

NORCAL COACHES CLINIC PAPERWORK 2017

CALENDAR FOR THE REST OF 2017 IS LISTED BELOW:

First Practice – July 24

Team Certification - Aug 19/20 (Team must have 16 players by this date to be certified as a team for the 2017)

Jamboree – Aug 26/27

First Game - Sep 2/3

Last Regular Season Game – Saturday Oct 21

Cheer Competition Sunday Oct 22 @ Independence HS in San Jose

Play-in/TM Bowl Oct 28/29

14U/15U Championship Games Nov 11/12

D1, D2 Championships Nov 18/19

Nov 23 Thanksgiving

AYF National Championship Games Dec 2-8

AYC National Championships Dec 6-10

As of JUNE 16, 2017: Nor Cal: TEAM STRENGTH (144) – NOR CAL LEAGUE STRUCTURE

+ 5 or 6 pounds =uniform allowance. U = under as in 12 years old and under. O/L = Older Lighter

14U Unlimited Weight (10) Age as of Aug 1, 2017	Jr. Midget (23) 12U: 159 + 6 = 165 pounds 13 O/L: 139 + 6 = 145 pounds	Pee Wee (24) 11U: 139 + 5 = 144 pounds 12 O/L: 119 + 5 = 124 pounds
300 Legacy Elite Spartans (300) Alameda Giants (AG) San Pablo Cowboys (SP) Tri-Cities Kings (TCK) Oakland Dynamites (OKD) Oak Grove South (OGS) Nor Cal (Redding) Ducks (ND) Vallejo Raiders (VR) East Bay Panthers (OP) Sacramento Raiders (SR)	300 Legacy Elite Spartans (300) Nor Cal Outlawz (NO) Oakland Dynamites (OKD) Oak Grove South (OGS) Palo Alto Greyhounds (PAK) San Pablo Cowboys (SP) San Francisco Bombers (SFB) San Francisco 49'ers (SFF) Tri-Cities Kings (TCK) Tri Counties Sharks (TCS) Vacaville Bengals (VBE) Vallejo Jaguars (VJ) Vallejo Raiders (VR) East Bay Panthers (OP) Alameda Giants (AG) Berkeley Bears (BB) Delta Ducks (DD) Nor Cal (Redding) Ducks (ND) Sacramento Hornets (SH) Sacramento Ducks (SD) Sacramento Outlawz (SO) Sacramento Raiders (SR) South Sac Vikings (SSV)	300 Legacy Elite Spartans (300) Nor Cal Outlawz (NO) Oakland Dynamites (OKD) Oak Grove South (OGS) Palo Alto Greyhounds (PAK) San Pablo Cowboys (SP) San Francisco Bombers (SFB) San Francisco 49'ers (SFF) Tri-Cities Kings (TCK) Tri Counties Sharks (TCS) Vacaville Bengals (VBE) Vallejo Jaguars (VJ) Vallejo Raiders (VR) East Bay Panthers (OP) Alameda Giants (AG) Berkeley Bears (BB) Delta Ducks (DD) Nor Cal (Redding) Ducks (ND) Central Stockton Kings (CS) Sacramento Hornets (SH) Sacramento Ducks (SD) Sacramento Outlawz (SO) Sacramento Raiders (SR) South Sac Vikings (SSV)

Jr. Pee Wee (24) 10U: 124 + 5 = 129 pounds 11 O/L: 104 + 5 = 109 pounds	Cadet (23) 9U: 114 + 5 = 119 pounds 10 O/L : 94 + 5 = 99 pounds	Tiny Mite (22) 7U: 90 + 5 = 95 pounds
300 Legacy Elite Spartans (300) Nor Cal Outlawz (NO) Oakland Dynamites (OKD) Oak Grove South (OGS) Palo Alto Greyhounds (PAK) Pablo Cowboys (SP) San Francisco Bombers (SFB) San Francisco 49'ers (SFF) Tri-Cities Kings (TCK) Tri Counties Sharks (TCS) Vacaville Bengals (VBE) Vallejo Jaguars (VJ) Vallejo Raiders (VR) East Bay Panthers (OP) Alameda Giants (AG) Berkeley Bears (BB) Delta Ducks (DD) Central Stockton Kings (CS) Nor Cal (Redding) Ducks (ND) Sacramento Hornets (SH) Sacramento Ducks (SD) Sacramento Outlawz (SO) Sacramento Raiders (SR) South Sac Vikings (SSV)	300 Legacy Elite Spartans (300) Nor Cal Outlawz (NO) Oakland Dynamites (OKD) Oak Grove South (OGS) Palo Alto Greyhounds (PAK) San Pablo Cowboys (SP) San Francisco Bombers (SFB) San Francisco 49'ers (SFF) Tri-Cities Kings (TCK) Tri Counties Sharks (TCS) Vacaville Bengals (VBE) Vallejo Jaguars (VJ) Vallejo Raiders (VR) East Bay Panthers (OP) Alameda Giants (AG) Berkeley Bears (BB) Delta Ducks (DD) Central Stockton Kings (CS) Sacramento Hornets (SH) Sacramento Ducks (SD) Sacramento Outlawz (SO) Sacramento Raiders (SR) South Sac Vikings (SSV)	300 Legacy Elite Spartans (300) Nor Cal Outlawz (NO) Oakland Dynamites (OKD) Oak Grove South (OGS) Palo Alto Greyhounds (PAK) San Pablo Cowboys (SP) San Francisco Bombers (SFB) San Francisco 49'ers (SFF) Tri-Cities Kings (TCK) Tri Counties Sharks (TCS) Vacaville Bengals (VBE) Vallejo Jaguars (VJ) Vallejo Raiders (VR) East Bay Panthers (OP) Berkeley Bears (BB) Delta Ducks (DD) Nor Cal (Redding) Ducks (ND) Sacramento Hornets (SH) Sacramento Ducks (SD) Sacramento Outlawz (SO) Sacramento Raiders (SR) South Sac Vikings (SSV)

15U (6) Age as of Aug 1, 2017	Mighty Mite (12) 8U: 100 + 5 = 105 pounds 9 O/L: 85 + 5 = 90 pounds	
Central Stockton Kings (CS) Sacramento Outlawz (SO) San Francisco Bombers (SFB) Tri Counties Sharks (TC) Tri-Cities Kings (TCK) Delta Ducks (DD)	300 Legacy Elite Spartans (300) Alameda Giants (AG) Berkeley Bears (BB) East Bay Panthers (OP) Nor Cal (Redding) Ducks (ND) Oakland Dynamites (OKD) San Francisco Bombers (SFB) San Francisco 49'ers (SFF) Sacramento Ducks (SD) Sacramento Raiders (SR) San Pablo Cowboys (SP) South Sac Vikings (SSV)	

2017 Nor Cal Procedures.

OVERVIEW: NORCAL goes by AYF national rules and California high school rules. In order to make sure all member associations in Nor Cal have equal say, Nor Cal by-laws state any change (tightening) to a national AYF rule must have 100% agreement from all member associations or it does not pass. There are NO changes to national rules. The following procedures apply to local events such as playoffs, Tiny Mites, Jamboree, all-stars etc... not covered by Nationals and left up to each conference to decide.

NORCAL CONFERENCE PROCEDURES (Updated May 1, 2017):

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NORCAL CONFERENCE PROCEDURES (updated May 1, 2017):

1.0 – RULES REGARDING THE SCHEDULE AND NORCAL CONFERENCE PLAYOFFS:

PLAYOFFS plan. Any changes must be authorized by the Nor Cal President and be made necessary due to team drops.

SCHEDULE – Prior to the start of the season Associations work with the Scheduler to determine times, locations and days games are played at their home field. Once the schedule is released, association president's **ARE NOT ALLOWED TO MAKE ANY CHANGES WITHOUT THE APPROVAL OF THE NORCAL PRESIDENT**. If the games are not played due to an unapproved and officially announced change by the home association, the host will forfeit the games. Nor Cal will advise all associations of schedule changes in case teams want to scout or attend another game.

DIVISIONS:

FOR 2017: There are no pre-determined D1 and D2 teams or associations. The cutoff for D1 qualification is a team with a regular season record of 6-1-1 or better. If there are least 4 teams with a 6-1-1 record or better, teams with a 6-2 record will be D2. If there are less than 4 teams with a 6-1-1 record, 6-2 teams that commit by Week 6 to go to Nationals are given first consideration for D2 until there are 4 teams in D1, otherwise they will be D1. All teams with a final regular season record of 5-2-1 or worse will be placed into the D2 playoffs (exception if there are only 3 or less teams with a 6-2 record or better on any given level, all 5-3 teams must move up to D1 unless there is one clear team that either wants to play D1 or wins a tie-breaker with the other 5-3 teams). Any teams with a record of 5-3 or 6-2 can opt to move up to D1 playoffs – all the president has to do is send the president an email before Sunday night Week 6 advising which teams want to move up to D1 playoffs. There will be only one playoff division for 14U and 15U due to the low number of teams in these divisions.

The teams will be broken down into two brackets including the teams who want to go to nationals (D1N or D2N) and the top 4 D1 teams that are not going to AYF nationals (D1L) for any reason (such as less than 16 players or cannot afford to travel etc...). Play-in games allow for up to 4 teams in either D1N or D1L (max 8 total). Teams forced to play in D1N do not have to go to nationals while teams forced into D1L or D2L indicated they did not want to go to D1 or D2 nationals. Teams must declare if they want to go D1N or D1L no later than Sunday night of week 6.

Play-in games allow for more than 8 teams to make the playoffs in D2.

QUALIFYING:

PLAYOFFS: It takes 3 wins to qualify for the playoffs. A team with two wins can request to participate if there is room in the playoffs however 2 win teams that forfeit their games in either week 7 or 8 will not be allowed into playoffs without approval and paying a \$250 deposit, which will be returned if the team shows and plays or paid to the host if the team has to forfeit with 12 players or less.

SEEDING INFORMATION:

Teams are seeded according to their record into D1N, D1L, D2N and D2L. Identical records are broken by Nor Cal tie-breakers. The higher seeded team is home. If a team is hosting playoffs but is not the higher seeded team, they have the option of playing on the home side of the field. In that situation, the chains would also be on the home side of the field.

TIE BREAKERS FOR SEEDING:

Tie-breakers for making playoffs or seeding purposes are (1) Head to head competition. (2) Better record against common opponents. (3) Coin toss. In the case of a three way tie if one team was beat by the other two teams the team that lost both games is eliminated or if one team gets eliminated through any of the 3 tiebreakers the remaining two teams go back to the first tie breaker. Byes count as forfeit wins.

NOTE #1: Byes and games against non-AYF teams are considered wins.

NOTE #2: Regular season tie ball games go to OVERTIME if approved by the host president and the referees so a winner is declared. There will be NO MORE THAN TWO OVERTIMES. If overtime is not possible due to darkness or is not decide in the maximum two overtimes, ties count as half a win and half a loss so a 4-2-2 record is equal to a 5-3 record.

MATCH UPS –

If there are 8 teams in the playoffs, the First Round is 1 vs 4 and 2 vs 3 in each semi-final bracket with the winners playing for the Bracket championship (Conference Semi-finals) the following weekend with bracket winners playing for the D1 championship.

The Nor Cal President may make changes in the play-in and first round (including D1 first round with 4 teams) to reduce travel but the top 4 teams in an 8 team field or top 2 teams in a 4-6 team field in any division cannot meet in the first round.

Gate Fees Maximums:

\$5 entry fee for 16 and older for Regular Season games and the Jamboree

\$8 for playoffs, TM bowls, All-star games and any other post-season events other than championships.

10 for Nor Cal and Regional championships

16 and under free

HOST FEES:

\$25 for each team at your Jamboree

\$75 per game for the TM Bowl

\$75 per playoff game, All-Star games and any other post-season events other than championships

The majority of fees from first and second round playoff games (as well as fees for hosting the Jamborees) go toward AYF/C national championship travel.

-HOME FIELD – **HOST TEAMS PLAY AT HOME WHENEVER POSSIBLE** - We make every attempt to have your teams play at home if you are hosting however if 2 teams are playing against one another and both associations are hosting, the **higher seed or if tied the** team that won their regular season game or tie-breaker will be at home and the other team will be on the road. So for example (This is an example only – it did not happen as listed) if both SR and VBE **have identical records and** are hosting and their JP and

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JM are scheduled to play in the playoffs, the JM game would be at SR if SR won the regular season game and the JP game would be at VBE if the VBE JP's beat SR during the regular season. If a host has a request (i.e. "I need my Cadets as the last game of the day because they help with clean up") Nor Cal will try to incorporate the requests into the playoff schedule but no guarantees can be made on fulfilling the request. See note on page 3 with regard to host teams being on the home side of the field.

-GUARANTEED FIELDS – If a team claims to have a guaranteed field and is not allowed to play in the rain by their High School, the host team forfeits their playoff game(s) unless another field can be found that same weekend. EXCEPTION: where the Nor Cal Conference President or representative postpones the playoff games for the safety of the children (thunderstorms etc...).

-NORCAL CHAMPIONSHIPS/REGIONAL CHAMPIONSHIPS – The Nor Cal Championships will be held the weekend following semi-finals at a site to be determined by the Conference. D1 Championships sites are not rotated between associations and go to the highest bidder if needed. D2 are also up for bid unless a combination of both D1 and D2 are possible and two associations would be chosen to host.

2.0 - NORCAL RULES REGARDING TINY MITES and the TM Bowl:

- 1) TINY MITES PLAYING TIME – Nor Cal will use the plus 2 play rule meaning instead of 4/6/8 plays based on the number of kids on a team (regular MPR rules + 2 additional plays) so TM MPR will be 6/8/10 plays based on the number of kids on the team.

For Tiny Mites all normal football rules apply except as follows which are in effect the entire TM season:

- One coach can be on the field behind his team
- NO kick-offs. Ball is placed on the 30 yard line
- NO punting. Offensive team can run a 4th down play or can change possession by giving the opposing team the ball at their 30 yard line
- Each half is a 20 minute running clock which does not stop during change of possession or after touchdowns.
- Tiny Mites teams will have two timeouts per half (not three).
Scores are kept but are not reported and standings are not kept.
- Defensive linemen are NOT allowed to line up on the center and MUST hit another offensive player before hitting the center.
- The QB sneak from a direct snap (center to QB) is not permitted and if the play is run it will be IMMEDIATELY blown dead and the ball returned to the original line of scrimmage with a LOSS OF DOWN (no yardage penalty). QB sneaks from shotgun formation are ok
- There is no blitzing. Only defensive lineman can rush the ball carrier and a team may not have more than six (6) defensive lineman.
- Linebackers and Defensive backs must play 3 yards off the line of scrimmage.

TM's will be the last game of the day starting week 7 if an association is hosting and does not have lights or a side field for them to play on.

TINY MITE FIELDS - It is ok for Tiny Mites to play on a 80 yard field and it is ok for them to play on a 100 yard field. If using a high school field you may as well let them use the whole field. The 80 yard field was approved in case due to lights you can not fit all your teams on a single field in one day and had to play the TM game on a side field. Most of our TM games are being played on high school fields so it is ok to use the whole 100 yard.

TM BOWL

A Tiny Mite bowl will be hosted by each section at the conclusion of the regular season and a champion will be declared

OPTION 1 - Tiny Mite College Tie Breaker Tournament Bowl Rules

- 1) Before each game the refs will have the standard coin toss to determine who goes on offense first. It is an advantage to be on offense first.
- 2) Ball is placed on the 25 yard line and the team on offense attempts to score following all high school and Tiny Mite rules (including a 20 minute running clock which constitutes a game in this tournament and only 1 timeouts per team). Since a team starts only 25 yards from the goal line it is expected the offensive team will use all 4 downs to get a first down or touchdown unless they choose to go for a field goal (which is allowed).
- 3) Once the offensive team has completed their plays (either score a touchdown, fail to get a first down, fail to get into the end zone, or lose possession of the ball) the defensive team takes possession of the ball and goes on offense.
- 4) There are no kick offs, punts, extra points or defensive touchdowns during the 20 minute running clock. If the ball changes possession (interception or fumble recovered by the defense) the play is blown dead and the defensive team goes on offense.
- 5) Teams go back and forth on offense until the 20 minute running clock has expired. The team that has the most points wins the game and moves on to their next game, the loser is guaranteed at least two 20 minute games and a possible shot at third place.
- 6) If two teams are tied at the end of 20 minutes, the tie-breaker will be as follows with no break or timeouts: the team (Team A) that won the original coin toss will go on offense first and the BALL WILL BE PLACED AT THE SAME YARD LINE AS AN EXTRA POINT. Team A will go for an extra point (run one play or kick) followed by an offensive attempt by team B. Teams may kick for 2 points or run a play for 1 point. Each team will get one extra point attempt to break the tie.
- 7) If the tie is not broken after the first set of extra points, Team B will go on offense first and the process will continue until one team wins the game.

OPTION 2 – TM Playoff (will be used for 2017)

The TM Bowl is part of the Conference Tournament. Teams may choose to participate in one game only if they notify the Nor Cal President by Sunday night of week 6. The TM bowl uses normal MPR rules (4-6-8) rather than (6-8-10) and will be divided into two tournaments based on area. Three tournaments if more than 32 TM teams

3.0 - NORCAL RULES REGARDING LOP-SIDED SCORES (NORCAL goes by National rules which are as follows):

Once the score differential reaches 5 touchdowns (30 point minimum) the game clock becomes a running clock and can only be stopped for injuries and official time outs. It will be the losing teams preference as to whether they will receive a normal kickoff or choose to take the ball on their own 40 yard line. The winning team is prohibited from running any mis-direction, counters, reverses or trick plays of any kind. Skill position starters must be replaced whenever possible. 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 rule is in effect.

Nor Cal must investigate any reported losses of 36 points or more and will suspend any coach if it is determined that they intentionally ran up the score. Losing coaches or administrators who believe an opposing coach ran up the score must report the concern in writing to the Nor Cal president or Section leader by noon on the following Monday.

4.0 - NORCAL PROCEDURES REGARDING ALL-STARS IF THEY ARE HELD:

NOTE THERE WILL BE NO ALL-STAR GAMES IN 2017. Each association will receive 4 medals or patches (their choice if made by Sep 15) per team to distribute to their players.

NOTE: This procedure does not apply to the Conference Midget or 8th grade all-star team that competes at Nationals. That team is selected by the coaches named to the team by the Conference President or Board of Directors. Every team represented by a player must have a coach from that association on the coach's roster.

1) All-Star games will be played on the Cadet through 15U levels. Games **MUST BE HELD ON A SUNDAY** so teams can practice the Saturday before the games.

2) ALL-STAR SELECTION FORMULA

Each team will have 4 all-stars per team selected by their association and submitted on schedule to the conference. Additional players may be named all-stars (i.e. extra players of need for the game or extra all-stars for D1 and D2 champs etc...) if teams drop after the deadline and jerseys have already been ordered.

3) 22 different players must start. Players are not allowed to go both ways unless necessary due to injury and the total number of available players falls under 22. MPR rules must be followed.

4) No blitzing. Only defensive lineman can rush the ball carrier. No more than 6 players can line up on the line of scrimmage and be considered defensive lineman.

5) The head coach of the Home and Visiting all-star teams will be offered to the head coach in the Section (other than a team traveling to Florida) with the best records in their Division or area. If that coach declines then the coach with the next best record for the home or visitors side will be offered.

6) All head coaches must provide a list of their all-stars in order of selection (a form will be provided). Each head coach must fill out the form with a list of players including their phone numbers in order of selection, alternating between backs and lineman and submit the information at the required time before the end of the regular season.

7) The Head coach selects his assistant coaches from the volunteers but must include one representative from each participating team. The head coach is also responsible for determining the process for naming the starters for his all-star team and is responsible to set practice times and days (no more than 3 practice days including the Saturday before the game).

8) FOR SAFETY REASONS A PLAYER MAY NOT PLAY IN AN ALL—STAR GAME UNLESS HE HAS ATTENDED AT LEAST ONE PRACTICE UNLESS APPROVED BY THE HEAD COACH (i.e. player plays for an all-star coach all year and knows the system etc...).

9) 4th Qtr is a running clock unless point differential is 8 points or less

10) JERSEYS – All- Star jerseys are issued on a first come/first served basis the day of the game. Teams not participating due to the Nor Cal championships will receive their jerseys in advance.

5.0 Pre-game, post-game and GAME DAY PROCEDURES

PRE-GAME:

1) Game Notices are MANDATORY

The Hosting team is required to email the visiting team no later than Tuesday of the Game week.

Notice must include: Game rotation and times; drive directions; any special field use requirements/restrictions (example; no sunflower seeds allowed in the stadium), Certification area.

Tailgating if allowed or not. Large bags and coolers will only be allowed in with the team when they enter. Water only is allowed on the field unless approved in advance by the host association, who is allowed on the sidelines etc... Associations cannot charge for parking.

Head coaches must call or email the opposing head coach by the Wednesday before their game to confirm game time, day, location and jersey color. It is the head coaches responsibility if their team fails to show at the correct game time (set by Nor Cal scheduler) and his team has to forfeit the game.

3)) Home team chooses jersey color if both teams have two sets of jerseys. Disputes if both teams want to wear jerseys with color will be settled by the referee.

4) Pre-Game Weigh-ins - Teams should arrive and be ready to weigh-in 1 hour prior to game time. Home team weighs in first unless they are not ready one hour before weigh-ins. In that case the visitor weighs in first. No player will be weighed –in after the scheduled start time of their game.

The pregame weigh-in area is to be completely quiet at all times with no loud voices by coaches except to get kids lined up and no team cheers if the other team is in or coming into the locker/weigh-in area. Since all players are in the locker room during pregame weigh-ins and coaches are there to set the example on sportsmanship and behavior in general, any disruption (yelling or accusations about the scale being off etc...) or delay in finishing weigh-ins by a coach will result in a forfeit for that team even if the game is played, as well as suspensions for the coach(s) involved in causing the disruption. Disruptions in the locker room are to be reported to the president of Nor Cal while in progress.

GAME JERSEYS MUST BE WORN FOR WEIGH-INS – A player cannot wear a T-Shirt instead of a jersey when he weighs-in for a game. The player can add a T-Shirt or sweatshirt (depending on the weather) under his jersey (or shoulder pads) after weigh-ins. Players MUST TUCK IN THEIR JERSEY BEFORE WIEGH-IN. The reason is some kids are not tucking in their jersey and are hiding the fact they are not wearing hip pads etc...

CERTIFICATION WEIGH-INS – Players get ONE shot at making weight. If they do not make weight the first time on the scale the child must move up. He does NOT get to go to the bathroom or try on another scale. Please make sure your weigh masters have a copy of the AYF weight chart and make sure each player HAS ALL PADS AND GEAR ON WHEN WEIGHING IN including cleats (Not including shoulder pads or helmet). Any coach or parent who creates a disturbance at a weigh-in because one of its players did not make weight is subject to discipline from Nor Cal including suspension for the coach and possible forfeit of the game in question (after it is played) depending on the severity of the poor sportsmanship.

IMPORTANT NOTE: Nor Cal will use the MAXIMUM DRESSED WEIGHT method. Player steps on scale wearing football cleats, socks, football pants with full pads, game jersey as the minimum clothing and can not be exchanged once the weigh-in has been conducted.

A) Head Coaches are responsible to conduct weigh-ins. ..

B) Teams may use weigh-masters or an assistant if they choose but the head coach is still responsible

C) A player is considered overweight if the scale hits the next pound (i.e. if the weight limit is 100 in socks, shirt and shorts and the scale says 101 pounds the child is overweight. He is not overweight if the scale says 100.1)

(D) PLAYERS GET ONE SHOT ONLY AT THE SCALE PER DAY (they are already getting 0.9 pounds just in case a scale is off. If the player does not make it they are ineligible to play. They are NOT allowed to go to the restroom or get a second shot at the scale. NOTE: It is the coaches responsibility to make sure his players will make weight before they get on the scale. It is not healthy for a kid to try to go to the restroom when he does not have to go naturally!

(E) **Weigh In Area:** 2 coaches from each team are permitted in the weigh-in area. Weigh Masters or Head Coach/Assist Head Coach and one assistant coach is permitted in the Weigh In area.

F) Scale requirement: All teams must have a digital scale certified in 2012. If you do not have one for your game please contact the visiting association and see if you can use their scale or the Visiting team can bring their scale which is to be used in place of a scale not certified in 2015 .. Example: Sam's Club Detetco model#929478

5) Participants are not allowed any weight loss activity such as running or sweating down, using extra clothing etc...on any part of the game field location on game day or wearing plastics at ANY time to lose weight.

6) MPR should be exchanged between teams with copies given to the announcer. If a jersey number needs to be changed due to unforeseen circumstances the change will be hand written on the MPR with an explanation on the back.

7) Coaches are NOT allowed to make deals to let overweight kids play. If a child does not make weight he does not play. Do not jeopardize the SAFETY of another player or put yourself into the middle of a LAWSUIT by letting overweight kids play. Any coach involved in a deal and the head coach will be suspended for one year and could be banned from coaching in AYF NorCal.

8) LATE BOOKS OR MPR – The player book and the MPR sheet MUST be at weigh-ins. If a team doesn't have their book or MPR for Weigh-ins, the other team should weigh in first and go out for warm-ups. It doesn't matter if current games are on or behind schedule. The team without their MPR or Player Book will have until 15 minutes before the scheduled start of the game (kids need time to weigh-in and warm up) to get the required book or MPR paper for weigh-ins or the game is forfeited and the kids will scrimmage (Due to the emergency medical release the scrimmage will be limited to only those individuals whose player card is there or parent is present if no player card).

REPORT to the ENDZONE 15 minutes BEFORE the scheduled START of your game.

GAME TIME PROCEDURES: Associations can charge up to \$5 per person 16 and over. Each association can set it's own fees for Seniors and kids under 16 years old not in uniform. All children in uniform are free. Teams cannot charge more than \$5 for any Jamboree or Regular season game. **COACHES MUST HAVE THEIR BADGE BY GAME 1 OR THEY MUST PAY AT THE GATE. Rosters will only be used for entry to the Jamboree if a coach has no badge.**

Players must weigh-in or check-in prior to the start of the game. Once the game starts players can not be weighed-in or check-in and the late player cannot play in that game.

11 OR 12 PLAYERS - If a team has 11 or 12 players and must forfeit, **A CONTROLLED SCRIMMAGE MUST BE PLAYED**. Kids up to 10 pounds overweight can participate in the scrimmage. Any player MORE THAN 10 pounds overweight cannot participate in the scrimmage and should not be allowed to practice. Once a team goes under 11 players the scrimmage is stopped. If a scrimmage is not played the team refusing to play will be fined \$250.

BADGES AND REFEREES - All personnel on the sideline must have a badge for that level of play for the current game. Chain gang, MPR Monitors, Water Boys and a ball boy are the only ones on the sidelines who do not need a badge. A badge must have a picture on it to be good for free entry or to be on the sidelines. It is the responsibility of the individual to get a picture on the badge and get it laminated once it is received.

NOTE: ELEGIBILITY - Note: Any player can only be checked on by a Nor Cal commissioner or executive board member at any time.

COACHING APPEARANCE - Football coaches cannot wear plain white T-shirts on the sideline and should be dressed alike. Cheer coaches cannot wear flip flops or tank tops to a Nor Cal event.

1) See MPR National Rules Page 15. Key points include: 4 plays for 31 – 36 players. 6 plays for 26 – 30 players. 8 plays for up to 25 players. MPR must be completed by the end of the third quarter or players must immediately enter the game at the start of the fourth quarter. Two adults must be supplied to monitor the opposing teams MPR. Failure to complete the MPR by the winning team results in forfeiture of the game plus suspension of the coach on the second offense.

MPR 4th quarter rule: The penalty for not putting kids in at start of the 4th qtr/TM with 10 minutes to go and keeping the kids in until they complete their MPR is as follows: FIRST OCCASION - Head Coach suspended one week. SECOND OFFENSE – coach is suspended for the remainder of the season.

2) Both coaches MUST notify their Section Leader and President of NorCal in writing within 24 hours to avoid additional suspensions. Appeals may be considered if clear game film is provided to the NorCal Football Director or NorCal Vice-President within 48 hours of the end of the game.

3) MPR - Please make sure you provide clean MPR Sheets and limit the hand-written changes to those changes that need to be made at game time. If you need your MPR stamped then please make arrangements to do so.

4) Also on the MPR Sheet the "Code" must be written in as part of the weigh-in process (see codes at the bottom of the MPR sheet and the "Code" column is the last column on the right of the form).

5) Follow all National and High school rules and AYF code of conduct for good sportsmanship.

6) Game Day Sidelines: A) Board Members can be on the sidelines but are subject to limitations based on the written rules of the host association and can be removed if their presence causes any kind of disruption to the game) B) Chain gang must be 18 years old or older. The VISITING TEAM will be responsible to provide the Chain Gang.

C) SIDELINE PERSONNEL: Other than the ball boy, water boy and coach trainee everyone on the sidelines should be at least 21 years old. Please keep your sideline clear of former players, brothers of players and any non-rostered personnel under the age of 21. Presidents and AD's can make exceptions if appropriate but make sure the kids are not yelling on the sidelines and unintentionally intimidating the kids on the field.

7) Teams must have 16 players to form a team and 13 players to play a game. D1 and D2 playoff teams must have 16 on their roster at the start of playoffs which will be able and willing to travel to Nationals.

POST-GAME - Keep your completed MPRs in your Certification Book so they can be reviewed upon request. Failure to do so may result in a one week suspension of the head coach.

A Game Day Evaluation form must be sent to the opposing president by Tuesday after your games even if all you say is "everything was fine".

6.0 - STAYING ON SCHEDULE: In order to stay on schedule the following guidelines are in effect. THIS INCLUDES THE FIRST GAME OF THE DAY IF TEAMS START LATE:

If the game is starting 30 minutes late - the 4th quarter is a running clock.

If the game is starting 45 minutes late - the second half is a running clock

If the game is starting 75 minutes (1 hour 15 minutes) or more late - **The entire game is a running clock**

It is up to the president and REFEREE to enforce these rules AND ADVISE TEAMS BEFORE THE GAME STARTS WHAT PART OF IT WILL BE A RUNNING CLOCK.

These guidelines do NOT have to be used UNLESS you have a 6 to 7 games scheduled at a field OR a game is scheduled to start at 6 pm or later in which case this rule MUST be ENFORCED. We cannot have games starting at 8 or 9 pm and ending at 1030 or 11 pm. ANY ASSOCIATION NOT ENFORCING THESE RULES WILL BE SUBJECT TO A \$200 FINE PER GAME.

6.1 – TEN 10 minutes after sunset rule – If no lights, game is called by referees 10 minutes after sunset (Sunset is listed on schedule each week). NO EXCEPTIONS

6.2 - PROCEDURES FOR THE JAMBOREE

Jamboree – A) Host association will have either 1 association (pre-season game), 2 associations (Full Field rotation) or 3 (half-field rotation) visiting families of teams. Full field - 3 team round robin. 15 or 12 minute running clock with 1 time out per session (includes TM who will only rotate once while Cadet - Midget rotate twice).

B) HOST Locations rotate by priority including: 1) Returning Associations that did not host the prior year. (2) New associations, (3) Returning associations that hosted the previous year

C) Host pays \$75 per game for a 3 team round robin game, \$50 per game when there are only 2 teams playing in the Jamboree or \$100 for a 4 team Jamboree.

SAMPLE JAMBOREE SCHEDULE (TM's PLAY ONE SESSION, CADET – 15U CAN PLAY TWO SESSIONS): Estimated start times for sample game listed below . Includes a 15 minute running clock for the first session and a 12 minute running clock for the second session (unless the second session starts on-time: at or before the top of the hour). 1 time out per team per session. Team listed first is on offense first starting out at their own 40 yard line (no kickoffs, punts are permitted).

FIRST SESSION (TM gets one session only. Other levels get two sessions): 15 minute running clock

900 - 920 A vs B

920 - 940 C vs A

940 - 1000 B vs C

SECOND SESSION: 12 minute running clock for the second session (unless the second session starts on-time: at or before the top of the hour).

1000 - 1020 B vs A

1020 - 1040 A vs C

1040 - 1100 C vs B

7.0 - PLAYER AND COACH CERTIFICATION AND BADGE PROCEDURES

PLAYER CERTIFICATION:

A) There will be a separate book certification at a location to be decided on the weekend before weight certification.

B) ORIGINAL BIRTH CERTIFICATES OR CERTIFIED COPIES WITH A RAISED SEAL ARE REQUIRED FOR CERTIFICATION. NORCAL player cards may be used for certification since all players brought Original Birth Certificates or original government documents to certification last year.

C) Weight certification staff will hold certification weigh-ins at the association's field or at the Jamboree/game day as decided by the Nor Cal board.. ONLY THOSE PLAYERS WHO HAVE BEEN BOOK CERTIFIED GET TO WEIGH-IN. Players whose paperwork has not been certified must go to late weight certification.

D) PLAYER CARD - If a player card comes into a game without a picture CERTIFIED TO THE CARD (fell off etc...) that player is not able to play and must recertify.

E) If a player has equipment from one Nor Cal association he/she cannot join another Nor Cal association until the equipment is returned. (Documentation of equipment issued and a receipt for returning equipment will be necessary for the Conference to take action).

(F) Certification weigh-ins must be in full uniform with a 5-6 pound allowance including cleats or game shoes or tennis shoes but not including helmet or shoulder pads, since we conduct certification weigh-ins on the practice field.

(G) A player is considered overweight if the scale hits the next pound (i.e. if the weight limit is 100 in full uniform and the scale says 101 pounds the child is overweight. He is not overweight if the scale says 100.1) but only gets once chance on the scale at any given weigh-in.

(H) Cheer player certification must be completed before football weigh-in certification if they are done on the same day.

(I) Adding players after the national deadline and AVIODING FORFEITS: National rules do not allow the addition of players after September 15. In addition teams going to nationals must have a minimum of 16 players. So if a team falls to 14 players or below after Sep 15 and meets the criteria in the following paragraph entitled "PLAYOFFS" the team would not be allowed to go to nationals or participate in D1N or be allowed to participate in D2 national playoffs but that TEAM will be allowed to add back up to 16 after Sep 15 on a case-by-case basis with the approval of the Nor Cal President. According to National Rules any team that adds players after Sep 15 will NOT be eligible for national playoffs.

ALSO ON PLAYOFFS: ADDING PLAYERS AFTER CERTIFICATION: Medical notes from Doctors that a child cannot play football and/or drop forms must be provided on each dropped player in order to be allowed to add players. No players shall be added after Week 7. If the team falls below or to 14 players, needs additional players and cannot produce the drop forms; the players added after Sep 15 will not be allowed to participate in playoffs. Drop forms must be sent to the president of Nor Cal in order to get approval prior to adding players.

COACH CERTIFICATION

Head Coach of each team or a pre-approved representative must attend the Coaches Certification clinic held in July BEFORE THE TEAM CAN START PRACTICE

Staff Certification/Badge Procedures

NorCal will only certify 12 Board Members for an association and 10 adults per football team (recommended but not mandatory: 7 coaches, 1 Youth Coach, 1 Weigh Master and 1 Team Mom). Cheer staff will be allowed 1 Head Coach, 2 Assistants, 2 Instructors and 1 Team Mom.

JAMBOREE – NO BADGE

NOTE: It is ultimately up to the host to decide how he/she wants to handle it when an opposing team visiting their facility does not have badges. The following are guidelines:

President must [provide an approved stamped roster to leave at the gate for staff without badges

Staff without badges must provide a valid government issued identification to be allowed in without paying General ADMISSION.

Staff that arrives to the gate not listed on approved roster or no badge will pay General Admission

8.0 - Association Sponsored OFF SEASON CAMPS:

Camps - Associations may hold a camp a maximum of 5 days in the off-season. To be a legal camp the entire Conference must be notified in advance in case any of their kids and coaches would like to attend.

9.0 Players changing associations and recruiting

Players are not allowed to move from one NorCal association to another without a change of address (unless outside the prior associations boundaries) or the approval of both association PRESIDENTS. Once certified the player will need the approval of both presidents, and the NorCal Conference President to change teams. Recruiting of players from another AYF Organization is not permitted by local or National rules. Any adult found guilty of doing so will be suspended for up to one year.

Vets of other AYF teams are not allowed to switch to another AYF association without the written permission of both associations.

Nor Cal does not have NOR PERMIT any disputes with regard to boundaries. Each association gets ONE high school boundaries as their territory. EVERYTHING ELSE IS OPEN. Please supply the name of the local HS you play and/or practice at. That local high school boundary is your territory.

10) NOR Cal follows high school rules which include the following

BANDANNAS:

Players cannot wear Bandannas under the helmet which are exposed. Also bandanna knotted and hanging on the backside near the neck to spine region are not permitted. Skull caps one piece are OK as long as they are not exposed. Exposed Bandannas are covered under Rule 1, article 5 section 3 of the NFHS rules.

MOUTHPIECES:

We are seeing mouthpieces that are clear or all white. By rule mouthpieces are to be any colors other than white or clear. Coaches don't seem to understand this rule. By the way aren't Youth mouthpieces supposed to be attached to the face mask too. Some players have been observed with unattached mouth pieces. Please remind clubs that mouth pieces can be any color other than white and/or clear plus attached to the face mask.

(11) SPORTSMANSHIP – Before being allowed to participate in the Jamboree each team must have every coach sign a CODE OF CONDUCT form. All coaches are to sign the same form and place it in their book

SPORTSMANSHIP –Please communicate to your coaches and fans we are not going to tolerate ANY poor sportsmanship by anyone including FANS or coaches. The head coach will be held responsible. We react immediately to these kinds of reports and take harsh actions against the Head Coach as well as the team if necessary to make sure everyone understands we take this subject very seriously. The only yelling by fans should be in support of their team. Please make sure EVERYONE in your program understands the KIDS are the ones that are going to be hurt if the adults do not act in a proper manner at all times.

Associations who are not demonstrating sportsmanship throughout the year will be notified in December by the Nor Cal president that they will not be included in Nor Cal's plans for the following season. They can reapply with approval of the Nor Cal President and must be voted back into the Nor

Cal Conference (or NCSC) for the following year by a 2/3 majority.

KEEP PLAYERS OFF OF THE FIELD IF THERE IS AN INCIDENT– If there is an incident on the field or opposite sideline where players are fighting or a late hit etc... DO NOT LET YOUR PLAYERS LEAVE THE BENCH AREA TO GO ON TO THE FIELD. If the coaches need to go on to the field the proper thing to do

with the kids is have an assistant coach or two gather them together to keep the kids safe and away from the incident. Just like in the NBA the players cannot leave the bench area during an incident. If players go on to the field during an incident like this, the head coach will be held responsible.

SIDELINE CONTROL – Most head coaches have their sidelines under control with only badged personnel for that game on the sidelines. However a few head coaches need help getting their personnel to follow the rules so we have asked the referees to follow the process below if it becomes an issue:

- The Head Official will remind the HC clear/control sidelines
- Next Warning to the HC to clear/control sideline
- Next Offense 15 yard penalty
- Final Offense forfeit of game

PERSONNEL ON THE SIDELINE – PRESIDENT'S are responsible to ensure only badged personnel for that particular game. If you have to go to the referees and have them stop the game until the sideline is cleared. Failure to control your sideline is considered a MAJOR sportsmanship violation.

Coaches are not to yell or talk to opposing players (except in friendly terms of course). In addition any coach yelling for his players to hurt the other player in any way will be suspended.

UNSPORTSMANLIKE TALK BY COACHES AND PLAYERS – We have coaches on the sideline yelling “kill them” and “break their legs” etc... I know they don't mean it but I am not sure every single kid realizes that. Coaches need to keep their comments positive. Please speak to your coaches about the WORDS they are yelling out across the field during games. We have advised the refs and ask them to flag any unsportsmanlike comments by the coaches. **CHANTS DIRECTED AT THE OPPOSING TEAM** (This is our house etc...) **ARE NOT ALLOWED.** **TEAMS WARMING UP IN THE ENDZONE WITH A GAME IN PROGRESS**

MUST EXERCISE QUIETLY AND NOT DETER ATTENTION FROM THE GAME. For example teams are not to stomp on another teams logo in the middle of the field.

IMPORTANT NOTE: If there are any issues created by personnel yelling, swearing or complaining because they were not allowed on the sideline without a badge that person will be suspended for upcoming games and the head coach will also be held responsible.

12.0 - FORFEITS – Teams which forfeit must notify their opponent and the Nor Cal president immediately. If a team forfeits on the Thursday before the game or later up to 24 hrs before the game, they owe \$200 to their opponent whether they are the host or not. Any team that forfeits and gives less than 24 hours notice is responsible to pay a total of \$500 to the host to cover loss of expenses (refs, paramedic, janitors etc...). Any Super Conference association that does not have a full family, drops a team or forfeits games during the regular season is subject to being dropped from the Super Conference during the year and the associations remaining teams may receive byes instead of games on any given week. Teams have 72 hours to send in a claim for \$ on a forfeit. MUST send an email to league and opponent that forfeited with your claim.

If a team shows up with 11 or 12 players a scrimmage must be played and there is no fine.

A HOME team will be given “no game” if they lose a field through no fault of their own AND THE GAME(s) CANNOT BE PLAYED. It will be a forfeit if the visitor offers to play at a different field and the home team refuses to play. If a regular season game is cancelled due to loss of field not the fault of the home team, then the Visitor gets a bye. The Home team gets No Game. Since there are different circumstances in each loss of field or games not being played due to safety reasons, the final decision on no game, bye or forfeit will be made by the President of Nor Cal

13.0 - CONFERENCE AUTHORITY TO ENSURE EVEN NUMBER/COMPATABLE FAMILIES

If an association is going to drop a team, it is the Nor Cal Conference that will decide which team is being dropped. This rule is being put into effect to ensure we have an even number of teams on each level so there are no byes. In addition if an association has 3 teams or less, Nor Cal has the right to combine it with another association with 3 teams or less to try to make a full family.

14.0 CHEER TRAVEL - Cheer teams must travel, regardless of distance, with their Football teams if the opposing team has cheerleaders. If a team with cheerleaders is traveling to a team without cheerleaders, the cheerleaders do not have to travel to those games (Example association A is traveling to association B. Association B has cheerleaders on the JP and PW levels so Association A’s JP and PW cheer squads must travel to those games. Cheer squads on the TM, Cadet, JM and M levels would not have to travel but may do so if they wish). If a cheer team does not show up the fine will be \$5 per cheerleader on the official team roster up to a maximum of \$100 which goes to the host association. The only exceptions are a change of schedule (listed on the Results as an upcoming change), or a Nor Cal cheer championship event. NOR Cal football games and events take priority over outside cheer events (such as Jamz).

14.1 CHEER COMPETITION - All teams that certify cheerleaders are required to participate at the NorCal Conference Cheer Competition

- Teams that do not participate will receive a fine to be paid before the start of playoffs
- Cheer registration must be paid by the last day of certification per the number of cheer teams certified

15.0 NORCAL SUPER CONFERENCE (INCLUDES ALL NOR CAL TEAMS)

OVERVIEW:

Nor Cal is a Super Conference of competitive associations with full families who meet sportsmanship standards with the purpose of increasing the level of competition and eliminating byes, forfeits and schedule changes. All Nor Cal associations are a part of the Nor Cal Super Conference.

QUALIFICATIONS: To qualify for the Super Conference each association must:

- (1) Be a highly competitive association able to compete against Division 1 caliber teams every week.
- (2) The association must have full family of 5 teams TM to JM the prior year and expect to have a full family of teams willing to travel for the upcoming season.
- (3) An association must have a winning percentage of 51% or better from the Cadet through Midget levels
- (4) Association must exhibit excellent sportsmanship during the prior season at all times
- (5) Association must meet all deadlines for paying fees and turning in paperwork

SPORTSMANSHIP:

Sportsmanship is the center piece of the Super Conference. Super Conference Associations **MUST** demonstrate good sportsmanship at ALL TIMES. This is youth sports so there are always going to be problems and disagreements. All members and their coaches are expected to work through problems and find solutions in a level-headed manner without attempting to intimidate or bully (yelling, shouting and/or threatening) other volunteers. In addition off-the-field, the super Conference associations need to be and act as good teammates and business partners (not enemies or rivals) with the other associations in the Super Conference. Any team or association can be suspended or not invited back for demonstrations of poor sportsmanship anytime during the season. All coaches, players and a parent of each player must read and sign the Nor Cal Code of Conduct in order to be certified. PAGE 17

FINANCES and DEADLINES: Super Conference members **MUST** set the example and meet ALL deadlines on paperwork and pay all fees, including hosting fees, on schedule in order to maintain membership.

BENEFITS:

- 1) Full families (TM – JM at least) get to travel and stay together each week.
- 2) Financial benefits of playing your 4 home games against associations with large followings and strong parent support.
- 3) Less (if any) byes, forfeits and games against D2 teams
- 4) More competitive games throughout the season
- 5) Fewer schedule changes (if any)

CODE OF CONDUCT COMMITTEE –

The Code of Conduct Committee will meet as scheduled by the Nor Cal President to review complaints, issues and administer disciplinary action against individuals or teams as required. Committee and Chairman will be appointed by the Nor Cal President based on which teams are involved in the complaint. Only the Nor Cal president will administer disciplinary action against an association.

Recommendations for violations are as follows:

- 1) Violation of the Code of Conduct, Nor Cal procedures or AYF procedures including chants after, during or before the game directed at an opposing team for any reason – one week suspension of the individual(s) involved.
- 2) Team fighting but the head coach took the team to the side for safety and kept their fans in the stands – one week suspension of those individuals in the fight
- 3) Team fight where players and/or fans go on to the field – suspension of the team and head coach for one week
- 4) Taking a team off of the field before the game is over – one week suspension of the head coach

Since each circumstance is different the Committee has the right to place an individual or team on probation or extend the action to suspension for the remainder of the year.

All fines including money owed to other associations must be paid in full to proceed to playoffs or the teams from that association are not allowed to participate in playoffs.

KEY NEW RULES FOR 2017 (Does not include all changes as many changes are corrections or alterations due to changes in membership (for example there is no more Alliance etc...)). Also not include below are the yearly changes in playoffs due to changes in the number of associations in Nor Cal from year-to-year and changes in Divisions (MM and 14U added in 2017 which affected 15U etc...).

NOTE THERE WILL BE NO ALL-STAR GAMES IN 2017. Each association will receive 4 medals or patches (their choice if made by Sep 15) per team to distribute to their players.

6.0 - STAYING ON SCHEDULE: In order to stay on schedule the following guidelines are in effect. **THIS INCLUDES THE FIRST GAME OF THE DAY IF TEAMS START LATE:**

If the game is starting 30 minutes late - the 4th quarter is a running clock.

If the game is starting 45 minutes late - the second half is a running clock

If the game is starting 75 minutes (1 hour 15 minutes) or more late - **The entire game is a running clock**

It is up to the president and REFEREE to enforce these rules AND ADVISE TEAMS BEFORE THE GAME STARTS WHAT PART OF IT WILL BE A RUNNING CLOCK.

These guidelines do NOT have to be used UNLESS you have a 6 to 7 games scheduled at a field OR a game is scheduled to start at 6 pm or later in which case this rule MUST be ENFORCED. We cannot have games starting at 8 or 9 pm and ending at 1030 or 11 pm. ANY ASSOCIATION NOT ENFORCING THESE RULES WILL BE SUBJECT TO A \$200 FINE PER GAME.

6.1 - 10 minutes after sunset rule – If no lights, game is called by referees 10 minutes after sunset (Sunset is listed on schedule each week). NO EXCEPTIONS

D) PLAYER CARD - If a player card comes into a game without a picture CERTIFIED TO THE CARD (fell off etc...) that player is not able to play and must recertify.

FORFEITS - Teams have 72 hours to send in a claim for \$ on a forfeit. MUST send an email to league and opponent that forfeited with your claim.