

# **NEW MEXICO YOUNG AMERICA FOOTBALL LEAGUE**



# **GENERAL LEAGUE & FALL TACKLE PLAYING RULES**

**FINAL APPROVAL JULY 2023**

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# **NEW MEXICO YOUNG AMERICA**

## **FOOTBALL LEAGUE RULES**

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# **2023 Rule Change Highlights Updated July 2023**

This addendum highlights the rule changes in effect for the Spring and Fall season of 2023. These guidelines have been established to allow all our athletes the opportunity to return to play.

## **D1/D2 Removed**

- Removal of D1/D2
  - Conferences will be divided into North and South and organized/seeded based on previous year's finish.
    - Seeding is subject to competition committee discretion.
- Playoffs will move to a "super-bracket".
  - Up to 16 teams will be seeded in super-bracket.
  - First round outcomes will determine Super Bowl and Divisional brackets.

## **AYF Alignment**

- Minimum Play Rule (MPR)
  - The number of plays required will be 10 total plays.
  - All plays (offense, defense, special teams and extra points) run in the game count towards the Minimum Play. Any penalties resulting in the replay of the down, do not count as plays. Plays that result in a quarterback dropping to his knee with the sole purpose of "playing it safe" will not count as plays.
  - All participants must receive their minimum mandatory number of plays by the end of the 3rd quarter. Any participant that has not received their minimum plays by the end of the 3rd quarter must enter the game and remain in the game until they have received their required number of plays.
  - Each team will supply two adults, 18 years of age or older, to monitor the Mandatory Play Rule. Failure to supply two adults as described will be considered a violation of the Mandatory Play Rule and may result in the forfeiture of the game.
  - Any person assigned to be a Mandatory Play Monitor must be instructed to be respectful while on the opponent's sideline or working with the opponent's volunteer. There is to be no excessive cheering, cell phone use and no coaching of any kind. At any time, the opponent for any reason may ask that the volunteer be replaced. This request must be complied with immediately without question. Failure to Comply will be considered a violation of the Mandatory Play Rule and may result in the forfeiture of the game.
  - Any team not meeting the Mandatory Play Rule shall forfeit their game. Additional minimum penalties: First offense for the head coach: probation. Second offense for the head coach: suspension for one game and one week of practice. Third offense: suspension for remainder of season. If it is the last game: suspension for the first half of the following season's games. In the event a suspension should carry over into the next season, the Association that may appoint the offending coach will be obligated to enforce the suspension.
- AYF Regionals
  - NMYAFL will offer opportunity to each division's "Super Bowl" winner or runner-up (SB winner declines) to commit and participate as NMYAFL regional representative at the AYF Desert Mountain Regional Tournament. Each representative must commit to representing Desert Mountain Region if such representative wins their division's regional tournament.
  - Max roster size of team is 26 players, subject to league discretion
    - NMYAFL team can pay \$1000 non-refundable fee to commit to regionals (upon winning SB) and receive opportunity to increase NMYAFL roster size to 32 players. Team must commit to following minimum play rule during regular season.
      - Commitment is due by March 15 of each year
      - Payment due by June 30 of each year

### **District Team Assignment**

All registered players in 2023 for the Mighty Mites will be assigned to a team in their age group, in the high school district in which the player resides at the time of registration. Any Transfer Requests for any reason must be done through the Hardship Committee and are not guaranteed.

Mighty Mite division will follow 8-man "Rookie Tackle" rules and have a team size max of 12 players

### **Commissioners**

- All teams must have a badged-coach sign-up for 2 half day slots to commission at game fields during the season. The selected slots must not include your own game. Each coach is required to make their season commissioner slot selection no later than the Friday before the designated scrimmage Saturday. Failure to sign-up and/or participate will result in being suspended for the first half of the next contest.

### **Cheer Coach**

- All Cheer Managers must be at least 21 years old prior to the beginning of the first day of practice.
  - All Cheer Squads must have a Cheer Manager.
  - Cheer Managers can and usually are Head Cheer Coaches.
- All Cheer Head Coaches must be at least 21 years old prior to the beginning of the first day of practice.

### **Coach Misconduct Investigations**

- Coach can be suspended pending outcome of coach misconduct investigation.

### **Short Kick Penalty Modifications**

- Penalty Review

### **Mercy Rule**

When a team is ahead by 35 or more points, the clock will not stop during out of bounds, incomplete passes or first downs. The clock only stops for timeouts or scores. If the point differential becomes less than 35 points, regular timing resumes.

### **Teams Greater than 45 miles from Big I**

- New districts must be requested to and approved by BOD
- Surrounding Area Team Division Placement

A set of Players who's primary residence is greater than 45 miles from the intersection of I25 and I40 may be moved down one age division due to age and or experience as determined by the Executive Director or the Board of Directors and the participants will be evaluated each year. Written notification will be sent to each coach of the participating division.

## **INTRODUCTION**

The following rules, regulations and appendixes are required to be followed and complied with by all Board of Director (BOD) members, staff, coaches, parents, players, league officials and anyone representing or participating in any league activity.

## **NMYAFL OBJECTIVES**

The objectives and purposes, for which this New Mexico Young America Football League (NMYAFL) is formed, are as follows:

- A. To engage in teaching and encouraging participation in the sport of American football and cheerleading.
- B. To assist in combating juvenile delinquency by promoting the physical and emotional well-being of young people by interesting them in participating in the sport of American football and cheerleading.
- C. To further SPORTSMANSHIP and the importance of physical activity in their lives.
- D. To organize and manage competitive games and exhibits.

Every effort is to be made to apply pressure to every player to perform and excel in their respective classroom. While playing time restrictions with parents' written consent may be acceptable, each player, parent and coach should be working towards the goal of hard work and discipline of the child in the classroom. Education of our children is a priority, and once the player reaches NMAA participation levels, it is a rule that minimum academic performance be realized. Let's assist in developing good habits, and positively affect these great young minds as well.

## **ARTICLE I: ORGANIZATION**

### **Section 1. The League**

The League is the basic unit of organization and is the highest authority. A league is the instrument through which team memberships are chartered by NMYAFL Headquarters. A league when applying for a charter must prepare and submit to NMYAFL Headquarters a map of the area in which the league operates and upon which the boundaries of the league have been drawn. When incorporating, a league must prepare and submit to NMYAFL a constitution and by-laws consistent with all rules, regulations and policies of NMYAFL. A league is comprised of lower echelons.

### **Section 2. Age Groups**

NMYAFL is divided into seven (7) distinct tackle football age groups

- A. Mighty Mite (7U)
- B. Pee Wee (8U)
- C. Rookie (9U)
- D. Freshman (10U)
- E. Sophomore (11U)
- F. Junior (12U)
- G. Varsity (14U)

### **Section 3. Districts**

- A. NMYAFL does not follow the club model. Players should be assigned to a team in their age group, in the high school district in which the player resides at the time of registration. Returning fall football players may choose to change teams under the following guidelines. In the event two or more teams are established in a single high school district, the Executive Director (ED) shall designate the name and colors of each additional team.
- B. New Districts must be requested and approved by BOD. Registration prices may be affected by new district needs and approved by BOD

#### **Section 3.1 Transfers/Hardships**

- A. Mighty Mite division is restricted to district only all other inquires must be approved by the Hardship Committee.
- B. District Transfer Request forms must be completed and submitted at the NMYAFL Office for Pee Wee (8U) divisions and older.
  - 1. The top 2 teams from each age division from the previous fall will not be allowed to receive any transfers from any teams within the division. All transfers to these teams must go through the hardship committee and be approved by the hardship committee.
  - 2. Player **MUST** be a returning player from the previous fall season.
  - 3. A Player must be registered for the current fall season before the request to move will be accepted.
  - 4. Transfers are handled on a first come first served basis and are not guaranteed.
  - 5. The team requesting transfers must have a minimum of 12 registered players before any transfers to their team will be granted.
  - 6. The requested team must have space to allow your transfer.
  - 7. Players can request to move from an existing team to newly formed team where the district did not have an established team as long as they reside in that District and register during open registration. They will be counted towards the minimum number of players as determined by the BOD to form that team.
  - 8. Requests must be approved before the transfer is completed.
  - 9. Transfer requests will be considered until the close of business on June 30<sup>th</sup>
  - 10. Any Transfer Requests made after June 30<sup>th</sup> for any reason must be made through the Hardship Committee and are not guaranteed.



#### **Section 4. Teams**

- C. Teams shall be assigned to districts in accordance with guidance established by the BOD.
- D. Each team shall have at least one of the following Team Mother/Team Father, Team Coordinator/Manager and any other representative required by the League. The names of these people will be provided to the League by completing the online contact form and must submit to and pass the league background check. Additionally, these persons must be issued a badge by the NMYAFL office.
- E. All teams are required to have at least one parent meeting with the Head Coach and assistants before the first practice. The Head Coach is required to discuss all NMYAFL rules and policies included in the League Rules at the parents meeting. The Head Coach shall also distribute the League Rules and Regulations and any other policy handout, as may be determined by NMYAFL, at the first parents meeting.
- F. The Head Coach is required to develop, distribute and obtain a signed Team/Parent Contract that outlines the team rules and expectation that the Parents, Coaches and Players are required to follow.
- G. All teams shall have a minimum of 16 and a maximum of 26 players.
- H. A Team is allowed to have more than 26 players at league discretion
- I. A team may be expanded at the league's discretion.
- J. If a team in any age group does not have the minimum number of players required to form a team, then the League, at its sole discretion on a day or various days designated as Team Consolidation Day, may distribute the players registered in said district to other teams in other districts within the same age group.
- K. Team Consolidation Day shall be determined solely by the President or his designee.
- L. If a team in any age group has more than 23 players, those players added to the roster after 23 may be used to create an expansion team in that age group. This is at the sole discretion of the League. The League will make every attempt to keep a player in his neighborhood, residential area and high school district; however, the League cannot guarantee this.

## **ARTICLE II: REGISTRATION REQUIREMENTS**

### **Section 1. Registration and Team Rosters**

A player shall not be eligible to practice with or play in a regular season game until he/she has completed the registration requirements.

Registration requirements consists of the following:

- A. Completed Online Registration form is completed by the Parent or Guardian of the Player
- B. Valid proof of age/Birth Certificate and a valid proof of current residency.
- C. Full payment of registration fee or payment account is current or satisfactory payment as approved by the League.
- D. The BOD shall establish registration dates.
- E. The League makes all decisions regarding player assignments to teams.
- F. Any registration funds collected by any coach shall be submitted to the league as soon as possible.

\* NOTE \* All cheerleading teams must be registered and affiliated with the Young America Cheerleaders. Non-approved youth cheerleading teams may not coordinate or perform at NMYAFL/YAC practice's, events or games.

## **ARTICLE III: PLAYERS**

### **Section 1. Eligibility**

In order to be certified on a team roster, a player shall qualify as a candidate under these eligibility requirements. No player shall play in a regular season game until he/she has been properly certified.

- A. Parental Consent. A player shall furnish a written release and statement of consent from his/her parents or legal guardian (online submission by the parent/guardian on the Registration Form fulfills this requirement).
- B. Age Requirements. A player shall be eligible for any age group in which he/she can qualify. A player's eligibility by age group shall be determined by the age of the player on July 31<sup>st</sup>. Players to returning teams are grandfathered to the August 31<sup>st</sup> Date. Note: this will affect eligibility for AYF Region Play This grandfathered exemption expires for the 2028 season.
- C. A player shall have attained a minimum age as specified in Appendix A.
- D. A player who attained the age of fifteen on or before July 31<sup>st</sup> of the current calendar year and/or is in the 9<sup>th</sup> grade or higher will not be eligible to participate with NMYAFL.
- E. Any Player who is eligible to participate in High School football in the current years fall semester is not eligible to participate in Spring Tackle football.
- F. Weight Guidelines See Appendix A
- G. Any Female Player who is league age 10 or above can file a hardship request to play at the next lower age group. There is no maximum weight limit for each age group. In cases where a parent believes their child falls below the lower weight limit and wishes for their child to be moved down to the lower age group they may elect to have the child officially weighed at NMYAFL. This weigh in must be accomplished prior to team consolidation only during a scheduled equipment issue date or as directed by the Executive Director or Board of Directors.
- H. Residency Requirements. Players should be assigned to a team in the high school district in which the player resides at the time of registration. Players who did not participate in the previous fall season have the option to register for a team in any high school district for their age group during the open registration period.
- I. Waive Up.  
A player may waive up into a higher age group. The Head Coach of the team receiving the waived player, the parents of the waived player and the league must all approve the waived player in writing. All fourteen year old players must play in the Varsity age group regardless of weight unless otherwise placed by a Player Agent.
- J. Surrounding Area Team Division Placement  
A set of Players who's primary residence is greater than 45 miles from the intersection of I25 and I40 may be moved down one age division due to age and or experience as determined by the Executive Director or the Board of Directors and the participants will be evaluated each year. Written notification will be sent to each coach of the participating division.
- K. Player Evaluation  
A player who may not possess the needed athletic ability to participate in their age group may be evaluated down to the next lower age group upon request and evaluation by an appointed league official. Players are evaluated no sooner than the second day in full pads. A representative appointed by the President will be assigned to evaluate the player in question. Request for evaluation shall be either in writing, email, or facsimile and proof that the parent/guardian has been notified of this request is required. Having an evaluation does not guarantee placement down, and several evaluations may be necessary to determine whether or not the player should be moved down. Evaluations that result in a waiver down are to be in writing and are good for current season only. Written documentation must be kept in league file, as well as head coach file, with evaluator's report. Challenges to any player waived down shall be handled by President of the league on a case by case basis with the decision reported to the BOD. There are no appeals in this matter.

## **Section 2. Coach Selectee Registration Period**

The NMYAFL BOD will authorize each year a predetermined number of Coach Selectee Codes to be issued to incumbent coaches in good standing. These codes are only valid during the Coach Selectee Registration window as defined by the NMYAFL BOD. These codes allow returning players from a coaches prior year team and any new player to the league to register during the Coach Selectee period. Coaches should make clear to those whom they give codes that use of the code will mean they are assigned to that coach's team without the option to transfer to any other team.

## **Section 3. Player Agents and Enforcement**

- A. The President of NMYAFL may appoint a Player Agent or other League Representative to determine player eligibility and enforce eligibility rules. The player agent or other authorized League Representative shall be responsible for registering and certifying players.
- B. The Player Agent or League Representative may receive and investigate all complaints. The Player Agent or League Representative shall refer complaints regarding coaches to the CSC and shall report all other complaints directly to the President.
- C. The player eligibility and participation in the League may be revoked by the assigned Player Agent and/or BOD if it is determined that a player has falsified information on the Player Registration Form or documents used to verify the information contained on the registration form.
- D. If the BOD determines after an investigation that the coach of the team in which an ineligible player participated, had prior knowledge of the player's ineligibility, then the BOD shall discipline said coach, up to and including suspension, or dismissal.
- E. If an ineligible player has participated in a game(s), the game(s) in which the ineligible player participated in may be forfeited at the discretion of the BOD taking into consideration the totality of circumstances.
- F. If a player's eligibility has been revoked, there shall be no refund of any fees, registration or otherwise.

## **ARTICLE IV: EQUIPMENT**

### **Section 1. General**

It is the policy of the League to achieve maximum player protection while maintaining cost effectiveness. As such, the League may spread the higher initial cost of quality equipment over many seasons of reliable wear in an attempt to abide by the League's policy.

### **Section 2. Required Equipment**

Unless otherwise specified herein, all players shall wear the following items at all times during practice sessions and games. The League shall supply the following items:

- A. Helmet, After receiving a \$75 refundable deposit: helmet pads and face guard (must be returned by December 1st with decals removed)
- B. Shoulder Pads after receiving a \$75 refundable deposit (must be returned by December 1st)
- C. Integrated padded pants
- D. Chin Strap
- E. Jersey: If paid as part of team fee by the head coach
- F. Mouthpiece
- G. The player shall supply the all other football related items

### **Section 3. Optional Equipment**

The following items are optional and may be supplied by the player:

- A. Individual players may purchase and use helmets and shoulder pads of their choice provided they meet the safety standards specified by NFHS and are also individually approved by NMYAFL. The individual approval process is an annual requirement.
- B. Visors worn must be clear and have no tinting.

### **Section 4. Optional Player/Team Supplied Equipment**

- a. Teams may purchase and use helmets in colors other than white. These helmets must meet the safety standards specified by NFHS and NOCSAE and be individually approved by NMYAFL. The approval process is an annual requirement. Teams are cautioned that failure to plan for and provide a uniformly colored helmet for each player could result in the suspension of the Head Coach.

### **Section 5. Altered Equipment**

League equipment shall not be altered in any fashion, including helmet painting, dipping or wrapping. Head coaches are financially liable for replacement costs if equipment is altered. All teams will use only those helmet decals that are supplied by the League or those that meet league approval. If any player alters his/her face mask, and does not return helmet in original issued condition, helmet will be accepted, and any aftermarket face mask/visors will be forfeited upon return.

### **Section 6. Abused or Damaged Equipment**

Equipment abused or damaged beyond normal wear and tear may be assessed a reconditioning fee payable by the parents of the player with the abused equipment. Equipment so badly damaged by abuse or negligence may be assessed a replacement fee payable by the parents of the player with the damaged equipment. (See Equipment Agreement Form)

### **Section 7. Lost Equipment**

All lost or stolen equipment will be replaced at the player's expense.

### **Section 8. Equipment Return**

All equipment is due on or before December 1<sup>st</sup> at a time determined by the League.

## **ARTICLE V: SCHEDULES**

### **Section 1.0 Football Practice**

- A. The first authorized practice session for each season will be as established by the NMYAFL BOD.
- B. Padded Practice once a coach is awarded a team shall take place until the specified season start date.
- C. First week of the Fall Season practice restrictions:
  - 1. During the first two days of practice, helmets, pants with pads and mouthpieces are the only issued equipment permitted to be worn by the players. No other issued equipment shall be worn by the players during the first (2) two days of practice. Physical contact (hitting) between players shall not be permitted during this period.
  - 2. On the third day of practice the players may wear full pads, however, physical contact (hitting) between players shall not be permitted.
  - 3. Contact between players in pads may commence only on the fourth day of practice.
- D. Other practice guidance:

Any and all players added to the roster or arriving after the first day of practice shall not participate in full contact until their third day, or at the coach's discretion, with the exception of first year players.
- E. All Players participating in physical contact will be required to wear the protective equipment specified in these rules. *Non-Registered players are not allowed to be involved in practice.*
- F. At no time shall a player with pads be allowed to participate in physical contact between players without pads. No practice session will exceed two hours in duration and shall end no later than 8:00 P.M. or sundown. Disciplinary sessions are not allowed after the two-hour practice.
- G. The maximum number of fall season practices permitted by the League is as follows:
  - 1. First two weeks - six per week with Sunday off.
    - a. NFL Flag - 8 hours per week.
    - b. All Tackle Age Groups – 2 hours per day and six days per week maximum
  - 2. Third week until end of regular season play:
    - a. NFL Flag - 4 hours per week and three days per week maximum.
    - b. Mighty Mite and Pee Wee Age Groups – 2 hours per day and three days per week maximum.
    - c. All other age groups – 2 hours per day and four days per week maximum.
- H. Playoffs through Championships add one more day (coach's option).
- I. Only one practice session per day is permitted.
- J. No Sunday practices are allowed without the express consent of the League President or the Executive Director.
- K. A minimum of three team water breaks per practice session are required. Water is not to be withheld for any reason at any time ever by league rule. If water is not available on a practice field or game field, the Head Coach is required to furnish water, or require players to bring their own. Withholding water will not be tolerated and may subject a coach to immediate dismissal. During times of high heat index, players shall be allowed to have water at will. Common sense and plenty of water will protect the players in the NMYAFL.
- L. Any contact drill or exercise is PROHIBITED if:
  - 1. The players start off directly more than five yards apart.
  - 2. A player is forced to complete a drill or exercise without an exit.
  - 3. An exercise or drill results in an extension of the player's thigh to an angle of more than 90° for reasons other than stretching (such as duck walk).
  - 4. It requires a player to start with his/her back turned to the other player in a contact drill.
  - 5. It requires the player to put his/her weight on his/her neck in any manner. No neck bridging to stretch neck muscles, at any time.
- M. Practice field rules:

1. Teams will submit a request and the request is approved unless the Head Coach has been informed otherwise. Coaches should move practices a few yards each day at each park to prevent overuse of grass.
  2. Teams will not park in driveways, one ways, or break traffic laws or rules.
  3. ***Be courteous and a good steward of the fields and facilities at all times.***
- N. Practice fields are to be examined daily for foreign articles that could harm players or cheerleaders such as needles, glass, rocks, sticks, sharp objects, unclean objects, holes, wires etc. No team shall practice within 10 yards of a fixed structure such as trees, poles, fences, cars, water hydrants, buildings, walls, sprinklers, chairs, cots or tents. Pertaining to sanctioned games: Tents or chairs at fields, determination shall be by NMYAFL commissioners and/or referees.
- O. No ladders on sidelines or behind the end line. Fields are to be kept free of trash, water bottles, and after practice dinner trash. Neighbors of parks and fields are to be treated with courtesy and respect at all times.
- P. **Approved Sanctioned Camps**  
 The BOD defines Approved Youth camps as sponsored/insured camps open to all Players where fundamentals are being taught. Camps must be advertised in advance. Individual Team Camps are strictly forbidden. A team camp is where players, who normally would not get together, meet and work out with coaches or non-coaches to practice, view video, run plays, condition, or chalk talk, or as our rules specify. If a team gets together informally, or with the intent to circumvent the rules or spirit of these rules, the BOD may take action against the Head Coach or team to correct the behavior, subject to the provisions of our rules. Practicing prior to the official published start of the season will not be tolerated. Failure to abide may result in coach being ineligible to coach in NMYAFL and may include forfeiture of games.

### **Section 1.1 Fall Cheer Practice**

- A. Fall Cheer practice shall be no longer the 2 hours per practice. Fall Cheer Practice shall be restricted to 3 practices per week with the following exceptions:
1. Five days of Practice are allowed
    - a. The first two weeks of the regular fall season.
    - b. The week before Cheer Spirit Fest
    - c. The week before Cheer Fest.

### **Section 2. Scrimmages**

- A. One controlled scrimmage is allowed per week with an opponent in the same age group. A controlled scrimmage although not a "practice" shall count as one practice session as specified by our rules with the two hour limit, etc. Driving time does not count. All scrimmages must be held in the same age group. Scrimmages between teams from different age groups are strictly prohibited. Notification of scrimmages must be made no later than 24 hours prior to the scrimmage at the League office and scrimmages with outside entities must approved prior to the scrimmage. Scrimmages are not practices (but count as a practice) therefore scouting of scrimmages is allowed. Regarding scouting: scripting, filming, and watching another team practice by anyone affiliated by, or to any other head coach for any reason is strictly prohibited. Scouting someone's practice will not be tolerated and is cause for removal as head coach as well as the person asked, recruited or communicated with to execute such request. The Head Coach is ultimately liable for the conduct of his parents, fans, assistant coaches and players.
- B. Controlled scrimmages may be held on the first Saturday of the season. Notification of what team and when must be made to league office.
- C. Scrimmages may be held on Tuesday or Wednesday. If a team has a bye, that team may practice on that Saturday said team has the bye, no longer than two hours.

### **Section 3. Regular Season Schedule**

- A. The League shall adopt a regular schedule of games for each age group, subject to the following requirements:
1. The regular schedule shall limit a given team to no more than eight regular season games, exclusive of playoffs, championship and post season games. The League reserves the right to add or implement byes to a game schedule depending on the number of teams in each division. Bye scheduling changes does not affect registration pricing.
  2. Sunday and night games may be scheduled with the prior approval of the League and any night game must be completed and/or terminated no later than 10:30 P.M.
  3. A game that is canceled or terminated for any reason, except forfeiture, prior to completion of half of the game, will be rescheduled at the discretion of the League and shall not count against the maximum number of scheduled games authorized or number of practices allowed. The rescheduled game shall be completed starting where the game left off. If a game is canceled due to weather or other emergency and if such game has completed one half, the game is over, and the score is final. Exception is when there is a tie; the game shall be as if it ended in the first half. At the discretion of the League said game will be played from the beginning and completed at earliest available time, notwithstanding the rules.
  4. All teams in a given conference must be scheduled to play the same number of conference games. The League reserves the right to add or amend games to schedule or change times whenever needed.

### **Section 4. Playoff Schedule**

The League shall adopt a playoff schedule of games for each age group, subject to the provisions of these rules.

### **Section 5. Pre and Post Season Play**

- A. Preseason Play is defined as league play between January 1 through the 4th Monday of July.
- B. There is no league sanctioned play during the preseason.
1. If any player or team uses NMYAFL equipment in violation of Article V, section 5.0(B), it is a class one misdemeanor and is immediate dismissal of the head coach and the player.
- C. Post-Season Play is defined as league play after the NMYAFL playoffs until December 31 of that calendar year
1. Post-season Practice is allowed with league consent. Post season practice must be consistent with playoff practice schedule.



## **ARTICLE VI: FALL TACKLE PLAYING RULES**

### **Section 1. Commissioners and Field Monitors**

The President of NMYAFL may appoint Commissioners or other League Representatives in order to assist in the enforcement of rules proscribed herein.

**A. Commissioners other League Representatives may:**

1. Assist the President in administration of all rules and regulations.
2. Monitor use of equipment and coaching techniques.
3. Monitor games to determine that all rules and regulations are being followed.
4. Have the authority to designate aides or Field Monitors.
5. Maintain records as directed by the BOD.
6. Ensure coaches police sidelines after their game.
7. Field Commissioners have no authority over Uniformed Game Officials.
8. Field Commissioners may interrupt game play for administrative or safety purposes.
9. The Commissioner has the authority and the responsibility to see that League rules are upheld, and that Coaches and other League participants conduct themselves in accordance with NMYAFL League Rules. Board members are automatically Commissioners and Representatives of the League.

- B. All teams must have a badged-coach sign-up for 2 half day slots to commission at game fields during the season. The selected slots must not include your own game. Each coach is required to make their season commissioner slot selection no later than the Friday before the designated scrimmage Saturday. Failure to sign-up and/or participate will result in being suspended for the first half of the next contest.**

### **Section 2. General Rules**

**A. Officials:**

1. The League shall arrange for the appearance of two to four qualified officials at each scheduled regular season game when possible. If less than two appear, the game will be postponed until proper number of officials appears or rescheduled at the discretion of the League. Flag games may have one or two officials.
2. Qualified officials should be registered collegiate, high school, junior high school or independent officials.
3. The NMYAOA and NMAA Officials Association shall be provided with a current copy of NMYAFL rules and regulations by the League.
4. The League shall decide rate, type and responsibility for the payment of officials.
5. Officials shall provide stopwatches.
6. A minimum of three or four qualified officials and a qualified time-keeper, if possible, will be provided for each playoff and championship game.
7. Head coaches will rate the officials each week. A Board member shall communicate the results to the appropriate official's association contact person.

**B. Parent/Spectator Ejection/Removal or Disqualification:**

1. Parent/Spectator Ejection – When a Parent or Spectator is ejected or removed from the game by a NMYAFL Representative for unsportsmanlike or other conduct for in violation of NMYAFL or NHFS rules, that Parent or Spectator will not be able to attend the next contest/game.

**C. Player Ejection/Removal or Disqualification and Coach Mandatory Tackle Review Training:**

1. When a participant is ejected or disqualified from any contest or game for unsportsmanlike conduct by a uniformed game official, that player is automatically suspended from the remaining time of the current half and the following half.
2. Any Player who receives two personal fouls such as Illegal Helmet Contact, Targeting or Defenseless player from a uniformed game official during any single game is automatically suspended from the remaining time of the current half and the following half.

3. Any Coach who has a player suspended for the season due to excess personal fouls such as Illegal Helmet Contact, Targeting or Defenseless will be suspended pending the completion of the USA Football Shoulder Tackling system. The completion certificate must be sent to the Football Coaches Selection Chairman prior to return as head coach.
4. Any Player who ejected/suspended twice in a season due to excess personal fouls or unsportsmanlike conduct is automatically suspended for the balance of the season.

#### D. Coach Ejection

1. When a coach is ejected or disqualified from any contest/game for unsportsmanlike conduct by a game official, the coach is suspended and is required to sit out as head coach for the next game/contest. The suspended coach is not allowed to attend the next game or contest. There is no appeal of these types of ejections.

#### E. Game Ball:

1. The game ball shall be a good grade of with the following specifications:
  - a. Mighty Mite (7U) Age Group: Mighty Mite (Mini) Ball
  - b. Pee Wee (8U) and Rookie (9U) Age Group: Pee Wee Ball
  - c. Freshman (10U) and Sophomore (11U) Age Group: Junior ball or similar
  - d. Junior (12U) Age Group: Youth Ball or similar
  - e. Senior/Varsity (14U) Age Group: Official Size Ball or similar
2. Each team can use their own league approved ball.
3. The Commissioner may provide a satisfactory game ball.
4. A decision of the head game official is final in matters involving the acceptability of a given ball for game purposes.

#### F. Playing Field:

1. Both teams are responsible for the following:
2. The first scheduled game on a game day each team shall help setup the required field equipment for all subsequent games.
3. Keeping sidelines free from trash and policing field after each game.
4. The last scheduled game on game day both teams shall prepare field equipment to be picked up by NMYAFL personnel for storage.
5. A 100-yard field shall be acceptable for all age groups, except as approved by the league.
6. When playing on an 80-yard field, major penalties shall be 10 yards instead of 15 yards. When playing on a 100-yard field, major penalties shall be 15 yards.
7. All fields shall be equipped and marked in accordance with National Federation Standards, orange or red flags may be used to mark the end zones as long as both end zones are the same.
8. The bench area (reserved area) is reserved for players, coaches, team statisticians and staff. The remainder of the sidelines is reserved for the crew operating the yardage chain and marker. All other individuals must be at least three yards back (where field allows) from the playing field during the game. Coaches shall identify reserved area individuals at the Commissioner's request.  
 \*NOTE\* NMYAFL also provides a safe area starting at the 20yd. line known as the Spirit Box for cheerleaders to perform, which is free of obstacles, coaches, spectators and players, which will be designated by the League.
9. Only one statistician and/or one team videographer/photographer during the game are permitted in the bench area and on the remainder of the same team sidelines. During the playoffs, Head Coaches must identify these individuals prior to the game. These reserved area individuals must agree to stay off the field and back five yards from the sideline and are not allowed in the endzone. No loitering in the end zone during stadium games except for coaches and players of teams warming up for the next contest. These individuals may follow the team as it moves up and down the field. They will be identified to any league

official by the Head Coach, upon request. Ladders, benches, scaffolding (composite, steel, wooden or hard plastic cones) are banned from the sidelines for safety purposes. Only soft plastic cones and breakable tape or like material are allowed for marking the bench area. Failure to follow safety rules may result in head coach suspension.

10. The bench area shall extend from the 20-yard line to the 20-yard line when playing on an 80-yard field: between the 25-yard lines on a 100-yard field. Coaches are not permitted to move beyond the bench area while a game is in progress, unless otherwise specified by the rules. The bench area shall be defined by painted lines or by each team's own marking equipment such as soft cones and tape. The Cheerleader bench area is designated to be to the right of the teams football bench area and is no less than 5 yards from the sideline extending to the goal line.
11. On 80-yard fields, the receiving team will line up on the 40-yard line (midfield) and the kicking team on the 30-yard line. When a kickoff goes out of bounds before the receiving team touches the ball, the receiving team has the option of taking the ball 25 yards from the point of the kick or at the point where the ball went out of bounds.
12. Any team in the Mighty Mite, Pee Wee, and Rookie age groups may have one coach on the playing field during the game. This coach may join the huddle and call plays, but must retreat ten yards behind the last player, as soon as the huddle breaks. Both coaches must cease instruction, talking, signaling or manipulation once the quarterback goes under center or the offense goes set. It is the responsibility of the coach to help keep the game running smoothly and not impede the clock. As soon as a team achieves a 21 point lead, the coach must leave the field, while the losing coach may remain. As soon as the score is less than a 21 point differential the winning coach may return.
13. The NMYAFL lopsided score rule is 35 Points or 5 touchdowns, whichever comes first. Once the score differential reaches 35 points or 5 touchdowns, the game clock will become a running clock and stay a running clock for the remainder of the contest and a win is automatically declared. Once the clock becomes a running clock it can only be stopped for injuries, official or team time outs. It will be the losing team's preference as to whether they will receive a normal kickoff or they may choose to take the ball on their own 40-yard line. The winning team is prohibited from running any misdirection, counter, reverses or "trick plays" of any kind, or any play that has been consistently run with success during the game. Skill position starters must be replaced whenever possible. Conferences and Associations cannot limit the winning team to only running between the tackles. Mandatory plays must be completed regardless of the score or game clock. If the winning team does not complete their required mandatory plays, the full force of the mandatory play rules will be in effect. If a team is down by 21 or more points, they can elect to take the ball where you would take the ball from a kick out of bounds
14. The home team will be on the east (north) side and the visitors will be on the west (south) side. The League will determine designated colors and variants for each team according by high school district. The visiting team is required to change jersey color if a color conflict occurs per NFHS rules however game officials are the ultimate authority in this matter. NMYAFL will supply game vests. Regarding color conflicts, all coaches are required to follow Ethics and Sportsmanship standards, (i.e. changing into a custom jersey to force an opponent to wear a vest/pinnie is unsportsmanlike). ***NMYAFL jersey takes precedence.***
15. The Chain Gang will be located on the Visitors side of the field and staffed by the Visitors.
16. During games, Parents are restricted to stay in the area five yards back from the sideline and inside the goal line. No parents, fans, spectators of either team currently playing are allowed to be in the end zone area.
17. Many teams warm up in this area, and that is permissible. Each team shall remain on their sidelines unless otherwise directed by the Uniformed Game Official or NMYAFL Commissioner
18. Two Way Radios

- a. Use of two-way radios are allowed for communication within the coaching box is allowed.
- b. Use of two-way radios from the endzone is not allowed.
- c. Use of two-way radios at stadium venues from the press box/booth to the sideline is **ONLY** allowed if both parties are offered use of two-way radios.

19. Scouting and Filming Games

- a. Scouting Film is defined as filming for the purposes of delivering the scout film to the coaching staff to use to make adjustments in the current game and or subsequent games.
- b. Scouting is **ONLY** allowed from the end zone at non-stadium venues. Scouting at stadium venues is allowed from the stands on the side of the opponent you will not be facing the next contest.
- c. **Absolutely NO SCOUTING ON A TEAM'S SIDELINES**, all scouting must be done in from the end zone. Proper etiquette must be observed by persons scouting to not disturb, distract or otherwise detract from the game.
- d. Scouting is optional for all teams. Violations of this rule by head coach, assistant coach or any team member may result in suspension or removal the Head Coach.

G. All head coaches are responsible to submit game reports to the league no later than the following Tuesday of when the matches are played. Reports must be submitted to the league by the close of business of that day. If reports are not received by the league from coaches by the date specified above, coaches will be suspended for the first quarter of the next game or contest. Time: Quarters shall be 10 minutes long on a stop and go clock for all age groups. NMYAFL follows game time management set forth by the National Federation of State High School Associations (NFHS) Rules.

1. Intermissions:

- a. Between the first and second quarter; third and fourth quarters two minutes. Time between the two quarters shall be allowed as official conference time.
- b. Between second and third quarters (half time) - 15 minutes. Three minutes must be allowed for proper stretch and warm up.
- c. One coach is allowed in the huddle during intermissions.

2. Time Outs:

- a. All age groups are allowed three timeouts per half in accordance with the NFHS Rule Book.
- b. During any charged time out, one coach per team will be allowed on the field in the huddle. Discussion with officials during these time outs is discouraged. Non-coach water personnel are allowed to disseminate water during timeouts and injury timeouts.

3. In the Mighty Mite, Pee Wee and Rookie age groups, a coach from the sideline is allowed to enter the huddle during a time out, with the coach that is on the field and confer with the coach and/or the players. Should the team be under the 21 point lead rule, then only one coach is allowed on the field to confer with the players.

4. Scoring Values:

- a. Touchdown - 6 points
- b. Point after touchdown - 1 point for run or pass, 2 points if kicked (PAT)
- c. Safety - 2 points
- d. Field goal - 3 points
- e. Forfeit - offended team wins by 1-0.

5. All PAT and Field Goal attempts will follow NFHS rules.

6. Game Tie Breakers: The tiebreaker rule of the NFHS Rule Book will be in effect for all NMYAFL regular season, playoff, and championship games. After the first tiebreaker period, the ball shall be placed one yard closer to the goal line for each successive overtime period.

7. Players:

- a. The free substitution rule is always in effect. The National Registration system of numbering players according to their team position is not mandatory in NMYAFL.
- 8. Minimum Play Rule
  - a. The number of plays required will be 10 total plays per division with the exception of the Varsity Division.
  - b. The number of plays required will be 10 total plays.
  - c. All plays (offense, defense, special teams and extra points) run in the game count towards the Minimum Play. Any penalties resulting in the replay of the down, do not count as plays. Plays that result in a quarterback dropping to his knee with the sole purpose of “playing it safe” will not count as plays.
  - d. Any penalties resulting in the replay of the down, do not count as plays. Plays that result in a quarterback dropping to his knee with the sole purpose of “playing it safe” will not count as plays.
  - e. All participants must receive their minimum mandatory number of plays by the end of the 3rd quarter. Any participant that has not received their minimum plays by the end of the 3rd quarter must enter the game and remain in the game until they have received their required number of plays.
  - f. Each team will supply two adults, 18 years of age or older, to monitor the Mandatory Play Rule. Failure to supply two adults as described will be considered a violation of the Mandatory Play Rule and may result in the forfeiture of the game.
  - g. Any person assigned to be a Mandatory Play Monitor must be instructed to be respectful while on the opponent’s sideline or working with the opponent’s volunteer. There is to be no excessive cheering, cell phone use and no coaching of any kind. At any time, the opponent for any reason may ask that the volunteer be replaced. This request must be complied with immediately without question. Failure to Comply will be considered a violation of the Mandatory Play Rule and may result in the forfeiture of the game.
  - h. Any team not meeting the Mandatory Play Rule shall forfeit their game. Additional minimum penalties: First offense for the head coach: probation. Second offense for the head coach: suspension for one game and one week of practice. Third offense: suspension for remainder of season. If it is the last game: suspension for the first half of the following season’s games. In the event a suspension should carry over into the next season, the Association that may appoint the offending coach will be obligated to enforce the suspension.
- 9. Parent Behavior:

Parents must act in a proper manner. Foul language, demeaning, derogatory, critical, negative comments will not be tolerated by NMYAFL. The League reserves the right to remove any spectator, fan, relative, passersby who conducts himself/herself in an inappropriate manner around NMYAFL participants, parents, or on the sidelines at games, scrimmages or practices. NMYAFL also reserves the right to remove fans for the use of alcohol, drugs, using foul language, abhorrent behavior or inciting violent behavior. NMYAFL has a ZERO tolerance policy regarding parent’s behavior and the League supports its coaches.
- 10. Protests:
  - a. Protests on matters of judgment rendered by any game official WILL NOT be heard under any circumstances.
  - b. Protests will NOT be accepted verbally, All protests must be made in Writing Via email to the NMYAFL Football Coaches Selection Chairman ([footballcsc@nmyafl.org](mailto:footballcsc@nmyafl.org)) within 6 hours of the Completion of the game in protest. All protests must clearly state the rule/policy it applies To in the 2023 NMYAFL Rulebook, as well as page number and section. All protests require a \$100.00 protest fee to be paid. If you win the protest you will be refunded the \$100.00, if you lose the protest the \$100.00 will go into the NMYAFL Scholarship Fund. Once protest is reviewed by the Football CSC, President or Executive Director you will

be contacted as to when the meeting will take place. All protest decisions by the committee are FINAL.

### **Section 3. Seasonal Class Determination, Playoff Seeds and Tie Breakers**

- A. Conferences will be divided into North and South and organized/seeded based on previous year's finish
  - a. Seeding is subject to competition committee discretion
- B. Playoffs structure will be a "Super-bracket"
- C. Up to 16 teams will be seeded in super-bracket
- D. First round outcomes will determine Super Bowl and Divisional brackets with first round winning teams advancing to the Superbowl bracket and remaining teams making up the divisional bracket.
  - 1. The post season playoff reseeding will be done by the Competition Committee, comprised of NMYAFL board members or others as appointed by the President of the League, after the final regular scheduled game of the season. The Competition Committee also reserves the right to meet and determine postseason reseeding on the Sunday immediately following the final regular scheduled game of the season or as determined by the BOD. Notification of rulings will be published on the web site as soon as practical and reasonable.
- E. Seeding Tie Breakers.
  - In the event of a tie the league tie breaker rules will be in effect.
    - 1. Conference
    - 2. Head to head
    - 3. Overall
  - If still tied a coin flip shall be executed.**

### **Section 4. Post Season Games and Traveling Teams Must:**

- A. Invite all original participants who are on NMYAFL roster who completed the regular season and any playoff games. AYF sponsored games will follow AYF minimum play rules.
- B. No team affiliated with NMYAFL and or using NMYAFL helmet and or shoulder pads shall be permitted to practice or play any post season games nor is permitted to travel out of the city in which the League is located without the express written consent of the Executive Director, for definition purposes, staying overnight constitutes traveling. Failure to do so may result in suspension and or expulsion from the League Only Head Coach or badged Assistant Coaches are to request to participate in post season travel.
- C. Notify League office of intent to travel and invite ONLY players who are currently registered, in same age group as the traveling team. Per AYF rules non registered players are forbidden to participate. No Exceptions.
- D. Notify the NMYAFL office in the event of injury to any registered player, or any other significant material issue regarding the team immediately, by phone or fax, within 48 hours.
- E. Any postseason banquets, award ceremony or the like shall be handled with all players in mind. No player may be excluded.

## **ARTICLE VII: SAFETY AND EMERGENCY ACTION PLAN**

### **Section 1. Lightning and Safety**

- Q. Practices/games shall be immediately terminated when lightning is within 10 miles and will not resume for 30 minutes.
- R. Players shall immediately remove their helmets and find safe and appropriate shelter.
- S. You may determine the distance of the lightning by either the Flash Bang method or through the use of a properly functioning smart phone lightning alert application.
  - 1. Flash Bang Method: Count the number of seconds from the time the lightning is seen until thunder is heard. If the time elapsed is less than 30 seconds, lightning is inside of the ten mile range and the practice/game shall cease immediately.
- D. Each time lightning is detected within 10 miles, the 30 minute clock is restarted.

### **Section 2. Emergency Action Plan**

**See Appendix G**

## **ARTICLE VIII: COACH ASSIGNMENT AND GUIDELINES**

### **Section 1. Head Coaches**

- A. All first and second year head football coaches shall be required to attend the First and Second Year Coaches Orientation Meetings prior to the first practice of the football season.
- B. All head coaches shall be USA Football certified and provide proof of certification to the league prior to receiving a NMYAFL Coaches badge
- C. All Head Football Coaches must be at least 21 years old prior to the beginning of the first day of practice.
- D. All Cheer Managers must be at least 21 years old prior to the beginning of the first day of practice.
  - 1. All Cheer Squads must have a Cheer Manager.
  - 2. Cheer Managers can and usually are Head Cheer Coaches.
- E. All Cheer Head Coaches must be at least 21 years old prior to the beginning of the first day of practice.
- F. All head coaches shall supply the league with a team sponsorship fee determined by the BOD by the first game of the current season.
- G. The Head Football Coach is responsible for the following:
  - 1. Issuing equipment, fitting, correctly and properly, each player on his team. Turning in all his/her team's issued equipment.
  - 2. Equipment Return will be conducted by the head coach and his/her assistants at a mandatory final practice or at a time designated by NMYAFL that will be held no later than seven days after the team's final game. The head coach and/or the head coach's assistants are required to be present in order to supervise the return of equipment. If the Head Coach, through his/her best efforts, cannot obtain equipment from a player, the Head Coach is required to advise the NMYAFL staff of the missing equipment. Violations of this rule may result in ineligibility for future NMYAFL participation. **The Head Coach will remove or ensure that all helmet decals are removed.**
  - 3. The replacement cost of any equipment which has been altered. (See Article VIII, Section 4), (NMYAFL will advise of replacement cost).
  - 4. Secure and return, on the first business day, all NMYAFL equipment of players who have quit in order that team records and office records may be kept current and accurate.
  - 5. Ensure sidelines at practice fields, and games are kept clean and free of all litter.
  - 6. Help provide the best possible league experience for Parents and Players by participating in the entire League's efforts; attending Coaches Council meetings and clinics, equipment issue/return, etc., and support our Young America Cheerleader (YAC) programs.
  - 7. Attendance at all Coaches Council Meetings is mandatory, and a representative from each assigned team shall be in attendance.
  - 8. Responding to NMYAFL upon request or the team's parents with a financial statement weekly and upon request. A financial statement consists of a balance sheet, receipts of what has been purchased for the players, past and current bank statements and copies of sponsorship monies donated to the team. The Football Head Coach is responsible for both football and cheerleading financials.
  - 9. Notifying the league immediately if any improper or suspicious financial activity is discovered, or suspected.
  - 10. Notifying the league of any contact information changes, email address changes, all phone number changes. All coaches must be able to be contacted by phone and email.
  - 11. Ensure that all coaches pass the background check and obtain badges to signify they have complied. Head coaches will also ensure that Team Moms/Dads also pass the background check. All individuals who have direct contact with players/cheerleaders must possess and display their badge to any League official whenever requested. Badges must be displayed in the bench area.



12. All Head Football Coaches must submit a candidate for the team cheerleading head coach as part of their Coach Application. All Head Cheer Coaches will go through the YAC Coaches Council selection process. Head football coaches are required to attend all YAC Cheerleading Competitions with all the coaches and players. Coaches who fail to attend cheer competitions will be subject to penalties per the CSC.

## **Section 2. Team Assignments**

- A. The Coaches Selection Committee (CSC) shall select and assign head coaches for each team within the League taking into consideration prior coaching experience, references, complaints, and any other information which the CSC deems appropriate.
- B. All team assignments are subject to withdrawal for cause by the CSC.
- C. Team assignments to all head coaches are not final until:
  - 1. Team is filled with minimum number of players.
  - 2. Final approval of the BOD.
  - 3. Head coach passes a criminal background check from the third party background company selected by the NMYAFL BOD.
  - 4. The head coach must insure that all Assistant Coaches, Team Moms, Team Dads, Managers are pass a criminal background check from the third party background company selected by the NMYAFL BOD.
- D. Any team originally assigned to a returning NMYAFL head coach who is not USA Football certified on or before the appropriate date may be reassigned to a USA Football certified coach at the discretion of the CSC. Determination of whether a non-certified head coaches shall retain their original team assignment is left up to and at the discretion of the CSC.
- E. Any coach who is certified under the USA Football high school certification for the current calendar year may substitute their high school certification for the USA Football Youth certification.

## **ARTICLE IX: FINANCIAL ISSUES**

### **Section 1. Solicitations**

- A. The League does not wish to cause hardship or embarrassment to any parent/guardian or player. The League also does not want to keep any individual from participating in the League as a result of unnecessary expenses such as colored helmets, game jerseys, wind breakers, socks, water bottles, helmet decals, special practice jerseys, etc. As such, except as provided herein
- B. The MAXIMUM contribution a team is permitted to request is:
  - 1. \$28.50 per fall tackle football participant
  - 2. \$22.00 per spring tackle football participant
  - 3. \$18.00 per flag participant
  - 4. \$35.00 per cheer participant total value per child in any combination of cash, services and/or products for any Fall Season.
  - 5. Parents should contact NMYAFL if they are required to contribute in excess of this amount. A head coach and/or his or her staff may ask players and/or parents of players to volunteer to help raise additional funds for his or her team. Asking for additional funds above and beyond the maximum requested contribution is to be done strictly on a volunteer basis, and at no time shall it be a requirement to raise additional funds to be able to participate on any team.
- C. Notwithstanding the above, the League authorizes individual pictures (in addition to the Mandatory League pictures), treats, banquet expenses, and trophies, but such contributions shall be considered voluntary. No child may be excluded from any gifts the team decides to purchase. Reason and care are to be used in determining size, cost, and extravagance of such awards.
- D. Team fundraising is defined as solicitation of funds or engaging in profit making activities to obtain funding or benefits for all members of your team including coaches. Team fundraising may begin once the head coach is awarded/approved (by the BOD) a team and a roster of at least 16 athletes and or more. If an athlete is removed from the roster and participated in team fundraising activities, if she or he is placed on another team roster, it will be the responsibility of the head coach on the departing team to evenly disburse the correct amount of fundraising dollars collected by the team to the departing athlete who participated in such activities. Any head coach found in violation of said rule may be investigated by the CSC and disciplinary action will be taken. All fundraising activities must have strict adult supervision to provide for the safety of all players and cheerleaders. Helmet drives are strictly prohibited. Helmet drives are defined as having players, cheerleaders or parents use any helmet, container or like device to ask for donations in vehicular traffic, sidewalks, shopping center parking lots, or any similar type area. No fundraising is allowed that would cast a poor image on NMYAFL. The League will determine if such fundraising is in poor taste and will be the final judge. Advertising for car washes or other fundraising activity in the median of any street is strictly prohibited. Fundraising which promotes alcohol, tobacco, gaming, firearms, political endorsements, controversial products or services will not be permitted. APS promotes similar language, and use of names and logos requires sensitivity to the issues.
- E. Soliciting for team sponsorship is defined as a head coach soliciting local businesses, colleagues, friends, family, etc. for sponsorship money for his/her team. A head coach may begin soliciting sponsors after he/she has been awarded their team by the CSC. A head coach may utilize his/her staff (assistant coaches, team managers, team moms, team dads) in assisting him/her in soliciting for sponsorship. At no time shall any player/cheerleader participate or be present while the head coach or his/her staff is soliciting for sponsors. Including any player/cheerleader that is a child of the head coach or his/her staff. NMYAFL has no direct or indirect affiliation or involvement with its head coaches or his/her staff when it comes to soliciting for sponsors. NMYAFL does recommend to its coaches to use the utmost respect and honesty when it comes to matters of soliciting for sponsors so as not to cast a poor image on themselves, their team or NMYAFL.

## **Section 2. Team Financial Management.**

- A. Each team shall have a separate checking account for the team with the team name on the account. The account shall be used for all team purchases for both football and cheerleading, but the Head Cheer coach has the option of opening a separate account. Two signatures shall be required on the checking account and one signature shall be the head coach and the other signature shall be a parent or guardian of a team member who shall not be related by marriage or family to the head coach.
- B. All financial records shall be available for inspection at any time by any team parent upon request. Senior and/or Varsity teams must close their checking accounts and equally distribute all remaining funds to the team. In cases where the Senior/Varsity Head Coach intends to continue coaching, the account may remain open with the minimum amount required by the bank.
- C. Bank statements and receipts must be made available within 48 hours upon request.
- D. Financial statements must be made available to the parents of your team upon request. Financial statements will show all money raised and money paid out when and to whom. Due care will be exercised. Coaches, failure to voluntarily provide your financial statement is subject to immediate suspension by CSC.

## **Section 3. Photographer**

***All teams are required to schedule and take photos with the League appointed photographer for the fall season before the 3<sup>rd</sup> game.*** For the purpose of clarification - the Head Coach must bring his entire team (football and cheer) to the photo session determined by the League Photographer. ***If a Head Coach does not bring their team to take a team photo with the League Photographer they will be referred to the Football CSC and could result in the suspension of the Head Coach.***

## **Section 4. Concessions**

Only League-approved concessions shall be permitted at the game fields.

## **Section 5. Insurance Requirements**

A valid excess medical insurance policy for all football players will be in force prior to the first practice session. Personal insurance, State coverage will remain primary coverage for accidents and injuries since league insurance is considered excess medical, and in the scope as defined by the policy issued to NMYAFL. Any league required releases must be signed prior to the first practice.

## **ARTICLE X: ADMINISTRATORS, COACHES, VOLUNTEERS STANDARD OF CONDUCT**

All Administrators, Coaches, and Volunteers will abide by a Standard of Conduct, which includes the provisions listed below. If any of these provisions are violated, the Association/Conference shall have the authority to impose any penalty they see fit. If any of these provisions are violated during a

Administrators, Coaches, and Volunteers, having already accepted and agreed to abide by the Coach and Administrators Pledge and the Coach and Administrators Code, by their accepting and active participation in membership, shall follow the intent of the Pledge and Code and shall inclusively and/or additionally agree to:

### **Section 1.**

- A. Not smoke and/or use smokeless tobacco on the field or in front of participants at any time.
- B. Abstain from the possession and drinking of alcoholic beverages and the possession or use of any illegal substance on the field or in front of participants at any time.
- C. Accept decisions of the game officials and judges on the field and in competitions as being fair and called to the best of their ability.
- D. Not criticize an opposing team, its players, spirit participants, coaches, or fans by word of mouth or by gesture.
- E. Together with team officials, be jointly responsible for the conduct and control of team fans and spectators. Any parent, guardian or fan that becomes a nuisance and out of control must be asked to leave.
- F. Not use abusive or profane language at any time.
- G. Not encourage their team to intentionally run up the score on an opponent. In the event of a commanding lead every effort shall be made to let all players play.
- H. Not permit or encourage, "extreme dieting," or "sweating down" tactics of any kind for any reason. Must report any instance witnessed or suspected to the parent/guardian and NMYAFL.
- I. Not recommend or distribute any medication, controlled or over the counter.
- J. Not deliberately incite unsportsmanlike conduct.
- K. Not criticize/berate participants ever, to provide constructive criticism, in private, or in the presence of team/squad members if others might benefit.
- L. Remove from a game or practice any participant when his/her health is in question, whether or not as a result of injury, until competent medical advice is available.
- M. A coach will follow the parameters of the Anti-Substance Abuse Rule and see that it's carried out faithfully and that all players understand its importance.
- N. A coach will not use ineligible players and will take the responsibility of having proper and legal documents on each and every player proving his eligibility at all times.
- O. Insure that all participants meet the minimum required number of plays under the Mandatory Play

P. Rules and Regulations.

1. Uphold all rules and regulations of NMYAFL.

Q. A coach must discourage the wearing of gang colors or any gang symbol and the use of any gang related forms of communication during any and all team related activities including but not limited to team.

R. The act of spreading rumors, which is general talk not based on fact, will not be tolerated in NMYAFL/NMYAC. It not only hurts your credibility, but affects your team/squad/association, the other team/squad that may become involved in the rumor. In the case of cheating or rules violations, these must be reported in writing and given to NMYAFL for review.

## **Section 2. Minimum Penalties**

The following are recommended minimum penalties to be enforced for violations of, but not limited to the following rules.

A. Coach/Administrators.

1. Cheating. Permanent suspension. (Roster/Participant Manipulation will be considered cheating)
2. Endangerment. Defined as any deliberate practice of a coach or team, which placed the health, welfare and safety of juveniles in jeopardy, or exploits or treats them in such a manner that the juvenile becomes a "tool" of the team.
  - a. First offense: suspension for one game and one week of practice.
  - b. Second offense: permanent suspension.
3. Badgering & Incitement. Badgering or threats directed at game officials and or Inciting fans to display poor sportsmanship:
  - a. First offense: suspension for two games and two weeks of practice.
  - b. Second offense: permanent suspension.
4. Fighting by Coaches and Volunteers.
  - a. Fighting by coaches and volunteers of any kind will not be tolerated. Violators will be subject to suspension for the remainder of the season and reported to legal authorities.
5. Teaching and or encouraging dirty tactics.
  - a. First offense: Suspension for one game and one week of practice.
  - b. Second offense: Permanent suspension.
6. Falsifying birth or any other documents to make a participant eligible is grounds for forfeiture of all games in which the participant in question, participated and permanent suspension of the adult(s) responsible for the act and all evidence will be turned over to the local authorities for any criminal prosecution that may be relevant.
7. Practicing or playing ineligible players. Suspension for remainder of the year. NMYAFL will review status for next season. Suspension may be appealed to the NMYAFL BOD depending on the nature of the ineligibility.
8. When ineligible players are found, all games of which the ineligible players participated in are forfeited and will count in the league standings as such.
9. When ineligible players are found, the entire team is ineligible for post-season play of any kind regardless of the number of losses it has suffered for playing ineligible players.

## B. Player Offenses

### 1. Fighting by Players.

- a. First offense: Suspension for one game and one week of practice.
- b. Second offense: Suspension for the balance of the year.

A player suspended in post season play and will carry over the suspension for the balance of the post season and the first game of the following season. If that suspended player's team receives a first game bye – the player will be suspended for the first half of that game.

### 1. Disrespect for coaches, participants, and game and team officials.

- a. First offense: Removal from the game/practice and parental/guardian conference.
- b. Second offense: Suspended for one game and one week of practice.
- c. Third offense: Suspension and parental conference.

### 2. Badgering opponents and or teammates by word or act with the purpose of intimidation:

- a. First offense: Removal from the game/practice and parental/guardian conference.
- b. Second offense: Suspended for one game and one week of practice.
- c. Third offense: Suspension and parental/guardian conference.

## C. Organizational/Team Offenses.

### 1. Battery. Should any Player, Coach, Administrator, Parent/Guardian, or Fan should strike (hit) a game official, or member of the coaching staff, shall be subject to arrest by local law enforcement agencies, and permanent suspension including but not limited to being banned from all local and NMYAFL events and activities.

### 2. NMYAFL reserves the right to refuse to accept coach/volunteer and player applications and registrations for failure to abide by organization rules and policies. Failure to control parents or fans. Suspension of the Association from the Conference until the administration of the Association can submit evidence satisfactory to the Conference that the problems have been rectified.

### 3. Failure to control coaches from actions contrary to the health, safety and welfare of players.

- a. First offense: Probation for the entire Organization for the season.
- b. Second offense: Suspension of the Organization from NMYAFL..A coach is a representative of the League and has a special responsibility to parents and players associated with the League. As a representative of the League, a coach performs many functions, which include, but are not limited to, role model, instructor, advisor, mediator, and counselor. In all functions, a coach should be competent, honest, and understanding and should endeavor to attain the highest standards of honesty and good sportsmanship.

### 4. The relationship between coach and player in large part determines whether the League will be able to accomplish the established objectives. Coaches more than any other individuals make our program succeed or fail. The coach controls many, if not all, situations in which parents and/or players/participants may be benefited or harmed. A coach may be relieved or suspended of all coaching duties if a coach's actions are deemed detrimental to a player, team or the League.

### 5. The League is charged with the responsibility of obtaining head coaches for each team. The Head Coaches in turn select assistant coaches and assume responsibility for those coaches. The League is interested in protecting and promoting a youth's participation in the League. As a result of the foregoing, the League has established the Code of Conduct and Ethics for all NMYAFL coaches. It is mandatory to abide by Code of Conduct and Ethics, failure to do so may result in not being considered for a coaching assignment, whether head coach or assistant.

### Section 3.

- A. All rulings by the CSC are subject to appeal to the NMYAFL BOD (the appeal process is defined in Article III, Section 10, below). The President of the NMYAFL will decide whether to hear such appeals.

### Section 4.

- A. Within 48 hours after notice of a decision, which adversely affects an appellant, the appellant may request a hearing by the BOD. The request must be in writing and made to the President of the League, such request having been received if delivered to the League office. The appeal request must contain the original decision, the basis of the appeal and relief sought from the BOD. The President determines whether or not a hearing needs to take place and the time and place for such hearing of the appeal. The President may at his/her discretion elect not to hear an appeal.

## **GRIEVANCES/DISPUTES RESOLUTION CONSENT TO WAIVER OF LITIGATION, BINDING ARBITRATION**

All grievances against any coach, player, Officer, NMYAFL Official must be submitted and filed in writing with the league office. Complaints or grievances against coaches must be submitted in writing and addressed to the CSC. All other grievances must be submitted in writing and addressed to the NMYAFL League BOD. **The league must investigate the complaint within 15 days of the filed complaint. All complaints against a coach, player, officer or NMYAFL Representative must be submitted and filed in writing with the league office no later than December 1<sup>st</sup> of the current season for the complaint to be investigated and any action taken against a coach, player, officer or NMYAFL Representative. The Football Selection Chairman has the discretion to review any complaints received and may determine if an investigation is required.** All allowed appeals of final determinations by the NMYAFL BOD shall be submitted to binding arbitration in accordance with league regulations. Players, parents, guardians, or anyone participating in any fashion with NMYAFL knowingly consents to waiving any rights to avail them to the civil court system and accepts as the sole remedy for dispute resolution binding arbitration in accordance with applicable NMYAFL regulations.

## **HEARINGS**

The President or if unavailable the next highest officer of the BOD present will preside at the appeal hearing. Immediately after the hearing is called to order, any Board Member electing not to vote on the appeal will so declare his/her position, but this will not affect his/her ability to question the participant(s) or to participate in the discussion prior to a board decision.

If a decision being appealed was made by a committee chairperson, said chairperson shall be in attendance and will present a summation of the facts and information, which led to the decision being appealed. The appellant will then present his/her summation of the facts and information, which forms the basis of the appeal hearing. The presiding officer of the hearing can waive this rule if the situation warrants.

After the opening remarks of both parties, the person on whose complaint the committee's decision was based, witnesses for the appellant and/or any other interested individuals, if available, may make a statement at the discretion of the presiding officer. Witnesses designated by the parties may speak only after being called upon by the presiding officer. After all witnesses have been heard, the Board members may question any or all individuals who testified at the hearing.

When the presiding officer determines that all relevant information to the appeal has been obtained, he/she will dismiss the person(s) making the appeal and all witnesses. The BOD will discuss the issue and try to reach a decision. The presiding officer, or person appointed by the presiding officer, will attempt to notify the person making the appeal within 24 hours of the BOD's decision.

The options available to the BOD are as follows:

- (1) Overturn the committee's decision.
- (2) Uphold the decision.
- (3) Invoke a lesser or greater penalty.
- (4) Not reach a decision, the committee's original decision will remain in force.

The presiding officer will announce the final decision of the BOD. Within 10 calendar days of receipt of the final decision of the BOD, the appellant may petition the BOD for review of its decision. Any petition for review must be presented in writing, addressed to the President of the League, and received by the League office. At the sole discretion of the BOD, and only upon a majority vote, the decision may be reviewed and modified. No additional evidence will be taken or considered during this final step of the appeal process.

The Arbitration Committee shall be assigned by the President of the NMYAFL or the next highest officer and may include at least two different age group coaches, one non-interested party, and/or member of the local community. The committee will consist of an odd number of members. Arbitration committee members may not include any member of NMYAFL from the same age group or district as the person requesting arbitration. The arbitration panel from which the president or other designated officer shall choose from will typically consist of NMYAFL or YAC Coaches with at least three years of experience in NMYAFL.



## **ARTICLE XI: PLAYER AND SPECTATOR BEHAVIOR**

The league is committed to providing a safe environment for its members and participants, and to preventing unwelcome behavior and conduct in any form. Every member of this organization is responsible for protecting all participants and ensuring their safety and wellbeing while involved in sponsored activities.

To this end, we have established the following guidelines of behavior and procedures for our players and spectators. All members of this organization, as well as players, parents, spectators and other invitees are expected to observe and adhere to these guidelines.

### **Section 1. Player Behavior**

- A. Players will treat other players, coaches, fans and officials with respect regardless of race, sex, creed or ability
- B. Players will refrain from the use of foul language is prohibited at all NMYAFL Events
- C. Bullying/Cyber-Bullying/Making insulting comments to players, parents, officials, or coaches of either team will not be tolerated

### **Section 2. Parent/Spectator Behavior**

- A. Parents/Spectators are not to cross the yellow rope or go onto playing surface for any reason (unless directed by the official or head coach). Failure to follow this rule will result in spectator being removed from the field and face suspension or permanent dismissal from NMYAFL activities.
- B. Parents/Spectators are not to approach the officials tent for any reason (unless directed by the officials or NMYAFL staff). Failure to follow this rule will result in parent/spectator being removed from the field and face suspension or permanent dismissal from NMYAFL activities
- C. Verbal disrespect towards any league representative or official by Parents/Spectators will not be allowed.
- D. Parents/Spectators must provide positive support, care and encouragement for my child participating in youth sports by following this Parent's Code of Ethics Pledge.
- E. Parents/Spectators must encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every game, practice or other youth sports events.
- F. Parents/Spectators must uphold an environment that is free of drugs, tobacco and alcohol, and will refrain from their use at all youth sports events. I will not drink alcohol at a contest or come to one having drank too much.

## **ARTICLE XII: ACTS OF SUSPENSION / DISBARMENT**

### **Section 1. General**

Any player/participant, member, coach, parent/guardian, official or other individual associated with NMYAFL upon majority vote of the NMYAFL BOD, after a hearing, may be suspended for any period as determined by the BOD, if he/she is found to have committed any of the following acts:

- A. Violation of any of the rules proscribed herein.
- B. Consuming illegal drugs while in the presence of NMYAFL members.
- C. Committing any unsportsmanlike act, such as taunting or fighting.
- D. Any unauthorized use of funds within any organization of the League.
- E. Striking, physically abusing and/or verbally abusing any player/participant, coach, assistant coach, commissioner, league official, game official, parent/guardian, or spectator.
- F. Using profane language or abusive language, whether at practice, on the field of play, or as a spectator.
- G. By directly or indirectly receiving financial benefits or compensation or offering to pay to anyone financial benefits or compensation for participating as a coach or player/participant within the League.
- H. Committing or having committed any act that reflects unfavorably upon the League, up to and including being convicted of a misdemeanor or felony regarding any crimes against children. Domestic Violence, Drug or Alcohol related charges, Embezzlement, repeated offenses as determined by the BOD.
- I. Withholding player registrations with consideration (payment), to enhance, change, and alter a roster is a violation of NMYAFL rules. Registrations filled out, signed and payment made must be turned in next business day to NMYAFL.
- J. Violation of any rules or policies listed above will be prosecuted as New Mexico State Law allows.
- K. Using or conspiring to use ineligible players in a practice, scrimmage game, season game or participation in a post season tournament.
- L. Consistent violations of league rules not listed in this section.
- M. This section does not apply to disqualification of coaches, players or others by designated Uniformed Game Officials.

### **ARTICLE XIII: AMENDMENTS**

The rules, regulations and appendixes set forth in this official booklet can be changed or modified by a majority vote of the BOD. Changes or modifications are first considered by the Rules Committee and its recommendations made to the BOD for action. Nothing in these rules are meant to conflict with City, County, State, or Federal Law.

## **APPENDIX - A**

### **AGE AND WEIGHT CHART**

<b><u>MITES</u></b>	<b><u>PEE WEES</u></b>	<b><u>ROOKIES</u></b>	<b><u>FRESHMAN</u></b>	<b><u>SOPHOMORES</u></b>	<b><u>JUNIORS</u></b>	<b><u>SENIORS</u></b>
7yr old's	8yr old's	9yr old's	10yr old's	11yr old's	12yr old's	13yr old's
	9yr old's 54lbs or less	10yr old's 59lbs or less	11yr old's 69lbs or less	12yr old's 85lbs or less	13yr old's 105lbs or less	All 14yr old's

A player's eligibility by age groups shall be determined by the age of the player on July 31<sup>st</sup> of the current year.

## **APPENDIX - B**

### **SPORTSMANSHIP POLICY**

The New Mexico Young America Football League (NMYAFL) wants to make our sports league an enjoyable experience for everyone. To help create this positive environment we established a "Sportsmanship Policy" that everyone in the league is required to acknowledge and uphold.

#### **Parents/Guardians/Spectators**

- ☐ I will provide positive support, care, and encouragement for my child participating in sports at NMYAFL. I will encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials, at every game, practice or Event.
- ☐ I will place the emotional and physical well being of my child ahead of my desire to win.
- ☐ I will support coaches and officials working with my child, in order to encourage a positive and enjoyable experience for all. I will avoid "coaching" from the sidelines or stands.
- ☐ I will treat other players, coaches, fans and officials with respect regardless of race, sex, creed or ability.
- ☐ I will help my child enjoy the youth sports experience by doing whatever I can, such as being a respectful fan, assisting with coaching, participating in team events and help maintain the fields.
- ☐ I understand the following items/actions are not tolerated at NMYAFL sponsored activities:
  1. No Alcoholic products, Smoking, illegal drugs, or Use of profanity.
  2. No unsportsmanlike comments towards staff, coaches, officials, parents, spectators, children and players.
  3. No derogatory yelling, verbal threatening, or physically attacking a league official, coach, parent or child.
  4. No entering the field of play without permission of the Head Coach, or League Official.
  5. No mistreatment of property or facilities to include equipment, fields and buildings.
  6. No negative or derogatory cheering / yelling at anyone.
  7. No yelling at the other teams players or coaches by parents, players, spectators or coaches unless it is to cheer them on.

### **All League Coaches**

- ☐ I understand as a coach that I am responsible for my player's parents, family, and friend's sportsmanship behavior.
- ☐ I understand that the game officials are here for the kids, the game and are the highest authority during a game. I will not question their calls or make unsportsmanlike comments towards the officials. I understand that the league provides guidelines for the head coach to address officials. I will not approach an official during or after a game to question their calls but only to get an interpretation of the rule.
- ☐ I understand that as a coach I should provide guidance to this policy to team members, parents, family and friends that attend NMYAFL sponsored activities to include games and practices.
- ☐ I understand that if I or any member of my team or spectator who fails to follow the items listed above could be ejected from the property. The Field Referee or the League Commissioners will make the ruling in accordance to NFHS or League rules.
- ☐ I understand that as a Coach I must display good sportsmanship toward other coaches, parents and players. After every game all coaches and players will shake hands with the other team (coaches and players).
- ☐ I understand that as a coach if I am ejected that I must leave the complex immediately. I understand that as a coach I will be suspended for a minimum of one game and up to permanent suspension from the league depending on violation of league rules or policy.

**At NMYAFL our children come first...together we will have NO TOLERANCE for anyone treating officials, coaches, players or parents with poor sportsmanship behavior.**

## **APPENDIX - C**

### **Coach Code of Conduct**

All NMYAFL football coaches must realize the game is played for the benefit of the participants. An emphasis will be placed on developing life long values. Coaches are role models and will set positive examples for players, parents, and spectators. The Code of Ethics has been developed to stress operating within specific coaching guidelines that brings credit to the team and NMYAFL.

#### **Article One - Responsibilities to Players**

- A. A coach must be aware of the influence he has on his players. All actions are expected to follow the rules of proper sportsmanship and respect the dignity of his players and the opposition.
- B. All coaching techniques and decisions will be within the rules of the game. Every effort must be made to abide by high principles that promote mutual respect between the coach and his players.
- C. It is in the best interest of all for the coach to consult trained medical personnel when injuries take place. The orders of the physician or certified athletic trainer must be followed.
- D. Medication and treatment should be administered only with the direction of a physician or trained medical personnel.
- E. All coaches are expected to know eligibility rules and apply them uniformly.
- F. Prime consideration must be given to the academic performance of the players.

#### **Article Two - Responsibility to NMYAFL**

- A. The primary function of the coach is to educate players through participation in the game of football.
- B. A coach is a representative of NMYAFL and is expected to conduct himself in a manner that brings credit to the organization.
- C. All football players are expected to follow school policies and will be reminded by the coach to seek academic success.
- D. The coach must be sensitive to the fact that he is responsible for promoting a positive image for the program in the district.

#### **Article Three - Rules of the Game**

- A. The rules and suggestions in the CHSAA Rule Book and NMYAFL Rules are an integral part of the code and must be followed.
- B. Every coach has a responsibility to know the rules and to teach them to his players.
- C. The coach will promote sportsmanship and respect for the opponent through teaching proper techniques .
- D. Proper blocking, tackling, alignment, use of the clock, etc. will be promoted through maintaining high ethical standards in practice and games.
- E. Coaches should stress that on field communication should be between teammates only.
- F. Good sportsmanship habits are formed on the practice field. The coach will provide direction to guarantee that proper standards are followed at all times.

#### **Article Four - Officials**

- A. Officials will have the respect and support of the coaches and players. Comments during and after the game must focus on the players.
- B. Coaches and officials are required to attend NMYAFL Rules Interpretation Meetings and stay informed on rule changes. Players should be made aware how rules are interpreted.
- C. Officials should be treated in a courteous manner. Concerns about officials should be expressed to the NMYAFL in writing.
- D. Quick decisions must be made during games and officials will make the best decision at the time.

#### **Article Five - Public Relations**

- A. Use courtesy, honesty, and respect in all dealings.
- B. Professional, school, and family matters must be kept private.
- C. Comments about upcoming games should be limited to promoting the contest.
- D. Coaches will maintain a level of professionalism that will transcend any reference to predicting outcomes.

#### **Article Six - Scouting**

- A. It is considered ethical to scout opponents only during games or agreed upon scrimmages. The head coach is responsible for the actions of his scouts.
- B. Video scouting is acceptable as long as it is done from the stands.

#### **Article Seven - Other Responsibilities**

- A. Before and after the game opposing coaches should meet and exchange greetings.
- B. Coaches should help to improve sportsmanship
- C. The coach should limit his comments about the game to members of his team and encourage his players to do the same.
- D. It is ethical to limit all rewards, celebrations, etc. to the team and to respect the dignity of the opponent.
- E. The coach must follow all rules and regulations as determined by NMYAFL policy.

#### **Article Eight – Ejections and Expulsion**

- A. Each team shall be responsible for keeping the spectators orderly and off the playing field and behind the spectator's boundary. Shouting abusive language at a player, officials, or spectators is strictly prohibited, and a violation shall result in the enforcement of the high school rules. At the immediate time of any incident or physical abuse of an official by any spectator, the officials will meet with the head coaches of both teams in order that every effort is made to identify the assailant.
- B. **EJECTIONS:** Any player, coach (head or assistant), or spectator who is ejected from a game by the officials, or causes a game to be forfeited due to unsportsmanlike conduct will automatically be suspended for the next game (includes playoff and or superbowl championships) on the first offence. A second such offence will cause such player, coach, or spectator to be automatically suspended for the remainder of the season (includes playoffs and or superbowl championships). Any flagrant offence is cause for automatic removal from all NMYAFL football activities. No reimbursement will be given.
- C. **EXPULSION:** Physical abuse of any Parent, Game Official or NMYAFL Commissioner by a player, coach or parent will result in expulsion of the coach / parent and their **children** from all current and future NMYAFL activities. No reimbursement will be given.



## **APPENDIX – D**

### **Parent Code of Conduct**

I will be responsible for my behavior as well as for the behavior of those who attend NMYAFL events as my guest.

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

I will encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every game, practice or other youth sports events

I will place the emotional and physical well being of my child ahead of a personal desire to win.

I will be in control of my emotions.

I will remain in the spectator area during competitions.

I will insist that my child play in a safe and healthy environment.

I will support coaches and officials working with my child, in order to encourage a positive and enjoyable experience for all.

I will not advise the coach on how to do the job.

I will demand a sports environment for my child that is free of drugs, tobacco and alcohol, and will refrain from their use at all youth sports events. I will not drink alcohol at a contest or come to one having drunk too much.

I will remember that the game is for our youth - not adults. Participation in youth sports is a privilege, not a right.

I will show respect for all participants at all times.

I will do my very best to make youth sports fun for my child. I will not instruct him to harm any other participants knowingly.

I will not coach my child during the contest.

I will ask my child to treat other players, coaches, fans and officials with respect regardless of race, sex, creed or ability.

I will not make insulting comments to players, parents, officials, or coaches of either team.

I will not approach the Officials tent at any time.

I promise to help my child enjoy the youth sports experience by doing whatever I can, such as being a respectable fan assisting with coaching or providing transportation.

I will require that my child's coach be trained in the responsibilities of being a youth sport coach and that the coach upholds the Coaches Code of Ethics.

I will thank coaches, officials, and other volunteers who have conducted the event.

I understand that my responsibilities include setting an example for children and that any breach of those responsibilities will result in my inability to attend games or practices if deemed necessary by the program coordinators.

Each team shall be responsible for keeping the spectators orderly and off the playing field and behind the spectator's boundary. Shouting abusive language at a player, officials, or spectators is strictly prohibited, and a violation shall result in the enforcement of the high school rules. At the immediate time of any incident or physical abuse of an official by any spectator, the officials will meet with the head coaches of both teams in order that every effort is made to identify the assailant.

**EJECTIONS:** Any player, coach (head or assistant), or spectator who is ejected from a game by the officials, or causes a game to be forfeited due to unsportsmanlike conduct will automatically be suspended for the next game (includes playoff and or superbowl championships) on the first offence. A second such offence will cause such player, coach, or spectator to be automatically suspended for the remainder of the season (includes playoffs and or superbowl championships). Any flagrant offence is cause for automatic removal from all NMYAFL football activities. No reimbursement will be given.

**EXPULSION:** Physical abuse of any Parent, Game Official or NMYAFL Commissioner by a player, coach or parent will result in expulsion of the coach / parent and their **children** from all current and future NMYAFL activities. No reimbursement will be given.

## **APPENDIX - E**

### **ZERO TOLERANCE POLICY AGAINST ABUSE**

The league is committed to providing a safe environment for its members and participants, and to preventing abusive conduct in any form. Every member of this organization is responsible for protecting our participants and ensuring their safety and wellbeing while involved in sponsored activities.

To this end, we have established the following guidelines of behavior and procedures for our staff, volunteers and participants. All members of this organization, as well as parents, spectators and other invitees are expected to observe and adhere to these guidelines.

1. Abuse of any kind is not permitted within our organization. This means we do not tolerate physical, sexual, emotional or verbal abuse or misconduct from our players, coaches, officials, volunteers, parents or spectators.
2. Physical and sexual abuse, including, but not limited to, striking, hitting, kicking, biting, indecent or wanton gesturing, lewd remarks, indecent exposure, unwanted physical contact, any form of sexual contact or inappropriate touching, are strictly prohibited within our organization.
3. Emotional abuse or verbal abuse is also prohibited. These include but are not limited to such forms of abuse as: yelling, insulting, threatening, mocking, demeaning behavior, or making abusive statements in regard to a person's race, gender, religion, nationality/ethnicity, sex or age.
4. We are committed to providing a safe environment for our players, participants and staff. We do so by appointing all coaches, officials and volunteers – and anyone else affiliated with our organization – as protection advocates. Every member of this organization is responsible for reporting any cases of questionable conduct or alleged mistreatment toward our members by any coach, official, volunteer, player, parent, sibling or spectator.
5. Buddy System: We recommend that every activity sponsored by our program put a Buddy System in place. Each youth participant should be assigned a buddy during sponsored activities. No child should go anywhere – to the bathrooms, locker rooms, or other location – without his or her buddy.
6. To further protect our youth participants, as well as our coaches, officials and volunteers, we strongly advise that no adult person allow him/herself to be alone with a child or with any group of children during sponsored activities. In particular, we recommend that coach or other adult members of this organization:
  - a. Do not drive alone with a child participant in the car
  - b. Do not take a child alone to the locker room, bathrooms or any other private room
  - c. Provide one-on-one training or individual coaching with the assistance of another adult or the child's Buddy
  - d. If you must have a private conversation with a youth participant, do it within view of others, in the gym or on the field, instead of in a private office
  - e. Coaches and other adult members of this organization should not socialize individually with the participants outside of sponsored activities

- f. Supervision/Chaperone ratio: We recommend that for any sponsored activity, the ratio of adults to youth participants be 1:8 – one (or more) adults for every eight children, with a minimum of two adults for every activity.

When traveling overnight with youth participants, children should be paired up with other children of same gender and similar age group, with chaperones in separate but nearby rooms.

We want to empower our children to trust their feelings and let them know that their concerns, fears and hopes are important by listening to them. Open communication between children and parents, or between children and other adults in the organization may help early warning signs of abuse to surface.

We encourage parents to become as active as possible in sponsored activities, games, practices and other events. The more the parents are involved, the less likely it is for abusive situations to develop.

We will respond quickly to any and all allegations of abuse within this organization. This information will be communicated to the authorities for investigation and will be reviewed by the organization's directors. The alleged offender will be notified of such allegations promptly.

Any person accused of sexual or physical abuse may be asked to resign voluntarily or may be suspended by the board until the matter is resolved. Regardless of criminal or civil guilt in the alleged abuse, the continued presence of the person could be detrimental to the reputation of the organization and could be harmful to the participants.

A person who is accused but later cleared of charges, may apply to be reinstated within the organization. Reinstatement is not a right, and no guarantee is made that he or she will be reinstated to his/her former position.

We promote good sportsmanship throughout the organization and encourage qualities of mutual respect, courtesy and tolerance in all participants, coaches, officials and volunteers. We advocate building strong self-images among the youth participants. Children with a strong self-image may be less likely targets for abuse; similarly, they may be less likely to abuse or bully others around them.

## APPENDIX F



# New Mexico Young America Football League Social Media Policy

New Mexico Young America Football League (“NMYAFL”) recognizes the importance of the Internet in shaping the public’s perception of our organization. NMYAFL also recognizes the importance of our Board Members, the executive director, commissioners, coaches, employees, and volunteers in leading and setting the tone of social media interactions in a manner that advances NMYAFL’s mission and goals.

### **Mission Statement**

Since 1966 the mission of the New Mexico Young America Football League is to provide a safe, affordable, high quality youth football and cheerleading experience for the children of New Mexico. In doing so, the New Mexico Young America Football League provides an educational experience along with a focus on sportsmanship. Our programs are for children ages six to fourteen years. We strive to provide an environment where children are encouraged to become the best student athletes they can become while demonstrating outstanding sportsmanship and character. The NMYAFL organization is committed to the children, the families and the community we serve, providing support and encouragement for each participant.

### **Applicability**

This Social Media Policy applies to all Board Members, the executive director, commissioners, coaches, employees, and volunteers (“NMYAFL Members”). This Social Media Policy applies to all social media content posted by NMYAFL Members in their professional and personal capacity to the extent such content is related to NMYAFL.

### **Aspirations**

NMYAFL strives to create a positive and inclusive organization that is dedicated to helping young athletes reach their potential. In furtherance of this goal, NMYAFL aspires to engage members of the New Mexico Young America Football League in positive, honest, transparent, and knowledgeable dialogue about NMYAFL through social media. NMYAFL views social media as an important tool for communicating its successes and opportunities for athletic and individual development. NMYAFL also views social media as a platform for receiving constructive feedback from the community and for discussing NMYAFL’s challenges and opportunities for improvement in a positive and constructive way.

### **Guidelines**

All NMYAFL Members shall abide by the following guidelines when using social media:

1. Be positive and respectful, and always take the high road. When disagreeing with others’ opinions, remain appropriate and polite. If you find yourself in a situation online that is becoming antagonistic, ask your NMYAFL District Board of Director or your Coach for advice on how to disengage from the dialogue in a polite and respectful manner that reflects well on NMYAFL.
2. Do not post content that would harm NMYAFL or damage NMYAFL’s reputation. Remember that even while you are on your own personal time, you are a representative of NMYAFL, and people may interpret your online postings or social interactions as though they were official NMYAFL statements.
3. Use good judgment when posting comments on any official NMYAFL sites. Bear in mind that your comments can create liability for NMYAFL. If you are unsure whether a comment is appropriate to post, either do not post it or obtain prior approval from the Board of Directors.
4. Be smart about what you publish. Once something is posted, it exists online forever. Ask yourself, “would I want to see this published in the newspaper or posted on a billboard tomorrow or ten years from now?” If the answer is “no,” do not post.
5. Encourage others to engage in positive interactions on social media. If you are concerned about any NMYAFL Member’s use of social media, please bring your concerns to the attention of your sport coordinator or a member of the NMYAFL Board of Directors.
6. Personally identifiable information (information, such as a name and date of birth and/or a street address which, when taken together, can identify a particular individual) should not be disclosed in any manner on official NMYAFL social networking sites without the approval of the sport coordinator or NMYAFL Board of Directors.

### **Violations of the Social Media Policy**

The NMYAFL Board of Directors shall have the authority to monitor and enforce this Social Media Policy. The NMYAFL Board of Directors, and any individual appointed by the Board of Directors, shall have the authority to remove any inappropriate or offensive comments from official NMYAFL sites and to block any individual or organization from posting on any official NMYAFL social media platform if they determine, in their sole discretion, that such removal or block is in the best interests of NMYAFL.

The failure of any NMYAFL Member to adhere to this Social Media Policy shall be considered a violation of the NMYAFL Code of Conduct, and any NMYAFL Member who fails to adhere to this Social Media Policy shall be subject to disciplinary action, up to and including termination of such individual's involvement in NMYAFL, in accordance with the NMYAFL Disciplinary Procedures.



# NMYAFL EMERGENCY ACTION PLAN

How  
To RESPOND



## **I. CONCUSSIONS**

- ❖ A concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move rapidly back and forth. This sudden movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging brain cells. Symptoms of a Concussion.
- ❖ Concussions can be tricky to diagnose. Though you may have a visible cut or bruise on your head, you can't actually see a concussion. Signs may not appear for days or weeks after the injury. Some symptoms last for just seconds; others may linger. Other symptoms may include:
  - confusion or feeling dazed
  - clumsiness
  - slurred speech
  - nausea or vomiting
  - headache
  - balance problems or dizziness
  - blurred vision
  - sensitivity to light
  - sensitivity to noise
  - sluggishness
  - ringing in ears
  - behavior or personality changes
  - concentration difficulties
  - memory loss
- ❖ If you suspect someone has Concussion and was unconscious facilitate immediate access to professional medical help:
  - Call 9-1-1 as soon as you suspect a person was unconscious from a concussion. Provide the Venue address, cross streets, and patient condition. Remain on the phone with 9-1-1. (Bring your mobile phone to the patient's side, if possible.) Give the exact location and provide the recommended route for ambulances to enter and exit. Facilitate access to the victim for arriving Emergency Medical Service (EMS) personnel.
  - Give the exact location of the emergency. ("Mesa Del Sol Field #\_\_\_\_\_").
  - Assign someone to go to venue entrance to wait for and flag down EMS responders and escort them to the exact location of the patient.
  - Perform "Crowd Control" – directing others away from the area.
- ❖ Immediately contact and inform a NMYAFL league official of the situation.



## **II. SUDDEN CARDIAC ARREST**

- ❖ Sudden cardiac arrest events can vary greatly. If you believe that one of your players, parents or spectators are having a sudden cardiac arrest please understand that **Immediate action is crucial** in order to successfully respond to a cardiac emergency.
- ❖ Follow these steps in responding to a suspected cardiac emergency:
  - Recognize the following signs of sudden cardiac arrest and take action in the event of one or more of the following:
    - The person is not moving, or is unresponsive, or appears to be unconscious.
    - The person is not breathing normally (has irregular breaths, gasping or gurgling, or is not breathing at all).
    - The person appears to be having a seizure or is experiencing convulsion-like activity. (Cardiac arrest victims commonly appear to be having convulsions).
    - *Note:* If the person received a blunt blow to the chest, this can cause cardiac arrest, a condition called commotio cordis. The person may have the signs of cardiac arrest described above and is treated the same.
- ❖ Facilitate immediate access to professional medical help:
  - Call 9-1-1 as soon as you suspect a sudden cardiac arrest. Provide the Venue address, cross streets, and patient condition. Remain on the phone with 9-1-1. (Bring your mobile phone to the patient's side, if possible.) Give the exact location and provide the recommended route for ambulances to enter and exit. Facilitate access to the victim for arriving Emergency Medical Service (EMS) personnel.
  - Give the exact location of the emergency. ("Mesa Del Sol Field # \_\_\_\_").
  - Assign someone to go to venue entrance to wait for and flag down EMS responders and escort them to the exact location of the patient.
  - Perform "Crowd Control" – directing others away from the area.
- ❖ Immediately contact and inform a NMYAFL league official of the situation and request that the venue automated external defibrillator (AED) AED brought over immediately.
- ❖ Begin continuous chest compressions and have someone retrieve the AED.
- ❖ **Starting CPR:**
  - Here's how:
    - Press hard and fast in center of chest. Goal is 100 compressions per minute. (Faster than once per second, but slower than twice per second.)
    - Use 2 hands: The heel of one hand and the other hand on top (or one hand for children under 8 years old), pushing to a depth of 2 inches (or 1/3<sup>rd</sup> the depth of the chest for children under 8 years old).
    - Follow the 9-1-1 dispatcher's instructions, if provided.
  - Continue CPR until the patient is responsive or a professional responder arrives and takes over.
- ❖ **Use of the venue AED:**
  - When the AED is brought to the patient's side, press the power-on button, and attach the pads to the patient as shown in the diagram on the pads. Then follow the AED's audio and visual instructions. If the person needs to be shocked to restore a normal heart rhythm, the AED will deliver one or more shocks.
    - *Note:* The AED will only deliver shocks if needed; if no shock is needed, no shock will be delivered.

❖ **Transition care to EMS:**

- Transition care to EMS upon arrival so that they can provide advanced life support.

### **III. HEAT STROKE**

- ❖ Heat Stroke results from prolonged exposure to high temperatures - usually in combination with dehydration -- which leads to failure of the body's temperature control system. Heat stroke can kill or cause damage to the brain and other internal organs. Although heat stroke mainly affects people over age 50, it also takes a heavy toll on healthy young athletes.
- ❖ Symptoms of a Heat Stroke
  - The hallmark symptom of heat stroke is a core body temperature above 104 degrees Fahrenheit. But fainting may be the first sign.
  - Other symptoms may include:
    - Throbbing headache
    - Dizziness and light-headedness
    - Lack of sweating despite the heat
    - Red, hot, and dry skin
    - Muscle weakness or cramps
    - Nausea and vomiting
    - Rapid heartbeat, which may be either strong or weak
    - Rapid, shallow breathing
    - Behavioral changes such as confusion, disorientation, or staggering
    - Seizures
    - Unconsciousness
- ❖ If you suspect someone has heat stroke facilitate immediate access to professional medical help:
  - Call 9-1-1 as soon as you suspect a heat stroke. Provide the Venue address, cross streets, and patient condition. Remain on the phone with 9-1-1. (Bring your mobile phone to the patient's side, if possible.) Give the exact location and provide the recommended route for ambulances to enter and exit. Facilitate access to the victim for arriving Emergency Medical Service (EMS) personnel.
  - Give the exact location of the emergency. ("Mesa Del Sol Field # \_\_\_\_").
  - Assign someone to go to venue entrance to wait for and flag down EMS responders and escort them to the exact location of the patient.
  - Perform "Crowd Control" – directing others away from the area.
- ❖ Immediately contact and inform a NMYAFL league official of the situation.
- ❖ Recognize the signs of heat stroke from above and take the following action:
  - Cool First
    - Fan air over the patient while wetting his or her skin with water from a wet cloth
    - Apply ice packs to the patient's armpits, groin, neck, and back. Because these areas are rich with blood vessels close to the skin, cooling them may reduce body temperature.
    - **Do not use ice for older patients, young children, patients with chronic illness, or anyone whose heat stroke occurred without vigorous exercise. Doing so can be dangerous.**
  - Transport second - transition care to EMS:
    - Transition care to EMS upon arrival so that they can provide additional required medical attention.

#### **IV. LIGHTNING**

- ❖ Practices/games shall be immediately terminated when lightning is within 10 miles and will not resume for 30 minutes.
- ❖ Players shall immediately remove their helmets and find safe and appropriate shelter.
- ❖ You may determine the distance of the lightning by either the Flash Bang method or through the use of a properly functioning smart phone lightning alert application.
- ❖ Flash Bang Method: Count the number of seconds from the time the lighting is seen until thunder is heard. If the time elapsed is less than 30 seconds, lighting is inside of the ten mile range and the practice/game shall cease immediately.
- ❖ Each time lightning is detected within 10 miles, the 30 minute clock is restarted.

#### **V. VENUE CLOSURE**

- ❖ **PRACTICE**
  - In the event that your scheduled practice venues are closed by the league or the venue manager due to various reasons such as inclement weather, please leave the venue and contact your coach or visit the NMYAFL website for additional information for future actions.
- ❖ **GAME VENUES**
  - In the event that the scheduled game venues are closed by the league or the venue manager due to various reasons such as inclement weather before or during games, please leave the venue and visit the NMYAFL website for additional information regarding the rescheduling of any games that were postponed.

#### **VI. FIRE**

- ❖ **PRACTICE VENUES**
  - If fire is spotted at your practice venue, please remove your players and parents from the area and notify the appropriate fire department for each your practice venue. In contacting the fire department please be sure to provide the best address for the venue so they can arrive immediately. Once the fire department has been notified. Please contact NMYAFL and inform a league official of the situation. In addition, please complete an incident report online at [www.nmyafl.org/](http://www.nmyafl.org/)
- ❖ **GAME VENUES**
  - If fire is spotted at any of your game venues please remove your players and parents from the area and inform a league official. They will notify the appropriate fire department for each venue and they will provide the best address for the venue to the fire department. In addition, please complete a incident report online at [www.nmyafl.org/](http://www.nmyafl.org/)

## **VII. ACTIVE SHOOTER**

### **❖ HOW TO RESPOND WHEN AN ACTIVE SHOOTER IS IN YOUR VICINITY**

- ❖ Quickly determine the most reasonable way to protect your own life. Remember that Parents and Players will likely follow the lead of Coaches and Commissioners during an active shooter situation.

#### **➤ RUN**

- If there is an accessible escape path, attempt to evacuate the premises. Be sure to:
- Have an escape route and plan in mind – Parking lot away from Shooter
- Evacuate regardless of whether others agree to follow
- Leave your belongings behind
- Help Athletes escape, if possible
- Keep your hands visible
- Follow the instructions of any police officers
- Do not attempt to move wounded people
- Call 911 when you are safe

#### **➤ HIDE**

- Once able and a safe distance is created, find a place to hide where the active shooter is less likely to find you.
- Your hiding place should:
- Be out of the active shooter's view.
- Provide protection if shots are fired in your direction.
- Wait for law enforcement.
- Remember many NMYAFL Parents and Volunteers are Law Enforcement and First Responders

#### **➤ If evacuation and hiding out are not possible:**

- Remain calm.
- Dial 911, if possible, to alert police to the active shooter's location
- If you cannot speak, leave the line open and allow the dispatcher to listen.

#### **➤ FIGHT (Last Resort)**

- As a last resort, and only when your life or the life of your Athletes and Parents are in imminent danger, attempt to disrupt and/or incapacitate the active shooter by:
  - Acting as aggressively as possible against him/her
  - Throwing items and improvising weapons
  - Yelling
  - Committing to your actions

#### **➤ Coaches Responsibilities During an Active Shooter Situation**

- Players and Parents are likely to follow the lead of Coaches during an emergency situation. During an emergency, Coaches should be familiar with their EAP, and be prepared to:

- Take immediate action.
- Remain calm.
- Obtain Player count by setting a pre-determined location away from the fields.
- Establish a means of mass team communication.
- Lookout for league communication by text or email for future direction.