

MID-CITIES PEE WEE FOOTBALL  
AND CHEERLEADING  
ASSOCIATION, INC.  
2019 RULES AND REGULATIONS



***"BUILDING  
TOMORROW'S  
CITIZENS TODAY"***

**FOUNDED 1958**

**MID-CITIES PEE WEE FOOTBALL AND CHEERLEADING ASSOCIATION, INC.  
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**MID-CITIES PEE WEE FOOTBALL AND CHEERLEADING ASSOCIATION, INC.**  
**2019 RULES NAD REGULATIONS**

**ARTICLE I – GAME RULES**

**SECTION 1.** Games (football only) will be played under UIL rules unless otherwise noted in these Rules and Regulations and with these expectations:

- A. “No pass – no play” shall not apply
- B. Tie games shall be allowed in the regular season games
- C. Junior Flag League and Senior Flag League shall be exempt from UIL Rules.

**SECTION 2. QUARTERS**

- A. There will be four (4) eight (8) minute quarters for the Junior and Senior teams. A stopwatch will time games and there will be ten (10) minute half-time period in each game.
- B. Once the ball is marked ready for play, there shall be a forty (40) second time limit to execute the next play.

**SECTION 3. WEIGHT LIMITS**

- A. Weight limit procedures follow:
  - 1. The Registration Committee shall weigh every player, and his/her weight shall be recorded at the time he/she receives his/her equipment.
    - a. Weigh-ins will be in stress clothes.
  - 2. The weight limit for participation in the Senior League will be 200 lbs.
    - a. Not to exceed 216 lbs. at any time during the season.
  - 3. The weight limit for participation in the Junior league will be 165 lbs. may, upon written request of his/her parent(s) or guardian(s) choose to paly in the Senior League.
  - 4. The weight limit for participation in Flag League will be no greater than 155 lbs.
  - 5. Each player will only be required to weigh in at the appropriate weight limit one (1) time per year for participation in the Association, unless at weight limit maximum.
    - a. IF weight limit is exceeded during registration, all future weigh ins must be approved by two (2) or more Board Members
    - b. This will be during registration

- c. If a player is unable to make the appropriate participation weight limit during weigh-in at registration, he/she will be ineligible to play.

B. A weight limit is required of players who in the backfield.

1. The use of linemen over the backfield weight limit for the following purposes is not permitted:
  - a. Carrying the football in plays from the line of scrimmage.
  - b. Receiving passes and moving back from the line of scrimmage or restraining line for the purpose of receiving a kick or passing the ball.
  - c. To punt the ball.
2. No player over the backfield weight limit shall advance the ball as a result of kick-off, punt, interception, or fumble recovery. Once said person touches the football the ball is dead.
3. The end player of an offensive line may exceed the weight limit but is ineligible to advance the ball. The player must not be split wider than the split used by the remainder of the offensive line.
4. Any player who exceeds the 200 lb. maximum weight limit for the Senior League or the 165 lb. maximum weight limit for Junior League shall be limited to play on the offensive or defensive line.
5. Players affected by this rule shall be conspicuously identified.

C. No Junior League offensive back shall exceed 95 lbs.

D. No Senior League offensive back shall exceed 115 lbs.

E. An Official weigh-in shall be conducted by one of the following only.

1. The President, Vice-President, Vice-President of Football, Director of Fields and Equipment, or the Football League Commissioners
2. The Director conducting the weigh-in shall legibly sign an approved weigh-in form.

F. There shall be only one (1) official weigh-in per player, per game, not to begin more than ninety (90) minutes prior to the scheduled start of the game.

1. This weigh-in shall be conducted with all clothing removed except football pants.

G. The opposing Coach or League Commissioner may request a weigh-in of a player who has not had an official weigh-in from a member of the Board of Directors, not less than thirty (30) minutes before the scheduled start of the game, or not more than ten (10) minutes immediately following the game.

1. A player, whose weight has been challenged, as the above mentions, must be weighed 30 minutes prior to the start of the game or not more than ten (10) minutes immediately following the game.

2. All players who are eligible to carry the ball offensively, who are within five (5) lbs. of the legal weight limit, shall be weighed prior to participation
3. The President, Vice-President, Vice-President of Football, or a Commissioner may require removal of overweight players from the backfield and are the only persons authorized to remove the “orange dot stickers” from a helmet.
4. All players who are eligible to advance the ball must be weighed in prior to participation for all play-off, consolation, and super bowl games.
5. The penalty for willful violation of Article I, Section 3, B through G.4., shall be forfeiture of the game, upon confirmation of violation by the Executive Board.

#### **SECTION 4. FOOTBALL AND CHEERLEADING COACHES**

- A. All Coaches and players will be restricted to their team area, not to cross the allotted twenty-five (25) yard boundary.
  1. Cheerleaders’ formations must be between the 25-yard line and the goal line.
    - a. Unless otherwise authorized by the league.
  2. Parents and spectators are not permitted within the marked off areas for teams.
- B. Head Coaches and Registered Assistant Coaches shall be responsible for the supervision of their group at all practices and any scheduled games or scrimmages in which their team participate, and for actions during these games and halftime activities.
  1. Supervision of a squad will not be allowed by any persons other than the Head Coach, Registered Assistant Coach, or a Board Member.
- C. A member of the football and cheerleading Coaching Staff for each team must attend all Coaches’ Meetings. (See Bylaws)
- D. The Head Coach shall collect and turn in all equipment/cheerleading uniforms, including money for jerseys/cheerleading uniforms, in accordance with the Bylaws.
- E. All Head Coaches shall support and be responsible for their team’s participation in all Association fundraisers, such as concession stand duty.
  1. All team will be responsible for providing volunteers for the concession stand. This will consist of two (2) volunteers each time and two (2) times per season. If there is a cheer team the volunteers should be one (1) football parent and one (1) cheer parent each time. If the team does not have cheerleaders, then the team shall provide two (2) football parents.

2. Coaches in violation of this rule may be brought before the Disciplinary Committee.
- F. Attendance at The Main Event shall be **mandatory** for all Head Coaches and as many members of the football team as possible for all teams with a active cheerleading squad. Failure to do so may result in Disciplinary Action.
1. Head Coaches may be represented by one of his/her Registered Assistants, in necessary.
- G. All Head and Assistant Coaches must wear their League provided badge, so that they can be easily identified as being associated with the team during games.
- H. All football and cheerleading Coaches are responsible for the clean-up of their field of play. Failure to abide by this rule will result in disciplinary action.
- I. All football and cheerleading Coaches scheduled to play the last game of the day each Saturday are responsible for turning in the yard markers and chains at the concession stand to the designated storage location.

## **SECTION 5: FOOTBALL PRACTICE AND PARTICIPATION**

Head Coach shall conduct practice within the following limits:

- A. The Board of shall assign practice sites and shall determine number of practices allowed per week
1. No practice session will be held on Wednesday, Saturday, or Sunday, unless authorized by the Board of Directors
- B. All practices shall be held during daylight hours limited as follows:
1. For Junior and Senior Leagues, two (2) hours per day, maximum, for the first three (3) weeks.
  2. For Junior and Senior Leagues, one and one-half (1 ½) hours per day, thereafter.
  3. No practice shall be held under lights during regular season.
  4. Play-off teams shall be allowed to practice under lights after regular season play for a maximum of one (1) hour and fifteen (15) minutes.
  5. Scheduled time limits for practice may not be extended due to late arrival of Coaches or participants, or any other circumstances.
- C. No practice shall be held prior to Monday following the final day of official registration.
1. Any child not reporting to practice by the end of the first week of practice without notifying the Head Coach, may forfeit his/her right to participate, as well as registration, equipment, and uniform fees, at the discretion of the Board of Directors.

- D. Practice shall be defined as team meeting with Head Coach and/or Registered Assistant Coaches where football techniques are taught and carried out by three (3) or more eligible team members. Practice for coaches who coach in organized leagues outside of August 1<sup>st</sup> through the end of MCPWFCA's season, shall be the same except that up to and/or events approved by the MCPWFCA Board of Directors.
1. No private events are to occur with team members at any time, with exception of the team party. This includes trips, sleepovers, etc.
- E. Coaches who coach in organized leagues other than MCPWFCA are bound by provisions herein pertaining to the prohibition of practices, other than at authorized times, and are subject to the following provisions:
1. "Team members" is defined as players eligible to return to that coach's team and/or is a "protect" eligible to join that team.
  2. Current MCPWFCA players who play on outside teams referred to herein who choose to go back into the draw shall not be eligible to be drawn onto a MCPWFCA team coached by said coach.
  3. To ensure compliance with the "no unauthorized practice" rule, any MCPWFCA coach who coaches in another league shall submit a roster, including names, address and contact telephone numbers, to the league so that players may be cross-referenced.
  4. In addition to the two (2) team member limit imposed, no more than three (3) eligible players from any other single MCPWFCA team may be involved.
- F. Any MCPWFCA Coach believed to be in violation of said rules will be brought before the MCPWFCA Executive Board.
- G. The Association may, at the discretion of the Board of Directors, register as "special" participants in the Association, players desiring to play in the "off season" league(s). Such registration shall be restricted to participants no longer eligible for registration in MCPWFCA or those covered under Article 1, Section 5. They shall be placed only on teams and under coaches approved by the MCPWFCA Board of Directors. They shall be subject to the rules of the league in which they play.
- H. Any coach judged by the Executive Board to be in violation of Article 1, Section 5.A through E.4, shall be removed for one (1) season and shall be subject to re-screening.
- I. No game jerseys shall be worn during practice or scrimmages, with the exception of the Picture Day Scrimmage
- J. All teams shall allow ten (10) minutes at end of last practice session of the week for a pep rally.
- K. Every player must participation in every scheduled game, play-off game, and/or championship game, when present, unless prior authorization to the contrary is granted.
1. Head Coaches must present to the designated Board Representative assigned to that field, a list of players' names that will not play and the reason.
  2. Each player must play a minimum of eight (8) play in each game.
  3. The Head Coach is to be responsible for each player's participation and shall designate an adult representative (18 years or older) to keep a record of the degree of participation.
  4. The penalty for violation shall be forfeiture of the game, at the confirmation of violation by the Executive Board.
  5. Any Coach judged, by the Executive Board, to be in deliberate violation of player participation guidelines shall be dismissed, and must re-apply to coach again.

## **SECTION 6. CERTIFICATION FOOTBALL**

- A. A Football Coaching Certification shall be held each year, at a time to be designated by the Certification Officer and approved by the Board of Directors.
- B. The Coaches' Certification shall be organized by the MCPWFCA Certification Officer.
- C. As a minimum, the Football Certification will contain lecture, and will be in accordance with Certification Manual, which by reference, is made a part hereof, with discussion periods concerning duties of the Head Coach, developing drills, tackling techniques, offensive and defensive schemes, and summary of rules and regulations.
- D. All Head Coaches and at least one (1) Registered Assistant Coach, from each team in the Sr. Tackle League, Jr Tackle League, Sr Flag League, and Jr Flag League shall attend Phase I of the Annual Coaches Certification. Phase I shall consist of reviewing annual coach's packet, signing code of ethics and summary of rules and regulations.
- E. All Head Coaches and at least one (1) Registered Coach with less than five (5) years of experience in the MCPWFCA Junior and/or Senior League shall also attend Phase II of the Annual Coaches' Certification. Phase II will focus on advanced football concepts, specific positions fundamentals, and team offensive and defensive schemes.
- F. All Head Coaches and at least one (1) Registered Assistant Coach with less than three (3) years of coaching experience in MCPWFCA Junior and/or Senior League shall also attend Phase III of the Annual Coaches Certification. Phase III will be reserved for coach education.
- G. Teams with Coaches that do not comply with certification requirements will have Head Coach suspended for the first regular season game, subject for approval of Executive Board Members.

## **CHEERLEADING**

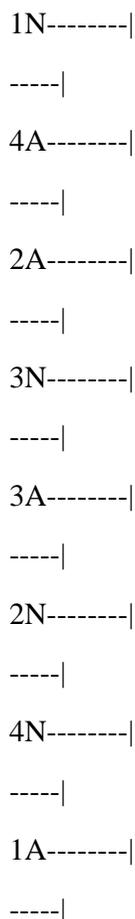
- A. A Cheerleading Coaching Certification will be held each year, as time to be designated by the Board of Directors
- B. The Coaches' Certification shall be organized by the MCPWFCA Certification Officer.
- C. As a minimum, the Cheerleading Certification will contain lecture, and will be in accordance with the Certification Manual, which by reference, is made a part hereof, with discussion periods concerning duties of the Head Cheerleading Coach.
- D. All Head Coaches and at least one (1) Registered Assistant Coach, from each team, shall attend Phase I of the Annual Coaches' Certification.
- E. All MCPWFCA Flag League Head Coaches and Registered Assistant Coaches with less than one (1) year of experience in MCPWFCA Flag League shall also attend Phase II of the Annual Coaches' Certification.

- F. All MCPWFCA Junior League Head Coaches and Registered Assistant Coaches with less than one (2) years of experience in MCPWFCA Junior League shall also attend Phase II of the Annual Coaches' Certification.
- G. All MCPWFCA Senior League Head Coaches and Registered Assistant Coaches with less than one (3) years of experience in MCPWFCA Senior League shall also attend Phase II of the Annual Coaches' Certification.
- H. All Coaches are to Attend Phase III

**SECTION 7. GAME SCHEDULES AND DETERMINING CHAMPIONSHIPS**

- A. The Board of Directors shall determine the game schedule, number of season games and number of Divisions for the Senior, Junior, and Flag leagues.
- B. Each Division shall be represented in the play-offs by the First (1<sup>st</sup>), Second (2<sup>nd</sup>), Third (3<sup>rd</sup>) and Fourth (4<sup>th</sup>) Place teams, unless approved by the Voting Membership.

**C. PLAY-OFF GAMES SHALL BE SEEDED AS FOLLOWS**



- D. The four (4) losers in Week One (1) of the play-offs will be eliminated.
  - 1. The winners will advance into Round Two (2).
- E. The two (2) winners in Round Two (2) shall advance to the Super Bowl.
  - 1. The two (2) losers shall advance to the Consolation Game.

- F. Non-Association games before, during, and after the season may be scheduled by the individual Head Coaches, only with the approval of the Board of Directors.
- G. To Determine the First (1<sup>st</sup>), Second (2<sup>nd</sup>), Third (3<sup>rd</sup>) and Fourth (4<sup>th</sup>) Place team in each Divisions is a follows:
  - 1. Win counts as two (2) points. Tie counts as one (1) point.
  - 2. Only Conference Games determine the Division standings.
- H. In the event of a tie for First (1<sup>st</sup>) Place Division play. All teams are co-champions or tri-champions, as the case may be.
- I. Playoff seeding and game times, shall be determined by conference standings. All ties for playoff positions and game times shall be broken as follows.
- J. A coin flip shall not be used should two (2) or more teams remain tied for the last remaining playoff spot. The intent is that no team shall be denied a playoff spot dur to a coin flip.
  - 1. If two (2) teams remain, a (1) game playoff will decide last playoff position.
  - 2. If three (3) teams remain a coin flip or blind draw shall decide which teams play in first playoff game and the winner will play the 3<sup>rd</sup> team in a playoff game. All games will use UIL overtime rules.
  - 3. If four (4) teams remain, a coin flip or blind draw shall decide pairings and four (4) team playoff using UIL overtime rules shall continue until a winner is decided.

## **SECTION 8 TROPHIES AND SPONSORS**

- A. No team shall obtain a sponsor.
- B. Donations are acceptable for the following:
  - 1. Football practice equipment.
  - 2. Helmet decals and team socks.
  - 3. Items pertaining to cheerleading, including but not limited to spirit sticks, pep rally items, megaphones, run through banners and supplies.
- C. All such donations must be reported to the Board
- D. No advertisement of any kind is allowed in recognition of the donation of any game or competition uniforms.
- E. Association trophies and participant recognition shall be determined by the Board of Directors.
- F. The Sportsmanship Trophy for football team(s), if awarded, shall be determined in equal parts by:
  - 1. A vote of the Coaches in respective Leagues. Coaches cannot vote for their own team.
  - 2. A vote of the Board of Directors.
    - a. A Board Member may not cast a vote for any team with which he/she has an affiliation.
  - 3. Participation in fundraising projects
  - 4. Participation in providing workers in the concession stand.
  - 5. Performance of game-day duties.
- G. The Sportsmanship Trophy for cheerleading team(s), if awarded, shall be determined by the following.

1. A vote of the Cheerleading Coaches in their respective Leagues. Coaches cannot vote for their own team.
2. The winner will be determined by the VP of Cheerleading and the Cheerleading Commissioners based on the top three (3) teams resulting from the vote of the Cheerleading Coaches. Factors that shall be taken into consideration are:
  - a. Participation in fundraisers
  - b. Participation in volunteering at the concession stand
  - c. Performance of game-day duties
  - d. Sportsmanship displayed toward other teams and members of the Association.

H. All trophies will be distributed during the 8<sup>th</sup> game of the season or at the time designated by the Board.

## **ARTICLE II – JUNIOR FLAG FOOTBALL**

### **SECTION 9. FOOTBALL/CHEERLEADING COACH OF THE YEAR**

- A. All meetings of members for the Junior Flag League shall be held at a time and place designated by the Commissioner of Flag Football.
- B. Practices for Junior Flag League shall be limited to one hour, two (2) times per week, but not on Wednesday, Saturday, or Sunday, except as authorized by the Board of Directors.
- C. At the time of the draw, all teams shall have a suggested twelve (12) or fewer players with a suggested minimum of nine (9) and maximum of thirteen (13). Players from each team shall participate in all plays during a game.
  1. If a team is unable to field at least 7 players, then the team has the choice to forfeit the game pending parent approval.
- D. The use of blocking dummies, of any kind, is prohibited.

### **SECTION 2. JUNIOR FLAG LEAGUE RULES**

- A. RULES: Games will be played under rules specified herein.
- B. FIELD: Will measure 82 feet wide x 90 feet long
  1. To begin each quarter, the ball shall be put in play twenty (20) yards from the goal line. Each subsequent play shall be started at point gained and in the center of the field. After each touchdown, the ball shall be returned to the twenty (20) yard line.
- C. PLAYING PERIODS
  1. Each quarter shall consist of eight (8) plays. Four (4) quarters shall constitute a game.
  2. Goals change at the end of each quarter and possession shall change. Possession shall not change due to fumble, interception, penalty or any means other than the completion of eight (8) offensive plays.
  3. Half-time shall be two (2) minutes with a one (1) minute time-out between quarters.
  4. Teams shall have one (1) minute to put the ball in play after the ball is marked ready for play. Penalty will be loss of one (1) play.
- D. TIME OUTS:
  1. Each team is allowed three (3), one (1) minute time-outs per half. Only a Coach may call time-out.

#### E. DOWNING BALL:

1. A player with the ball is downed when one (1) of the player's flag's is removed or comes off, regardless of whether the flag is pulled off by an opposing player, his/her own teammate, or falls off.
2. The ball also becomes dead whenever it comes into possession of a player without three (3) flags.

#### F. FORWARD PASS:

1. All players are eligible to receive a forward pass.
2. A maximum of 2 passes allowed per offensive period.

#### G. POSITIONS:

1. The maximum amount of players for teams in each league will be determined after the close of registration.
2. There shall be four (4) defensive linemen and five (5) offensive, with Coach playing as Quarterback, when each team consist of seven (7) or eight (8) players on the field. The number of player shall be adjusted based upon registration, as directed by the MCPWFCA Board for Directors.
3. Only screen blocking may be used by offensive blockers. Offensive blockers may not initiate contact (they cannot "fire out" or intentionally run into a defensive player), however, they may move laterally to screen block an on-rushing defensive player.
4. All blocking must be done in an upright position. No Blitzing.
5. Linebackers and the secondary player shall line up a minimum of two (2) yards off the line of scrimmage.

#### H. PENALTIES: No penalties yardage will be assessed in Junior Flag League.

1. Players may not hold or grasp opponent or use arms to encircle opponent.
2. Penalty for holding, grasping, or tackling an opponent.
3. Offensive lineman may not initiate contact, (they cannot "fire out" or intentionally run into a defensive player). Ball carrier may not deliberately drive or run into a defensive player or use stiff-arm to ward off defense.
4. Ball carrier may not intentionally protect flag.
  - a. Players must wear shirts tucked into pants.
  - b. Loose end of flag belt should be tucked into pants or otherwise tied as not to hinder removal of flag.
5. Tackling, clipping, tripping, holding, hitting with hand or arm, roughing an opponent and unsportsmanlike conduct.
6. A quarterback taking a direct snap may not advance the ball between the two (2) guards and may not hand off directly to the center.
7. Off-sides, illegal procedure, false snap, delay of game, illegal forward pass, etc.
8. No defensive lineman may play directly in front of the Center. He/she must play nose on or outside of the offensive guards.
9. Intentional pushing, tripping, or knocking all carrier to the ground is a personal foul.
10. No illegal securing of flag or flags.

#### I. OFFICIATING

1. Unsafe acts should not be permitted but game should not be made so technical that young children cannot reasonably play it.
2. Some movement by offensive players before snap may be expected without infraction being called on every play, if other team is not brought offside.
3. Wide discretion and latitude is given referees in making these calls.

4. Referees should call conduct boarding on infraction of rules to the attentions of the Coach and player so that corrective action may be taken.
5. Contact penalties will be called on first (1<sup>st</sup>) offense (no warning will be given).
  - a. Head Coach will be informed as to the circumstances of penalty and how to correct it by the official that called the penalty at the time of the offense.
  - b. Upon the third (3<sup>rd</sup>) contact penalty, the Coach shall remove the player for the remainder of the game.
6. At least one (1) referee will be provided for each game.
7. A referee shall inform a coach of the rule he is applying, upon request by a coach.

#### J. PLAYER EQUIPMENT

1. Each player on the field will wear two (2) flags at the waist, one (1) on each side.
2. Any player with less than three (3) in the proper position at the snap shall be ruled de-flagged immediately at the point where he/she has possession of the football.
3. Each player on the field will be required to wear a mouthpiece.

#### K. FUMBLES

1. All fumbles and passes are dead when ball touches ground.
2. The football is also dead, and the football carrier may not continue to run when any part of the football or the carrier's body touches the ground, other than his/her feet.

#### L. COACHING

1. Three (3) coaches shall remain on the field with each team during play.
2. Coaches shall not interfere with play.

#### M. POINTS: No score shall be kept.

#### N. OFFENSIVE LANGUAGE

1. No offensive language or unsportsmanlike conduct permitted.
2. Head Coaches are fully responsible for their team, Assistant Coaches' and their spectator's conduct.

#### O. PLAYER PARTICIPATION

1. Each player must play a minimum of one (1) quarter of offense and one (1) quarter of defense and must carry the ball at least once per game but no more than three (3) times per game. An incomplete pass shall not count as towards a player's run allowance.
2. The Head Coach is responsible for each player's participation. The game official shall keep record of the number of ball carries by each player.
  - a. Before the game, Head Coaches must present to the designated Board Representative assigned to that field, a list of players' names that will not play, and the reason prior to the start of the game.
  - b. The Head Coach shall state, in writing, the reason that a player did not play the required number of plays.
  - c. These rules apply for all games.
3. Any Coach judged by the Executive Board not to be in compliance with the rules of player participation, shall be dismissed for one (1) season and subject to re-screening.

#### P. HEAD COACH RESPONSIBILITY

1. Parents are not allowed on the field or sideline.

2. Rough play will not be tolerated.
3. A player will be ejected by the Head Coach after said player has been warned two (2) times previously to stop the rough play. (Ejected on the third (3<sup>rd</sup>) offense.)
4. Game Officials will notify a Head Coach during the game of any rough play or parent misconduct.
5. It is not up to the Game Officials to eject players or control parents.

**Q. SEASON:**

1. Length of season for Junior Flag League shall be determined by the Board of Directors prior to the start of the season. No championship will be determined, nor will play-offs be allowed in this league.

**ARTICLE III – SENIOR FLAG FOOTBALL**

**SECTION 1. MEETINGS, PRATCTICES, AND TEAM SIZES.**

- A. All meetings of members for Senior Flag league shall be held at a time and place designated by the Commissioner of Flag Football.
- B. Practices for Senior Flag League shall be limited to one and one-half (1 ½)hours, two (2) times per week for the first three (3) weeks, thereafter practice be limited to one (1) hour, two (2) times per week, but not on Wednesday, Saturday, or Sunday, except as authorized by the Board of Directors.
- C. At the time of the draw, all teams shall have a suggested thirteen (13) or fewer players. Nine (9) players from each team may participate in all plays during the game. If at the time of the draw all teams have fourteen (14) or more players, eleven (11) players from each team may participate in all plays during the game.
  1. If a team is unable to field less than seven (7) players when the on-field participation consists of nine (9) players, the team must forfeit the game.
  2. If a team is unable to field less than nine (9) players when the on-field participation consists of eleven (11) players, the team must forfeit the game.
- D. The use of blocking dummies, of any kind, is prohibited.

**SECTION 2. LEAGUE RULES**

- A. RULES: Games will be played under UIL rules, with the exception of “no pass-no play”, unless otherwise noted in these Rules and Regulations
- B. FIELD: 53 1/3 x 60 yards with no side zones.
  1. Ball put in play on each down in center of field
- C. FIRST DOWN YARDAGE: Ten (10) yards in four (4) downs.
- D. PLAYING PERIODS
  1. Two (2) eight (8) minute quarters in each half.
  2. Goals change at the end of each quarter.
  3. Half-time shall be (8) minutes
  4. One (1) minute time-out between quarters.
- E. TIME OUTS:
  1. Each team is allowed three (3), one (1) minute time-outs per half.
  2. Only a Coach may call time-out.

F. DOWNING BALL:

1. A player with the ball is downed when one (1) of the player's flag's is removed or comes off, regardless of whether the flag is pulled off by an opposing player, his/her own teammate, or falls off.
2. The ball also becomes dead whenever it comes into possession of a player without three (3) flags.

G. FORWARD PASS:

1. All players are eligible to receive a forward pass.

H. KICKING

1. Offensive team may take 20 yards in lieu of a punt or may take a "free kick" (punt), which will be downed where touched. If the punt falls within the ten (10) yard line or in the end zone, the ball will be brought out to the ten (10) yard line.

I. POSITIONS:

1. The maximum amount of players for teams in each league will be determined after the close of registration.
2. There shall be a maximum of four (4) defensive linemen on the line of scrimmage and a maximum of five (5) offensive, when each team consist of seven (9) players on the field. There shall be a maximum of six (6) defensive linemen and a maximum of seven (7) offensive linemen when each team consist of eleven (11) players on the field. All other defensive players shall be at least two (2) yards off the line of scrimmage. All Blitzing through a gap must commence from a standing start, two (2) yards off the ball.
3. Only screen blocking may be used by offensive blockers. Offensive lineman may not initiate contact (they cannot "fire out" or intentionally run into a defensive player), however, they may move laterally to screen block an on-rushing defensive player.
4. All blocking must be done in an upright position.
5. Offensive line gaps shall be no wider than one (1) yard.

J. PENALTIES: No penalties yardage will be assessed in Junior Flag League.

1. Players may not hold or grasp opponent or use arms to encircle opponent.  
10 YARDS
2. Penalty for holding, grasping, or tackling an opponent.  
10 YARDS
3. Offensive lineman may not initiate contact, (they cannot "fire out" or intentionally run into a defensive player).  
10 YARDS
4. Ball carrier may not deliberately drive or run into a defensive player or use stiff-arm to ward off defense. 10 YARDS
5. Ball carrier may not intentionally protect flag.  
10 YARDS
6. Tackling, clipping, tripping, holding, hitting with hand or arm, roughing an opponent and unsportsmanlike conduct.  
10 YARDS
7. Any back taking a direct snap may not advance the ball between the two (2) guards and may not hand off directly to the center.  
10 YARDS
8. Off-sides, illegal procedure, false snap, delay of game, illegal forward pass, etc.  
5 YARDS

9. No defensive lineman may play directly in front of the Center. He/she must play nose on or outside of the offensive guards.  
5 YARDS
10. Intentional pushing, tripping, or knocking all carrier to the ground is a personal foul.  
10 YARDS
11. A team shall not exceed forty-five (45) seconds in the operation of running a play, after the ball is spotted.  
5 YARDS
12. Illegal securing of flag or flags will result in a ten (10) yard penalty from the line of scrimmage of last snap of offensive, and, if defense, from point of foul.  
5 YARDS

#### K. OFFICIATING

1. Unsafe acts should not be permitted but game should not be made so technical that young children cannot reasonably play it.
2. Some movement by offensive players before snap may be expected without infraction being called on every play, if other team is not brought offside.
3. Wide discretion and latitude is given referees in making these calls.
4. Referees should call conduct boarding on infraction of rules to the attentions of the Coach and player so that corrective action may be taken.
5. Contact penalties will be called on first (1<sup>st</sup>) offense (no warning will be given).
  - a. A player will be informed as to the circumstance of penalty and how to correct it by the official that called the penalty at the time of the offense.
6. At least one (1) referee will be provided for each game.
7. A referee shall inform a coach of the rule he is applying, upon request by a coach.

#### L. PLAYER EQUIPMENT

1. Each player on the field will wear three (3) flags at the waist, one (1) on each side, and one in the rear.
2. Each player on the field will be required to wear a mouthpiece.

#### M. FUMBLES

1. All fumbles and passes are dead when ball touches ground.
2. The football is also dead, and the football carrier may not continue to run when any part of the football or the carrier's body touches the ground, other than his/her feet.

#### N. COACHING

1. Three (3) coaches shall remain on the field with each team during play.
2. Coaches shall not interfere with play.

#### O. POINTS: No score shall be kept.

#### P. OFFENSIVE LANGUAGE

1. No offensive language or unsportsmanlike conduct permitted.
2. Head Coaches are fully responsible for their team, Assistant Coaches' and their spectator's conduct.

#### Q. SIDELINE CONDUCT: Players and Coaches not on the field should remain between the ten (10) yard lines.

## R. PLAYER PARTICIPATION

1. Each player must play a minimum of sixteen (16) plays in each game.
2. The Head Coach is responsible for each player's participation, and will designate an adult representative (18 years or older), other than any member of the team's Coaching staff, to keep a record of the degree of participation.
  - a. Before the game, Head Coaches must present to the designated Board Representative assigned to that field, a list of players' names that will not play and the reason.
3. Any Coach judged by the Executive Board not to be in compliance with the rules of player participation, shall be dismissed for one (1) season and subject to re-screening.
  - a. The Head Coach is to state the reason that a player is not playing sixteen (16) plays in each game.
  - b. A team is subject to forfeiture of game, if player participation rules are not followed.
  - c. These rules will apply for all games.

S. EXTRA POINTS: All extra point attempts will be played, even if the official time has expired.

## T. TIMEKEEPER:

1. The timekeeper will keep official game time according to current rules, plus will call time-out and give two (2) minute warning to both benches at the end of each half.
2. UIL rules will control stop and starting of the time clock.

U. "QUICK" WHISTLE RULES: If a "quick" whistle occurs, the offense has the option of running the play over or taking the ball where the ball was whistled dead.

## ARTICLE IV – CHEERLEADING

### SECTION 1. GENERAL CHEERLEADING GUIDELINES

- A. All Cheerleading team shall participate in every regularly scheduled game, play-off game, championship game, and The Main Event, unless prior authorization to the contrary is granted by the MCPWFCA Executive Board.
  1. Head Coaches shall request to the League Commissioner or Vice-Commissioner or Vice-President of Cheerleading, in writing, the reason(s) for non-participation.
- B. All cheerleaders shall be given proper instructions before attempting any cheerleading skills, jumps, partner stunts, pyramids, or tumbling.
- C. Training of proper spotting techniques shall be taught to all squad members before attempting any skill or stunt. Spotters shall be used at all times when attempting any skill or stunt.
- D. Coaches must recognize the entire squad's particular ability level and limit the squad's activities accordingly.
- E. Rules and Regulations governing stunts/skills, shall be based on a nationally recognized organization governing cheerleading guidelines and revised to suit the general abilities of MCPWFCA participants, with safety and technique being of utmost importance.
- F. No individual squad may utilize paid or unpaid professional personnel for any reason unless approved by committee of the league's cheerleading commissioners and the Vice President of Cheer.
- G. Cheers, chants, routines, etc., must be appropriate for family viewing, without any vulgar or suggestive words, movements or music.
- H. Taunting, unsportsmanlike cheers/chants shall not be tolerated, and shall result in participating Coaches being brought before the Disciplinary Committee. Probation up to dismissal may be the result.

### SECTION 2. CHEERLEADING PRACTICE AND PARTICIPATION

- A. All cheerleading team will practice at assigned fields. If their football team is not present, they shall hold practice in view of another MCPWFCA football team or cheerleading squad. Early practice for cheerleading may be approved by the MCPWFCA Board of Directors.
  - 1. No team may practice in a gym, mirrored room, in the place where competition is to be held, or at any residence or home.
- B. All practices shall be during daylight hours and limited to the following.
  - 1. Flag League – will be limited to one and a half (1 ½) hours per day maximum, two (2) times per week for the first three (3) weeks; Thereafter practices shall be limited to one (1) hour, two (2) times per week.
  - 2. Junior and Senior Leagues – will be limited to two (2) hours per day maximum, with a minimum of three (3) times and a maximum of four (4) times a week, for the first three (3) times per week.
  - 3. No practices shall be held on Wednesday, Saturday, or Sunday, except as authorized by the Board of Directors.
  - 4. During play-offs, cheerleading squads shall practice at the same time and same location as their football team.
- C. On the last day of practice for the week, cheerleading team shall perform a pep rally for their team.
- D. Apparel and accessories, including jewelry, for all participation and all coaches should be conducive to safe practices and performances.
  - 1. Cheerleaders and Coaches may not wear jewelry while in uniform, during practice or performance while representing MCPWFCA. Jewelry includes, but is not limited to: ear piercings, face piercings, rings, bracelets, anklets, necklaces, etc.
    - a. The following exceptions shall be allowed:
      - 1. Medical and/or religious bracelets and/or necklaces, which must be secured to the body with tape.
      - 2. Smooth band wedding rings shall be allowed. All other wedding rings must be removed during stunting or any other coaching activity that might cause harm to participant(s).
      - 3. Coaches choosing to wear any jewelry will do so at their own risk.
  - 2. Appropriate attire must be worn by cheerleaders and coaches at all practices, games and league events.
  - 3. Athletic shoes shall be worn to all games, practice sessions, The Main Event, or any Association event. Flip flops and/or open toed shoes are prohibited.
  - 4. Hair shall be pulled back away from face at all games, practice sessions, The Main Event, or any Association event.
- E. Warm-up and stretching shall precede all practice sessions, pep rallies, games, performances, and any other physical activities.

### **SECTION 3. TUMBLING, JUMPS, STUNTS, PYRAMIDS, TOSSES AND DISMOUNTS**

- A. Flag League and Mascots:
  - 1. General:
    - a. Safety shall be the first priority for MCPWFCA participation. All routines, stunts and pyramids shall be periodically monitored by one or more MCPWFCA Board Members including the Vice-President or Cheerleading, League Commissioner or an alternate Board Member appointed by the Vice President of Cheerleading, if necessary. Safety infractions will be addressed, and the coach will be retrained before stunting will assume.
    - b. Violation of rules shall be communicated to the Head Cheerleading Coach or Registered Assistant Coach, immediate corrective action shall be required.
    - c. Any unsafe acts will result in disciplinary action, up to dismissal.

- d. Cheerleaders shall not perform tumbling, stunts/skills on: Concrete, asphalt, or any other hard uncovered surfaces, wet surfaces, uneven surfaces, obstructed surfaces, sidelines at football games.
  - e. Cheerleaders shall not perform jumps on: Concrete, asphalt, or any other hard uncovered surfaces, wet surfaces, uneven surfaces, obstructed surfaces
  - f. Mascots are only allowed to do Flag League stunts.
  - g. No individual squad shall be allowed on tennis courts, concrete areas or hard surfaces. All practices are to be held on grass or dirt surfaces only, unless designated by the Board.
2. Tumbling:
    - a. All tumbling must originate from the cheering surface.
    - b. No tumbling skills may be taught by any coach at Mid Cities Pee Wee.
    - c. Coaches need a signed approval by the Cheerleaders parent or guardian for the cheerleader to perform any tumbling. This includes practice, Pep-rallies, half-time, game and Main Event.
  3. Stunts/Pyramids – General:
    - a. Stunts and pyramids for Flag League shall have, at least, one foot remain at bases’ waist level or below, unless otherwise approved by the Vice President of Cheer, Cheer Commissioners and/or appointed committees.
    - b. No stunt shall support another stunt.
  4. Stunts/Pyramids – Bases/Spotters/Flyers:
    - a. Stunts and pyramids that are waist high or above shall have a back spotter.
    - b. All bases must be standing on both feet, unless on all fours (hands and knees all touching ground).
  5. Stunts/Pyramids – Dismounts:
    - a. Only straight-drop dismounts shall be allowed.
    - b. No props shall be allowed during a dismount.

**B. Junior League:**

1. General:
  - a. Safety shall be the first priority for MCPWFCA participation. All routines, stunts and pyramids shall be periodically monitored by one or more MCPWFCA Board Members including the Vice-President or Cheerleading, League Commissioner or an alternate Board Member appointed by the Vice President of Cheerleading, if necessary. Safety infractions will be addressed, and the coach will be retrained before stunting will assume.
  - b. Violation of rules shall be communicated to the Head Cheerleading Coach or Registered Assistant Coach, immediate corrective action shall be required.
  - c. Any unsafe acts will result in disciplinary action, up to dismissal.
  - d. Cheerleaders shall not perform tumbling, stunts/skills on: Concrete, asphalt, or any other hard uncovered surfaces, wet surfaces, uneven surfaces, obstructed surfaces, sidelines at football games.
  - e. Cheerleaders shall not perform jumps on: Concrete, asphalt, or any other hard uncovered surfaces, wet surfaces, uneven surfaces, obstructed surfaces
  - f. Mascots are only allowed to do Flag League stunts.
  - g. No individual squad shall be allowed on tennis courts, concrete areas or hard surfaces. All practices are to be held on grass or dirt surfaces only, unless designated by the Board.
2. Tumbling:
  - a. All tumbling must originate from the cheering surface.
  - b. No tumbling skills may be taught by any coach at Mid Cities Pee Wee.
  - c. Coaches need a signed approval by the Cheerleaders parent or guardian for the cheerleader to perform any tumbling. This includes practice, Pep-rallies, half-time, game and Main Event.

### 3. Stunts/Pyramids – General:

- a. Stunts and pyramids for Junior League shall have, at least, one foot remain at bases' Shoulder level or below, unless otherwise approved by the Vice President of Cheer, Cheer Commissioners and/or appointed committees.
  1. Rotating stunts shall be allowed at shoulder level only.
  2. One-legged stunts shall be allowed at shoulder level only.
  3. No stunt shall support another stunt.
  4. Half-teeter-totters and Full teeter-totters (pendulums) are prohibited in Junior League.
- b. Stunts/Pyramids – Bases/Spotters/Flyers:
  1. Bases are considered “hands-on” members of the squad.
  2. Shoulder level stunts shall require two (2) side bases and back base.
  3. A rotating stunt shall require two (2) side bases and back base.
  4. Any flyer must receive primary support from a base(s) who is in direct, weight-bearing contact with the performing surface.
  5. A spotter must be in the proper position to prevent injuries, and does not have to be in direct contact with the stunt.
  6. A person is not considered a spotter if the hand position includes grabbing the sole of the foot of the flyer or grabbing the hand(s) of the base(s) beneath the top person's foot.
- c. Stunts/Pyramids – Dismounts
  1. Only straight-drop and pop cradle dismounts shall be allowed. Dismounts shall require two (2) side bases and one (1) back base.
  2. Stunts shall not dismount to a new set of bases.
  3. No props shall be allowed during a dismount.

### C. Senior League

#### 1. General:

- a. Safety shall be the first priority for MCPWFCA participation. All routines, stunts and pyramids shall be periodically monitored by one or more MCPWFCA Board Members including the Vice-President or Cheerleading, League Commissioner or an alternate Board Member appointed by the Vice President of Cheerleading, if necessary. Safety infractions will be addressed, and the coach will be retrained before stunting will assume.
- b. Violation of rules shall be communicated to the Head Cheerleading Coach or Registered Assistant Coach, immediate corrective action shall be required.
- c. Any unsafe acts will result in disciplinary action, up to dismissal.
- d. Cheerleaders shall not perform tumbling, stunts/skills on: Concrete, asphalt, or any other hard uncovered surfaces, wet surfaces, uneven surfaces, obstructed surfaces, sidelines at football games.
- e. Cheerleaders shall not perform jumps on: Concrete, asphalt, or any other hard uncovered surfaces, wet surfaces, uneven surfaces, obstructed surfaces
- f. Mascots are only allowed to do Flag League stunts.
- g. No individual squad shall be allowed on tennis courts, concrete areas or hard surfaces. All practices are to be held on grass or dirt surfaces only, unless designated by the Board.

#### 2. Tumbling

- a. All tumbling must originate from the cheering surface.
- b. No tumbling skills may be taught by any coach at Mid Cities Pee Wee.
- c. Coaches need a signed approval by the Cheerleaders parent or guardian for the cheerleader to perform any tumbling. This includes practice, Pep-rallies, half-time, game and Main Event.

#### 3. Stunts/Pyramids – General:

1. Stunts and pyramids above shoulder level are allowed in Senior Level only
  2. Half Teeter totters (pendulums at shoulder level only, shall be allowed.
  3. Rotating stunts shall be allowed at extension level with approval.
  4. Extended One-legged stunts shall be allowed.
  5. Shoulder sits shall be allowed.
  6. No stunt shall support another stunt.
4. Stunts/Pyramids – Bases/Spotters/Flyers:
1. Bases are considered “hands-on” members of the squad.
  2. Above Shoulder level stunts shall require two (2) side bases and back base. Bases must considered members of the squad.
  3. Shoulder level stunts, except where otherwise noted shall require two (2) side bases and a Back spot.
  4. One-legged stunts in full extension shall require two (2) side bases, a back spot and front spot.
  5. Half Teeter Totters (pendulums) require the following: there must be at least four (4) Stationary catchers. There must be a spotter on the opposite side of the base from the Four (4) stationary catchers.
  6. Shoulder stands shall require two (2) bases on the bottom and one (1) back spotter.
  7. Any flyer must receive primary support from a base who is in direct weight bearing contact with the performing surface.
  8. Stunts and pyramids shall have spotters at all times.
  9. A spotter must be in the proper position to prevent injuries and does not have to be in direct Contact with the stunt.
  10. With the exception of pompoms, the flyers is not allowed to go up into a stunt with props.
  11. A person is not considered a spotter if the hand position includes grabbing the sole of the foot of the flyer or grabbing the hand(s) of the base(s) beneath the top person’s foot.
- b. Stunts/Pyramids – Dismounts
1. Only straight-drop and pop cradle dismounts shall be allowed. Unless the coach has completed the additional stung training and/or it is approved by Vice President of Cheer, Cheer Commissioners and/or appointed committees. Dismounts shall require two (2) side bases and one (1) back base.
  2. Dismounts shall be at shoulder level or below.
  3. Stunts shall not dismount to a new set of bases.
  4. No props shall be allowed during a dismount.

## SECTION 4 PROHIBITED

### A. General

1. Use of mini- tramps, springboards, or any apparatus used to propel a participant is prohibited, unless written parental/guardianship consent is given to and approved by the Vice President of Cheer, Cheer Commissioners and/or appointed committees.
2. Tumbling over, under, into, or through a stunt, individual, or prop is prohibited.
3. Tumbling with a prop is prohibited. Example: Back handsprings with poms are illegal.
4. Dive rolls are prohibited unless approved by the Vice President of Cheer, Cheer Commissioners and/or appointed committees.

### B. Stunts/Pyramids

1. Flyers Shall not be tossed into a stunt.
2. Toe/leg pitches are prohibited.
3. Free-falling flips in any form are prohibited.
4. Back-bends which support any additional weight are prohibited.
5. Splits-catches are prohibited
6. Tick-tocks are prohibited unless approved by the Vice President of Cheer, Cheer Commissioners and/or appointed committees.
7. Flyers are not allowed to hold or pass through an inverted position during a stunt, toss, or dismount. This includes needle stunts, teeter-totters, supported handstand stunts, and roll-ups into stunts. Exceptions may be made with the approval by Vice President of Cheer, Cheer Commissioners and/or appointed committees and parent signature.
8. No stunt, pyramid, individual, or prop may move through, over, or under another stunt or pyramid. Example: A stunt/person cannot move under a prep/extension.
9. Helicopter tosses are prohibited
10. Aerial stunts are prohibited
11. No stunt, pyramid, individual or prop may move through or under a pop cradle.
12. Suspended roll dismounts are prohibited unless approved by Vice President of Cheer, Cheer Commissioners and/or appointed committees.
13. Hanging pyramids are prohibited unless approved by unless approved by Vice President of Cheer, Cheer Commissioners and/or appointed committees.
14. Tumbling out of stunts is prohibited unless approved by Vice President of Cheer, Cheer Commissioners and/or appointed committees.

#### SECTION 5, GENERAL GUIDELINES FOR MAIN EVENT

- A. All Bylaws and Rules and Regulations of MCPWFCA shall be in effect.
- B. A panel of judges will score performances. Awards will be presented in categories determined by the Vice President of Cheer, Cheer Commissioners and/or appointed committees.
  1. Listed below are the qualifications for judges.
    - a. Must be eighteen (18) years of age or older
    - b. Must have prior cheer experience and knowledge
    - c. Must be from outside MCPWFCA
    - d. Must be familiar with MCPWFCA rules and regulations for cheer.
  2. All judges must be selected by Vice President of Cheer, Cheer Commissioners and/or appointed committees.
- C. Order of performance shall be determined by draw at the Cheerleading Coaches' Meeting held prior to The Main Event. Each team shall be represented by Head Coach, a Registered Assistant Coach or a MCPWFCA Board Member. NOTE: There will be a One Hundred (100) point deduction from the Cheerleading Team of the Year score, if your team is not represented at this meeting.
- D. Routines should be at least two (2) minutes in length, but not be longer than four (4) minutes.
- E. Routines must include at least one (1) crowd involvement cheer, one (1) unified jump, one (1) stunt, and one (1) dance routine, unless otherwise approved by Vice President of Cheer, Cheer Commissioners and/or appointed committees.

1. Music/Dance is permitted but may not exceed one and one half (1 ½) minutes of the entire routine, unless otherwise approved by Vice President of Cheer, Cheer Commissioners and/or appointed committees.
2. Music must have printed lyrics provided and shall be screened and approved by a date designated by Vice President of Cheer, Cheer Commissioners and/or appointed committees.
  - a. Music and Lyrics have to be turned in at the Main Event Coaches Meeting. Failure to turn in cut music and lyrics at this meeting will be an automatic fifty (50) points deducted from your Cheerleading Team of the Year score.