

**2026**  
**GFL SPORTS, INC.**  
**RULES AND BY-LAWS**



**The purpose of GFL SPORTS, INC. (hereinafter referred to as the “GFL”) is to provide a recreational program for youth.**

1. Teach proper skills and techniques.
2. Practice good sportsmanship and physical fitness.
3. Provide an opportunity for fun and enjoyment.

**PREAMBLE**

When the rules of the GFL are in conflict with the rules of the individual member associations, the rules of the GFL must prevail.

## 2026 GFL SPORTS, INC. RULES, REGULATIONS, AND BY-LAWS

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**Changes and Amendments Approved by GFL Member Association May 2025**

## **RESOLUTION**

It is firmly resolved by the Directors, Executive Committee, Officers, and Members of GFL SPORTS, INC. (hereinafter referred to as the GFL) that this League is for the benefit of the young men and women who participate in the GFL and all decisions made by the Directors, Executive Committee and Officers of the GFL shall be made with the resolve that the youth participants are considered first, last and always. Any attempt by a coach, player, parent, Member Association or any others involved in the GFL to circumvent or violate these Rules or the By-Laws shall be dealt with by the GFL in a manner construed by the Board of Directors to be in the best interest of the League. The Directors of the GFL reserve the right to impose a fine, probation, suspension, expulsion, forfeiture of games, or other appropriate penalties as solely determined by the Board of Directors of the GFL for any infraction of the Rules or By-Laws.

All Rules in this document pertain to both the cheerleading and football coaches, participants, parents, associations, and spectators unless specifically noted.

## **RULE 1: UNDERSTANDING THE RULES**

- (A) Each member of the coaching staff must be familiar with the "National Federation of State High School Association" rule book.
- (B) Each member of the coaching staff and each GFL representative, together with all of the Board Members of the Member Association, must have a thorough understanding of the GFL Rules and By-Laws and agree specifically to abide by all provisions of these Rules and By-Laws and each member of the coaching staff and the GFL representative for each association must understand and agree that the GFL Board can impose various penalties for any Rule or By-Law violation (intentional or unintentional), as well as for any misconduct that the Board of Directors of the GFL believes is in contravention of the best interest of the League and its participants. Each member of the coaching staff, the GFL representative and the Board Members of each Association agree to hold harmless and indemnify the GFL from any and all claims asserted by them and to accept any penalties for any Rule or By-Law violation or misconduct. Except for, as specifically provided for under the Rules. There is no right to a hearing before the GFL Board absent a GFL Board's specific request that a hearing be held. Each coach, GFL representative, officer or Board Member of each Association understands that they can, based upon the decision of the GFL Board, be exposed to a fine, probation, suspension, or expulsion from the GFL as solely determined by the majority vote of the GFL eligible voting membership.
- (C) Each head coach must complete a certification seminar approved by the GFL Board.
- (D) **The rules in this Rule Book are subject to change.** Each GFL Representative is responsible for advising his/her association and membership of any rule changes.

## **RULE 2: AGE/GRADE DIVISIONS**

The GFL is an aged-based football and grade-based cheerleading league. Many football participants vary tremendously in height and weight even within the same age categories. Those participating in cheerleading also have varying degrees of skill based upon their grade level. All participants in GFL football must participate at their age level and cheerleading must participate at their grade level irrespective of their size or other physical attributes or limitations. The GFL will not consider any request for a football participant or cheerleader to play

in an age group or grade level other than the one that the participant is entitled to by virtue of their date of birth and grade level.

- (A) The minimum league playing age for tackle football shall be "6 years old". The following age classifications will be observed for tackle football:

<b>Division</b>	<b>Age</b>
6&7-year-olds	Age 6 as of and including Sept. 1st
8-year-olds	Age 8 as of and including Sept. 1st
9-year-olds	Age 9 as of and including Sept. 1st
10-year-olds	Age 10 as of and including Sept. 1st
11-year-olds	Age 11 as of and including Sept. 1 <sup>st</sup>
12-year-olds	Age 12 as of and including Sept. 1st
8 <sup>th</sup> Grade	Age 13 as of and including Sept. 1st through age 15 as of and including December 31st of the current year w/maximum of 2 years participating at the 8 <sup>th</sup> Grade level

- (B) The minimum league playing age for flag football shall be "5 years old". The following age classifications will be observed for flag football: ***EFFECTIVE 2022***

<b>Division</b>	<b>Age</b>
Boys 5&6-year-olds	Age 5 as of and including Sept. 1st. through age 6 as of and including Sept 1st.
Girls 6th Grade	6 <sup>th</sup> Grade
Girls 7 <sup>th</sup> Grade	7 <sup>th</sup> Grade
Girls 8 <sup>th</sup> Grade	8 <sup>th</sup> Grade

- (C) All cheerleading squads will be registered by grade. The following grade classifications will be observed:

<b>Division</b>	<b>Age</b>
6&7-year-olds	Readiness, 1 <sup>st</sup> Grade and 2 <sup>nd</sup> Grade
8-year-olds	3 <sup>rd</sup> Grade
9-year-olds	4 <sup>th</sup> Grade
10-year-olds	5 <sup>th</sup> Grade
11-year-olds	6 <sup>th</sup> Grade
12-year-olds	7 <sup>th</sup> Grade
8 <sup>th</sup> Grade	8 <sup>th</sup> Grade Age 13 as of and including Sept. 1st through age 15 as of and including December 31st of the current year w/maximum of 2 years participating at the 8 <sup>th</sup> Grade level

- (D) Cheerleading Mascots must be five (5) years of age as of (and including) September 1st. The mascot must be attending kindergarten. A mascot may cheer with any age group.

- (E) No participant will play below his age classification.

- (F) Twelve-year-olds in the 8th grade may play in either the 12-year-old Division or the 8th Grade Division.

## **RULE 3: BOUNDARIES/RECRUITING**

- (A) It is strongly recommended that teams use participants from local school zones in order to foster community spirit and at the same time prevent hardship on parents in transporting participants long distances for practices. (GFL associations outside of Gwinnett County must maintain 85% in cluster participants per team)
- 1) In the spirit of this rule, all flyers, bulletins, or notices being distributed by or on behalf of an individual Association shall be distributed only to the cluster schools of that Association. Crossing over these boundaries shall be considered recruiting and a \$500.00 fine will be assessed for placing flyers in a non-cluster school by an association. If a school is not represented by a member association, GFL will allocate the distribution of those schools to member Associations for the purpose of flyer distribution and recruiting. This includes any private school located within said cluster.
- (B) Any member association or prospective member of the GFL who engages in direct, intentional recruiting of participants, coaches, or other individuals, who participated in another GFL association during the preceding year shall be subject to a charge of misconduct by the offended area (the area in which the participant, coach, or other individual participated during the previous year). If it is determined that any association or member of the GFL has engaged in direct recruiting, the offending association shall be assessed a \$1000.00 fine.
- (C) A coach or league official desiring to transfer from one member association to another must request a release from the association he/she coached the previous season via an official Release Form. The Coach requesting to be released must email the completed form to his/her association requesting their release and copy the association he/she is going to. The written request for release is to be submitted to the Secretary prior to the next GFL meeting. This release must be requested by a GFL Representative at a GFL meeting, approved, denied, or tabled and entered into the minutes of the GFL. A coach or league official may be exempt from obtaining a release if they transfer to a newly formed association. The GFL must be advised of this transfer and the transfer must be entered into the minutes of the GFL. If a coach is found to be coaching without obtaining a release from their previous association, a \$500.00 fine will be assessed to the offending association.
- 1) No coach or league official may request a release in back-to-back seasons.
  - 2) All coaches desiring a release must have their releases submitted no later than 30 days prior to the date of that year's Coach's Certification
  - 3) Any coach or league official is restricted to three (3) associations within a 5-year period.
  - 4) Association may table a release request for a max of 2 meetings but must declare "released" or "denied" by the following meeting.
  - 5) Exceptions to Rule 3(C):
    - a) A coach who completes a "Bonafide move", in which he/she moves their entire household (all persons and the entire contents of the home) into another GFL Association's territory, said coach will be allowed to coach immediately but only for the Association in which he/she has purchased his/her new residence. Coach must provide to the GFL Executive Board, proof of his/her move. Rule 3 (C)(1) still applies regardless of move.
    - b) In the event that said coach is an 8th Grade Coach, that coach may be allowed to change Associations after the season in which he/she has served as a coach if and only if there are no players (other than his/her legal children) who are going to the

new Association of said coach at that same time and in that same age group that said coach will be coaching at the new Association

- (D) An association can only accept a max of three (3) coaches being released from the same age group at one association to the same age group at the new association. If more than 3 players (total) follow the coach or group of coaches to the new association, the coach or coaches will have their release revoked and they will have to sit out for the season. Any association found in violation of this will receive a \$1500 fine and the coach or coaches may be subject to further suspension.
- (E) Any coach that participates in any type of coaching role during the off season, in any organized flag football, or passing league, the league's season must end at least 30 days prior to the start of the GFL season. This rule does not affect Rule 5A regarding illegal practices.
- (F) An individual or group of individuals who leave an association for the purpose of obtaining a coaching position at a new association, may be deemed ineligible to coach that year should more than 3 players total from the age group the individual was previously associated with register at the new association.

## **RULE 4: REGISTRATION**

- (A) Cheerleading registration will be on a first come, first served basis. All individuals who register to participate in cheerleading on the scheduled GFL cheerleading registration dates will be accepted. (All individuals who register on the official GFL registration WILL BE accepted as teams may not shut off registration at any number, until after the official GFL cut-off date.) Cheerleading registration may be held until all teams are filled. After the official GFL registration date, cut-off dates may vary by association depending on uniform availability.
- (B) Each member association shall conduct a minimum of two (2) football registration dates as approved by the GFL membership.
  - 1) A member association must accept all individuals who register on or before the second GFL mandatory registration date. Associations must declare their registration numbers to the GFL Secretary, by age group at the conclusion of each registration until such time your registration has been closed.
    - a) Associations may close registration after the second mandatory date but must declare numbers at that time and remain closed.
  - 2) A member association who has chosen to leave registration open may accept registrants after the last scheduled registration date so long as it does not cause a team to split and there are enough kids registered to declare a team by that year's official GFL Declare day. The final two regularly scheduled registrations will be monitored by a GFL Representative or his alternate from a different member association. The GFL Representatives will be assigned by a random drawing of the GFL membership.
- (C) The dates and times of registration shall be determined by the GFL.
- (D) A GFL Registration/GFL Code of Conduct form along with the parental permission slip will be provided by the GFL and must be filled out and signed by the participant's parent or guardian before he/she is considered registered. The GFL form presented for certification must have an original signature of a parent/guardian.

- (E) Registration fees are the responsibility of the individual member associations.
- (F) Registration Fees are non-refundable.
- (G) It is recommended that no registered participant be registered as a qualified participant unless he/she has attained and sustained a better than fair scholastic record.
- (H) Participants may NOT change associations after the DRAFT for teams takes place. Refunds to participants who change associations after registration, but prior to the draft for teams will be determined by each individual Association.
- (I) All participants must have a signed physical form prior to evaluation. Physicals must be performed and signed by a licensed M.D., D.O., P.A., or N.P. No other signatures will be accepted.

## **RULE 5: PRACTICE (Team indicates football and cheerleading teams)**

- (A) No team shall conduct any practice work before the first official practice date set by the GFL at the beginning of the season. Any coach or coaching staff found guilty of starting practices prior to the date set by the GFL will be suspended for that season and the association will be subject to a fine of \$500.00.

### **1) Football Voluntary Skills, Agility and Association Training Camps**

- a) Teams will be allowed to conduct voluntary skills and agility training for 1 ½ hours per day/3 days a week starting after the June registration date. All participants must be registered with the GFL and their affected association. Helmet, shirt, shorts and shoes are to be worn during these days. No pads or football equipment of any kind will be permitted. Any coach or staff found guilty of violating this rule will be suspended for that season and the association will be fined \$500 for the first occurrence and \$1000 for each additional occurrence.
- b) Associations will be allowed to hold an association training camp for the 2 weeks following the June registration date. All participants must be registered with the GFL and their affected association. The camp may run for three (3) days, two (2) hours each day. The camp must focus on position, skills and agility training. Helmets, shirts, shorts and shoes are to be worn during these days. No pads or football equipment of any kind will be permitted. Any coach found or coaching staff found guilty of violating this will be suspended for that season and the association will be fined \$1000.

### **2) Cheerleading Voluntary Skills and Training Camps**

- a) Teams will be allowed to conduct voluntary skills training for 1 ½ hours per day/3 days a week starting after the June registration date. All participants must be registered with the GFL and their affected association. Professional help, i.e. services paid for or rendered by a gym to provide stunt training or choreography are not allowed during this skills training. Teams are not allowed to develop Cheer Off routines.
- b) Associations will be allowed to hold an Association-wide Cheer training camp after the June registration date. All participants must be registered with the GFL and their affected association. The camp may run for three (3) days, two (2) hours each

day. Professional help, i.e. services paid for or rendered by a gym to provide stunt training or choreography are not allowed during the Association wide training camp. Teams are not allowed to develop Cheer Off routines.

- (B) A practice shall be no longer than 2 hours per day, 5 days per week with a maximum of 10 hours per week Monday through Saturday prior to the start of the school year.
  - 1) The GFL shall schedule the first official practice day 2 weeks prior to the start of the school year.
- (C) No team shall practice more than three days per week after school opening and such practice is limited to 1.5 hours per session for 6&7-year-olds Division through 12-year-olds Division. 8th Grade Division practice will be limited to 2 hours per session after school opening. (Exception: Cheer teams have the option to adjust from a 3-day per week, 1.5 hour per session schedule to a 2 day per week, 2 hour per session schedule)
  - 1) Teams shall only conduct two (2) **“FULL CONTACT”** days of practice each week. Any coach or coaching staff found guilty of violating this rule will be subject to a suspension and the association will be fined \$500.00 for the first occurrence and \$1000.00 for each additional occurrence.
  - 2) Coaches may implement an optional fourth (4<sup>th</sup>) day to the practice week for the purpose of viewing game footage ONLY. There is to be no physical practice of any kind and it must remain as “optional”.
- (D) The first three (3) days of football practice is for conditioning purposes. Helmet, shirt, shorts, and shoes are to be worn during these days. (All players must complete the three (3) days of conditioning prior to practicing in pads.) P
- (E) Practice time starts when the team is assembled and stops when the team is dismissed. Any gathering of the team for the purpose of improving football/cheerleading skills or knowledge constitutes a practice. If practice starts for the day and is cut short due to weather or other circumstances, time lost may NOT be made up at any other time. If practice starts, it is considered a full practice session.
  - 1) Practice days lost or cancelled due to heat or weather-related incidents may be made up the following week. No team shall be allowed to conduct more than four (4) practice days in a week or more than seven (7) practice days in a two-week period or ten (10) practice days in a three-week period.
  - 2) All make-up practice days must be reported to the GFL Secretary by the affected association.
  - 3) Coaches may implement an optional fourth (4<sup>th</sup>) day to the practice week for the purpose of viewing game footage ONLY. There is to be no physical practice of any kind, and it must remain as “optional”. This day may not be used as a substitute day for a missed practice.
  - 4) Any coach or coaching staff found guilty of violating this rule will be subject to a suspension and the association will be fined \$250 for the first occurrence and \$500 for each additional occurrence.
- (F) Professional help will be allowed, but not mandatory, outside the week of camp up to the Friday prior to Week Two of the regular GFL season for Cheerleaders. High School Cheerleaders are not considered professionals and are encouraged to help with their association’s youth squad.
- (G) No Sunday practices.
- (H) No Saturday practice on the day of the GFL scheduled jamboree or any Saturday for the remainder of the season after the GFL scheduled jamboree.

## **RULE 6: TEAM COMPOSITION**

- (A) To compete in the GFL, a football team must have a minimum of **18** certified players for all teams aged 6&7-year-olds through 10-year-olds and a minimum of **20** certified players for all teams ages 11-year-olds through 8<sup>th</sup> Grade on their official roster no later than **that year's scheduled "Declare Day"**. (This minimum number does not apply to split teams.)
- (B) All Division teams will be allowed to increase their roster to a total of not more than the established split number (See Rule 6.F) until week one of the season.
- (C) **NO** additional players will be added after Wednesday of week one of the season unless they have just moved to the area and can provide the GFL Executive Board proof of such move.
- (D) An association may not register players over the split number after teams are declared.
- (E) Any registered football player or cheerleader who moves out of the county prior to certification will be assessed the appropriate out of county fee if he/she wishes to continue participation. If a football player or cheerleader moves out of the county after certification, he/she will be allowed to finish out the season without paying the out of county assessment.
- (F) To add participants in accordance with Rule 6.B, all participants must meet certification requirements in accordance with Rule 8.
- (G) The maximum number of participants on a team will be as follows:
- 1) When any football team in 6&7-year-olds Division, 8-year-old Division, 9-year-old Division or 10-year-old Division registers a total of 36 players, it will become the responsibility of that association to split the team.
  - 2) When any team in 11-year-old Division or 12-year-old Division registers a total of 44 participants, it will become the responsibility of the association to split the team.
  - 3) When any team in 6&7-year-old Division through 10-year-old Division registers a total of 60 participants, it will become the responsibility of the association to split the team three ways. When any team in 11-year-old division or 12-year-old division registers 72 participants, it will become the responsibility of the association to split the team 3 ways. (Teams will be split again with each additional 24 registered participants.)
  - 4) For 8th Grade Division, see Rule 29.
  - 5) Any association team in 6&7-year-olds Division through 12-year-olds Division may split with prior GFL approval.
- (H) The coaching staff of each team will have a maximum of:
- 1) 6&7-year-old Division through 10-year-old Division - Maximum of Six (6) certified adult coaches plus one (1) certified adult safety coach for practices and on the sidelines on game day.
  - 2) 11-year-old and 12-year-old Divisions – Maximum Eight (8) certified adult coaches plus two (2) certified safety coaches.
  - 3) 8th Grade Division - Unlimited number of practice coaches plus at least one (1) adult safety coach for practice. Maximum of TEN (10) adult certified coaches and TWO (2) adult certified safety coaches.

- (I) 6&7-year-old Division through 12-year-old Division will be limited to 2 team managers (water boys). 8th Grade Division may have 4 team managers (water boys). Managers (water boys) must be minors who are 6 - 14 years of age.
- (J) All individuals who register on the scheduled GFL Cheerleading registration date will be accepted. After the scheduled GFL Cheerleading registration date, the minimum number, or registrants (prior to closing registration) will be 32 for each Cheerleading Age Group. After the scheduled GFL registration date, registration cut-off dates may vary by association depending on uniform availability.
- (K) In the case of split football teams, cheerleaders will only have to split if their number of participants is 16 or greater.
  - 1) If 16 or greater, the girls will be evaluated and divided evenly between two football teams.
  - 2) If there are less than 16 girls, they may remain together as one team and rotate weekly between the two (2) football teams.
  - 3) The decision to split will be up to the discretion of the association.

## **RULE 7: TEAM SPLITS - FOOTBALL & CHEERLEADING**

The GFL dates for drafting and splitting teams, both football and cheerleading, will be set by the GFL President.

### **(A) FOOTBALL**

- 1) When a member association's registration total reaches the requirements for splitting (see Rule 6 – Team Composition), the following guidelines must be used:
- 2) All participants must either participate in early workouts/conditioning or be present at the one (1) day evaluation day to be graded. At least 2 coaches must be present to evaluate a player. If the participant is unable to attend early workouts or evaluation day, they will become a **“HAT PICK”** to be drawn at the draft day meeting.
- 3) At the end of evaluations each coach will grade all participants according to position skill and ability. All participants will be in one of the four (4) categories A, B, C, or D
- 4) Any player who is new to your association and did not attend the early workouts/conditioning days or the one (1) day evaluation or any player that has come from another association that did not attend the early workouts/conditioning or the one (1) day evaluation **will be a “HAT PICK” and drawn at the draft day meeting.**
- 5) Each coach will provide a list of all participants with their assessed grade to the GFL Secretary prior to the draft. In the event a participant is rated a different grade by each coach, the grades will be averaged, and the participant will be placed in that draft category.
- 6) All coach's son(s) up to a total of five (5) must be frozen. (Freezes DO NOT have to participate in the evaluation if they are returning players from your association the prior year.) If a frozen player is new to your association, they MUST be at the early workouts/conditioning or the one (1) day evaluation.
- 7) The head coaches of each team will meet with their association's football director and/or football board to evaluate the players by position and ability and make the appropriate team splits.
- 8) Each team must be equally split. **“NO STACKING OF TEAMS SHALL BE ALLOWED”**
- 9) Any head coach, or coaching staff found guilty of violating this rule will be suspended for the following season and the association will be fined \$2000.00. Should the same group split the following year, the GFL Executive Board will split the team by hat picks.
- 10) The head coaches of each team and their associations football director will present their justification for each team's composition to the GFL Draft Board comprised of the GFL President,

GFL Vice President of Football, GFL Secretary, and two (2) Association Reps appointed by the GFL President.

- 11) Participants may NOT change associations after the DRAFT of teams.
- 12) After the scheduled draft, all add-on participants will be evaluated and assigned a team at the next GFL Meeting. Each coach will evaluate the participant(s) and send a Grading Sheet to the GFL Vice President of Football. The participant(s) **will be a “HAT PICK” and drawn at the GFL meeting.**
- 13) Should an age group split, the same coaching staff cannot coach both teams. Each team will need a separate Head Coach, Assistant Coaches and Team Parent.
- 14) The GFL President and/or GFL Vice President of Football and Secretary shall supervise any team splits within the GFL League. The GFL will then determine the conference for each split team by coin toss / hat pick.

**(B) CHEERLEADING**

- 1) **FREEZES** - Coaches must freeze his/her own child. Each squad is allowed a maximum of three (3) freezes. (Coach and 2 other staff members). In the case of twins, the coach will be allowed to freeze both, and the other squad will have the 1st selection to even up the squads. Freezes must be evaluated.
- 2) 1st - 2nd Grades: No evaluation of cheerleaders. All returning cheerleaders will be rated as “1” and new girls as a “2”. The draft will be monitored by the Association’s Director of Cheerleading. Coaches will draw for the order of draft selection. 1st round of selection should be made to even up the squads (alternate the selection). All cheerleaders ranked “1” will be drafted before drafting any cheerleaders ranked “2”. All draft selections are final. No trades will be permitted without the GFL Vice President of Cheerleading’s approval.
- 3) 3rd - 7th Grades and 8th Grade (If 2 certified squads): The Director of Cheerleading will select 2 impartial individuals (may come from within Association) to assist in the Cheerleader Evaluation. These individuals and the grade level coaches will hold the evaluation. Evaluation will consist of a chant, a cheer, and a jump. Evaluators should be allowed to observe the learning process to assess the cheerleaders’ ability to learn. After the learning process, the Director of Cheerleading will have small groups (4-5 girls) perform the chant/cheer/jump for the Evaluators. They will use the attached score sheet to rate the cheerleaders. The Director of Cheerleading will tabulate the scores and divide them into 4 categories (A, B, C, D) using the following chart:

<b>2-way split</b>	<b>3-way split</b>	<b>4-way split</b>
80-61 = A	100-76 = A	125-95 = A
60-41 = B	75-51 = B	94-64 = B
40-21 = C	50-26 = C	63-33 = C
20-0 = D	25-0 = D	32-0 = D

- a) The Director of Cheerleading should not share the individual score sheets with anyone. The Draft will be monitored by the Association’s Director of Cheerleading. The coaches will draw for order of draft selection. The 1st round of selection should be made to even up the squads (alternate the selection). For example: Coach 1 freezes 1 A and 2 B’s, Coach 2 freezes 2 A’s and 1 C, Coach 1 will need to select 1 A and 1 C and Coach 2 will select 2 B’s. All cheerleaders ranked “A” will be drafted, then all “B” ranked cheerleaders will be drafted, then all cheerleaders ranked “C” will be drafted and finally all “D” ranked cheerleaders will be drafted. Draft selections are final; no trades will be permitted without the GFL Vice President of Cheerleading’s approval.

- 4) The Director of Cheerleading is to submit the Group (A, B, C, D) lists to the GFL Vice President of Cheerleading at the conclusion of the draft.
- 5) Absent from Evaluation: In the event cheerleader(s) miss the evaluation process, her name goes into a hat. The draft process continues by drawing names until all have been selected.
- 6) Evaluation Sheet:

Motions	Sharp, fully extended, correct placement	5 points
Voice	Clarity, volume, good enunciation	5 points
Spirit	Facial expressions, crowd appeal, poise, confidence	5 points
Jump	Execution-form, height, landing	5 points
<b>Possible Total Score</b>		<b>20 points</b>

### **(C) FOOTBALL & CHEERLEADING**

- 1) **Under no circumstances will the “stacking of teams” be permitted.** Any association who is found guilty of allowing a coach to stack a team will be fined and the team will be re-selected by drawing all participants’ names out of a hat. The coach found guilty of attempting to stack his team will be suspended for the following season per Rule 7: Team Splits- Football. Additional action may be taken.
- 2) Split teams will be placed in an opposing conference and will be treated as a non-conference opponent. (They may play against each other during the regular season.)

## **RULE 8: CERTIFICATION**

- (A) Each team will submit a typed team roster on an official GFL certification form. The following information must be provided for each team member:
  - 1) Full name
  - 2) School of attendance
  - 3) Age and Birthdate
- (B) A GFL Registration Form for the current year signed and dated by a parent or guardian.
- (C) Proof of age in the form of a legible, unaltered birth certificate, passport, or state issued id.
- (D) The GFL approved physical form from the current year showing the participant has passed a physical examination performed by a MD (Medical Doctor); DO (Doctor of Osteopathic Medicine, PA (Physician’s Assistant) or NP (Nurse Practitioner). The form must be signed by the MD, DO, PA or NP conducting the examination. The physical form must be dated on or after January 1<sup>st</sup> of the current calendar year. All physical forms must be the original form with original signatures. We will not accept faxed, emailed or photocopies of physical forms. The parent **MUST** complete his/her portion of the form. No lines are to be left blank.
- (E) Unless otherwise provided for in these rules, a participant may not participate in any league jamboree or game unless he/she has been properly certified.
- (F) If an association registers a child for an incorrect division and that information makes it to certification the association will be fined \$250.00 per incident up to a maximum of \$500.00 per team. If a parent is deemed responsible for presenting a fraudulent or altered birth certificate to the GFL or its member association the parent may be suspended from all GFL activity for life.

**(G)** All coaches and safety coaches must be certified. (Head and Safety coaches must also have CPR and First Aid certification.) All coaches, both football and cheerleading, including assistant coaches, safety coaches, and team assistants (mom/dad) will be required to sign a statement allowing a background screening. Anyone convicted of or charged with a “Disqualifying Crime” will not be considered for a coaching position. Names must be on the team roster and each coach and safety coach must sign a GFL Certification statement.

### **Disqualifying Crimes**

If a candidate (1) has been convicted of, (2) has a charge pending against him or her in which it is alleged that he or she has committed any of the following crimes, or (3) has a record of a conviction of an equivalent offense in another state, the candidate will be disqualified from the position with any program approved by the GFL or any of its participating Associations.

- 1) Moral Turpitude
- 2) All Sex Crimes
- 3) All Felony Violence
- 4) All Felony offenses other than violence or sex within the past five (5) years
- 5) All Misdemeanor Violence offenses within the past three (3) years
- 6) Two (2) Misdemeanor Alcohol offenses within the past three (3) years or three (3) or more offenses within the past five (5) years
- 7) All Misdemeanor Drug offenses within the past three (3) years or two (2) or more offenses within the past five (5) years
- 8) Any other misdemeanor within the past five (5) years that would be considered a potential danger to children.

**(H)** All GFL Representatives (whether an authorized GFL meeting representative or a game day rep) must sign a GFL certification statement and complete a background check.

**(I)** All individuals including, but not limited to Coaches, GFL Reps, Team Mom/Dad and Association Board Members who sign a GFL Certification Statement agree not to use discriminatory comments or engage in libel or slander when commenting about the GFL, member associations or the Executive Board on any social media site. Failure to comply with this rule may result in suspension or expulsion from the GFL.

**(J)** After the official GFL Certification Day, a player can only be certified at the next regular GFL meeting after he/she is registered. They cannot play-in any games or participate in any practices until they are properly certified. Any coach found playing a player that is not certified will be suspended for a minimum of one year from any participation in the GFL. Any game that is played with a non-certified player will be forfeited.

## **RULE 9: UNIFORM AND EQUIPMENT**

**(A)** Each participant must have a full uniform including: a helmet with an approved face guard and four-point snap; shoulder pads; pants that extend to cover the knees with thigh pads, knee pads, and hip pads; soft mouthpiece or teeth protector (no clear or white mouthpieces allowed), and numbered team jersey. Shoes with screw-in cleats are permitted in all Divisions provided there is NO exposed metal on the cleat. Mouthpiece must be attached to helmet. NOTE: exceptions may be made on a case-by-case basis for color due to an orthodontic mouthpiece; however, the mouthpiece must still be attached to the helmet.

- (B) No jewelry will be worn during practice or games by football participants or cheerleaders, with the exception of Medical ID, which will be taped to the body.
- (C) It is the responsibility of the head coach of each team to ensure that all participants are properly equipped.
- (D) **All uniforms must be approved by the GFL Executive Board.** Associations must present a mock-up of your home and away jersey two (2) weeks prior to the second mandatory registration date. Your home jersey can be in either your approved team dark colors, black, or graphite for consideration. Your away jersey must be white. All teams will wear their GFL approved dark jersey for home games and their GFL approved white jersey for away games.

- 1) North Gwinnett (Red & Black)
- 2) Lawrenceville (Black & Gold)
- 3) Duluth (Purple & White)
- 4) Norcross (Navy & Grey)
- 5) South Gwinnett (Navy & Grey)
- 6) Parkview (Orange & Blue)
- 7) Buford (Green & Vegas Gold)
- 8) Brookwood (Maroon & Vegas Gold)
- 9) Dacula (Navy & Vegas Gold)
- 10) Collins Hill (Hunter Green & Silver)
- 11) Grayson (Forest Green & Vegas Gold)
- 12) Mill Creek (Cardinal & Navy Blue)
- 13) Peachtree Ridge (Royal Blue & Red)
- 14) Archer (Red & Silver)
- 15) Mountain View (Black & Vegas Gold)
- 16) Lanier (Burnt Orange & Black)
- 17) Berkmar (Red & Blue)
- 18) Meadowcreek (Powder Blue & White)
- 19) Seckinger (Teal Blue & Grey)
- 20) Gainesville (Red & Black)
- 21) Lenora Park Athletic Association (Black & Silver)

- (E) Each association will set a published maximum-dollar amount above registration for the mandatory cheerleading uniform. Each association will define their mandatory cheerleading uniform, in writing, to the GFL.

## **RULE 10: PLAYING RULES**

- (A) All games will be played under NFHS (National Federation High School) Rules except for the exceptions listed in the GFL Rule Book.
- (B) All games will be played on regulation High School 100-yard fields with 10-yard end zones.
- (C) Exceptions to Rule 10.A are as follows:

- 1) Times:
  - a) 6&7-year-old Division through 8th Grade - Quarters are ten (10) minutes.
  - b) 6&7-year-old Division through 8th Grade - Half-time is ten (10) minutes.

- c) No game official will be allowed to change the length of quarters or half-time to "make up time".

## 2) Game and Play Clock Operation

- a) The clock will start on the change of possession once the ball and the down marker are set. (Unless prior play was an incomplete pass, ball carrier was out of bounds, or the change of a quarter.)
- b) Any time the point differential in a game becomes 24 points or greater, the official will indicate to the head coaches and the clock operator that the clock will run continuously. If the point differential drops below the 24-point margin, regular clock management will resume. During continuous clock operation, the official crew chief will stop the clock during a time out, in case of an injury, or at his discretion (i.e. penalty interpretation).
- c) The GFL will use a 25-second play clock for all age groups. No 40 second clock will be used in the GFL.

## 3) Kickoff:

- a) 6&7-year-old Division will begin play the 40-yard line. The same after all scores.
- b) All other Divisions begin play with a Free Kick (Kickoff) from the 40-yard line to begin the game, second half and after a score unless there are penalties which would change the Free Kick (Kickoff) starting spot.

## 4) Penalties:

- a) All age division penalties will be enforced in accordance with NFHS rules.
- b) A warning will be assessed to any coach who continues to coach after the white hat has signaled for communication by the on-field coaches to cease in the 6/7 and 8-year-old age groups.
- c) The abuse of the above rule will be treated as a warning for the first offense, a delay of game for the second offense being 5 yards, and the third and subsequent being 15-yard penalties.

## 5) Extra Points:

- a) 6&7-year-old Division through 12-year-old Division - Two points will be awarded for kicking extra points. One point will be awarded for running or passing.
- b) 8th Grade Division - High School Rules Apply.
- c) 6&7-year-old Division through 10-year-old Division - The ball will be placed on the 2-yard line for all extra point attempts.
- d) 11-year-old Division through 8th Grade - The ball will be placed on the 3-yard line for all extra point attempts.

## 6) Coaches:

- a) One head coach and one line coach are allowed on the field for offense and two coaches for defense in the 6&7-year-old division only. The coaches must stop communicating with the players when the snap is imminent and/or the white hat signals for communication to stop. The coaches must remain quiet thru the duration of the play. The coach on the field will be permitted to use headphones. The head coach is still the only

one permitted to dispute calls made with the officials. The head coach will receive a penalty in the event an assistant coach attempts to argue calls made by officials.

- b) One coach will be allowed on the field for offense and one coach for defense in the 8-year-old division only. The coach must stop communicating with the players when the snap is imminent and/or the white hat signals for communication to stop. The coaches must remain quiet throughout the duration of the play. The coach on the field will be permitted to use headphones. The head coach is still the only one permitted to dispute calls with the Officials. The head coach will receive a penalty in the event an assistant coach attempts to argue calls made by officials.
- c) 9-year-old division thru 8<sup>th</sup> grade NFHS rules apply

7) Punting:

- a) 6&7-year-old Division only - Option of attempting to kick the ball or moving it 20 yards down field. No punt can penetrate further than the 10-yard line.
- b) 8-year-old Division and 9-year-old Division - If the team in possession of the ball is in their own territory, they have the option of attempting to kick the ball or move it 20 yards down field. If the team in possession of the ball is in the other team's territory, they have the option of attempting to kick, but cannot request that the ball be moved 20 yards down the field.
- c) 10-year-old Division through 8th Grade - High School Rules Apply.

8) Football:

- a) 6&7-year-old and 8-year-old Divisions – Wilson F1712 K2 Leather Pee Wee Football
- b) 9-year-old division through 10-year-old Division - Wilson F1714 TDJ Junior Leather Football
- c) 11-year-old Division through 12-year-old Division - Wilson F1300 TDY Top Quality Youth/Junior Leather Football
- d) 8th Grade Division - Wilson F1300 TDY Top Quality Youth/Junior Leather Football
- e) The 8th Grade Division may use their own Wilson Top Quality F1300 TDY Youth/Junior Leather Football.
- f) The host association is responsible for furnishing the game ball for all games. There should be two balls of each size in the tent/concession area on every game day.

9) Overtime will be conducted in accordance with GHSA rules (15-yard line) with the following exception...**after the second overtime**, both teams will run one play each from the PAT (Try) line for their age group; alternating until one team scores and the other doesn't. This PAT (Try) will result in one point for each PAT made. This procedure continues until we have a winner.”

10) Player and Coach Ejections:

- a) Any GFL player that is ejected from a ball game, must immediately remove their helmet and shoulder pads and remain on the sidelines for the duration of the game unless otherwise instructed by the Head Official. The player will be suspended for the following week's game. The player is permitted to practice but is not allowed to play in the game. An ejection in the final regular season game rolls over to the first week of the playoffs. An ejection in the final regular season game or final playoff game rolls over to the first game of the following season.

- b) Any coach ejected from a ball game must immediately leave the playing field and proceed outside the main gate of the facility. That coach will also be suspended for the following week's game as well as all GFL activities for a minimum of 7 days. He/She may not coach his/her team during the week at practice and is not allowed in the park where his/her team is playing during their game. An ejection in the final regular season game rolls over to the first week of the playoffs. An ejection in the final regular season game or final playoff game rolls over to the first game of the following season.
- c) Players ejected for **“fighting”** a second time in a season will be suspended for the remainder of the season. If the second ejection occurs in the final regular season game or final playoff game, it rolls over to the first game of the following season and is recorded as that player's first ejection for that season.

**d) Player and Coach Ejections May Be Appealed Under the Following Method:**

1. Appeals must be submitted in writing to the GFL Executive Board prior to 6:00 PM on the day after the game the ejection occurred.
2. The Association seeking the appeal must submit a fee for \$1,000.00 along with their argument and any evidence that they want reviewed.
3. The GFL Executive Board will appoint an Appeal Panel consisting of four (4) Meeting Representatives for the League's Associations who are IN GOOD STANDING with the League. No member of the Appeal Panel may be a representative of either Association/Team that was involved in the game that is in question. The President of the GFL, the VP of Football, or the VP of Cheer will be appointed to the Appeal Panel. The Purpose of the GFL Executive Board Member on the Appeal Panel will be to guide the process and break a 2 - 2 tie, if necessary, in the voting to resolve the matter.
4. The decision of the Appeal Panel shall be FINAL and communicated at the next Membership meeting that is scheduled to take place.
5. If the appeal is won, the \$1,000.00 will be returned to the Association seeking the appeal. In the event the appeal is lost, the fee will be donated to the GFL Scholarship Fund.

**11) Miscellaneous:**

- a) There is a maximum of 3 captains that may participate in the toss-of-the-coin ceremony at the beginning of each game. The rest of the team MUST remain on the sidelines.
- b) Rules regarding jersey numbers and corresponding playing positions will not be enforced. However, coaches should attempt to conform. Jersey numbers must be assigned to a player for the entire season. Numbers may not be changed game to game. **No duplicate numbers** may be used on any given team. In the event players on the same team will be wearing duplicate numbers or alternate jerseys, a \$500 fine will be assessed to the association for each game played out of approved uniform/number.
- c) Warning decals or stamps on face masks are not required but are recommended.
- d) Each field will have a 2 yard “restricted area” on each sideline. Each field will have the proper “restricted area” marked per NFHS rules. This box will be painted on all fields. Associations will be fined if they fail to properly mark the field.
- e) Associations will be required to present a roster with player names and numbers for each of their teams to the GFL Executive Board prior to Game 1 of the season.
- f) Backpacks of any kind are not permitted to be worn on the field/sidelines.

## **RULE 11: SCHEDULE**

- (A) The official GFL schedule will be prepared under the supervision of the GFL President.
- (B) No change to the schedule is permitted without the approval of the GFL President and/or Vice-President/Football. Coaches and/or GFL Representatives may NOT reschedule games.

## **RULE 12: ADMISSION CHARGES**

- (A) Associations will be allowed to charge a maximum admission of \$6.00 for adults and \$2.00 for school-age children (age 6 through High School).
- (B) Charges under Rule 12:(A) are to be for Jamboree, regular season games and playoff games.
- (C) Free admission will be extended to certain individuals.
  - 1) All GFL Officers and Area GFL Representatives that clearly identify themselves with current GFL shirt, or GFL pass. (ALL PASSES MUST BE PUNCHED AT THE GATE!)
  - 2) All uniformed participants and cheerleaders from the participating association.
  - 3) Anyone who presents a current season pass issued by the GFL. (Season passes are valid for jamboree and regular season games ONLY!)
  - 4) Anyone who presents a lifetime GFL pass.
  - 5) All children aged (5) years and younger and Senior Citizens sixty-five (65) years or older.
  - 6) Member associations may, at their discretion, admit gate workers, chain crews, concession workers, or board members to games where they have home team responsibility.
  - 7) Anyone who has been stamped using an official GFL/Association game day stamp at a previous game that same day.

## **RULE 13: HOST ASSOCIATION RESPONSIBILITY**

- (A) The host association will be responsible for the following specific items:
  - 1) Preparing and marking the field in accordance with the National Federation of State High School Rules.
  - 2) Providing all field markers and other officiating equipment.
  - 3) Provide official GFL regulation game balls for all games.
  - 4) Providing three (3) responsible adults to serve as official crew for down-marker and line-to-gain equipment. These adults are not to be part of the participating team's coaching staff and must not be allowed to act in a coaching position by coaching from the sidelines. Chains will be on the home side of the field. (If there are stands on both sides of the field, the home team will be on the home side. At South Gwinnett, North Gwinnett Field 2 and Norcross, the home side is the opposite side of the field from the stands. At Peachtree Ridge the home side is on the stand side.) **If the home team is not a member of the hosting park association, then they will be responsible for providing a chain crew and responsible for any fines associated with their actions.**
  - 5) Provide an announcer for all games. **If the home team is not a member of the hosting parks association, then they will be responsible for the game announcer and any fines associated due to their participation.**
  - 6) Make other necessary arrangements for the convenience of the game.
  - 7) Place a responsible adult in charge of the gate.
  - 8) Provide a uniformed police officer for each field and all games.

- 9) Provide a paramedic or EMT for each home date. The paramedic/EMT shall be within the confines of the playing field in a clearly identifiable uniform for immediate action should a participant need attention. The paramedic shall not be allowed to act in any coaching capacity or perform other assignments while on duty.
- 10) Provide one individual who is clearly in charge of the activities surrounding the game and handle any problems which may arise during the game. This individual may be an Area Representative, member of Area's Board of Directors, etc. The individual should make his/her identity known to the officials prior to the game. The individual cannot be actively involved with the game being played (i.e. coach, safety coach, chain crew, spotter, announcer, etc.). **If the home team is not a member of the hosting parks association, then they will be responsible for providing a GFL Rep in charge of game activities, in conjunction with the hosting park, and any fines associated due to their participation.**
- 11) Provide comparable facilities for participants of home and visiting teams.
- 12) Each host association is responsible for calling in the scores for all games played at their field. The scores must be called in to the designated number prior to 10:00 p.m. on game day. Late scores will result in a \$250.00 fine to the host association. To avoid the \$250.00 fine, you must make a courtesy call to inform the score taker that your games are running late (regardless of reason).
- 13) Football players will greet the opposing team on the 50-yard line of the field after the game. A coach is required to be at the front (ahead of all players) and back (behind all players) of the handshake line for both teams. Cheerleaders will greet the opposing team after the half time performance. A coach is required to be at the front of the handshake line (ahead of all cheerleaders).
- 14) A cheerleading representative from the home team must greet the visiting team prior to the start of the game. Visitors perform first during half-time and each squad must perform some part of their routine to the opposing side of the field. Limit half-time performance to a total of four minutes. This includes the announcing of names and entering and exiting the field (no exceptions).
- 15) Ensure that NO cameras of any kind are allowed on the sidelines or within the confines of the playing field. A name, team affiliation and association affiliation should be requested from any person found in violation of this rule. Said name, team affiliation and association affiliation should be reported to the GFL when reporting game scores.

**(B)** Ensure that the following Gwinnett County Parks and Recreation artificial turf rules are followed. Any violation of the following rules will result in a \$250.00 per violation fine to the offending association.

- 1) No metal cleats including metal tipped screw-ins allowed on artificial turf fields.
- 2) No food items including gum, candy, and sunflower seeds allowed on artificial turf fields (including fans spitting the seeds onto the field from outside the playing area)
- 3) No sports drinks or liquids of any kind other than water.

## **RULE 14: OFFICIALS**

**(A)** The officials shall be from a recognized Georgia High School Football Association.

(Exceptions may be made with approval from the GFL voting membership.)

**(B)** All six 6&7-year-old Division through 10-year-old division games will be played with three (3) officials on the field, plus one who will operate the scoreboard clock. No game will start without at least two (2) officials on the field, plus the scoreboard clock operator and then only when mutually agreed upon by both participating coaches.

**(C)** All 11-year-old division through 8th grade division games will be played with four (4) officials on the field, plus one who will operate the scoreboard clock. No game will start without at least three (3) officials

on the field, plus the scoreboard clock operator and then only when mutually agreed upon by both participating coaches.

- (D) All 6&7-year-old Division through 9-year-old division play-off games will be played with three (3) officials on the field, plus one scoreboard clock operator.
- (E) All 10-year-old Division through 8th grade division play-off games will be played with four (4) officials on the field, plus one scoreboard clock operator.
- (F) The officials have the responsibility of controlling the entire game.
- (G) The officials will report all acts of misconduct and any flags that were thrown to the GFL Representative before leaving the field on game day. (See Rule 16)

## **RULE 15: PARTICIPATION**

### **Football:**

- (A) Every participant will be ELIGIBLE to participate in each and every game his/her team plays.
- (B) The minimum play rule does NOT APPLY to participants who miss 2 out of the 3 days of practice during the week.
- (C) The opposing coach and GFL Executive Board will be notified prior to the start of the game if a participant is unable to play due to illness or practice time violation.
- (D) The opposing coach, GFL Executive Board and participants parents will be notified prior to the start of the game if a participant is being disciplined and will not be permitted to play.
- (E) Specific minimum play rules apply.
  - 1) 6&7-year-old Division through 10-year-old division:
    - a) 20 participants or less – ten (10) plays minimum.
    - b) 21 - 25 participants - eight (8) plays minimum.
    - c) 26 - 35 participants - six (6) plays minimum.
    - d) A dead ball foul does not constitute a play.
  - 2) 11-year-old through 12-year-old division:
    - a) 20 participants or less – ten (10) plays minimum.
    - b) 21-25 participants – eight (8) plays minimum.
    - c) 26-35 participants – six (6) plays minimum.
    - d) 36-43 participants – four (4) plays minimum.
  - 3) 8th Grade Division:
    - a) Each participant is required to play a minimum of two (2) plays each game.
- (F) The following procedures shall be followed for suspected minimum play rule violations:

- 1) Any GFL Head Coach or designated Head Coach found to be violating the minimum play rule, shall incur a \$500 fine to their association, the game played will be a forfeit, and the head coach will be suspended for one (1) full week from all GFL activities.
- 2) Any GFL Head Coach or designated Head Coach found to be violating the minimum play rule a second time, will be suspended from all GFL activities for the remainder of the season. The game will be a forfeit, and the association will receive a \$1000 fine.
- 3) Minimum play rules violations during the playoffs will result in forfeiture by the offending team and the suspension of the Head Coach will carry over to the following season.

### **Cheerleading:**

- (A) Cheerleading squads must participate in every scheduled game. Cheerleader squads must cheer during the entire game. Squads should not leave the sidelines to practice and must return at the beginning of the third quarter. (Failure to participate in a scheduled game may result in a fine to the member association.)
- (B) If a coach removes her squad from the playing field when the game is in process, she must notify a GFL Rep on hand that she is doing so. (Example: Lightning in area and she feels it is unsafe to stay.)

## **RULE 16: CONDUCT**

The Code of Conduct of the GFL is herewith specifically incorporated into these rules of conduct that apply to each association, coach, safety coach, participant, cheerleader, participant or spectator. In addition to the precepts set forth in the Code of Conduct, the following may result in a fine to the member association, or a suspension or expulsion of the coach, participant, cheerleader, spectator, team, or association involved.

**The imposition of a fine against an association is not appealable.** If the fine is not paid within fourteen (14) days of assessment an additional Twenty-Five Dollars (\$25.00) per week will be assessed up to a total time of thirty (30) days). If the fine is still unpaid at the conclusion of thirty (30) days, the association is suspended from further GFL play until the fine is paid and late fees will continue to accrue.

**The imposition of a suspension or expulsion from the GFL for a period longer than one (1) year beyond the end of the current season is appealable as set forth in Rule 18. The GFL will not conduct any other appeal hearings unless specifically approved by a majority vote of the GFL Board.**

The following constitutes prohibitive conduct:

1. Conduct may result in the imposition of a fine against the association and/or suspension or expulsion of the association, coach, participant, official, or spectator from any GFL sanctioned activity.
2. Any spectator who is asked by a GFL Officer or a GFL Representative to leave the confines of the arena and refuses to do so will subject the person so refusing to leave to suspension or expulsion from the GFL and the association to a fine.
3. The use of any tobacco product within the confines of a playing field. A violation of this provision will result in a fine to the member association of \$250.00 per violation.
4. The use of profanity is not permitted
5. Two flags thrown on the bench during any one game for two or more acts of conduct of anyone on the bench will result in the removal of the head coach from that game.

6. Any coach who is personally charged with two or more flags during a season may be suspended from participation in the GFL for the remainder of the season for all practices and all games, and/or the association will be subject to possible suspension or fine as determined by the GFL voting membership.
7. Any participant who is ejected from a game on two or more occasions during one season is subject to suspension or expulsion from the GFL.
8. Striking an opponent with his/her fist, locked hand, forearm or elbow, kick or player's knee will result in ejection from the game.
9. Being under the influence of alcohol or any controlled substance, consumption of, or the possession of any alcohol or any controlled substance is specifically prohibited. This prohibition relates to any practice, any game, or any GFL sponsored activity. Any individual in violation of this rule shall at a minimum be barred from the practice, game, or activity for that day. The second violation within any one season shall result in suspension or expulsion from the GFL.
10. Use of noisemakers, except cow bells, thunder sticks and shakers, are not allowed at GFL games. (Shakers being described as empty plastic bottles, no larger than 20 ounces, filled with beans, rice, and/or glitter.) A violation may result in a fine to the association.
11. A referee's flag thrown against the stands will be considered a flag against the bench. Such a flag will not be charged as a personal flag against any coach. Any conduct from a participant, coach, cheerleader, or participant that is deemed in contravention of the Code of Conduct of the GFL may, in addition to the penalties outlined herein, result in the GFL imposing a penalty of forfeiture of one or more of all games previously played.
12. All coaches and all safety coaches are required to wear shirts, baseball-type caps, and/or jackets which clearly identify them as a member of the coaching staff. **The head coach is required to wear a different, clearly contrasting color shirt than his/her staff for ease of identification by the officials.** No one absent the coaches and safety coaches should be on the bench during a game. Water boys and/or managers must be clearly identifiable with a road vest. Each team is responsible for providing their own vest for their team water boys for all home and away games. They are also responsible for the cleanliness of the vest. The vest should be kept in each team's safety coach's bag. Violation of this rule may result in a fine to the association.
13. All coaches, safety coaches, and those on the bench area during a game are expected to dress in an appropriate manner. Long hair is to be restrained, cut-off jeans are not allowed, emblazoned t-shirts are prohibited, and other attire that is deemed to invite laughter is prohibited. Shoes must be worn at all times. (Flip flops, sandals, Crocs, and five finger shoes are not acceptable footwear.) A violation of these standards may result in a fine being assessed against the member association.
14. Any coach or participant who is ejected by a game official for violation of the aforementioned rules of the GFL or the GFL Code of Conduct must leave the confines of the arena. Failure to do so will subject the person refusing to leave to suspension or expulsion from the GFL and the association to a fine.
15. When a coach, participant, or spectator is asked to leave the confines of the arena, the GFL Representative from the association involved must be notified. (The player may be removed from the confines of the playing field and into the stands if a parent/guardian is not present.)
16. Officials must file a report with the on duty GFL Rep for any coach, participant or parent who is flagged, ejected or who is a disciplinary problem

17. Any parent, spectator, coach, or participant that approaches and/or follows a game official within the confines of the playing area and parking lot, may be subject to penalty, including suspension of the offender and/or the association, a fine to the member association, and/or expulsion of the offender and/or the member association.
18. Coaches, GFL Representatives and members of the chain crew may not carry firearms on their person inside the playing area at GFL practices or games.
19. All individuals including, but not limited to Coaches, GFL Reps, Team Mom/Dad and Association Board Members who sign a GFL Certification Statement agree not to use discriminatory comments or engage in libel or slander when commenting about the GFL, member associations or the Executive Board on any social media site. Failure to comply with this rule may result in suspension or expulsion from the GFL.
20. It is unlawful according to the GFL Code of Conduct for any and or every Administrator, GFL Rep, Coach, Parent, Official, Spectator, Player and or cheerleader to demote, demean and or discourage any association, Administrator, GFL Rep, Parent, Official, Spectator, Player and or Cheerleader within the GFL at any time via SOCIAL MEDIA. Such actions will immediately be viewed as cyber bullying. The penalty for such will be a minimum of a \$500 fine and a two (2) week suspension from all GFL activity. The GFL reserves the right to extend the fine and or suspension period based upon the judgement of the content of the act that is in question.

## **RULE 17: PROTESTS (outcome of game)**

Any team has a right to protest certain matters occurring during the course of the game. In order to file a protest, a written notice of the protest outlining specifically the conduct protested with all pertinent details must be delivered to a GFL Executive Board Member within forty-eight (48) hours of the date of any event protested. In addition, the team protesting the activity must pay a \$500.00 fee to the GFL which will be refunded by the GFL only in the event the protest is upheld in its entirety.

A protest shall not be considered unless (1) the referee in charge of the game in question has been notified before the end of the game that the game is being played under protest; (2) any protest not submitted in writing and presented to a GFL Executive Board Member within forty-eight (48) hours after the end of the game together with the \$500.00 protest fee attached shall not be considered.

### **A protest on matters of judgment rendered by an official will not be considered.**

Upon the GFL receiving a protest in proper form with the fee paid at the time the protest is delivered, the GFL will convene within fourteen business days to review the written protest. The association, team, or party to whom the protest is lodged will be afforded the opportunity to present a written statement in contravention of the protest. They are not required to do so.

At a regularly scheduled or a specially called meeting of the GFL, the matter protested shall appear upon the agenda. The entire board of the GFL shall determine by majority vote whether to over-rule or sustain the protest. The association, team, or party lodging the protest shall be allowed a maximum of ten (10) minutes at the GFL meeting to present the protest. The association, team, or party that is the subject matter of the protest shall be allowed ten (10) minutes to present any rebuttal. The decision of the GFL board vote shall be binding upon all parties.

**NOTE: Code of Conduct Violations do NOT fall under the protest process.**

## **RULE 18: HEARING**

Any association, participant, cheerleader, participant, or spectator that is suspended or expelled from the GFL for more than one year beyond the existing season shall be entitled to a hearing before the full Board of the GFL provided that individual or entity facing suspension or expulsion of more than a year beyond the existing season notifies the GFL in writing within three business days of receiving a notice that a formal charge has been filed against that individual or entity.

The GFL shall deliver written notice to that individual or entity who has been suspended or expelled more than one year beyond the existing season by mailing same to the Association to which that individual or entity belongs and advising that individual or entity that they have been suspended or expelled beyond one year or the existing season and that they have a right to a hearing before the full GFL Board provided they give written notice of their request for a hearing within three business days. There shall be no requirement that the notice set forth the facts in support of the charge with any particularity.

In order to offset the GFL's cost associated with providing a hearing officer for the hearing, any individual or entity requesting a hearing before the full GFL Board shall pay a \$500.00 fee to the GFL to be included with the written request for hearing.

The GFL encourages individual associations to deal with any conduct that is prohibited by the rules and regulations of the GFL or the Code of Conduct of the GFL. Action by an individual association does not prevent the GFL from taking additional action and shall not constitute double jeopardy in that regard.

Any individual or entity that in proper form requests a hearing before the GFL and pays the required administrative fee shall be afforded that hearing within twenty-one (21) business days from receipt of a written request.

The hearing shall be conducted by a hearing officer appointed by the GFL President. The hearing officer shall conduct the hearing under the Rules of Civil Procedure with some latitude allowed for the introduction of hearsay testimony and the admissibility of documents. The hearing officer's decisions regarding admissibility of evidence shall not be appealable.

The GFL shall appoint from its membership one (1) individual to collect information to present to the GFL Board on behalf of the person or entity bringing the rule violation to the GFL. Witnesses may be called by the GFL representative. Hearsay testimony may be admitted on a limited basis under the sound discretion of the hearing officer. Affidavits presented by either side may be admitted provided the other side is given a copy of the affidavit forty-eight (48) hours before the hearing. Otherwise, they shall not be admissible. A representative of the GFL shall have twenty (20) minutes to present all the evidence in support of any charge against the association or individual. The association or individual charged may be represented by an attorney or by any other single member appointed by the association or individual. Multiple representations shall not be permitted.

Any individual or association charged with any offense that resulted in suspension or expulsion for one year beyond the current athletic year in progress shall have twenty (20) minutes to present any evidence to the GFL Board to refute the charge or in mitigation of the charge.

The GFL board then shall consider the evidence presented by the representative of the GFL and the representation of the association or individual charged and shall, based upon the preponderance of the evidence, make its decision in the best interest of the GFL.

Any association or individual may be suspended for a period up to two (2) calendar weeks by the President and two other members of the GFL Board not involved in any manner in the conduct complained of provided all three (3) agree that such two (2) weeks' suspension is warranted. Such two (2) weeks' suspension is not appealable.

The GFL reserves the right to suspend or fine any association who through its failure to act in an egregious situation has violated the Code of Conduct and rules and by-laws of the GFL.

The imposition of fines against an association are not appealable. There is no right to a hearing prior to a fine being assessed. A simple majority of the board may impose a fine based upon any evidence presented to the board.

All hearings regarding the suspension or expulsion of an association or individual shall be open to the public. All deliberations of the board after hearing the evidence shall be closed. The decision of the board is not appealable.

**There is no right to a hearing unless the penalty to be imposed involves suspension or expulsion from a GFL activity or activities for more than a year beyond the current season.**

## **RULE 19: INELIGIBLE PARTICIPANTS**

Any team found guilty of playing an ineligible participant will forfeit all games in which the participant dressed out for that game. Intent is not a factor in this Rule. The act of dressing out an ineligible participant irrespective of the knowledge of the Coach, Association or the Members of the team shall result in forfeiture for the team irrespective of any misrepresentation by the player, player's parents, or by any third party.

- (A) A participant participating in a football league other than the GFL from the start of the GFL practice season through the end of the GFL game season, is considered ineligible.
- (B) A participant may only participate on one team within the GFL in any given year.
- (C) A participant who has not been properly certified (See Rule 8: Certification) is ineligible.
- (D) Any team found guilty of playing an ineligible participant will forfeit all games in which the participant participated.
- (E) A participant who is in the ninth (9th) grade is ineligible to play in 8th Grade Division.
- (F) No participant in either football or cheerleading irrespective of any physical limitations, mental limitations, or otherwise may participate in the GFL as an eligible player or cheerleader if they will obtain age 16 as of December 31<sup>st</sup> of the current year.

## **RULE 20: CANCELING GAMES**

- (A) The GFL President or Vice President of Football, together with a GFL Representative from the hosting association involved, can postpone any and all games if the majority determines the weather or field conditions make it unfit to play.
- (B) The intent to cancel or postpone a game under Rule 20.A should be conveyed to the visiting team at least four (4) hours in advance of game time. (Except when cancellation or postponement is due to weather conditions.)
- (C) The GFL President will coordinate the rescheduling of the postponed game(s) with the officials and the

affected teams. Coaches and GFL Representatives may NOT reschedule games.

(D) The rescheduled game(s) will be played at the new designated time(s) or the team(s) will forfeit.

## **RULE 21: INJURED PARTICIPANTS**

- (A) Any participant injured in a game will be taken out of the game when, in the judgment of the Paramedic and/or the referee, the participant's health or safety is in jeopardy. If the Paramedic does not think the participant should return for the remainder of the game, he/she will notify both head coaches and the Head Official of his decision. Any coach that returns a participant to the field after this notification will be suspended for the remainder of the year.
- (B) Any participant injured to the extent that the care of a physician is required must present a written statement from a physician to the GFL Representative or the GFL President before he/she can return to practice or play in a game.
- (C) A participant who appears to be seriously injured should not be removed from the field unless he does so under his own power or under qualified medical supervision. The game shall be delayed as long as necessary to ensure the safety of the injured participant.
- (D) If a participant is rendered unconscious, that participant may not play again until he/she receives a medical release from a qualified physician.
- (E) Any player with a cast is required to have ½ inch padding on the cast. A one-time Doctor's release is required for the participant to play in the game. The Doctor's release should be retained in the certification book and be available at all future games.
- (F) On injury time outs, only two coaches and a team trainer are allowed on the field to attend to the injured player along with the park medic.
- (G) On injury time outs (which are official timeouts), the teams are to remain on the field in their "huddle" positions unless or until the Referee (White Hat) for that game instructs the teams to go to their sidelines.

## **RULE 22: OPPONENT RESTRICTIONS**

No practice, scrimmage or game will be played with any team that is not a member of the GFL until the GFL season is completed. Violation of this rule will result in a fine to the member association and/or suspension of the Head Coach.

## **RULE 23: RUNNING UP THE SCORE**

**If a team wins by 36 points or more, there will be a minimum fine of \$500.00 to the member association. This rule applies to all GFL games (regular season, playoffs, and championship) except 8th Grade.**

**Intent** is defined as the unnecessary and egregious attempt to score points and/or advance the ball on an opponent when there is an apparent, eminent victory in sight. If a team wants to pursue an **Intent** violation (regardless of points scored), the accusing team must post a five-hundred-dollar (\$500.00) bond fee. The Head Coach, or the designated Assistant Coach from the accusing team may appear before the GFL Board at the next scheduled meeting to give his/her account of the game, The Coach must present his/her account in less than ten minutes (not including time spent on questions and answers). The accused team's Head Coach or his designated Assistant

Coach may be present to present his/her case in less than ten minutes (not including time spent for questions and answers). If the accused team is found not guilty, the money \$500 will be donated to the GFL Scholarship Fund. If the accused team is found guilty of intent, the fee will be returned to the association who filed the Intent charge.

The GFL Board of Directors reserves the right to impose additional penalties including fines, suspension and expulsion of a coach or association for what it considers to be flagrant violations of this Rule. Penalties will be determined by the perceived egregiousness of said act.

## **RULE 24: FILMING OF GAMES**

Filming of all games by member associations and/or teams will be allowed as long as the filming is done outside the confines of the playing field. **NO** cameras of any kind will be allowed on the sidelines or within the confines of the playing field. No filming of scrimmages or practices are allowed unless filming is by a direct participant.

At any field that does not allow filming or spotting from the press box, filming and spotting must be done from the bleachers of the team you are representing. No coach, parent, or spectator will be allowed on the opponent's side of the field with a camera, walkie talkie, headset, etc. Any person found in violation of this rule may be asked to leave the confines of the arena. Repeat offenders may be subject to ejection and/or expulsion or other action from the GFL.

## **RULE 25: FORFEITS**

- (A) Any team forfeiting a game will be fined \$500.00. (\$300.00 of these funds will be paid to the host association to defer the cost of the forfeited game. The remaining \$200.00 will be added to the scholarship fund.) The fine must be paid before the team can participate in another game.
- (B) If a team is unable to play a game, the team or association shall notify the GFL President or Vice President forty-eight (48) hours before game time. Failure to make this notification will result in a fine in addition to the fine in Rule 25.A.
- (C) Teams must be at the game field thirty (30) minutes before game time or be subject to forfeit.
- (D) Any team that is compelled to forfeit a game for dressing out an ineligible participant cannot automatically be required to pay a fine unless imposed by the GFL Board of Directors.

## **RULE 26: CHEERLEADING STUNTS AND TUMBLING**

**No stunting will be allowed during games or practice unless a GFL certified coach is present. All Cheerleading Head Coaches and one (1) Assistant Coach must attend the GFL Coaches' Stunt Clinic.**

- (A) Cheerleading stunts and tumbling are not permitted on paved areas, including tracks. Conditions should be considered before stunts and tumbling are performed. If the performing surface is wet, muddy, unlevel or otherwise unsafe, the coach should not permit the squad to stunt or tumble.
- (B) Two-handed spotters are required for all stunts. Definition of a stunt: A stunt is when a cheerleader relinquishes control of her primary body weight to another individual or individuals. Ground level heel stretch and other one foot "stunts" are permitted. One foot "stunts" may not connect a brace on an actual stunt. One foot "stunts" may brace on an individual on the ground that is not a part of a stunt group.
- (C) Tumbling and stunting will be permitted with written parental consent (to be obtained and kept on record by each association)

**(D)** Stunts will be divided into three (3) levels:

Level 1: The following stunts will be permitted in 1st, 2nd and 3rd grade:

Pony Sit  
Double Base Thigh Stand  
Ground Level Heel Stretch

Level 2: The following stunts will be permitted by 4th and 5th grade:

Double Base Thigh Stand with Hitch to L-Stand  
Single Base Thigh Stand with L- Stand  
Ground Level Hanging Liberty  
Kneeling Pop-Up Table  
Triple Base Star Lift  
Shoulder Sit  
Elevator to Half Extension, cradle dismount

Level 3: The following stunts will be permitted by 6th, 7th and 8th grade:

Double Base Shoulder Stand  
Double Base Thigh Stand with Heel Stretch  
Elevator to Full Extension, Cradle Dismount  
Elevator to Full Extension with Liberty, Arabesque, High Torch or Cupie, cradle from single leg is legal.  
Prep level single leg stunts (Liberty, Heel Stretch, Arabesque, High Torch and Cupie)

1. Squad will be ineligible to stunt until the Head Coach, or designated representative attends a GFL approved stunt class.
2. Any stunt below the Half Extension level must use a pop-off dismount. Pop-off Dismount- Flyer MUST maintain hand-to-hand contact with bases. Front spotters are allowed to assist in stunt building; however, they may not engage in dismount unless the flyer is in danger of falling. Shoot Down and Bear Hug dismounts are illegal.
3. Squad may perform any stunt from a level lower than theirs.
4. Ground Level Heel Stretch and other one foot “stunts” are permitted. One foot “stunts” may use another cheerleader to brace against; however, the bracing cheerleader may not be part of a stunt team.

**(E)** Base must keep both feet on the ground at all times. No reloading or rotation of any stunt while stunt is “live.” The only exception is the Ground Level Hanging Liberty, which may be rotated. A stunt is “live” once building has commenced and until all parties have returned both feet to the ground. Flyer can transition within a stunt as long as movement does not reload, retake or transition from single leg to double leg or vice versa. The exception to this is that the flyer may return both legs to base prior to cradle.

Note: It is strongly advised that the flyer cradle from a single leg stunt without returning both feet to base. This is how they will cradle on a middle school or high school squad. (Allowing a flyer to change from a liberty to an arabesque while the stunt is “live” and cradling from a single leg stunt.)

**(F)** An adult member of the team staff (Coach, Assistant, Team Mom, and Board Member) must be with her squad at all times during a game and/ or a practice.

## **RULE 27: MUSIC**

- (A) Sideline music is permitted but must cease when the team breaks the huddle.
- (B) An association is subject to a \$1000.00 fine if music played at a GFL Event has inappropriate language or content.
- (C) All cheerleading music and lyrics must be reviewed and approved by the Association's Cheer Director or the GFL VP of Cheerleading or her designee.
- (D) The use of boom boxes will not be permitted at any GFL affiliated parks. A \$500.00 fine will be assessed to the member association whose team commits the violation.

## **RULE 28: CHEER-OFF**

The following rules apply to cheer-off:

1. participation will be determined at the association level
2. competition is by certified squad
3. competition will be split by certified divisions
4. Rules will be provided to each Association, in writing, prior to competition

## **RULE 29: 8<sup>TH</sup> GRADE DIVISION**

8<sup>th</sup> grade coaches may have year-round contact with their players. These players would include anyone in the cluster or anyone who played the previous season for that association. Contact would include High School sponsored weightlifting and conditioning, and classroom meetings. Anything involving a ball would be limited to 2 players. No on-field practices are allowed. (Rule 3 – Recruiting/Boundaries is still in effect. While you may have contact with the players regarding weightlifting, conditioning, and classroom meetings, you may not in any way recruit a player to leave another association to play for your association even if that player lives in the cluster.)

- (A) 8th Grade Coaches may use the GFL mandated evaluation days as regular practice days. The participants should wear shorts, T-shirts, helmets, and cleats only. NO PADS. These two days will count as the first two days of the three-day conditioning period mandated in Rule 5 (D). The third conditioning day will be on the regular GFL mandated first practice.
- (B) It is preferred that split 8<sup>th</sup> Grade Teams have a separate Head Coach and staff for each 8<sup>th</sup> grade team. Scheduling considerations are not guaranteed to accommodate two teams with one staff.
- (C) Teams with fifty (50) or more participants must split into 2 teams. Teams with ninety-five (95) or more registrants must add a third team.
- (D) Teams who split will adhere to the following rules:
  - 1) All Team I and Team II game participants will be eligible to play in the jamboree.
  - 2) All split teams will be designated the week prior to opening day (split 50/50). A roster designating Team I participants and a roster designating Team II participants will be provided to the GFL at the GFL meeting prior to opening day of the regular season. This designation will be used for eligibility to participate in regular season, playoffs, and championship games.
  - 3) All split teams will adhere to Rule 7: Team Splits

**(E) CHEERLEADING**

- 1) All 8<sup>th</sup> grade cheerleaders will be certified per that grade level as one squad.
- 2) If the association has a Team 1 and Team 2, cheerleaders must be on the sideline for both teams. The association may receive a fine if there are no cheerleaders present for both games.
- 3) The cheer director will determine if the cheerleaders will be split evenly or if the entire squad will cheer at both games.

**RULE 30: LEAGUE CHAMPIONSHIP (Rule 30 is subject to change by the GFL Executive Board pending registration numbers.)**

**Due to increased team numbers, GFL Associations have been divided into two (2) leagues. This decision was made for scheduling purposes only.**

**(A)** The GFL Teams ages 6&7-year-old through 12-year-old will be divided into the National and American Leagues. Each league will have three (3) divisions. The Division names will be North, South, and East. The divisions will be decided by a draw. The National League will consist of Buford, Collins Hill, Dacula, Duluth, Lanier, Mill Creek, Mountain View, North Gwinnett, Peachtree Ridge, and Norcross. The American League will consist of Archer, Brookwood, Berkmar, Grayson, Lawrenceville, Parkview, Shiloh, and South Gwinnett. The 8th Grade GFL Teams will be divided into an East and West Conference. The East Conference will consist of Archer, Buford, Collins Hill, Dacula, Gainesville, Grayson, Lawrenceville, Mill Creek, Mountain View, Seckinger, and South Gwinnett. The West Conference will consist of Berkmar, Brookwood, Discovery, Duluth, Lanier, Meadowcreek, Norcross, North Gwinnett, Parkview, Peachtree Ridge, and Shiloh.

\*\* Depending on the number of teams in an age group, an Association team may be moved to a different league.

**(B)** **Playoff teams ages 6&7-year-old through 12-year-old will be the top three (3) division winners and the next best five (5) overall records using the qualification procedures below. For 8<sup>th</sup> grade Playoffs, the top 10 teams based on record will compete for a D1 Championship. The next best 10 will compete for the DII Championship. The GFL Executive Board reserves the right to make exceptions depending upon the number of teams in each age group.**

Qualification Procedures

The conference winner will be decided by the conference record. In case of a tie, the following tiebreakers will be used:

1. Results of head-to-head competition\*
2. Results of overall records\*
3. Record against common opponents\*\*
4. Coin toss / Hat pick

The five (5) wild card teams will be decided by the best overall records. In case of a tie, the following tiebreakers will be used:

1. Results of head-to-head competition\*
2. Conference record\*
3. Record against common opponents\*\*
4. Playoff (determined by random drawing)

**(C) Seeding**

The playoff opponents will consist of first place teams from each of the three (3) division and five (5) wild card teams. Seeding of these teams will be determined as follows:

Seeding of these teams will be according to:

1. Overall records\*
2. Results of head-to-head competition
3. Conference record\*
4. Record against common opponents\*\*
5. Coin toss / Hat pick.
6. Playoff (seeding elimination will be determined by a playoff game, teams to be determined by random drawing.)

**\*All results will be based on winning percentage\*\*Common Opponent - If two or more teams are qualifying for a playoff position, all teams involved must play the same teams to constitute a common opponent.**

### **RULE 31: FOOTBALL CAMPS**

Any football camp associated with a Gwinnett County High School or GFL Association attended by GFL football players must have open registration, the participants must be in helmets, shirts and shorts only, there must be no contact and no GFL coaches may be involved in the camp.

**NOTE: All rules are subject to change.**



## GFL Sports, Inc. By – Laws

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# GFL Sports, Inc. By - Laws

## PURPOSE:

The purpose of the GFL Sports, Inc. (hereinafter referred to as the "GFL") is to provide a recreational youth football and cheerleading program. The major emphasis of the program is to provide an opportunity for the youth to have fun and enjoyment while learning proper sports skills and techniques in an atmosphere where good sportsmanship and physical fitness is stressed.

## PREAMBLE:

In all cases, GFL Rules shall take precedence over any rule(s) of the individual associations.

## ARTICLE

### 1.0: LIABILITY

- 1.1. The GFL Board of Directors, Representatives, Coaches, Safety coaches, Officials, or other Supervisory or participating personnel are not responsible for personal injuries or damage to property at any GFL sanctioned function.
- 1.2. All participant Associations and participating individuals such as participants, cheerleaders, coaches, safety coaches, officials, parents, spectators, etc..., participate at their own risk and shall not hold the GFL or any of its members responsible for any personal injuries or damage to property.
- 1.3. Anyone participating in the GFL, including all Association Members, Board of Directors, Officers, Coaches, Assistant Coaches, Safety coaches, Officials, parents and spectators, shall agree to hold harmless and indemnify the GFL from any cause of action arising out of any sporting activities sponsored or sanctioned by the GFL. All Associations shall place a hold harmless and indemnification on their individual registration forms and shall obtain from coaches, directors, and officers of each Association, as well as the Safety coaches and Officials, their written acknowledgments of this hold harmless and indemnification. This hold harmless and indemnification shall pertain to any and all injuries to persons or damages to property incurred as a result of participation in the GFL, as well as any and all claims against the GFL and its Member Associations for claimed violation of any constitutional right.

### 2.0: MEMBERSHIP

- 2.1 Original membership shall consist of the Associations that comprised the GFL in the year 1981: Brookwood, Buford, Dacula, Duluth, Lawrenceville, Lilburn, Mountain Park, Norcross, North Gwinnett, and South Gwinnett.
- 2.2 Any additional Association desiring membership in the GFL must meet the following criteria.
  - 2.2.1 Submit a letter of application containing the name of the Association, a list of all Officers with addresses and telephone numbers and an estimate of the number of participants and teams it expects to field. An initial non-refundable membership fee of \$3,000.00 should accompany the application.
  - 2.2.2 A Representative from the applying Association must present the letter of application at a GFL meeting and answer any questions from the member Associations present.

- 2.2.3 The applying Association must present a list of the Board of Directors for that season and how long the present Board members will be in office.
- 2.2.4 The applying Association must present a copy of their By-Laws to the GFL.
- 2.2.5 The GFL will elect a committee to help the new Association and monitor it for the first year. The first year will be a probationary year. (The Association will be allowed to participate in all GFL activities provided GFL rules for participation are met.) The final vote to accept the applying Association will come after the first full year of participation. This in no way disallows any further probationary time to be added.
- 2.2.6 Approval for membership will require a two-thirds (2/3) majority of the GFL voting membership in attendance.
- 2.2.7 The GFL reserves the right to revoke membership by a two-thirds (2/3) majority of the GFL voting membership in attendance.

### 3.0: MEMBERSHIP REQUIREMENTS

- 1.1 All teams fielded by a member association must be entered in the GFL.
  - 1.1.1 A member association must attempt to field a team in each age division (See Rule 10: Playing Rules).
- 1.2 All member associations will sign a contract each year and pay a \$400.00 membership fee. Membership contract is for a period of one calendar year. This fee is due at the first meeting in January of each year. Additional fees will be assessed during the year as dictated by GFL budget requirements. Each member association will be assessed one dollar (\$1.00) per registrant (football and cheerleading) per year to fund the GFL Scholarship Program.
- 3.3 Each association will present to the GFL Secretary, in writing, a list of not more than four GFL representatives designated to attend GFL meetings. (An association may have as many GFL representatives as they deem necessary, but only those on the list filed with the GFL Secretary will be allowed to attend the GFL meetings.) **This list cannot be changed after Week 1 of the season.**
  - 1.3.1 Member associations who have annual association elections after Week 1 of the season will be allowed to amend their list of GFL representatives designated to attend GFL meetings. The amended list of names must be presented to the GFL Secretary, in writing prior to being allowed to attend the GFL meetings.
  - 1.3.2 At least one, but not more than two, representatives from each association must attend each GFL meeting.
  - 1.3.3 A fine of \$250.00 will be assessed on any association not having a representative at GFL meetings or Cheerleading Committee meetings. If there is a second occurrence, the fine will increase to \$500.00. For the third occurrence, the fine will increase to \$1000.00 and will double for each missed meeting thereafter where the association does not have a representative (i.e., 4th meeting \$2000.00; 5th meeting \$4000.00, etc...). Repeated missed meetings could result in suspension of voting rights, league suspension and/or expulsion from the league. (This fine will be calculated per calendar year.)

- 3.3.4 If an Area Representative or Cheerleading Representative misses a meeting the Representative is responsible for contacting a GFL Board of Director for information missed at the meeting. Cheerleading Representatives should contact the Vice-President of Cheerleading concerning Cheerleading meetings.
- 3.3.5 If a fine or assessment is not paid within fourteen (14) days of assessment an additional twenty-five (\$25.00) dollars per meeting will be assessed up to a total time of thirty (30) days. If the fine is still unpaid at the conclusion of thirty (30) days, the association shall have all voting rights suspended. The \$25.00 per meeting late fee will continue to accrue. Voting rights will be reinstated when all fines are paid in full.
- 3.3.6 All fines and penalties (for late payment of fines and assessments) will be credited to the GFL Scholarship Fund.
- 3.3.7 The GFL reserves the right to revoke membership by a two-thirds (2/3) majority of the GFL voting membership in attendance.
- 3.3.8 Any incident from a game regarding a coach, parent or participant that needs to be added to the agenda for the next scheduled GFL meeting must be reported to the GFL representative from the Association involved AND the GFL President by Sunday prior to the meeting. Failure to make proper notification will result in the incident being tabled until the following meeting with no discussion until that time.
- 3.3.9 Each Member Association agrees to diligently review birth certificates of all football players and cheerleaders to be certain that players are age qualified and therefore Rule No. 2 is adhered to without exception. Any Association found in violation of Rule No. 2 agrees the penalty for such violation, whether intentional or not, can range from a forfeiture of football games played, cheerleading competitions undertaken, to suspension or expulsion of the team, Coach or Association from the GFL.
- 3.3.10 Each Association and coach is responsible to assure that all players understand that they may not practice with or play with any other football team from the time GFL football practices start until the GFL playoffs are complete and that any violation of that Rule will result in the forfeiture of all games where any duplicate participation is shown by some evidence.

#### 4.0: INSURANCE

- 4.1 The GFL shall provide excess accident insurance coverage for the participants of its member associations.
- 4.1.1 The insurance is to provide additional coverage for accidents and injuries to participants while playing, practicing, and traveling.
- 4.1.2 Insurance coverage will be in effect no later than August 1st. of each year.
- 4.1.3 All member associations must participate in the insurance program provided by the GFL.

#### 5.0: GOVERNANCE

- 5.1 The governance of the GFL shall be vested in the Area Representative. Each member association shall have one official representative. He/she is the designated Official Area GFL Representative, hereinafter referred to as the Area Representative.

- 5.1.1 The Area Representatives, acting as a body, shall be the official governing body of the GFL. All Rules and Policy making will be the responsibility of the Area Representatives as a whole.
- 5.1.2 An Area Representative is prohibited from representing another member association in any capacity.
- 5.2 The Board of Directors of the GFL will be selected by majority vote of the Area Representatives at the first meeting in December. Nominations for Board positions must be made known by announcement at least one meeting prior to the election meeting.
- 5.2.1 The Board of Directors will consist of a President, Vice-President Football, Vice-President Officials, Vice-President Cheerleading, Secretary and Treasurer.
- 5.2.2 All Board of Directors will serve for a period of two years. President, Vice- President of Cheer and Treasurer will be elected to serve in odd years. Vice President of Football, Vice President of Officials and Secretary will be elected to serve in even years.
- 5.2.3 No individual can hold more than one office or occupy the position of Area Representative while an Officer of the GFL.
- 5.2.4 The Board of Directors may appoint an Advisory Board made up of previous members of the Board of Directors for assistance with any issue that may come up in the course of normal business of the GFL.
- 5.3 All meetings will be held in accordance with Roberts Rules of Order except where otherwise specified.
- 5.4 GFL Sports, Inc. Emeritus Positions:
  - 5.4.1 Patsy Jones, Secretary Emeritus
  - 5.4.2 Kim Massengill, Vice President of Cheerleading Emeritus

## 6.0: DUTIES OF BOARD OF DIRECTORS

- 6.1 **PRESIDENT:** The President shall guide the Area Representatives in fulfilling their responsibilities as prescribed. Specifically, the President shall preside at all meetings of the Area Representatives and any general membership meetings. The President shall direct all activities of the elected officers and all committee chairpersons. The President may appoint an individual or committee to fulfill their responsibilities. The President shall also perform any other services necessary to ensure smooth operation of the GFL.
- 6.2 **VICE-PRESIDENT FOOTBALL:** The Vice-President of Football shall assist the President in carrying out his/her duties. Specifically, he/she shall perform the duties of the President in his absence. Should the President leave office for any reason, the Vice-President of Football shall assume all duties of the President. The Vice-President of Football shall function as Sergeant-at-arms.
- 6.3 **VICE-PRESIDENT OFFICIALS:** The Vice-President of Officials shall seek out individuals interested in becoming a referee for the purpose of officiating football games for the GFL. He/she shall be responsible for coordinating all training programs/meetings for officials, with the help of

the executive board and/or special committee as appointed by the President. He/she shall be responsible for maintaining and updating the GFL roster of qualified officials.

- 6.4 VICE-PRESIDENT CHEERLEADING: The Vice-President of Cheerleading will preside over a Cheerleading Committee consisting of one (1) member from each association. The Vice-President of Cheerleading will be responsible for the liaison between the Cheerleading Committee members and the GFL Board. The Cheerleading Committee will consist of one representative from each member Association. The purpose of the Cheerleading Committee is to discuss cheerleading rules, procedures, policies and other issues and surmise the best way to ensure that all GFL Cheerleading Association programs are governed by the same rules. The Committee's recommendations will then be presented to the GFL Voting Membership by the Vice-President of Cheerleading.
- 6.5 SECRETARY: The Secretary shall be custodian of all records of the GFL. No records shall be moved from his/her presence except by signed receipt of an authorized Area Representative or a GFL Board of Director. He/she shall keep a complete file of all official meetings and carry out the duties assigned by the President. The Secretary shall schedule all conference meetings, post all conference standings, and provide conference publicity.
- 6.6 TREASURER: The Treasurer will collect and disburse all funds from the GFL. Specifically, he/she shall receive and deposit all funds in a checking account at the certified Gwinnett County bank at which the GFL account is located. The Treasurer shall pay all bills and other obligations of the GFL with checks bearing the signatures of two of the following: President, Secretary and Treasurer. The Treasurer shall prepare an annual financial statement of GFL expenditures. The Treasurer will be bonded for at least five thousand (\$5000.00) dollars. The bonding fee will be paid by the GFL. League finances will be audited by the Area Representatives before a Treasurer assumes office.

## 7.0: VOTING

- 7.1 Each member league, through its Area Representative, shall be entitled to one vote in all matters requiring a membership vote.
- 7.2 A vote may be recorded only by the presence of the Area Representative or an authorized alternate. No proxy votes are allowed.
- 7.3 At least two-thirds (2/3) of the eligible voting membership must be present before an issue can be presented for a vote.
- 7.4 No GFL Director can vote except the President in case of a tie.
- 7.5 Voting rights will be denied any member association when fees and/or fines are not paid within thirty (30) days.
- 7.6 If any GFL Area Representative might directly benefit from the imposition of a forfeiture on an opposing team (i.e., his team will have a loss changed to a win) he shall not vote on the issue of that forfeiture where his team shall receive a direct benefit. Indirect benefits such as the GFL representative's team might make the playoffs as a result of the forfeiture shall not bar such vote provided the Representative voting did not lose to the team that incurs the forfeit.

## 8.0: SPENDING

- 8.1 Any expenditure in excess of twenty-five hundred (\$2,500.00) dollars or contract with value in excess of twenty-five hundred (\$2,500.00) dollars must be approved by a minimum of two (2) GFL Board of Directors. If time is of the essence, approval may be obtained at the next scheduled GFL meeting for normal operating supplies (i.e., flyers, rulebooks, shirts & hats).

## 9.0: CHANGING RULES AND/OR BY-LAWS

- 9.1 The Rules and/or By-Laws of the GFL can be altered or amended by two-thirds (2/3) majority vote of the Area Representatives, provided the proposed change has been discussed at a membership meeting prior to the meeting at which the vote is to be taken.
- 9.2 New rules must be in effect for a period of one (1) year before changes can be made.

***NOTE: All rules and by-laws are subject to change.***

GFL Sports, Inc. By-Laws adopted and approved.

**Schedule of Sites – Jamboree, Semi Final and Championship**

<b>Jamboree Rotation</b>
Seckinger
Lanier
Berkmar
Brookwood
North Gwinnett
Dacula
Grayson
Mill Creek
Peachtree Ridge
Lawrenceville
Gainesville
Meadowcreek
Lenora Park
South Gwinnett
Buford
Collins Hill
Norcross
Parkview
Duluth
Archer
Mountain View

<b>Semi Finals</b>
<u>2026</u> North Gwinnett Peachtree Ridge
<u>2027</u> Parkview Buford
<u>2028</u> Berkmar Dacula
<u>2029</u> Lawrenceville South Gwinnett
<u>2030</u> Norcross Collins Hill
<u>2031</u> Grayson Seckinger
<u>2032</u> Gainesville Duluth
<u>2033</u> Mountain View Gainesville
<u>2034</u> <u>Lanier</u> <u>Mill Creek</u>
<u>2035</u> Archer Brookwood
<u>2036</u> Lenora Park Meadowcreek

<b>Championship</b>
<u>2026</u> Duluth
<u>2027</u> Norcross
<u>2028</u> Parkview
<u>2029</u> Grayson
<u>2030</u> South Gwinnett
<u>2031</u> Archer
<u>2032</u> Lawrenceville
<u>2033</u> Brookwood
<u>2034</u> Peachtree Ridge
<u>2035</u> Berkmar
<u>2036</u> Collins Hill
<u>2037</u> Mill Creek
<u>2038</u> Buford
<u>2039</u> North Gwinnett
<u>2040</u> Seckinger
<u>2041</u> Gainesville
<u>2042</u> Lanier
<u>2043</u> Mountain View
<u>2044</u> Dacula
<u>2045</u> Lenora Park
<u>2046</u> Meadowcreek

*Number of host parks required per year for Jamboree depends on the number of teams registered.*

***All dates/locations subject to change***