



## ***THE PAC YOUTH FOOTBALL & CHEER LEAGUE RULES***

### **Mission Statement**

The PAC Youth Football & Cheer League missions is to: provide athletes with an elite core of excellence; promote a safe and positive playing environment for all participants; instill life-long values of teamwork, sportsmanship, dedication, and a superior work ethic; and teach a competitive brand of football while providing an enjoyable, memorable experience.

### **THE PAC RULES**

All Rules listed for AYF will be the standard for The PAC unless otherwise documented here. The PAC holds the rights to adjust any rules if it benefits the players and community with or without notice.

### **COACHES**

All coaches through their appointment to coach are bound by the "Coaches Pledge," "Coaches Code," and "Standard of Conduct." All coaches must be approved by and serve at the pleasure of the Local Association. Each team must have either the Head Coach, Assistant Coach, Licensed Trainer or a team mom/dad who is the holder of a current Red Cross Certificate in Community CPR and First Aid or its equivalent, present at all practices. A copy of the certification card must be in the team book.

### **Rostered Personnel**

Each coach/ team parent/ trainer/ Media/any member on staff that has direct contact with the players on any regular basis must have a third-party state criminal background check performed and reviewed/approved by the process established by THE PAC.

All background checks will be at the expense of each organization, all results must be turned in no later than August 15 of any given year with a head shot of each staff member. Any additional staff added after August 15 is welcome however cannot be considered official prior to completion of background check and results must immediately be turned in to the PAC Executive Board.

### **Head Coaches**

Head coaches are in complete charge during practices, games, and championships. They are responsible for their own actions or inactions, their assistants' actions or inactions and the actions of their players. If a Head Coach is not present an assistant Coach must be named acting Head Coach and take on the responsibilities of Head Coach.

### **Age of Head Coaches**

Must be at least 21 years of age by the start of the season. The coaching staff will be under his/her direction and supervision.

### **Age of Assistant Coaches**

Must be at least 18 years of age by the start of the season and must have graduated from high school or hold a GED.

Junior Coaches are allowed and encouraged however at no time can coach without the present of a Legal Aged Coach. All Junior Coaches are held to the same standards of coaching staff.

All Head Coaches/Assistant Coaches must be Human Kinetics/Coaching Youth Football AYF Certified and take the Coaching Youth Football the AYF Way Refresher Course or the equivalent requirements for the current season at the expense of each organization. Copies of all certifications will be required to be in the team book and present during any scheduled game time.

## **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 PAC* shall have the authority to impose any penalty they see fit. If any of these provisions are violated during a *The PAC* event its sole discretion shall have the authority to impose any penalty it sees fit with no right to appeal. 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:

1. No smoking and/or use of smokeless tobacco or marijuana on the field or in front of participants at any time.
2. 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.
3. 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.
4. Not criticize an opposing team, its players, spirit participants, coaches, or fans by word of mouth or by gesture.
5. 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.
6. Not use abusive or profane language at any time.
7. 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.
8. 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 local administrator.
9. Not recommend or distribute any medication, controlled or over the counter.
10. Not deliberately incite unsportsmanlike conduct.
11. Not criticize/berate participants ever, to provide constructive criticism, in private, or in the presence of team/squad members if others might benefit.
12. Remove from a game or practice any participant when his/her health is in question, whether it is a result of injury, until competent medical advice is available.
13. 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.

### **Play Levels**

DIVISIONS OF PLAY	AGE CUT-OFF 7/31	STATUS
6U DIVISION	6 YEARS OLD OR YOUNGER AS OF 7/31	UNLIMITED WEIGHT
7U DIVISION	7 YEARS OLD OR YOUNGER AS OF 7/31	UNLIMITED WEIGHT
8U DIVISION	8 YEARS OLD OR YOUNGER AS OF 7/31	UNLIMITED WEIGHT
9U DIVISION	9 YEARS OLD OR YOUNGER AS OF 7/31	UNLIMITED WEIGHT
10U DIVISION	10 YEARS OLD OR YOUNGER AS OF 7/31	UNLIMITED WEIGHT
11U DIVISION	11 YEARS OLD OR YOUNGER AS OF 7/31	UNLIMITED WEIGHT
12U DIVISION	12 YEARS OLD OR YOUNGER AS OF 7/31	UNLIMITED WEIGHT
13U DIVISION	13 YEARS OLD OR YOUNGER AS OF 7/31	UNLIMITED WEIGHT
14U DIVISION	14 YEARS OLD OR YOUNGER AS OF 7/31	UNLIMITED WEIGHT

Game Clock Details / Playing Requirements/Number of Players:

10-minute quarters will be utilized in 8U and up Divisions/Class of play within THE PAC.

8-minute quarters (6U & 7U)

**\*PLAY CLOCK\*** - 25 seconds

Maximum half time allowed will be 15 minutes. Each team will have three (3) timeouts per half in all THE PAC games. Timeouts are not charged against a team for injuries or game officials' timeouts.

**\*FIELD COACHES\***

No coaches on the field

(6u & 7u are allowed 1 coach)

**\*KICKOFF\***

**Live Special Teams**

(6U & 7U start with ball on the ball on the opposite 40)

**\*PUNT\***

Live rush

(Except 6u, 7u, 8u)

25 yard walk off can be used at 6u, 7u, 8u. Walk off stops at the 20 yard line

**\*FIELD GOAL\***

Live rush

(except 6U, 7U & 8U)

**\*OVERTIME\***

Start series from the 10yd line.

Double OT- Series from the 5yd line

Triple OT- Series from the 3yd line

If not settled, game ends in a tie

It is required that each team must have the minimum number of 16 players eligible and able to participate to start a regulation or play-off game. If the number of players falls below 11 players, the game will be forfeited.

<b>6U</b>	K2
<b>7U</b>	K2
<b>8U</b>	K2
<b>9U</b>	K2
<b>10U</b>	TDJ
<b>11U</b>	TDJ
<b>12U</b>	TDJ
<b>13U</b>	TDY
<b>14U</b>	TDY

The PAC League will have league games of 6U, 7U, 8U, 9U, 10U, 11U, 12U, 13U and 14U.

Any Organization that has 2 Teams that will play in the same age division cannot change or intertwine the rosters. Each Team will have its roster set.

Any attempt of changing or intertwining rosters will result in forfeit for any game played in that manner.

Any organization that has multiple teams in (Example- 7U and 8U who both will play 8U division) will submit home Team A and Home Team B rosters. Those teams will be scheduled together the duration of the league schedule.

Any Team that will be scheduled as 2 teams will provide a positive name as to not indicate the team B is less than team A. (color - additional name etc.)

Dual participation in another youth league, all-star league, select team or High School is NOT allowed under any circumstance Players cannot be certified on two rosters or in two programs. Any violation of the dual roster policy will result in forfeit for the remainder of the season.

Touchdown	6 points
Scoring play after touchdown (running or passing)	1 point
Scoring play after touchdown (kicking)	2 points

Safety (awarded to opponent)	2 points
Field goal	3 points
Forfeit Score of game	6-0
TIES	Declared at the end of regulation.

### **The PAC lopsided score rule**

Once the score differential reaches 35 points, 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.

### **Age Certification.**

The PAC requires that all participants present to their local Association a photocopy of their original record of birth.

The PAC strongly recommends the use of state-issued DMV (Department of Motor Vehicles) ID Passports, Military ID cards are also acceptable.

These documents must be presented to the Conference officials for verification and are part of the mandatory player certification process.

Each Team will be required to have a team binder at all games per AYF standards.

Each Team will conduct certification on the opposing team 30 mins prior to the start of any scheduled game. Any Player who is not present during that time but arrives late can be certified during ½ time of their scheduled game. No certifications will be allowed after ½ time of the scheduled game in progress.

Any Player that is deemed not eligible must remove helmet and pads, they can remain in the game jersey on the sidelines with the team.

### **PRACTICE WORKOUT SCHEDULES**

Any Member Organization will be allowed to hold workouts/Combines/Conditionings/Team Bonding's Starting Jan. 2nd, 2021 thru June 27th, 2021 (for 2022 season Jan 2nd-July 2nd, 2022)

Teams cannot workout in any given manner as a team more than 8 hours in any given week Jan 2, 2021- June 27, 2021 (for 2022 season Jan 2 -July 2nd, 2022)

There will be a mandatory shutdown of all organization related activity Monday June 28, 2021 - July 4th, 2021. Min of 7 days required. This is to encourage and promote family bonding without the obligation of football or football related activities. (for 2022 season July 3-July 10, 2022)

Each player must have 10 hours of conditioning starting Monday July 5, 2021. Once the 10 hours requirement has been met players may wear and practice in full equipment to include but not limited to helmets and pads. (for 2022 season Starting Monday July 11, 2022)

Practice cannot exceed 10 hours starting Monday July 5th, 2021 thru Sunday September 5th, 2021. (for 2022 Monday July 11-Sunday September 4, 2022)

Practice will not exceed 8 hours starting Monday September 6th, 2021 thru the start of AYF National Tournaments in December (Date to be announced) (for 2022 starting Monday September 5, 2022 - the start of AYF tournaments in December 2022)

Only team bonding events allowed after the conclusion of AYF Nationals thru Jan. 1st of the following calendar year.

### **MINIMUM PENALTIES**

The following are recommended minimum penalties to be enforced for violations of, but not limited to the following rules. Organizations are encouraged to develop written guidelines for disciplinary actions to avoid criticism for selective enforcement, to provide notice to violators and to deter undesirable conduct. Members found to be lenient on violators may be subject to probation, suspension or termination of membership.

Cheating. Permanent suspension. (Roster/Participant Manipulation will be considered cheating)

Endangerment. Defined as any deliberate practice of a coach, team, or Association, 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.

First offense: suspension for one game and one week of practice.

Second offense: permanent suspension.

### **Badgering & Incitement**

Badgering or threats directed at game officials and or Inciting fans to display poor sportsmanship:

First offense: suspension for two games and two weeks of practice.

Second offense: permanent suspension.

### **Fighting by Coaches.**

Fighting by coaches of any kind will not be tolerated. Guidance is that violators be subject to suspension for the remainder of the season and reported to legal authorities. v. Teaching and or encouraging dirty tactics.

First offense: Suspension for one game and one week of practice. Second offense: Permanent suspension.

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.

Playing ineligible players. Suspension for remainder of the season. League will review status for next season. Suspension may be appealed (if an appeal process exists) to the Conference depending on the nature of the ineligibility.

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.

When ineligible players are found, the entire team is ineligible for postseason play of any kind regardless of the number of losses it has suffered for playing ineligible players.

### **Fighting by Players**

First offense: Suspension for one game and one week of practice.

Second offense: Suspension and parental/guardian conference

### **Disrespect for coaches, participants, and game and team officials**

First offense: Removal from the game/practice and parental/guardian conference.

Second offense: Suspended for one game and one week of practice.

Third offense: Suspension and parental conference