

## 2008 INFC RULE CHANGES

### **Article VII Section 1:**

footballs (composite, leather, or rubber):

### **ARTICLE X Section 2: (the following was added to existing rule)**

....To participate in the second grade league, a player must be in the second grade and cannot be 9 years old prior to September 1. To participate in the first grade league, a player must be in the first grade and cannot be 8 years old prior to September 1.

### **Article X Section 3: Exceptions**

B) Academic Rule: If it is determined by the INFC Commission that a child was promoted to a higher grade level by the school, then the child may be permitted to drop down to play for the grade level befitting is proper age. However, proper proof must be submitted to the INFC Commissioner.

### **Article X Section 6:**

A player must reside within the organization's recruiting territory (boundary) as outlined by the Commission. If it is determined by the INFC Commissioner and/or Release Committee that an accurate residence of the participant is in question and cannot be absolutely determined, proper placement of the participant will then default to the school that the child is attending. A coach or association member will not be allowed to recruit a player outside their respective district.

### **Article XII Section 2:**

Players within the specified weight ranges of one or two stripes will have their helmets marked accordingly:

- One Striper - A neon green stripe placed vertically at the center rear base of the helmet.
- Two Striper - A neon green "x" placed at the center rear base of the helmet.

Neon stripes are available from the INFC office and your club.

### **Article XII Section 3a: One Striper Defense**

1. May play any position.
2. Not eligible to return a kick off or punt.
3. Allowed to return an interception or fumble.

### **Article XII Section 3b: Two Striper Defense**

2. Allowed to return a fumble or pass interception.

### **INFC EXPANSION DIVISION — Addition of 4th grade.**

**\*\*\*2008 Rule Changes Continued on page 2\*\*\***

## **ADDITIONAL RULES FOR MIGHTY MITE FOOTBALL**

### **Article II Section 3.**

**INFC Mighty Mite Football Program** will use equivalent of Wilson K-2 (pee wee) footballs (leather, composite leather, or rubber).

### **Article IV Section 1:**

The Mighty Mites will be classed into two divisions. One being second grade division, consisting of teams of all second graders or a combination of first and second graders. To participate in second grade division, the child must be in the first or second grade and cannot turn 9 years old prior to September 1.

The first grade division will consist of Kindergarten (at the option of each member organization) and first graders. The participants in the first grade division, the child must be in Kindergarten or first grade and cannot turn 8 years old prior to September 1.

### **Article V Section 3:**

- D. One Striper: A striper is not allowed to be in the offensive backfield. On defense a one striper can play all positions.  
Two Striper: A two striper must be a lineman in a down position three or four point stance; offense or defense. On defense a one or two stripped player will be allowed to return an interception or fumble.
- E. Players within the specified weight ranges of one or two stripes will have their helmets marked accordingly:
  - \* One Striper - A neon green stripe placed vertically at the center rear base of the helmet.
  - \* Two Striper - A neon green "x" placed at the center rear base of the helmet.

Neon stripes are available from the INFC office and your club.

**Article VII Defense: *Entire section, see new diagram and explanation of formation.***

**Article VII Offense: *Entire section, see new diagram and explanation of formations allowed.***

**INDIAN NATIONS FOOTBALL  
CONFERENCE  
BY-LAWS  
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2008**

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**INDIAN NATIONS FOOTBALL CONFERENCE**  
**BY-LAWS**

**ARTICLE I**  
**NAME**

**Section 1:** The name of this organization shall be Indian Nations Football Conference (INFC).

**Section 2:** The Conference was organized by member organizations on January 20, 1987.

**ARTICLE II**  
**PURPOSE**

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

**ARTICLE III**  
**MEMBERSHIP**

**Section 1:** Membership in this Conference shall consist of the following organizations: (*Contact information is in the back of the book*)

Bartlesville YMCA	Berryhill Little Chiefs	Bishop Kelley
Bixby Youth Football Association	Broken Arrow Youth Football Association	Catoosa Youth Football
Claremore Youth Football	Cleveland Youth Football	Collinsville Youth Football
Coweta QB Club	East Side Cardinals Youth Football	Glenpool Youth Sports, Inc.
Grove Youth Football Association	Haskell Youth Football	Hilldale Youth Football
Inola Youth Football	Jay Youth Football	Jenks Trojan Athletic
Locust Grove Youth Football	Metro Christian	Miami Youth Football
Muskogee Youth Football	Owasso F.O.R.	Pryor Youth Football
Sand Springs Youth Football	Sapulpa Little Chiefs	Skiatook Bulldog Football Association
Stillwater Youth Football	Tulsa Youth Athletic Association	Union Youth Football Association
Wagoner Bulldogs		

**Section 2:** The annual dues of all members shall be determined annually by a majority vote of the membership. The annual dues shall be \$150.00 per team (\$175.00 Mighty Might) plus \$200.00 annual club fee. Each member prior to the start of the season shall pay all dues. A \$10.00 per day late fee will be assessed on any member not current. Exceptions must have prior approval by the Commissioner.

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

All recruiting territory disputes / clarification issues between existing INFC members will be resolved by the INFC Commission.

**Section 4:** To be a member of Indian Nations Football Conference, 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 3 teams in different grade levels. A commission representative will inspect the playing field for approval.

**Section 5:** To be a member of Indian Nations Football Conference 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 INFC, will be required to sign an INFC member contract and will be automatically on two (2) year probation. Probation begins the date of INFC contract. Each new president voted into the organization will be required to review and sign the existing 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:** INFC member organizations shall not have tackle football teams or players participate in any other conference or league. Those clubs grandfathered as an exception to this rule will not be allowed to play any Mighty-Mite team outside their organization.

#### **ARTICLE IV OFFICERS**

**Section 1:** The Officers of the Indian Nations Football Conference shall be referred to as the "Commission" and shall be comprised of a Commissioner, 1<sup>st</sup> Vice Commissioner, Secretary/Treasurer, Seventh

Grade Director, Sixth Grade Director, Fifth Grade Director, Fourth Grade Director, Third Grade Director, and Mighty-Mite Director.

**Section 2:** The Commissioner shall be a hired position by the INFC Membership. All the other Officers will be elected by majority vote during the spring membership meeting and will serve one year. No more than two officer positions can be filled by any member organization.

**Section 3: Commissioner:** The Commissioner shall preside at all meetings, appoint committees, and administer and enforce all rules and activities of Indian Nations Football Conference. The Commissioner will be empowered with all rights to make immediate rulings on questions of rule violations or questions raised from incidents not covered by INFC rules and regulations. His ruling will stand until which time the Officers making up the Commission can meet, during which the Commission can then overturn the Commissioner or reinforce the Commissioner's decision by a majority vote of the Commission.

**Section 4: 1<sup>st</sup> Vice Commissioner:** The 1<sup>st</sup> Vice Commissioner is an elected position that will serve as a voting member of the INFC commission and be empowered to enforce and uphold the rules of the conference. The First Vice Commissioner shall perform the duties of the INFC Commissioner during his/her absence.

**Section 5: Secretary/Treasurer:** Is an elected position and will be empowered to enforce all rules of the Indian Nations Football Conference. He/She will record accurate minutes of all INFC meetings, maintain an up to date accounting of all INFC Financial matters, and attest to all contracts, mortgages, deeds, and similar instruments of the INFC. He/She shall be responsible for the filing of all taxes and/or accounting forms as may be required by this corporation or any government agency. Checks written in excess of \$200.00 will require the signatures of any two Officers.

**Section 6: Seventh Grade Director:** Is an elected commission officer and will be empowered to enforce all rules of the Indian Nations Football Conference. This person will not be allowed to coach within the grade level, which they represent. He/She will monitor, represent, and coordinate the seventh grade tackle activities. He/She will assign four persons within this age group as coordinators to assist in these duties.

**Section 7: Sixth Grade Director:** Is an elected commission officer and will be empowered to enforce all rules of the Indian Nations Football Conference. This person will not be allowed to coach within the grade level, which they represent. He/She will monitor, represent, and coordinate the sixth grade tackle activities. He/She will assign four persons within this age group as coordinators to assist in these duties.

**Section 8: Fifth Grade Director:** Is an elected commission officer and will be empowered to enforce all rules of the Indian Nations Football

Conference. This person will not be allowed to coach within the grade level, which they represent. He/She will monitor, represent, and coordinate the fifth grade tackle activities. He/She will assign four persons within this age group as coordinators to assist in these duties.

**Section 9: Fourth Grade Director:** Is an elected commission officer and will be empowered to enforce all rules of the Indian Nations Football Conference. This person will not be allowed to coach within the grade level, which they represent. He/She will monitor, represent, and coordinate the fourth grade tackle activities. He/She will assign four persons within this age group as coordinators to assist in these duties.

**Section 10: Third Grade Director:** Is an elected commission officer and will be empowered to enforce all rules of the Indian Nations Football Conference. This person will not be allowed to coach within the grade level, which they represent. He/She will monitor, represent, and coordinate the third grade tackle activities. He/She will assign four persons within this age group as coordinators to assist in these duties.

**Section 11: Might-Mite Director:** Is an elected commission officer and will be empowered to enforce all rules of the Indian Nations Football Conference. This person will not be allowed to coach within the grade level, which they represent. He/She will monitor, represent, and coordinate the Mighty-Mite tackle activities. He/She will assign four persons within this age group as coordinators to assist in these duties.

**Section 12: Cheer Director:** Is an elected commission officer and will be empowered to enforce all rules of the Indian Nations Football Conference. He/She will monitor, represent, and coordinate the cheerleading activities.

**Section 13: Committees:** The following committees will be formed each year. A Commission Officer will be assigned to each.

**Sportsmanship/Ethics Committee:** Responsible for monitoring the conduct of parents, coaches, and players as well as reporting to the Commissioner for possible disciplinary actions.

**Participation/Draft Committee:** Responsible for overseeing member association drafts to insure the INFC draft procedures are properly adhered to.

The committee will also be charged with monitoring coaches regarding player participation. Violations must be reported immediately to the Commissioner.

**Release Committee:** Responsible for defining member organization recruiting areas as well as reviewing player request for transfers to and from an INFC organization outside their assigned playing territories. This committee will deliver to the Commissioner the committee's recommendations for review and assignment

**ARTICLE V  
MEETINGS**

**Section 1:** Meetings shall be held at the request of the Commissioner or at the request of any *four*-member organizations within fourteen (14) days of such request. These meetings shall be limited to the individual member organization's representative, coaches and member organization officers; however, each organization will be limited to three active participants during any meeting. The Commissioner can grant exceptions. Persons other than those listed above wishing to attend a Conference meeting and/or address the membership must first have approval of the Commission or Commissioner

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

**Section 3:** Each organization shall have one vote PER GRADE level registered with INFC on any issue requiring a membership vote. Members having that grade level can only vote on issues relative to a particular grade. The number of votes per grade will be determined by the "declaration of teams" meeting and will be valid for one year. New members will be limited to 2 votes until the declaration of teams meeting. Mighty Mite teams will count as one (1) grade level. Member organizations without team representation in a particular grade will not vote on issues that apply to that grade.

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

**Section 5:** Proxy votes will not be accepted at meetings. Members must be present to vote on Conference matters.

**ARTICLE VI  
COACHES AND CERTIFICATIONS**

**Section 1:** Each head coach and all members of each coaching staff will be NYSCA certified in football and will show proof when requested by a Commission officer. The President of each association will turn in to the INFC office a list of all coaches involved in their program along with their NYSCA card number 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 INFC office should any problems or questions arise.

**Section 2:** Exception to NYSCA certification would be:  
A. Another form of certification approved by the Commissioner  
B. School Certified Coaches

**Section 3:** All Coaches on the sideline must wear a copy of their certification and their INFC pass on a lanyard around their neck.

**Section 4:** The head coach is responsible for their sideline. If a sideline coach is not wearing the certification, the coach in question will be removed from the sideline and prohibited from coaching. The head coach and the coach in violation will both be subject to suspension from practices and/or games.

**Section 5:** The number of non-player personnel on each football team's, sideline shall not exceed a total of eight (8). This eight (8) include all coaches, manager, play counters, or water aids. Any coaching of players must be by a certified coach.

**Section 6:** One coach from each team must attend the mandatory coaches meeting. Failure to comply will result in a \$200.00 team fine. All games will be forfeited until such fine is paid to INFC. Persons caught in an attempt to falsify attendance for another coach will be suspended for the season.

**Section 7:** All members must furnish a copy of INFC By-laws to all tackle head coaches, cheerleading head coaches, and club officials of their organization each season. Failure to comply will incur a \$200.00 club fine on each occurrence.

## **ARTICLE VII EQUIPMENT**

**Section 1:** Size of footballs (composite, leather, or rubber):  
MM, 3<sup>rd</sup>, 4<sup>th</sup> and 5<sup>th</sup> grades- equivalent of Wilson K-2 (Pee-wee size or larger)  
6<sup>th</sup> and 7<sup>th</sup> grades- equivalent of Wilson TDJ (Junior size or larger)

**Section 2:** Oklahoma 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 weigh 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 organization. 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. Steel, aluminum, or nylon with metal caps are illegal.

**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. INFC 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.

### **ARTICLE VIII RULE VIOLATIONS**

**Section 1:** Violations of league rules will be acted on and penalties assessed by the Commissioner and reviewed by the Commission, which at that time can, by majority vote, overrule or reinforce the Commissioner 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 an organization
- Probation
- Any action deemed appropriate by majority vote of the Commission.

**Section 2:** Assaults, verbal abuse, profanity, display of poor sportsmanship or rule violation by a coach, parent, participant, club official or guest at an INFC function will not be tolerated. Alcoholic beverages or illegal drugs or the consumption of alcoholic beverages or drugs will not be allowed by anyone at an INFC function. Penalties will be dealt accordingly.

**Section 3:** Any coach, player, or spectator ejected from an INFC game or scrimmage will be automatically suspended for the next INFC 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.

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

**Section 4:** A club **must** submit an incident report immediately to the Commission office involving team violations of the participation rule or any other violation of the INFC Bylaws or be subject to a club fine.

## **ARTICLE IX PROTESTS**

**Section 1: A Game:** To protest an action or game by a coach to the Commissioner, the coach or persons involved in the incident must notify their organization's conference representative. The protest must come to the attention of the Commissioner by the conference representative and all information concerning the event in question must be in writing and accompanied by a check in the amount of \$100.00 and any evidence the protesting organization might possess. These steps must be taken within 48 hours of the incident.

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

**Section 2: Protesting the Commission:** To protest the action of the Commission, an organization must submit in writing within 72 hours of notification of such ruling all the information relevant to the action and protest along with a \$200.00 protest fee to the Commissioner. Upon receiving the requirements to protest, the Commissioner will call for a protest committee meeting, comprising of one member of each membership organization 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 organization protesting abstaining. The protest fee will be forfeited in the event the committee rules in favor of the Commission. The penalty assessed by the Commission may, after being reviewed by the membership, be amended after a ruling has been determined.

## **ARTICLE X PLAYER'S RULES AND PARTICIPATION**

**Section 1:** The Conference strongly promotes the active participation of all players, unless on disciplinary probation (with explanation of reason) as dictated by individual organizations and duly noted on the weigh-in roster and on the INFC 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 5<sup>th</sup>, 6<sup>th</sup> and 7<sup>th</sup> grades will be required to play seven (7) plays in every game including specialty team plays. In the 3<sup>rd</sup> and 4<sup>th</sup> 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 INFC mercy rule taking effect. Failure to do so will constitute a violation of INFC participation rules. Upon review of unusual game time circumstances the Commission may rule that circumstances prevented full participation and that the coach involved was acting in good faith.

Any player on disciplinary action attending an INFC game cannot be suited-out for play. The player may wear his team jersey. Any player who

refuses to participate during the game must be brought to the attention of the head official and the opposing coach. The coach must remove the helmet and shoulder pads from the player.

INFC Organizations not reporting a known violation of the participation rule will be strongly dealt with.

If the Commission 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 practices and games for the next two weeks. Second violation would be a lifetime suspension from coaching.

**Section 2:** To participate in the seventh grade league, a player must be in the seventh grade and cannot be 14 years old prior to September 1. To participate in the sixth grade league, a player must be in the sixth grade and cannot be 13 years old prior to September 1. To participate in the fifth grade league, a player must be in the fifth grade and cannot be 12 years old prior to September 1. To participate in the fourth grade league, a player must be in the fourth grade and cannot be 11 years old prior to September 1. To participate in the third grade league, a player must be in the third grade and cannot be 10 years old prior to September 1st. To participate in the second grade league, a player must be in the second grade and cannot be 9 years old prior to September 1. To participate in the first grade league, a player must be in the first grade and cannot be 8 years old prior to September 1.

**Section 3: Exceptions**

- A) With approval of their association a player may play up one grade level only. To play up two grade levels would be allowed only if the maximum weight is exceeded by the player. A player, however, will not be allowed to play down a grade level. An INFC player will only be allowed to play for one team during a season. The INFC player cannot play for any other conference or league team during the same season.
- B) Academic Rule: If it is determined by the INFC Commission that a child was promoted to a higher grade level by the school, then the child may be permitted to drop down to play for the grade level befitting his proper age. However, proper proof must be submitted to the INFC Commissioner.

Head coaches must maintain a file or binder with a copy of all of their player's medical releases information. These must be made available to the commission or their appointed representative upon request. Failure to provide this information will result in the player being suspended from all team or conference activities until this condition is met.

**Section 4: Team Drafts**

- A) Maximum roster size will be thirty-four (**34**) players for 3rd thru 7th grade levels. Teams exceeding the maximum are required to form an

additional team or teams of equal ability by a drafting method approved by the Commission.

**B)** A Commission member or a representative must be present during all drafts. No Commission member will supervise a draft involving that Commission member's home club.

**C)** Upon origination (1<sup>st</sup> year) a team may recruit and protect four (4) players from the draft. Each year thereafter, the team will be allowed to recruit and protect two (2) new players. The protected players cannot have played for another INFC team the previous year. This provision does not, however, eliminate the requirement that teams be of equal ability. At any time one team splits to two or more teams, all players will be in the draft pool except the 4 protected players.

**D)** A coach will not be allowed to transfer to another team unless his child is drafted to another team or the Board of Directors of that association, of which he is affiliated, allows the transfer through a vote. This transfer must then be sent in writing to the INFC Commissioner for final approval.

**E)** Each organization is required to leave registration open until July 21, 2008, at which time each organization must inform the Commissioner how many teams will be fielded in each grade. Any INFC member organization found not meeting this requirement will be fined \$500.00 by the commission and possible removal of club officers.

**F)** After the draft any additional player(s) must be approved and assigned to a team by the Commissioner. Failure to comply will result in forfeitures due to illegal drafting.

**G)** The Commission may order a redrafting of teams within an organization if it is determined by the Commission that an organization or coach intentionally performed an illegal procedure or performed an unethical act for the purpose of stacking a team or preventing multiple teams. If it is concluded that a redraft is necessary, the Commission will determine the manner. Action by the Commission will also be taken against the coach and/or their association. Clubs that only have two teams per grade level - if a strong player who is on a weak team requests to re-enter the draft for the purpose of allowing the stronger team the ability to draft the player, that player must have prior approval from the commissioner. Failure to comply will result in the commission redrafting both teams.

**H)** Before leaving the draft table, coaches will be allowed to trade players but only those players that were selected during the draft. Existing or protected players are not tradable. Any and all player trades made after the selection of players must be approved by the INFC monitoring representative prior to finalization of the draft and team rosters.

**I)** Member organizations may set forth more stringent team draft rules than those established under INFC by-laws but these changes must be

approved by the Commissioner.

**Section 5:** A team roster must be submitted to the Commissioner prior to the first ball game by all membership associations. The roster will include the Coaches and player's name, player's 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 commission or a commission representative then a \$500 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 organization's recruiting territory (boundary) as outlined by the Commission. If it is determined by the INFC Commissioner and/or Release Committee that an accurate residence of the participant is in question and cannot be absolutely determined, proper placement of the participant will then default to the school that the child is attending. A coach or association member will not be allowed to recruit a player outside their respective district.

**Section 7:** A player that leaves an organization but returns the following year will be in the draft and can not be protected.

**Section 8:** A drafted player who quits a team after being drafted will remain the property of that team the next season unless a request is made to be put in the draft.

**Section 9: Transfers or Releases**

- A) A player requesting to be transferred from one INFC organization to another must first obtain a release in writing (using the appropriate INFC Release Form) from the organization in which he is requesting the release. The signed form must then be sent to the INFC office to be reviewed by the INFC committee on release issues. The committee may then hold a meeting with the parents of the child in question, where as a decision will be made to either grant or deny the release. The Commissioner will have the deciding vote on release issues.
- B) INFC Release Forms must be completed and turned-in no later than July 28.
- C) Players that are granted transfers must be placed in the draft and may not be a protect from the draft. Players that are granted transfers after the draft will be assigned by the Commissioner.
- D) In territories in which that organization does not offer Mighty-Mite, no Mighty-Mite transfers or releases will be given.
- E) Transfers and releases will not be given in territories which offer school football in that grade level.

**Section 10:** A new player will not be permitted to join an association within INFC or participate with a team after the first game. If a player moves in from an area outside INFC, the Commissioner may grant an

exception. The request must be made early in the season.

**Section 11:** A player, having signed with a particular member organization, is the exclusive property of that organization. The player cannot be recruited by acts of persuasion by another member organization and/or its members.

**Section 12:** A player that resides in a territory that is shared by organizations will become the exclusive property of the organization in which the player plays his/her first season. Exceptions must be sought through the release process.

## **ARTICLE XI FOOTBALL RULES**

**Section 1:** Oklahoma High School football rules will be utilized in conference play with the exception of those noted below.

**Section 2:** Three **certified** high school officials will be required for each regular season game. For playoffs, however, four officials will be utilized. (The home team is responsible to pay all officials). Only those officials that are eligible to referee Oklahoma High School games will be allowed to referee INFC games. No coach, team official or other organizational member will be allowed to referee a conference game unless mutually agreeable to both participating teams. If a game is rescheduled and the referees are not notified, the home team may be subject to forfeiture of said game. If only two officials are present to officiate a game, the game will be played. Less than two officials will require notifying the commissioner.

**Section 3: Practices:** Dates and times will be determined annually by a majority vote. For the 2008 fall season, organized practice or conditioning will not begin until July 28, 2008. Practices will be limited to a maximum of four per week (pads or otherwise), lasting a maximum of two hours from the scheduled start time per practice. Third and fourth grade teams are permitted to practice four (4) days a week for the first 3 weeks, after which only three (3) practices per week is allowed. All non-scheduled INFC 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.

Example: Practice starts at the time parents were told, not the actual start time. Practice, including team meetings must end within the two hours allotted. Team meetings or the team viewing of films are considered a practice.

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

**Section 5:** Once the schedule has been distributed, any team that forfeits a scheduled game for any reason other than weather, shall

immediately be assessed a fine of \$300.00. The host team will retain fines. The Commission can make an exception to this rule. Games will be played on Saturday unless a conflict occurs and the Commissioner has approved an exception. The Commissioner will attempt to schedule games at a time and location that is compatible with the member's other organizational commitments. If a mutually agreed time cannot be reached, the Commissioner will issue a final ruling.

**Section 6: Length of Games:** Eight minute quarters will be utilized for all conference play games.

**Section 7: Mercy Rule:** At which time a team reaches the 35-point spread, the score will freeze but the game will continue as normal with regular clock unless the losing team coach requests the option of a continuous running clock. No further points will be allowed on the scoreboard by either team. Normal participation rules must be followed prior to the freeze.

**Section 8: Kick-Offs:** Players on the kicking team must be equally spaced across the entire field starting within 5 yards of the sideline for safety purposes.

**Section 9: Scoring PAT:** A successful kick will equal 2 points; a successful run or pass will equal 1 point.

**Section 10: Reporting Scores:** Each association is required to report the results of Saturday's games to the Commission office or secretary of the conference by the following Sunday at midnight. Any late or no report will constitute an automatic fine of \$25.00 per team.

**Section 11: Half Time Procedure:** (Half time is 10 minutes; 15 minutes maximum if necessary) Guest cheerleaders or drill team will perform first, followed by the home cheerleaders or drill team. Homecoming activities will not be an excuse to increase the time limit. Cheerleaders, drill teams, etc. are the responsibility of the member organization and are subject to all rules as set forth by INFC.

**Section 12: Press Box Procedure:** Rude remarks, bad behavior or biased announcing will not be permitted at an INFC game. If a Commission 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 Commission 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 an INFC function. No children will be used as announcers.

**Section 13: Gate Admission Fee:** The admission fee will be reviewed annually by the Conference. The following uniform rates will be charged by all clubs/associations:

Regular Season:		Playoff Finals:	
Adults	\$ 3.00	Adults	\$5.00
Students (6-18)	\$ 1.00	Students (6-18)	\$2.00
Seniors 65>	\$ 1.00	Seniors 65>	\$2.00
Children 5<	FREE	Children 5<	FREE

The Conference will issue ten (10) game passes per team each year to member organizations. Everyone, including coaches and sponsors, will be required to pay admission or furnish an INFC game pass. The exceptions are players, cheerleaders, pep squad and drill team members in uniform and game officials. Passes will be accepted at all INFC games.

Any coach or person (s) caught in an attempt to gain entry with a false or reproduced INFC pass, gain entry without their pass and/or refuse to pay gate admission, or caught attempting to "hand-off" an INFC pass to another individual will be ejected and subject to having their pass revoked, further suspension, and/or a fine up to \$100.00.

**Section 14: Chain Crews:** The **visiting team** is responsible for providing a chain crew for each game unless an exception is granted by the Commissioner.

**Section 15: Radios:** The use of two-way radios will be permitted by coaches in the press box, on the field of play or on the sidelines (between the 25 yard lines). Players are not allowed to use radios or any other electronic equipment.

**Section 16: Video Cameras:** The filming of games by parents or coaches will be allowed at any INFC sanctioned game.

**Section 17: Free Blocking Zone:** The free-blocking zone; legal blocking below the waist; legal clipping:

1. The free blocking zone is a rectangular area extending laterally four (4) yards either side of the spot of the snap and three (3) yards behind each line of scrimmage. A player is in the free-blocking zone when any part of his body is in the zone at the snap.
2. Blocking below the waist is only permitted within the free blocking zone. The player (offensive or defensive) must be on the line of scrimmage at the snap of the ball.
3. Clipping is permitted in the free-blocking zone when the following conditions are met:
  - a. By offensive player on his line of scrimmage at the snap of the ball.
  - b. Against defensive players who are in the zone at the snap of the ball.
  - c. The contact is in the zone.

4. The free-blocking zone disintegrates and the exception for a player to block below the waist and/or the exception for an offensive lineman to clip during close line play is not to continue after the ball has left the zone.

**ARTICLE XII  
WEIGHT LIMITS**

**Section 1:** The following weight limits will be utilized for all INFC games.  
(# Equals pounds)

Grade	Max Offensive Back	One Striper	Two Striper	Maximum Weight
3 <sup>rd</sup>	75 #	over 75 to 100 #	over 100 #	120 #
4 <sup>th</sup>	90 #	over 90 to 115 #	over 115 #	140 #
5 <sup>th</sup>	110 #	over 110 to 135 #	over 135 #	170 #
6 <sup>th</sup>	130 #	over 130 to 155 #	over 155 #	none
7 <sup>th</sup>	150 #	over 150 #	none	none

**Section 2:** Players within the specified weight ranges of one or two stripes will have their helmets marked accordingly:

- One Striper - A neon green stripe placed vertically at the center rear base of the helmet.
- Two Striper - A neon green "x" placed at the center rear base of the helmet.

Neon stripes are available from the INFC office and your club.

All Weigh-ins will adhere to the INFC weigh in procedure. Players exceeding the maximum weight in the 3<sup>rd</sup>, 4<sup>th</sup> and 5<sup>th</sup> grades prior to the start of each game will not be allowed to play. Illegal participation by a player will result in a fifteen-yard penalty. The Commissioner 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 INFC for safety and must be strictly adhered. **No exceptions will be allowed or tolerated.**

**Section 3: Striped Players:**

**A. One Striper:**

**Offense**

1. May play end 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 or field goals. Must be a declared kick, a fumble or fake will be declared a dead ball.
3. May place kick but cannot punt.

**Defense**

1. May play any position.
2. Not eligible to return a kick off or punt.
3. Allowed to return an interception or fumble.

**B. Two Striper:**

1. Cannot have more than 3 two striped players on the field of play at any one time.
2. Can only be a lineman in a down position, 3 or 4-point stance.
3. Cannot be on the kick off or kick return team.

**Offense**

1. Must play on the interior offensive line and may never be in a position to be eligible for a pass. **Note:** On an unbalanced line, the tackle becomes an end if uncovered making him illegal.
2. Will be allowed in the backfield to kick extra points or field goal only. The kick must be declared, a fumble or fake will be declared a dead ball.

**Defense**

1. Must play on the defensive line and will not 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.
2. Will be allowed to return a fumble or pass interception.

**Section 4: Weigh-In Procedure**

1. Teams will meet 30 minutes prior to schedule game time for weigh-in with helmets in hand. Player can strip down to minimum clothing, gym shorts only (must carry their helmet and jersey).

If at any time a coach is not complying contact the commissioner or commission officer immediately. The commissioner phone number is 230-8778.

**Penalty: a team not present at the weigh in area 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 ball game. He must sit in the stand 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.**

- a. Coaches must be shown a zero balance.
- b. If scales are broken or unavailable for weigh-in, a Commission

Officer must be contacted immediately. The Commission Officer will determine the process depending on the situation.

2. Coaches will bring three official INFC rosters to the weigh in (press box, opposing coach, and weigh in administer), 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. These exceptions will be listed on the roster throughout the entire season. The Commission can ask for the rosters at any time and they **MUST** be made available.

3. The home team must furnish and use a balance type hospital scale or a commercial type digital scale prior to each team weigh-in. Appropriate fingernail length will be checked at weigh-in.

4. The maximum weight will be set at each player's particular weight class. The player weighing must be at equal or less than specified weight limit. If the bar touches the top and stays at the top, the player will be required to play up to the next weight class. **Coaches will not be allowed to make any exceptions to players.**

**Penalty: If an exception is made, the coach making the exception will be suspended and assessed a \$50 fine.**

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

6. Players who are late for the weigh-in (not in attendance by the completion of both teams weighing 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 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.

7. A player who is discovered to have been allowed to participate in a game without being weighed or has not met the penalty requirements as set forth in Rule #6, will not be allowed to participate in the next scheduled game. The Commission will penalize the coach responsible. Every player must step on the scale, no exceptions.

8. A team found guilty by the INFC Commission of breaking any of the rules, as set forth in the adopted weigh-in procedures will be subject to the forfeiture of the game in question and/or suspension or fining of a coach/coaches.

### **ARTICLE XIII PLAYOFFS**

Playoffs will be scheduled following the end of the regular season. Grades having two divisions will advance the top four teams in each

division. Grades having three or more division will advance top three teams in each division. If two teams have equal records at the end of the regular Conference play, the team that won over the other will be considered to have the higher league standing. In the event three or more teams are tied with identical records and no winner can be determined as stated previously, the advancing team shall be determined by totaling the margin of points for each tied team in all Conference games (or division games if two or more divisions). The advancing team shall be the team with the greatest number of marginal points. Any remaining playoff spots for the remaining tied teams shall be determined by the winner over the other during the regular season as above. The maximum number of marginal points per game shall be **eight** points. No team shall add or subtract more than eight points per game. The maximum number of marginal points for any games that went into overtime shall be **plus or minus one point**. In the event that two teams are tied on marginal points, the advance shall be the team that won over the other during the regular season. If more than two teams are tied on marginal points, the advancer shall be determined by coin toss at a time and place to be determined by the Commissioner. Any remaining playoff spots for the tied teams losing the coin toss shall be determined by which team won over the other during the regular season.

The finals of the championship playoff games will be played on a field to be determined by the Commission. The proceeds from the championship games, after deducting costs and expenses, will be split with the Conference receiving 50% and the host association receiving 50% of the net profits.

**ARTICLE XIV**  
**RULES GOVERNING 3<sup>RD</sup> & 4<sup>TH</sup> GRADE TACKLE FOOTBALL**

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

**Section 2:** Center Protected: In the 3<sup>rd</sup> and 4<sup>th</sup> grade level, the defense will not be allowed to make contact with the center on a deep snap, including shotgun offense, until such time that the ball makes contact with offensive back or when the ball makes contact with the ground.

**Section 3:** Limited On Field Coaching: In the 3<sup>rd</sup> and 4<sup>th</sup> grade level, one coach will be allowed on the field on 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 game. 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 15 yards. In the event a coach interferes with the offense causing what is determined by the official as a probable score, the score will be awarded plus a fifteen (15) yard penalty assessment on the kick off. The offending coach will be dismissed for the remainder of the game.

**Section 4:** Practices: 3<sup>rd</sup> and 4<sup>th</sup> grade teams will be allowed four (4) practices per week for the first three weeks of practice. Practices will then be limited to three (3) per week. No one practice will exceed two (2) hours in length.

**ARTICLE XV  
RULES GOVERNING OVERTIME (TIEBREAKER)**

**Section 1:** Overtime (Tiebreaker for INFC Play Off Games)

- a. National Federation High School Rules (Oklahoma High School Rules) will apply.

**Section 2:** Overtime (Tiebreaker for INFC Regular Season Games)

- a. After the coin toss options, play will start at the defensive team's 25-yard line.
- b. Each team will have one series of downs, 1<sup>st</sup> and goal, starting at the 25-yard line.
- c. Teams cannot make a 1<sup>st</sup> down or be awarded an automatic 1<sup>st</sup> down.
- d. If a defensive team penalty is accepted, the down will be replayed.
- e. If an offensive team penalty is accepted, the down will be replayed unless the penalty carries a loss of down.
- f. Whichever team has the highest score or the most penetration distance after 4 downs and maintains possession for all 4 downs, wins the game.
- g. If both teams have lost yardage after 4 downs, or have lost possession, or have the same score or penetration, the overtime will be replayed.
- h. Defensive pass interference carries a 15-yard penalty if accepted plus the down is replayed.
- i. 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.
- j. One point will be awarded for the score in an OT victory.

**ARTICLE XVI  
RULE CHANGES**

**Section 1:** By-law and rule changes may be amended, adopted, or repealed at any regular meeting by a majority vote of the membership. All rule change suggestions should be submitted on or before the January annual meeting in writing for review of the bylaws committee.

**INFC EXPANSION DIVISION**

Indian Nations Football Conference determined that the need existed to form an expansion division to allow new or less experienced teams the opportunity to prepare before competing against veteran teams.

The expansion division(s) will be utilized in the 4th, 5<sup>th</sup> & 6<sup>th</sup> (7<sup>th</sup> grades, if the number of teams available allows for an expansion). Teams qualifying will be determined annually by a number system adopted by INFC. No more than 20% of the teams per grade will be allowed. Any club may petition for any of their teams to be in or out of the expansion division to the Commission.

The teams in the expansion division will not be allowed to participate in the play-off games.

The teams placing first and second in their division will be required to enter the regular division format the following season.

## **ADDITIONAL INFC RULES PERTAINING TO MIGHTY MITE FOOTBALL**

### **ARTICLE I PURPOSE**

**Section 1:** The purpose of the INFC Mighty Mite Football Program is to educate football players on the fundamentals of football in a semi-competitive atmosphere.

### **ARTICLE II GENERAL INFORMATION**

**Section 1.** The Mighty Mite program will consist of first and second grade teams playing 8 man football with mandatory half game participation.

**Section 2.** Organizations may **only recruit players** from their territory.

**Section 3. INFC Mighty Mite Football Program** will use equivalent of Wilson K-2 (pee wee) footballs (leather, composite leather, or rubber).

**Section 4. INFC Mighty Mite Football Program** will provide participation trophies for all members' players.

### **ARTICLE III COACHES AND PARENT RULES**

**Section 1. Every** coach will be certified by NYSCA or it's equivalent. **Every** parent will read and sign a **NYSCA Parents Code of Ethics** prior to any participation. It will be the responsibility of the association to have the signed documents on file.

**Section 2.** Each association will be responsible for the conduct of all their coaches. Coaches are responsible for the conduct of their parents.

**Section 3: Every** coach **must** attend an **INFC** coach's orientation meeting. Failure to comply will result in a \$200.00 team fine. No games

will be played until such fine is paid.

**Section 4:** There will only be three practices allowed per week. Each practice can only be a maximum of 1-½ hours long from the scheduled start time. This includes warm up, drills, training, and cool down, team meetings (everything).

**Section 5:** Only one coach from each team will be allowed on the field during game play.

**Section 6:** There will be no coaching while play is in progress. The coach must be a minimum of 15 yards back from the line of scrimmage; there will be no communication with a player when the line is set and cadence begins. There will be only one warning from the official! If there is a second offense, the official will eject that coach from the playing field to the sidelines.

**Section 7:** If there is a delay of the game, by the coach on the field, while addressing an official on the field, that team will be charged a **time out**.

#### **ARTICLE IV DRAFTS**

**Section 1:** The Mighty Mites will be classed into two divisions. One being second grade division, consisting of teams of all second graders or a combination of first and second graders. To participate in second grade division, the child must be in the first or second grade and cannot turn 9 years old prior to September 1.

The first grade division will consist of Kindergarten (at the option of each member organization) and first graders. The participants in the first grade division, the child must be in Kindergarten or first grade and cannot turn 8 years old prior to September 1.

**Section 2:** An INFC Commissioned officer or an appointed committee member of **INFC Mighty Mite Football Program** *must* supervise *all* drafts.

**Section 3: Protects** – For new-formed teams there are four (4) protects. For existing teams there are two (2) protects.

**Section 4:** Within **INFC Mighty Mite Football Program** it will be the parent or coaches request to remove a child from a team and place him/her into the draft. Otherwise, the player remains with the previous Mighty Mite **team**.

**Section 5:** When a player or team advances to the third grade level all **INFC new team rules** apply.

**ARTICLE-V**  
**PLAYERS PARTICIPATION RULES**

**Section 1: Rosters**

- A. A team must not carry more than **15** players.

**Section 2: Player Participation**

- A. There will be no playing up for a 2<sup>nd</sup> grade player unless the age or weight rule affect that player.
- B. Players must be residing within their boundaries as outlined by **INFC**.
- C. Each player must play **2** quarters of **uninterrupted** play, playing at least 1 quarter in each half, **both offense and defense**. There will be no substitutions within a quarter other than for injury. Once injured player recovers, player must immediately re-enter the game to fulfill the quarter started. If player is late for weigh-in then that player will not play until second half and only be allowed to play one quarter.
- D. **PENALTY**- The head coach proven to be in violation of the participation rule will be assessed a severe (suspension or season removal) penalty issued by **INFC**

**Section 3: Weight Limits**

- A. Maximum playing weight is 110 pounds.
- B. Maximum playing weight for advancing the ball is 65 pounds.
- C. Striper weight limits as follows:
1. One striper: Over 65 to 85 pounds.
  2. Two striper: Over 85 to a maximum of 110 pounds.
- D. One Striper: A striper is not allowed to be in the offensive backfield. On defense a one striper can play all positions.  
Two Striper: A two striper must be a lineman in a down position three or four point stance; offense or defense. On defense a one or two stripped player will be allowed to return an interception or fumble.
- E. Players within the specified weight ranges of one or two stripes will have their helmets marked accordingly:
- \* One Striper - A neon green stripe placed vertically at the center rear base of the helmet.
  - \* Two Striper - A neon green "x" placed at the center rear base of the helmet.

Neon stripes are available from the INFC office and your club.

- F. All weigh-ins must follow the official INFC weigh in procedures. No exceptions will be allowed or tolerated.

#### **Section 4: Weigh-In Procedure**

At weigh-in, each team must furnish three official INFC Mighty Mite player participation rosters (press box, opposing coach, and weigh-in administer) for the game. This roster must be the official INFC Mighty Mite roster. ***The game will not proceed without each team having the opposing team's player participation Roster!***

**PENALTY:** A team not present at the weigh-in area with proper documentation 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 ball game. He must sit in the stand and will not be allowed to coach. He will not be allowed to use radios or make contact with the team or a coach by any means what so ever.

### **ARTICLE VI GAME RULES**

**SECTION 1:** Oklahoma High School Rules will be utilized in this league with the exception of the INFC Rules contained within.

- A. **Field Size**– The field width will be reduced to no less than 35 yards, no more than 40 yards.. Example: fields will be set up from one sideline to the far hash marks.
- B. **Game Time**- 8 minute quarters will be utilized for all Mighty Mite League play.
  - 1. This is a continuous running clock, stopping only for Touchdowns, Time Outs, Injury, and Extra Points.
  - 2. A team is allowed **35** seconds between each play. Time starts at the placement of the ball by the official.
  - 3. **Two** minute warning will be given at the end of the 4<sup>th</sup> quarter and regular regulation play will be in effect during this time (*no running clock*).
  - 4. Each team is allowed **two** time outs per half.
- C. **Punts or Field Goals**
  - 1. Punting team must notify the official that they are punting or kicking a field goal.
  - 2. No fake punt or field goals.
  - 3. Punter must be 65lbs or less.
  - 4. No rushing the punter or field goal kicker.
  - 5. When hiking the ball to punt, if the ball touches the ground, the punter will be allowed to punt the ball. The ball cannot be advanced other than the punt.
  - 6. No quick kicks.

D. **Punts or Field Goals Returns**

1. There are **no** punt returns.
2. The ball is downed where it first touches the ground.

E. **Fumbles**-A fumble **can be recovered** and advanced, utilizing the ball advancement rules

F. **Ball Placement**-The ball is to be placed on the 40-yard line.

1. At the start of the game.
2. After each touchdown, extra point.
3. At the beginning of the second half.
4. After a made or missed field goal attempt.

**Exception:** After a field goal, if the ball is below the 40-yard line the ball will be placed back at the 40-yard line. If the ball is above the 40-yard line, the ball will be placed at the original line of scrimmage.

G. **Scoring** –The score will be kept on the board to ensure the mercy rule is obeyed. All scores must be turned into your club by midnight Saturday night.

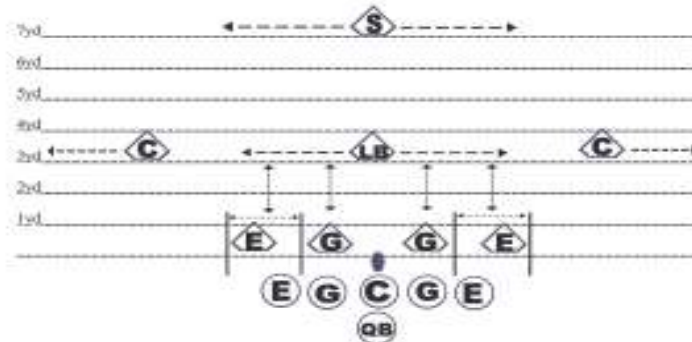
**Points-**

- A. **Six** points for a touchdown.
- B. **One** point for an extra point by running.
- C. **Two** points for an extra point by kicking.
- D. **Three** points for a field goal.

H. **MERCY RULE**- At the time a team reaches a 28 point spread, the score will freeze and INFC mercy rule procedures apply.

I. **Tournaments** – **INFC** will determine preseason and/or post season activities and tournaments. INFC will determine the format for these activities. In the event that **INFC** chooses a post-season tournament, tournament seeding will be determined by draw.

**ARTICLE VII  
DEFENSE**



## **DEFENSE**

All teams must run the same defense as designed by diagram above until the snap of the ball.

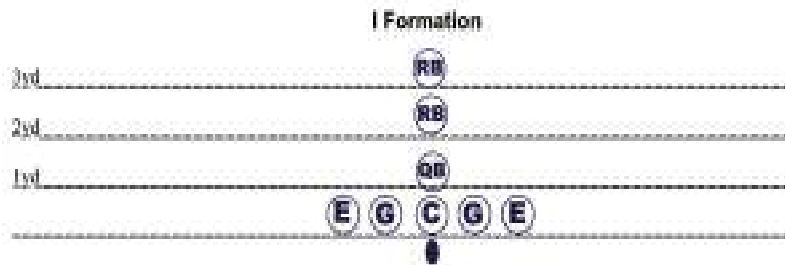
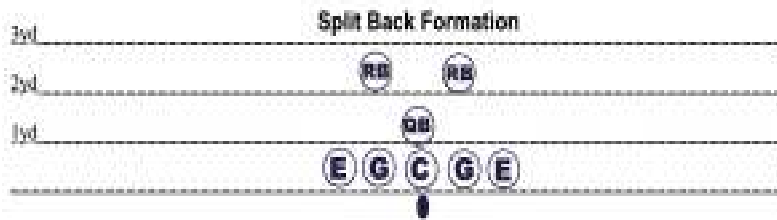
1. The Safety must not line up closer than 5 yards from the line of scrimmage and can move laterally.
2. Cornerbacks must be at least 3 yards out from the Offensive End and 3 yards back from the line of scrimmage.
3. Must have 3 or 4 Defensive lineman.
  - A. Defensive Guards must line head up with the Offensive Guard, not in the gaps and in a down position.
  - B. Defensive Ends must line head up or on the outside shoulder of the Offensive End.
  - C. A two striper must play on the line in a down position.
4. All linemen must line up in a down position.
5. May have one or two Linebackers that must line up 3 yards back from the line of scrimmage, can move laterally between the center and the end. If there are two linebackers they must line up on opposite sides of the ball.
6. No more than (2) two stripers are allowed on the field from each team at one time.
7. The Offensive Center is protected; a defensive player must go to the left or right of the Center.
8. The defense is frozen and no adjustments are allowed once the offensive line is set.

## **ARTICLE VIII OFFENSE**

All teams must run the same offense as designed by the diagrams below until the snap of the ball. **NO EXCEPTIONS**

1. Must have five players on the line of scrimmage, all in the down position.
2. End position can be two stripers as long as they are in a down position.
3. Ends cannot split out, but they can go out for a pass after the snap, following the ball advancement rules. i.e. No Stripers.
4. Maximum splits on the line are fingertip to fingertip of the lineman.
5. Quarterback can start in the shotgun formation directly behind the center no farther than two yards back from the ball.
6. Must have two backs in the backfield that line up at least two

- yards deep from the line of scrimmage. (Not counting the quarterback).
7. Backs must line up behind the guards in the split formation
  8. Backs must line up behind the center in the I formation, no offset I formations.
  9. No players shall be in motion before the snap of the ball.
  10. No more than (2) two strikers are allowed on the field from each team at one time.



### OFFENSE FORMATION (S)

#### **ARTICLE IX CONDUCT**

**Section 1:** Any assault, verbal abuse, profanity, or display of UN-sportsmanlike conduct by a coach, parent, participant, club official, or guest at any **INFC function** will not be tolerated. Intentionally running up the score will be classified as UN-sportsmanlike conduct. Violations will be dealt with accordingly.

**Section 2:** **Alcoholic beverages, illegal drugs** and/or the consumption of alcoholic beverages and/or illegal drugs will not be tolerated by anyone at an **INFC** sanctioned function.

**Section 3:** The penalty for any infraction will be one or more of the following:

- Fine up to \$500.00.
- Suspension from a game or games.
- Lifetime suspension from any **INFC Football Event, or Game.**
- Probation.
- An action deemed appropriate by the INFC Commission.

## ***ADDITIONAL INFC RULES PERTAINING TO CHEERLEADING***

### ***ARTICLE I PURPOSE***

**Section 1:** The purpose for all INFC Cheerleading squads will be to promote and uphold team spirit for those we encounter, to develop good sportsmanship by example, to support good relations in the community and between teams and squads during events. The organizational goal is to work in harmony with the team management, administration, and other athletic teams and sporting organizations.

### ***ARTICLE II MEMBERSHIP***

**Section 1:** To be a member cheer club within the Indian Nations Football Conference, the cheer club must enter the league through the tackle club member of the INFC league.

**Section 2:** A cheer club that is a member of the INFC league may not participate in another conference or league.

**Section 3:** A cheerleading organization and/or its individual teams not in compliance with the INFC rules may be suspended by the Commissioner and the Commission or removed by majority vote of the INFC member organizations.

### ***ARTICLE III CHEERLEADING COUNCIL***

**Section 1:** INFC Cheerleading Council has been formed to make recommendations and to assist in establishing guidelines for cheerleading programs for all INFC Member Organizations. The Cheer Council shall be made up of a representative from each INFC Member Organization. The President of INFC Cheer Council shall be known as the INFC Director of Cheer and will also serve on the INFC Commission. This will be an elected position to serve one year.

**Section 2:** Meetings shall be held at the request of the Commissioner, Director of Cheer, or at the request of any four-member organizations

within fourteen (14) days of such request. These meetings shall be limited to the individual member organization's representative, coaches and member organization officers; however, each organization will be limited to three active participants during any meeting. The Commissioner can grant exceptions. Persons other than those listed above wishing to attend a Council meeting and/or address the membership must first have approval of a Commission Officer.

**Section 3:** Each organization must be notified at least 72 hours in advance of any meeting and be given the purpose of the meeting. No conference business can be conducted unless this condition is satisfied.

**Section 4:** INFC Cheerleading Council will hold a General Conference Meeting as early as January but no later than a week before the tackle membership meeting is held. The purpose of this meeting will be to review previous year's issues, gather suggestions for the next season, and the election of officer.

**Section 5:** One vote per club. No proxy votes will be accepted

**Section 6:** Members may only vote on issues pertaining to the grade levels represented within their club.

**Section 7:** Upon completion of the voting process, the INFC Director of Cheerleading will submit the results of the vote to the INFC Commission for final consideration and approval.

#### **ARTICLE IV ELECTION OF INFC DIRECTOR OF CHEER**

**Section 1:** The INFC Director of Cheer shall be appointed by the INFC Commission.

**Section 2:** INFC Director of Cheer must have been an active member of INFC the previous year with 75% attendance.

**Section 3:** He/She shall be elected to serve a one year term from time of election.

#### **ARTICLE V RULES AND REGULATIONS**

**Section 1:** The rules governing the tackle and cheerleading programs as well as member's rules and regulations are set by the INFC Commission Officers. The INFC Commission Officers will acknowledge and hold firm any and all rules and policies.

**Section 2:** The Cheerleading rules are an extension of the INFC football rules. All rules that are suitable or would apply shall be adhered to by all cheer clubs cheering for INFC clubs/teams. These rules and regulations will be applied throughout the regular tackle football season and cheerleading competition season.

**Section 3:** The INFC Commissioner is empowered with the authority to limit, restrict, or make changes as deemed necessary.

**Section 4:** Cheer organizations must abide by all rules as set forth by INFC. Officers, coaches, and parents will be held accountable for any rule violations.

**Section 5:** If a cheerleading and/or pom organization is operated separately from the tackle football program, the cheer club will be liable for all penalties assessed by the INFC Commission Officers/ INFC Cheer Council.

## **ARTICLE VI RULE VIOLATIONS**

**Section 1:** Violations of league rules will be acted on and penalties assessed by the INFC Commissioner and reviewed by the Commission, which at that time can, by majority vote, overrule or reinforce the Commissioner and his actions. The penalty or penalties assessed against an organization, coach, parent or cheerleader/player can be one or more of the following:

- Fine
- Suspension of coaches or individuals within an organization
- Probation
- Any action deemed appropriate by majority vote of the INFC Commission

**Section 2:** Assaults, verbal abuse, profanity or display of poor sportsmanship by a coach, parent, participant, club official or guest at an INFC function will not be tolerated. Illegal drugs, alcoholic beverages or the consumption of them will not be permitted during any INFC function. Penalties will be dealt accordingly.

**Section 3:** A coach or cheerleader/player having been ejected from a game will automatically be suspended for the next game. The coach or cheerleader/player will be allowed to practice but will not be allowed to participate except as a spectator in the stands. The INFC Commissioner, upon review, is authorized to make an exception if it is determined that such exception be deemed appropriate. A coach or cheerleader/player may also receive a harsher penalty if deemed warranted by the INFC Commissioner.

**Section 4:** A club **must** report in a timely manner to the Commission office involving any rule violation of the INFC Bylaws.

## **ARTICLE VII CERTIFICATIONS AND CLINICS**

**Section 1:** Each head coach and all members of each coaching staff will

be NYSCA certified in cheerleading and will show proof when requested by a Commission officer. The President of each association will turn in to the INFC office a list of all coaches involved in their program along with their NYSCA card number prior to the first regular season game.

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

- A. Another form of certification approved by the Commissioner
- B. School Certified Coaches

**Section 3: All Coaches on the sideline must wear a copy of their certification and their INFC pass on a lanyard around their neck.**

**Section 4:** The head coach is responsible for their sideline. If a sideline coach is not wearing the certification, the coach in questions will be removed from the sideline and prohibited from coaching. The head coach and the coach in violation will both be subject to suspension from practices and/or games.

**Section 5:** The number of non-player personnel on each cheer squad's sideline shall not exceed a total of three (3). These three (3) include the coach and two assistant coaches.

**Section 6:** One coach from teach team must attend the mandatory coaches meeting. Failure to comply will result in a \$200.00 team fine. All games will be forfeited until such fine is paid to INFC. Persons caught in an attempt to falsify attendance for another coach will be suspended for the season.

## **ARTICLE VIII GENERAL COACHES RULES**

**Section 1:** A child's health and well-being will be the first objective for any coach.

**Section 2:** For safety and liability purposes, INFC requires a coach to be 18 years of age or older. (A coach refers to the adult responsible for the squad.)

**Section 3:** A coach will adhere to all rules and regulations as set forth by their organization and the INFC Conference.

**Section 4:** A NYSCA Certified adult must be present at all practices, games, and competitions.

**Section 5:** A coach will not be permitted to use profanity, abusive language, alcohol, tobacco of any kind, or conduct herself/himself in a manner that could be deemed offensive. This rule will apply to all practices, games, or function involving cheer squad while representing your club and INFC.

**Section 6:** If a problem or situation arises with another INFC

Organization, the INFC Director of Cheerleading and/or INFC Commissioner must be notified immediately.

**Section 7:** If a problem or situation arises within the cheerleading squad, the coach is expected to resolve any grievance. If a solution is not reached, the coaches are expected to direct the grievance to their Organization. If the grievance is still not resolved, then the INFC Director of Cheerleading shall then be notified. Finally the INFC Commissioner shall be notified of the grievance if not resolved after following the above channels. This only applies to INFC rule violations.

**Section 8:** No degrading, negative cheer/chants towards another squad will be performed.

**Section 9:** Each cheer club will be responsible for the conduct of all their coaches. Coaches are responsible for the conduct of their parents.

#### **ARTICLE IX PARTICIPATION RULES**

**Section 1:** INFC Cheer Council prohibits cheerleading tryouts of any type. Every participant who completes registration requirements with an organization shall be allowed to participate on a cheer squad. This rule applies to both recreational as well as competitive squads.

**Section 2:** Each organization is required to define their cheerleading registration dates by advertising the beginning and ending dates. Every participant must be accepted until the ending date for registration. It is strongly recommended the advertisement be kept for verification should the need arise.

**Section 3:** Violation of the participation rule will be dealt with harshly by the INFC Commission and will result in the removal of any and all persons involved.

**Section 4:** **Every** parent will read and sign a NYSCA Parents Code of Ethics prior to any participation. It will be the responsibility of the cheer club to have the signed documents on file.

#### **ARTICLE X PRACTICE AND MEMBER CONDUCT REGULATIONS**

**Section 1:** The following practice schedule will apply for all cheerleaders: **(Please note that the following are maximums; if an organization wishes to reduce the amount of practice time, they may do so.)**

A mighty-mite cheerleader may practice a **maximum** of three days per week. Each practice shall not exceed 1 ½ hour in length from the scheduled start time.

A third or fourth grade cheerleader may practice a **maximum** of three days per week. Each practice shall not exceed two (2) hours in length

from the scheduled start time.

A fifth, sixth, or seventh grade cheerleader may practice a **maximum** of four days per week. Each practice shall not exceed two (2) hours in length from the scheduled start time.

**Section 2:** Members are expected to conduct themselves at organized practices, games or any function representing your prospective club and/ of INFC with the utmost respect shown toward other teammates, coaches and competing teams. If a member is ejected from an INFC event, the club is to notify INFC immediately.

### **ARTICLE XI STUNT REGULATIONS / GUIDELINES**

**Section 1:** No stunting is allowed without a coach present. This applies to all practices, games and competitions or any function where the squad would be practicing/performing.

**Section 2:** ABSOLUTELY NO stunting or tumbling in wet conditions. Wet conditions are as follows: dew on grass, or raining, and/or drizzling weather.

**Section 3:** Any stunt above shoulder level, INFC requires a spotter at all times.

**Section 4:** Each organization is required to define stunt eligibility for each grade level.

### **SEE CHART ON NEXT PAGE AS AN EXAMPLE GUIDELINE WHEN DEFINING STUNT ELIGIBILITY.**

**Section 5:** All clubs MUST provide a copy of their stunting guidelines to the INFC office prior to any practicing of stunts and/or performing of stunts can take place. Failure to comply with this rule will result in a fine, suspension of cheer squad and/or any action deemed appropriate by the INFC Commission Officers.

**Section 6:** INFC Cheer Council strongly advises that each organization should obtain parent consent before any stunting be taught and/or performed.

**Section 7:** Due to the dangers involved with stunting, violation of any stunt rule will result in immediate and severe disciplinary action by INFC.

- \* GOLDEN RULE: WHEN IN DOUBT – DON'T STUNT \* \* \*

**STUNTING GUIDELINES (THIS IS A SAMPLE ONLY)**

	MM	3 <sup>RD</sup>	4 <sup>TH</sup>	5 <sup>TH</sup>	6 <sup>TH</sup> & 7 <sup>TH</sup>
Thigh Stand	C	Y	Y	Y	Y
Prep	N	N	C	Y	Y
Prep to Extd	N	N	N	C	C
Prep Torch	N	N	N	C	C
Prep Scorp	N	N	N	C	C
Prep Aerb	N	N	N	C	C
Grd-Up Ext.	N	N	N	C	C
Extd Lib	N	N	N	C	C
Extd Scorp	N	N	N	C	C
Extd Scale	N	N	N	C	C
Extd Aerb	N	N	N	C	C
Bskt Toss	N	N	N	N	N
T-Tch Bskt	N	N	N	N	N
Prep F-Down	N	N	N	N	N
Ext F-Down	N	N	N	N	N

Y = Approved stunt for grade level.

N = Not approved stunt. This stunt may never be attempted at stated grade level.

C = \*Committee MUST be notified before stunt is attempted.\*

~ Committee will attend practice, make sure stunt is taught correctly, then team is given opportunity to practice stunt.

\* Mighty Mites may not leave the ground unless committee approved.

**ARTICLE XII  
INFC TACKLE FOOTBALL GATE**

**Section 1:** Everyone, including coaches and sponsors, will be required to pay gate admission or furnish an INFC game pass. If a coach or sponsor does not have their pass, he/she will be required to pay the gate admission fee.

**Section 2:** Any coach or person (s) caught in an attempt to gain entry with a false or reproduced INFC pass, gain entry without their pass and/or refuse to pay gate admission, or caught attempting to "hand-off" an INFC pass to another individual will be subject to having their pass revoked, subject to suspension, and/or a fine up to \$100.00.

### **ARTICLE XIII HALF-TIME PERFORMANCES**

**Section 1:** All cheer squads MUST be performing a half time routine. The cheer squad has many responsibilities during the football game ; the half time performance is one of those responsibilities. The half time performance is a time for the cheer squad to get the crowd on their feet and help them get motivated for the second half of the game.

**Section 2:** Under the INFC Rules and Regulation, Article XI, Section 10: Half time is 10 minutes (15 minutes maximum, if necessary with prior approval from your club). Guest cheerleaders or pom squad will perform first, followed by the home cheerleaders and/or pom squad. The home fields are only required to allow one guest performance per half-time.

**Section 3:** If at any time a cheer squad is the guest of another INFC organization and capability to perform is denied, the INFC Director of Cheerleading and/ or Commissioner should be contacted immediately.

**Section 4:** If half-time consists of a homecoming/recognition activity, the guest organization must be allowed to perform first and all activities can not exceed 15 minutes combined.

### **ARTICLE XIV MUSIC**

**Section 1:** Each squad should provide the P.A. Announcer with a portable stereo unit to play music for half time performances.

**Section 2:** It is the preference of INFC that a team mom or appointed individual be in the press box during half time performance. His/her responsibility will be to announce each squad members name as well as to start and stop music for the performance. (Providing a tape recording of each squad members name might be an option).

**Section 3:** Please keep in mind that INFC promotes a family environment, therefore, music that contains sexual references, words and/ or sounds considered inappropriate are not allowed. Dance routines that contain sexually suggestive movements considered inappropriate are not allowed.

### **ARTICLE XV COMPETITIONS**

**Section 1:** All cheerleading coaches will adhere to the INFC Rules and Regulations when attending all competitions.

**ARTICLE XVI**  
**GENERAL SAFETY GUIDELINES**  
**CLUBS AND COACHES SHOULD ACKNOWLEDGE**

**Section 1:** Jewelry (including belly button rings), gum, or candy, are not allowed during practice or games. This rule applies to all cheerleaders, coaches and/or advisors who are actively participating at practices and games.

**Section 2:** Fingernails, including artificial nails, must be kept at an appropriate length at practice and games to minimize the risk of injury. This rule applies to all cheerleaders, coaches and/or advisors who are actively participating at practices and games.

**Section 3:** Appropriate footwear must be worn at all times.

\* A copy of medical releases should be kept by the coach at all practices, games, competitions, or performances.

\* Be mindful when attending out of town games the location of medics, ambulances, etc

\* Prepare a quick and handy reference chart to keep with you as to who on the squad might be diabetic, allergic to bee stings, asthmatic, etc. Ask your parents to inform you of prescribed medications they may be taking.

\* Make certain the squad is properly warmed-up before each practice or game. Failure to do so is one of the largest contributors to injury.

\* Always inspect cheering area for debris and uneven terrain. Remove all debris from area. Keep water bottles, bags, etc orderly and away from cheering area.

**ARTICLE XVI**  
**CHEER ETIQUETTE**

**Section 1:** It is appropriate to cheer when your team comes on the field, when your team or a player makes an exceptional play either on offense or defense, during a big defensive play, between quarters and at halftime, during timeouts, when the *other* team is kicking a field goal or extra point, and when your team is kicking off or punting.

**Section 2:** When an injured player leaves the game, it is appropriate to cheer encouragement and tribute to for that player. This includes a player on the other team.

**Section 3:** It is **not** appropriate to cheer when a player is injured. This includes a player on the other team. It is advisable to take a knee until the injured player leaves the game.

**Section 4:** Negative, demeaning, or chanting/cheering for the purpose of

taunting the opponent will not be tolerated.

***ARTICLE XVII***  
**RULE CHANGES**

**Section 1:** Rule changes may be amended, adopted, or repealed each season by the INFC Membership and/or Commissioner.

## Parents Code of Ethics

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

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

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

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

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

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

I will demand a sports environment for my child that is free from drugs, tobacco, and alcohol and will refrain from their use at all youth sports events.

I will remember that the game is for youth - not adults.

I will do my very best to make youth sports fun for my child.

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

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

I will read the National Standards For Youth Sports and do what I can to help all youth sports organizations implement and enforce them.

*Signatures*

\_\_\_\_\_  
Parents Signature

\_\_\_\_\_  
Parents Signature

© National Alliance For Youth Sports

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