association President

The above chart is to be used for all communications starting with the local association President and moving up the chain of responsibility. Should no answer or action be given or taken within a reasonable time, (14 days) a letter may be written to the next highest authority level with a courtesy copy to the initial authority.

Penalty for failure to comply: Twenty-five dollar (\$25) fine each offense

COMMUNICATION:

The HLA Board of Officers (NHYSFC) has the authority and responsibility to take charge of or communicate directly with any lower authority when the HLA deems that the good name of the NHYFSC or any individual is in jeopardy.

WRITTEN COMPLAINT:

No complaint or request will be acted on unless all details are submitted in writing and signed by all those requesting the answer or action. NHYFSC will respond within 7 days from date of complaint.

ARTICLE V - MEETINGS

Section I General

Any member at the meeting may present business for consideration at any meeting. All matters must be voted upon by the membership present, providing that a quorum of the voting membership is present. All matters, unless otherwise specified, must receive a majority of votes cast of the membership, one vote per association, to be enacted. A quorum is defined as the majority of the current year registered membership.

Section II Regular Meetings

Regular meetings will be held at 7:30 PM on the third Wednesday of each month from January through November. The notification to each member association will be made at least seven (7) days in advance by mail or email.

BYLAWS

ARTICLE V - MEETINGS

Section II Regular Meetings (cont.)

All meetings will be conducted in accordance with Roberts Rules of Order, Modern Edition, at the discretion of the presiding officer. Voice, hand, or standing vote is acceptable. A secret ballot will be taken if a majority of the voting members present so vote. Each association is required to have a representative at each meeting.

PENALTY FOR FAILURE TO COMPLY: One hundred (\$100) dollar fine. Each association is allowed 1 absence.

Section III Special Meetings:

Discussions of a Special Meeting will be limited to the subject that caused the necessity for the meeting. A special meeting may be called for by either two-thirds (2/3) vote of the NHYFSC Board or two-thirds (2/3) vote cast of the registered membership. Email voting is allowed to call for a special meeting. Meeting must be held within 48 hours of notification indicating the time, place, and agenda. A majority of votes cast of the voting members present will be required to carry any motion.

Section IV Executive Board Meetings

The Executive Board which consists of the Commissioner, Vice Commissioner, Secretary, Treasurer, Spirit Coordinator, and Football Coordinator, will meet in executive session as needed when matters warrant such a meeting. The NHYFSC Board will include Directors as outlined on page 12 Article II, Elections, Balloting. The Board will meet on the first Wednesday of each month or as often as is necessary. Any actions or matters governed by this Constitution, Bylaws, and Rules & Regulations must be submitted to a regular or special meeting for proper consideration. Minutes of executive board meetings must be submitted to a regular or special meeting for proper consideration. Minutes of board meetings must be typed and mailed/emailed or posted to all board members within seven (7) days (not including executive session).

BYLAWS

ARTICLE VI - INSURANCE

Section I General

To participate in the NHYFSC all associations must have insurance (general liability and medical). All members are required to take the insurance recommended by the NHYFSC. This is being mandated for the logistics problem of verifying division and association officials when defending lawsuits.

If other insurance arrangements are made it must be approved by the NHYFSC prior and the association must provide a Certificate of Insurance proving coverage to meet or exceed the NHYFSC requirements.

PAYMENT DEADLINE:

All medical and liability insurance premiums must be paid to the NHYFSC by the published date of the current year.

PENALTY FOR FAILURE TO COMPLY: Failure to insure by the published date will result in restriction of participation in the current year's activities (practice/games) or being fined twenty-five dollars (\$25) per day with a maximum of five hundred (\$500) dollars. The NHYFSC Treasurer will send in writing a detailed letter of any penalties to the association and/or association president

Section II Additional Insurance

Directors and Officers insurance is available and is highly recommended. The basic policy covers officers only in cases where, "personal injury" or "property damage" occur. Discrimination-age/sex acts beyond granted authority, wrongful dismissal, rejection or suspension of conference personnel or players, failure to deliver services, libel, slander, or defamation of character are examples of actions covered by the Directors and Officers policy.

Section III Crime Insurance

Is also available, it covers loss of money or property including forgery or embezzlement by an identifiable officer.

BYLAWS

ARTICLE VII - REGISTRATION CONFERENCE

Section I General

Before any association program can be registered with National, they must be registered with the NHYFSC. All associations will mail/email their registration forms to the conference secretary by January 15th. All insurance forms, and fees will be mailed to the NHYFSC Treasurer by the published date for the upcoming season. Penalty: The NHYFSC will register all teams of the NHYFSC with National and the Region as required. Failure to register by the published date deadline with the NHYFSC will result in being dropped from the schedule or being fined twenty-five (\$25) dollars per day with a maximum of two hundred fifty (\$250) dollars. The NHYFSC will send in writing a detailed letter of any penalties to the association and/or association president.

ARTICLE VII - REGISTRATION CONFERENCE

Section II Registration Fees

Each member association will be assessed the following annual fees.

NHYFSC DUES:

Football and Spirit squad dues will be determined annually including AAA Assessment.

NATIONAL DUES:

To be determined as required under national rules.

REGIONAL DUES:

To be determined as required under regional rules

Section III Mandatory Volunteer Background Screening

As a condition of service to the NHYFSC, all Coaches, Board of Directors' members and any other persons or volunteers who have repetitive access to or contact with players and/or spirit participants, must complete a background screening. Background screenings must be completed prior to the applicant assuming his/her duties for the current season and should be submitted to the Association President prior to the start of the season. Refusal to submit to a Background Screening must result in the immediate dismissal of the individual or denial of participation for the applicant.

Exceptions:

The following individuals will not be required to submit background screenings

1. Choreographers, Stunting & Tumbling Coaches
2. Youth fitness trainers, MPR personnel, Chains Crew Members

BYLAWS

ARTICLE VII - REGISTRATION CONFERENCE

Section III Mandatory Volunteer Background Screening (cont.)

No Association shall permit any person to participate in any manner, whose background screening reveals a conviction for or guilty plea to, any crime involving or against a minor. In addition, other charges and convictions may be an indication of an unfit volunteer, and therefore an association may prohibit any individual from participating as a volunteer if the Association deems the individual unfit to work with minors, when the association applies the same criteria uniformly for all individuals seeking to volunteer. Each Association must require that all volunteers are screened based on current NHYFSC process. If a local association becomes aware of information, by any means whatsoever, that an individual, including, but not limited to, volunteers, players and hired workers, has been convicted of or pled guilty to any crime involving or against a minor, the association must immediately contact the applicable government agency to confirm the accuracy of the information.

Upon confirmation of a conviction for, or guilty plea to, a crime against or involving a minor, the association must prohibit the individual from participating in any manner.

Due to the fact, the NHYFSC has no direct operational control over the selection of volunteers, each association shall be required to indemnify and hold harmless New Hampshire Youth Football & Spirit Conference against all legal actions based upon allegation arising from a failure to enforce all or part of this regulation. Failure to comply with all or part of this regulation may result in the suspension of membership, the removal of association volunteers, ineligibility for participation in regional and national play, as well as significant legal liability. Association Official must submit an Association Background Affidavit to the NHYFSC as proof of compliance prior to the beginning of the current season.

Section IV New Member Team / Association FRANCHISE FEES:

Any new franchise joining the NHYFSC will be charged a \$100 non-refundable franchise fee.

WITHDRAWAL:

Any program or team that withdraws after registration will not receive any refund of NHYFSC fees. Upon returning, the team or program will be considered a new team or franchise.

BYLAWS

ARTICLE VII - REGISTRATION CONFERENCE

Section IV New Member Team / Association (cont.)

NEW MEMBER PROBATION:

New member programs will be accepted on a probationary basis for one year. An NHYFSC board member (or appointee) will sit with their board as an ex-officio member until the probationary period has expired. The NHYFSC official will be informed at least seven days in advance of all regular or special meetings and will receive typed minutes within seven days of the same.

VOTING PRIVILEGES:

New Associations will be eligible to vote 1-year after date of acceptance.

ARTICLE VIII - BOUNDARIES

Section I General

Boundaries will be set by a defined, readily recognizable format, i.e., town limits, school districts, streets, etc. All players and cheerleaders must come from within their town/city boundaries except as provided for in this Article.

Section II Authority

Official recognized boundaries have been established with the approval of the NHYFSC and are listed in the back of this book. The appendix will be reviewed annually in January and amended if necessary. Boundaries will be established by the NHYFSC Board of Directors. Player eligibility for programs who split or combine will also be determined by the Executive Board.

PENALTY FOR FAILURE TO COMPLY: One hundred (\$100) dollar fine and association on probation for one year. Penalty for subsequent non-compliance: fine doubles.

Section III Soliciting or Fundraising Out of Territory:

Any associations soliciting participants or fundraising in another associations assigned territory/boundaries will be fined. If an association wants to fundraise in another association's territory, they MUST obtain prior permission from the association president or board. NO exception. This includes fundraising for teams advancing to region and national championships. If you are unsure of your boundaries refer to the back of the NHYFSC Constitution or speak with your conference director.

BYLAWS

ARTICLE VIII - BOUNDARIES

Section III Soliciting or Fundraising Out of Territory (cont.)

PENALTY FOR FAILURE TO COMPLY: Five hundred (\$500) dollar fine and the association on probation for one year. Penalty for subsequent non-compliance fine doubles.

Section IV Change of Residence

Any player or cheerleader who moves out of his/her town/ city after the start of the season or practice, shall be permitted to continue playing or cheering with his/her team for the remainder of the season. If a player or cheerleader chooses to transfer after moving, he/she must do so with the approval of the franchises involved and as space and rules permit. In the case of a change of residence prior to the start of the season, the player/cheerleader will have the option to continue playing in their former program or to play for the program where he/she now resides. The next season they must play for their new town or get a waiver. Players will not be grandfathered.

Section V Waivers (Association to Association)

Presidents will review and grant or deny waivers. An approved waiver is only good for 1 season. Both association presidents must approve, sign, and submit the waiver to the NHYFSC. Waivers are not finalized until they are on file with the NHYFSC Conference Secretary. All waivers must be in place before the participant takes the field with a new association. Players will not be grandfathered. A list of all waivers will be published or distributed to association presidents each season.

Section VI Out of State Waiver:

All out of state athletes (non-New Hampshire residents) seeking to compete for an NHYFSC program are required to apply to the NHYFSC. All out of state waivers must be submitted to the NHYFSC Cheer Coordinator or Football Coordinator for review. They will present to the NHYFSC board for final approval. All out of state players will need a required waiver from the AYFC organization. A waiver is valid for one (1) season and must be renewed each season. No grandfathering is permitted. NHYFSC associations cannot actively recruit out of state players.

BYLAWS

ARTICLE IX - REGISTRATION LOCAL

Section I General

Registration of the players and cheerleaders at the local level may begin any time after January first of the current year. However, all member associations must begin their registration drive before May 30th of the current year or risk exclusion from the current season schedule.

Section II Cut Off Conference Age

Football and Cheerleading age cut-offs are determined by currently published National rules. Football will follow the All-American Division age cut-off and cheer will follow national ages as published for the current year.

Section III Formation of Teams and Squads

Formation of teams and squads as outlined by the national affiliate for the current year.

Section IV Roster Size

Not more than 36 participants shall be certified onto a team or squad roster which will follow current published rules of the NHYFSC. A football team with less than 16 certifiable players will not be permitted to form and play. A cheer squad with less than 5 certifiable cheerleaders will not be permitted to form and cheer.

Section V Registration Format

The following format will be used when registering players.

NO CUTS:

The first 36 paid registrations for each level of play or division shall be accepted. Any association signing up more than the maximum number of 36 per each team or squad will start a second team at that same level/division or make the overage of players/cheerleaders available to play on abutting NHYFSC Association teams. The Director must be made aware immediately when this condition exists. There will be no cutting of these first thirty-six (36) players/cheerleaders for reason of physical or mental ability. (Not more than the maximum team/squad number per registered team may take the field on first day of the season. Overage of players must be made available to abutting associations on August first. (Registration fees may not be accepted from any player on a waiting list.) Uniforms or the ability to outfit and/or the ability to supervise them should be the only limiting factors to team/squad size.

PENALTY FOR FAILURE TO COMPLY: Head coach and/or the association suspended for one year.

BYLAWS

ARTICLE IX - REGISTRATION LOCAL

Section V Registration Format (cont.)

MANDATORY CUTS:

Any participant must be cut who:

- ✚ Is found to have signed up due to parental pressure or tells association/team management he/she does not really want to participate.
- ✚ Refuses or cannot furnish the required items— Parental Consent, Medical Release, Proof of Age, Academic Fitness, and any additional paperwork required by the NHYFSC or association.
- ✚ Is a member of another NHYFSC football team/cheer squad.

VOLUNTARY CUTS:

A participant shall be considered a voluntary or “self-cut” participant when he/she simply no longer shows up at practices or games of his/her own free will. While voluntary cuts are not reviewed for the purpose of these regulations, a coaching staff may attempt to disguise its cutting pattern by arranging practices in such a way as to discourage participants of lesser ability into quitting on their own. These practices are not common but have been known to happen and are considered intentional violation of the rules and regulations and are punishable. If a team or spirit squad loses 20% or more of its assigned participants prior to certification, it is mandatory that the association investigate the cause and take whatever appropriate action needed. The results of this investigation shall be reported to the Conference and the Conference shall have final authority as to whether appropriate actions were taken.

[Athletes may tryout or participate in winter sports providing it does not interfere with their NHYFSC team.](#)

NO ALL-STAR:

All Star team or squad participation is prohibited outside the NHYFSC. NHYFSC rosters are valid from the first day of practice until the teams last AYF/AYC game or competition. Any coach or participant found to play a game(s)/ competition with All Star participants from different rosters of regular season teams/squads will be subject to disciplinary action.

BYLAWS

ARTICLE IX - REGISTRATION LOCAL

Section VI Required Paperwork

The following documents must be accounted for before any player/cheerleader is allowed to take the field. This includes any/all other documents not listed that are required by the NHYFSC.

Section VI Required Paperwork

PROOF OF AGE:

A certified copy (photocopy showing seal) of the birth certificate on file bearing the seal of the issuing office of the state of birth is the best guarantee of reliability of claimed date of birth and is form of proof most recommended. Valid current Passports, Certified wallet-size certificates issued by a state or commonwealth are also acceptable.

NOTE: Any documents used for proof of age which are in a foreign language MUST be translated into English with a letter from a Bilingual Notary Public. The cost of this translation will be borne by the Association submitting such documentation.

MEDICAL EXAMINATION:

A signed statement from any Licensed State Examiner; (i.e., Medical Doctor, Registered Physician Assistant, Registered Nurse Practitioner, etc.) that the candidate is physically fit and there are no observable conditions which would contra-indicate a participant from playing football or cheer/ dance.

Medical exam dates apply equally to players/cheerleaders. A two-year physical will be accepted within a current playing season. Medical forms must be on letterhead or stamped with the physician's name, address, date and signature. Physicals and Dr.'s notes must be dated no earlier than January of the current year.

SPECIAL NOTE: A person with a loss of limb may participate provided that the individual has a signed statement of approval from an examining Dr. and the use of the limb is no more dangerous to players than the corresponding human limb and does not place an opponent at a disadvantage.

PARENTAL CONSENT:

A written statement from either parent or the legal guardian, stating that the child has his or her permission to participate in NHYFSC activities. The conference or team will supply a standard form for this.

BYLAWS

ARTICLE IX - REGISTRATION LOCAL

Photos:

A photo displaying a clear head shot of each participant shall be uploaded to the athlete's registration record. ID badges will be printed by the NHYFSC to be used to check in and verify athletes to their assigned teams.

HLA WELCOME LETTER:

HLA Welcome statement introducing the NHYFSC. To be provided by the NHYFSC.

ACADEMIC FITNESS:

Proof of satisfactory progress in school is required. A 2.0/70% or the equivalent shall be the minimum grade point average acceptable to participate. In cases where the minimum requirement is not met, doubt, conflict of opinion, or if a valid report card is not submitted, a waiver or statement signed by the school administrator (principal or counselor) will be deemed final.

ARTICLE X - CERTIFICATION

Section I General

The certification process is where associations will file a complete roster of players and cheerleaders with the NHYFSC. Certification must be done prior to the first game of the season as outlined. All member associations of the NHYFSC will adhere to the certification process of players and cheerleaders as follows or be dropped from the current season schedule.

DRY CERTIFICATION:

The purpose of a dry certification is to have associations present rosters and all required documentation per participant and team book. The NHYFSC will specify a location, date, and time annually. The NHYFSC board will go through all rosters, books and required paperwork for accuracy. Associations will have until final certification to correct or obtain any missing or incorrect items. This meeting will be mandatory for all member associations of the NHYFSC that have not had their books certified prior to the dry certification date. All paperwork must be resolved by the official final certification. The following documentation must be presented to the NHYFSC Board of Officers and its designated assistants for examination and approval.

BYLAWS

ARTICLE X - CERTIFICATION

Section I General (cont.)

A: FOOTBALL AND SPIRIT ROSTERS:

Will be filled out as required by NHYFSC rules.

B: TEAM BOOKS:

No book will be examined unless the rosters are completed as required and all birth dates on birth certificates and all physical dates are highlighted. If the book is incomplete the team rep will be required to make all necessary corrections by the official final certification date.

C: REQUIRED PAPERWORK:

Documentation must be submitted according to Article IX Section VI, of these Bylaws. This documentation as required in Article IX Section VI, (Required Paperwork) must be arranged to follow the numerical roster. Please note that it is necessary for all documentation to be presented again at the official final certification. All documentation must be signed off as accurate and authentic by the association president.

Section II Official Final Certification

The NHYFSC official final certification is held for any books or rosters not competed during Dry Certification. No Association may leave until all copies of the roster are stamped and one is returned to the Association President or Association designee. Without an official NHYFSC stamped copy, your team will not be allowed to play.

Any paperwork missing, incomplete or incorrect will result in the child or coach being dropped. The child or coach will not be able to participate until the paperwork is correct. The child or coach will have the opportunity to be added by Final Supplemental.

Section III Final Supplemental

Final supplemental is the last opportunity to add participants and coaches. It will take place at a designated location prior to game three (3). Designated supplemental days/nights will be reduced from 2 to 1. The 2nd designated date will be retained. Rationale: the change from weighted to unweighted has significantly reduced the numbers at supplementals.

BYLAWS

ARTICLE X – CERTIFICATION

Section III Final Supplemental (cont.)

ADDS AND DROPS:

Football players/cheerleaders may be dropped at any time during the year. The Association President or designee and their Conference Director must coordinate adding or dropping of any eligible players or cheerleaders after the August Official Final Certification but prior to Final Supplemental. The official certified roster and appropriate copies must be submitted for recertification. Any drops prior to the Spirit Competition will be closely checked.

PROHIBIT LATER CERTIFICATION:

Any football/spirit participant and/or team/squad not certified by the Official Final Supplemental date will not be certified during that season.

COMPLETION:

Certification will not be considered complete until the Secretary has reviewed all documents for accuracy and forwards the same to the Regional and National Directors.

FINES AND FEES:

No team will be certified unless all fees and fines have been paid.








ARTICLE XI - PRACTICE REQUIREMENTS

Section I General

Practice shall not begin until August 1st or as set by the NHYFSC Executive Board. The actual date will be determined by the Conference. Pre-season practices are not allowed.

Section II Definition


To prevent possible bending of the rules and as a protection for the children, practices are defined as a gathering of football or cheer participants without a minimum number in the presence of at least one (1) coach where one or more of the following activities take place:

-  Chalk talk/skull session
-  Viewing of fundamentals film / reviewing cheer videos Group conditioning
-  Individual skills sessions (tackling, blocking, tumbling, stretching etc.)
-  Group skills sessions
-  Group stunting, flying, basing Routine run through Choreography
-  Dummies and other inanimate contact
-  Play run through without pads (shorts & t-shirt)

BYLAWS

ARTICLE XI - PRACTICE REQUIREMENTS

Section II Definition (CONT)

-  Play run through with equipment but without contact Intra-squad scrimmages with full pads and equipment

A party at a coach or parent home where game/competition films are shown or where football or cheer is talked about can be deemed a practice. Associations are discouraged from these activities.

Section III Conditioning

FOOTBALL TEAMS:

First week of practice consists of 10 hours of conditioning without pads. Second week of practice consists of 10 hours of conditioning in pads. A week is defined as seven (7) consecutive days starting on Monday. Pads consist of shoulder, hip, thigh, knee, and butt. Holding of blocking pads are approved for 1st 10 hours of conditioning. All conditioning hours must be completed by a NHYFSC Coach. No other sports involved will count toward an athlete's football or cheer conditioning hours.

CHEER SQUADS:

First week of practice consists of 10 hours of conditioning as defined by national affiliate. Conditioning is defined as basic warm-up exercises; conditioning for jumps & tumbling; arm motion drills; and basic stunting at prep level; learning of cheers or chants.

Section IV Late Candidates:

Any player added after a team has formed and/or after the season has started, must be subject to the same 20 hours of conditioning as stated above.

Section V Before Game 1

No team or squad may schedule more than 10 hours of practice per week before game 1. A week is defined as Monday thru Sunday. Not more than 2-1/2 hours of practice may be scheduled on any one day. No more than two (2) scrimmages per week with another association may be scheduled before Game 1 (See Restrictions below). These scrimmages will count against allotted practice time and the mandatory 10-minute break time will apply. A mandatory 10-minute break ("Mandatory Break") after each hour of practice is required. Mandatory Breaks do not count against the hours per week or the maximum hours per day.

BYLAWS

ARTICLE XI - PRACTICE REQUIREMENTS

Section III Conditioning (cont.)

PENALTY FOR FAILURE TO COMPLY: First offense head coach and president on probation for one year and one hundred (\$100) dollars fine to be paid by the association. Second offense the association is placed on administrative probation for the remainder of the current season. Depending on the circumstances, the team, coach, or association may be suspended for the remainder of the current season.

Section VI After Game 1

Practices are limited to 8 hours per week after game 1. Practices are not to exceed 2 hours per day. A mandatory 10-minute break ("Mandatory Break") after each hour of practice is required. Mandatory Breaks do not count against the hours per week or the maximum hours per day. No more than one (1) scrimmage per week with another association may be scheduled after game 1 (See Restrictions below). This scrimmage will count against allotted practice time and the mandatory 10-minute break time will apply. Game Day practices are prohibited. Practices may take place on game day if the football team/cheer squad have a bye.

PENALTY FOR FAILURE TO COMPLY: First offense head coach and president on probation for one year and one hundred (\$100) dollars fine to be paid by the association. Second offense the association is placed on administrative probation for the remainder of the current season. Depending on the circumstances, the team, coach, or association may be suspended for the remainder of the current season.

Section VII Scheduling Scrimmages

The local President and/or Football Coordinator must arrange all scrimmages and preseason Jamboree's; **in no case will coaches arrange them.** It is required that a board member of each association be present for the duration of each scrimmage.

PENALTY FOR FAILURE TO COMPLY: First offense Head Coach and President on probation for one year and one hundred (\$100) dollars fine. Second offense association permanently suspended.

A: RESTRICTION CALENDAR:

No association may scrimmage another association before week three of practice, one week conditioning, one week contact within the team.

To avoid any misinterpretation, 20 hours of practice is required before scrimmages may occur.

BYLAWS

ARTICLE XI - PRACTICE REQUIREMENTS

A: RESTRICTION CALENDAR: (cont.)

During week 1—players can use blocking devised such as shields, sleds, and dummies without pads.

During week 2—players can begin hitting within their team with pads.

No scrimmage is allowed between associations until week 3.

B: RESTRICTION OPPONENT:

No team will scrimmage a non-conference affiliated opponent without prior approval from the NHYFSC Commissioner.

C: RESTRICTION TRAVEL:

Any scrimmage outside of the HLA (state of NH) requires the approval of the NHYFSC Commissioner.

D: RESTRICTION DRILLS:

The following exercises and drills are banned from all practices and pre-game warm-ups: leg-lifts, neck bridges (sometimes referred to as neck rolls) and bull in the ring. Leg- lifts with knees bent are acceptable.

Section VIII Joint Practice

Any joint practice between two programs will be viewed as a scrimmage (only one per week after game 1).

PENALTY FOR FAILURE TO COMPLY: One hundred (\$100) dollar fine each occurrence.

Section IX Practice Violation

Penalty - Any violation of NHYFSC practice rules (\$100 fine, doubles with subsequent offenses unless stated otherwise.)

ARTICLE XII - COACHES REQUIREMENTS

Section I NHYFSC Clinic

The NHYFSC Clinic is mandatory for all rostered personnel, coaches, veteran and new, football and cheerleading each year.

Section II Staffing

A football teams or cheerleading squads coaching staff shall maintain complete charge of the team/squad whenever it is together at practices, games, traveling as a group to and from practices or games or together for any team/squad function such as a banquet. The coaching staff is under the direction of the Head Coach. The following applies to all coaches for football. (Refer to XIII Spirit squads for spirit coaches' requirements).

BYLAWS

ARTICLE XII - COACHES REQUIREMENTS

Section II Staffing (cont.)

Football Teams:

HEAD COACH

- ✚ Must be 21 years old by the start of the season
- ✚ Has final responsibility for his/her actions, those of his/her assistant coaches, coach trainees, football participants and parents.
- ✚ A rostered adult representative (21 years or older) must be present at all practices, games, and functions.

ASSISTANT COACHES

- ✚ Must be 18 years of age and a high school graduate.
- ✚ Maximum of 7 per team

COACH TRAINEE

- ✚ Must be between 15 and 17 years old.
- ✚ Maximum of 4 per team.

EQUIPMENT MANAGER

TEAM PARENT

Cheer Teams:

HEAD COACH:

- ✚ Must be 21 years old by the start of the season.
- ✚ Has final responsibility for his/her actions, those of his/her assistant coaches, coach trainees, student demonstrators, spirit participants and parents.
- ✚ A rostered adult representative (21 years or older) must be present at all practices, games, and functions.

ASSISTANT COACH:

- ✚ Must be at least 18 years of age and a high school graduate.
- ✚ Maximum of four (4) assistant coaches per squad.

JUNIOR DEMONSTRATORS:

Are ages 14—18, however, if a junior demonstrator is attending high school, they may be 13 years old. Junior Demonstrators may only carry out the instructions of the Head or Assistant coaches. It is recommended that all Junior Demonstrators work with teams a minimum of 2 years younger than his/her current age. Junior Demonstrators shall not conduct a practice.

ADMINISTRATIVE: In addition, cheer squads may carry the maximum total of 5 administrative cheer positions and 1 per team of the following positions:

TRAINER: Must have a current certification. (i.e., Athletic Trainer)

TEAM PARENT

BYLAWS

ARTICLE XII - COACHES RESPONSIBILITIES

Football teams' or cheerleading squads' coaching staff shall maintain complete charge of the team/squad whenever it is together at practices, games, traveling as a group to and from practices, games, competitions, or together for any team/squad function such as a banquet. The coaching staff is under the direction of the Head Coach. Vulgar/suggestive movements, words or music including hip thrusting, inappropriate touching, slapping, or positioning to one another will not be tolerated. The coaching staff should be familiar with all published safety rules. Attendance at coaches' clinics/workshops/conferences is highly recommended.

ARTICLE XIII - SPIRIT SQUADS

Section I General

The main purpose of Spirit Squads is to attend and cheer at every game in its entirety for the team they are assigned (home and away) and to participate in the Spirit Competition.

EXCEPTIONS:

- ✚ Tiny Mites who are not assigned a Flag Football team may leave a tackle football game after half time.
- ✚ Cheer organizations who have more football teams than spirit squads may assign teams to cheer from halftime to halftime of various teams to ensure that each team has cheerleaders for at least part of their games if they are cheering for the equivalent of one full game.
- ✚ If a cheer team is assigned to a football team that has a bye, that cheer team has the option to have a bye or cheer for another football team.
- ✚ In cases of inclement weather (such as heavy rain) association president or cheer coordinator have the authority to choose not to send their cheer teams to their assigned game provided they email their conference director as soon as possible that it is their intention without incurring a penalty.

BYLAWS

ARTICLE XIII - SPIRIT SQUADS

Section I General (cont.)

- ✚ It is optional for the cheer teams to cheer at all post-season playoff games.
- ✚ Cheer teams competing in an NHYFSC Association's hosted competition, where the Spirit squad's performance falls within their football teams game time, may be excused from cheering at the football game.

Section II Attendance

In times of playoffs cheer practices 6 hours in addition to the game.

It is optional for the cheer teams to cheer at all post-season playoff games.

PENALTY FOR FAILURE TO COMPLY: One hundred (\$100) dollar fine for not cheering at a regular season game.

Section III Encourage Cheer

All associations are urged to have a Spirit squad for each team you sponsor.

Section IV Formation of Squad

Formation of cheer squads as outlined by National Affiliate. All participants must be placed in the appropriate age division. Team roster must be in birth date order oldest to youngest. The child of a head coach must be age appropriate to the level of play as outlined in the current definition of Age Division. Uniforms or the ability to outfit cheerleaders and/or the ability to supervise them should be the only other limiting factors to squad size.

Section V Age Division

Formation of squads will be as outlined by the National Affiliate.

Section VI Mascots

Mascots as defined by this HLA may cheer and dance with a squad at games however, they may not perform with competitive squads at competition. Mascots may not perform or participate in any mount or stunt and cannot be a spotter. They may, however, accompany the squad at State, Regional and National competition and games and be involved in crowd participation sideline/chants.

BYLAWS

ARTICLE XIII - SPIRIT SQUADS

Section VII Squad Size

Cheer Small	5 - 18 participants
Cheer Large	19 - 36 participants
Dance	5 - 36 participants

Note: There must be a minimum of 5 participants to form a squad. Mascots are not included in the total count of any squad. The use of Mascots is at the discretion of the association. Mascots must be at least five (5) by July 31st of the current year. No adds are allowed after the third game of the season. Squad size will be determined by the third game. After that the roster will be final any dropped participants will not affect squad size.

Section VIII Cheer/Dance without Football

Any association cheer or dance squad that cannot be affiliated with a corresponding football team in any division during the season may form a cheer or dance squad with the following requirements:

- ✚ The squad must be age eligible for the division.
- ✚ The squad must cheer/dance for a football team weekly regardless of if the football team is affiliated with the NHYFSC. The cheer only association must submit an annual affidavit attesting to which football team they will cheer for.
- ✚ Additional Insurance is necessary for cheer teams without football

Cheer/Dance:

- ✚ Must provide all documents required by the NHYFSC
- ✚ Will cheer weekly at their regular scheduled games for the season. (Refer to pg. 20 Article XIV Spirit Squads, General, Exceptions)
- ✚ Will be governed under the cheerleading rules of both the NHYFSC and the National Affiliate.

The cheer teams will be eligible for the benefits of a normal conference team if all criteria are met.

Section IX Deployment

During games, spirit squads will deploy themselves 1 yard off the sideline as space allows, on either side of the bench area along the sideline starting at the 25-yard line and extending as far as necessary. During a game when cheerleaders face the crowd, the coaching staff should position themselves between the spirit squad and the field of play facing the field. Only (rostered) coaching staff should accompany the spirit team on the sideline.

BYLAWS

ARTICLE XIII - SPIRIT SQUADS

Section X Outside Competition or Exhibition

Spirit teams may perform at non-conference affiliated events with notification to the NHYFSC Spirit Coordinator. All requests must be made in writing prior to the event. Notification is required to assure the conditions of the Conference Liability Insurance are met.

Section XI Competition

The NHYFSC will host an annual Spirit Competition.

Section XII Spirit Trophies

The NHYFSC will make awards in accordance with the following guidelines as stated in the National Guidelines with at least the 1st and 2nd place winners advancing to the Regional Level. Any individual awards to be presented will be determined on an annual basis by the Executive Board depending upon budget considerations and the feelings of the Associations that year. Top Division 8 teams at each level who choose to advance can.

Section XIII Regional and National Championships

All Regional and National Championships will be handled by the HLA Coordinator.




Section XIV National Rules

All National or current affiliate rules will be followed for Regional and National Championships.

Article XIV - ENFORCEMENT POLICY

Section I General

All NHYFSC associations and/or teams will be called upon from time to time to do the following:

-  Resolve disputes between member associations individuals.
-  Take action to enforce local rules and regulations.
-  Discipline both adult and juvenile members.

Section II Minimum Mandated Penalties

Minimum mandated penalties for specific offenses are required by the rules to assure that punishment for the most serious infractions will occur on a uniformed basis.

FALSIFYING DATA:

It is against the rules to falsify any player data (residence, age, grade, scholastics or medical). Penalty for failure to comply: Coach, administrator or parent/guardian will be permanently suspended.

BYLAWS

Article XV - ENFORCEMENT POLICY

Section II Minimum Mandated Penalties (cont.)

President may also be suspended for one year on the first offense and permanently on the second offense. Association on probation for two years first offense and permanently suspended on the second offense.

PROBATION DEFINED:







An individual will be placed on probation (balance of season) for a first offense. A second offense of "the same rule" during the same season, while on probation would likely mean an automatic suspension for the remainder of the season. Any coach on probation will be required to meet with the Executive Board in the off season for approval to coach during the upcoming season.

SUSPENSION DEFINED:

Usually, one game for a first offense and balance of season for a second offense of "the same rule" within the same season. Any individual suspended is prohibited from attending any NHYFSC events including but not limited to practices, games, NHYFSC or association events during the suspension period even as a spectator. Permanent suspension may be used at the discretion of the HLA Executive Board.

Section III Adult Offenses

The following are minimum guidelines, but more severe penalties may be imposed.

-  **RUN-UP SCORE:** A finding of "guilty" shall result in Probation at a minimum; Suspension if the conduct is found to have been intentional and Dismissal in the case of a repetitive pattern (malice).
-  **ENDANGERMENT OF JUVENILES:** Suspension for 1 year to permanent suspension upon repeated offense.
-  **TEACHING PROHIBITED OFFENSIVE and/or DEFENSIVE**
-  **TECHNIQUES:** Suspension for 1 year to permanent suspension upon repeated offense.
-  **USING PROHIBITED OFFENSIVE and/or DEFENSIVE TECHNIQUES IN A GAME or SCRIMMAGE:** Forfeit of game. Suspension for 1 year to permanent suspension upon repeated offense.
-  **CHEATING:** Forfeit of game score. Suspension 1 year to permanent suspension upon repeated offense.

BYLAWS

Article XIV - ENFORCEMENT POLICY

Section III Adult Offenses

- ✚ **FIGHTING:** One game suspension. Suspension 1 year to permanent suspension upon second offense.
- ✚ **THREATS:** One game suspension. Suspension 1 year to permanent suspension upon second offense
- ✚ **GAMBLING ON GAME OUTCOME:** Suspension for 1 year.
- ✚ **LACK OF COOPERATION/OBSTRUCTION:** Suspension until compliance is achieved.
- ✚ **VIOLATION OF MANDATORY PLAY RULE:** 1st violation-suspension (may be reduced to probation); 2nd violation—Dismissal if original suspension still in effect, probation revoked, and original suspension reinstated.
- ✚ **FALISIFICATION OF OFFICIAL DOCUMENTATION:** Suspension for 1 year to permanent suspension for repeat offense. This would include but not be limited to parental consent, medical examination, proof of age and proof of academic fitness.

Upon suspension of any penalty provided herein an accused shall be placed on probation among the general conditions of which shall be (1) that the accused be and remain of good behavior and that he/she strictly enforce all rules and regulations of the NHYFSC; and (2) that the accused prepare and submit to his/her association his written plan to supervise implementation of the Mandatory Play Rule. In addition, a player denied his required number of plays will start the next game and receive double the number of mandatory plays in that game. The failure of a penalized coach to comply with this provision will be deemed a second violation.

Section IV Juvenile Offenses

Fighting, intimidation or disrespect for authority shall be cause for ejection from a game/competition. Any player/ spirit participant ejected from any game/competition for cause shall be ineligible for participation in their next game/ competition. A second ejection during the same season shall be cause for removal from the team for the balance of that season.

BYLAWS

Article XIV - ENFORCEMENT POLICY

Section V Team and Association Offenses

- ✚ **FAILURE TO KEEP FAITH WITH JUVENILES AND PARENTS:** is defined as any deliberate practice of a team or association which placed the health, welfare, and safety of juveniles in jeopardy, or exploits or treats them in such a manner that the juvenile becomes a “tool” of the team. To file this charge, the violation must result from team or association policy and not be an aberration of one individual. This implies that the practice is carried out by order of or with the knowledge of the association and no steps are taken to end it. **MINIMUM PENALTY:** Probation of the association coupled with permanent suspension of its presidents and all others who participated in the practice. Upon a second offense, suspension of the association until all officers are removed.
- ✚ **FIGHTING/RIOTING/INCITEMENT TO RIOT:** Game related to forfeiture of the game for first offense; forfeiture of the season for second offense within the same season. Scrimmage related at the discretion of the conference.

Section VI Parental Behavior

- ✚ A local Association or NHYFSC HLA has the right to impose one or more of the following sanctions toward any parent(s), legal guardian(s) or individual(s) who becomes verbally abusive or violent: Probation for one or more games and practices that includes a “zero tolerance” policy for the duration of the probation and balance of the season.
- ✚ Suspension for one or more games in which the parent(s) or individual(s) is/are not allowed to attend at games or practices for the duration of the suspension and to include a “zero tolerance” policy for the balance of the season.
- ✚ Refuse to register or to bar during the season children of violent parents(s)/legal guardian(s) or individual(s) only after the above sanctions have been followed or in extreme situations.
- ✚ A child’s participation in NHYFSC youth sports is a privilege, not a Constitutional Right. Therefore, as long as the sanctions are based solely on the actions of the parent(s)/legal guardian(s) and not based on sex, race, religion, etc., it is not discrimination.

BYLAWS

Article XIV - ENFORCEMENT POLICY

Section VII Contact with Officials

If a player or adult should strike/hit a game official or NHYFSC official, the offender shall be expelled from the conference.

Section VIII Association Review Board

A review board of football coaches and/or Presidents and the Vice Commissioner for football and spirit coaches and/or Presidents and the Spirit Coordinator for cheering, will act as a standing committee meeting every Monday evening or as needed during the season at a predetermined time and place. At least four members must be present to constitute a quorum and penalties will be levied as deemed appropriate by the review board.

SELECTION:

Panel will be selected from volunteers of presidents and cheer coordinators. They will be asked to submit names of coaches available to sit on the panel. Members will serve for a one (1) year term. Any review board member who is an interested party of an inquiry will excuse themselves from the proceedings.

CHAIRPERSON:

The NHYFSC Vice-Commissioner or Conference Board Member designee will Chair all Review Boards.

RESPONSIBILITY:

The review board will hear any grievance related to coaching or games (lopsided score, MPR, ejection, poor sportsmanship etc.). The review board will recommend a decision to the Vice Commissioner/Spirit Coordinator, who will administer the penalty according to the Constitution and Bylaws. Associations have the responsibility to communicate protests as soon as they are known to exist. Lack of prompt notification may result in denial of the protest.

NOTIFICATION PROCESS:

A—Association to report violation, problems, etc. no later than 8pm on Sunday after the game to the NHYFSC Conference Secretary.

B—NHYPSC Secretary will be responsible for notifying both the President and the head coach via email that a review board has been called. Details of date, location, time, and protest will be outlined in the notification.

PENALTY:

Any head coach or coach who is called to appear before the review board will appear or send a representative. If the coach or representative does not appear, the team coach in question will automatically be suspended for one (1) game. Penalties to double per offense.

BYLAWS

Article XIV - ENFORCEMENT POLICY

Section VIII Association Review Board (cont.)

All decisions will be levied that night with a written letter to be sent to the association president and the coach stating all penalties. The review board has the power to impose any penalty it deems appropriate including team, coach and association suspension or removal. All review board decisions are final. Anyone who seeks legal action against the NHYFSC, the review board or its members shall be removed immediately regardless of any legal or non-legal ruling.

PROCEDURE:

Any individual called before the review board, will have an opportunity to present evidence and witnesses (limited) and to review evidence against them. This is a review board not a tribunal; they are not bound by the rules of evidence. The review board chairperson must be informed of any grievance on the day that it occurs (by telephone).

Section IX NHYFSC Review Board

A review board of five (5) Presidents and three (3) alternates will act as a standing committee meeting as needed during the season. At least four (4) members must be present to constitute a quorum and penalties will be levied as the review board in its discretion deems appropriate.

Notes:

Section XXI Lopsided Scores

MID FIELD CONFERENCE:

(Change in process)

Section XXII Instructional 8U

(Added)

SAFETY

KICK OFFS

KICK RETURNS

POINTS AFTER ATTEMPT

PUNTS

THE RULES & REGULATIONS OF THE NHYFSC

RULES & REGULATIONS

Section I General

The NHYFSC will offer football and cheerleading and will be operated within the geographical area of New Hampshire and some areas of Massachusetts. The HLA will provide for play between all teams in order to determine playoff participants and conference champions. Playoffs will be scheduled by the Executive Board.

Section II Amendments

A President or designee of the Association may present amendments to these Rules & Regulations at any meeting. A majority of votes cast of the membership present is required to ratify the amendment. This amendment shall become effective immediately upon acceptance. No rules & regulations will be added or changed after August 1st or the first day of practice unless it is a safety issue or necessary to comply with AYF or AYC.

Section III Associations

CONSTITUTIONS:

Association constitutions are subordinate to and may not conflict with the New Hampshire Youth Football & Spirit Constitution/Bylaws/Rules & Regulations.

ADMINISTRATIVE PROBATION:

Administrative probation would require the presence of an NHYFSC board member or appointee as an ex-officio member of the local board. The ex-officio member would be notified of all regular or special meetings seven days prior and receive typed minutes within seven days of the same.

DISCIPLINARY PROBATION:

Disciplinary probation will be defined for each individual situation at the discretion of the NHYFSC Executive Board. The duration and severity of disciplinary probation will depend upon the circumstances, it may however include but not be limited to exclusion from all post-season play.

SUSPENSION:

Suspension as it applies to associations, may include one or all teams and may be from one game, to permanent.

FORFEIT:

Forfeit as it applies to associations may include one or all teams and may be from one game to one season and could include any titles or championships.

RULES & REGUALTIONS

Section III Associations (cont.)

FINES:

All fines assessed for violations committed by any individual member (coach, administrator) of an association are due and payable by the association regardless of whether the violator continues to be an active member of the association. Fines are due and payable 10 days from receipt of written notice from the NHYFSC Board. Fines may be protested in writing within seven days after they are levied.

Section IV Academics Achievement Award

Any rostered participant with a final grade point average of 90% or higher and entering the fifth (5th) grade in September of the current year is eligible for Academic Achievement Award consideration. Associations should complete individual Academic Achievement Award forms for all qualifying rostered participants. Forms must be submitted to the NHYFSC designee by the published date for that year. **Forms must be filled out in their entirety, dated, signed by both parent and participant.** Forms may not be photocopied, white-out or amended in any way.

Section V League Structure & Forming of Football Divisions

STRUCTURE:

All football teams will be ranked each year based on the previous year's win/loss record for that level of play.

DIVISIONS:

The NHYFSC will offer 2 divisions of play. A Green division and a White division. Associations to designate which division their team will participate in for the current season by the conference posted submission date.

Any level with 4 or less teams will not split and be considered one (1) division. Division of play will be determined by the win/loss record of the past season. If 50% of the teams are green the level will be green. If 50% of the teams are white the level will be white.

GREEN DIVISION:

- Will follow AYF Tournament Rules
- Will participate in Green Division Conference playoffs
- Will advance to New England Region Championships
- Will advance to AYF National Championships

RULES & REGULATIONS

Section V League Structure & Forming of Football Divisions (cont.)

WHITE DIVISION

- Will follow AYF Tournament Rules
- Will participate in White Division Conference Playoffs
- Will not advance to New England Region Championships
- Will not advance to AYF National Championships

Above divisions do not apply to Spirit Squads. Spirit squads follow Age Divisions as listed in By-Laws; pg 20, Article XIV

Section VI Scheduling

OFFICIAL SCHEDULE:

The playing schedule will be set up by the NHYFSC Executive Board before each season and will be final and binding.

STANDINGS:

All league schedule games will be official and binding and count in the standings.

GAME TIME:

All games are scheduled, based on the number of home games at a particular **field on Saturday or Sunday of the same weekend**. Five or more home games, 9am, 11am, 1pm, 3pm, 5pm, 7pm (five or more games cannot occur without lights after daylight savings time has been enacted). **When there are more than three (3) consecutive refereed games, the games will be played in the following order with 8U, 9U, 14U, 13U, 12U, 11U, 10U.**

When there are three or fewer refereed games, the hosting association can select the order of the games.

SCHEDULED GAMES:

A maximum of 14 games are allowed which includes playoff games not including National Playoffs.

PROHIBITION SCHEDULING:

No Individual team or local association may arrange a game. All games must be scheduled and/or approved, regardless of type, must be arranged through or with the sanction of the NHYFSC Commissioner.

FINES FOR FAILURE TO COMPLY: One hundred (\$100) dollar fine to the association.

RULES & REGUALTIONS

Section VII Game Day

CONTACT:

Host team President or Board Official will telephone or email visitors President or Board Official by preceding Wednesday to confirm game time, site, check-in schedule, accommodations, Jersey colors, etc.

POSTPONED GAMES:

The NHYFSC Commissioner must be notified immediately if a game is postponed. In a situation where games are cancelled due to field permits, it is up to the home team to relocate the game. In this case the option must first be given to the visiting team to move the contest to the visitor's field, provided that their field is available and playable. This move will have no effect on the following year's schedule. A member of the NHYFSC Executive Board and the opponent must be notified

immediately of any change or rescheduling. The rescheduling of the game will be reviewed/determined by the NHYFSC Executive board in consultation with the two (2) associations to make up the game including moving the game to a neutral field in order to obtain lights. An equitable arrangement regarding the use of the host team site snack bar must be made. All teams should have a backup field to protect high school rain outs or restricted use of their field on rainy days.

FINES FOR FAILURE TO COMPLY: One hundred (\$100) dollar fine.

SUNDAY PRACTICE:

Sunday practices are prohibited. Warmups after check-in only. Practice may not take place on Sunday under any circumstances. Early arrival or extraordinarily long warm-up, or pre-game, may be viewed as a practice time violation.

GAME BALL:

The NHYFSC will follow national Game Ball specification. Host provides game ball (Visitors may use own legal ball). The ball shall be of a good grade of leather, rubber, or composite material with specifications in the area of:

Manufacturer	8U-10U	11U-12U	13U-14U
Wilson	K2	Junior	Youth
Spaulding	PeeWee	Junior	Youth
Baden (Leather)	PeeWee	Junior	Youth
Baden (Rubber)	PeeWee	Junior	Youth
Rawlings	Wee	Junior	Youth

RULES & REGULATIONS

Section VII Game Day (cont.)

GAME BALL: (cont.)

Equivalent footballs may be used, but the specifications must fall within the range of those specified above for each division of play. The use of stick-um on the football or the application and use of such on any player's hands is not allowed. See Section XXIII Instructional 8U for football specifications at that level.

LENGTH OF QUARTERS:

Maximum length of each quarter and half-time is 10 minutes. Length of time between quarters is 2 minutes.

TIME CLOCK:

The referee will have final authority to have the clock kept on the field if in his judgment the home management's clock operator is not qualified.

TIME-OUTS:

A team shall be permitted time-outs based on National Federation of HS Rule.

HANDSHAKE:

Will take place after the completion of the game. Helmets on, coaches deployed between each fifth or sixth player. Be alert for unsportsmanlike conduct.

INTRODUCTIONS:

Announcements should be made while each team is on the sideline, so as not to delay the game.

CHECK-IN:

Each team checks in each week. Each team will have all players checked prior to each game during the season, including week one, to assure that the standards are being maintained. Teams will line up in roster order to expedite the process.

PROCESS:

Check-in will be held 1 hour prior to scheduled game time. The only exception will be for youngest level with a travel distance greater than 30 minutes. Each player will be called up and checked to the appropriate specifications for his/her level of play. Any player failing the check-in will remove his/her shoulder pads and will not be allowed to play in that game. Ineligible players will not turn their jersey inside out. Any violation must be reported immediately to the association conference director by the opposing team.

FINES FOR FAILURE TO COMPLY: Two hundred (\$200) dollars for non-compliance.

PLAYERS:





A free substitution rule is always in effect.

RULES & REGUALTIONS

Section VII Game Day (cont.)

INELIGIBLE PLAYERS:

There are five (5) definitions of an ineligible player:

-  Over age or underage for specified level.
-  Residing outside legal boundaries without appropriate waiver
-  Falsification of data on required paperwork
-  Failure to prove and provide academic eligibility

PENALTY FOR FAILURE TO COMPLY: Forfeiture of all games in which the ineligible player(s) was a member applied to the team involved.

LOCKER ROOMS:

Or any inside facility (pre-game or half time), if available must be provided for both teams. If facilities are not available for both team's participants, they will not be used at all.

FINES FOR FAILURE TO COMPLY: One hundred (\$100) dollars.

REPORTING:

All program Presidents must call or email all scores to the conference secretary no later than 8 p.m. on game day. Also report problems and ejection's, etc.

Section VIII Game Situation

FAILURE TO PLAY:

A team must show up for every game even if they have fewer than 13 eligible players and they must at least play a scrimmage.

PENALTY FOR FAILURE TO COMPLY: Forfeit and two hundred (\$200) dollars fine.

SIDELINE PERSONNEL:

Will be limited to one head football coach and his four assistant coaches, four coach trainee and two MPR monitors, the EMT, the local Association President and any officials who might be in attendance. The total number of team support personnel including coaches in the team box will not exceed 10. All the above-mentioned personnel will stay within the appropriate marked area or suffer a team penalty by the game official. This regulation will be strictly enforced in all NHYFSC games. Rostered Spirit personnel are permitted on sidelines in their designated area. All rostered sideline personnel must wear their NHYFSC ID Badge

RULES & REGULATIONS

Section VIII Game Situation (cont.)

SIDELINE CONDUCT:

Coaches code and fine applies to all volunteers within the playing field, chain crew, MPR people, conference people, EMT, association and conference officials and police or security people.

VIDEO TAPE:

The exchange of video tape is prohibited.

SCOUTING:

Scouting is permitted in the form of video tape, film, and written reports. Scouting is only permitted during a game situation. Scouting any type of practice is strictly prohibited.

COMMUNICATION DEVICES:

Such as headphones, cell phones and walkie talkies are prohibited from the coach's box, sideline personnel and chain crews.

FIELD CONDITIONS:

When field conditions are questionable, the decision to play or not lies with the head referee and local president or designee.

EARLY WITHDRAWAL:

No coach, association or team official may take a team off the field during a game without holding a mid-field conference with the head coach of each team and the head official to end the game. The head official oversees the game from start to finish following NFHS rules except for specific exceptions as noted in this constitution. No referee can over-ride NHYFSC or Current National Affiliation Rules or Presidents. The local association will handle non-game issues or violations.

PENALTY FOR FAILURE TO COMPLY: Football teams leaving a game without following NHYFSC protocol the coach will have a minimum of a 1 game suspension and be placed on probation for 1 year from the date of the violation. The association will be assessed a \$300.00 fine.

FEWER THAN 13 PLAYERS:

A team with fewer than thirteen (13) eligible players at game time will forfeit to the opposing team. You must, however, play a controlled scrimmage. The officials should be utilized, and all normal rules apply except those unlimited timeouts would be allowed. The length of the game or the four periods will be determined by the head coaches and the head official, they may not in any case exceed the times established in the National Federation of HS Rule Book.

RULES & REGUALTIONS

Section VIII Game Situation (cont.)

TIE BREAKERS:

All ties will be broken in all regular season and playoff games in all divisions except Flag and 8U division.

PROTESTED GAMES:

Protests will not be taken or heard on a referee's judgment call. Protests will be accepted on game rules violation. The review board must be notified on the day of the infraction. The protest will go to the review board on the Monday evening following the infraction. The review board will make a recommendation to the executive board. The ruling of the executive board will be final. All parties will be heard at the meeting who have a direct bearing on the protest.

Section IX Players:

DISCIPLINE:

Any disciplinary action taken against a player or cheerleader should involve the parent and should be documented in writing. The punishment should fit the crime. For most offenses, warning and/or removal from game on first offense, one week suspension on second offense and suspension for balance of the season on third offense.

ELIGIBILITY:

The eligibility of a player must be challenged prior to the start of the game.

PROHIBITION TWO TEAMS:

No player shall practice or play on or for any other football or spirit team during the NHYFSC season.

EJECTION:

Any player or cheerleader ejected from a game for any reason by an official will be ineligible to practice or participate in the next scheduled game. Ejected players may be on the sideline, they must wear their game jersey without any other football equipment. The association for which the player or cheerleader belongs to shall have the opportunity to appeal the 1-game suspension to the NHYFSC Executive Board. The Executive Board shall determine if an appeal hearing is warranted. If they find that one is warranted, they shall grant the offending association a hearing no later than the Wednesday following the date of the infraction. The board hearing the appeal shall consist of a minimum of one (1) NHYFSC Executive Board Member and two (2) neutral association Presidents.

RULES & REGULATIONS

Section IX Players (cont.)

EJECTION: (cont.)

If the review panel finds in favor of the player/cheerleader, he/she shall be reinstated to their respective squads immediately. If the review panel finds not in favor of the player/cheerleader, he/she shall be ineligible to practice or participate in the next scheduled game. If the player or cheerleader participates in the next game, the offending team will forfeit that game. It is the responsibility of the Local Association President whose player was ejected from the game to notify the President of the next opponent.

PROHIBITION INTEGRATING DIVISIONS:

It is strictly prohibited for a player or group of players to participate in any practice session or game where there is contact with players rostered on another division of play (ie: 10U vs 11U). It is strictly prohibited for any cheerleader to compete with cheerleaders rostered on another division of play.

PENALTY FOR FAILURE TO COMPLY: All coaches involved will be disciplined including up to being permanently suspended. The association president may also be permanently suspended. Association on probation for two years on first offense and permanently on second offense.

CAPTAINS:

In compliance with the "Team Concept" and in view of the ages of players/cheerleaders, the NHYFSC strongly recommends that team captains in football and cheerleading be rotated week to week in order to allow everybody an equal opportunity.

Section X Coaches

All rules apply to both football and spirit unless otherwise noted.

SIDELINES:

Coaches are restricted to the sideline except in the Flag and 8U division.

PENALTY FOR FAILURE TO COMPLY: One hundred (\$100) dollar fine per occurrence.

BEHAVIOR:

No coach may physically engage a child, (grab face mask, push, poke, slap, pull) regardless of their intentions, in any manner, that leaves a reasonable doubt (perception of the general public) as to their motivation.

RULES & REGUALTIONS

Section X Coaches (cont.)

EJECTION:

Any coach ejected from a game for any reason by an official will be ineligible to practice or participate in the next scheduled game. The association for which the coach belongs to shall have the opportunity to appeal the 1-game suspension to the NHYFSC Executive Board. The Executive Board shall determine if an appeal hearing is warranted. If they find that one is warranted, they shall grant the offending association a hearing no later than the Wednesday following the date of the infraction. The board hearing the appeal shall consist of a minimum of one (1) NHYFSC Executive Board Member and two (2) neutral association Presidents. If the review panel finds in favor of the coach, he/she shall be reinstated to their respective squads immediately. If the review panel finds not in favor of the coach, he/she shall be ineligible to practice or participate in the next scheduled game. If the coach practices or participates in the next game, the offending team will forfeit that game. It is the responsibility of the local Association President whose coach was ejected from the game to notify their conference director and the President of the next opponent.

PENALTY FOR FAILURE TO COMPLY: Coaches ejected from a game will be subject to a fine of: one hundred (\$100.00) dollars and probation for the remainder of the season as well as a one week suspension. Any coach ejected a second time during the same season while on probation will be fined again and suspended for remainder of the season.

Section XI Medical

GAME DAY MEDICAL:

The home team or hosting association has the responsibility to provide medical coverage at each game or competition. The safety requirement will be the presence of one individual associated with the home team/host association who is currently EMT qualified and certified.

EMT/CAT REQUIRED:

No game will begin without the presence of the designated / official EMT or Certified Athletic Trainer. EMT/CAT at flag games is optional

RULES & REGULATIONS

Section XI Medical (cont.)

EMT/CAT PAYMENTS:

Payment of EMT/CAT is the responsibility of home association. In the event that an association has offered their field to displaced teams the host association will provide the medical coverage, but the opponents will split the payment.

EMT/CAT DEPLOYMENT:

The EMT/CAT will position himself/herself on the home sideline in the team box.

EMT/CAT SUMMONED:

When a referee stops a game due to an injury, the designated/official EMT/CAT will automatically respond.

RESPONSIBILITY:

Once the EMT/CAT takes the field the decision on whether or not that player returns to the game is the responsibility of the EMT/CAT. (No member of either team's coaching staff may function as the designated/official EMT/CAT for a contest where they are a rostered coach). No parent, coach, doctor, or association official can overrule the decision of the designated/official EMT/CAT.

LOSS OF CONSCIOUSNESS:

Any player or cheerleader who loses consciousness in practice or a game must see a physician immediately. He or she may not return to practice without a doctor's note.

PENALTY FOR FAILURE TO COMPLY: One hundred (\$100) dollar fine, probation and one game suspension.

PROHIBITION MOVING INJURED PLAYER:

Under no circumstances will a coach carry an injured player from the field without the permission of the EMT/CAT. If a player can sit or stand and walk under their own power, they should do so.

PENALTY FOR FAILURE TO COMPLY: One hundred (\$100) dollar fine, probation and one (1) week suspension.

WARM WAETHER PRECAUTIONS:

- ✚ Teams must guard against serious heat problems. The training regimen of any team practicing under high heat and/or humidity conditions must:
 - ✚ Limit or eliminate laps entirely. Not assign laps as disciplinary action.
 - ✚ Schedule practices for early evening after the sun is lower Give players all the water they want to drink when they want it.

RULES & REGUALTIONS

Section XI Medical (cont.)

WARM WAETHER PRECAUTIONS: (cont.)

- ✚ All coaching staffs must keep an eye on all players and his/ her fellow coaches for the slightest sign of heat exhaustion or fatigue
- ✚ A fifteen-minute break is mandatory in the middle of each practice not to be counted against practice time.
- ✚ It is at the discretion of the association to cancel practices should the weather conditions be too extreme

HEAT STROKE/EXHAUSTION:

Heat stroke- is an extreme emergency, delay can be fatal. Generally, a victim collapses with warm dry skin, indicating failure to perspire and the body temperature rises.

Treatment: Cool the body in the most expedient way. Undress the athlete, cool with water and fan athlete to further cool him/her. Cold water or ice immersion can also be used to cool the victim of heat stroke. Obtain immediate medical care.

Heat exhaustion: can occur primarily due to heat stroke, producing weakness and heavy sweating, indicating a state of shock due to loss of body fluids.

Treatment: Place the victim in the shade, with the head level to, or lower, than the body. Give the patient plenty of water and/or electrolytes. There are a few older coaches who still give water sparingly, if at all. Give kids all they want to drink! Fluids should be readily available, and participants encouraged to drink throughout practices and games.

Section XII Field & Markings

REQUIREMENTS:

All fields will be equipped and marked in accordance with National Federation of HS Standards.

THE CHAIN CREW:

Down marker personnel will operate on the visitor's side of the field.

ROPING OFF:

Associations are required (in the absence of fences) to rope off the entire playing field by 10 yards or whatever is physically possible given the specific field constraints. Failure to comply: One hundred (\$100) dollar fine, each occurrence.

RULES & REGULATIONS

Section XII Field & Markings (cont.)

FIELD INSPECTION:

Walk the field before every practice or game, including end zones and sideline areas. Check for obstacles, holes, nails, broken pylons and exposed underground sprinklers or excessive dips of drains. Limit sideline crowds to improve player visibility and safety!

REQUIRED FIELD EQUIPMENT:

Each hosting field is required to have a working clock. Portable clocks are permitted as long as both sides are able to view. Flag games are exempt.

Section XIII Equipment Required

The following equipment shall be worn by all players in all divisions beginning with physical contact in practice sessions:

- ✚ Helmet: Only helmets bearing the NOCSAE Seal of Certification may be worn. All helmets must bear the current NOCSAE approved "Warning Label" in a visible position on the outside of the helmet. This "Warning Label" is the same label that is furnished by all helmet manufacturers and quality re-conditioners. (Note: Regulations regarding chin straps and face guards are to be followed per National Federation of HS).
- ✚ Shoulder Pads
- ✚ Pants: one piece or shell Hip pads
- ✚ Thigh pads Tail pad Knee pads Game Jersey
- ✚ Mouthguard (keeper style). Also refer to National Federation of HS rule for additional restrictions.
- ✚ Shoes—In all division's sneakers, molded rubber cleats, or detachable rubber or plastic cleats are permitted. No exposed metal or metal cleats are permitted.
- ✚ Athletic supporter
- ✚ Eyeglasses: When worn shall be of athletically approved construction with non-shattering safety glass or contact lenses.
- ✚ Any additional equipment worn by players shall be approved by the conference.
- ✚ Jewelry of any type is not allowed except religious or medical medallions but must be covered by the uniform.
- ✚ Headgear is allowed without knots or beads.

RULES & REGUALTIONS

Section XIII Equipment Required (cont.)

A player will be checked in 1 hour prior to scheduled game time with all his/her required equipment on, less the helmet. Any player found not to be wearing the equipment described when presented for check-in, will not be allowed to play in the game. Any player found to have swapped or changed equipment after the check-in will be ejected from the game and not allowed to play in the following weeks game. This violation must be reported immediately to the NHYFSC Director by the opposing team.

Exception: The only exception to the above rule will be a legitimate necessity for replacement of equipment and it must take place with the knowledge of the game referee and opposing head coach.

HELMET:

Only helmets bearing the NOCSAE seal may be worn. All helmets must bear the NOCSAE approved warning label in a visible position on the outside of the helmet. (The NHYFSC prefers the lower right backside of the helmet). It is the responsibility of the local Board of Officers to see that these helmets are inspected every two years and re-certified and reconditioned to meet NOCSAE standards. Warning label should be read to all players and parents by a designated board member or Head Coach. Failure to do so may result in a lawsuit if a player is injured.

RE-CERTIFICATION:

Helmets must be re-certified every two years, example: 2001 season must have been certified not earlier than 1/1/03 or a bill of sale for new helmets.

CHIN STRAPS:

(4) point chin straps must be used on all helmets in all divisions of play.

CLEATS:

No metal cleats are permitted. No exposed metal or metal studded cleats shall be allowed.

SECTION XIV Safety Responsibility

The Head Coach of each team shall be responsible for all players wearing the required equipment. He shall make the inquiry before every practice and game and see to it that no player practices or plays without the proper equipment.

PENALTY FOR FAILURE TO COMPLY: If it is found through investigation that a player violated this rule, the head coach will receive a one hundred (\$100) dollar fine, one week suspension and probation.

RULES & REGULATIONS

Section XV The Picture/Roster book

Will be arranged with the oldest to youngest. The team being checked-in will be accompanied by their team check-in designee or association official. Programs may have a single representative at the check in. Book and roster must be available one hour before game time.

Section XVI Uniforms

ADORNMENTS:

Adornments to include team logo, player number, player name, American Flag and helmet award stickers may be worn on the football uniform or spirit uniform. Adornments such as player nicknames, captain designation and sponsor advertisement may not be worn.

JERSEYS:

Players shall wear numbered jersey of uniform color. The numbers shall be at least six inches high on the front side and eight to ten inches high on the backside. Under no circumstances will a team change jerseys after the pre-game check-in has been completed.

PENALTY FOR FAILURE TO COMPLY: One hundred (\$100) dollars.

PLAYER NUMBER DESIGNATION:

Each player shall wear a number between 1 and 99. Numbers "0" and "00" are not allowed. During a game where a PA system is used, the number of any player committing a foul shall not be announced.

HOME/AWAY:

Each team must have home and away jerseys in order to be eligible for the New England regional championships. Numbers must match certified number.

CONFLICT:

Home team is responsible to accommodate the visitor and resolve any jersey color conflict. The Home team will wear pull over target shirts or scrimmage vests to resolve the conflict.

Section XVII National Federation of HS Rules

STATE RULES:

Massachusetts and Texas are the only states that play NCAA Rules at the High School levels. When playing teams from any other state, you will be playing by National Federation of HS Rules.

RULES & REGUALTIONS

Section XVIII

Mandatory Play Rules

PRINCIPLE:

The NHYFSC utilizes Mandatory Play Rule (MPR) in all divisions of play at ALL games. This rule is one of the basic principles that the NHYFSC is founded on. MPR monitors are required at every game including playoffs.







LATE ARRIVAL:

Any player qualifying to play in a game after the game has started "must be checked in prior to the end of half time". That player is still required to get their allotted minimum plays.

RULE:

The following shall be the Minimum Mandatory Play rule for all NHYFSC teams.

DAY OF GAME

TEAM SIZE MPRs	EACH PLAYER
MUST PLAY	
31-36 players	(10) plays
25-30 players	(12) plays
19-24 players	(14) plays
13-18 players	(18) plays
	The plays must be from the line of scrimmage
	Kickoffs, extra points, and free kicks shall be used in fulfilling the MPR requirement
	A play shall not count toward fulfillment of the MPR if the play results in a penalty which causes the down to be replayed
	All players shall be provided their mandatory plays by participation in "active" plays, without the intent to minimize the action or integrity of the plays.
	Plays such as, but not limited to, having the center snap the ball to the quarterback and then the quarterback falls to the ground while substitutes are playing the other positions shall NOT be considered as active plays.
	All players shall receive their mandatory plays by the end of the third quarter or shall enter the game at the start of the fourth quarter and remain in the game until they have received their required number of plays.

TEAM DETERMINATION:

The number of players checked in and ready to play at a game will determine roster size for the minimum number of plays required for that game.

RULES & REGULATIONS

Section XVIII Mandatory Play Rules (cont.)

INFORM PLAYERS:

Explain MPR to all players at the initial practice, stating that if a coach gets engrossed in a game and loses track of plays owed, they are to politely remind the coach of his memory lapse.

INFORM PARENTS:

Verbally, at all meetings, and by letter, advise parents of the MPR. Should a parent observe lack of plays given his/her son or daughter, he/she is to bring it to the attention of the coach after the game. If this is not addressed in the next game, parents will report the violation to the Association President.

EXCEPTION:

The only exceptions to the Mandatory Play Rule (MPR) will be for injuries, disciplinary reasons, such as, unexcused absence from practice or other local rules which have been explained in writing to all players and cheerleaders and is applied to starters as well. Any player being held out for medical or disciplinary reasons should not be checked in. Any disciplinary action which extends to two games or more will be investigated by the NHYFSC Board. This section also applies to all cheerleaders having the right to cheer at their games.

MONITORING:

Each team must provide two (2) monitors, one on each sideline at every game, to ensure compliance with NHYFSC MPRS. The opposing team's monitor will record your team's MPR on your sideline with your monitor spotting for him/her and vice versa. Once MPR requirements have been met, Team A's MPR sheets will be signed by the Head Coach of Team A and both monitors on team A's sideline. The same procedure will be used for team B's MPR sheets. A player who fails to meet his minimum play requirement is required to start the next game and play twice the required number or plays.

PENALTY MONITORING:

Failure to provide two monitors at each game will result in a Twenty-five (\$25) dollar fine per monitor per game.

PENALTY MPR:

A one hundred (\$100) dollar fine, probation and one game suspension for not meeting MPR rule on the first offense. Fine and suspension double on subsequent offenses.

RULES & REGUALTIONS

Section XVIII Mandatory Play Rules (cont.)

REPORTING:

Each Association President is responsible for sending the signed MPR sheets to his/her Conference Director within five

(5) days after a request has been made to confirm MPR compliance for the preceding game.

PENALTY FOR FAILURE TO COMPLY: Twenty-five (\$25) dollar fine each occurrence.

Section XIX Scoring Value

GAME SCORING VALUES

A) Touchdown	(6) points
B) Field Goal	(3) points
C) Safety (Awarded to opponent)	(2) points
D) Kick (Point after touchdown)	(2) points
E) Rush or Pass (Point after touchdown)	(1) points
F) Forfeit (Offended team wins by)	(1) points

POINT AFTER TOUCHDOWN ATTEMPT:

(kick) NHYFSC strives to develop the kicking game in all divisions and awards two (2) points for successful conversions of the kick.

Section XX Game Officials

STAFFING:

Four (4) officials will be scheduled at all levels. A contest can begin with (3) officials in case of an emergency or exigent circumstances. Under no circumstances is a game to be played with less than (3) officials.

EXCEPTION:

In 8U at least two referees must be present for an official game. One must be board certified. Under no conditions is a game to be played with less than (2) officials.

PAYMENT:

Only the Officials who show up at the Field to do a game will be paid their fee (current season pricing to prevail) split by each team. There will be absolutely no splitting of an absent official's fee with the other two game officials. Officials are to be paid on the day of the contest, if a problem arises they must be paid by the following Wednesday.

PENALTY FOR FAILURE TO COMPLY: One hundred (\$100) dollar fine.

PLAYOFF:

The number of officials to be used at playoff games will be at the discretion of the NHYFSC Commissioner.

RULES & REGULATIONS

Section XX Game Officials

N.E. REGIONAL PLAYOFFS:

The number of officials to be used at the New England Regional Playoffs will be at the discretion of the region host.

COMPLAINTS ABOUT OFFICIALS:

Complaints about officials are to be made in writing within 48 hours of the game to the NHYFSC Board with specific referee information and made public to all member presidents. Complaint to include level and time. Complaint will be submitted to scheduler to begin investigation/concern.

Complaints will be considered valid if the NHYFSC Review Board of presidents decides that they are. Complaints by more than one member about a specific Official deemed valid by a Review Board will result in the NHYFSC no longer hiring that official for that season. Valid complaints for two seasons will result in a permanent suspension from being hired from the NHYFSC.

Complaints should be but not limited to conduct, attitude, and safety. No complaints will be made on calls.

Section XXI Lopsided Scores

SLAUGHTER RULE:

The lopsided score is attained when one team is ahead by 35 points or more a mandatory midfield conference will be held between the 2 head coaches, home/host field director in charge and the head official.

TONE IT DOWN:

When the score becomes lopsided, tone it down, horns, sirens, and other noisemakers will cease to exist.

Coaches should not stop coaching, but criticism and praise should be muted and restricted to the sidelines.

MID FIELD CONFERENCE:

Once the lopsided score is met, the game is stopped for a mandatory conference at mid field between the 2 head coaches and the home field Director in charge and the head coach.

RULES & REGUALTIONS

Section XXI Lopsided Scores (cont.)

MID FIELD CONFERENCE: (cont.)

The score is recorded, and this will be the final score of the game.

- ✚ There will be no Kickoffs – ball is placed at 40-yard line for team to go 60 yards.
- ✚ The clock will follow current years NFHS mercy rule.
- ✚ All players that have not completed their MPRs at time of lopsided score must immediately be put into the game and kept in the game until minimum plays attained.
- ✚ All turnovers are blown dead. There will be no defensive scoring.
- ✚ Plays not to be ran would consist of traps, reverses, option passes, trick plays and sweeps.
- ✚ The winning team does not have to sit their top players unless they have already played many plays but must have them in different positions.

PROTESTS:

If at the end of a game the Lopsided Score is reached, one of the following will apply:

1. Agreement by both Teams: If both teams agree that all steps were taken to prevent the lopsided score from occurring, the matter will be closed. No hearing will be required. The MPR sheet and lopsided questionnaire will be mailed or handed to the Director within 5 days.
2. Disagreement by either Team: A hearing will be held by the review board on the Monday evening following the game if either team believes the opponent intentionally ran up the score or did not follow the outline set forth in the NHYFSC Constitution when the score reached the point differential, trying to prevent a lopsided score. MPR sheet and lopsided questionnaire must be brought and turned in to the review board.

VIOLATIONS:

NHYFSC philosophy is to refrain from humiliating a weak opponent.

PENALTY FOR FAILURE TO COMPLY: One Hundred (\$100) dollar fine, probation and one week suspension on first offense. Fine and suspension double with subsequent offenses.

RULES & REGULATIONS

Section XXII Instructional 8U

COACHING:

Only one (1) coach is allowed on the field during play. The field coach must be 10 yards behind the line of scrimmage.

One (1) additional coach may enter the field during a timeout. The on-field coach MAY NOT reset the defense or offense once either alignment has been set. Coaching must be done prior to play—NOT DURING. Penalty: 1st warning, 2nd 5 yards, 3rd and any subsequent 15 yards.

RUSHING:

No rushing of Punts, Free Kicks, Field Goals or an Extra Point Kick. EVEN if the snap is a fumble. After the kick, players may block.

BLOCKING THE CENTER:

The center may not be immediately hit upon snapping the ball. He must be given the opportunity to regain his footing.

BLITZING:

Is NOT allowed on any play. Blitzing is defined as: Any movement towards the line of scrimmage, by a defensive player prior to the snap of the ball; Any player on the line, except the Defensive Ends, in a two-point stance (standing) who shoots the gap as the ball is snapped; Any Line Backer in a two-point stance closer than 3 yards from the line of scrimmage who shoots the gap as the ball is snapped. After the play has developed, anyone can rush.

SAFETY:

The ball is placed automatically at their own 40-yard line

KICK OFFS:

Are not allowed

KICK RETURNS:

Will not be allowed

POINTS AFTER ATTEMPT:

Will have no blocking attempts.

PUNTS:

All punts will have no rush and ball will be blown dead where the ball lands and comes to a stop. There will be no run back attempts on punts at the instruction 8u level

OFFICIALS:

At the start of the game, you may want to have the official on the line and the other as an umpire 3 yards behind the line to help cover this.

RULES & REGUALTIONS

Section XXII Instructional 8U (cont.)

PENALTIES FOR BLOCKING ON CENTER AND BLITZING:

First time warning, 2nd 5 yards, and 15 yards for 3rd violation and on. The 15-yard penalty will be charge to the on-field coach. Two 15-yard penalties on any coach and he is gone for the game.

QUESTIONS ABOUT PENALTIES:

In an effort to improve his or her team the Head coach may ask the officials to explain a penalty. This explanation usually includes the players number who was responsible for the penalty. No loss of time out will occur for this explanation.

TIME OF QUARTERS:

Four ten-minute quarters. An 8U game should not be cut short in order to keep the day "on Schedule".

SCORES:

Scores will only be posted as wins or losses on websites and in newspapers. If your field has a scoreboard, you can display scores during the game.

FOOTBALL:

A "K-2" size ball is allowed for 8U level.

AGE REQUIREMENTS:

Ages 6, 7, and 8 will be permitted. Children in Readiness and Kindergarten my participate as long as they fall within the same ages specified.

GAMES:

8U games may be played on a different day if it is more convenient.

Section XXIII Length of Season

MAXIMUM:

Per National Federation of HS Book. Any abuse of the maximum number of contests allowed will result in a one hundred (\$100.00) dollar fine, probation and one week suspension.

EXCEPTION:

The national championship game will not be counted toward the total number of allowable games.

RULES & REGULATIONS

Section XXIV Post Season Bowl Games

BIRTH CERTIFICATES:

Teams advancing to regional or national competition (players/cheerleaders) must supply birth certificates as specified by national affiliate.

CHECK IN METHOD:

The New England play-offs and the National games will be checked in no exceptions. When playing a post season bowl game, the host site governs the check-in method used by their HLA.

FEES AND FINES:

No team will be allowed to advance to playoffs, post season play or championships unless all fees and fines have been paid.

PENALTY FOR FAILURE TO COMPLY: Any association that fails to make payment on conference fees within the prescribed limits a fee of \$25.00 per day not to exceed Five Hundred (\$500) dollars

SPIRIT REQUIREMENTS:

Cheer squads' attendance is optional at all post-season playoff games

Section XXV Playoffs:

There are no playoff games for the 8U level. 9U Level and White Division are competitive in the NHYFSC. All 9U teams and White Division Stop at Conference Finals.

QUALIFICATIONS:

- ✚ Levels with 5 or fewer teams will have the top three (3) teams advance to playoffs based on overall record. First place team with the best record will receive a bye to the finals. Remaining 2 teams will advance to Semi Final round.
- ✚ Levels with 10 or fewer teams will have the top four (4) teams advance to playoffs based on overall record for the current season. The four (4) teams advance to the Semi Finals.
- ✚ Levels with 11 or more teams will have the top six (6) teams advance to playoffs based on overall record for the current season.
 - 1st and 2nd place teams with best record will receive the bye to Semi-Finals.
 - The four (4) remaining teams with the best records advance to quarter final round.

RULES & REGUALTIONS

Section XXV Playoffs:

TIEBREAKER - Used to select 6 teams to playoffs:

(If there is a tie for teams qualifying for 6 playoff spots available)

If there are more than 2 teams that are tied the tiebreaker should be used from Ruling#1 down, never re-starting at previous ruling after one of the teams is eliminated.

- ✚ Head-to-head
- ✚ Win percentage against Common Opponents
- ✚ Best record percentage of opponents defeated.
- ✚ Fewest points allowed
- ✚ Coin Toss

NOTE: Rulings are listed by rank, i.e., Ruling #1 had precedence overruling #2, etc. ***See tiebreaker descriptions.

QUARTER FINAL PLAYOFF ROUND:

Quarter Final Games on Wednesday & Thursday

- ✚ The four teams in the Quarter Final round include the 4 remaining teams with the best records.
- ✚ Quarter Final games will take place on the Wednesday and Thursday evening following the last regular season game. Playoff sites to be bid preseason. Game times to be 6 p.m. and 8 p.m. with the youngest players playing first.
- ✚ The teams participating in the quarter final games will split the cost of the game officials.
- ✚ The four teams in the Quarter Final round are ranked based on win/lose record and Quarter Final tie-breaking rules. Quarter Final round Team 1 vs 4, Team 2 vs 3.

QUARTER FINAL TIEBREAKER- Used to help rank

Quarter Final teams if they have same win/loss record

If there are more than 2 teams that are tied the tiebreaker should be used from Ruling#1 down, never re-starting at previous ruling after one of the teams is eliminated.

1. Head-to-head
2. In Conference Record
3. Win percentage against Common Opponents
4. Best record percentage of opponents defeated.
5. Coin Flip

NOTE: Rulings are listed by rank, i.e., Ruling #1 had precedence overruling #2, etc. *See tiebreaker descriptions.

RULES & REGULATIONS

Section XXV Playoffs (cont.)

SEMI-FINAL PLAYOFF ROUND:

Semi-Final rounds will be held the following Sunday after the last regular season game. The Semi-Final game order will be youngest to oldest level of play. The team advancing from the Quarter Final round with the best record plays the winner with the 2nd place record. The team advancing from the wildcard round with 2nd best record plays the winner with 1st place record.

SEMI-FINAL ROUND TIEBREAKER:

Used to help rank 2 winners if same win / loss record. If there is a tie between 2 winners advancing to semi-finals, the tiebreaker should be used from Ruling #1 down, never re-starting at first ruling after one of the teams is eliminated.

1. Head-to-head
2. Win percentage against Common Opponents
3. Best record percentage of opponents defeated.
4. Coin Flip

CONFERENCE CHAMPIONSHIPS:

Surviving teams of the Semi Final Round will meet the following Sunday for the conference championship game. **Tiebreaker Description**

HEAD-TO-HEAD:

The winner of the regular season game(s) between teams tied at the end of the season will be awarded the higher position. If more than 2 teams are tied at the end of the season, all teams need not have played each other for this tie breaker to be used.

Example 1: If in the regular season Team A beat Team B and Team B beat Team C the playoff ranking would be as follows:

Position 1—Team A

Position 2—Team B

Position 3—Team C

Example 2: This rule applies if there is a hierarchy. For example, A beat B; A beat C; B beat C

Position 1— A

Position 2— B

Position 3— C

WIN PERCENTAGE AGAINST COMMON OPPONENTS:

The higher position will be awarded to the team having the best record when comparing an equal number of games against common opponents

RULES & REGUALTIONS

Section XXV Playoffs (cont.)

BEST RECORD PERCENTAGE OF OPPONENTS

DEFEATED:

Determine the best record percentage of all opponents that were defeated. The team with the better percentage of opponents defeated wins this tiebreaker

FEWEST POINTS ALLOWED:

Teams with the fewest number of points scored against them.

COIN TOSS:

A coin will be tossed to settle.

Section XXVI AWARDS

The NHYFSC will present awards in accordance with the following guidelines for both Green and White Divisions.

CONFERENCE/DIVISIONS CHAMPIONSHIP TROPHYS:

Awarded to the winner of the Division Championship game in each level of competitive play.

CONFERENCE/DIVISIONS CHAMPIONSHIP RUNNER UP TROPHY:

Awarded to the runner up in each level of competitive play in each division.

Section XXVII Region/National Championship Eligibility:

- ✚ Must be declared Conference Green Division Champion
- ✚ Must submit certified roster with National by specified date.
- ✚ It is highly recommended that football teams competing be accompanied by the corresponding spirit squads at all games except when the region/national cheer competition is being held the same time
- ✚ All teams must travel with a copy of the certified roster, conference registration forms with photo identification, and all required paperwork.
- ✚ An absentee form for any participant certified on the roster not

in attendance.

RULES & REGULATIONS

Section XXVIII Common & Prior Requirements for Hosting an NHYFSC Event

PLAYOFF BIDS:

Wildcard and Semi-final rounds will be bid by associations interested in hosting. Any association interested in hosting the playoffs will submit their request to the NHYFSC Commissioner and Secretary by the September meeting.

CONFERENCE CHAMPIONSHIP GAME:

Will be an NHYFSC event. It will be played at a predetermined site of the highest standards. This will not be a bid site. The NHYFSC Executive Board will make the final choice.

HLA SPONSORED:

The NHYFSC will provide the game officials and conduct all check-ins. NHYFSC personnel will supervise all mandatory play functions.

ADMISSION:

Fees to be determined annually.

CHECK-IN:

Check ins will be conducted by HLA officials 1 hour prior to scheduled game time. Quarter final games may have altered check in times.

HOME FIELD:

Home/Away sidelines will be determined by Highest Seed. High seed will be the home team.

CHAIN CREW:

Chain crew will be provided by host program in all games and will operate on the visitor's sideline.

FINANCIAL:

Host sites are responsible for EMT/Athletic Trainer fees. Associations participating in all playoffs will pay half the cost of the game officials: The number of officials to be used at playoff games will be at the discretion of the NHYFSC Commissioner. The NHYFSC will be responsible for police details.

ENDORSEMENTS:

Host programs may use the NHYFSC and current National Affiliate name for concession items (T-shirts) and publicity. Host programs must not use any NHYFSC event to promote any company or product that is not concession related.

RULES & REGUALTIONS

Section XXIX Spirit Competition Requirements

The Spirit Competition is an NHYFSC event. All requirements and supplies necessary will be provided by the NHYFSC.

Section XXX Spirit Competition Warm-Up Rules

WARM-UP:

You may tumble and stunt in the designated area only. If caught stunting outside of the designated warm-up area a five (5) point deduction will be assessed. Your team will be notified before entering the competition area.

Section XXXI Spirit Competition Guidelines

PROCEDURE:

Mascots may perform the pledge of allegiance. Tickets will be pre-sold. Fans must abide by facility rules regarding air horns, banners, camera's, food, beverages, etc. Doors will not open until program is ready to start.

AUDIO:

Every person who is responsible for music should meet with the audio tech before the start of the competition to review the equipment guidelines. Music is the sole responsibility of each individual squad and/or coach. Any restarts or second opportunities for CD or tape failure will be at the discretion of the HLA Coordinator.

ROUTINE DEFINED:

Cheerleading by its nature is subjective, therefore, rules regarding particular "moves" are subject to interpretation. Be

Notes:

No changes for 2022

NHYFSC FLAG FOOTBALL RULES

NHYFSC FLAG FOOTBALL RULES

RULE 1: GENERAL

F1-1:

The intention of this level is to focus on FUN and provide a structured environment for the children to learn the sport.

F1-2:

The NHYFSC Flag program allows children ages 5–8 but cannot turn 9 on or before 7/31 (must be 5 by 7/31)

F1-3:

Two (2) levels will be offered. Level one for ages 5, 6, & 7 and level two for ages 7 & 8.

(Association that cannot field a 5, 6, 7 level one team will still be able to have those athletes play on the level two team).

RULE 2: PLAYERS

F2-1:

A game is played between two teams consisting of eight (8) players each.

F2-2:

Each team roster shall have a maximum of 16 players, and a minimum of 10 players. A forfeit will result when the minimum is not met.

F2-3:

Home team is the first team listed on the schedule

F2-4:

Only players appearing on the official certified team roster are to be counted as players.

F2-5:

All children should have the opportunity to play as many positions as possible.

F2-6:

Offensive alignment: Must have five (5) players on the line of scrimmage and three (3) in the backfield. Splits between the offensive center and the offensive guards must be no wider than 24 inches.

F2-7:

Man in motion is not permitted

NHYFSC FLAG FOOTBALL RULES

RULE 2: PLAYERS (cont.)

F2-8:

Defensive alignment - linemen will be at least one yard off the line of scrimmage. Linebackers must be four yards off the line of scrimmage. Blitzing or stunting through the gaps between the offensive center and guards (commonly known as "shooting the gap"), is not permitted under any circumstances.

F2-9:

Minimum Play Rule: Each player will play a minimum of two quarters unless a child is sick or under disciplinary action. All actions must be reported verbally to the association presidents, referees and opposing team's coach prior to the start of the game. Failure to abide by this rule will result in forfeiture of that game.

F2-10:

A team will have 30 seconds to put the ball in play after the ready signal.

RULE 3: PLAYING FIELDS

F3-1: GENERAL

The playing field shall be 30 yards wide by approximately 160 feet long (the width of a regulation football field) with the regulation football field sidelines becoming the flag football field end-zones.

- A. The flag football field will then be split into three zones by placing markers or cones 15 yards in from each end zone leaving approximately 20 yards in the center.
- B. Goal Posts are unnecessary as points after TD are made only by passing or running and there are no field goal kicks

F3-2: FIELD EQUIPMENT

The following field equipment will be used:

- A. A Down Marker will be used to indicate the number of the down.
- B. A Zone Marker will be used to indicate the distance to go for a first down (placed at the forward zone line).

NHYFSC FLAG FOOTBALL RULES

RULE 4: EQUIPMENT

F4-1- GAME BALL:

A "K-2" size game ball will be used.

F4-2- FLAGS:

- A. Each player must wear a belt with the number of flags designated as "standard" by the conference, which will be 2 flags.
- B. The flags will be attached to a belt and extend or hang from each side of the player's body.
- C. Flags will be 14-20 inches long and a minimum of 2 inches wide.
- D. The belt must be tight to prevent being turned around during a de-flagging.
- E. The flags may not be rolled, tied, pinned, or sewn on the belt.
- F. Jerseys cannot be worn over flags.
- G. If a player's flag is inadvertently lost, he is ineligible to handle the ball.
- H. Flags are to be of contrasting colors between opponents and different from game uniform. Definitions of uniform shall be game pants and/or jersey.

NOTE: The flags will be attached to a belt made for that purpose. Such a belt has equal resistance at the point of attachment of flags, thereby ensuring an equal effort necessary to de-flag a player.

F4-3 - GAME UNIFORMS

- A. All team members must wear the same color jersey.
- B. All jerseys will be numbered on the back, numbers on the front are optional.
- C. Any type of pants or shorts may be worn provided said pants or shorts have no front or side pockets.
- D. Jerseys will be tucked in at all times.
- E. Sneakers are the preferred shoe; however, non-detachable, rubber-cleated shoes are allowed. No other footwear is acceptable.

NHYFSC FLAG FOOTBALL RULES

RULE 4: EQUIPMENT (cont.)

F4-4 - EYEGLASSES

Eyeglasses, when worn, shall be of athletically approved construction with non-shattering glass (safety glass).

F4-5 - MOUTHGUARDS

Mouth guards are required, no keeper strap is necessary.

RULE 5: PROHIBITED EQUIPMENT

F5-1:

Spiked or street shoes.

F5-2:

Padding of any kind, including hard surface padding such as shoulder pads, hip pads, and helmets.

F5-3:

Hard metal or any other hard substance on a player's clothing or person.

F5-4:

Anything that conceals the flags.

F5-5:

Slick or sticky substances such as grease or glue.

F5-6:

Any equipment, in the opinion of the referee that will endanger or confuse players.

RULE 6: REFEREES

F6-1:

There will be at least two (2) referees, one from each team. Coaches will also be allowed to referee.

F6-2:

Each referee will be on the opposite sideline from their team.

F6-3:

Each game official will carry a handkerchief and drop it whenever an infraction occurs.

NHYFSC FLAG FOOTBALL RULES

RULE 7: THE RULES OF THE GAME

F7-1 - PLAYERS

- A. Each team will have four consecutive downs to advance the ball into the next forward zone or to score a touchdown.
- B. Once a team enters into the next forward zone, it is a first down and a new series of downs begins.
- C. A team failing to move the ball into the next zone will lose possession. The opposing team takes over at the point where the ball is declared dead and begins its series of first down and zone to go.
- D. The forward part of the ball touching any line will be the determining factor in measuring for a first down or a touchdown.
- E. A down will be repeated if provided for by the rules.
- F. When the offensive team is within the last zone and has a first down, it will be first down and goal to go.
- G. At the conclusion of each down, the referee will place the ball in the center of the field (equal distance from sidelines - not on a hash mark)
- H. The free substitution rule is always in effect and a player may enter the game any time the ball is dead.

F7-2 - TEAM COACHES:

One coach for each team will be permitted on the field.

F7-3 - TIME

There will be Four (4) ten-minute quarters.

- A. The clock will start upon placement of the ball
- B. Time between plays - The offensive team has 30 seconds to put the ball into play after the referee whistles the ball ready for play.
- C. The clock will be a running clock and will only stop for the following:

NHYFSC FLAG FOOTBALL RULES

- i. 1 - Time outs (each team is allotted two timeouts per half) 2 - Injuries
- ii. During the point-after-touchdown attempts
- iii. A two-minute warning will be given, however the clock will not be stopped at this time
- iv. Forfeiture: Game time is forfeiture time, unless otherwise determined by the NHYFSC conference officer
- v. Duration of halftime. Halftime consists of 10 minutes.

F7-4 - KICKOFFS

There are no kick-offs in the flag division.

- A. The ball will be placed at the 15-yard line of the receiving team.
- B. Following a Safety, the ball will be spotted at mid-field.

F7-5 - PUNTS

There are no punts in the flag division. (Each team has four downs to make it into the next forward zone and gain four more downs or to score a touchdown.)

F7-6 - DE-FLAGGING

- A. There shall be no tackling of the ball carrier, passer, or kicker.
- B. The player carrying or having possession of the ball is down when a flag is removed from his waist (de-flagging). The defensive player shall hold the flag above his head and stand still.
- C. The defensive player cannot hold or push the ball carrier to remove his flag. An accidental touch of the body or shoulder while reaching for the flag shall not be considered a violation; however, touching of the head or face shall be considered a violation.

NHYFSC FLAG FOOTBALL RULES

RULE 7: THE RULES OF THE GAME

F7-6 - DE-FLAGGING (cont.)

- D. A defensive player may not run over, push, or pull a blocker away from him. He may push him sideways if he gets past him, but he cannot push the blocker down.
- D. A defensive player must go for the passer's flag. He cannot touch the passer's arm.

F7-7 - BLOCKING

- A. A blocker must be always on his feet while blocking. All linemen, except the center, must not assume the three-point stance or otherwise spring from a coiled or crouching start. Instead, they must simply stand at the line of scrimmage and await the snap. The center, though crouching if he is to block, must first stand straight up.
- B. Cross body and roll blocking are not permitted.
- C. A blocker cannot use his hands.
- D. Blocking shall be done with the arms and body in the form of shoulder and brush blocking only.
- E. A defensive player cannot block or push a ball carrier out-of-bounds.
- F. Butting, elbowing, or knee blocking is not permitted.
- G. There will be no two-on-one blocking for the ball carrier beyond the line of scrimmage.
- H. Blocking a player from behind is not permitted (clipping).
- I. There will be no interlocking blocking.
- J. A defensive player will be restricted in the use of his hands to the blocker's body and shoulders.

NHYFSC FLAG FOOTBALL RULES

RULE 7: THE RULES OF THE GAME

F7-8 - BALL CARRIER

- A. The ball carrier cannot use his hands or arms to protect his flags. The defensive player must have the opportunity to remove the ball carrier's flags.
- B. The ball carrier cannot lower his head to drive or run into a defensive player.
- C. Stiff-arming by the ball carrier is illegal.
- D. The ball carrier cannot spin or hurdle to prevent a defensive player from removing his flags.
- E. He may run in any direction until the ball is declared dead.

F7-9 - CENTER

- A. The center must snap the ball between his legs.
- B. He must have both feet on the scrimmage line with no part of his body beyond the forward point of the ball.
- C. He may adjust the long part of the ball at right angles to the scrimmage line for one time only.

F7-10 - PASSING

- A. All backfield men are eligible passers.
- B. Passing will be attempted from behind the line of scrimmage only.
- C. A lateral pass is a pass thrown parallel to the line of scrimmage or back toward the passer's own goal line. A lateral pass is not considered a forward pass.
- D. A forward pass is a pass thrown from behind the line of scrimmage toward the defensive team's goal line.

F7-11 - RECEIVING

- A. All players are eligible to receive forward passes.
- B. A receiver may catch a ball even if he steps out-of-bounds or out of the end zone as long as he comes down with one foot in bounds.
- C. Two or more receivers may touch a ball in succession resulting in a completed pass.

NHYFSC FLAG FOOTBALL RULES

RULE 7: THE RULES OF THE GAME (cont.)

F7-11 - RECEIVING (CONT.)

- D. If an offensive and defensive player catches a pass simultaneously, the ball is declared dead at the spot of the catch and the passing team is awarded possession.
- E. An offensive player cannot be out-of-bounds and return in-bounds to catch a pass. This will be ruled an incomplete pass.

F7-12 - DEAD BALL

All balls touching the ground are immediately dead. For example, the ball is declared dead at the following times:

- A. When the ball carrier touches the ground with his body, other than hands or feet.
- B. When the ball carrier's flag has been pulled.
- C. If a pass receiver or ball carrier has a missing flag (ball is dead at that spot).
- D. Following a touchdown, safety or touchback.
- E. When the ball goes out-of-bounds for any reason.
- F. If the center snap hits the ground before reaching a backfield man.
- G. When the ball hits the ground as a result of a fumble or muffed ball. There are no fumble recoveries allowed!
- H. If a lateral pass touches the ground (ball is declared dead at that point). If a lateral pass goes out-of-bounds, the ball is ruled dead at the point it crosses the boundary line.
- I. If a forward pass strikes the ground or is caught at the same time by an opposing player(s).
- J. A free catch (cannot be advanced).

NHYFSC FLAG FOOTBALL RULES

RULE 8: SCORING VALUES

F8-1: Game Scoring Values

Touchdown	6 points
Safety	2 points
Extra point attempt	2 points
Interception	2 points
Run back	2 points
Extra point passing	2 points
Extra point running	1 point
Forfeit (offended team wins by)	1-0

RULE 9: TIE GAME

F9-1: General

Tie games will go into the record as such and will not be played off in regular season play.

F9-2: All Tournament Games:

- A. Ball will be placed in the center of the field. The referee will toss a coin in the presence of the two team captains. The winning captain will have the option of putting the ball in play at mid-field.
- B. Each team will have four (4) consecutive downs and the winner will be the team gaining the most yardage in its series of downs.
- C. Penalties will count as plus or minus yardage.
- D. Intercepted passes will count as incomplete passes.
- E. If the yardage is still the same at the end of each team's four down series, the series will be repeated.

RULE 10: INJURED PLAYERS

F10-1:

Once removed from a game because of injury, a player must sit out at least one down.

NHYFSC FLAG FOOTBALL RULES

RULE 11: PRACTICES

All penalties listed are assessed a 5-yard penalty unless otherwise indicated.

F12-1 - LINE OF SCRIMMAGE-Centering

- A. Offside, defensive, or offensive
- B. Illegal snap
- C. Failure to observe 30 second rule
- D. Illegal motion-more than one backfield man in motion
- E. Illegal formation, offense

F12-2 - PASSING

- A. If an illegal forward pass is thrown and intercepted, the play will continue until the ball is declared dead. The intercepting team has the option of possession from that spot or accepting the penalty.
- B. Passer crosses the line of scrimmage and loss of down.

F12-2 - PASSING

- C. Intentional grounding and loss of down.
- D. Offensive pass interference from line of scrimmage and loss of down.
- E. Defensive pass interference-first down from spot of infraction for the offensive team.

F12-3 - DELAY OF GAME

- A. Continuing to play after the ball is dead from spot where the ball is dead.
- B. Recovering a fumble or falling on the ball.
- C. Advancing a fair catch.
- D. Unnecessary delay of game for any reason.

NHYFSC FLAG FOOTBALL RULES

RULE 11: PRACTICES (cont.)

F12-4 - FLAG WEARING AND DEFLAGGING

- A. Tackling.
- B. Wearing the flags illegally
- C. Ball carrier using his hands to prevent a defensive player from de-flagging
- D. Holding, pushing, or hitting the ball carrier while de-flagging
- E. Leaving one's feet while de-flagging from spot of foul.
- F. Wearing one flag

F12-5 - ILLEGAL HAND-OFF

- A. If the ball is handed forward beyond the scrimmage line and loss of down.
- B. Handing or snapping a ball to a lineman

F12-6 - ILLEGAL SUBSTITUTIONS

- A. More than eight (8) men of the field.
- B. Substitution(s) while the ball is in play or before it is declared dead
- C. Disqualified player entering game

F12-7 - BLOCKING

- A. Leaving feet to block
- B. Cross body blocking or roll blocking
- C. Illegal use of hands by blocker
- D. Holding a defensive player
- E. Defensive player blocking or pushing the ball carrier out of bounds
- F. Butting, elbowing or knee blocking
- G. Defensive player using hands illegally
- H. More than two blockers for the ball carrier (on one defensive player) beyond the line of scrimmage
- I. Clipping
- J. Interlock Blocking from spot of foul.

NHYFSC FLAG FOOTBALL RULES

NHYFSC FLAG FOOTBALL RULES

RULE 11: PRACTICES (cont.)

F12-8 - BALL CARRIER

- A. Stiff arming from spot of foul.
- B. Lowering head to drive or run into defensive player
- C. Use of head
- D. Use of hands or arms to protect flags
- E. Spinning or hurdling

F12-9 - UNNECESSARY ROUGHNESS

- A. Offensive and Defensive
- B. Disqualification of guilty player or players if repeated

F12-10 - UNSPORTSMANLIKE CONDUCT

- A. Fighting offenders ejected from game.
- B. Defensive player pulling offensive player's flag to make him ineligible for play
- C. Insulting and abusive language
- D. Interference with progress of the game by coaches or any other team personnel
- E. Illegal play
- F. Team leaving field before game is completed. Failure to return- Forfeit. Win for team remaining on the field.
- G. Failure to control players or fans
- H. Forfeit if not controlled.

RULE 13: CHEERLEADING

F13-1:

Team shall follow Tiny Mite Guidelines.

APPENDIX

***Football players are open territory from the associations listed below in blue.**

BOUNDARIES:

***Bedford Bulldogs:** Bedford (age restrictive ages 11+)

Derry Demons: Derry, Candia, Chester

***Derry Wolverines Cheer:** Derry, Candia, Chester (age restrictive)

***Goffstown Screamin Eagles Cheer:** Goffstown, Pinardville, Dunbarton, Weare, New Boston

***Hollis-Brookline Jr. Cavaliers Cheer:** Hollis, Brookline

Hudson-Litchfield Bears: Hudson, Litchfield

Keene Knights: Keene, Monadnock High School Area

Laconia Chiefs: Laconia, Gilford, Meredith, Belmont, Gilmanton

Londonderry Wildcats: Londonderry

Manchester East Cobras: Beech, McDonough, Northwest, Smyth, Webster, Weston, Wilson, Hillside Middle School, Parkside Middle School

Manchester South Sabres: Bakersville, Gossler Park, Green Acres, Hallsville, Highland/Goff's Falls, Jewett, Parker-Varney, McLaughlin Middle School, Southside Middle School

***Merrimack Cardinals:** Merrimack (age restrictive ages 8+)

***Milford Jr Spartans:** Milford, Lyndeboro, Wilton, Amherst, Mount Vernon (age restrictive ages 12+)

Nashua Crusaders: Nashua High South

Nashua PAL Force: Nashua High North

NH Jr Wildcats: Atkinson, Brentwood, Danville, Epping, Fremont, Hampstead, Kingston, Newton, Plaistow, Raymond & Sandown

Pelham Razorbacks: Pelham

***Pembroke Spartans Cheer:** Allenstown, Chichester, Deerfield, Epsom, and Pembroke

Plymouth Huskies: Plymouth and surrounding area

Salem Rams: Salem

Seacoast Titans: Barrington, Dover, Durham, Farmingham, Gonic, Greenland, Lee, Madbury, Milton, Middleton, Newmarket Northwood, Nottingham, Rochester, Rollingsford, Rye, Somersworth, Stratford, Portsmouth and parts of Maine: Eliot, ME, Lebanon, ME, Berwick, ME

Windham Wolverines: Windham

***Winnacunnet Little Warriors Cheer:** Exeter, Hampton, North Hampton, Hampton Falls, Seabrook and Stratham.

Open Territory

Any town not listed is considered open territory. Any association whose boundary abuts an open territory may recruit players from that same area. Players or cheerleaders who reside in open territory may choose the most convenient program. However, once certified on a particular association's roster, they must continue in the same program year to year and may not switch. Associations are obligated to inform parents of candidates who reside in an open area that they have a choice. Failure to do so could result in a player or cheerleader being released to an abutting association.

TEAM COLORS

Bedford Bulldogs	Red/Black/White
Derry Demons	Black/White/Red/Silver
Derry Wolverines Cheer	Navy Blue / Gold
Goffstown Screamin Eagles Cheer	Blue/Black/White
Hollis Brookline Jr Cavaliers Cheer	Royal Blue/White
Hudson Litchfield Bears	Dark Blue/White
Keene Knights	Black/Orange
Laconia Chiefs	Red/White
Londonderry Wildcats	Royal Blue/Black/White
Manchester East Cobras	Navy/Green/White
Manchester South Sabres	Maroon/Gold/White
Merrimack Cardinals	Red/ White/Black
Milford Jr Spartans	Navy Blue/White
Nashua Elks Crusaders	Purple/White
Nashua PAL Force	Navy/Light Blue/White
NH Jr Wildcats	Blue/White
Pelham Razorbacks	Green/Gold
Pembroke Spartans Cheer	Green / White
Plymouth Huskies Cheer	Blue/White
Salem Rams	Black/Gold/White
Seacoast Titans	Navy Blue/ Silver/White
Windham Wolverines	Navy/Gold
Winnacunnet Little Warriors Cheer	Red / White / Blue