

**THE CHARTER AND BYLAWS**  
**OF THE**  
**TENNESSEE VALLEY YOUTH**  
**FOOTBALL**  
**LEAGUE AND COUNCIL**  
***2009 EDITION***

***Changes for 2009 are underlined.***

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**I. ARTICLE ONE - LEAGUE AND COUNCIL**

**A. Structure and Responsibility**

1. The Tennessee Valley Youth Football League (TVYFL) is a not-for-profit organization formed for the explicit purpose of developing leadership and promoting good citizenship to the youth of Madison County, Alabama, and the surrounding areas, through athletic competition. Affiliated member football associations shall be not-for-profit organizations or incorporated educational institutions, and are governed by this organization and shall comply with these bylaws. Local association bylaws in conflict with TVYFL bylaws shall be overruled by the TVYFL bylaws.

2. The executive board of the TVYFL is the Executive League Council (ELC). Its primary responsibility is oversight of all member district football associations. Member district football associations, originally tied directly to county high school districts, will be sequentially numbered according to the date the association becomes a member of the TVYFL. The following represents the TVYFL member district football associations:

ASSOCIATION	TVYFL DISTRICT	DISTRICT BOUNDARIES
North Central Madison County Athletic Association, Inc.	District 1 - Hazel Green	Hazel Green High School less Lynn Fanning Elementary School, and players/cheerleaders from Lynn Fanning who have participated in the Hazel Green Association in years prior to 2002 and choose to continue to play with the Hazel Green Association. Once the child/parents decision as to where to play in 2002 is made there is no option to switch back to the Meridianville Association in subsequent seasons. Also includes Highland Rim, South Lincoln, & Fayetteville City districts.
Northeast Madison County Athletic Association, Inc.	District 2 – Buckhorn	Buckhorn High School, Flintville, & Huntland districts.
Madison County District 3 Youth Football Association, Inc.	District 3 - Madison County	Madison County High School, New Hope district, & the little school on Hwy 64.
Northwest Madison County Athletic Association, Inc.	District 4 – Sparkman	Sparkman Middle School to include Harvest Elementary School, less Monrovia Middle School. Ardmore, Blanch, & area feeding to Central Jr. High.
Monrovia Football Association, Inc.	District 5- Monrovia	Monrovia Middle School and players/cheerleaders from the City of Madison who participated in the Monrovia Association in years prior to 2003. Once the child/parents decision as to where to play in 2003 is made there is no option to switch back to the Madison Association in subsequent seasons. East Limestone district.
Meridianville Athletic Association Youth Football League, Inc.	District 6 – Meridianville	Lynn Fanning Elementary School, and players/cheerleaders from Lynn Fanning who have participated in the Hazel Green Association in years prior to 2002 and choose to play with the Meridianville Association. Once the child/parents decision as to where to play in 2002 is made there is no option to switch back to the Hazel Green Association in subsequent seasons.
Madison Athletic Association, Inc.	District 7 – Madison	Players/Cheerleaders in the City of Madison who participated with the Madison Association prior to 2003. Once the child/parents decision as to where to play in 2003 is made there is no option to switch back to the Monrovia Association in subsequent seasons. Triana district.

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New Hope Rec Center	District 8 - New Hope	Encompasses the New Hope High School zone.
Westminster Christian Academy	District 9 - WCA	Players/cheerleaders that go to Westminster Christian Academy regardless of their home address. After 2007 season, players must choose between WCA or their local district; no swapping back and forth. Players that are "Home Schooled" or attend other private schools are permitted.
Riverside Christian Academy	District 10 - RCA	Players/cheerleaders that go to Riverside Christian Academy regardless of their home address. After 2007 season, players must choose between RCA or their local district; no swapping back and forth. Players that are "Home Schooled" or attend other private schools are permitted.
<u>Hartselle Youth Football League</u>	<u>District 11 – Hartselle</u>	<u>Players/cheerleaders participating in the Hartselle league when they joined in 2009. The participation boundaries are defined as being the area encompassed by the Hartselle City Schools zone. Probationary status to be reviewed at the end of the 2009 season.</u>

3. Specific areas of ELC oversight responsibilities include the following:

- a. Establishment of TVYFL districts and district boundaries
- b. Establishment of participant criteria;
- c. Establishment of league schedules;
- d. League specific supplementation of the rules of play as outlined in the National High School rulebook for the applicable year;
- e. Final level of arbitration for any disputes affecting a league member team, coach, or player not resolved at the District level;
- f. Oversight of ethics, safety and security issues affecting players, coaches, and fans;
- g. Primary instrument for league expansion - to include coordination with interested parties within non-league member school districts, assistance in the establishment of a functioning support system, and advice and counsel on fund raising;
- h. Public relations for the TVYFL.

4. The ELC Board will have final authority to discipline and take action for misconduct complaints. It is the responsibility of the local association to pass judgment on the appropriate punishment relative to the incident. The local board's decision should then be presented to the ELC Board for approval. The ELC Board's decision is the final authority and cannot be challenged.

**B. ELC Board Membership**

1. The Council shall draw its membership from qualified members of individual Football Associations that comprise the TVYFL. Each Association will appoint two members and two alternates from their respective Associations to sit on the ELC. These individuals will elect a President from these seated individuals. Additionally, any ELC officer or board member from a previous year may also run for the office of President, Vice President, or Secretary-Treasurer. The Association from which the President was selected will appoint a replacement representative to the Council. A Council member will remain in good standing by active participation in the Council, and by the conduct judged by the majority of the Council not to be in conflict with the purpose of the principles and objectives of the Bylaws of the TVYFL. Any person, group, or

association caught cheating, falsifying documents, providing altered personal information, or changing anyone's paperwork, will be banned from the local association and/or ELC Board for the remaining of the season. An application will have to be submitted for reinstatement to the ELC Board the next year. Criteria for selection as a Council member are:

- a. Honest desire to assist the Council in meeting its objectives toward the development of an athletic program that provides a positive experience for our youth;
  - b. Willingness to work with other groups to improve upon and expand this program;
2. At a minimum, the Council must elect a Council President. The President should appoint Directors for the following duties:
- a. League expansion / Public Relations
  - b. League rules and Participant Criteria
  - c. Scheduling
  - d. Safety and Arbitration
3. Each District will name their respective ELC representatives immediately upon the election of their local District Boards. All new ELC members will be appointed no later than 1 Feb of each year. ELC elections for the president will be held at the first ELC meeting following that date.

### **C. Meetings and Order Of Business**

1. The Council shall hold regularly scheduled meetings. These regular meetings will not be open to the general public. Special meetings may be called which will be open to the public or general membership of the supporting Football Associations. As required, the Council may invite individuals to participate or support ELC meetings or special projects.
2. The ELC President shall call all regular meetings. This notice shall include the time, location, as well as a brief description of the program or business anticipated to be transacted. However, failure of the President to include a business matter in the announced agenda shall not preclude the members present from acting on any matters discussed during a Council meeting. Other members of the ELC may call special or unscheduled meetings, if every Council member is informed of the meeting.
3. The order of business at regular meetings shall be:
  - a. Call to order, reading of the minutes, reports of Council members concerning assigned projects, old business, unfinished business, new business, and adjournment. This order of business may be suspended or changed at any meeting by a simple majority vote, a quorum being present.
  - b. Roberts Rules of Order shall be the final authority on all questions of procedure and parliamentary law not covered by these Bylaws.
  - c. All matters of business which impact on the TVYFL or its supporting Football Associations must be approved by a simple majority vote unless otherwise stipulated in these bylaws. The ELC President may only vote in the case of a tie or on a motion to

remove/replace a Council member. Once an issue has been carried by a simple majority vote using proper procedures, the ruling may not arbitrarily or unilaterally be reversed by any one member of the Council.

- d. A quorum for the conduct of business shall consist of one-half the Council membership. While each Association is authorized two representatives to the Council, a quorum shall be established based on one authorized member of the Council from each Football Association being present (Example: with 7 member associations, if 4 of the associations have a council member present there is a quorum).

## II. ARTICLE TWO - TVYFL PARTICIPATION ELIGIBILITY

**A. Divisions of Play.** The following are the age divisions for football and cheerleading participation within the TVYFL:

Division	Ages	League Age (as of 31 Aug)	Weight Restrictions
Freshman	5-6	5-6 years old	Unlimited weight
Sophomore	7-8	7-8 years old	Unlimited weight
Junior	9-10	9-10 years old	Unlimited weight
Senior	11-12	11-12 years old	Unlimited weight

- NOTES: 1/ Player's certified weight is established at the weigh-in defined in Article V.B.  
2/ Weight restrictions on ball carriers are addressed in Article V.B.  
3/ Cheerleaders are eligible if 13 yrs old on or before August 31<sup>st</sup>.

### Older/Lighter Rule

Division	Ages	Older Age Player	Weight Restrictions
Freshman	5-6	Older 7	55 lbs.
Sophomore	7-8	Older 9	70 lbs.
Junior	9-10	Older 11	80 lbs.
Senior*	11-12	Older 13	95 lbs

\* Note: Players that are (13) years old as of August 31, and weigh 95 lbs or less, may play in the Senior Division using the Older/Lighter Rule.

The older/lighter rule was written in the spirit to increase participation, and not to “load” up an underage team with older, more athletic players. This rule will be reviewed yearly and monitored very closely to maintain competitiveness within each age group. Coaches are discouraged to have lighter, more gifted players to play down for the purpose of “stacking” a team. Any player that believes they are eligible to play O/L must attend the designated weigh-in for certification. Any O/L player missing this weigh-in, will NOT be allowed to play as an O/L but will have to play in their respective age division.

### B. Player Eligibility and Waivers

1. Players shall be drawn from and assigned to teams from their respective Districts. Players must be qualified residents of these Districts. To validate a player is in the correct district, a school report card showing the school name and date must be on file on or before certification night, which is the Wednesday night after the Jamboree. Any player transitioning from TVYFL to Pop Warner must play in his proper county district. All exceptions will have to be waived

through the ELC Board. Approved Exception: Any player playing out of their proper district and participating in Pop Warner football in another district, that are transitioning from Pop Warner to TVYFL, must play in proper county district unless waived by the ELC, unless included in these exceptions: Madison County 1999, Monrovia 2000, Madison City 2002. This rule only applies to active players & does not apply to siblings. All other kids joining the TVYFL after that date have to play in their local district unless waived by the local district board. A player will remain in good standing as required by their individual Football Association and by their compliance with these Bylaws as they regard player conduct. Participation is open to all boys and girls in those districts supported by the TVYFL.

2. Every player must present a copy of their birth certificate and a current physical prior to participation. Players will be weighed prior to the first game to determine their eligibility for carrying the ball. Ball carriers weight restrictions are discussed in detail in Article 5. The weight restriction may not be waived for any player. Once a player has been officially weighed and found eligible, they will remain eligible throughout the remainder of the season, regardless of any weight gain.

3. Waivers. Authorized waivers to ELC rules must be documented in writing on a Player Waiver Application Form (see Appendix B) and filed with the official records of the ELC. The following restrictions and conditions apply to player waivers:

- a. Waiver to play out of district. If team rosters are full in the home district in which the player would be normally assigned, he or she may be allowed to play in another District with a player vacancy. These exceptions will be on a case-by-case basis and require the approval of a Waiver Application by the ELC. Waivers to play out of district are good for one season only. The affected player shall be assigned to a team in their district - if eligible, the following year unless a new waiver is approved.
- b. Waiver to participate if living outside the TVYFL area. If a player(s) is not eligible to participate in a member association's district, he or she may be allowed to play if there is no suitable football program offered for his/her age group. These exceptions will be on a case-by-case basis and require the approval of a Waiver Application by the ELC. Waivers for players living outside the TVYFL area to play are good for one season only. The following year a new waiver must be approved.
- c. Waiver to move up to older age divisions. No ELC waiver is required for a player to play in a division above their age bracket. Players may play up in an older division at the discretion of each member district football association.
- d. Waiver to move down to younger age divisions. No waivers shall be permitted to allow players to play down in a younger age division.
- e. Waiver to play if younger or older than age divisions. No waivers shall be permitted to allow participation of players who are not between league ages 5 -14.

### **C. Cheerleader Eligibility**

1. Cheerleaders shall be drawn from and assigned to teams from their respective Districts. Cheerleaders must be qualified residents of these Districts. A Cheerleader will remain in good

standing as required by their individual Football Association and by their compliance with these Bylaws as they regard player conduct.

2. Criteria for Cheerleader participation relative to gender, cheer divisions, and ages are consistent with player guidelines with the following exceptions:
  - a. Cheerleaders will be allowed to cheer in a Division up or down from their respective age at the discretion of local boards.
  - b. There are no weight restrictions for cheerleading.
  - c. Waivers approved by the ELC are not required for cheerleaders.
3. Every cheerleader must present a copy of their birth certificate and a current physical prior to participation.

### **III. ARTICLE THREE - TEAM FORMATION AND PLAYER SELECTION (DRAFT)**

A. All districts must follow the drafting procedures set forth in the ELC Bylaws. The ELC will retain oversight of this process to ensure it remains fair and equitable for all Football Associations within the TVYFL. All football players moving up to a new age division will go into the draft for that age group. Second year existing players that stay in the same age division, will remain on their same team as long as the number of teams within that age group does not change. A complete re-draft of all players within the same age group will take place if the number of teams within that age group changes. A list of all players will be provided to each Head Coach participating in the draft. The list will include the following information: Player Name, Age, Weight, Years of Experience. After all players have been assigned to a team, the Coaches may swap (1) one player if both coaches agree.

1. **If the Number of Teams within the Age Division Changes** – All players within that age group will participate in the draft. Each Head Coach will start the draft with his son and (3) option players. If the Head Coach does not have a child playing, he is allowed to pick (4) option players. A coin toss will be used to decide which coach chooses first. At that point, the picks will alternate between coaches until all players have been placed on a team.

2. **If the Number of Teams within the Age Division Does Not Change** - Returning players within that same age division will remain on the same team as the previous year. The Head Coach with the least amount of players, Coach A, begins choosing players until both teams have equal number of players. At this point, Coach B chooses a player and the next pick is alternated between coaches until all players have been placed on a team.

3. The (4) Assistant Coaches will have to be chosen from the parents of the players selected for that team.

4. Registration should be open to all boys and girls who meet the eligibility requirements within their district.

5. Every effort should be made to give at least 30 days notice of registration.

6. Registration should be conducted on a "first come" basis until the target number of registrants is met.

7. A minimum of 16 tackle players are required to field a team and the maximum number is limited to 25, unless otherwise amended on a case-by-case basis by the ELC.

#### IV. ARTICLE FOUR - SCHEDULING

A. Scheduling is the responsibility of the ELC. Games will be played on Saturday as well as a few Thursday night games, if necessary. Game schedules must be set prior to July 15th each year to ensure that the officials' association has sufficient time to incorporate TVYFL games into their schedules. Each district is responsible for **notifying the ELC of their home field availability dates by July 1.**

B. The ELC will determine the start date for practice annually. Ideally, teams should not begin practice sessions any earlier than the third week of July.

C. An eight to ten game schedule is anticipated. The regular season must end no later than the first weekend in November. Notwithstanding field availability and scheduling conflicts, the goal is to give each team four home games and four away games.

D. Forfeits.

1. Season Games. Teams not present or ready to take the field within 10 minutes after the scheduled time of a season game shall forfeit the game to the opposing team and the game shall not be played. The offending team shall be fined \$300 for each occurrence, payable to the opposing team's association; unless both teams are from the same local district, in which case the fine will be payable to the ELC; who shall determine how the fine will be distributed.

2. Playoff Games. A team who either serves advance notice of the intent not to play, or is not present, or is not ready to take the field within 10 minutes of the scheduled time of a playoff game shall (a) forfeit the game to the opposing team; (b) be dropped in the season and playoff standings to last place; and, (c) pay a \$500 fine to the host association. Failure to comply with these conditions shall result in expulsion of the head coach from future participation in the league.

3. Financial penalties (fines) shall not be imposed for league forfeits resulting from failure to have a certified roster (Article VIII, C.).

E. Games outside the TVYFL. Local associations may schedule games and scrimmages with teams from outside the league provided the ages and player eligibility guidelines are comparable between the teams.

**V. ARTICLE FIVE - PLAYING RULES.** Each age division will weigh on the same scales. (2) lb. variance is no longer allowed. Each child is allowed to weight one time at Jamboree and that is the official weight. Minimum weigh-in attire is a pair of athletic shorts. Any child not playing at Jamboree, may come to the next ELC meeting for his official weigh in. Only one chance to weigh with no re-weighs. Games played under the oversight of the Tennessee Valley Youth Football League will be played under National High School playing rules with the following exceptions:

**A. Ball Size, Field, Length of Quarters and Half Time by Division**

Division	Ball	Playing field (yards)	Length of Qtrs	Half Time
Freshman	K2	80 x full width	8 minutes	8 minutes
Sophomore	K2	100 x full width	8 minutes	8 minutes
Juniors	TDJ	100 x full width	10 minutes	10 minutes
Seniors	TDJ	100 x full width	10 minutes	10 minutes

**B. Weight Restrictions on Ball Carriers, Player Numbering and Tight Ends by Division**

Division	Linemen Max Weights	Jersey Nr.	Offensive Backs and Split Ends Max Weights	Jersey Nr.	Tight End Max Weights and Restrictions	Jersey Nr.
Freshman	5-6 year olds Unlimited	50-79	60 lbs max	1-49 or 80-89	5-6 year olds Unlimited	90-99
Sophomore	7-8 year olds unlimited	50-79	95 lbs max	1-49 or 80-89	Unlimited Can only run down field passes Cannot split > 1 yard from tackle	90-99
Junior	9-10 year olds unlimited	50-79	115 lbs max	1-49 or 80-89	Unlimited Can only run down field passes Cannot split > 1 yard from tackle	90-99
Senior	11-12 year olds unlimited	50-79	135 lbs max	1-49 or 80-89	Unlimited Can only run down field passes Cannot split > 1 yard from tackle	90-99

NOTES: 1/ Certified weigh-ins, along with any make-up dates, will be set each season by the TVYFL, provided that the weigh-ins will occur no earlier than the first Saturday following the end of the preseason conditioning and no later than the Jamboree. It will be the goal of the TVYFL to have at least one weigh-in date at each park, to be overseen by an ELC representative from another member park in order to simplify the process. This representative will be assigned at the discretion of the league president to insure compliance with the bylaws.

2/ Weight limits on running the ball not applicable to front line of receiving team for kicks; however, players ineligible by weight restrictions to run the ball may not “drop back” to receive kickoff.

3/ Ball Carrier is defined as anyone who runs or advances the ball on a designed offensive play, punt, or kick off return.

**C. Kicking Game by Division**

Division	Kickoffs	On Side Kicks	Punting	Field Goals	Extra Point Conversions
Freshman	5 yds from mid field	No	No-Spot ball 25 yards down field (not inside the 25 YL)	No	1 point for rush 2 points for pass
Sophomore (See Note)	Kick from 45YL	Yes	No-Spot ball 25 yards down field (not inside the 25 YL)	Yes	1 point for rush or pass 2 points for kick
Juniors (See Note)	Kick from 45 YL	Yes	No-Spot ball 30 yards down field (not inside the 15 YL)	Yes	1 point for rush or pass 2 points for kick
Seniors	Kick from 40 YL	Yes	Yes – H.S. Rules	Yes	1 points for rush or pass 2 point for kick

NOTES: No fake kicks on field goals/conversions. Fumbles on a kick becomes automatic dead ball with a loss of the down.

**D. Minimum Play Rule, Roster Exchange and Player Participation Chart**

1. Without exception, in all divisions each eligible child must play 5 active plays per half. Players who are facing disciplinary action may be forced to sit out a game. These absent individuals and players, will be identified prior to the start of the game to the field manager and to the opposing head coach. Players who come late will not be governed by the minimum play rule.

2. For the purpose of establishing minimum plays, a play shall be an “active play” on offense or defense from the line of scrimmage, and in the divisions with a kicking game shall include plays on specialty teams, (e.g., kick off/receiving teams, punt/punt return teams). Only extra point attempts do not count towards a player’s minimum of 5 active plays a half.

3. It is the responsibility of each coach to act in good faith and comply with the minimum play rule. Two copies of the **TVYFL Roster and Starting Line-Up** shall be exchanged (one between coaches and the second turned in to the field manager/announcer) 15 minutes before game time or there will be a delay of game penalty against that team on the first possession. Likewise, coaches should note the opposing team’s starting ball carriers at the beginning of the game to verify designations are correct.

4. Each team must maintain **TVYFL Player Participation play charts** during the game to ensure that each player has played the required number of plays. Play charts must be compared at half time. The completed charts will be turned into the local ELC member from his football association the week of the game, prior to the next game. This roster can then be presented to the ELC Board if there is a complaint.

5. The following special provisions regarding minimum plays are applicable each season:

a. If a coach has reason to believe his opponent may not comply with the minimum play rule, he has the right before the game to declare that the team in question be charted. If this occurs each team shall produce one parent/volunteer and these two shall independently chart the plays of the team in question together.

b. Play Charting by ELC members or their designated representatives is required at all post-season playoff games.

c. If it is suspected that a team is not complying with the minimum play rule, the following procedure must be followed:

(1) The opposing coach must point this out to the field manager at halftime.

(2) The participant play chart of the team shall be reviewed jointly by both coaches with the field manager to verify whether the player(s) in question had their plays in the first half. If they did not, or if the team in question did not maintain a written Play Chart, then the player(s) shall start the second half and remain in the game continuously until their minimum plays for the whole game have been played.

- (3) The incident shall be reported to the ELC for review. If the play chart substantiates one or more players without their minimum plays, the offending coach is subject to disciplinary action by the ELC. The penalty for ignoring the minimum play rule shall range between a verbal warning (first offense) and game(s) or season suspension, depending on the frequency of the offense.

#### **E. 24-Point Rule**

When a team reaches a (24) point or greater lead over the opposing team the following rules will be in effect:

- 1) Continuous clock (except for called time outs by teams or officials).
- 2) All players that have scored an offensive touchdown on a DESIGNED PLAY will have to don penny jerseys to be allowed back on the field and can ONLY play in the positions of Center, Guard, or Tackle.
- 3) Designed play is defined as any offensive play from the line of scrimmage and does not include advancing/recovering a fumble for a touch down.
- 4) Fake punts that score are considered designed offensive plays.
- 5) Scores on defense or kick/punt returns are not counted against a player.
- 6) Extra Point/Field Goals are not counted against a player.

If, at any time during the game, the lead drops to less than (24) points, all regular rules, including standard time keeping, are resumed.

**Penalties** - If a team violates the (24) point rule by allowing a player that has scored a touchdown, under the above criteria, to participate in a play from any position except those listed above, the situation will be treated as a personal foul and the following penalties will be enforced:

- 1<sup>st</sup> Violation – 15 yard penalty and loss of down
- 2<sup>nd</sup> Violation – 15 yard penalty, loss of down, and Head coach of offending team ejected for the remainder of the game.

**F. Scrimmage Vests.** Scrimmage vests will be used for any player playing a position without the proper numbered jersey for that position. There will be no changing jerseys among players during a game.

**G. Video Cameras & Radios.** The use of video cameras and two-way radios will be allowed at games by spectators and parents. Coaches and chain gang members are not allowed to video or use radios. No video cameras are allowed at another team's practice.

**H. Protests.** A protest must be reported to any ELC board member before 6:00 pm of the following Friday night. Only the Head Coach can file a formal complaint. The complaint can initially be verbal, but must be followed up as a written protest for review by the ELC board. Protests will be taken very serious. Only written rules can be protested. **NO JUDGMENT CALLS MAY BE PROTESTED.**

### **I. Freshman Division**

1. High School Rules will govern the Freshman Division with the exceptions as stated in the general provisions of Article V and other articles of these bylaws.
2. Tie games will be settled under regular High School Rules.
3. Blitzing - There will be no blitzing between the offensive tackles. (A player lining up in a normal LB position must line up behind the line of the down linemen and must be behind the line of down linemen when the ball is snapped. Any player lining up on the line between the offensive tackles must be in a 3 or 4 point stance.). Blitzing carries a 15-yard penalty.
4. The following rules apply to coaches on the field. An offensive coach may be present in the huddle. No talking will be allowed from the coach once the huddle breaks until the ball is snapped. Defensive coach can be on the field until the offensive team breaks the huddle. Both offensive & defensive coaches must immediately move (10) ten yards back from the line of scrimmage & have no further communication with the players. The coaches can not interfere with the play or touch the players. A violation will carry a (15) fifteen yard penalty & automatic first down from the spot of the foul. If defensive coach, in referee's opinion, interferes with a scoring play, the touchdown may be awarded.

### **J. Sophomore Division**

1. High School Rules will govern the Sophomore Division with the exceptions as stated in the general provisions of Article V and other articles of these bylaws.
2. Tie games will be settled under regular High School Rules.
3. Blitzing - There will be no blitzing between the offensive tackles. (A player lining up in a normal LB position must line up behind the line of the down linemen and must be behind the line of down linemen when the ball is snapped. Any player lining up on the line between the offensive tackles must be in a 3 or 4 point stance.). Blitzing carries a 15-yard penalty.
4. Coaches on the Field - Coaches are allowed on the field only for the Jamboree game and the first three weeks of the season. If a game is rained out, or if a team has a bye week during this period, the time period will not be extended. An offensive coach may be present in the huddle. No talking will be allowed from the coach once the huddle breaks until the ball is snapped. Defensive coach can be on the field until the offensive team breaks the huddle. Both offensive & defensive coaches must immediately move (10) ten yards back from the line of scrimmage & have no further communication with the players. The coaches can not interfere with the play or touch the players. A violation will carry a (15) fifteen yard penalty & automatic first down from the spot of the foul. If defensive

coach, in referee's opinion, interferes with a scoring play, the touchdown may be awarded.

**K. Junior Division**

1. High School Rules will govern the Junior Division with the exceptions as stated in the general provisions of Article V and other articles of these bylaws.

2. Tie games will be settled under regular High School Rules.

**L. Senior Division.** High School Rules will govern the Senior Division with the exceptions as stated in the general provisions of Article V and other articles of these bylaws.

**VI. ARTICLE SIX - SAFETY, CONDUCT, AND ETHICS**

A. The major goal of the Tennessee Valley Youth Football League Council is to ensure that a safe, wholesome environment is guaranteed in which the players, coaches, and fans can enjoy themselves.

B. The Tennessee Valley Youth Football League Council has overall responsibility to ensure that the safety of the players and that the conduct of the coaches reflect high ethical standards of good sportsmanship and moral behavior. Except as noted in these bylaws, the conduct and behavior of the fans and spectators attending games and/or practice sessions is the oversight responsibility of the individual District Football Association wherein the violation occurs. Where such issues involving a spectator or fan cannot be resolved, they will be referred to the Council for determination.

C. Prior to participation in the league's program, each player or cheerleader will have a physical to ensure that they are physically fit to participate in this program. No player or cheerleader will be allowed to participate in a practice until that physical has been completed. The individual District Football Associations have the primary oversight responsibility for ensuring this rule is enforced.

D. The TVYFL requires a uniformed peace officer to be present at all league-sanctioned games.

E. Coaches: (Also see Appendix A.) TVYFL football and cheerleader Coaches are expected to be role models for good sportsmanship and good moral behavior. The individual Association Districts will set their own standards for the selection process. Every effort should be made to ensure that the character of those selected for these positions are above reproach and that they have an understanding of duties that they will undertake. At a minimum the Coaches selected should have an understanding of good conditioning methods and a clear appreciation for the proper techniques associated with the execution of any required maneuvers to facilitate the safe and controlled execution. For example: Football Coaches should understand how to instruct players in proper blocking and tackling techniques which do not place the player or their opponent at obvious risk. (As an example- the ability to recognize an improper blocking form, which would place the player at risk for back injury.)

F. Coaches will refrain from teaching football techniques, which are designed to injure an opposing player and risk the safety of the player who executes them. Among these are blocks or tackles, which lead with the facemask, or clipping down field. Furthermore, coaches will not instruct their players to taunt or harass opposing team players. Coaches who fail to comply with the safety and conduct standards will be warned in writing that their actions are unacceptable. A second infraction of these standards will result in that coach's dismissal and bar from this youth athletic program.

G. Coaches shall refrain from using tobacco products on the playing or practice fields that are not county school board property. In accordance with Madison County School Board policy, the use of tobacco products is prohibited anywhere on school property.

H. Coaches are also to be reminded to refrain from the use of offensive language while on the playing or practice fields or in any environment where TVYFL parents or players are present. Any use of offensive language directed at a player, other coach, official, fan, or spectator in an abusive or profane manner will be directed to the ELC Board for action. This pertains to fans as well. The coach is responsible for his/her fans.

I. Additionally, any coach who is directed to leave the field by one of the league or game officials is to leave the stadium premises entirely. The coach will be automatically suspended for the next game and likewise, cannot attend the game or be on the stadium premises. The coach will not be allowed to return to his duties until he has appeared before the ELC Board.

J. When TVYFL associations participate in non-league sanctioned games, to include but not limited to post season invitational tournaments, compliance with the applicable provisions of the TVYFL Bylaws (e.g., safety, conduct, ethics) by association officials, coaches, players and parents and spectators is mandatory. Infractions thereto are subject to the same remedies of these bylaws for season play or as otherwise determined by the ELC.

**K. Players:** Players will be taught proper sportsmanship and on-field conduct. Players who intentionally disregard these standards will be warned and their team penalized in accordance with the appropriate rule violation. A second deliberate offense by the same player will result in that player being ejected from the game. Any player ejected from a game will be suspended for the next game. Should the same player exhibit similar behavior in a future game, that player will be suspended for the remainder of the season. The ejection of a player for unsportsmanlike-like conduct will be reported to the ELC.

**L. Fans, Spectators:** The TVYFL Council encourages community participation. Such participation should represent a positive and supportive influence. Therefore, all persons attending league games, practice sessions, or other league sponsored events are expected to conduct themselves in a civilized, disciplined manner consistent with the same standards of sportsmanship and conduct expected of the coaches and players. At a minimum there will be:

1. No jeering, taunting, verbal threat, abusive or profane language, or offensive nonverbal gestures toward players, coaches, officials, or other spectators.

2. No fans or spectators allowed on the field during regulation play.
3. No consumption of alcoholic beverages or non-prescription/controlled substances while at a game or practice session- either at the field or in the parking lots adjacent to such events by any fan or spectator.
4. No destruction of property on or adjacent to the playing or practice field.

M. Oversight of the conduct of fans, parents, or spectators is the primary responsibility of the individual District Football Association wherein the violation has taken place. At a minimum, the violator will be warned in writing that if his/her behavior continues they may be barred from future games. Should a problem occur which cannot be resolved at the District level, it will be referred to the League Council for disposition. The ejection of a fan or spectator from a game for unsportsmanlike conduct will be reported to the ELC.

N. All parents or guardians of players and cheerleaders participating in the league's program will be required to execute a Sports Ethics Policy statement wherein they agree to abide by these standards of conduct.

O. **Physical Violence:** Such activity will not be tolerated. Players will be ejected from the game for a first offense and barred from future play for repetitive occurrences. Coaches will be removed from the field and suspended or barred from all future league play. Fans or spectators who engage in such activity - especially where someone has been physically harmed, will be removed from the playing field area and – if deemed necessary- legal charges filed. Overall, the control of incidents of violent behavior will be the responsibility of the individual Football Districts. However, if physical harm has occurred or should it be felt that the actions taken are insufficient to prevent future occurrences, the League Council may take separate action.

P. **Safety:** Safety is the primary responsibility of the individual Football District Association hosting the league event or wherein the practice session is taking place however; Council members will constantly monitor the effectiveness of the individual programs. At a minimum the following procedures should be in effect to restrict or limit safety concerns:

1. Proper equipment is provided each player and that this equipment is worn during all practices where contact is planned, as well as for all games.
2. Careful attention is paid to conditioning prior to initiation of contact and throughout the season. A minimum of four days of team conditioning and seven calendar days are required prior to any contact practice.
3. No non-essential personnel on the sidelines during games. Personnel authorized to be on the sideline (other than players, coaches, cheerleaders) will be identified by a coach.
4. Where conditions allow, cheerleaders will not cheer from the sideline, but will instead cheer from the running track or similar area closer to the stands.

5. Fans/Spectators are to be discouraged from throwing any materials at one another, at the players, coaches or officials, or at the field.
6. Where safety is in question or in a situation where the appropriate District Football Association cannot resolve an issue or concern, the League Council will seek to make a determination on its resolution.
7. To assist in this oversight responsibility, each District Football Association hosting a TVYFL event will appoint a Team Manager responsible for monitoring safety and conduct on game days. Likewise, the visiting team(s) will identify an individual - other than the coaching staff, through which the Team Manager can coordinate any issues, which may arise.
8. Safety, ethics, and personal conduct will be stressed during membership meetings and Coaches/Parents meetings.
9. **Resolution of Complaints.** As defined in these Bylaws, most issues associated with safety, conduct, or ethics are the purview of the applicable District Football Association. Where an issue or concern cannot be resolved at the local level, or is one that is a primary concern of the League Council, the Council will schedule a special session to discuss the scope of the problem and reach a solution. For any complaint to be an official complaint the following process is mandatory, without exception: (1) a complaint must be in writing and be taken first to the local association's ELC rep, (2) then brought to the next ELC meeting by the person(s) making the complaint, accompanied by a local board ELC rep, (3) it shall be signed, and read to the ELC by the person making the complaint, (4) that person shall then have to leave the meeting, (5) the ELC shall rule on the issue as appropriate; and, (6) the applicable local board rep shall inform the person(s) filing the complaint of actions taken. All decisions by the ELC are final, without exception, and not subject to dispute.

## VII. ARTICLE SEVEN - LEAGUE EXPANSION

A. It is the intent of the TVYFL and the ELC to continue to grow this program throughout Madison County & Southern Tennessee. To this end, the ELC will identify areas for expansion on an annual basis. The Council will have the responsibility to market this program in those areas identified for expansion. It may seek specific assistance from the individual District Football Associations.

B. To ensure the safety and security of the League, any expansion District Football Association seeking to affiliate with the TVYFL must, at a minimum, provide proof of insurance, copies of their Articles of Incorporation, and a copy of their Charter or Bylaws within 60 days of the beginning of the new league season, or face exclusion from the schedule for that season. Exceptions will be made on upon a careful review by the ELC to ensure that the TVYFL is not liable for any actions resulting from this exception.

## VIII. ARTICLE EIGHT - ANNUAL REGISTRATION

A. The ELC will oversee player/cheerleader sign-ups. Each District Football Association is responsible for conducting their area registration. TVYFL sign up packets will be used. The initial registration is to be conducted in the April-May time frame with the final registration to be completed on/about 1 July so that the number of teams and game schedules can be set. District Football Associations may set their own cut-off dates for the registration of individual players. No player may be added to a Team Roster after the Jamboree.

B. To reduce the number of issues, which might evolve out of overlapping grade school versus high school districts, the ELC will coordinate the canvassing of the affected schools. District responsibilities for a particular school may change on a year-to-year basis.

C. Certified Rosters. Certified Rosters will be enforced. Before the first regular season game, all football teams must deliver a roster to the ELC President, which shall include each player's full name, address, home phone, league age, certified weight and jersey number (standard format is at Appendix F). The following supporting documentation shall be presented at that time for the ELC to review and validate the accuracy of the roster for certification:

1. Registration form of each player listed on the roster.
2. Birth certificate of each player listed on the roster (photocopy is acceptable).
3. Sports Physical of each player listed on the roster, which must be less than 6 months old and signed by a physician.

The roster becomes a Certified Roster when it is validated using the above listed supporting documentation and signed by the ELC President. A complete set of the entire league's certified rosters shall be provided to each member-association. Any team without a certified roster before their first game shall forfeit that game and all subsequent games played until the roster is certified. The game(s) may be played, but shall be considered a scrimmage, with scores kept only to maintain the "competitive environment." The outcome of the game will not result in any other conclusion than a league-rendering forfeit.

## IX. ARTICLE NINE - GAME DAY OPERATIONS

A. It shall be the responsibility of each hosting member Football Association of the TVYFL, to monitor the admissions gate. Each team will be allowed the following free game passes: Football (5) and Cheerleading (4). Each hosting association shall provide a home field and to conduct the proper administration of each regular season home game and any other special games assigned to it. Each team will be required to have a field manager, P. A. announcer, play chart manager, a three (3) person chain gang. The duties of each are as follows:

1. Field Manager - The Field Manager will be responsible for setting up the applicable playing field for each division of play, making sure first down chains and box are present, the game clock is ready for operation, all personnel (play chart manager, chain gang, 5<sup>th</sup> official or clock operator) are present, and ready to perform their duties and providing the

referees with a rules card for the age group about to play. They will collect the starting line up sheets from both head coaches (15 minutes before game time), and collect play charts after the game. The last duty is that they will turn in the play charts and the starting line up sheets to an ELC rep so they can turn them in at the next ELC meeting.

2. Play Chart Manager - The Play Chart Manager will mark the plays that each player has in a game using the play chart form. This will assist the coaches in making sure each player has their number of plays. At the end of the game the play chart will be turned into the Field Manager.
3. P. A. Announcer - The P. A. Announcer will refrain from colorful and anticipated announcement, the play by play, and opinions.
4. Chain Gang - The Chain Gang will be a three-person team. They assist the officials in the proper administration of the game, on the visitor side or opposite of the press box. Cell phones are prohibited during the game and there is absolutely NO coaching from the sidelines from anyone in the Chain Gang. The Referee or an ELC board member must observe the infraction, which constitutes automatic ejection from the game for that chain gang member.
5. Clock Operator - An extra referee will be paid to run the official clock at every game for all districts.
6. Local Fields – All football fields must have a fence surrounding the football field or at least a temporary fence from the 20 yd line to the 20 yd line on both sides, before the first game of the season.

B. It will be the duty of the ELC to provide a training session for each member association for all of the above jobs.

C. Gate fees charged by the hosting district will be as follows: \$4.00 Adult, \$2.00 high school age & under, Free for kids 4 years old and under.

## **X. ARTICLE TEN – AMENDMENTS AND SIGNATURE ADOPTION OF BYLAWS**

A. The power to alter, amend, or repeal these Bylaws is vested in the Council, acting upon a written proposal communicated to each member of the Council no less than 20 (twenty) days before a regularly scheduled Council meeting. Any member of the Council may submit a proposed amendment to these Bylaws. The action of the Council, whether it is favorable or unfavorable, shall be subject to ratification by no less than two-thirds of the Council members present and voting at the next succeeding meeting of the Council.

B. Any condition or requirement levied by these Bylaws may be waived for a set period of time not to exceed one year. Approval of a waiver requires the approval of the majority of the ELC Board Members in attendance at the meeting wherein the issue is proposed or voted on. Waivers





## **PROCEDURAL GUIDE - COACH SELECTION**

Perhaps the single most important responsibility of the Football Associations is the recruitment and selection of coaches to support this program. We want coaches to be the best possible candidates for the job. These people will be role models for the boys and girls participating in this program; therefore, we want them to reflect the character and goals of the Football Association and the ELC. These individuals will spend up to three months with our young people and will have a tremendous influence on them. Their judgment must always reflect maturity and sound judgment.

It is a natural tendency to look for an individual who is either a Dad/Mom with time to devote or someone who loves football or cheerleading and would like to coach. Although time and desire are important qualities, they do not necessarily provide you with a good candidate. Among the additional qualifications that your coach should have are:

1. Experience in coaching youth sports
2. Understanding of safe football techniques
3. A strong sense of moral character and good sportsmanship
4. Ability to relate to the boys or girls under their tutelage
5. Ability to keep a “cool head” under pressure
6. Ability to relate and interact with adults (parents and referees)
7. Organizing and planning ability
8. High energy level
9. Commitment to the ideals of the Football Association and the goals of the ELC

Both football and cheerleader coaches should undergo a selection process. The process should include the submission of a written resume of his or her past experience in youth athletics. If they are not known in the community, references should be requested. Once all of the resumes have been collected and – if required- references checked, a panel should be convened to personally screen each candidate. During this portion of the process, each of the nine qualities identified above should be evaluated and the top candidates selected for the position of Head Coach. Lesser-qualified individuals may be offered Assistant Coach positions to help groom future Head Coaches.

This process should be repeated each year to insure that the TVYFL maintains a high level of professionalism within its program. If our coaches support the ideals and goals of the TVYFL, they should not have difficulty in undergoing this selection process annually.





## TVYFL PLAYER PARTICIPANT PLAY CHART

### MINIMUM PLAY REQUIREMENTS

ALL PLAYERS SHALL RECEIVE A MINIMUM OF 5 PLAYS EACH HALF. A PLAY SHALL BE AN “ACTIVE PLAY” ON OFFENSE OR DEFENSE FROM THE LINE OF SCRIMMAGE, AND IN THE DIVISIONS WITH A KICKING GAME SHALL INCLUDE PLAYS ON SPECIALTY TEAMS, (e.g., KICK OFF/RECEIVING TEAMS, PUNT/PUNT RETURN TEAMS). ONLY EXTRA POINT ATTEMPTS DO NOT COUNT TOWARDS A PLAYER’S MINIMUM OF 5 ACTIVE PLAYS A HALF.

DATE OF GAME \_\_\_\_\_ DIVISION/TEAM: \_\_\_\_\_ Ref # \_\_\_\_\_

QUARTER:

	NAME	JER	1	2	3	4	5	6	7	8	9	10	11	12
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\_\_\_\_\_  
MONITOR #1 – SIGNATURE

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MONITOR #2 – SIGNATURE

## **Tennessee Valley Youth Football League (TVYFL) Cheerleading Rules**

I. **Introduction.** Except as specifically modified by the TVYFL, all cheerleading squads shall follow the National Federation for State High School Association Spirit Rules. The TVYFL rules are subject to the league insurance policy limitations.

II. **Purpose.** To provide the opportunity to perform in an organized, supervised, safety-oriented manner, emphasizing fun for all, and encouraging the development of social skills, good sportsmanship and other qualities important to the development of our youth.

### **III. Organization.**

A. **Cheer Coordinator.** Each member district athletic association shall have a cheer coordinator, to whom all cheerleading coaches, assistants and spirit personnel report. The cheer coordinator reports to his/her district athletic association.

B. **TVYFL Cheer Director.** The ELC will select one person to be the League Cheer Director (LCD). Each district is requested to send one representative to make up the committee to discuss and make recommendations and suggestions for anything concerning the cheerleaders. The LCD will chair that committee and will bring those recommendations and suggestions to the ELC meetings for action.

C. **Coaching Staff.** Cheer squad staffs shall consist of one head coach with a minimum of one assistant coach up to a maximum of 2 assistant coaches. Up to 3 student demonstrators are also permitted.

D. **Head Coach.** The head cheer coach of each squad must be at least 18 years of age and shall be selected according to the district athletic association's procedures in compliance with league rules and bylaws. Coaches do not make league policy rather they carry it out; however, during practices and games the head coach, or the assistant coaches in his or her absence, is in complete charge and shall not be interfered with except in cases of rules violations or conduct deemed by higher authority to be contrary to the welfare of the youth. The head coach has final responsibility for his/her actions, those of the assistants, student demonstrators and cheer squad.

E. **Assistant Coaches.** The assistant cheer coach of each squad must be at least 18 years of age and shall be selected according to the district athletic association's procedures in compliance with league rules and bylaws. Assistant coaches report directly to the head coach, and as required to the cheer coordinator. In the absence of the head coach the assistant(s) assumes the same responsibility as the head coach.

F. **Student Demonstrators.** Student demonstrators must be at least 2 years older than the cheerleaders on the squad and shall be selected according to the district athletic association's procedures in compliance with league rules and bylaws. They are under the direct supervision of the head coach or assistant at all times, and used to demonstrate moves, techniques, and teach

cheers/chants, etc., however, they are not allowed to conduct a practice or sideline during a game.

G. Cheer Squads. Cheer squads are subject to the Cheerleading Eligibility guidelines defined in the league bylaws.

H. Cheerleaders/Mascots. Cheerleaders and mascots are required to complete and furnish the same forms and documents required of football players (e.g., registration forms, birth certificate, and physical). Mascots may be used at the discretion of each district board and are not included in the count of members on the squad. Mascots are not allowed to perform any tumbling skills or stunts.

#### IV. Events.

A. Practices. The number of cheer practices is at the discretion of the member district athletic associations. There shall be at least one coach (head or assistant) at every practice. Pre-season cheer practice shall be authorized to commence consistent with the dates established for football teams. Each practice shall begin with a minimum of 10 minutes of warm-up exercises, e.g., stretch and limber up.

B. Games. There shall be at least one coach (head or assistant) on the field or sideline with each cheer squad at every game. Each game shall be preceded by a minimum of 10 minutes of warm-up exercises, e.g., stretch and limber up.

V. **Safety.** The following shall be complied with as minimum cheer safety standards:

A. Squads shall be placed under the direction of a knowledgeable coach.

B. Practices shall be held in a location suitable for the activities planned.

C. An emergency plan shall be prepared by the coaching staff and reviewed with the squad members and parents.

D. Accessories, apparel and hairstyle should be conducive to safe practices and performances.

E. Coaches shall not permit any cheerleader to practice/perform with chewing gum, candy or food in their mouth.

F. All squads should develop a conditioning and strength-building program.

G. Training in proper spotting techniques is mandatory for all squads. All spotting must be from the ground level.

H. All cheerleaders shall receive proper training before attempting any form of stunt.

I. The coach shall approve all cheers, chants, motions, music, signs and stunts to be used.

**VI. Definitions.**

Stunt	Any tumbling skill, toss, mount or pyramid
Mount	Any skill in which one or more persons are supported by one or more persons
Pyramid	Multiple connected stunts (Insurance may not allow pyramids)
Two High	The top person received primary support from a base(s)
Base	A person who is in direct weight bearing contact with the ground and provides primary support for another person
Top (Flyer)	A person who receives primary support from another person
Bracer	A person who stabilizes a stunt by direct contact with the Top person but is not a Base
Spotter(s)	A person, who does not provide primary support, but maintains constant visual contact with the Top/Flyer. Primary responsibility is safety and to be in a position to prevent injuries
Extended Stunts	The supporting arm(s) of the base(s) is/are fully extended above the head
Inverted Stunts	A stunt where the person's head is below his/her waist. <b>Prohibited</b>
Tumbling	Includes rolls, inverted extended skills (e.g., cartwheels, handstands, walkover, handsprings)
Pop	A controlled pushing motion upward by a Base(s) to increase the height of the Top/Flyer
Sweep	A controlled pushing motion forward by a Base(s) to release a Top to a cradle catch
Toss	A throwing motion by a Base(s) to increase the height of the Top, where the Top is free of contact with the Base. <b>Prohibited</b>

**VII. Rules on Routines.**

- A. All mounts and/or pyramids are limited to two persons high, meaning a Top and a Base.
- B. No participant shall stand, kneel, sit or lie on anyone who does not have at least one foot on the ground.
- C. Individuals cannot pass over or under other individuals, mounts or pyramids. Partner stunts and pyramids may not pass over, under or through other partner stunts or pyramids. No tumbling over or under individuals, mounts or pyramids.
- D. All gymnastic stunts must originate from ground level.
- E. All stunts are required to have spotters.
- F. No extended stunt may brace another extended stunt.
- G. All dismounts from shoulder height or above must have assisted landings.

**VIII. Prohibited.**

Backward and Cradle Dismounts to different bases	Body Drops (dead fall to ground)	Basket Tosses
Chorus Line Flips (back flips between cheerleaders)	Collapsible Pyramids	Dive Rolls
Free falling swan dives or flips from any stunt	Pyramids (as prohibited by insurance)	Hanging Mounts
Flying/Suicide Splits/Split Drops (landing split)	Helicopters (horizontal rotations)	Knee Drops
Split Mounts (held in split position off the ground)	Mounts (over two high)	Mini Tramps
Sponge Toss (below shoulder level to cradle dismount)	Pendulums as dismounts	Seat Drops
Swing-Up (to a double-based elevator/extension prep)	Inverted Mounts	Tension Drops
Toss (where Top becomes free of contact from Base)	Single Base Split Catches	
Twist Cradle Dismounts	Back Bends which support weight	

IX. **Allowed.** The following stunts are allowed for all age divisions; however, careful consideration should be given by the coach to his/her ability to teach a particular stunt and the physical/mental ability of the age group to safely learn and perform the stunt.

Arabesque (supporting leg in Base's hands – working leg extended behind at 90 degrees)
Awesome (both feet tightly together in Base's hands)
Ball-Ups (switches supporting leg on way up)
Bear Hug Dismounts (spotter wraps arms around Top to cushion impact of dismount)
Bow and Arrow (heel stretch-extended foot held with opposite hand-leg close to ear)
Chair (single Base – one hand center of Top's seat, other on Top's left ankle)
Cradle Dismount (original Bases + spotter pop the Top; then catch Top by wrapping arms around her upper back & legs; Top's arms around Bases' shoulders)
Dead Man Lift (Top in layout position extended above Bases' head; double Base and triple Base)
Double Base Shoulder Stand (Top with one foot on each Bases' shoulder)
Double Base Thigh Stand (Top stands in pockets of lunged Bases)
Double Base Torch (Top w/one foot in #1 Base's lunged pocket; other knee on #2 Base's shoulder)
Extension (Top with both feet in Bases' hands; Bases' arms extended above head)
Hands/Half Extension (Elevator – chest high)
Half Pendulums (not as a dismount – requires separate spotter and 4 catchers)
Heel Stretch (Top holds one leg in extended position; other leg in hands of Base or Bases)
Liberty (Top w/one leg in Bases' hands; 2 <sup>nd</sup> leg in bent position)
Rocket/Kick Out (Top w/one foot in Bases' hands; 2 <sup>nd</sup> foot straight out in kick position)
Sassy (a Liberty with 2 <sup>nd</sup> leg crossed over supporting leg)
Scorpion (a Liberty with 2 <sup>nd</sup> leg pulled up behind head)
Shoulder Sit (Top sits on shoulders of Base)
Single Base Shoulder Stand (Top stands on shoulders of Base)
Smush/Sponge (at Base's waist level – when stunt progresses to another stunt) (Bases bring Top back down to hips so they are in re-starting position)
Straddle Sit (double or triple based – Top lifted into a sitting straddle position)
Toe Touch Dismounts to a Cradle (pop Top to toe touch down into a cradle)
Torch (Top stands on one foot with lower body turned to one side – upper body turned front)
Totem Poles (provided no extended stunt stabilizes/supports another Top person)

**TENNESSEE VALLEY YOUTH FOOTBALL LEAGUE – 2009 SEASON – CERTIFIED ROSTER**

ASSOCIATION: \_\_\_\_\_

TEAM NAME: \_\_\_\_\_

DIVISION: \_\_\_\_\_

HEAD COACH: \_\_\_\_\_

	FIRST	LAST	HOSUE #/STREET	CITY/STATE/ZIP	PHONE	AGE ON 8/31/09	CERTIFIED WEIGHT	JERSEY #	REMARKS
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Coach or Association ELC Rep Signature

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ELC Rep Signature

**TENNESSEE VALLEY YOUTH FOOTBALL LEAGUE – 2009 SEASON – CERTIFIED ROSTER**

ASSOCIATION: \_\_\_\_\_

TEAM NAME: \_\_\_\_\_

DIVISION: \_\_\_\_\_

HEAD COACH: \_\_\_\_\_

	FIRST	LAST	HOSUE #/STREET	CITY/STATE/ZIP	PHONE	AGE ON 8/31/09	CERTIFIED WEIGHT	JERSEY #	REMARKS
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Coach or Association ELC Rep Signature

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ELC Rep Signature

**TENNESSEE VALLEY YOUTH FOOTBALL LEAGUE – 2009 SEASON – CERTIFIED ROSTER**

ASSOCIATION: \_\_\_\_\_

TEAM NAME: \_\_\_\_\_

DIVISION: \_\_\_\_\_

HEAD COACH: \_\_\_\_\_

	FIRST	LAST	HOSUE #/STREET	CITY/STATE/ZIP	PHONE	AGE ON 8/31/09	CERTIFIED WEIGHT	JERSEY #	REMARKS
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 Coach or Association ELC Rep Signature

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