

**BY-LAWS OF TRI-COUNTY YOUTH TACKLE FOOTBALL LEAGUE (2010)**

Article I

**NAME**

This organization shall be known as the Tri-County Youth Tackle Football League (TCYTF).

Article II

**OBJECTIVE**

To attain and promote the growth of scholastics and sportsmanship to our community youth through athletic competition.

Article III

**GOVERNMENT**

Section 1, **MANAGEMENT:** A Board of Directors shall govern the Tri-County Youth Tackle Football League. The Board of Directors is made up of one representative from each team participating in TCYTF. At the January Directors meeting, new officers will be appointed based on a rotation schedule. Each team will rotate up one position each year. If a new team is added they will start at the bottom of the list after that year's rotation has been made. TCYTF will function as a Board of the whole. The Board of Directors has been established to oversee the League as a whole, but not to intervene in individual member board matters unless a member organization breaks the By-Laws of TCYTF.

The 2010 TCYTF Board of Directors is as follows:

President -	Sandwich	Directors –	Seneca
Vice-President -	Morris		Somonauk
Secretary -	Chanooka		Coal City
Treasurer -	Plano		Oswego

TCYTF will also have a Cheerleading committee made up of one representative from each member organization. This committee will meet at the same time and place as the regular TCYTF board. They will bring recommendations concerning the Cheer program to the TCYTF Board of Directors for its approval. **{Revised 5/05}**

Section 2, **DUTIES:** The Board of Directors shall perform the duties and exercise the powers described by the Articles of Incorporation set forth in these By-Laws. These duties and powers shall include, but are not limited to the following: **{revised 5/05}**

A. **PRESIDENT:** The President shall act as the Chairperson of the Board of Directors. The President shall be responsible for conducting the affairs of TCYTF and for executing the policies established by the Board of Directors. The President is responsible for the conduct of TCYTF and must be in strict conformity of its policies, principles, rules and regulations. The term of the President shall be 2 years. **{Revised 1/10}**

B. **VICE PRESIDENT:** The Vice-President shall preside in the absence of the President. The Vice-President will be responsible to verify each member's registrations and bring any questions to the member organizations and the Board of Directors. The term of the Vice President shall be 2 years. **{Revised 1/10}**

C. **SECRETARY:** The Secretary shall record minutes of each meeting to be presented at the next meeting. The Secretary is responsible for all Board correspondences. They are responsible for keeping track of the designated voter for each member organization during meetings. The term of the Secretary shall be 2 years. **{Revised 1/10}**

D. **TREASURER:** The Treasurer has the authority to disperse League funds with the approval from the Board of Directors. The Treasurer is responsible for maintaining financial records and presenting them at each monthly meeting, as well as an annual report at the January meeting. The term of the Treasurer shall be 2 years. **{Revised 1/10}**

E. **DIRECTORS:** Directors are member organizations that do not hold an officers position but still carry a vote in all League matters.

F. **GENERAL:** No member shall receive any compensation for serving on the Board. Each member organization is expected to attend each monthly meeting. After three (3) absences in a fiscal year, a Board member's term will cease and the organization will be placed on probation and lose voting privileges for one year. **{Revised 5/05}**

Section 4, **VOTING:** Each TCYTF member with voting privileges will be allowed to cast one vote on matters concerning TCYTF. Before each meeting, a member must sign-in as a designated voter. The designee is the only person allowed to cast a vote at a meeting. **{Revised 5/05}**

Section 5, **GENERAL INFORMATION:** General meetings are held the first Wednesday of each month at Minooka City Hall 7pm. The President may call special meetings as long as there is a 24-hour notice given to each member. TCYTF fiscal year is from January 1 to December 31 of each year. A quorum of 51% must be present to hold a meeting. **{Revised 5/05}**

**MEMBERSHIP**

Section 1, **ADULT MEMBERS:** Any person who has a child enrolled in the program or has an active interest shall be a member of the Tri-County Youth Tackle Football League, and shall be subject its By-Laws.

Section 2, **YOUTH MEMBERS:** Any child meeting the requirements as set forth in these By-Laws of TCYTF, shall be eligible for participation. If equipment is available, no child will be refused to participate provided that they conform to the team By-Laws and the TCYTF Rules of Eligibility.

Section 3, **DISQUALIFICATION:** Any member not conforming to the By-Laws of the TCYTF may be disqualified at the discretion of the Board of Directors.

## RULES OF ELIGIBILITY

Each club will consist of (4) teams, Superlight, Lightweight, Junior Varsity and Varsity (1 team) per division, limited by age and weight class. All weights listed on Attachment 1 "WEIGHT CHART" assume the player weighs-in wearing their game shoes, socks, game-pants, knee pads, thigh pads, all girdle pads and game jersey. For weigh-ins, the player is not required to wear helmet, shoulder pads, neck roll or rib pads. All players must carry their helmet to the Weigh-in **(revised 12/09)**. Dual teams, see Duel team alignment rules. The TCYTF Board must approve all Double Stripers except at the Varsity level of play.

## STRIPER RULES

### SINGLE STRIPER

1. Only three (3) striper players on the field at a time
2. Striper players must have a single team color stripe on helmet, front to back, the exception will be – ANY TEAM WITH A PRE-STRIPED HELMET MUST STRIPE THEIR HELMET, FRONT TO BACK, WITH A BRIGHT NON-TEAM COLORED TAPE.
3. Stripers cannot handle the ball on offense and can only handle the ball if there is a turnover on defense. In the course of play, if a striper, either on defense or offense, recovers a fumble or intercepts a pass, he may not advance the ball.
4. The striper position on offense is a down lineman from tackle to tackle. The line positions are defined as LT,LG,C,RG,RT in a balanced offensive set and as LT,C,RG,RXG,RT in an unbalanced right formation and LT,LXG,LG,C,RT in an unbalanced left formation. **(Revised 3/08)**
5. A single striper may play defense but must line up in a down position on (ON- is defined as anywhere on the offensive players body) the offensive tackle as defined in rule 4 above. **(Revised 3/08)**
6. If a striper plays out of position, an automatic five (5) yard penalty will be assessed against offending team
7. If four (4) single or double stripers participate in a play a 5-yard penalty will be assessed against the offending team and the down will be repeated.
8. A striper on defense is not allowed to drop into pass coverage more than three (3) yards. A 5-yard procedure penalty would apply. **(Added 3/08)**

### DOUBLE STRIPER

1. At all levels of play if one double striper is on the field they may play any position tackle to tackle. If two double stripers are allowed on the field, but they are limited to playing "Offensive Tackles" position on opposite sides of the line. Double stripers only may play an unlimited number of plays on offense only. **(Revised 1/10)**
2. Double striper players must have a double team color stripe on their helmet, front to back, the exception will be – ANY TEAM WITH A PRE-STRIPED HELMET MUST DOUBLE STRIPE THEIR HELMET, FRONT TO BACK, WITH A BRIGHT COLORED TAPE ON BOTH SIDES.
3. Double striper players **MAY NOT BE ON DEFENSE**, or the receiving team or on the kick.
4. Double striper cannot handle the ball on offense. In the course of play, if a Double striper recovers a fumble or catches a pass, they may not advance the ball.
5. Double striper positions are offensive down linemen, from normal tackle-to-tackle positions.
6. If a Double striper plays out of position, an automatic five (5) yard penalty will be assessed against offending team.
7. Double stripers are not allowed to pull at any level. A 5-yard procedure penalty will be assessed.

### STRIPER AND DOUBLE STRIPER RULES FOR SPECIAL TEAMS

1. The following rules apply to single and double stripers concerning special teams play. **(Revised 9/04)**
  - A. **PUNT** –Stripers may participate but may advance the ball only to the line of scrimmage in an attempt to punt. Double Stripers are **NOT ALLOWED to participate on punt team. (NO TRICK PLAYS)**
  - B. **PUNT RETURN** – Stripers may participate. Double Stripers CAN NOT participate.
  - C. **KICKOFF** - No striper or double striper may participate except to be the KICKER. After kicking, they must come directly off the field and not participate in the play.
  - D. **KICK RETURN** – NO Striper or Double striper will be allowed to participate.
  - D. **EXTRA POINT** – May kick or hold the ball but NO trick plays allowed. They may also be on the offensive line. No more than a total of three stripers or double stripers allowed.

The penalty for violating these rules is a 5-yard procedure added to the end of the play.

## RULES OF THE GAME

1. All teams must field eleven (11) players at the start of every game or that game will be forfeited (General Rule #3). NOTE: Striper and Double Striper rules apply (refer to Striper and Double Striper rule 1).
2. Games will be controlled by 4 officials whenever possible. In order to maintain play, three officials can be used if accepted by both teams involved. Official time will be kept on the playing field by the referees.
3. All games will be played under IHSA Varsity Rules with the following exceptions:
  - A. Extra points will be scored: One (1) point for a run or pass, two (2) points for kicked.
    1. Superlight and Lightweight move the ball to 12 yards from goal post to kick. If kicking an extra point they must kick.
    2. Superlight and Lightweight may put only 6 players on defense, lined up from end to end (head on the player in front of them) not covering or rushing the center or (A) gaps, from a down (3 point) linemen position during an extra point kick or field goal attempt. The offense must assume a normal (E T G C G T E) formation with splits no greater than 2 feet. **(Revised 3/09)**
    3. Superlight and Lightweights must advise the referee if they are attempting an extra point or field goal.
  - B. Field goal tries in Superlight and Lightweight: The ball will be moved 10 yards closer to goal post because of 80-yard field.
    1. Same rules apply as extra point attempts. If attempt is missed or blocked IHSA rules would apply. **(Revised 1/08)**
4. At no time may a team line-up or rush more than 2 players between the A gaps. Infraction is a 5 yard penalty. **(Added 3/07)**
5. Games will consist of 4 quarters with 20 minutes or less at halftime. Quarters, field size and timeouts will be as follows:
  - A. Superlight and Lightweight Divisions:
    1. Ten minute quarters and played with IHSA rules for time. Played on a shortened 80-yard field. **(Revised 12/09)**
    2. A 35 second play clock will be used. **(Revised 1/09)**
    3. Four timeouts per half. Timeouts are thirty (30) seconds. **(Revised 12/09)**
    4. "5<sup>th</sup> quarter" will be played immediately **PRIOR** to regulation game. "5<sup>th</sup> quarter" will consist of 20 min. running clock. Each team will run 10 min. of offense and 10 min. of defense. "5<sup>th</sup> quarter" will be monitored by coaches (no refs) and is intended for development of reserve backfield and non-impact players. Five play rule for regulation game will still be in effect. **(Revised 12/09)**
  - B. Junior Varsity and Varsity Divisions:
    1. Ten minute quarters and played on a regulation field and IHSA rules for time.
    2. Four timeouts per half. Timeouts are sixty (60) seconds.
6. Game Balls: Each team will provide their own game ball on offense. The same ball must be used through a series possession including extra points, punts, field goal attempts and ensuing kick-off. **(Revised 3/07)**

Superlights shall use:  
Leather – Wilson K2 TDJ, Baden, Rawlings Pro 5 Jr., Rawlings R5-PW  
Composite – Wilson K2 or TDJ, Baden, Rawlings ST5, Nike – PW

Lightweight shall use:  
Leather – Wilson TDJ or TDY, Baden, Rawlings R5Y  
Composite – Wilson TDY or TDJ, Baden, Rawlings ST5, Nike Junior

Junior Varsity shall use:  
Leather – Wilson TDY, Rawlings R5, Baden  
Composite – Wilson TDY, Baden, Rawlings ST5, Nike – Youth

Varsity shall use:  
Leather – Wilson TDS, Baden, Rawlings R5  
Composite – Wilson TDS, Baden Collegiate, Rawlings ST5, Nike – Senior
7. When a team leads by eighteen 18 or more points, the leading team will not kickoff to the losing team. At the Superlight and Lightweight levels the losing team will take possession at the winning team's 30-yard line. At the Junior Varsity and Varsity levels the losing team will take possession at winning team's 40-yard line after any score and at the beginning of the second half until the difference is below eighteen (18) points. **(Revised 3/07)**
  - A. Prior to the start of each game, the starting backfield line-up will be exchanged between coaches and provided to referees. The starting backfield consists of the four (4) backs and two (2) ends. To avoid confusion, the five positions not listed will be the two tackles, two guards and center.
  - B. The starting backfield of the leading team must also be substituted and may not handle the ball on offense until the score is below eighteen points. If positions of players are not available as substitutes, positions of players must be changed. A 5-yard procedure penalty will be charged if a starting backfield player plays one of the designated positions. The exception to this will be a player who is listed in the starting backfield and assumes the position of punter or kicker. This player may continue to perform these duties but at no time may they advance the ball, other than kicking.
  - C. After !8 point rule is in effect, starting backfield may fair catch a punt but may NOT advance punt.
8. At the Superlight and Lightweight level if a kickoff goes out of bounce on the kick and goes further than ten yards, the ball will be placed at midfield. All High School rules apply at Junior Varsity and Varsity. **(Added 4/04)**
9. The Superlight and Lightweight must inform the referee if they are going to punt on fourth down. If they are punting, the defensive team cannot rush the punter. The Superlight or Lightweight punter cannot move more than five yards from the right or left from the center to punt. The punter will be given a 5 second count to punt the ball after it is snapped if the ball is not punted within the 5 second count a 5 yard delay of game and loss of down penalty will be accessed. **(Revised 2/09)**

10. At the Junior Varsity and Varsity level NO player shall lineup head-on the center or rush the A gap unless in a down linemen position head up on the guard during a punt, field goal or extra point attempt. If they do a 5-yard procedure penalty will be called. Also ANY CONTACT with the punter, kicker or holder will be called a MAJOR roughing penalty. There is NO minor 5-yard running into the kicker penalty. **{Revised 3/07}**
11. The Superlight and Lightweight will not have any major penalties to exceed ten yards.
12. All tie games will be played off per IHSA Varsity rules.
13. All playing shoes must be IHSA approved shoe. **(Revised 3/07)**
14. Referees and both team representatives will have full responsibility for maintaining discipline and control in the matters concerning the conduct of the coaches, players, fans and their effect upon playing conditions.
15. Any Player or Coach ejected for any reason or involved in fighting during their game on the field will receive an automatic one game suspension. A second offense will result in a suspension for the remainder of the year. All ejections must be reported to the league Secretary and all league teams via e-mail. **(Revised 3/07)**
16. Cancel games prior to completion.
  1. Canceled anytime during and prior to the start of the fourth quarter are considered incomplete and will be continued on the home teams field at an agreed-upon date and time.
  2. Games in play during the fourth quarter are considered complete.
17. Game Delays: The League recommends delays to last one (1) hour prior to canceling a total game day or one game. We also require referees to remain on the premises and will be reimbursed for their time. To minimize the backup of games, if able to continue, the following options should be utilized:
  1. Complete game as started
  2. Complete game in progress and if team is leading by 18 points or more utilize General Rule 16.2 and move to next game. **(Revised 1/08)**
18. No player will be allowed to compete while wearing a soft or hard cast.
19. All initial contact on the interior line for both offense and defense must be above the waist. Interior line is defined as outside shoulder from tackle to tackle on offense. Unbalance formations are defined in striper rule 4. **(Revised 1/09)**
20. All on field coaching at the Superlight & Lightweight levels will end once the Quarterback is set. The first flag will result in a warning. A second and sequential flags will result in a 5-yard penalty.

#### WEIGH-INS

1. All weigh-ins will be held at halftime of the game in progress, except for the first game of the day. They will be held one half (1/2) hour prior to start. They will be executed under the provisions set by "Attachment 1, Weight Chart".
2. Each team is requested to have one person as a coordinator to handle all weigh-ins and disputes. This person cannot be a coordinator of the team they are coaching. NO parents will be allowed at weigh-ins.
3. A balance beam or digital scale is the only scale approved by the league directors. A fifty (50) pound metal weight will be used to check the scale before weigh-ins.
4. Opposing AD's will have the right to inspect equipment to assure that it is of the type used by the players in the game. If a player is found not to be wearing complete or improper equipment at weigh-in the opposing team has the right to make that player sit out the first half of play.
5. A player arriving late has until the start of their game to be weighed; after the game starts they must sit out until halftime of their game to be weighed. **(Revised 3/07)**
6. All players will be weighed carrying their game jersey.
7. If a player weighs in at halftime prior to his/her game and does not make weight, he/she has the right to weigh-in at halftime of his/her game. The five play per game rule applies. (At halftime, a striper/double may not re-weigh to make it as a non-striper/striper.)

#### GENERAL RULES

1. Each team will provide no later than the August TCYTF meeting a complete Football & Cheerleading roster master sorted by level of play in paper form to each individual team and a copy of the same information via email or CD in excel format to the league. The rosters must be sorted numerically for football and alphabetically for cheerleading in the format below. **(Revised 2/09)**

Jersey #	First name	Last name	Age - FB grade- Cheer	Birthday	Level	Weight
1	Johnny	Player	8	7/26/01	SL	75
2	Billy	Football	7	9/2/01	SL	60

- A. All teams are required to submit via email before a game, new rosters to every team after a roster move (i.e. LW move up to JV) or a new player added. It is a team's discretion to allow individual players to play if not listed on a roster. **(Added 3/07)**

No new players will be allowed after the August League meeting, if a team has twenty-two (22) or more players. **(Revised 6/05)**

2. All games will be played on Saturdays or Sundays beginning no earlier than 11:00am except by special agreement by both teams. (A \$25 rescheduling fee will be charged to the team requesting to reschedule a game after July 1<sup>st</sup>. With the exception of weather related changes. All weather related cancellations must be played with an agreed upon time by the two teams involved. If an agreed upon time can't be met, then the games will be scheduled by the league for the first open weekend date that the two teams have in common. If a team then can't play on the date assigned the team not attending would forfeit that days games.) **(Revised 1/09)**

3. Players will be allowed to move up in division if overweight, but once moved, they will not be allowed to move back. Players may play in only one division on any scheduled date, unless to avoid a forfeit. Final decisions will be left up to the coaches involved to avoid a forfeit.
4. If two teams tie for first place, they will be considered co-champions. Both divisions will have League champions. Trophies will be awarded to first and second place teams at each level of play, if there is a tie, only the co-champion trophies will be awarded. **(Added 1/10)**
5. Registration of players/cheerleaders is allowed at any time. NO TRYOUTS. No player will be allowed to practice without insurance or proof of age. All Superlight and Lightweight teams will be granted permission to hold an informal 2-hour seminar one week prior to the start of the season. The purpose of this seminar is to fit and explain equipment, and to explain football terminology. No evaluation of player is to take place. **(Revised 6/05)**
6. Practice may begin three (3) weeks prior to the first scheduled game for both football and cheerleading.
7. The League will allow five (5) practices per week prior to September 1. After this date, the maximum number of practices per week will be four (4). A player must have one week of practice prior to participating in their first game. The league requires all participants to have a sports physical. A copy of one taken for school will be accepted. Parents who refuse MUST sign a waiver releasing the league and organizations of any liability.
8. Any single team found to be in violation of Rules 5, 6 or 7 will be disqualified from football playoffs and/or cheer competition at the discretion of the Board of Directors. The member organization will also be placed on 1-year probation and a second offense will result in removal from TCYTF.
9. Should any team, for any reason, wish to protest a game; a written statement must be made to at least three members of the League Board, giving the reason for the protest, with-in seventy-two hours of the completion of the protested game. The League Board of Directors will meet at its earliest opportunity after all teams have been notified of the protest to determine if the protest is valid. A protest fee of fifty dollars (\$50) will be assessed to the protesting team, to be returned, if the protest is upheld. The losing team will pay a fine of two hundred fifty dollars (\$250). TCYTF discretion on the outcome of the game that is under protest.
10. Any coaches or team official found intentionally violating League rules or the accepted rules of fair play and sportsmanship, that team may be placed on one-year probation. The Board of Directors will strictly enforce this rule.
11. All new member teams are placed on a one year probation period. **(Revised 5/05)**
12. All players must play a minimum of 5 plays.
13. A list of each team's facilities and a map or directions to each field shall be provided to the League Directors at roster hand-in.
14. Chains and down makers will be provided by the home team.
15. A player is restricted to play in one tackle football team during TCYTF season (first practice until Superbowl). If a team is found to have players participating in multiple leagues, that team will forfeit all games the player or players participated in and the player or players will be banned permanently from TCYTF. **(Revised 1/08)**
16. Each team will have the identification registration provided by the teams on the playing field (including copy birth certificate and recent picture).
17. All teams will be required to follow a set schedule, in the interest of safety, have helmets and facemasks recertified every two years.
18. NO high school students will be allowed to play
19. No alcoholic beverages allowed at practice or games. Smoking is not allowed on the sidelines of any League game. A smoking ban is in place at many of the fields being played on (Illinois State law prohibits smoking on any school property). Please observe these rules when posted.
20. TCYTF will assess yearly fees to cover the cost of operating the League. Each member organization is responsible for an equal share in the expense of operating TCYTF.
21. Voting procedures to amend and or add to the By-Laws are as follows:
  - A. One vote per team.
  - B. Registered officer of each team, or in their absence a designee, casts vote.
  - C. A two thirds (2/3) majority vote of those present is required to pass or amend a By-Law.
22. The League has established a team representative (member of Board, coaches, stats, etc.) dress code. The representative must wear a designated team shirt. Accessories such as bandannas, heavy jewelry, gloves, etc. will NOT be allowed. Caps may be worn with the bill pointing forward.
23. Disciplinary Problems: A team representative must be at a League meeting (either a regular/special meeting) and present the following:
  - A. Discuss the problem.
  - B. Advise what penalties have been assessed by his/her organization
  - C. Advise what is being done to keep problem from re-occurring. This step must be approved by a majority of League Reps.
  - D. Second offense of the same type violation in a one calendar year period will result in one-year probation.
  - E. Third offense of the same type violation in one calendar year period will result in ejection from TCYTF.
  - F. The team ejected from the League may be reinstated only if they agree to abide by all conditions set forth by TCYTF League Reps.
  - G. Any team that is on probation for a disciplinary reason is ineligible for the playoffs in any of the four levels.
24. There will be NO play-by-play announcing while the play is actually taking place.
25. Referee fees 2009 will be \$40 per game = \$160 per day for the 2009 & 2010 seasons. **(Updated 8/08)**
26. No advertising or soliciting shall be done at any game except by home team, unless specific permission is given by home team.
27. At November meeting, each member organization will be required to pay \$1500 non-refundable deposit to be used for league insurance for following season.

## PLAYOFFS

- The League has established a top 4 team playoff system described below: **(revised 1/10)**
  - Teams – Top 6 teams at each level will qualify for the playoffs
  - Round 1 – Top 2 team at each division will receive a bye. #3 seed vs. #6 seed, #4 seed vs. #5 seed.
  - Round 2 – teams will be re-seeded after round 1 with #1 seed playing lowest seed remaining and #2 seed playing second lowest team remaining.
  - Superbowl – The teams that win Round 2 will face each other.
- The following criteria is established to determine seeding for the playoffs **(revised 3/09)**
  - Divisional record
  - Head to Head wins
  - Overall record
  - 3 way tie and Head to Head does not work (total wins of all opponents)
  - Coin toss (to occur on final day of regular season games at a mutually agreed upon location with League officers presiding)
    - If 3 teams and 1 playoff position is available then odd man is in
    - If 3 teams and 2 playoff positions are available then odd man is out and the seeding is based on head to head of remaining 2 teams.
- Superbowl site rotation. After a team hosts they will move to the bottom of the list. If a new team is added the rotation is done first then the new team is added to the rotation. If a team is unwilling to host then it would go to the next team on the list and the rotation will continue. **(Revised 3/09)**

2010 – Seneca	2011 – Coal City	2012 - Morris	2013 – Chanooka
2014 - Plano	2015 – Somonauk	2016 – Oswego	
- No player will be allowed to move up in any division after their team has been eliminated from the playoffs. **(Added 3/07)**
- Superbowl rotation:

2010 – Seneca	2014 – Plano
2011 – Coal City	2015 – Somonauk
2012 – Morris	2016 – Oswego
2013 – Chanooka	2017 - Sandwich

## DUAL TEAM ALIGNMENT RULES

- Players will remain on the same team if returning in the same division.
- Players who advance to the next weight division will be placed in a pool and be divided one-by-one by the head coaches.
  - The oldest player regulates family participation.
  - Coaches and support staff (medical, equipment, etc.) will regulate family participation.
- Newly registered players will then be put in a pool and coaches will pick one-by-one until the first team is completed based on a teams' **maximum per team. The remaining players will fill the other team's quota.**
- A new expansion team (second, third or fourth) can have a one-day evaluation practice prior to their selection draft, up to one month preceding the first scheduled day of practice. The draft shall be a one-on-one pick until the teams' roster is achieved.

## TRI-COUNTY YOUTH TACKLE FOOTBALL CHEERLEADING GUIDELINES

Section 1, **MANAGEMENT:** A cheer committee will be made up of one representative from each TCYTF member organization and follow the same officers guidelines established for the TCYTF Board of Directors' as defined on page one of the By-Laws. The cheer committee will meet the first Wednesday of each month at 7pm at Minooka City Hall in conjunction with the regular TCYTF meeting. **(Revised 4/09)**

Section 2, **GUIDELINES:** The following grade requirements apply to cheerleading:

Superlight	First and Second Grade
Lightweight	Third and Fourth Grade
Junior Varsity	Fifth and Sixth Grade
Varsity	Seventh and Eighth Grade

Participation is governed under TCYTF By-Laws and is open to Girls and Boys ages 6 before September 1 and age 14 not to be 15 before September 1. A participant may move up in a division based on the individual Boards discretion but may not move down a division. However, participation in the TCYTF cheer competition will follow grade level guidelines.

## RULES SPECIFIC TO CHEERLEADING

- As stated in TCYTF By-Laws, General Rules #5, NO TRYOUTS are allowed.
- Participation in the TCYTF Cheer Competition is mandatory. All four cheer divisions (excluding pom squads) from each TCYTF member organizations that cheer during the regular season are required to participate. If a squad has less than 5 cheerleaders, that specific squad may choose move their participants down to complete a squad for competition. If a team does not participate, they are not allowed host the event the next time they are in the rotation and placed on probation, and a \$300 fee will be assessed to the team. If the same team is absent a second year they could be removed from the league. **(Revised 2/10)**
- The cheer competition will be held in October on a date set by the TCYTF Board of Directors. The date is to preferably be the weekend of the second round of football playoffs on the opposing date of the game. The site of the Cheer Competition has been determined to be held on a rotating basis but, in the event that a member organization is unable, unwilling or have proper equipment to host the competition, it will rotate to the next team. Rotation as follows: **(Revised 4/09)**

2010	Morris	2014	Sandwich
2011	Chanooka	2015	Somonauk
2012	Seneca	2016	Oswego
2013	Coal City	2017	Plano

If a new team is added to TCYTF, they will be added to end of this list after the rotation has been made for that year. **(Revised 3/07)**

4. Cheer competition will follow the Tri County Official Rules & Regulation as established by the cheer committee and the NFHS Spirit Rules Handbook and approved by the TCYTF Board of Directors. The rules will be revised yearly and any changes will require a two thirds majority vote by the cheer committee and the TCYTF Board of Directors. **(Revised 4/09)**
5. TCYTF will provide only trophies for first and second place only. No other individual trophies or ribbons will be awarded by TCYTF. **(Revised 3/07)**
6. After trophies have been awarded, all judges' decisions and awards are final. **(Revised 4/09)**
7. The first place winners from the cheer competitions at all 4 levels may choose perform their winning routine at halftime of the Superbowl. During the halftime, the cheerleaders of the teams participating in the game are allowed to do a hello cheer. The only performance with music allowed is for the competition winners. **(Revised 4/09)**
8. Each squad must be under the supervision of a coach or an adult at all times. Coaches will be responsible for their squads conduct at all times.
9. TCYTF and the events host will not be responsible for accidents, injuries or illness that occurs before, during or after the competition. **(Added 3/07)**
10. Non-performing squads are to remain orderly and quiet (outside of normal cheering for a squad) while another team is performing. Good sportsmanship required. **(Added 3/07)**
11. The following items are allowed: hair bows, scrunches and bobby pins. **(Revised 4/09)**
12. The following items are NOT allowed: glitter, jewelry, nail polish, hair combs, hair clips, barrettes or costumes (only team uniform). **(Revised 2/10)**
13. Mascara, light powder blush and light foundation to cover blemishes and even skin tone will be allowed. No eye shadow, lip color or eyeliner will be allowed. **(Added 2/10)**
14. Entire uniform including hair accessories & socks must all be the same color and style for each member of the participating squad. **(Revised 4/09)**
15. Shoes must be white and clean, but do not have to match. **(Added 3/07)**
16. Routines for the competition MAY NOT exceed 3 minutes in length (but may be under 3 minutes). The routine must consist of a minimum of 30 seconds of full cheer. If a routine is judged to have exceeded the maximum time and/or does not include a full 30 seconds of cheer a 5 point deductions will occur. Judging and timing will begin once your music or cheer has started and will end when the cheer or music stop. All music and wording of music and cheers must be age appropriate and approved by the TCYTF cheer directors. **(Added 3/07)**
17. Each team is responsible to start and stop their own music. You may test your music upon arrival in the morning. Please have an extra copy of your music for a back-up. **(Added 3/07)**
18. IHSA Spirit Rule Book is to be used as a guideline for mounting. Since this is a recreational league, final mounting approval must come from the cheer directors. If there is any question about a mount, it needs to be discussed by the cheer directors at a regularly schedules meeting and voted upon. If there is a question regarding a mount (DON'T do it). A 15-point deduction will be taken for illegal mounts or stunts. **(Added 3/07)**
19. The following cheerleading actions are allowed, cheers, partner stunting, pyramids, dance, jumps, kicks, splits, leaps, turns and tumbling. The following, splits, round-offs and cartwheels are considered tumbling stunts and if an attempt is made a minimum of 1 point will be given. No team will be given a zero on a judges score sheet if that attempt is made. **(Added 3/07)**
20. All stunting and tumbling must be performed completely on the mat. All tumbling approach must also begin and end on the mat. A deduction will be taken for any tumbling and/or stunting done off the mat. Only cheer may be performed off the mat. **(Added 3/07)**
21. All pyramids are limited to a maximum of 2 high (base+1). No participant is allowed to individually support the weight of 1 or more teammate. A pyramid more than 2 high will result in an immediate disqualification. Each participant above the shoulders or extensions must have their own back spotter. All bases and spotters must be competing squad members on the floor. Coaches may be safety guides if needed. **(Added 3/07)**
22. Body drops to the ground WILL NOT be allowed. A body drop is a straight drop to the ground without any hand support. **(Added 3/07)**
23. Cheerleaders with handicaps will NOT be discouraged from competing. The judges will be advised prior to competition of their status and all handicapped cheerleaders will participate as any other cheerleader. **(Added 3/07)**
24. Only 1 cheer director or coach from each member organization will be allowed to attend the cheer directors meeting prior to the start of the competition with the judges. Each team's A.D. will choose representative to attend meeting. No non-director coaches will be allowed at the meeting and it is the responsibility of each director to discuss all rules with their coaches prior to the competition and to give them any updates from the directors meeting. **(Added 3/07)**
25. There is absolutely no "coaching" from the sidelines during a squad's performance. A 20 point deduction from the overall score will occur. This is not the coach's performance but the cheerleaders. **(Added 3/07)**
26. Squads will perform and practice in the order that their names were drawn prior to the competition. The competition will not be delayed for a late squad (no exceptions). This includes floor practice time prior to the start of the competition. **(Added 3/07)**
27. Score sheets will be collected immediately after each squad's performance and given to 3 tabulators. Final placement will be checked by 3 designated cheer directors before the results are announced. The score sheets will be released to each towns cheer director at the end of the day. They will receive only their score sheets. **(Added 3/07)**
28. Taping and/or braces will NOT be allowed of any body part except in the case of injury. Doctor's note is being required. No casts are allowed. **(Revised 4/09)**
29. Full extensions are allowed at the Varsity and Junior Varsity levels. They also may be performed at the Lightweight level but require a front spotter. The Superlight level is NOT allowed to do full extensions. **(Added 3/07)**
30. Judges must not be or have affiliation with TCYTF or its' event host. Judges will be paid \$150 each for the day's events. **(Revised 2/10)**

31. Spirit grams will be read in back for the coaches and cheerleaders. They are not to be read in front of the crowd. **(Added 3/07)**

32. The host team is responsible for coordinating and handling all aspects of hosting the event, which include but are not limited to security, videotaping, distribution of tapes and novelties. **(Added 3/07)**

33. Poms and signs are allowed to be used during the competition at all levels. A squad choosing to use these props must carry them on during their performance. There is NO pre-placement of poms or signs by anyone at any level before taking the mat for competition. **(Added 4/09)**

The preceding By-Laws were approved by a vote of (8) yes, (0) no and (2) absent votes and they were signed by a designee from each of its' Member Organizations on June 3, 2010.

COAL CITY Chris Crawford

PLANO Tim Campbell

CHANOOKA Steve Troutman

SENECA Kurt Carrigan

MORRIS Bruce Dryfhout

SOMONAUK Tracy Thrall

OSWEGO Tom Zagorski

**Attachment 1: WEIGHT CHART**

As of January 6, 2010 the TCYTF Board has re-approved its' weight chart and policy to be use during the 2010 season. This weight chart eliminates the option of weighing with or without equipment, and players simply weigh in with the following requirements:

**Required Equipment at all weigh ins:**

1. game shoes
2. socks
3. game pants
4. knee and thigh pads.
5. girdle and all girdle pads.
6. game jersey

**Equipment NOT required at weigh ins.**

1. helmet
2. should pads
3. rib pads
4. neck rolls

**2010 SEASON AGE & WEIGHTS**

Level	age	weight
Super-Light	age 6-8	80
	6-8 Striper*	95
	age 9 after Sept. 1 <sup>st</sup>	60
	*** Double Striper	*** requires board approval
Light-Weight	age 7-10	100
	7-10 Striper*	115
	age 11 after Sept. 1 <sup>st</sup>	80
	*** Double Striper	*** requires board approval
Junior Varsity	age 8-12	125
	8-12 Striper*	140
	Age 13 after Sept. 1 <sup>st</sup>	90
	*** Double Striper	*** requires board approval
Varsity	age 9-14	165
	12-14 Striper*	200
	Double Striper**	275 (NO EXCEPTIONS)

All Double Stripers at Superlight, Lightweight and Junior Varsity must be approved by the TCYTF Board of Directors. An approved Double Striper can only be moved up one level of play based on the established age/weight chart by the Board. It is the team's discretion to move that player up based on ability.