

# Chief Morris Antelope Football League Rules and Bylaws Manual

*Revised during 2018 Season*

*\*Pages 20 & 21 contain very important information that must be reviewed.*

*Highlighted sections should be reviewed as well.*



**'ats'qhu'imkhw  
(Morris Antelope)**



# Chief Morris Antelope Football League

## By-Laws and Rules

### Article I

#### Name

**Section 1:** The name of this organization shall be

**Chief Morris Antelope Football League (CMAFL).**

**Section 2:** The League was organized by the Coeur d'Alene Tribe Youth Sports Program July 10, 2004.

### Article II

#### Purpose

**Section 1:** The purpose of this League shall be to govern, coordinate, and enforce the CMAFL by-laws for all organizational events among the participating organizations.

### Article III

#### Membership

**Section 1:** Membership in this League shall consist of the following organizations:

#### ***Current Members as of the 2018 Season***

Coeur d'Alene Tribe –Tribal Warriors (Previously Lakeside Jr. Knights)

Garfield-Palouse, WA – Gar-Pal Vikings (GPAC)

Kendrick-Deary-Troy, ID – JK Thunder & TD Lightning

Potlatch, ID – Potlatch Loggers

Spangle-Waverly, WA – Liberty Knights

St. Maries, ID – St. Maries Lumberjacks

Pullman, WA - Pullman Jr Greyhounds

Pomeroy, WA – Pomeroy Pirates



**Previous Members (Independents included):**

*LaCrosse – Washtucna - Kahlotus, WA – LWK Tiger Cats*

*Rockford, WA – Washington Bandits*

*Tekoa-Oakesdale-Rosalia, WA – TOR Football*

*Lapwai, ID – Lapwai Wildcats*

*Fairfield, WA – Fairfield Bandits*

*Spangle, WA – Spangle Bobcats*

*Rosalia, WA – Rosalia Spartans*

***These teams are subject to changes and additions.***

**Section 2:** The annual dues of all members shall be determined annually by the Coeur d’Alene Tribe Youth Sports Supervisor, and the Marimn Health Wellness Center Fitness Manager and Director.

The 2019 annual dues for each player will be \$75.00. Hardship Scholarships are available in each community and must be applied for via letter by the parents of the player seeking the scholarship. Each community will receive (# TBD) Hardship Scholarships from the League for the 2019 Season. Exceptions may be made at the Discretion of the League Coordinator. The League has a large number of white Schutt Helmets (Uncertified – need to be recertified – that are available for purchase) & Shoulder pads. Teams are responsible for maintaining their equipment and maintaining their equipment’s certification.

**Section 3:** No new member shall be admitted into the CMAFL whose proposed recruiting territory includes or overlaps any portion of the recruiting territory of an existing CMAFL member. An existing CMAFL member may reassign a portion of their recruiting territory to a prospective CMAFL member by submitting their approval of the recruiting territory realignment in writing to the CMAFL membership for approval.

All recruiting territory disputes/clarification issues between existing CMAFL members will be resolved by the League Coordinator, Youth Sports Supervisor, Fitness Manager, or Director and the two CMAFL territories involved.

**Section 4:** To be a member of Chief Morris Antelope Football League, the organization asking to be admitted must detail in writing the structure of their organization, the officers of their organization with telephone numbers, the area they wish protection of players drawn on a map, and how many teams they wish to enter in the Conference. An organization wishing admittance must have a



minimum of one team in one Division. The Coordinator will inspect the playing field for approval.

**Section 5:** To be a member of Chief Morris Antelope Football League the organization asking to be admitted must have two-thirds vote of approval by the member organizations.

**Section 6:** An organization, after having been newly admitted in CMAFL, will be required to sign a CMAFL member contract and will be automatically on two (2) year probation. Probation begins the date of CMAFL contract.

**Section 7:** Expulsion of a member organization during the probation period will require only a majority vote of the remaining member organizations. The expulsion of an organization not on probation will require a two-thirds vote of the remaining members.

**Section 8:** CMAFL member organizations shall not have tackle football teams or players participate in any other conference or league. Please get permissions from the Coordinator. This rule is for competitor's safety and is a state law that youth 18 and under can only play 4 quarters of football per week. Anywhere above this number and the participant can lose eligibility for the season or for later years.

## Article IV

### Officers

**Section 1:** The Officers of the Chief Morris Antelope Football League shall be comprised of the League Coordinator, Youth Sports Supervisor, Assistant Youth Sports Coordinator, Fitness Manager, and Director of the Marimn Health Wellness Center and a representative from each community chosen by that community.

**Section 2:** Sports Coordinator (Or Sports Supervisor): The Sports Coordinator shall preside at all meetings, appoint committees, and administer and enforce all rules and activities of Chief Morris Antelope Football League. The Sports Coordinator will be empowered with all rights to make immediate rulings on questions of rule violations or questions raised from incidents not covered by CMAFL rules and regulations. His ruling will stand until which time the Officers can meet, during which the Officers can then overturn the Sports Coordinator or reinforce the Sports Coordinators decision by a majority vote of the Officers.

**Section 3:** Assistant Sports Coordinator (Or WCS –YS): The Assistant Sports Coordinator shall preside and aide in assisting the Sports Coordinator. Any questions or concerns by the Sports Coordinator can be brought to the Assistant Sports Coordinator for further discussion to make a sound decision. The Assistant



Sports Coordinator does have the authority to make a decision for the Sports Coordinator if so desired or needed.

**Section 4:** Fitness Manager: The Fitness Manager shall preside and aide in assisting the Sports Coordinator. Any questions or concerns by the Sports Coordinator can be brought to the Fitness Manager for further discussion to make a sound decision. Fitness Manager does have the authority to make a decision for the Sports Coordinator if so desired or needed.

**Section 5:** Marimn Health Wellness Center Director: The Director of the Marimn Health Wellness Center will assist the Sports Coordinator and the Fitness Manager. Any questions or concerns by the Sports Coordinator or Fitness Manager can be brought to the attention of the Director for further discussion to make a sound decision. The Director has the authority to make a decision for the Sports Coordinator if so desired or needed.

**Section 6:** Community Representative: Is an elected representative from their community and will be empowered to enforce the rules of the CMAFL. Rulings may be passed down from the Sports Coordinator to the Representative who will contact the appropriate parties on the ruling. He/She will monitor, represent, and coordinate the tackle activities for their respective communities. He/She will assign 2-4 persons as assistants to aide in these duties.

**Section 7:** Cheer Coordinator: Will be empowered to enforce all rules of the CMAFL. He/She will monitor, represent, and coordinate the cheerleading activities. Each community will have a cheerleading representative if they so choose to have a cheerleading squad. That representative will cooperate and assist the Sports Coordinator in coordinating all cheerleading activities.

## Article V

### Meetings

**Section 1:** Meetings shall be held at the request of the Sports Coordinator or at the request of any Officer or Representative within fourteen day of such request. These meetings shall be limited to the individual member organization's representative, coaches and Officers; however, each community will be limited to one active participant during any meeting. The Sports Coordinator can grant exceptions. Persons other than those listed above wishing to attend a League meeting and/or address the Officers and Representatives must first have approval of an Officer.

**Section 2:** Each community must be notified at least 72 hours in advance of any meeting and be given the purpose of the meeting. No League business can be conducted unless this condition is satisfied.



**Section 3:** If a vote is needed to make a decision, each community shall have one vote.

**Section 4:** Members present and attending a League meeting that has been publicized to the CMAFL membership will constitute a quorum.

**Section 5:** Proxy votes will not be accepted at meetings. Members must be present to vote on League matters. During certain circumstances such as in-season rule changes, officers will be allowed to vote via their registered email with the league or their registered phone number.

## Article VI

### Coaches and Certifications

**Section 1:** Each head coach and all member of each coaching staff will be CMAFL certified in football and will show proof when requested by a League Officer. The Representative of each community will turn in to the CMAFL office a list of all coaches involved in their program along with their CMAFL certificate prior to the first regular season game. This will allow a current up-to-date list of all certified coaches to be maintained and on file in CMAFL office should any problems or questions arise.

**Section 2:** Exception to CMAFL certification would be:

A. Another form of certification approved by the Sports Coordinator.

B. School Certified Coaches

**Section 3:** The number of non-player personnel on each football team's sideline shall not exceed a total of eight (8). This eight (8) shall include all coaches, managers, play counters, or water aids. Any coaching of players must be by a certified coach.

**Section 4:** There will be a mandatory coaches meeting before each season, one coach from each team must attend the mandatory coaches meeting. Failure to comply will result in a \$50.00 team fine. All games will be forfeited until such fine is paid to CMAFL office. Persons caught in an attempt to falsify attendance for another coach will be suspended for the season. All coaches must wear their lanyard to the meeting for identification purposes.

**Section 5:** All members must furnish a copy of CMAFL By-laws to all tackle head coaches, cheerleading head coaches, and club officials of their community each season. Failure to comply will incur a \$50.00 member fine on each occurrence.



## Article VII

### Equipment

**Section 1:** Size of footballs (composite or leather; no rubber):

Division I (3rd & 4th grade)-equivalent of Wilson K-2(Pee-wee size or larger)

Division II (5th & 6th grade)-equivalent of Wilson TDJ (Junior size or larger)

**Section 2:** Idaho High School rules regarding player jersey numbers will not be enforced except that no two-team members with the same jersey number can participate in the game at the same time. No players shall exchange numbered jerseys after weight in. Violations will result in the involved players being declared illegal participants and result in a forfeit by the offending team. Coaches involved in an intentional act of deception will face suspension.

An exception to this rule can be made in the event of damage to a numbered jersey that renders the jersey unsafe for play provided that the game officials and opposing head coach are notified prior to the numbered jersey change.

**Section 3:** If opposing teams have similarly colored uniforms to the extent that game officials determine that team identification is an issue then the home team will wear target/practice jerseys provided by the hosting community. If a team can produce a different color set of jerseys a jersey number change must be submitted to the opposing coach.

**Section 4:** Football cleats must be rubber. Football cleats with steel, aluminum, or nylon with metal caps are prohibited.

**Section 5:** All clear mouthpieces must be attached to the face mask with a colored connector. All non-attached mouthpieces must be colored. All visors worn must be clear.

**Section 6:** Playing fields must be maintained in a safe condition. CMAFL has the right to inspect playing fields and require that they be maintained to a safe condition. Failure to comply will result in moving the games to another location until such time the field is in compliance.

**Section 7:** All Helmets must be recertified bi-annually and be properly fitted to each player. Equipment must be checked regularly for loose parts or dangerous alterations.



## Article VIII

### Rule Violations

**Section 1:** Violations of League rules will be acted on and penalties assessed by the Sports Coordinator and reviewed by the Officers, which at that time can, by majority vote, overrule or reinforce the Sports Coordinator and his actions.

The penalty or penalties assessed against an organization, coach, parent or player can be one or more of the following:

- Fine
- Forfeiture of game or games
- Suspension of coaches or individuals within a community
- Probation
- Any action deemed appropriate by majority vote of the League

**Section 2:** Assaults, verbal abuse, profanity or display of *poor sportsmanship* by a coach, parent, participant, club official or guest at a CMAFL function will not be tolerated. Alcoholic beverages or the consumption of alcoholic beverages will not be allowed by anyone at a CMAFL function. Penalties will be dealt accordingly. Each Coach, Player and Parent will have to sign the CMAFL Code of Conduct and Behavior Agreement in order for them to participate in CMAFL Functions.

**Section 3:** Any coach or player ejected from a CMAFL game or scrimmage will be automatically suspended for the next CMAFL scheduled game. Suspended coaches and players will be allowed to attend team practice. Suspended players are required to attend the suspension game with their team but are not to dress out. Suspended coaches will not be allowed to attend the suspension game even as a spectator in the stands.

CMAFL Officers may review the circumstances surrounding a coach or player's ejection and adjust CMAFL penalties as they deem warranted.

**Section 4:** A Representative must submit an incident report immediately to the League office involving team violations of the participation rule or any other violation of the CMAFL Bylaws.

## Article IX

### Protests

**Section 1:** A Game: To protest an action or game by a coach to the Sports Coordinator, the coach or persons involved in the incident must notify their





organization's community Representative. The protest must come to the attention of the Sports Coordinator by the community Representative and all information concerning the event in question must be in writing and accompanied by a check in the amount of \$50.00 and any evidence the protesting community might possess. These steps must be taken within 48 hours of the incident.

The Sports Coordinator and Officers will then explore the evidence and declare a ruling within 7 days of the filing. The protest fee will be refunded only if the Officers rule in favor of the protest.

**Section 2:** Protesting the Officers: To protest the action of the Officers, a community Representative must submit in writing within 72 hours of notification of such ruling all the information relevant to the action and protest along with a \$100.00 protest fee to the Sports Coordinator. Upon receiving the requirements to protest, the Sports Coordinator will call for a protest meeting, comprising of one member of each community and the Coeur d'Alene Tribal Wellness Center Director to meet within 14 days. Only those parties with testimony relevant to the protest will be allowed to attend and testify.

The ruling will be by majority of those attending with the community protesting abstaining. The protest fee will be forfeited in the event the communities rule in favor of the Sports Coordinator. The penalty assessed by the Officers may, after being reviewed by the community Representatives, be amended after a ruling has been determined.

## Article X

### Player's Rules and Participation

**Section 1:** The League strongly promotes the active participation of all players. Unless on disciplinary probation (with explanation of reason) as dictated by individual communities and duly noted on the weigh-in roster and on the CMAFL roster. Disciplinary action will be defined as NO participation in a particular game. If a player plays one play during a game, he/she must play the full number of plays required for that particular age group. All players in 5th and 6th grades will be required to play seven (7) plays in every game including specialty team plays. In the 3rd and 4th grades, twelve (12) plays in every game will be required including specialty team plays. The team in the lead must meet all player participation requirements prior to the CMAFL mercy rule taking effect. Failure to do so will constitute a violation of CMAFL participation rules. Upon review of unusual game time circumstances the Sports Coordinator may rule that circumstances prevented full participation and that the coach involved was acting in good faith.

Any player on disciplinary action attending a CMAFL game cannot be suited-out for play. The player may wear his team jersey. Any player who refuses to participate in play must be brought to the attention of the head official and



the opposing coach and so noted on the CMAFL weigh-in roster, with the player's name and number.

If the Sports Coordinator has proof that a coach didn't apply the player participation rule that coach will not only have to forfeit a game but will be suspended from all practices and games for the next three weeks. Second violation will be a lifetime suspension from coaching.

**Section 2:** To participate in the Division II 5th & 6th grade league, a player must be in the 5th or 6th grade and cannot be 13 years of age.

To participate in the Division I 3rd & 4th grade league, a player must be in the 3rd or 4th grade and cannot be 11 years of age.

**NO EXCEPTION TO THIS POLICY IS ALLOWED.**

Head coaches must maintain a file or binder with a copy of all their players medical release information. These must be made available to the Coordinator upon request.

Failure to provide this information will result in the player being suspended from all team or league activities until this condition is met.

**Section 3:** With the approval of their representative and the Coordinator, a player may play up one division. The only way to play up would be for the reason of size and weight. A player, however, will not be allowed to play down a division level. Any CMAFL player will only be allowed to play for one team during the season. No CMAFL player will be allowed to play for any other league or conference team during the same season.

**Section 4:** Teams: Maximum roster size will be twenty (20) players for each division. Teams exceeding the maximum are required to form an additional team or teams of equal ability. If forming another team is not possible, then permission from the Coordinator and Officers will be required. A team may not draft players or recruit players from another team's area. Areas will be marked on a map so definite-boundaries are set when recruiting players.

Each league team is required to leave Registration open until July 31st or longer, the first weekend in August being the latest at which time each organization must inform the Coordinator on how many teams will be fielded in each division. Any CMAFL member organization found:

- A. Not meeting this requirement will be fined \$50.00 by the Coordinator and possible removal of representative.
- B. After initial registration, any additional players must be approved by the Coordinator. Failure to comply will result in forfeitures of all new players.



- C. Only in special circumstances will clubs trade players. Such instances would be to fill a roster, complete a team, relatives on the other team, or a parents request because of outstanding circumstances. All trades must be approved by the representative and the CMAFL Coordinator prior to trade.
- D. Any trades done without prior approval will be cause for immediate forfeitures of players.
- E. Member organizations may set forth more stringent team rules than those established under CMAFL rules & by-laws.

### **Section 5:**

A team roster must be submitted to the Coordinator prior to August 17th.

The roster must include the Coaches and players' name, players' jersey number, age, birth date and team colors. Additions to the roster will be typed and a copy of player sign-up sheets/registrations will be attached with order of roster. If no roster is submitted to the Coordinator or a representative than a \$50.00 fine will be assessed to the member's organization. After which, all remaining games will be forfeited until the club is in compliance.

**Section 6:** A player must reside within the organizations recruiting boundary as outlined by the Coordinator. A coach or association member will not be allowed to recruit players outside their respective boundaries.

**Section 7:** A new player will NOT be permitted to join a club within CMAFL or participate with a team after the first game. If a player moves in from an area outside the CMAFL, the Coordinator may grant an exception. The request must be made early in the season.

## **Article XI**

### **Football Rules**

**Section 1:** Idaho High School football rules (IDHSAA & NFHS rulebook) will be utilized in league play with the exception of those noted hereafter.

**Section 2:** Two (2) certified high school officials will be required for each regular season game. Only those officials that are eligible to referee Idaho or Washington High School games will be allowed to referee CMAFL games. No coach, team official, or other organizational member will be allowed to referee a league game unless mutually agreeable to both participating teams. If a game is rescheduled and the referees are not notified, the game will be rescheduled again at a later date. If less than two officials show up to the game, it will be a requirement to notify the Coordinator.



**Section 3:** Practices: Dates and times will be determined annually by the Coordinator. Organized practices or conditioning will not begin until the first full week of August.

Practices will be limited to a maximum of four (4) per week (pads or otherwise), lasting a maximum of two (2) hours from the scheduled start time per practice. Division I teams are permitted to practice four (4) days a week for the first three weeks, after which only three (3) practices per week are allowed. All non-scheduled CMAFL games or scrimmages will be counted as practice periods with the exception of two organized scrimmages with another organization prior to the first scheduled game.

**Section 4:** Labor Day Holiday: Teams will not be allowed to practice or scrimmage over the Labor Day Weekend (Saturday thru Monday).

**Section 5:** Game Schedule: Once the schedule has been distributed, any team that forfeits a scheduled season game for any reason other than weather, shall immediately be assessed a fine of \$100.00. The host team will retain fines. **The Coordinator can make an exception to this rule.** Games will be played on Saturday mornings and afternoons unless a conflict occurs and the Coordinator will attempt to schedule games at a time and location that is compatible with the members other organizational commitments. If a mutually agreed time cannot be reached, the Coordinator will issue a final ruling.

**Section 6:** Length of Games:

Eight (8) minute quarters will be utilized for all Division II conference play games.

Eight (8) minute quarters will be utilized for all Division I conference play games.

**Section 7:** Mercy Rule:

At which a team reaches the 35 point spread, the score will freeze but the game will continue with a running clock. No further points will be allowed on the scoreboard by either team. The same will apply to statistics. Players will not receive any extra TD's, INT's, XP or Sacks to their season statistics. Normal participation rules must be followed prior to the freeze.

\*\* It is the policy of CMAFL that everyone plays. In a freeze situation we hope that coaches will attempt to play those players that don't receive very much playing time. \*\*

**Section 8:** Kick-offs: Players on the kicking team must be equally spaced across the entire field, starting within five yards of the sideline, for safety purposes.

**Section 9:** Extra Point Attempts:

A successful kick will equal 2 points.

A successful run or pass will equal 1 point.



**Section 10:** Half Time Procedure: Half time will be five (5) minutes; ten (10) minutes, if necessary and available. Guest cheerleaders or drill teams will perform first, followed by the home cheerleaders or drill teams. Cheerleaders, drill teams, etc. are the responsibility of the member organizations and are subject to all rules set forth by CMAFL.

**Section 11:** Press Box Procedure: Rude remarks, bad behavior or biased announcing will not be permitted at any CMAFL game. If the Coordinator or an Officer is in attendance at a game and determines that a violation of this rule exists and/or the clock person is not maintaining accurate precision, he/she may immediately remove that person from their duties for the remainder of the game. The Coordinator will then meet to determine if further action is necessary. The penalty can be up to a lifetime suspension from entering any press box during a CMAFL function. No children will be used as announcers.

**Section 12:** Chain Crews: the visiting team is responsible for providing a chain crew for each game, unless an exception is granted by the Coordinator or Home Team.

**Section 13:** Radios: Radios are NOT allowed. (Meaning radios between press box and coaches.)

**Section 14:** Video Cameras: The filming of game by parents or coaches will be allowed at any CMAFL sanctioned games.

### **Section 15: Kicking Play Options**

Teams are allowed to attempt Field goals, punts and extra-point kicks without the opposing team rushing the kick or engaging with the offensive line. In order for this to take place, The Offensive teams Coach MUST declare to the opposing coach and referees that they will be attempting a field goal, punt or extra point kick. BY DEFAULT, these plays are NO CONTACT PLAYS – During a no contact play, the defensive team will be allowed to distract the kicker by making noise or movements in an attempt to cause the kicker to miss (inappropriate gestures or words will not be tolerated) BUT they cannot engage the offensive line or attempt to cross the line of scrimmage. Coaches for both teams should be on the field ensuring their players do not make contact.

It is our goal to teach our players how to play the game of football. With that said, as players improve, we leave the opportunity to continue to develop the player's skills and knowledge by allowing coaches to declare any kicking play a LIVE CONTACT PLAY.

The offensive coach must inform the opposing team coach and referees that they will be running a LIVE CONTACT KICKING PLAY. During a live contact play, the defensive team is allowed to play defense normally and engage in an attempt to block the kick. Fake Punts, Fake Extra-Point Kicks and Fake Field Goal plays are VALID plays once a live contact kicking play is called.



## Kicking Play Rules

During all plays - Kickers & Holders are protected (Treated as a defenseless player) and a member of the receiving team may not run into or rough a kicker (Or Holder) who kicks from behind his/her line unless contact is:

1. Incidental to and after he/she had touched ball in flight.
2. Caused by kicker's own motions.
3. Occurs during a quick kick, or a kick made after a run behind the line, or after kicker (Or Holder) recovers a loose ball on the ground. Ball is loose when kicker (or Holder) muffs snap or snap hits ground.
4. Defender is blocked into kicker.

**Penalties:** (1) For roughing the kicker (Or Holder): Loss of 15 yards from the previous spot (personal foul) and an automatic first down. The player may be disqualified if the action is flagrant. (2) For running into the kicker: Loss of five yards from the previous spot (not a personal foul).

**A defensive player commits a "roughing the kicker (Or Holder)" foul if he (a) contacts the plant leg of the kicker while his kicking leg is still in the air or hits the holder while he is placing the ball on the tee; or (b) slides into or contacts the kicker when both of the kicker's feet are on the ground or the holder when he is kneeling.**

## Article XII

### Weights Limits

**Section 1:** The following weight limits will be utilized for all CMAFL games.

Division I – [Pee-Wee, 3rd & 4th grade]

- Max Offensive Back is 100# \*\* (Revised 8/17/15)
- One Striper is 101 to 125# \*\* (Revised 8/17/15)
- Two Striper is 126 to 140# \*\* (Revised 8/17/15)

If a player exceeds the weight limit of 140# in Division I, they must play up in Division II unless cleared by the Coordinator.

Division II – [Junior Tackle, 5th & 6th grade]



- Max Offensive Back is 130#
- One Striper is 131 to 155#
- Two Striper is 156# and over

There is no maximum weight limit for Division II.

**Section 2:** Players within the specified weight ranges of one or two stripes will have their helmets marked accordingly. A One Striper must have a stripe of a contrasting color and not less than 3" x ½" and placed horizontally at the center rear base of the helmet. A Two Striper must have an "X" in a contrasting color not less than 3" x ½" and placed at the center rear base of the helmet.

**Section 3:** Weigh-in Procedure:

Teams will meet thirty (30) minutes prior to scheduled game time for weigh-in with helmet and shoulder pads in hand.

Players can strip down to minimum clothing [gym shorts only]. Must carry their helmet, jersey and shoulder pads.

If at any time a coach is not complying, contact the Coordinator or Officers immediately.

All weigh-ins will adhere to the CMAFL Weigh-in Procedure. Players exceeding the maximum weight in the Division I prior to the start of each game will not be allowed to play. Players can ask to play up a division but must be approved by the Coordinator and cannot go back down once they have moved up. Illegal participation by a player will result in a fifteen yard penalty. The Coordinator will impose further penalties to the coach and/or team if it is determined that the player/players were used illegally in order to change the outcome of the game.

Weight limits are set by the CMAFL for safety and must be strictly adhered. No exceptions will be allowed or tolerated.

Coaches must be shown a zero balance on the scale. If scales are broken or unavailable for weigh-ins, the Coordinator or Officers must be contacted immediately. The Coordinator or Officers will determine the process depending on the situation.

Coaches will bring four (4) official CMAFL rosters to the weigh-in [Press Box, Opposing Coach, Weigh-in Administrator, and self]. Players must be organized in numerical order on the roster and make notations as to players who are on disciplinary action and those who are not in attendance.



The home team must furnish and use the best scale that they can find and prove that the scale is valid. A hospital balance scale or digital scales are valid.

Appropriate fingernail length will be checked at Weigh-ins as well.

A player will be allowed to weigh-in two (2) times with the second to be done within five (5) minutes of the initial weigh-in.

\*\* Players who are late for weigh-in (not in attendance by the completion of both teams weigh-in) must and will be weighed-in prior to the start of the game and will be penalized by not being allowed in the game until the start of the second quarter.

Players not in attendance five (5) minutes prior to the scheduled start of the game will not be allowed to play until the start of the third quarter and must be weighed-in during half time or before. \*\*

### **Penalty:**

A team not present at the weigh-in area thirty (30) minutes prior to the scheduled start of the game will be penalized by the suspension of the head coach for the first half of the game. He must sit in the stands and will not be allowed to coach. He will not be allowed to use radios or make contact with the team or coaches by any means what so ever.

If an exception is made, the coach making the exception will forfeit the game and be assessed a \$50 fine.

### **Section 4: Striped Players:**

#### **One Striper: Offense**

1. May line up in the Tight End position but is not an eligible receiver and cannot advance the ball in any manner at any time.
2. NOT allowed to line up in the backfield except to place kick (Extra Points and Field Goals).
3. May Place Kick but cannot Punt.

#### **Defense:**

May play any position on defense, but may not advance a fumble, pass interception or return a kick-off or punt. *If no defenders are with 5 yards of the player, 10 yards are added after a recovery and if the recovery is made under the 10 yard line at the opposing teams end, the play results in a touchdown.* **Added 7/29/17**

#### **Two Striper: Offense**





1. Cannot have more than three (3) two striped players on the field of play at any one time.
2. Can only be in a down position [3 or 4 point stance].
3. Cannot be on the kick-off or kick-return team.
4. May Place Kick but cannot punt.

Defense:

Must play on the defensive line and cannot line up any wider than head-up with the Tight End's normal position whether a Tight End is lined up on that side or not.

If a Two Striper makes an interception or fumble recovery, If no defenders are within 5 yards of the player, 10 yards are added after a recovery and if the recovery is made under the 10 yard line at the opposing teams end, the play results in a touchdown. **Added 7/29/17**

## Article XIII

### Rules Governing "Division I"

**Section 1:** Participation: Every player must play a minimum of twelve (12) plays per game. Specialty team plays are included.

**Section 2:** Center Protected: Defense will not be allowed to make contact with the center, including shotgun offense, until such time that the ball makes contact with an offensive player or when the ball makes contact with the ground.

- No defensive player shall be allowed to line up directly over the center.
- No defensive player will be allowed to rush the "A" gap between the center and the guard at any time except those players that are lined up on the line. Center is still protected and no player shall be allowed to line up in the gap or over the center.

**Section 3:** Only five defenders are allowed to cross the line of scrimmage on any down, unless a runner is attempting to advance the ball.

- Three defenders must remain in the defensive backfield. **\*\* (Added 8/17/15)**

**Section 4:** Blitzing: When using a blitz package, defense will only be allowed to send a maximum of five (5) defenders.

- Three defenders must remain in the defensive backfield. **\*\* (Revised 8/17/15)**
- 1st blitz with more than 5 players is 15 yards & Coaches warning, 2nd is coaches ejection & 15 yard penalty (Revised 7/29/17)

**Section 5:** Automatic Punts: Each team will be awarded unlimited amount of automatic punts for the duration of the game. Each automatic punt will be



marked off at twenty-five (25) yards from the spot of the ball on the previous possession.

**Section 6:** Limited On-field Coaching: A maximum of two (2) coaches will be allowed on the field of play for the first two regular season games. Any team with a scheduled BYE the first or second week will be allowed to have one coach on the field the third week. A coach who is declared by the official as interfering with the play in progress will be banned from both offense and defense for the remainder of the game plus the offending coach's team will be penalized a fifteen (15) yard penalty assessment. The offending coach may be dismissed for the remainder of the game.

- Teams may only have one coach on the field during play following the second regular season game and for the rest of the season (including play-offs, championships, and so forth). *Added in Sept. of 2018 Season*

### Rules Governing "Division II"

**Section 7:** Participation: Every player must play a minimum of seven (7) plays per game. Specialty team plays are included.

**Section 8:** Center Protected: Defense will not be allowed to make contact with the center, including shotgun offense, until such time that the ball makes contact with an offensive player or when the ball makes contact with the ground.

- No defensive player shall be allowed to line up directly over the center.
- No defensive player will be allowed to rush the "A" gap between the center and the guard at any time except those players that are lined up on the line. Center is still protected and no player shall be allowed to line up in the gap or over the center.

**Section 9:** Only five defenders are allowed to cross the line of scrimmage on any down, unless a runner is attempting to advance the ball.

- Three defenders must remain in the defensive backfield. **\*\* (Added 8/17/15)**

**Section 10:** Blitzing: When using a blitz package, defense will only be allowed to send a maximum of five (5) defenders.

- Three defenders must remain in the defensive backfield. **\*\* (Revised 8/17/15)**
- 1st blitz with more than 5 players is 15 yards & Coaches warning, 2nd is coaches ejection & 15 yard penalty (Revised 7/29/17)

**Section 11:** Automatic Punts: Each team will be awarded unlimited amount of automatic punts for the duration of the game. Each automatic punt will be marked off twenty-five (25) yards from the spot of the ball on the previous possession.



**Section 12:** Limited On-field Coaching: One Coach will be allowed on the field on the offense and defense the first two regular season games. Any team with a scheduled BYE the first or second week will be allowed to have one coach on the field the third week. A coach who is declared by the official as interfering with the play in progress will be banned from both offense and defense for the remainder of the game plus the offending coach's team will be penalized a fifteen (15) yard penalty assessment. The offending coach may be dismissed for the remainder of the game.

- No coaches will be on-field coaching after the second regular season game. Exceptions are:
  - If needed, a division two coach may speak to the opposing team and declare that they will be using the on-field coaching exception to be on the field to coach his players. Referees must be informed by both teams' coaches that on-field coaching is being allowed. Both teams are allowed to have one coach on the field. **(This exception cannot be used during play-offs or championship games).**
  - **If a team consists of only 8 players, a single coach is allowed to be on the field for each team to reduce time needed for play calling and to improve rest management for those players.**
- During Mercy Rule play, each team will be allowed to have one coach on the field."
  - *We recommend that you use this time to work on recently learned plays, schemes, formations, positioning, improving each player's ability to play in a game setting without consequences and to just run some fun or goofy plays for the kids to bring the focus back to enjoying the game. Remember our youth are not high school players yet. Critiquing or addressing mistakes or flaws in a loss situation where a child is feeling bad is not recommended. It is best done by addressing what needs to be done in those circumstances and complimenting what they did well and reinforced or covered during the next practice while being directed towards all players. Negative experiences can lead to a loss of interest or enjoyment in a sport. The number one reason kids give for playing sports is having fun!*

## Article XIV

### Rules Governing Overtime (Tiebreaker)

**Section 1:** Overtime (Tiebreaker for CMAFL Regular Season Games)



After the coin toss options, play will start at the defensive teams' 25-yard line.

Each team will have one series of downs, 1st and Goal, starting at the 25-yard line.

Teams cannot make a 1st down or be awarded an automatic 1st down.

If a defensive team penalty is accepted, the down will be replayed.

If an offensive team penalty is accepted, the down will be replayed, unless the penalty carries a loss of down.

Whichever team has the highest score or the most penetration distance after four downs and maintains possession for all four downs, wins the game.

If both teams have lost yardage after the four downs, or have lost possession, or have the same score or penetration, the overtime will be replayed.

Defensive Pass Interference carries a 15-yard penalty if accepted plus the down is replayed.

The Offense must maintain possession. If the defense gains possession of the ball during play, the ball becomes dead and the team in original possession will be recorded with zero yards gained.

One point will be awarded for the score in an OT victory.

## **Rules Governing Delay of Game**

### **Section 1: Play Clock**

The play clock starts when the official resets the ball. If the ball has not been hiked and the 40 second clock expires, The Game Clock stops, a 5 yard penalty is charged against the offense and the game clock starts after the official resets the ball. *Added 7/29/17*



***Under the Safe Sport Act of 2017, we as a league must implement mandatory requirements:***

For more information please visit:

Safe Sport Act Bill: <https://www.congress.gov/bill/115th-congress/senate-bill/534/text>

Explanation of Bill Requirements:

[https://community.sportsengine.com/news\\_article/show/934789](https://community.sportsengine.com/news_article/show/934789)

## **1. Required abuse awareness training**

- a. These trainings cost a fee. I (Josh) am looking into whether I can have this covered via a grant to reduce the cost on the league and prevent it from being passed onto teams.
- b. This can be completed by completing the *Safe Sport Core Courses, Darkness to Light “Recognizing & Responding to Child Abuse and Neglect”* course or *Abuse Prevention “Sexual Abuse Awareness Training”*.

- i. <https://safesport.org/authentication/signin>

- a. Register for an account and complete the core training courses.
- b. These courses can trigger feelings of unease and distress due to the topics they cover.

- i. The courses are:

1. Emotional and Physical Misconduct
2. Mandatory Reporting
3. Sexual Misconduct Awareness Education

- ii. <https://www.d2l.org/get-trained/>

1. Select online training, select single user and create an account.
  - a. Minimum course is “Recognizing & Responding to Child Abuse and Neglect”.
  - b. There are other courses that contain more information and resources.

- iii. [https://safetyssystem.abusepreventionsystems.com/auth/sign\\_in](https://safetyssystem.abusepreventionsystems.com/auth/sign_in)



1. Select single user and then select the \$10 “Sexual Abuse Awareness Training” course.
- c. I am researching whether the free course “Protecting against Abuse Training” available to NAYS coaches will satisfy the abuse awareness training requirement.

**Proposed Additions at this Time (Please share your proposals or questions so that Representatives may research and develop their stance on them prior to our Community Rep Meeting on a Saturday in June/July – Exact date TBD)**

1. **Mandatory Youth Football Coach Certifications for all Coaches**
  - i. Offers liability insurance coverage for all Coaches
  - ii. Ensures a similar foundation of knowledge for coaches to work off of.
  - iii. League is willing to absorb cost of the youth coaching cert fees.
- b. **Certifications accepted would be:**
  - i. Coaches who already have a High School Football Coaching Certification would not be required to obtain other youth football certifications.
  - ii. **Youth Tackle Football Certifications**
    1. The League would cover the cost of those coaches needing certification in the league for this upcoming season.
    2. Offer online videos and resources
      - a. USA Football (\$25) with Heads up tackling
        - i. Offers background checks through peopletrail.com
          1. <https://peopletrail.com/USAfootball-3/>
        - ii. Coaches can request a background check themselves or I as Commissioner through USA Football can request checks for all coaches listed under our Organization.
      - b. NAYS (\$20 – Coaching cert and one sport specialty – select tackle football)
        - i. 1<sup>st</sup> time coach \$35 option includes background check
        - ii. \$5 per each additional sport coaching cert if desired
        - iii. Background checks are \$15 for existing members and viewable/printable by the coach.
- c. <https://www.nays.org/coaches/>
  - i. We are listed as chapter: Marimn Health Wellness Center (CHP-7603)
- d. <https://usafootball.com/register?orgId=0011A00001WFpIQQA>  
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- i. We are listed as an Organization: Marimn Health Wellness Center
- 2. Annual Background checks for all Volunteers
  - a. Teams will verify they are completing background checks on their coaches/volunteers
  - b. Teams can also request background check forms from/thru the League and the League will process the background checks and absorb the fees through Marimn Health.

