

**2023 Cen-Cal Youth Football
By-Laws**

2023

Serving the Central Valley for
Over 30 years

Cen-Cal By-Laws 2023
UPDATED 02/01/23

Cen-Cal Board of Directors 2022

Executive Board Members

Commissioner..... Matt Dietz

Deputy Commissioner..... Mike Medrano

Secretary..... Kristi Hamel

Treasurer..... Dawn Booker

Board of Directors /Team Representatives

Atwater Falcons.....Christina Stone

Buhach Thunder..... Joy Alexander

Livingston Wolves..... David Kalua

Los Banos Wildcats..... Mike Medrano

Merced Bears..... Kristi Hamel

Merced Cougars.....Dawn Booker

Modesto Broncos..... Jesse Bocanegra

Oakdale Stampede..... Gene Gilton

Turlock Pride..... Mike Egleston

Turlock Bulldogs..... Ryan Pruitt

CENTRAL CALIFORNIA JUNIOR FOOTBALL LEAGUE
BY-LAWS/ CONSTITUTION

The name of the organization shall be the Cen-Cal Youth Football & Cheer hereafter known as “Cen-Cal”.

(ARTICLE 1) PURPOSE

The purpose of Cen-Cal shall be to promote and administer to the Youth Football League and to provide the opportunity for qualified boys and girls regardless of race, creed, or national origin to participate in Football & Cheerleading and promote the high ideals of sportsmanship, scholarship, citizenship and physical fitness.

(ARTICLE 2) BOARD OF DIRECTORS

Powers, Duties and Responsibilities; shall exercise supervision of Cen-Cal in establishing, promoting and planning its organization, management and activities.

All decisions of the Board of Directors shall be decided by a majority vote of Board Members in attendance. In the event of a tie, the Commissioner shall cast the deciding vote.

CLASSIFICATION, SELECTION & TERM OF APPOINTED BOARD OF DIRECTORS

The Board of Directors shall be composed of elected officers from each franchise, one (1) per franchise. Each franchise shall appoint one (1) Primary Representative to attend Cen-Cal meetings and one (1) Alternate Representative, to only attend in the event the primary cannot.

The Representatives shall be appointed by their local franchise boards for a period of one (1) year.

(ARTICLE 3) EXECUTIVE OFFICERS

COMMISSIONER:

Preside at Board of Directors meetings. Act as ex-officio member at all committees. The Commissioner shall have the general supervision, direction, and control of the business and affairs of the league.

DEPUTY COMMISSIONER:

The Deputy Commissioner shall act as an assistant to the Commissioner and perform such duties designated by the Commissioner. The Deputy Commissioner should essentially be a training position to prepare the Deputy Commissioner to assume the duties of the Commissioner in the event unavoidable circumstances keep them from attending a meeting or the office of the Commissioner becomes vacant.

SECRETARY:

The Secretary shall ensure that all minutes of each meeting are approved and signed by the Commissioner. Keep an accurate record and complete file on all Cen-Cal activities. Responsible for all incoming and outgoing correspondence for Cen-Cal.

TREASURER:

The treasurer shall receive, keep and distribute all funds for Cen-Cal. Checks must have 2 (two) person signatures. Shall keep an accurate account of financial transactions and be responsible for coordinating all organizational financial issues such as taxes, non-profit status, tax payments and keeping Cen-Cal in good standing regarding non-profit status. Prepare and present a balance sheet with monthly statements at monthly meetings. Present books at the Board of Directors meetings when requested by the Board of Directors or Executive Officers. Responsible for collecting mail / statements from the Cen-Cal PO Box.

CLASSIFICATION, SELECTION & TERM OF APPOINTED EXECUTIVE OFFICERS:

The Executive Officers shall be nominated and voted on from the Board of Directors.

The Deputy Commissioner, Secretary, and Treasurer will also retain the Board of Director vote for their local franchise. One (1) per franchise.

Once elected to Commissioner position, the Commissioner no longer has a vote to represent their local franchise. (only votes in the event of a tie) That local franchise is allowed to send another Board of Director elected to represent their franchise in voting business.

The Executive Officers shall be elected for a period of one (1) year at the first board meeting of the year.

(ARTICLE 4) MEETINGS

- A. A monthly meeting of the board of directors shall be held at a place designated by the Commissioner. Meetings will take place on the first Wednesday of every month.
- B. Two thirds of the members of the board of directors shall constitute a quorum at any board meeting. No business shall be transacted unless a quorum is present. The Commissioner must be present and constitute a portion of the 2/3rds present.
- C. All regular business shall be decided by a simple majority vote. Votes on Accepting or Expelling a team into and from the league must be passed by an 80% majority vote of voting members present. That's to keep the high caliber and standard of quality teams in Cen-Cal. This will also help to deter rogue teams from forming, hurting existing programs. Two-year probationary period for all new teams. Any new team that is subject to expulsion is via a majority vote. New teams still under probationary period do not have a valid vote in the matter.
- D. Any action by the board of directors may be taken by text, email, or telephone without a meeting if all the members individually or collectively consent to the action. Such consent shall be included in the minutes of the next board of directors meeting.
- E. Special meetings may be called by the Commissioner, or by three collective directors. A special meeting may only be called if important business comes up that must be dealt with before the next regular meeting. The special meeting topic must be included in the notice to attend and no other business other than the topic calling for the special meeting may be discussed. At least 8 hr. notice must be given to every team director. A director may waive their own team's attendance due to unavailability with short notice, with no penalty from the League. Quorum will consist of directors in attendance, with Commissioner present. Minutes must be recorded.
- F. Franchises that are not represented at the regular board of directors meeting will be subject to a \$100 fine by the Commissioner, due in full at the next scheduled monthly meeting.
- G. A vacancy in any office shall be filled by the Board of Directors.
- H. The Directors shall receive no compensation for their services as Directors.

(ARTICLE 5) RULES GOVERNING LEAGUE PLAY

The rules governing league play will be developed by the Board of Directors, agreed upon and finalized. IF a point of question arises during the season, then recommendations may be made by anyone, and the voting board will make the final decision on the point of question.

The constitution / by laws may be amended under the following specifications:

- A. Age & Weight proposals- January Board of Directors meeting.
- B. All other proposals- March Board of Directors meeting.
- C. All by-law changes must be submitted by a member of the Cen-Cal Board of Directors.
- D. By-Law changes should not be made after the March Board of Directors meeting however, the bylaw changes or updates may be open to discussion after the 2/3 majority vote of the Board of Directors. There MUST be a UNANIMOUS vote by the Cen-Cal Board of Directors to make By-Law changes after March.
- E. Annual budget will be discussed at the April Board of Directors meeting.
- F. New teams wishing to apply & join Cen-Cal must do so by the February meeting.

(ARTICLE 6) BOOKS, RECORDS & PROPERTY

- A. Funds required to maintain Cen-Cal activities shall be listed in the annual budget drawn up at the first Board of Directors meeting.
- B. All funds will be kept in a checking account and / or savings account. Copies of financial records shall be distributed monthly at the meetings by the Treasurer. The Commissioner, Deputy Commissioner, Secretary and Treasurer are empowered to sign all checks dispensing league funds at any time they see fit to ensure all league debts are dispensed in a timely manner. A minimum of two (2) signatures from any one of the approved bank signers.
- C. Upon dissolution of Cen-Cal, all funds and properties in excess of liabilities and expense of dissolution shall be transferred to the franchise treasurers, if not in violation of any by law.

(ARTICLE 7) VIOLATIONS

- A. League officers, team managers, coaches or players found in violation of league rules, regulations or coaching ethics as defined in Cen-Cal Junior Football League articles and in by-laws will be subject to a minimum of \$100 fine. Any coach or player ejected from a game will be suspended for a minimum of the next scheduled game along with a fine. A second violation could result in immediate expulsion. All fines and said suspensions shall remain in effect pending a requested appeal or hearing. Disciplinary action is levied by the Commissioner. Appeals and hearing shall be heard by the Board of Directors and the decision shall be final. Any franchise requesting an appeal must appeal within 48 hours or they will lose their appeal.
- B. All Round Robin fees, Super Bowl fees, and fines must be paid within 30 days of the event date. \$100 fine to any team that does not pay their fees/fines by their deadlines. Teams voting privileges are revoked until paid. Any franchise whose voting privilege has been revoked due to nonpayment of fines and/ or suspensions shall order forfeit all claim to Championship or Post season play until such fines are paid or suspension lifted. Voting privileges will be revoked due to non-payment of fine or until suspensions are lifted.
- C. ALL TEAMS MUST participate in Cen-Cal scheduled events. Any team/franchise who leaves, refuses, or fails to participate in ANY Cen-Cal event will be fined \$1,000. The exception to this is any franchise who lacks the numbers to field a proper Rookie team. That franchise will notify Cen-Cal to request exceptions. However, if BOTH participating head coaches agree to ending a contest/game early due to player safety, no action will be taken. This includes Round Robin, regular season, & post season events.

(ARTICLE 8) INSURANCE

- A. Insurance is required to allow registration. Minimum \$1,000,000 Medical & Liability.
- B. All franchises are required to carry injury liability and property damage liability and insurance per type of coverage per team minimum period of one year and shall be set annually by the membership.
- C. The minimum Accidental Medical must cover injuries sustained while engaging in the play of football during a scheduled game or practice, or in the participation of other Cen-Cal activities while traveling to and from a scheduled game or practice or other Cen-Cal activity.
- D. Insurance must cover all candidate players, otherwise known as try-outs, players, cheerleaders, pom-pom girls, coaches, scouts, managers, trainers and duly authorized volunteer workers, all officially connected with the insured franchise.
- E. Insurance must be effective as of the day preceding the first day of official league practices, and must not terminate prior to the day following the final game of the Cen-Cal Postseason play.
- F. The league treasurer shall be responsible for all insurance matters at league level. Proof of payment of insurance premiums by each franchise must be made no later than June Meeting, unless previous arrangements have been made with the Executive Board.
- G. Franchises that fail to comply with the article by non-proof of payment of premiums shall be denied the right to have their teams engage in any practice sessions or games during the current immediate two following seasons. Unless a Certificate of Insurance (proof) is in the possession of the Treasurer and/or Secretary no later than the June Meeting.

(ARTICLE 9) FRANCHISE

- A. A franchise consists of one team of teams (Varsity, Jr. Varsity, Peewee, and Rookie) each franchise is represented by one representative to the board. A fee of \$500 per year, per franchise due by the May Board of Directors meeting.

(ARTICLE 10) REGISTRATION / APPLICATIONS / CERTIFICATION

- A. All coaches must have an application on file with their franchise Board of Directors. All Football coaches, Cheer coaches, Board Members, Weigh Masters, and Team Parents must submit to a D.O.J or Risk Management for background clearances and complete the required concussion certification. Each franchise is required to keep proof on file. Screening will be done by Cen-Cal Jr Football League.
- B. All players must have the “Cen-Cal League Registration Form”, proof of age and a physical clearance on file with their perspective franchise’s Board of Directors before they will be allowed to take part in team practice. A County, State, Country or Government Issued Record with birth date will be accepted as proof of age. Varsity and J.V. levels only, must also have a recent copy of a school report or school transcript to prove grade level.
- C. All parents and players must sign, and be offered a copy of the parent/athlete concussion information sheet issued by the US Dept. of Health and Human Services Center for Disease Control and Prevention
- D. A “Cen-Cal Waiver for Team Transfer” must accompany the Cen-Cal registration card for any player who played for another Cen-Cal team in the previous year. (See Article 11 – Team Assignments, Section C. Sister City/Migration Rule)
- E. A fully completed Cen-Cal roster for all teams MUST be presented to the Cen-Cal commissioner at the player certification meeting. All certified coaches will be listed on the official roster for the team they are coaching, with the head coach listed first. Followed by team parents and weight master.
- F. Teams who do not submit a Cen-Cal roster to the commissioner, may not play in the Round Robin. Any team not turning in their fully completed final roster by the Thursday, prior to the first league game, may not participate in the first game. Prior to the first league game, the official roster of each team will be distributed to each franchise by the Commissioner.
- G. Player certification will take place 7 days before Round Robin. Cen-Cal league Board will schedule and designate the meeting location. Reps will bring all their required paperwork for player certification, separated by team levels (i.e., Rookie, Pee Wee, J.V. Varsity) with each players required paperwork stapled or paperclipped together (i.e., Registration Form, Waiver, Birth Cert, Physical, School Report). NO PLASTIC SHEETS. Cen-Cal Reps will exchange with another franchise, and they will go over each player’s paperwork, checking for Registration Form, signatures, player picture with numbered game jersey on, waivers (if applicable) proof of age, physical clearance, and report card (if applicable). Player cards that meet all requirements for participation will be initialed by the reviewing Cen-Cal Rep, and then presented to the Commissioner and the Vice Commissioner to be stamped for official certification.
- H. Players cannot play in Round Robin or any other game until proper application is received and stamped by the Commissioner and/or his/her representative. (THIS IS A MUST, NO EXCEPTIONS)
- I. ROUND ROBIN & GAME DAY, all team binders will be lined up in reverse numerical (Jersey Number) order, example 99-00, with X-Men on PW, JV and Varsity levels placed in front of each book..

(ARTICLE 11) TEAM ASSIGNMENTS

- A. A franchise may have up to 150 players, distributed among Peeweese, JV & Varsity. However, a minimum of 18 players on each roster is required and on each team 15 players must be suited up and playable or the game will be forfeited.
- B. Rookies are allowed an unlimited roster (not counted against the 150-player limit) and must have at least 11 suited up players for the game. “Unlimited” Rookie roster is at the discretion of each franchise.

C. **SISTER CITY/ MIGRATION RULE:** Any player that was Cen-Cal approved during the previous season will be assigned to the same parent team, unless the parent team rep releases said player. Waivers must be signed by both franchise's league Reps if in agreement. Board of Directors can review and overrule a denied transfer/release if deemed wrongful. Franchise Reps are required to sign a denied release if the Board of Directors have reviewed and deemed the denial wrongful.

(ARTICLE 12) PLAYER ASSIGNMENTS

NOTE: To clarify the age cutoff date by August 1st, Cen-Cal will use the player's age that he/she is, **ON August 1st.** All specified weights below are for the entire season, **AND Participation** is defined as of Cen-Cal Certification.

VARSIITY PLAYERS:

Varsity squads will consist of players 11-14 years of age. Players may not be older than 14 years old by August 1st. All players in the 8th grade must play Varsity regardless of age and weight. No repeat 8th Graders or High school players are allowed. **Varsity players must not weigh more than 240.9 lbs playing weight. Players weighing 201-240.9 will be designated X-Man.** Once designated an X-Man, a X-Man sticker will be placed on their helmet, and they will line up at the front of the line at the next game's weigh-in. If during the season, a designated X-Man drops down to 200.9 or below at weigh ins, he/she will no longer be an X-man, and the Weigh Master can remove the X-Man sticker. The player can line up in normal numerical order at the next game.

JUNIOR VARSITY PLAYERS:

Junior Varsity squads will consist of players 9-11 years of age by August 1st. **Junior Varsity players must not weigh more than 160.9 pounds playing weight. Players weighing 141-160.9 will be designated X-Man.** Once designated an X-Man, a X-Man sticker will be placed on their helmet, and they will line up at the front of the line at the next game's weigh-in. If during the season, a designated X-Man drops down to 140.9 or below at weigh ins, he/she will no longer be an X-man, and the Weigh Master can remove the X-Man sticker. The player can line up in normal numerical order at the next game. All 8th grade players must play Varsity regardless of age and weight.

PEEWEE PLAYERS:

Pee Wee squads will consist of players 7-9 years of age by August 1st. **Pee Wee players must not weigh more than 140.9 pounds playing weight. Players weighing 121-140.9 will be designated X-Man.** Once designated an X-Man, a X-Man sticker will be placed on their helmet, and they will line up at the front of the line at the next game's weigh-in. If during the season, a designated X-Man drops down to 120.9 or below at weigh ins, he/she will no longer be an X-man, and the Weigh Master can remove the X-Man sticker. The player can line up in normal numerical order at the next game.

ROOKIE PLAYERS:

Rookies consist of players 6-7 years of age by August 1st. **Rookies players must not weigh more than 100.9 pounds playing weight.**

(ARTICLE 13) WEIGH INS

- A. All players will be weighed in on all game days. Weigh Master from both teams will monitor each weigh-in. One coach from each level may be allowed to monitor their squad at weigh in time. X-man players will be determined at every game during team weigh-ins. X-Man stickers will be placed on or removed from the players helmets by the Certified Weigh Master in charge of weighing in that team's players.
- B. All weigh-in matters will be resolved by the two (2) certified Weigh Master from both teams. If the Weigh Masters cannot resolve a dispute, the dispute will be resolved by ANY Cen-Cal rep or Cen-Cal Officer. **NOTE - A resolution that directly violates or dismisses another existing by-law is NOT permitted.**
- C. Scales will be calibrated annually as well as using an annually approved weight. 50lb. square (block) calibration weight is required. Digital Scales are mandatory (In case of emergency, balance scales are permitted as back-up). Use of bathroom scales is not permitted. Scale certifications must be completed by Round Robin. Certification must be sent to both Commissioner and to Secretary.

- D. AWAY TEAM will weigh in first.
- E. Scale calibration will be agreed upon by both weighmasters prior to the game. Player has made weight if the scale indicator is not touching upper stops. Weights are as follows on a Digital Scale:
 - a. **Rookie**- up to 100.9.
 - b. **Pee wee**- up to 120.9 is OK while 121 is over the regular playing limit and therefore would fall under the X-Man rule and be allowed to weigh up to 140.9.
 - c. **J.V.**- up to 140.9 is OK while 141 is over the regular playing limit and therefore would fall under the X-Man rule and allowed to weight up to 160.9
 - d. **Varsity** 200.9 is OK while 201 is over the regular playing limit and therefore would fall under the X-Man rule and be allowed to weight up to 240.9.
- F. Any misuse of age and weight violations may result in a \$500.00 fine and or disqualified from the league playoff season. All games that players participate in illegally will be forfeited. Discipline will be administered by the league.
- G. Players not participating for medical or disciplinary reasons will not dress out for the game.
- H. The maximum weight will be stripped down to GYM SHORTS (not underwear or girdles)
- I. Weigh-ins for all levels will begin 60 minutes before scheduled game time. Both teams will line up at that time in reverse numerical order of the official roster 99-00. X-men in front with helmets.
- J. Only one official weigh-in is allowed and that weight-in must be in reverse numerical order of the official roster 99-00. After stepping on the scale, any player failing to make weight is allowed 30 seconds from the time they step off the scale to make weight.
- K. A player arriving late, must be present for weigh-ins when his number is called to the scale. Once the next player, in numerical order steps on the scale, the late player is no longer allowed to weigh-in. A player that does not weigh in, is not eligible to play in the game.
- L. Coaches must present team binders with an official Cen-Cal registration card to weigh master. Cards must have photographs with game jersey, Birth Certificate, Physical clearance, Signatures and Parents waiver at Round Robin. After the Round Robin and the Cen-Cal Commissioner has stamped each card, only the Cen-Cal registration card with photo in game jersey is needed to identify players at weigh-ins.
- M. ROUND ROBIN weigh-ins will be conducted the same as league game day weigh-ins. All players designated X-Man at Round Robin must present their helmet at that time for X-Man sticker placement. No Exceptions.
- N. It is the coach's responsibility to have their team lined up at the appropriate time, not the weight masters. Teams not lined up by designated time, will face disciplinary actions by the Commissioner.
- O. No clothing and/or activities (sweat-suits, plastic bags, etc.) allowed to be used to sweat down/aid in weight loss at any Cen-Cal event. Team warmups may not be conducted prior to two hours before the game time.
- P. Roster books must be present at ALL Cen-Cal events. This includes practices, games and scrimmages. Failure to do so will result in a \$500 fine.

(ARTICLE 14) EQUIPMENT

- A. Game balls used must read as follows:
 - a. **ROOKIES** - "Junior" or "Pee wee"
 - b. **PEE WEE** - "Junior"
 - c. **J.V.** - "Youth" or "Intermediate"
 - d. **VARSITY** - "Youth" or "Intermediate"

- B. Balls may be made of leather, composite or synthetic rubber and must be of traditional brown with white stripe color. No black balls or other colors.
- C. All teams are required to adhere to California Youth Football Act that requires all helmets be reconditioned and recertified every other year by an independent third party and the replacement of helmets that are damaged or that do not meet the current safety standard or recertification requirements.

(ARTICLE 15) CAMPS, CLINICS & PRACTICES

- A. Each Franchise will be allocated 40 hrs. per franchise, as a whole, to host offseason conditioning, drill camps, and 7 on 7's. Notification of preseason hours being used MUST BE reported to Cen-Cal before events take place for tracking the hours of host franchise, and ensure all franchises have equal opportunities. ONLY the host franchise is charged the hours used and the other Cen-Cal franchise who attend will not be charged those hours. If one team within the franchise (i.e., Pee Wee alone) conducts a session, gathering, or event, it counts against the entire franchise's hours, as a whole. These hours start as of January 1st of the new calendar season. Franchises may utilize Sundays for pre-season camps. The last date for all franchise to use their 40 hrs. is May 31st. After June 1st all organizations may have their normal 8 hrs. for organization camps. **franchise = One unit (example: Broncos, Bears, Pride) consisting of all four team levels. **Teams = Individual levels within the franchise (i.e., Rookie, Pee Wee, JV, Varsity)
- B. Each franchise may conduct player/coach's clinics starting June 1st, prior to the official practice game (Round Robin). The clinics may not exceed a maximum of eight (8) hours combined but clinic hours can be split up. Any clinic after the start of the practice season must have the time used at the clinic deducted from the players weekly allotted practice hours. Footballs can be used at the clinics.
- C. Practice may be scheduled five (5) days per week for the first four (4) weeks prior to the first scheduled game. All players will complete ten (10) hours of no pads conditioning before they can participate in full contact practices.
- D. After the first scheduled game, practice will be limited to four (4) days and seven (7) hours of practice per week. This includes one (1) day with one (1) hour of no pads during the week.
- E. No practice may last more than two (2) hours and all practices must conclude before darkness, unless the local Board of Directors have arranged for a well-lighted field.
- F. Helmets will be permitted at the no pads practice.
- G. Practices during the season, on Sundays, will NOT be permitted.
- H. Misuse or violation of practice rules will be punishable by a minimum \$100.00 fine and a possible suspension from the future games and practices as directed by the board.
- I. No player may have contact with another player if they are 10 pounds or more over the weight limit for their age group during practice. They may exercise but may not have physical contact. They may move up to the group that accommodates their weight if age permits and if there is roster availability up until the book certification.
- J. No "One on One" head on hitting allowed as a practice drill at or over 7 yards apart.
- K. ONLY 2 days of full contact hitting practices are allowed per week, of which ONLY 30 minutes maximum of full contact hitting is allowed each of those days.
- L. Four (4) full pads two (2) hour practices are allowed when playoff season starts.

(ARTICLE 16) COACHES & PLAYERS

- A. It will be the responsibility of the Head Coach to ensure that the conduct of his coaching staff and players is above reproach at all games.
- B. Neither profane language, nor poor sportsmanship on the part of coaches or players will be tolerated. A coach or player may ONLY make physical contact with their OWN players with an obvious attempt to prevent a fight or confrontation from becoming a brawl. If an opposing player has another player pinned on the ground a coach may make physical contact with that opposing player with as much minimal physical strength needed to remove his own player out of danger from under the opposing player. Anyone in violation will be ejected from the game.

- C. If at any time, the Cen-Cal Board of Directors is shown good cause and feel a coach is not adhering to his/her responsibilities, or is not meeting the standard requirement as a coach, the Cen-Cal Board of Directors will take appropriate disciplinary actions, including suspensions or dismissal from the league.
- D. If a coach is ejected from a game by a referee that coach will appear before the Cen-Cal Board of Directors at a special meeting called by the Cen-Cal Commissioner. The local Board of Directors from the ejected coach will notify the Cen-Cal Commissioner within forty-eight (48) hours so appropriate action can be taken. Action will be governed by Article 4 & 7 of the Cen-Cal By-Laws. The Executive Board will meet on a date determined by the Commissioner before the next scheduled game when and/ or if an appeal is made by the Franchise President and/or Cen-Cal Rep.
- E. If an opposing coach questions the eligibility of a player, he can request a signature from that player to be compared with the signature on the player's registration card as proof. That player is ineligible if the signatures are not the same.
- F. It is mandatory for all Head Coaches to attend the annual Cen-Cal Coaches meeting.
- G. Cen-Cal Season Passes will be distributed by Round Robin, and only to the volunteers who have completed and cleared all required certification. Coaches are required to wear their badges to enter the gate and while coaching on sidelines. Badges are not allowed to be used by anyone who has not passed the certification and approval process. Any team/coach caught sharing a Cen-Cal badge to allow free entrance or sidelined access without certification, the badge will be taken, and the team/coach will be subject to Cen-Cal disciplinary action.

(ARTICLE 17) ADMISSION TO GAMES

- A. Each franchise will receive passes for VIP, Cen-Cal Reps, Football Coaches, Weight masters, Cheer Coaches and two (2) Team Parent passes per level. The Executive Board will have special passes. League Reps are responsible for providing Cen-Cal their teams list of certified coaches and volunteers, then distribution of their badges by Round Robin to all certified members only. League Reps will return any un-issued or pulled badges back to Cen-Cal Commissioner. Teams that take on needed coaches after the initial distribution of badges, can request additional badges once certification is proven. Sharing of badges to gain free entrance is prohibited and will be subject of Cen-Cal disciplinary action.
- B. Admission may be charged at any Cen-Cal game during the season and postseason play. Adults shall not be charged more than \$6.00. Anyone under sixteen (16) years old and Senior Citizens shall not be charged more than \$4.00. Veterans and current active military with Military ID and those persons presenting a Cen-Cal season pass (Coach, VIP, Cen-Cal Rep, Cen-Cal Executive Board, Team Parent, and Weight Master), players, Cheerleaders and children under six years old will not be charged to enter. Note” Players and Cheerleaders regardless of if participating in said game or not, are permitted free of charge into the venue. Players / Cheerleaders must be in respective uniforms and / or jersey in order to be honored for free entry.
- C. With exception to designated Team Parent with League pass, each franchise has the right to prohibit ice chests, all outside food, and all outside beverages. Each franchise has the right to inspect all carry-in bags and cups. Cups may only contain ice, NO beverage. It is each franchise's responsibility to communicate this particular rule to their parents and members. NO EXCEPTIONS.
- D. Designated Team Parents with league pass may bring in Team ice chest for player sideline refreshments only. All hosting franchises have the right to inspect team ice chests to assure no personal or prohibited food and beverages are included.
- E. All hosting franchises have the right to deny entrance to anyone suspected of intoxication or exhibiting extreme verbal or violent behavior.

(ARTICLE 18) PLAYING RULES

LEAGUE PLAY:

- A. Regular high school J.V. playing rules will be used except when modified for younger players. A copy of the playing rules will be on file with all local Board of Directors and can be consulted when requested. A local Board member will be present at all games for their teams.
- B. Teams are required to give an official roster to the game announcer 20 minutes before game time. The roster

must include each player's name and jersey number. The binder containing the player's registration cards must be with-in the Head Coaches possession during all Cen-Cal season events.

- C. Players who are designated as X-Men can ONLY lay from Tackle to Tackle on offense and must be in a 3 point stance on the defensive line, X-Men may not be a running back, or Tight End, or receive a pass on the "Tackle Eligible" play. On defense, X-Men cannot lay a standing position such as linebacker or corner or safety. They too may not drop back from their 3-point stance into a linebacker position. Example: In a 5-3 defense, X-Men cannot be stand up defensive ends, but may be the nose tackle or interior tackles, in a 6-2, the interior 4 may be X-Men but must be in a 3 point stance and cannot as well play the two defensive ends standing up. And in 4-4, the front 4 may be X-Men but must remain in a 3 point stance and on the defense must remain within the offensive tackle to tackle box
- D. X-Men may not play on kickoff or kickoff return.
- E. If a team lacks the required number of players to take the field in such situations as kickoff or kick-off return, and ONLY have X-Men available, that team just take the kick-off at the 30-yard line and is applicable to receiving team if only X-Men can play kick-off the opposing team will accept play to start at the 30 yard line.
- F. Any coach found to be within violation of the set X-Men format will face a board hearing and with video display, shall receive both a fine and a one game suspension from league play.
- G. **ROOKIES:** Game starts two (2) hours prior to the Pee wee game. (Exception of Split Field games), Rookie games will have Four (4) 10 minute quarters. Rookie level will have the same 40 second play clock as Pee Wee, J.V. and Varsity. Each team is allowed three (3) time-outs per half. The clock will be stopped for penalties, out of bounds, first downs, "punts", incomplete passes, injuries and timeouts. Halftime is now 10 minutes.
ROOKIES SCORING: Game score will be kept, and PAT (Run & Pass only) attempts will be allowed during the first half ONLY of all Rookie league games. Scores are frozen at halftime. The second half of all Rookie games are to be used for instruction and getting all players on the field. There will be NO score kept and NO PAT attempts allowed in the second half of Rookie games until Rivalry week game and Post Season Playoffs. Rival week games and Post Season Playoff game scores will be kept, and PAT (Run & Pass only) attempts will be allowed in the second half as well. For those PAT attempts, a pass is two (2) points, and a run is one (1) point. **Coaches:** Two coaches per team will be allowed on the field for the first five (5) games of the season; thereafter no coaches allowed on the field except during time outs. The game should be officiated very liberally with penalties only called for off-sides, false starts, holding at the point of attack and flagrant incidences of unsportsmanlike conduct. **KICKING GAME:** there will be NO kicking game at the Rookie level. **Kickoffs:** The ball will be placed on the 35 yard line in lieu of a kick off. **Punts:** an offensive team may elect to declare a 30-yard punt on fourth down. The referee and defensive team must be notified of the punt before the offensive team lines up on the ball. The offensive team MUST clearly declare their intention to punt off "go for it" on fourth down. An offense will not receive a first down for drawing the defense off-sides on a fourth down (hard count). A team declaring a punt inside its opponent's 35-yard line will have the ball placed at the 20 yard line. **Turnovers** may be advanced (fumbles and interceptions) except when teams are playing half field due to shared field use in which play will be called dead and turnover will be placed on the 35 yard line. Maximum of five (5) man rush on every play on the line of scrimmage. **No** Hurry-up offense is allowed.
- H. All Rookie defenses will run a 5-3 defense. This will be structured as such to only allow a five (5) man rushing front as opposed to the previous six (6) man rush rule. Teams will use the 3-3-3 rule. Cornerbacks will play 3 yards back and 3 yards will be a minimum outside of the defensive end when he/she has no player to cover. IF the corner has to cover a receiver, he/she must remain 3 yards back off LOS. Linebackers (3) will be a minimum 3 yards behind the front 5 defensive line. Safeties will be a minimum of 3 yards behind the linebacker group. This alignment must be followed out, until the snap of the ball. Linebackers are not to run up and time the snap, nor step prior to snap towards LOS to show a blitz.
- I. Any coach found to be within violation of the set Rookie format will face a board hearing and with video display, shall receive both a fine and one game suspension from league play.
- J. Pee-Wee, Jr. Varsity and Varsity games will consist of four (4) 10 minute quarters. There will be 15 minutes between halves of all games.
- K. Each team will be allowed three (3) time outs per half. Injury timeouts called by the officials will not be counted against any team.

- L. The maximum penalty assessed to a Pee-wee or Rookie is 10 yards.
- M. The High School jersey numbering system will not be in effect. Coaches should try to abide by High School number systems as much as possible throughout the year. However a player must check in with the official, informing the ref of a position change before entering the game.
- N. Varsity, Junior Varsity and Pee wee will be allowed to kick a point after touchdown (PAT), two (2) points will be awarded when the ball is kicked through the goalposts. Every level will be awarded one (1) point for a run or a completed pass into the end zone. Two (2) points on PAT KICK only.
- O. Players must stay in the bench area at all times unless they are talking to their coach or are participating on the field. All Pee-wee, Jr. Varsity & Varsity level coaches will coach from the sidelines.
- P. All teams will play on a regulation field.
- Q. The officials are in charge of all activities on the field including sportsmanship of coaches and players.
- R. Only people with Official Cen-Cal passes will be permitted on the sidelines. Game officials and announcers will control this with the help of coaches. Teams may be penalized if not in accordance. Violators may be asked to leave the game.
- S. Player's code of conduct is printed on a player's registration card.
- T. All franchises must contact the league Secretary weekly with game scores as soon as possible, preferably by 12:00 pm. Sunday. Names of players and coaches and the reason for being ejected must be given to both the Secretary & commissioner by Sunday.
- U. Cheerleaders, Announcers, Chain Gangs and all other league volunteers must abide by the Players Code of Conduct. No negative or harassing comments, remarks or cheers will be tolerated.
- V. Pee-Wee's, JV's, & Varsity ties will be played using the California Tie-Breaker rule. The ball will be placed at the 10-yard line with four (4) downs to score a touchdown or field goal. Each team will use the same end of the field, alternating possession until one team scores and the other fails to answer the score. Interceptions and fumbles will turn the ball over to the team at the 10-yard line. Each team will be given one time out to be added to unused timeouts from the 2nd half.
- W. Home team is required to play the National Anthem and display the American Flag.
- X. At the start of the 4th quarter, if any team is trailing by 35 points or more, a running clock will be implemented by the Referees automatically. This does not have to be agreed upon by the coaches. If both coaches agree and ask for the running clock in the 3rd quarter, the referees can do so. Scores still count during the running clock. Good sportsmanship will be closely monitored.

(ARTICLE 19) GAME / COACHES / OFFICIALS

- A. There will not be more than 1 Head Coach and 9 assistant coaches per team in the coach's box or the sidelines at any time.
- B. Two (2) coaches and one (1) player from each team may roam from end zone to end zone. All other coaches and players must stay within the 24-yard lines.
- C. Team Captains, Head Coaches, and League Reps only may bring a complaint to the officials. There are no complaints from any other source.
- D. All Cen-Cal contracted/assigned Officials must be 18 years or older.
- E. Smoking or chewing tobacco is not permitted on the bench or playing field at any time. The drinking of alcoholic beverages will not be permitted on the premises at any time.
- F. Electronic devices (walkie talkies) will be allowed for purposes of relaying information from the stands to the fields or vice versa. Equipment will be provided for itself, and no team shall be penalized if another team does not have walkie talkies, nor shall they be denied the use of their own equipment in the event of equipment failure of the opposing team. Players may not use electronic communication devices.
- G. Home teams must provide no less than an Emergency Medical Technician (EMT), Nurse or doctor. The medical person must be introduced to the officials and the opposing coach prior to the start of the game. If the medical person is not present at the scheduled game time, a one (1) hour delay will be allowed to wait for his/her arrival. After one (1) hour the home team will be given a forfeit. Medical responders must be on the sidelines for quick response to injuries. Note: Home EMT is in charge and has full jurisdiction in regard to all medical/injury related incidents throughout the course of the contests.

(ARTICLE 20) ROUND ROBIN/PLAYOFFS/ALLSTAR GAMES

- A. Any Franchise team wanting to host a League Round Robin or Super Bowl/All-Stars will pay a \$2,000 host fee to Cen-Cal per event, which must be paid with-in 30 (Thirty) days upon the completion of the event. If more than 1 (One) team wants to host the same event, then the decision will be made by majority vote. Note: Any team failing to compete in a scheduled Cen-Cal event is subject to a \$1,000 fine.
- B. The Top four (4) Rookie, Pee-Wee, Jr. Varsity & Varsity Teams in each division make the playoffs. Seeding is as follows: #1 Seed hosts #4 Seed while the #2 Seed hosts the #3 seed. Winners advance to the Division championship games. Highest seeded team hosts. Division Winners advance to the Super Bowl to face each other.
- C. Standings Tie Breakers are as follows: 1st Division Record, 2nd Head-to-Head, 3rd Overall Record, and 4th Points allowed. In the case of a tie, tiebreakers will be applied and once a team is advanced, remaining teams will revert back through the formula (division, Head to Head, Overall, Points Allowed) until all ties are broken.
- D. Pee-Wee, Jr. Varsity, & Varsity will play overtime for all games including post-season playoffs.
- E. ROOKIE PLAYOFFS: The first half scores for all Rookie regular season games are used to determine the top four (4) Rookie teams in each division to make the playoffs. Rookie rules apply under Article 18 with post season scoring allowed. Overtime will be played for post-season playoffs.
- F. ALL STARS: Will be played by players from the NFC and AFC teams that did not make it to the Super Bowl Championships. The coaching staff from the 2nd place NFC and AFC teams will be the coaching staff of the All-star team. Teams are recommended to choose players from multiple positions which will also include at least 1 offensive lineman and 1 defensive lineman. Chosen players are required to attend all five days of practice. Team Reps are required to bring Cen-Cal stamped player cards the first night of practice to be given to the Head coach and collect their player cards once the All-star game is over. All player cards are required to be present at all All-star practices and games. Head coach of each All-star team/level will provide game Rosters that will list each player grouped by team numerically in descending order. (ie. Pride- Jon Doe 87, James Dan 55, Raiders- Pete Loe 96, Steve Lan 23)

(ARTICLE 21) CHEERLEADING CODE OF CONDUCT:

- A. Cheerleaders will be recognized by the Cen-Cal League and are expected to follow the same rules of conduct as the players with the same disciplinary action.
- B. All cheerleading squads may perform a two-minute routine at the half-time of the Super Bowl.
- C. Cheerleaders must abide by the players code of conduct. No negative or harassing cheers will be tolerated.
- D. During special event games (Super Bowl, Homecoming, etc.) teams are allowed 5 minutes so that both team's cheerleaders will have the opportunity to cheer. Every game must afford both teams cheerleaders the opportunity to perform.