

CLEVELAND MUNY FOOTBALL LEAGUE

2013 RULES & REGULATIONS

Revised 8/ 21 / 2013

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www.cmfleague.org

Table of Contents

Mission Statement, Goals, Website	3
Administration, Muny Program, How to enter a team	4
Application to enter Program	5
Weight Limits & Legal Helmets	6
Organization Responsibilities	7
Coaches Responsibilities	8
Communication for League Information	9
Background Check Policy	10
Regulations	11-12
Contract Procedure	13
Transfer Procedure	14
Weigh – in and Verification of Helmet Procedure before Games	15 - 16
Concession Stand Guidelines	17
Filing a Protest	18
Rules of Play	19 - 28
Code of Conduct Pledges	29 - 34
Cheerleaders Check –in Procedures at Games	35
Coaches check list for game day	36

CMFL MISSION STATEMENT

The purpose of the Cleveland Muny Football League is to regulate, supervise and administer athletic competition in football and cheerleading among its member teams. To provide character building and leadership skills for youth who participate in Muny Football and other activities.

CMFL GOALS

1. To provide a safe and wholesome environment for all participants.
2. To teach leadership skills for all youth.

WEBSITE

www.cmfleague.org

The Cleveland Muny Football League has its own website which will provide the program information. We encourage all supporters and participants to use the website. It will have the following information:

Home Page	About us	Events	Meetings
Playoff Games	Termite Division	Midget Division	Pee Wee Division
Bantam Division	Sites & Directions	Coaches	Game Rules
FAQ – Frequently asked questions			

If you have any questions or comments about our organization

or the information provided within the site, please contact us at: info@cmfleague.org

If you have any questions or comments about the functionality of our web site,

Please contact our webmaster at: webmaster@cmfleague.org

Administration

The league is under the guidance of a League Director, (1) Assistant League Director (Compliance) (1) Asst. League Director (Field Operations) and a Cheerleader Coordinator. The league is governed by a Board of Directors, which consists of volunteers from the community with an interest in children and football. Assignors for officials, security and field staffing will provide the necessary personnel. A webmaster will update and provide all information on the league's website www.cmflleague.org.

2013 Administrative Officers

League Director	Joe Reccord
Assistant League Director	John Goode
Assistant League Director	Tim Wells
Cheerleader Coordinator	Charlene "Stephanie" Mitchell
Secretary of the Board	Margarita Rodriguez

2013 Cleveland Munny Football Program

The Cleveland Munny Football League program offers opportunities for boys and girls in four divisions. Listed below are the divisions. The cheerleaders have the same age group but do not have any weight limits. The weight limit is only for the football participants.

TERMITE DIVISION

Ages: 6-8, can not turn 9 before November 20, 2013

Weight Limit: 115 lbs.

- A coach from each team is on the field at all times during the games to assist the children in learning the game.

MIDGET DIVISION

Ages: 9-10, can not turn 11 before November 20, 2013

Weight Limit: 135 lbs.

PEE WEE DIVISION

Ages: 11-12, can not turn 13 before November 20, 2013

Weight Limit: 155 lbs.

BANTAMWEIGHT DIVISION

Ages: 13-14, can not turn 15 before November 20, 2013

Weight Limit: 180 lbs.

HOW TO ENTER TEAM:

Each team being sponsored in the CMFL Football League shall submit the official CMFL Football League entry application completely filled out and signed by the Head Coach or Coordinator on or before the entry deadline, July 1.

2013 Cleveland Munny Football League Rules & Regulations

Cleveland Muny Football League Membership Entry Application

Proposed name of organization _____

Proposed are of service: _____

Contact person(s):

1) Name _____ Mailing address _____

City _____ Zip _____

Day phone _____ Evening phone _____

Cell or pager _____ Email _____

2) Name _____ Mailing address _____

City _____ Zip _____

Day phone _____ Evening phone _____

Cell or pager _____ Email _____

Has your organization participated in any other football league? Yes no

If yes, name League and number of years _____

Football:

Proposed divisions: Termite (6 – 8) Midget (9– 10)

Peewee (11 – 12) Bantam (13 – 14)

Cheerleading:

Will you offer cheerleading? Yes no maybe later

Proposed divisions: Termite (6 – 8) Midget (9 – 10)

Peewee (11 – 12) Bantam (13 – 14)

Enclosed is a copy of our rules and regulations. The Coordinator shall sign indicating having read the rules and regulations and agreeing to uphold specified guidelines governing the League.

After inspection of the team's equipment the League shall have the right to accept or reject your entry request.

Coordinator's signature _____ Date _____

The Weight Limits are:

WEIGHT LIMITS:

Termite: Weight 115 lbs. for the entire season
 Midget: Weight 135 lbs. for the entire season
 Pee Wee: Weight 155 lbs. for the entire season
 Bantam: Weight 180 lbs. for the entire season

ROSTER LIMITS:

Termite: 35 Players Maximum
 Midget: 35 Players Maximum
 Pee Wee: 35 Players Maximum
 Bantam: 35 Players Maximum

CHEERLEADER ROSTER LIMITS:

Termite: 15 Cheerleaders Maximum and 5 Cheerleaders Minimum
 Midget: 15 Cheerleaders Maximum and 5 Cheerleaders Minimum
 Peewee: 15 Cheerleaders Maximum and 5 Cheerleaders Minimum
 Bantam: 15 Cheerleaders Maximum and 5 Cheerleaders Minimum

2013 WEIGH-IN PROCEDURE – ALL DIVISIONS

The weigh-in procedures for the upcoming 2013 season apply to all divisions and are as follows:

1. TWO (2) WEIGH-INS FOR PLAYERS THAT ARE WELL BELOW THE WEIGHT LIMIT.

- ❖ Every player will weigh-in for the 1st game and the 5th game.
 - If the player is well below the weight limit for the 1st game, he will not be required to weigh-in again until the 5th game.
 - If the player makes the weight both times he good through the playoffs
 - If the player makes weight the 1st game but misses weight the 5th game, he will not play that game. The player will then need to make weight the next game in order to play.
 - If a player is **within 5 lbs of the weight limit** for the 1st game, he will be **"BL" color coded** and required to weigh-in at each game. This player is referred to as a "Border line player" and **color coded player in red + marked "BL" on the roster sheet.**
 - Weighing in each game allows the head coach to monitor the borderline player's weight each week. This will help ensure the player will make the weight enough games to be playoff eligible

2. COLOR CODED PLAYERS WEIGH-IN PROCESS

- ❖ Color coded players will weigh-in prior to each game.
 - If the player does not make weight, he will not play in that week's game. The player will have the opportunity to weigh-in each week to play in that week's game
 - Players must make weight and play in at least two (2) games to be eligible for the playoffs.

3. VERIFICATION OF HELMETS DURING WEIGH-IN

- ❖ Each player will hold his helmet in one hand and the contract in the other hand. The legality of the helmet will be identified by the yellow or orange sticker (APPROVED – Joe Reccord).
- ❖ The legal helmet will be identified by a yellow or orange sticker which is to be included inside the helmet by the inner ear location. All helmets must have this sticker for it to be considered a legal helmet. It is the coach's responsibility to make sure all of his players have this sticker in the legal helmet. Player's will be disqualified if they do not have an yellow or orange sticker in their helmet.
 - Coaches will be instructed to verify helmets during the week to ensure all helmets are legal before arriving games. If a player has an illegal helmet that player can not participate in the game.
 - The coach may not take a legal helmet from a player who was certified to play.

2013 Cleveland Muny Football League Rules & Regulations

Organization Responsibilities

- Organization coordinators shall ensure that all information given to them from Cleveland Muny Football League is shared with all their respective coaches.
- Each organization shall keep detailed records of coaches training dates and needs.
- Each organization shall be responsible for ensuring that all participants have physicals prior to the beginning of the season.
- Organizations shall hold a parents meeting prior to the start of the season. During the meeting the following items shall be covered:
 - Weight requirements
 - Contracts
 - League responsibilities and organization responsibilities
 - Insurance
 - Game days/dates
 - Practice days and times
 - Playoffs, championship, showcase and the admission fees
 - Parent guidelines such as no standing by the fence near team benches
If possible provide these in writing for later review and referral.
Parent Code of Conduct and supporting all children is required.
- Assist the coaches in keeping their code of ethics.

Suggestions for developing a successful organization

To aid in the creation of a stable league, we have developed the following guidelines to assist member organizations:

GENERAL ORGANIZATION

Develop a Board with elected officers

Establish by-laws or a constitution

Establish a checking account with two signature checks

Keep written minutes of all meetings and make sure that minutes are given to all in attendance

Teams shall hold parents meetings during the first three weeks of the season, to introduce the staff.

Letters shall also be sent to each of the parents detailing the Cleveland Muny Football League and what League sanctions.

FUNDRAISERS

Start early!

Plan your event on paper from start to finish (don't forget a clean up committee).

Establish a committee and chairperson for the committee.

Develop an annual calendar.

Be specific with assignments; spell out the exact duties of each position

Make sure that deadlines and meetings for follow-up are set and all persons are notified.

Include all costs that may be incurred during the event. (EVERYTHING THAT'S POSSIBLE)

COACHES RESPONSIBILITIES

A coach assumes an enormous amount of responsibility once he/she agrees to sign the contract card of his players. The Head Coach and his Assistant Coaches shall be good examples for the youth and conduct themselves in a professional manner at all times, on and off the field. All coaches shall read the guidelines listed below and abide by them to the best of your ability.

- All coaches shall complete and pass a background check prior to coaching. It is the obligation and duty of all coaches in the CMFL Football League to read, understand and abide by the rules and regulations contained in this document.
- The head coach is responsible to make sure all of his / her participants meet all eligibility guidelines. Failure to meet those eligibility guidelines will result in disciplinary action for the head coach, ineligible participant and the team/squad.
- All coaches shall also successfully complete the training program offered by Cleveland Myny Football League. Obtain a valid first aid/ CPR card and keep it current. A copy of certification must be on file in League office
- All coaches shall wear the approved CMFL badge at practices, games, and any other CMFL sanctioned event. There shall be a \$10.00 replacement fee for lost badges.
- Coaches shall be responsible for the conduct and control of football players and cheerleaders and followers.
- All available coaches shall help keep spectators from gathering on the fences behind the opponent's benches.
- Check valuables of team. Check locker rooms at and keep unauthorized visitors out at all times. Coaches shall remove all equipment and valuables from locker room after weigh-ins.
- All participants shall be properly supervised at all times
- Shall make sure that all participants have the proper equipment: mouth pieces, helmet, chin straps, briefs, etc.
- Teams should arrive at least 60 minutes before game time.
- Shall make sure that a first aid kit and water is available at all times.
- Shall have contracts cards available at weigh-ins and during games.
- All coaches shall sign in on a game roster sheet provided by the League.
- Good Sportsmanship - you shall set a good example for the youngsters at all times.
- No coaches shall go beyond the twenty (20) yard line.
- Coaches and staff members of the CMFL League are prohibited from smoking, drinking, and use of profanity or any illegal substance in the locker rooms, football field, and in the presence of football teams and cheer squads during the progression of scheduled leagues games and practices.
- Pursuant to the code of ethics for youth coaches who engage in the use of or distribution of illegal substance shall be suspended from participating in the CMFL Football Program. There is no course of redress on this issue.
- Organizations shall be responsible for CMFL football players and cheerleaders physicals. A copy of the completed physical must be on file in the League office.

A Head Coach should be named for each team within the respective division.

COORDINATORS & HEAD COACHES COMMUNICATION PLAN

LEAGUE WEBSITE: www.cmfleague.org

The Cleveland Muny Football League has its own website which will provide the program information. We encourage all supporters and participants to use the website. It will have the following information: ***Updated league information for the current season is available by last week of August.***

- Home Page About us Events Meetings
- Playoff Games Termite Division Midget Division Pee Wee Division
- Bantam Division Sites & Directions Coaches Game Rules
- FAQ – Frequently asked questions

Game Scores are posted on the website by 7 p.m. on Game Days.

Weeknight games are posted the next day by 4 p.m.

League information will be placed on the website every Wednesday after 2 p.m.

The website shall notify managers of any important messages, any changes in scheduled games or activities, playoffs and any other information.

The office staff shall not call coaches or mail any information to them.

It is the HEAD COACHES responsibility to check the website regularly.

A tab has been placed on our website as recent news to make it easier for everyone.

LEAGUE OFFICIALS

- Joe Reccord, League Director. (216) 355-5667
- John Goode, Asst. League Director(216) 355-5653
- Tim Wells, Asst. League Director.(216) 200-9839
- Charlene "Stephanie" Mitchell, Cheerleader Director.(216) 926-4457
- Jason Dunn, Webmaster (216) 322-6689

BACKGROUND CHECK POLICY

Any prospective coach or volunteer of any member team who is found to have committed any of the following or whose submitted criminal background check, as required by the rules and regulations of CMFL Association, discloses any of the following criminal convictions shall be barred from participation in any CMFL sanctioned event:

1. Any felony criminal conviction for assault, domestic violence, child abuse, molestation, rape, sexual assault, any sex crime, child endangerment, and/or any other criminal felony conviction in which a person was physically injured, harmed, and/or intimidated,
2. Any criminal conviction involving the trafficking or sale of any drug, narcotic or other illegal substance,
3. Any criminal felony conviction of possession of any drug, narcotic, or other illegal substance,
4. Any other criminal conviction, action, or behavior in which the Board of Directors of CMFL, in its absolute and sole discretion, determines shall preclude a person from participating as a coach or volunteer of a member team at any event sanctioned by the CMFL.

The League Director shall contact the prospective coach.

All information shall be kept strictly confidential.

Regulations

PURPOSE & OBJECTIVE:

The purpose of these rules and regulations is to establish basic standards for competition. The objective is to offer all participants an opportunity to compete in a league that stresses enjoyment and fair play.

PRE-SEASON REQUIREMENTS BEFORE BE PLACED ON THE SCHEDULE – Deadline August 1

1. All fees have been paid by August 1.
2. Coaches information has been submitted to Compliance officer by August 1. (All Coaches)
 - a. Full Name (First and Last)
 - b. Address (include City and Zip Code)
 - c. Telephone Numbers (include Cell, Home, etc with area codes)
 - d. E-mail address
3. Must have approval of league administration to enter a team.
4. Teams are required (2) sets of jerseys (different colors) to be in the league.

SCHEDULE AGREEMENT

Organization/Head Coaches shall be required to sign a receipt showing they received master and team schedules for the current season by the last week of August.

Once the CMFL schedule has been approved and accepted, teams shall comply with dates, days, and times.

Any major changes in the schedule, due to teams dropping out or forfeitures, or field availability shall be placed on the the website.

Cleveland Muny Football League shall not sanction any games or trips other than those scheduled by Cleveland Muny Football League during the Municipal season and any non-schedules activities are not related in any way to the Cleveland Muny Football League.

EQUIPMENT:

All teams shall submit to the League Director verification that their football equipment has been inspected and approved. (Prior to July 1 of the current season).

LENGTH & TIME FOR PRACTICE SESSIONS:

Conditioning shall not begin prior to July 7th of the year. Any team found to be conditioning prior to the above date, shall forfeit one game per occurrence. Continued violation shall result in more severe discipline. Water and first aid supplies are required to be all practices and games.

- | | |
|---------------|---|
| First Week: | Conditioning only; no helmets, no pads, no footballs |
| Second Week : | Football may be used; no contact drills, no set offense or defensive plays. |
| Third Week: | Full football practice may begin |

Practice shall be limited to a maximum of four (4) days per week and fields shall be cleared by 8:00 p.m. or sooner whichever approaches darkness the soonest. The field must be cleared 45 minutes before dusk. The monetary fine is the same and future practice time will be suspended. No practice shall exceed more than three (3) hours. ***Team practices will be reduced to (3) days a week during the school season.***

Any team caught in violation of this rule shall be fined \$200 per incident. The fine shall be paid prior to the start of the season, if not paid the team shall be dropped from the League.

TEAM COLORS:

New teams shall check with League Director prior to selecting their team colors. This is to avoid conflicts of other respective team jerseys. Each team is required to have (2 sets of jerseys-different colors).

COACHES PROPER DRESS:

Coaches are required to wear athletic apparel, same colors as their team. Coaches may not wear excessive jewelry and doo rags. Timberline boots are not permitted unless weather dictates them.

PARTICIPANTS PROPER DRESS***Fully equipped and dressed is a requirement***

Coaches allowing players to participate in contact, scrimmages or regular game competition without being fully dressed shall be recommended to the CMFL Board of Directors for suspension. (Helmet, all pads (shoulder, hip, thigh and knee), own mouthpiece, Jersey, pants is considered fully dressed.

Sun visors are not permitted. (unless prescribed by a physician – most have MD document)

Sun visors shall only be worn if prescribed by a physician and is properly fitted to the helmet. The doctor's written document must be attached to the player's contract. The player's parent(s) shall sign a liability waiver exempting the referees and the CMFL Association.

Wear the uniform properly

Players, Coaches, Coordinators, Participants or CMFL Football personnel shall not permitted to wear bandannas or any other decorative paraphernalia on. No sagging of pants, jerseys tucked in, mouth piece is to be worn in the mouth.

The Football Shoes Rule

Termite players only are required to wear molded plastic cleat football shoes. All other divisional players may wear football shoes with the male screw in plastic cleats. All teams must have replacement cleats present at many games and activities. All players will be inspected for proper cleats.

Players shall wear plain white socks or matching team socks.

When the players tape the exterior of their shoes only white tape is to be used and/or exposed.

Protective cast is not permitted

Participants shall not be allowed to play if they are wearing any type of cast.

Cheerleaders

- Cheerleaders shall wear proper uniforms or matching outfits.
- Briefs shall be worn under all skirts.
- Cheerleaders' shall cheer in well-constructed tennis shoes with the proper arch support.
- Socks shall be worn at all times; they should be white or a color coordinating with the uniform.
- Cheerleaders shall wear full briefs under their uniforms for practice and games. Any cheerleader without proper garments shall sit for one game. The Director of Cheerleading shall deal with any following offenses.
 - ✚ Cheerleaders cheering for school and CMFL Football
 - ✚ Derogatory or offensive cheers and cheering
 - ✚ All violations of the Cheerleader code of ethics
- No stud or dangling earrings shall be worn during the games or practice

CONTRACT PROCEDURE

Each player on a team's roster SHALL completely fill out two (2) contracts. The contracts shall be either typed or neatly **printed in ink** and SIGNED BY THE PARENT/GUARDIAN AND THE HEAD COACH. A picture shall also be attached to each card. ***A STUDENT TRACKING NUMBER MUST BE ON THE CONTRACT CARD BEFORE SUBMITTING THE CONTRACT FOR VERIFICATION.***

- * Inform the players of the team name and division.
- * Proof of age - previous season's contract card, birth certificate, baptismal record, copy of school record, or letter signed by school personnel.
- * Contracts shall be at every scheduled game.
- * Contracts shall be stamped across the photo with the date of filing and the validation of his/her birth date.
- * One copy shall be kept on file in the Cleveland Municipal Football office.
- * In order for a player to be eligible for a weekend game, his contract card shall be on file in the Cleveland CMFL office on that Tuesday before the respective game. NO EXCEPTIONS! CONTRACTS SHALL BE VALIDATED MONDAY AND TUESDAY, Noon – 6:30 p.m. at Cleveland City Hall in Room 8.
- * THE REGULAR SEASON DEADLINE FOR SIGNING PLAYERS IS ON TUESDAY AT 6:30 P.M., THE WEEK OF AFTER THE SECOND GAME.

ELIGIBILITY RULE

- Each child shall be made aware of the penalty involved with ineligible play by his/her coach. All requirements shall be read and signed by the child, parents, and coaches.
- All contracts shall be signed in front of the coach, thereby making that coach responsible for the verification of the child's age, player did not play any school football and the fact that the parent did in fact sign the contract. A space is provided for the coach's signature on the contract.
- A player may not play on a Junior High or High School team and then play in the Muny League. In addition, once a player participates in a school game and then quits the school team, he may not play in the Muny Football League.
- If an organization reports an ineligible player on their team, the player shall be removed from the team and all games will be forfeited.

PENALTY - The penalty for playing with an illegal player with knowledge has changed.

When a team has been reported and verified that they have used an illegal player, the Coordinator and the coaching staff of that specific team will be dismissed for the remainder of the season. Any coach with coaching responsibilities on more than one staff in a different division will be subject to same suspension if the team he or she is coaching is in violation of the rule.

The illegal player will be dismissed and the team will forfeit all victories that the illegal player participated in. (meaning if the illegal player is on the game roster sheet – he is considered a participant)

The team will be coached by the staff of the remaining divisions in that organization for the remainder of the season.

TRANSFER PROCEDURE

PLAYERS

1. Any player who joins the organization shall remain with the organization throughout their eligibility.
2. A player may join another organization, only if the parent or legal guardian requests a transfer. Transfer requests shall be submitted in writing to the League office, stating a bonafide and valid reason for said transfer.
3. If the transfer is granted, the player shall be placed in a lottery for two or three teams in the players new area.
4. No organization shall sign any player that has appeared on any other roster from the preceding year.
5. If an organization signs a player without the consent of the league office the organization shall be brought up for disciplinary action.
6. A player is not permitted to take part of any drills or practice with a new organization unless the player release form has been completed and signed by the League Compliance Officer.

PLAYERS WISHING TO GO TO POP WARNER FOOTBALL

1. Any player transferring from a Munny organization without a release may **not play** for the Glenville Titans Pop Warner team in consecutive seasons.

PENALTY

1st Offense - Two game suspension

2nd Offense - The second offense both the division head coach and/or and "signature" coaches shall be suspended indefinitely.

If there is more than one infraction per team/organization, the organization shall come before the League Administration for determination of the penalty. Each offense shall carry a fine of \$500.00 to the offending organization, said fine shall be paid prior to the league playoffs, if said infraction occurs during the playoffs, the fine must be paid prior to the entry fee deadline of August 1st.

3rd Offense - Arbitration Board shall review possible indefinite suspension

AUTOMATIC TRANSFER RULE (Parents shall submit in writing the reason for the transfer)

- Coach agrees to release a player
- Parents moved
- Organization fails to have a team in a specific division
- Separation or divorce of parents
- Player's father becomes head coach of a new team (Only the offspring are permitted to accompany the coach to the new team).

COACHES RELEASE

Teams requesting the service of a coach that is presently coaching for another organization shall request a release from the organization's coordinator. The release shall be finalized prior to August 1st of the current season.

WEIGH-IN PROCEDURE

- * Teams are to assemble in the weigh-in area in one line with their verified contract cards in their Right hand and Helmet in their left hand.

PLEASE BE ORDERLY!!

- * Players shall not weigh-in nude, they shall wear shorts; Players shall only be weighed in once and shall not exceed the weight specified for the respective week or season.

PRECAUTIONS: Once a player steps on the scale, THERE SHALL BE NO READJUSTMENT OR CHANGING OF EQUIPMENT OR SCALE.

- * Teams playing the first game of the day shall weigh-in prior to the start of the game and shall be allowed to weigh-in up until the start of the game. Coaches and players are strongly urged to arrive at the field at least 60 minutes before game time.
- * Games shall start by designated scheduled times unless agreed to start early by both coaches and officials.
- * Players who fail to make weight are required to sit in the stands with his game jersey turned inside out and shall be visible to the field men.
- * All players who made the weight must have the official stamp imprint on their arms. Only players with the official stamp are eligible to play. Field men and opposing coaches have the right to inspect and approve the stamp imprint.
- * Only officially stamped players, coaches, and designated managers are permitted on the team bench and/or area. Failure to comply may result in a 15-yard penalty.
- * All complaints pertaining to pre game weigh-ins, illegal players, or any other protest, shall be brought to the attention of the field men before the game. The field men and one (1) coach from each team are witnesses for weigh-ins. The other coach, players, parents, managers, sponsors, or team affiliates are not permitted in the locker rooms to watch weigh-ins.
- * Players will have the option of weighing in with or without equipment.

2013 WEIGH-IN PROCEDURE – ALL DIVISIONS

The weigh-in procedures for the upcoming 2013 season apply to all divisions and are as follows:

1. TWO (2) WEIGH-INS FOR PLAYERS THAT ARE WELL BELOW THE WEIGHT LIMIT.

- ❖ Every player will weigh-in for the 1st game and the 5th game.
 - If the player is well below the weight limit for the 1st game, he will not be required to weigh-in again until the 5th game.
 - If the player makes the weight both times he good through the playoffs
 - If the player makes weight the 1st game but misses weight the 5th game, he will not play that game. The player will then need to make weight the next game in order to play.
 - If a player is **within 5 lbs of the weight limit** for the 1st game, he will be **"BL" color coded** and required to weigh-in at each game. This player is referred to as a "Border line player" and **color coded player in red + marked "BL" on the roster sheet.**
 - Weighing in each game allows the head coach to monitor the borderline player's weight each week. This will help ensure the player will make the weight enough games to be playoff eligible

2. COLOR CODED PLAYERS WEIGH-IN PROCESS

- ❖ Color coded players will weigh-in prior to each game.
 - If the player does not make weight, he will not play in that week's game. The player will have the opportunity to weigh-in each week to play in that week's game
 - Players must make weight and play in at least two (2) games to be eligible for the playoffs.

3. VERIFICATION OF HELMETS DURING WEIGH-IN

- ❖ Each player will hold his helmet in one hand and the contract in the other hand. The legality of the helmet will be identified by the yellow or orange sticker (APPROVED – Joe Reccord).
- ❖ The legal helmet will be identified by a yellow or orange sticker which is to be included inside the helmet by the inner ear location. All helmets must have this sticker for it to be considered a legal helmet. It is the coach's responsibility to make sure all of his players have this sticker in the legal helmet. Player's will be disqualified if they do not have an yellow or orange sticker in their helmet.
 - Coaches will be instructed to verify helmets during the week to ensure all helmets are legal before arriving games. If a player has an illegal helmet that player can not participate in the game.
 - The coach may not take a legal helmet from a player who was certified to play.

THE PLAYER MUST HAVE A LEGAL HELMET TO PARTICIPATE.

CONCESSION STAND GUIDELINES

Concession space shall be allotted on the first come, first served basis. Concession stands are permitted at Patrick Henry's "Bump Taylor" Field, John F. Kennedy Field and Luke Easter Field.

All concession stands must be set up by 9:00 a.m. No cars will be allowed beyond the designated parking areas after such time.

The CMFL shall in no way be responsible for the liability of the concession stands or their assignees. The organizations shall assume all responsibilities for the concession its workers, foodstuffs and equipment.

- No charcoal fires may be used.
- No cans or bottles may be sold, i.e. beverages must be in cups or plastic containers. If a beverage is sold in a bottle or can it must be poured into a cup.
- Only teams that are playing at that particular field on that day will be allowed to operate concessions.
- Organizations/Teams are responsible for cleaning the concession area within a fifty foot radius.
- Patrick Henry / Luke Easter - No vehicles are to remain parked next to the concession stands. Luke Easter stands are to be set up away from the field fence and closer to the street.
- It is the responsibility of each team/organization to acquire the proper licenses and permits.
- Deep fryers are not permitted at John F. Kennedy.

FILING A PROTEST

Protests shall only be filed on eligibility status. After the game is officially started, protests shall be submitted in writing to the CMFL Football office, located at Cleveland City Hall, Division of Recreation, 601 Lakeside Avenue, Room 8, between 10 am and 5 p.m., Monday following the game or the next business day. A protest fee of \$50.00 must accompany the written protest. The protest fee shall be returned if the protest is upheld.

Copies of the written protest shall be mailed or given to all teams involved by the team filing the protest.

The Vice President of Board of Directors shall chair the Arbitration committee and shall hear all arbitration/protests. The Arbitration Board should be given ten (10) days to respond to protests. If a hearing cannot be held due to a conflict with the football schedule, an emergency meeting shall be called for the purpose of rendering an immediate response.

RULES OF PLAY

The CMFL Association will be played under and governed by the National Federation of State High School Association rules with the CMFL Association modification.

SIZE OF BALL: Termite Division: **WILSON K2, NIKE PEE WEE**
 Midget Division: **WILSON TDJ, NIKE JUNIOR FOOTBALL**
 Pee Wee Division: **WILSON TDJ, NIKE JUNIOR FOOTBALL**
 Bantam Division: **WILSON TDY, NIKE YOUTH FOOTBALL**

KICK OFFS: There shall be NO kick off for the Termite Division. The ball shall be put into play on the 35-yard line of the offensive team at the beginning of the game and after each touchdown.

Kickoff from the (40) yard line for the offensive team will take place in the Midget, Pee Wee and Bantam Divisions.

LENGTH OF GAME: **TERMITES:** Four seven (7) minute quarters regulation time.
MIDGET: Four seven (7) minute quarters regulation time.
PEE WEE: Four eight (8) minute quarters regulation time.
BANTAM: Four nine (9) minute quarters regulation time.

TIME OUTS: Four (4) time-outs during regulation games and one (1) extra time out for each overtime period. Time outs can be carried over to the second half.

SCORING: Touchdowns count for six (6) points. Safeties count for two (2) points. A kicked extra point counts for two (2) and an extra point scored by a run or pass counts for one (1) point.

SAFETY: After a safety occurs, the team scoring the safety shall put the ball in play at the FIFTY (50) YARD LINE.

WIN/LOSE/TIE POINT SYSTEM: In the league standings, two (2) points will be recorded for a win, one (1) point for a tie, and no points for a loss.

MODIFIED MERCY PLAY RULE – Takes effect during the last (3) minutes

TERMITE – Based on ten (10) point lead.
MIDGET – Based on ten (10) point lead.
PEE WEE – Based on fifteen (15) point lead
BANTAM - Based on fifteen (15) point lead

**TIE BREAKER
IN STANDINGS:**

Should a tie in the standings of a division occur, the procedure shall be as follows:

1. Head to Head Competition
2. Best record within the conference/division
3. Best defensive record (based on lowest number of points given up)
4. Flip of a coin

PLAYOFFS: The League will provide a plan of play with the season schedule prior to the start of the season. All teams are in the post season playoffs.

AWARDS: Each participant will receive a certificate of participation if funding is available.

OVERTIME PROCEDURE - THE OVERTIME IS USED ONLY IN THE PLAYOFFS!

1. Team winning flip has a choice of offense or defense.
2. Teams will be given one (1) additional timeout for each overtime period.
3. Alternating possessions of four downs per team until a winner is declared.
4. If both ends of the field areas are determined to be too muddy – the mid-field area (fifty yard line) will be used accordingly to complete the game.

		<u>TERMITE & MIDGET</u>	<u>PEE WEE</u>	<u>BANTAM</u>
First series	STARTS	5-yard line	10-yard line	10-yard line
Other series	STARTS	5-yard line	5-yard line	5-yard line

Overtime Rule regarding possessions. (A clarification)

a. Alternating possessions of four downs per team until a winner is declared.

b. For example:

First Step: Coin Flip to determine who starts with the ball.

Second Step: Each team gets (1) additional time out in each series.

A series is defined where both teams have had the ball on offense and have played defense.

If Team A uses their timeout when on offense, then they do not have one on defense in that series.

Third Step: If the offensive team scores, then the defensive team must get its opportunity to score. Please remember that the extra point must be played unless it is not needed.

If the offensive team does not score and the defensive team scores on its possession then the game is over.

If the teams are tied after the first series, THEN – the teams switch roles for the second series. No Coin flip takes place.

Example: If Team A is on offense in the first series and the game is still tied after the first series – THEN – Team B starts on offense in the second series. (NO COIN FLIP IS NEEDED)

This continues to alternate until a winner is declared.

KICKOFF/PUNT RULES

KICKOFFS

Each half will start with a kickoff in the Midget, Pee Wee and Bantam Divisions.

- A. All kickoffs will be from the 40-yard line.
- B. Once the ball is kicked off the ball is live. If the receiving team fumbles the ball or if the ball is touched by a player of the receiving team, the ball may be recovered by the kicking team but the kicking team may not advance the ball. The kicking team will receive the ball at the point of recovery
- C. When a kickoff goes out of bounds the receiving team shall have the option of:
 - a. Taking the ball at the point where it went out of bounds
 - OR
 - b. Accept a five (5) yard penalty and re-kick the ball.
- E. All teams in the Midget, Pee Wee and Bantam Divisions must kickoff.

PUNTING

- A. The offensive team may punt at any time.
- B. A punt is always a free kick.
- C. At the beginning of the game the captain must inform the referee whether they are going to punt or use the automatic punt. **(Termite Division only.)**
- D. Rushing the punter is prohibited. No offensive or defensive player may move across the line of scrimmage until the kick has been made.
- E. The defensive team may rush a punt only from the outside one player on each side.
- F. Free Catch-There shall be a free catch of a punt. The receiver shall signify his intentions for a free catch by waving his hand clearly over his head.

GAME RULE MODIFICATIONS FOR ALL DIVISIONS

1. TEAM WARM-UP PERIOD:

- (7) seven-minute warm-up time for the teams on the field prior to their game.

2. THE PROPER EQUIPMENT:

- a) A participant **may not play** if they are wearing any protective cast.
- b) No bandannas or decorative paraphernalia are allowed to be worn.
- c) Each participant must wear their own mouth piece item.

3. THE PROPER FOOTBALL SHOE (CLEAT):

For the Termite Division: The molded plastic cleat shoe is legal.

For the Midget Division: The male screw in plastic cleat shoe is legal.

For the Pee Wee Division: The male screw in plastic cleat shoe is legal.

For the Bantam Division: The male screw in plastic cleat shoe is legal.

4. THE PROPER FOOTBALL:

For the Termite Division: **K2 WILSON, NIKE PEE WEE**

For the Midget Division: **WILSON TDJ, NIKE JUNIOR FOOTBALL**

For the Pee Wee Division: **Wilson TDJ, NIKE JUNIOR FOOTBALL**

For the Bantam Division: **TDY WILSON, NIKE YOUTH FOOTBALL**

5. THE LENGTH OF GAMES:

For the Termite Division: Four (7) minute quarters of regulation time

For the Midget Division: Four (7) minute quarters of regulation time

For the Pee Wee Division: Four (8) minute quarters of regulation time

For the Bantam Division: Four (9) minute quarters of regulation time

6. THE START OF THE GAMES:

For the Termite Division: No Kickoffs. Ball is placed at 35 yard line

For the Midget Division: Kickoff from the (40) yard line for the offensive team.

For the Pee Wee Division: Kickoff from the (40) yard line for the offensive team.

For the Bantam Division: Kickoff from the (40) yard line for the offensive team.

7. AFTER A SAFETY OCCURS:

For the Termite Division: No Punts. Ball is placed at 50 yard line

For the Midget Division: Punt from the (20) yard line for the offensive team.

For the Pee Wee Division: Punt from the (20) yard line for the offensive team.

For the Bantam Division: Punt from the (20) yard line for the offensive team.

8. THE TEAM TIMEOUTS:

For the Termite Division: (5) time outs during regulation, (1) extra TO in each O.T.

For the Midget Division: (4) time outs during regulation, (1) extra TO in each O.T.

For the Pee Wee Division: (4) time outs during regulation, (1) extra TO in each O.T.

For the Bantam Division: (4) time outs during regulation, (1) extra TO in each O.T.

9. COACHES AND BENCH AREAS (Amended to league rules due to OHSAA)

a) Coaches must stay in between both 20-yard lines.

b) (6) Six coaches on the sidelines. (Does not include Coordinator)

POINTS OF EMPHASIS FOR THE 2013 SEASON

Contact both to and with helmet. Any initiation of contact with helmet is illegal. Therefore, there must be a focus on enforcing the existing rules.

Emphases on all types of illegal helmet contact are:

1. **Spearing** - any act by the offense or defensive player who initiates contact against any opponent with the top of his helmet.
2. **Face tackling** - an act by the defensive player who initiates contact with a runner with the front of his helmet.
3. **Butt blocking** - an act by the offensive or defensive player who initiates contact against an opponent who is not running with the front of his helmet.
4. **Blows to the head by the defender** - an act by the defensive player hand(s) to slap the opponents head are illegal. A blocker may not initiate contact with his arm or hand against an opponent above the opponents shoulder.
5. **Initiating contact to the head** - it is illegal for either team to use any other part of the body or equipment to initiate contact to the head. Contact to the helmet of another player could be one of the three specific illegal contact fouls or it could also be a personal foul for unnecessary roughness. This is not limited to acts by the defensive (such as a defensive back making a big hit on the receiver, or the linebacker making the big blow against a back out of the backfield). When in doubt the official shall call a foul.
6. **Helmet to Helmet contact** - initiated acts of helmet to helmet contact will be penalized when they occur in all contests. Contact initiated by one player with a helmet to helmet of another player could be one of the three specific illegal contact fouls or it could also be a personal foul for unnecessary roughness. When in doubt the official will always rule it a foul.
7. **Making an initial contact with a defender with head down** - this act by the runner lowering his helmet to spear an opponent is not legal.

The acts noted above have no place in the game. When in doubt, all the acts will be viewed as illegal by the officials and will be penalized accordingly.

2013 TERMITE DIVISION GAME RULE MODIFICATIONS FOR THE Ages 6 – 8, Weight Limit is 115 lbs.

1. **THE PROPER SHOE (CLEAT):**
The molded plastic cleat football shoes are for the Termite Division.
2. **(1) COACH FROM EACH TEAM MAY BE ON THE FIELD DURING THE GAME.**
 - A. The coach is permitted to huddle with his players before the play.
 - B. The defensive coach must go back 20 yards from the line of play.
 - No instructions once the offense breaks the huddle.
 - 1st violation (warning), 2nd violation (15 yd. penalty)
 - C. The offensive coach must go back 10 yards from the line of play.
 - D. The defensive coach may not move his players AND give any instructions once the offense breaks the huddle.
 - E. Coaches on the field are not permitted to question the officials.
3. **THE GAME BALL FOR TERMITE GAMES** \implies **K2 WILSON, NIKE PEE WEE**
4. **LENGTH OF GAME FOR TERMITES** - Four (7) minute quarters of regulation time
5. **THE COACHES ON THE SIDELINE:**
 - A. Each team is permitted (6) coaches on the field.
 - B. This does not include the organizational coordinator
6. **THE PRE-GAME COIN TOSS**
 - a.) The head coach and team captains are to meet with the officials at mid-field.
 - b.) Each team is limited to (4) team captains to go to mid-field prior to the game.
7. **START OF GAME** * ***NO KICKOFFS IN TERMITE DIVISION*** *
Termite \implies Ball placed at 35-yard line for the offensive team.
8. **TEAM TIME OUTS**
 - A. Each team gets five (5) time outs during the regulation game.
 - B. Each team gets one (1) additional time out in overtime.
 - C. Timeouts can be carried over to the next period including the O.T. period.
9. **WHEN A SAFETY OCCURS** ***After the safety, For Termite Division***
 - A. The game official will place the ball at mid-field for play.
10. **AUTOMATIC PUNT RULE – FOR THE TERMITE DIVISION ONLY!**
 - A. The official advances the ball TWENTY YARDS (20) once the team states "We are punting", ***IF THE BALL IS OUTSIDE THEIR OPPONENT'S 35-YARD LINE.***
 - B. The game official will place the ball once notified that the team is punting.
10. **THE HEAD COACH IS THE ONLY PERSON TO ADDRESS THE GAME REFEREES**
 - a.) The head coach is the only coach to talk to the referees during the game on rule Interpretations or issues in a **sportsmanlike manner.**

Points of Emphasis

 9. **CENTER – KEEP YOUR HEAD UP:**
The center is to keep his head up when snapping the ball to the QB in a shotgun formation.
 10. **GOOD SPORTSMANSHIP IS A REQUIREMENT**

2013 MIDGET DIVISION GAME RULE MODIFICATIONS

For Ages 9 – 10, Weight limit of 135 lbs.

1. **THE PROPER SHOE (CLEAT)**
Football shoes with a male screw-in plastic cleat may be used in the Midget games
2. **THE GAME BALL FOR THE MIDGET DIVISION**
Midget \implies **Wilson TDJ, Nike Junior Football**
3. **THE LENGTH OF THE GAME**
Midget \implies Four (7) minute quarters of regulation time
4. **THE PRE-GAME COIN TOSS**
c.) The head coach and team captains are to meet with the officials at mid-field.
d.) Each team is limited to (4) team captains to go to mid-field prior to the game.
5. **THE COACHES ON THE SIDELINE:**
A. Each team is permitted (6) coaches on the field.
B. This does not include the organizational coordinator
6. **THE START OF THE GAME**
Midget \implies Kickoff from the (40) yard line for the offensive team.
7. **TEAM TIME OUTS**
A. Each team gets five (5) time outs during the regulation game.
B. Each team gets one (1) additional time out in overtime.
C. Timeouts can be carried over to the next period including the O.T. period.
8. **WHEN A SAFETY OCCURS** **After the safety,**
The game official will place the ball at mid-field for play.
9. **THE HEAD COACH IS THE ONLY PERSON TO ADDRESS THE GAME REFEREES**
b.) The head coach is the only coach to talk to the referees during the game on rule Interpretations or issues in a **sportsmanlike manner.**

THE PUNT RULE IN THE MIDGET DIVISION ONLY

STEP 1: The Head Coach and his captain meet with the game officials before the traditional coin toss.

The head coach will declare to the officials that in any punt situation his team will either:

- a. Use the Automatic Punt Rule
- b. Will kick the ball.

Note: The coach's pregame declaration will remain in effect during the entire game for his team.

ON AN ACTUAL (Kick) PUNT IN THE MIDGET DIVISION

Defensive charge may only come from outside the tackles.

Points of Emphasis

10. **CENTER – KEEP YOUR HEAD UP:**
The center is to keep his head up when snapping the ball to the QB in a shotgun formation.

2013 PEE WEE DIVISION GAME RULE MODIFICATIONS

For Ages 11 and 12, Weight limit is 155 lbs.

1. **THE PROPER SHOE (CLEAT)**
Football shoes with a male screw-in plastic cleat may be used in the Pee Wee games
 2. **THE GAME BALL FOR THE PEE WEE DIVISION**
Pee Wee ⇨ **Wilson TDJ, Nike Junior Football**
 3. **THE LENGTH OF THE GAME**
Pee Wee ⇨ **Four (8) minute quarters of regulation time**
 4. **THE PRE-GAME COIN TOSS**
 - e.) The head coach and team captains are to meet with the officials at mid-field.
 - f.) Each team is limited to (4) team captains to go to mid-field prior to the game.
 5. **THE COACHES ON THE SIDELINE:**
 - A. Each team is permitted (6) coaches on the field.
 - B. This does not include the organizational coordinator
 6. **THE START OF THE GAME**
Pee Wee ⇨ **Kickoff from the (40) yard line for the offensive team.**
 7. **TEAM TIME OUTS**
 - A. Each team gets four (4) time outs during the regulation game.
 - B. Each team gets one (1) additional time out in overtime. (Playoffs only)
 - C. Timeouts can be carried over to the next period including the O.T. period.
 8. **WHEN A SAFETY OCCURS** **After the safety,**
The punting team will punt from the 20 yard line.
 9. **THE HEAD COACH IS THE ONLY PERSON TO ADDRESS THE GAME REFEREES**
 - c.) The head coach is the only coach to talk to the referees during the game on rule Interpretations or issues in a **sportsmanlike manner.**
- Points of Emphasis**
10. **CENTER – KEEP YOUR HEAD UP:**
The center is to keep his head up when snapping the ball to the QB in a shotgun formation.
 11. **GOOD SPORTSMANSHIP IS A REQUIREMENT**
Officials are to penalize those participants (both coaches and players) when their conduct violates good sportsmanship guidelines.
 12. **ILLEGAL HELMET HITS ARE A BIG POINT OF EMPHASIS THIS YEAR**
No spearing, No helmet to helmet, No initial contact to head, No Face tackling will be carefully watched and penalized in 2013.

2013 BANTAM DIVISION GAME RULE MODIFICATIONS

For Ages 13 – 14, Weight Limit of 180 lbs.

1. **THE PROPER SHOE (CLEAT)**
Football shoes with a male screw-in plastic cleat may be used in the Bantam games
2. **THE GAME BALL FOR THE BANTAM DIVISION**
Bantam \Rightarrow TDY WILSON, NIKE YOUTH FOOTBALL
3. **THE LENGTH OF THE GAME**
Bantam \Rightarrow Four (9) minute quarters of regulation time
4. **THE PRE-GAME COIN TOSS**
 - A. The head coach and team captains are to meet with the officials at mid-field.
 - B. Each team is limited to (4) team captains to go to mid-field prior to the game.
5. **THE COACHES ON THE SIDELINE:**
 - A. Each team is permitted (6) coaches on the field.
 - B. This does not include the organizational coordinator
6. **THE START OF THE GAME**
Bantam \Rightarrow Kickoff from the (40) yard line for the offensive team.
7. **TEAM TIME OUTS**
 - A. Each team gets four (4) time outs during the regulation game.
 - B. Each team gets one (1) additional time out in overtime. (Playoffs only)
 - C. Timeouts can be carried over to the next period including the O.T. period.
8. **WHEN A SAFETY OCCURS** **After the safety,**
The punting team will punt from the 20 yard line.
9. **THE HEAD COACH IS THE ONLY PERSON TO ADDRESS THE GAME REFEREES**
 - A. The head coach is the only coach to talk to the referees during the game on rule Interpretations or issues in a **sportsmanlike manner.**

Points of Emphasis
10. **CENTER – KEEP YOUR HEAD UP:**
The center is to keep his head up when snapping the ball to the QB in a shotgun formation.
11. **GOOD SPORTSMANSHIP IS A REQUIREMENT**
Officials are to penalize those participants (both coaches and players) when their conduct violates good sportsmanship guidelines.
12. **ILLEGAL HELMET HITS ARE A BIG POINT OF EMPHASIS THIS YEAR**
No spearing, No helmet to helmet, No initial contact to head, No Face tackling will be carefully watched and penalized in 2013.

CODE OF CONDUCT / PLEDGES

PLAYERS CODE OF CONDUCT PLEDGE

I hereby pledge to provide a positive attitude and be responsible of my actions and participation in this youth sports program by following this Code of Conduct.

1. I shall treat my coaches, teammates, officials, other players and spectators with respect regardless of race, sex, creed or abilities and I shall expect to be treated accordingly.
2. I shall practice good sportsmanship and encourage the same from fellow players, coaches, officials and parents at every practice and game.
3. I shall attend every practice and game that is reasonably possible and I shall notify my coach when I cannot.
4. I shall listen and follow my coach's instructions.
5. I shall not fight.
6. I shall not use profanity during practice, games or at officials, coaches, teammates, other players, or spectators.
7. I shall not play under the influence of drugs, tobacco or alcohol.
8. I shall encourage my parents to be involved with my team in some capacity because it's important to me.
9. I shall do my best in school.
10. I shall remember that in sports I have an opportunity to learn and to HAVE FUN.

PLAYERS: Thank you for being a part of the Muni Football League. We are here to serve YOU! Along with the opportunity to participate come responsibilities. Players are expected to follow the Code of Conduct guidelines. Your effort and time shall be required if this is to be a positive experience. Remember we are here to provide opportunities; YOU have the ability to control the outcome.

CHEERLEADER CODE OF ETHICS

I shall remember that first and foremost I am a lady and will carry and conduct myself as a lady at all times and that improper behavior while in uniform reflects poorly on my parents, my coaches, my team my neighborhood and my league.

I shall be a positive representative of my team and CMFL.

I shall be respectful of the feelings of others, my teammates as well as the competitors.

I shall not curse, smoke, drink alcoholic beverages or be involved with illicit drugs.

I shall respect myself, the coaches, league administrators, players, spectators and officials at all times.

I shall do my best to be punctual and prepared for practice and games.

I shall try to do my best at every practice & game, working hard to improve my skills and to help my team.

I shall not try to humiliate, embarrass or degrade any other team, player, coach, spectator or cheerleader.

I shall remember that I am a part of a team, and will not put my self-interest above the team interest.

I shall remember that participation in any sport is a privilege that is not to be abused by unsportsmanlike conduct.

I shall remember that sports participation is an opportunity to learn and have FUN not just to please my parents or coach

I shall control my temper and resist the temptation to retaliate if I feel I've been wronged.

I shall do my very best to listen and learn from my coaches.

I will do my very best in school■



Win with character, lose with dignity.

FOOTBALL COACHES CODE OF CONDUCT PLEDGE

I hereby pledge to live up to the standards of a coach that were set by the Cleveland Muny Football League, by following the Coaches' Code of Conduct Pledge.

- I shall place the emotional and physical well being of my players ahead of any personal desire to win.
- I shall remember to treat each player as an individual, with respect and dignity.
- I will attend every workshop, practice and game that is reasonably possible and notify the Organizational Coordinator if I cannot attend
- I shall be illegal drug and alcohol-free during games and any activities for the entire season. I will try to carry this throughout my personal life. I shall refrain from their use before and at all CMFL sports events.
- I will remember that the game is a small portion of my life and that there are far greater goals than just winning.
- I shall do my very best to provide a safe playing situation for my players and if in my opinion a player appears impaired in some manner, I shall report it to organizational coordinator immediately.
- I promise to get to know my players as young men and to provide them with a positive role model, both on and off the field.
- I shall lead, by example, in demonstrating fair play, courtesy and sportsmanship to my players, opposing team members and game officials.
- I shall lead, by example, in wearing athletic apparel, same colors as my team. I will not wear excessive jewelry and doo rags.

CHEERLEADER COACHES CODE OF ETHICS

Be professional in and accept responsibility for your actions. Your language, manner, punctuality, preparation and presentation should display high standards.

Display self-control, respect, dignity and professionalism to all involved with the sport - this includes opponents, coaches, officials, administrators, the media, parents and spectators. Encourage your athletes to demonstrate the same qualities

Shall refrain from any form of personal abuse towards your athletes. This includes verbal, physical and emotional abuse. Be alert to any forms of abuse directed towards your athletes from other sources while they are in your care.

Show concern and caution towards sick and injured athletes. Provide a modified training program where appropriate. Allow further participation in training and competition only when appropriate. Encourage athletes to seek medical advice when required.
Maintain the same interest and support towards sick and injured athletes.

Always strive to be truthful and put colleagues or other professionals in a positive light.

Remember that you are a role model to all cheerleaders and a representative of your team and CMFL.

Not smoking, cursing, fighting, consumption of alcoholic beverages, or illicit drugs, will be tolerated.

Show respect to players, cheerleaders, coaches, officials and league administrators at all times.

Recognize and applaud honestly and whole-heartedly the efforts of your team, squad opponents.

Give opponents full credit when they win; will accept victory graciously and defeat with dignity.

I will encourage good sportsmanship from fellow, coaches, cheerleader, players, officials and parents at every game and practice by demonstrating good sportsmanship.

PARENT'S CODE OF CONDUCT PLEDGE

I hereby pledge to provide positive support, care and encouragement for my child participating in youth sports by following this Parent Code of Conduct.

1. I shall remember that the game is for children and not for adults.
2. I shall place the emotional and physical well-being of my child ahead of my own to provide a positive, enjoyable experience for all.
3. I shall ask my child to treat other players, coaches, fans and officials with respect regardless of race, sex, creed or ability.
4. I shall encourage good sportsmanship by demonstrating positive support for all players at every game, practice or other sports events.
5. I shall provide support for coaches and officials working with my child to provide a positive, enjoyable experience for all.
6. I shall promise to help my child enjoy the youth sports experience within my personal constraints by assisting with coaching, being a respectful fan, and providing transportation or whatever I am capable of doing.
7. I shall require that my child's coach be trained in responsibilities of being a youth sports coach and that the coach agree to the youth sports Coaches' Code of Conduct.
8. I shall insist that my child play in a safe and healthy environment.
9. I shall demand a drug, alcohol and tobacco free sports environment for my child and agree to assist by refraining from their use at all youth sports events.
10. I shall do my best to make youth sports fun for my child.

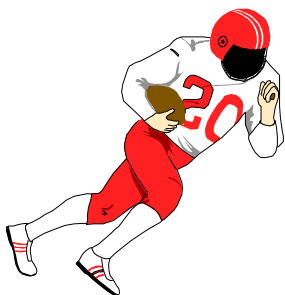
CHEERLEADER CHECK IN PROCEDURE

Prior to the beginning of your game you shall have the girls meet in a clear end zone or section of the field. Teams should shake hands or generally acknowledge each other.

Each coach shall check in their opposing team and sign the rosters, the form are 3 part NCR paper; the *white* copy goes to the field man to be submitted with the score sheet; *pink* copy to the home team; *yellow* to the visiting team. (The home team is the team on the left on the schedule)

If the opposing team does not have a squad, you should give your squad sign-in sheet.

Each girl shall cheer in a minimum of 4 games in order to participate in the Showcase.



COACHES CHECKLIST FOR GAME DAY

Player Contract Cards

Transportation Plan

**First Aid Kit & Supplies
(Tape, Cold Packs, Medical Supplies)**

**Extra Equipment
Pads, Mouth Pieces, Chin Straps, Etc.**

Water Cooler – Cups

Trash Bag

Footballs

Coaches Items

Kicking Tee

Uniforms – Jerseys

AND ANY OTHER ITEMS THAT COACH WANTS THERE