

**CASCADE JUNIOR FOOTBALL LEAGUE
2009 SEASON STANDING RULES**

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LEAGUE ADDRESS

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*CASCADE JUNIOR FOOTBALL LEAGUE
2009 SEASON STANDING RULES*

<p><i>CASCADE JUNIOR FOOTBALL LEAGUE OBJECTIVES</i></p>

- 1. TO INSPIRE YOUTH, REGARDLESS OF RACE, COLOR, OR CREED, TO PARTICIPATE IN A VIGOROUS AND ENTERTAINING ACTIVITY.*
- 2. TO BRING OUR YOUTH CLOSER TOGETHER THROUGH THE MEANS OF A COMMON INTEREST IN TEAMWORK, FAIR PLAY AND FELLOWSHIP.*
- 3. TO ACQUAINT CHEERLEADERS WITH THE FUNDAMENTALS OF LEADING ORGANIZED CHEERS AND CHANTS AND TO TEACH DANCE SKILLS AND CREATIVITY.*
- 4. TO TEACH PLAYERS THE FUNDAMENTALS OF THE GAME WHILE EMPLOYING THE ELEMENT OF SAFETY AND INTELLIGENT SUPERVISION.*
- 5. TO TEACH SPORTSMANSHIP IN DEFEAT AS WELL AS VICTORY, HONESTY OF ONESELF AS WELL AS TEAMMATES AND COACHES, AND LOVE OF THE GAME WITH THE ABILITY TO TAKE A FEW KNOCKS AND BUMPS.*
- 6. TO KEEP THE WELFARE OF OUR YOUTH FIRST, FOREMOST, AND ENTIRELY FREE OF ADULT LUST FOR GLORY.*

**CASCADE JUNIOR FOOTBALL LEAGUE
2009 SEASON STANDING RULES**

Article I: COMPLIANCE

1. All participants in this league shall adhere to all rules set forth herein.
 - A. Participants are defined as all league individuals and franchises, including all franchise participants and members.
 - B. Franchises are limited to:
 - Enumclaw Athletic Association
 - Maple Valley Junior Football & Cheer Association
 - Puyallup Junior Football Association
 - Valley Football & Cheerleading Association of Sumner
 - C. Membership will be limited to the above named four (4) franchises for the 2003 season.
2. Hereafter in these rules the Cascade Junior Football League Board of Directors shall be referred to as the "League" or the "Board of Directors".
3. All rulings and/or interpretations of these Standing League Rules by the Board of Directors shall be final and are not subject to argument or appeal by any participant except when in contradiction to, and/or violation of the Charter By-Laws of the Cascade Junior Football League and/or Robert's Rules of Order.
4. Rule changes must be approved by a 3/4 majority vote.
5. Rule changes meetings will begin in January.
6. Rule changes will be initiated by a motion or amendment from any member of the Cascade Junior Football League Board or pre-approved franchise designee in attendance during a scheduled rules meeting and discussed by all individuals in attendance prior to voting.
 - A. Rule change proposals must be in writing and on the Rules meeting agenda.
 - B. Franchise representatives, subject to Paragraph 4, may only vote motions or amendments concerning rule or policy changes on.
7. Franchises requesting admittance into the Cascade Junior Football League must submit their request in writing. Request packet will include a list of current Franchise Board Members, current financial statement, a copy of the franchise by-laws, and the location and type of home field used. Requests will be submitted in sufficient time to provide the Cascade Junior Football League expansion committee an opportunity to

evaluate and observe franchise operations. New franchises, when admitted to the Cascade Junior Football League, shall be on probation for five (5) years with no voting privileges for the first year.

8. The Board of Directors will ensure that these rules are kept in compliance. Any franchise not in compliance with these rules will be subject to suspension, probation, fines, or expulsion from the Cascade Junior Football League.
9. All Cascade Junior Football League Executive Board members will be required to sign a permission form for a background check.
10. Coaches and participants as referenced herein include football and cheer coaches, assistant coaches, players, cheerleaders, franchise league directors, their staff, parents and anyone involved or in attendance. This is applicable to all coaches, players, and participants' rules and disciplinary action(s).

Article II: EFFECTIVE TENURE

1. These rules will remain in effect until changed or modified. No rule changes may be made during the period of August 1st through December 31st of each year.

Article III: AMENDMENT PROCEDURE

1. Any rule or article may be amended by a 3/4 majority vote at a regularly scheduled meeting except when in conflict with **Article II**. All rule changes shall become effective immediately upon approval and publication.

Article IV: AGES AND WEIGHTS

1. All players must meet the following criteria to participate in the Cascade Junior Football program. It will be the responsibility of each franchise to verify that their players meet these age and weight requirements.
 - A. Overweight players who do not exceed 5% of the maximum required weight may practice with their respective teams. Overweight players who do not exceed 10% of the maximum required weight and have no other team to advance to by reason of age may practice with their respective teams. However, they may not play in any game until they meet the specified, official weight limits as set forth below. Over weight players who fail to meet the initial weight requirements at the first game will be allowed to play in a game the week they meet the combined initial weight requirement and growth factor.

B. To be eligible for post season games, a player must have weighed in and been eligible before weigh in for 60% of season games unless injury proven with doctor's statement.

2. Eighty Niner Qualifications:

A. All players play at the age they are on July 31.

B. Seven-year olds may participate in the 89'er program at the discretion of each franchise.

C.	7 years old	no minimum to	90 lbs.
	8 years old	no minimum to	80 lbs.
	9 years old	no minimum to	75 lbs.

3. Sweet Pea Qualifications:

A. All players play at the age they are on July 31.

B.	8 years old	81 lbs.	to	110 lbs.
	9 years old		76 lbs. to	100 lbs.
	10 years old	no minimum	to	90 lbs.
	11 years old	no minimum	to	75 lbs.

4. Bantam Qualifications:

A. All players play at the age they are on July 31.

B.	9 years old	101 lbs.	to	120 lbs.
	10 years old	91 lbs.	to	110 lbs.
	11 years old	76 lbs.	to	100 lbs.
	12 years old	no minimum	to	90 lbs.

5. Midget Qualifications:

A. All players play at the age they are on July 31.

B.	10 years old	111 lbs.	to	140 lbs.
	11 years old	101 lbs.	to	130 lbs.
	12 years old	91 lbs.	to	120 lbs.
	13 years old	no minimum	to	110 lbs.

6. Pee Wee Qualifications:

A. All players play at the age they are on July 31.

B.	11 years old	131 lbs.	to	162 lbs.
	12 years old	121 lbs.	to	157 lbs.
	13 years old	111 lbs.	to	142 lbs.

14 years old no minimum to 132 lbs.

7. Physically Handicapped:

A. Children with impaired motor skills such as Muscular Dystrophy, Cerebral Palsy, Prosthesis, etc. can, at the option and expense of their parents or guardians, go through a sports medicine clinic approved by the League and receive the doctors release. After reviewing the findings of the sports medicine clinic, the Cascade Junior Football League Board of Directors is empowered, at their discretion, to allow these children to play down one (1) level from their regular age and weight grouping.

8. Growth Factor:

A. Official weight must be met at each game. Certification weight must be met on certification day. An over-weight player will be eligible for additional growth factor weight starting with the first regular season game, regardless of the weight recorded on the certification day. Additional weight allowed in each division is one (1) pound each week starting with the first game of the season. (See weekly weight chart – Attachment 4)

B. Any player that has not reached the minimum weight requirement when indicated will be deemed an ineligible player. He/she will not be placed on a roster, participate in practice, scrimmage games or scheduled League games.

C. Uniform allowance will be:

Eighty Niners/Sweet Peas	8 lbs.
Bantams/Midgets	9 lbs.
Pee Wees	10 lbs.

9. Cheerleaders will not be held to the minimum age requirement of 7 years old. Minimum age will be at the discretion of each franchise, however cheerleaders will be held to the maximum age of 15 on or before July 31.

Article V: REGISTRATION FORMS AND ROSTERS

1. Official Cascade Junior Football League Registration forms will be completed by the franchise prior to the player having contact. All entries will be completed, except official weight. If the name the child usually goes by is not the same as on the birth certificate, both names will appear on the registration form and be appropriately indicated as "birth" name and "use" name. Any registration form not done correctly will be returned to the franchise. These forms will be used by the League for initial weigh-in and certification onto the official League roster. Registrations will be collected through the season; however, initial weigh-in certification will be completed

by the league at the predetermined date. The form will be in at least two (2) copies, with the original being kept by the League after official weigh-in and certification. The second copy is a receipt that the player is certified and will be retained by the Franchise to ensure the player is on the official Cascade Junior Football League roster. The second copy will be returned to the Franchise at the time of certification. This form is the ***ONLY*** proof that the franchise can use to show the player was weighed in and certified, in the event an Administrative Error (see Administrative Error as described in Paragraph 12) occurred. Only players whose names appear on the roster as of the official weigh-in will be certified and weighed-in, and eligible to play in league games. Players that sign up after the official weigh-in will be certified and weighed-in and added to the official roster after the third week of the regular season and will NOT be eligible to play until the 4th week of regular season play.

2. Official Cascade Junior Football League Certification Form must be completed by the franchise in order that coaches be included on the official team roster. Coaches must meet all requirements in Article XVI in order to be an approved Head Coach.
3. All official rosters will be distributed by the League prior to the first scheduled game, and updated after the third week of the season. The rosters will include names of all players and coaches. Before the final rosters are distributed, a list of Franchise Board members, officers, and coaches to include addresses and phone numbers, a NOCSAE letter, and a Statement of Understanding, signed by all coaches and franchise board members will be turned in.
4. Each team must have a coach or representative present at certification weigh-in to verify players and their numbers. The roster will be on a standard League furnished form, according to age, in alphabetical order. The League will certify rosters, and one (1) copy returned to the franchise as a proof of certification. Rosters will include the coaches and assistant coaches.
5. No player will move from one team roster to another team roster after the official weigh-in without the consent of the League.
6. An eligible player is a football player who has been league certified, weighed-in, and is on the official roster or a cheerleader who has been league certified and is on the official roster. Any participant found to be ineligible will result in forfeiture of any games or competitions in which he/she was a participant.
7. In the event the eligibility of any player is challenged, a formal written complaint must be submitted to the Athletic Director with copies to each member of the Cascade Junior Football League Board of Directors within forty-eight (48) hours if a protest is made.
 - A. A protest fee of \$50.00 must accompany the protest. If the protest is not allowed, the \$50.00 fee shall be forfeited to the Cascade Junior Football League general fund.

- B. The League may challenge the eligibility of any player at any time, except during the course of a game.
8. The maximum of six (6) teams (one in each division including cheer) is allowed for each franchise. A minimum of fourteen (14) players must be on the roster at the time of official weigh-in or there will be no team. Cheerleaders will not be held to the fourteen (14) player minimum.

EXCEPTION: Any team with less than twenty (20) players on the roster at the time of official weigh-in may apply to the Board of Directors *IN WRITING* for an extension to fill the roster. If the Board of Directors approves the extension, the applying team will be granted an extension up until the date of their first scheduled game.

9. After a player becomes a member of a franchise, he/she cannot play for another franchise without written release from the first franchise. A player who does not play for one (1) year is free to play for any franchise. No more than one (1) member of a team may transfer to another franchise (unless the child has moved), without prior approval from the League. No youth may leave a franchise and play for another franchise if he/she owes the first franchise money or equipment.
10. A registration form, approved by the League, must be submitted to the League each year at the official weigh-in for each child participating in the program. If a player changes franchises, the new franchise must obtain the registration form from the releasing franchise.
11. The Secretary of the League will furnish each franchise with an official roster of every team in the Cascade Junior Football League. These rosters shall be used for pre-game weigh-ins. After the final official weigh-in, if a participant does not have an official document of birth date on file with the League, an asterisk (*) will appear next to the child's name on the roster, signifying that an official document proving date of birth must be presented at each subsequent pre-game weigh-in. The document must have full and complete name and birth date. CJFL will accept any "Live Birth" Certificates that school districts accept, including Hospital documents. Department of Social and Health Services medical coupons are NOT acceptable.
12. Cheerleaders will be required to have their birth certificate on file by the first game deadline.
13. When an Administrative error occurs the Board of Directors has the authority to certify, de-certify or re-certify a player. (Administrative Error is defined as follows)
- A. An Administrative Error is a mistake that has been committed by, and is the sole ownership of the Board of Directors.
- 1) Inadvertent omission of an eligible player (as described by Article V, Paragraph 6) from his/her correct division roster.

- 2) Placement of an eligible player on an incorrect division roster.
 - 3) Placement of an eligible player on an incorrect franchise roster.
 - 4) Incorrect jersey number recorded on roster for an eligible player.
 - 5) Incorrect age recorded on roster for an eligible player.
 - 6) Incorrect weight recorded on roster for an eligible player.
 - 7) Transposition of "Birth" name and name eligible player uses (as described in Article V, Paragraph 1).
 - 8) Miss spelling of eligible player "Birth" name or "Use" name.
14. Failure of a franchise to ensure the submission, to the League, accurate, correct paperwork and the proofreading of that paperwork (including roster), is solely the responsibility and ownership of that franchise as is the rationale/explanation to its player/participant(s).

Article VI: TURN OUT

1. Sign-ups will be allowed on an ongoing basis. Each franchise will have the authority to sign up prior and/or new participants in the program and may accept funds for registration of said participants at anytime. Sign-ups for the current season will end at the time of league weigh-in except as allowed by Article V, Paragraph 1. Franchises **SHALL NOT MAKE ANY EFFORT** to sign-up or contact participants of other franchises with-in the League for the purpose of registration.
2. No team, to include cheerleaders, shall have an organized turn out or any form of competitive training before August 1st.
3. All off season (between Dec. 1 and Aug. 1) events, meetings or gatherings will require league approval as well as insurance notification, with at least a thirty (30) day notice.
4. Conditioning may not start until August 1st. **NO contact** of any form will be allowed prior to six (6) hours of conditioning (minimum of three (3) days). Use of a football and football helmet is permitted prior to equipment use.
5. Conditioning or practice sessions shall not exceed two (2) hours in any one day, nor may practice sessions be conducted more than five (5) days per week.
6. Practice is at the discretion of the franchise. However, no practice shall last past 8:30 p.m. in all divisions, except Playoff and Championship situations, not to exceed two (2) hours.
7. Uniforms and pads may be issued prior to contact, but will not be worn until three (3) days (six (6) hours total) of conditioning has been accomplished.
8. Try out for the purpose of cutting will NOT be permitted.
9. All franchises will use the approved standard Cascade Junior Football League registration form.

10. The maximum number of players on a roster shall be left to the discretion of the franchise.

Article VII: INSURANCE

1. No franchise may hold practice sessions, workouts, scrimmages, or games without adequate accident and liability insurance, with liability insurance coverage to include coaches, players, cheerleaders, franchise and Cascade Junior Football League Executive Board Officers, and franchise volunteers.
2. Cascade Junior Football League will supply insurance. The first half of the premium to be paid by August 1st and the balance paid one (1) week prior to the first scheduled game. If a franchise cannot provide the balance of insurance fees prior to the first scheduled League game, that franchise shall not participate until such fees are paid.
3. Insurance Coordinator(s):
 - A. Each franchise shall have one (1) person responsible to track/handle insurance claims, injuries, etc. (An Insurance Coordinator)
 - B. If any player or cheerleader is removed from practice or game situation by ambulance, the franchise Insurance Coordinator will notify the Cascade Junior Football League Insurance Coordinator as soon as possible.
4. In instances where services/late charges are accrued to insurance claimant's account because of franchise negligence, those fees will be the responsibility of that franchise.
5. Cascade Junior Football League shall be required to carry Directors' and Officers' coverage. Said coverage to be purchased by Cascade Junior Football League.

Article VIII: EQUIPMENT

1. The League has adopted and approved the following footballs:
 - A. For Bantams, Midgets and Pee Wees:
Baden F-200, Baden FC-500Y, Baden F70CY and Baden FC-250-01
 - B. For 89ers and Sweet Peas:
Baden F-100, Baden FC-500JR , Baden F70CJR and Baden FX-150-01
 - C. For 89ers only:
Baden FC-500PW or Baden F70CPW.
2. Each franchise will have at least two (2) game balls, and the home team is responsible for furnishing game balls during the regular season. The visiting team may, at their option, furnish and use their own game balls, provided they meet the specifications set forth in Section 1 above. At Playoffs, and Championships, the host franchise(s) are

responsible for having game balls available. The participating teams may, at their option, furnish and use their own game balls, provided they meet the specifications set forth in Section 1 above.

3. Mouth guards will be attached to helmet. (Exception: mouth guards supplied by dentist(s) without strap may be used.)
4. Cascade Junior Football League will be exempt from the Jersey numbering system outlined in the National Federation High School Rules. However, the franchises must ensure they have only one (1) number per player, per team. They must also notify opposing team of number changes at weigh-in or during game, if jersey is torn. Failure to do so could result in forfeiture of the game.
5. There will be no loose apparel or excess hair in the head, neck and shoulder areas. **The only thing allowed under the helmet is a skull cap, no "do-rags", stocking caps, etc. will be allowed. Length of hair will not be an issue.**
6. A NOCSAE warning sticker must be visibly affixed to each helmet.
7. Each franchises' color of uniform must be registered with the Cascade Junior Football League.

Enumclaw	Burgandy/Black/White
Maple Valley	Royal Blue/Gold/White
Puyallup	Cardinal/Gold/White
Valley	Scarlet/Black/White

8. All teams, including cheerleaders, shall have a medical kit, water and ice on the playing and practice field(s) at all times. A required list of medical items is listed as Attachment 1.

Article IX: PLAYING FIELDS AND RULES

1. With the exception of Cascade Junior Football League Standing Rules, the National Federation of High School Rules will govern the practice and games of this League. Cheerleaders will be governed by the Washington Interscholastic Activities Association.
2. Playing fields shall be as described in the official rules book, unless approved by the Cascade Junior Football League.
3. Both teams will be afforded the same opportunities to all facilities and equipment.
4. If playing fields are not fenced from spectators, fields shall be roped off for both teams. Areas involved shall be from end zone to end zone and shall have a minimum of ten (10) yards clearance from sidelines, where applicable. The end zone will also

be roped off with a minimum of ten (10) yards clearance, where applicable. The Cascade Junior Football League must approve any field not in compliance.

5. The only person(s) allowed outside the spectator area will be approved coaches, assistant coaching staff, Franchise and League Board members. Statisticians and photographers will remain behind the coaching area, (Coaching area as defined in the National High School Rules) between the 25-yard markers. **NO PARENTS WILL BE ALLOWED ON THE PLAYING FIELD OR SIDELINES**, unless when accompanied by an approved franchise representative in the case of an emergency involving their child. An approved franchise representative is one who has signed the "Statement of Understanding" acknowledging the rules for that particular team.
6. Quarters shall be eight (8) minute stop clock for the 89ers and Sweet Peas and ten (10) minute stop clock for Bantams, Midgets and Pee Wees.
 - A. Add a fifth (5th) quarter with a twenty- (20) minute running clock, ten- (10) minutes offense and ten- (10) minutes defense. The fifth quarter will be played during the half time to allow coaches on the fields with the players to provide positive guidance and additional coaching instruction when necessary. The fifth quarter shall be mandatory for all teams at the 89er, Sweet Pea and Bantam level who field at least 23 weighed in and eligible players. If circumstances prevent an eligible team from providing a fifth quarter its franchise athletic director must notify the athletic director of the opposing team on game day following the respective weigh in. Failure to play a fifth quarter by an eligible team shall result in a \$50 fine for the first offense and a \$100 for each subsequent violation. A fifth quarter for the Midget and Pee Wees shall be optional and at the discretion of the respective coaches. With the fifth quarter, an additional amount of five (5) minutes will be necessary for a rest period.
 - B. Each franchise will provide one (1) adult on the down marker and one (1) adult to operate the clock, unless the time operator is provided by the facility.
 - C. Regulation game times will be **one (1) hour and forty five (45) minutes**. Game times will begin at 8:30am for Pee Wee's, 10:15am for Midgets, 12:00 for 89ers, 1:45pm for Sweet Peas and 3:30pm for Bantams.
7. Point(s) after touchdowns are as follows:
 - A. One (1) point for run or pass.
 - B. Two (2) points for kick.
8. The following overtime rules apply:
 - A. If regulation time of a scheduled League or make-up game ends in a tie, there will be a maximum of two (2) overtime periods. There will be one (1) coin toss. The coin toss winner selects to start on offense or defense, and the loser chooses which goal to be used. Each subsequent overtime the choice shall

alternate. The first overtime will be four (4) downs for each team, played from the ten (10) yard line. The second and subsequent overtimes will be from the five (5) yard line.

- B. If regulation time for a Playoff or Championship game ends in a tie, there will be no limit of over-time periods.
9. Host franchise duties for Playoff and Championship games will include, but are not limited to the following:
- A. Securing Stadium
 - B. Providing each official a meal.
 - C. Providing Announcers
 - D. Providing Security
 - E. Providing an Adult Chain crew
 - F. Providing Game Balls
 - G. Providing Ball-persons, unless provided by participating teams
10. In the event that a game finishes early the next scheduled game will start within 5 minutes after the completion of the previous game: however, games may not start more than 15 minutes before scheduled starting times.
11. Games start at scheduled times and end when scheduled if delay is a management problem.
12. Each team will be allowed to have two (2) ball-persons. Ball-persons and/or water-persons will not be allowed on the field during plays. They will remain on their respective side(s) of the field and wear identifying attire.

Article X: PLAYOFFS

- 1. Conference winner will be determined by best win/loss record.
 - A. Tie-breakers as follows:
 - 1) Head to head in regular season
 - 2) Coin toss to determine Playoff seeds 1 and 2. These teams will be declared division co-champions.
- 2. Playoff teams will be matched or positioned based on season standings.
 - A. 1 and 4
 - B. 2 and 3
- 3. Championship game will be between play-off game winners.

4. Home teams for the play-offs and championship games will be the highest seeded team in each game and will be afforded the home field side. Seeding will be determined by final regular season standings.

Article XI: LEAGUE FEES

1. A league fee approved by vote must be paid by each franchise before the first scheduled game, regardless of the number of teams. There shall be no league games played prior to fees being paid. Team Rosters will not be handed out the Friday before the first scheduled game unless these fees are paid in full. If this fee does not cover expenses for the League, an assessment will be made to each franchise later in the season.
2. Any prior fines must be paid by the franchise before the first scheduled game. There shall be no league games or cheerleading until said fines are paid.

Article XII: TROPHIES

1. A Championship traveling trophy will be awarded to the League Champion. This trophy will be returned to the League prior to October 1st for preparation to the next winner.

Article XIII: LEAGUE OFFICIATING

1. A franchise may protest a game or Cheerleader Championship in the following manner:
 - A. The protest of a game must be submitted in writing to the Cascade Junior Football League Athletic Director with copies to the other members of the Cascade Junior Football League within forty-eight (48) hours after the game.
 - B. A protest on the Cheer Championship must be submitted in writing to the Cascade Junior Football League Cheer Coordinator with copies to other members of the Cascade Junior Football League within forty-eight (48) hours after the Championships.
 - C. A judgement call by an official or Cheer Championship judge **CANNOT** be protested. Other protests must be accompanied by the required \$50.00 fee as stated in Article V, Paragraph 7, Sub-paragraph A.
2. Film/video tapes cannot be used for the purpose of a protest, but may be used for disciplinary action by the Cascade Junior Football League Board of Directors.
3. The decision of the Cascade Junior Football League on all protests shall be binding and not subject to appeal.

4. All levels of play will have three (3) paid officials scheduled throughout the course of their games. There will be three (3) paid officials for all Playoff and Championship games.

5. Games will be scheduled in the following order:

Pee Wees, Midgets, 89'ers, Sweet Peas, and Bantams

6. Paid officials with children in the program are not eligible to officiate any game(s) that involves the franchise of which they are members. In the event of an emergency, when paid officials are not present, both teams, if they elect to do so, can play the game with substitute officials or volunteers. The game cannot be protested because of officiating. If the two (2) franchises do not agree on the officials, the League Athletic Director will re-schedule the game. The home team will provide the field for the make-up game, if possible. If the game is played without the correct number of officials, the game(s) stands as played.
 - A. All game officials shall report their names to any League member at the start of the game.

7. Game reporting will be as follows:
 - A. Each franchise will rate each official who participates in their weeks game. Ratings will be on a one (1) to five (5) point base, one (1) being the highest rating. This information will determine problem officials as well as officials we want to use for Playoffs and Championships.
 - B. When calling in scores, report the number of officials present and only extreme problems with officials.

8. A franchise representative may, on behalf of his/her franchise, protest any official at a regularly scheduled League meeting and make a motion that this individual not be allowed to continue officiating at any League games. If passed by a three-fourths (3/4) majority, the Cascade Junior Football League will submit this information to the Officials Association so they may take appropriate action. If a formal protest is received prior to the regularly scheduled Officials Association meeting, they will endeavor to act before the next scheduled game.

Article XIV: WEIGH-INS

1. All players will be officially weighed-in prior to entering each game. Only players present no later than thirty (30) minutes prior to the scheduled game time are eligible for pre-game weigh-in, unless approved by both franchises and provided that the player has at least five (5) minutes warm-up exercising prior to entering the game. Any

player arriving late may be weighed-in at half-time. During Playoffs and Championships all players must weigh-in no later than thirty (30) minutes prior to game time.

2. All players must be on an official Cascade Junior Football League Roster by name, age, and qualifying weight.
3. All players are required to play in the required uniform and equipment that they wore while weighing-in. No change of required uniform/equipment is permitted after weigh-in without approval of team representatives.
4. Weigh-in shall be in the required uniform and equipment, less helmet. Helmets will not be allowed in the weigh-in area. Per National Federation of High School Rules, this includes soft knee pads, hip pads with tailbone protector, shoulder pads, thigh guards, shoes, jersey and pants which cover the knee.
5. In the event a player does not pass weigh-in, the team shall be entitled to a strip-down weigh-in of the player involved. If the franchise knowingly plays an ineligible player and the opposing franchise agrees, both teams forfeit the game. Strip-down weight is official weigh-in weight, plus the allotted growth weight.
6. In the event a player passes weigh-in in the required uniform, the opposing team cannot ask for strip-down weigh-in.
7. Coaches shall not be present or in the immediate vicinity of the scales at weigh-in. Weigh-in shall be by any franchise representative only. A head coach can be present at the League's Official weigh-in only.
8. There will be a fifteen (15) ounce leeway at weigh-ins.

Article XV: FRANCHISE DUTIES

1. It is each Franchises' responsibility to complete the Cascade Junior Football League registration form and ensure that every player is on his or her correct roster with the correct jersey number and weight.
2. Each member franchise shall have a representative at all meetings of the Cascade Junior Football League.
 - a. Failure of that representative to communicate/share information regarding League business, i.e. meeting dates, weigh-in schedules, game schedules, etc., is the sole responsibility of that franchise.
3. Any franchise not represented at two (2) consecutive meetings shall have voting rights suspended and a \$100.00 fine imposed. If by the third (3rd) meeting the fine is not paid, an additional \$100.00 fine will be levied for each subsequent meeting missed. If

a franchise continues a lack of participation, the franchise shall be subject to expulsion from the League.

4. Each franchise will submit a directory with the names, addresses, and phone numbers of franchise officers and head coaches, to be turned in no later than August 1st of that season or that franchise will be fined \$150.00 and will not participate in scheduled games until such directory is submitted to the Secretary of the League. If above condition cannot be met by August 1st, that franchise will contact the League.
5. Each franchise shall submit a statement signed by all Coaches and Franchise Officers to the League acknowledging receipt of the Cascade Junior Football League Standing Rules and penalties for violations. These statements must be submitted to the League no later than one (1) week prior to the first scheduled game or, in the event of a new coach, one (1) week prior to the first scheduled game coached by that coach. A violation of this rule will result in a \$150.00 fine and that franchise losing its voting privileges for the remainder of the football year. In addition, a signed statement that all equipment is NOCSAE approved and a Statement of Understanding must be submitted by each franchise prior to participation in the first game. Each year, all board members, coaches, assistant coaches, and any other individual with regular field contact with the athletes must pass a WSP criminal history check that is conducted by the league and kept with the league secretary. With minimal exception, these checks shall occur prior to August 1. Automatic failure of this check and denial of office and/or coaching position will result if an individual has a conviction on their record for any of the following: **Any felony within the past 5 years; Any felony or misdemeanor crimes committed against children; felony crimes of Domestic Violence; convictions for sexually motivated crimes, regardless of age or degree.** Any felony or misdemeanor convictions that are not automatic disqualifiers as listed under this section will be sent back to the franchise to review and make a decision on. All Board members, coaches, assistant coaches and volunteers who submitted WSP checks are required to notify the Board of Directors in the event there are any changes to their criminal history during the season to include: investigations, arrests and/or convictions of assault, domestic violence, sexually motivated crimes and/or any other criminal allegation that could negatively impact the CJFL. Failure to promptly report changes under this section can result in removal from the board of directors or coaching position.
6. Each franchise will provide a copy of their stadium or field rules of conduct to the League for distribution to the other franchises.
 - a. Each franchise will provide a copy of a map to their field or stadium, an address, and written directions to the League by August 1st for distribution to the other franchises.
7. Each franchise is responsible for its members whether at home or visiting.
 - a. Each franchise will ensure there are no displays of unsportsmanlike conduct, i.e. rude gestures, profane language, fighting, or unsportsmanlike signs or

posters, or any action deemed a violation of the National Federation of High School Rules or the Cascade Junior Football League Standing Rules by game officials or Cascade Junior Football League Board members. This will include coaches, players, parents, and spectators.

- b. Any unauthorized individual (parent, coach, player, spectator) walking onto the field or heckling an official from the sidelines could result in the possibility of the game official calling the end of the game in progress, as well as "calling" remaining games as set forth by Pacific Northwest Football Officials, Western Washington Football Officials and Greater Lakewood Athletic Officials.
 - c. Any violation of Article XV, Paragraph 7, Sub-paragraphs A and B will result in forfeiture of said game(s) and a \$500.00 fine payable by Wednesday immediately preceding the next scheduled game. If fine is not paid, games will be played, but played as a forfeiture.
8. All franchises will endeavor to have a game clock visible to all involved parties.
 9. If a franchise fails to field a particular team, it shall still be the responsibility of that franchise to provide a playing field for the visiting team, should a substitute game be arranged. The hosting franchise is responsible for providing a playing field for up to five (5) scheduled games.
 10. It is required that each franchise has its volunteers and coaches sign a permission form for a background check.
 11. Each franchise will call in all scores and the number of officials for each of their weekly games not later than 10:00 p.m. Saturday night; Sunday games to be called in on Sunday night, not later than 10:00 p.m.
 12. Each franchise will ensure that all teams show up for all scheduled games. Teams not showing up will be fined a minimum of \$250 up to a maximum of \$1,000 plus cost of officials and will be ineligible for Playoff competition.
 13. No franchise shall give out any of the home phone numbers of any Cascade Junior Football League Board member(s) to any parent or coach. A monetary fine, determined by the League may be imposed.

Article XVI: COACHING RULES

1. All Head coaches and one assistant coach will be required to be certified by the National Youth Sports Coaches' Association (NYSCA) or attend a clinic as directed by the Cascade Junior Football League Board of Directors. The Cascade Junior Football League Board of Directors is the sole authority to waive this requirement.

- A. Any approved coach who fails to be re-certified for two (2) consecutive seasons will be required to be re-certified.
 - B. Assistant coaches and the Board of Directors will endeavor to be NYSCA certified. All Head coaches, assistant coaches, staff and game managers are encouraged to attend a rules clinic conducted by the Officials Association and the Cascade Junior Football League.
2. It is in the fundamental best interests of the Cascade Junior Football League, its players, coaches, and members to ensure that all players receive adequate playing time throughout the season. All Head Coaches, and ultimately the individual franchises will be responsible to ensure to the Cascade Junior Football League and Membership the following:
 - A. A coach shall endeavor to play all players that are available, eligible, and physically and mentally able to participate.
 - B. In the event of a complaint to Cascade Junior Football League regarding violations of this rule, it shall be the responsibility of the Franchise to respond to the complaint and provide valid reason why eligible participants did not receive playing time.
 - C. Sanctions to be imposed in violation of this rule will be the same as Article XVI, Paragraph 8.
 3. The coach or any of the staff will refrain from use of tobacco products within thirty (30) feet of the players or cheerleaders on the playing fields and practice fields.
 4. Coach and staff will not criticize players in front of spectators, but reserve constructive criticism for the appropriate time.
 5. Coach or staff will accept decisions (on judgment calls) of the officials and or cheerleader judge as being fair and called to the ability of the officials and or cheerleader judges, however, not a rulebook call. Coaches will remember that the majority of these officials are inexperienced and not journeymen.
 6. Coach or staff will not criticize the opposing team, coaches or fans by word of mouth or gestures.
 7. Coach or staff will refrain from the use of abusive or profane language before anyone connected with the game.
 8. Coaches should attempt to hold the game within a thirty (30)-point spread. If the game reaches a thirty (30)-point spread, time out will be taken for injuries and charged time outs only. When a team reaches a thirty (30)-point spread, both teams will give a large share of the remaining game time to reserves. Key players should be given bench time. A RUNNING CLOCK WILL BE PLACED INTO EFFECT UNTIL THE POINT

SPREAD IS LESS THAN THIRTY (30) POINTS. If the losing coach wants to waive the running clock, it is at his discretion. Head Coaches of the two (2) franchises participating in that game will be required to provide a written explanation by email to the League Athletic Director within 48 hours of the game in question. If, after a hearing with both franchises and Cascade Junior Football League Board members, it is found that a coach has willfully violated Article XVI, Paragraph 8, that coach will be suspended from coaching or assistant coaching for a minimum of one (1) game immediately following the incident. Depending upon the severity of the incident, the Cascade Junior Football League Board of Directors could suspend the coach for the remainder of the season and/or possible forfeiture of the game. **If the incident occurs during a crossover game, the CJFL Athletic Director and the Puget Sound Jr. Football League Coach will take whatever action is required by the PSJFL Standing Rules.**

9. Coach, staff, franchise participants, Board members and players shall not be on the playing or practice field(s) or parking areas under the influence of alcohol/illegal drugs or at any other League function where children are present, nor shall they have in their possession such materials. Violation will result in suspension for the remainder of the season, or permanent expulsion from the League.
10. Coach or staff shall set a good example in personal appearance and conduct at all times.
11. Coach or staff will not incite players, staff members, or spectators by a display of bad sportsmanship, either by word of mouth or by gestures.
12. Filming or videotaping: Participating franchise(s) may film or video tape **CJFL** game(s) to be shown at a later time.
 - A. Viewing films or videotapes during a game or contest for coaching purposes is prohibited.
 - B. Viewing of films or videotapes of opponents is not prohibited.
 - C. Exchanging of films or videotapes is not prohibited.
 - D. By mutual agreement, two (2) franchises may exchange films or videotapes of both teams that participate in that game. In such cases, a franchise may not share the film or tape with a third party.
 - E. Films will only be allowed by Cascade Junior Football League for disciplinary actions or for infractions of the rules by officials.
 - F. Filming of only semi-final (Playoffs) and final (Championships) and Cheer Championships/Exhibition is permitted.

Article XVII: PLAYERS/PARTICIPANTS/SPECTATOR RULES

1. It shall be the responsibility of each player to conduct himself/herself in a sportsmanlike manner.
2. Any coach or player participating in switching players will be suspended, or permanently expelled from the League.
3. Any player, coach or participant who is ejected by an official for unsportsmanlike conduct as defined in National Federation Rule 90, Section 5, will be suspended from playing for a minimum of one (1) week, to include the next scheduled game. Depending on the severity of the incident, the Cascade Junior Football League could suspend the player, coach or participant for the remainder of the season, or permanently expel them from the League. Any player, coach or participant who is ejected from a game by an official can practice or coach with their respective team the following week at practice, but come game day, that person is NOT allowed to be at the next game venue all day long. If the ejected person is found to have been at the venue further penalties will be assessed.
4. Any player, coach or participant who intentionally intimidates an official, member of the league, coach, or franchise participant by insulting with vulgar language, striking, kicking, or throwing equipment, will be suspended from playing for a minimum of one (1) week, to include the next scheduled game. Depending on the severity of the incident, the Cascade Junior Football League could suspend the player, coach or participant for the remainder of the season, or permanently expel them from the League.
5. If a player is ejected from the game, it is the responsibility of both franchises to report the infraction to the league, giving the name and number of the child and his or her team.
6. Any parent or spectator will be barred from further participation in this league or any of its affiliates by violation of any of the following rules:
 - A. By striking or directly threatening with bodily harm any game official, member of the League, Coach, or franchise participant, either prior to, during, or following a game.
 - B. Entering the field without authorization.
 - C. By striking or threatening a coach or participant at any League or franchise function, including practice sessions.

Article XVIII: DISCIPLINARY ACTION

1. The Board of Directors of the Cascade Junior Football League shall have the power to impose such disciplinary action as deemed necessary for coaches, participants, spectators, or franchises that fail to abide by the rules as set forth by this organization.
2. Prior to the Cascade Junior Football League Board of Directors decision for disciplinary action for coaches, participants, players, spectators or franchises, a fact finding hearing will be held with notice to participants via telephone and a follow-up written notice via U.S. Mail and e-mail. If the accused does not appear at the hearing, the Cascade Junior Football League Board of Directors will render the decision within forty eight (48) hours, and the accused person(s) or franchise(s) will be notified of the disciplinary action to be taken via telephone with a follow-up written notice via U.S. Mail and e-mail.
3. A coach, athletic director, cheer director, cheer coach, or any other adult acting in an official capacity will be barred from further participation in the league or any of its affiliates by violation of any of the following rules:
 - A. A coach may not receive any portion of his or her annual income paid by a franchise for services as a Cascade Junior Football League franchise member with the exception of reimbursement of expenses paid.
 - B. By striking or abusing any player, cheerleader, Cascade Junior Football League member, official, spectator, or other participant(s), except in cases as a means of self-defense as determined by Cascade Junior Football League Board of Directors.
 - C. Unsportsmanlike conduct, or violation of coaching rules whether on the field or as a spectator.
 - D. To knowingly permit or encourage "sweating down" tactics in order for a player to make team weight, such as, but not limited to the following:
 - 1) Steam rooms
 - 2) Steam cabinets
 - 3) Saunas
 - 4) Rubber or Plastic suits
 - 5) Any other method injurious to the health of a player
 - 6) Salt tablets, diet/water pills
 - 7) No player shall be allowed to run more than 880 yards or two (2) regulation laps before weigh-in for the purpose of making weight.
 - 8) Nothing shall be administered by the coach/coaching staff except fluids.
 - E. Entering or re-entering a player in a game or practice with knowledge that he or she is bruised or injured to such an extent that further play could jeopardize his or her health.

- F. To knowingly permit an ineligible player and/or cheerleader to participate in any portion of the game or cheerleader competition.

VIOLATION OF E AND F MEANS FORFEIT OF GAME/COMPETITION

4. A written summary of all disciplinary actions will be provided to all Cascade Junior Football League franchise representatives at the next scheduled league meeting.

Article XIX: TEAM OR PLAYER PENALTIES

1. Failure to weigh-in by a team will mean forfeiture of game.
2. Any player changing required equipment without notifying the opposing team representative shall be ineligible for play of that game. A player may add additional non-required equipment or clothing without notifying the opposing team representative, e.g. rib protection, arm pads, sweatshirt. If this infraction is determined during the second half of the game, the player shall be ineligible to play the remainder of the game and the next scheduled game. This would include Playoff and Championship play. If it is found that a franchise/coach has knowledge of such activity, that game will result in a forfeiture.
3. If over-weight, the player will be become ineligible for that game and shall remove shoulder pads and headgear if remaining on the sidelines. If ejected from a game, the player will become ineligible for that game and must exit the playing field and return to a locker room or viewing stands, including the next scheduled game.
4. Neither the person in charge of weigh-in, nor the coaches have the authority to allow an over-weight player to play. An over-weight player is ineligible for the game. If it is found by the League Board of Directors that an overweight player did play, that game will be a forfeit for the responsible team.
5. Problems associated with the ARTICLES and PARAGRAPHS not covered by ARTICLE XVIII will be handled by the Board of Directors of the Cascade Junior Football League. Any decision by the League will be binding and not subject to appeal except in contradiction with the Cascade Junior Football League Charter By-Laws or Robert's Rules of Order.

(DEFINITION OF "FORFEIT": FORFEIT IS CONSIDERED A LOSS)

Article XX: GUIDELINES AND CONDUCT OF EXECUTIVE BOARD

1. During the course of a game, League Member(s) will not directly contact coaches or players. League member(s) will not be in the coaching box, unless requested, or unless endangerment, i.e. fighting, or loss of coach control.
 - A. The Coaches' Box is defined as per National Federation of High School Rules.

- B. League member(s) will endeavor to contact franchise officers to point out rule violation(s).
2. League member(s) will not "threaten" coaches, players, Franchise Board Member(s), or spectators with disciplinary action, but will inform Franchise Board member(s) of a rule violation. League member(s) will document date and game of incident.
3. Board member(s) may be in the general vicinity of pre-game weigh-ins for advice, identification, temporary jersey changes, absentees, but will not oversee weigh-ins, except in case of Playoffs and Championships, when Board Officers are official weigh-in personnel.
4. Eligibility of players challenged by opposing franchise will be taken care of before, during half-time, or immediately following the game played.
5. In all dealings with franchise personnel, board offices, coaches, players, cheerleaders, spectators, Board Officers will show the same respect that is due all participants of this organization.
6. Fact finding hearings will start on time. Board member(s) that are "late" will not have a deciding vote.
7. A Board Member cannot move a player from one roster or franchise to another without consensus of the entire Board Unit.
8. Board member(s) who fail to function within these guidelines will be subject to a Fact-Finding Hearing. A formal letter of complaint from a franchise will be directed to the President, Vice President, etc., following the chain of "command" for resolution.
9. The Board of Directors will be reimbursed for mileage at \$.325 per mile and for long distance telephone charges incurred while performing their duties for Cascade Junior Football League, provided there is substantiating documentation to prove said reimbursement. The requirement will be limited to \$400.00 per year, per Board member for mileage and \$400.00 per year, per Board member for long distance phone calls.

Article XXI: Cheerleading

1. Each franchise cheer director(s) and any coach or helper teaching and/or supervising the stunts must be WSCCA Stunt Certified prior to the first practice (August 1st) or no stunting will be allowed during the Cheer season or at Cheer Championships. A copy of the certificate must be given to the League Cheer Director at the cheer meeting prior to the first season practice.

STUNTING RULES:

- A. All stunt groups must have a minimum of 4 participants when going over waist high.
- B. No twist down dismounts.
- C. Shoulder sits are ok with a spotter
- D. No 1 legged stunts (i.e.-liberty etc)
- E. Full extensions are ok for 11 and older Varsity ONLY.
- F. Hitch from prep ok because it is not considered a Full extension.
- G. Girls under the age of 12 can go to a prep position.
- H. No Basket Tosses, Twist Downs, Tucks, Forward Pendulum (backward ok).

Breaking of any rules can result in disqualification from Competition and a possible fine. (To be determined by the CJFL Board).

Article XXII CHEER CHAMPIONSHIP

1. ROSTERS:

- A. Each franchise must submit a copy of their **TYPED** roster on the form generated by the Cascade Junior Football League of all Cheerleaders' names, birth dates and ages 3 days before the first league game to the Cheer Coordinator. An amended roster must be turned in at the Cheer meeting prior to the competition. Rosters will be confirmed by the League Cheer Coordinator prior to the franchise's competition.
- B. Each franchise will be required to use all of their Cheerleaders for competition, including Mascots
- C. If a Cheerleader or parent decides that they do not wish to participate in the Competition, a note from the parents will be required after the amended roster is submitted. These notes are to be held by the franchise Cheer Director and must be available upon demand to the League Cheer Coordinator and/or Competition Committee.

2. COMPETITION

- A. Cheer squads must compete in competition. Cheer competition will be held the weekend after football championships as agreed by the franchise cheer directors and the Cascade Junior Football League.
 - A1. Each squad must have 70% of their registered cheerleaders

at competition. There must be documented reasons for the 30% missing.

- B. Entire Cheer squad must participate in all categories of competition. No hiding of any participants.
- C. Failure of a franchise to compete will result in the franchise being assessed a minimum of a \$250.00 and up to a maximum \$1,000 fine by the League for non-compliance of the rules. All fees for competition will still be divided equally by all franchises.

3. JUDGES

- A. WSCCA judges will be used at Cheer Championship. Judges will be required to disclose any affiliation, relationship, or friendships with any Director, Board Member, Coach or participant of any franchise in the league. Resumes will be required of judges. Franchise Cheer Directors and the CJFL Cheer Director will review the resumes. The directors will then pass on the resumes to the league board for review at the scheduled September League meeting.
- B. At the regularly scheduled September league meeting the committee and League board will go over all resumes and discuss them thoroughly. The judges shall then be decided upon and confirmed by a majority vote of the participating franchises.
- C. All member of the selected judging team must attend a meeting with the participating franchise Cheer Directors prior to championship. Judges must review the League's championship expectations, score sheets, the criteria and philosophy of the Cascade Junior League Cheerleading program as explained by the Cascade Junior Football League Cheer Coordinator, in the presence of two (2) other Cascade Junior Football League Board members.
- D. Judges panel will consist of an odd number of judges totaling no less than five (5) or more than seven (7) and shall have attained the age of twenty-one (21) years, with a minimum of five (5) years experience in dance and cheerleading.

4. MUSIC

- A. Music will be turned over to the appointed music coordinator, pre-set to the beginning of the routine.
- B. If the music stops for any reason other than sound system failure and/or medical reasons, the time clock will continue to run.

5. TIMING

A. Timing for the events are as follows:

<u>EVENT</u>	<u>MAXIMUM</u>	<u>MINIMUM</u>
Dance	4.0 minutes	2.0 minutes
Cheer	2.0 minutes	0.5 minutes

B. The overall time clock (max 10 minutes) will begin when the first cheerleader enters the floor and stop when the last cheerleader exits the floor. The dance and cheer timing will begin when the cheer squad is in position on the floor and signals the beginning of the event by whistle blasts. There will be a 25 point deduction for going over the time limit.

- 1) Two (2) whistle blasts to signal the beginning of each event
- 2) One (1) whistle blast to signal the end of each event

(example: 2 blasts dance begins, 1 blast dance ends; 2 blasts cheer begins, 1 blast cheer ends.)

A designated member (on the floor) of that respective Cheer squad will blow whistle.

C. The entire squad must enter the floor at the same time. No one is to be on the floor/turf during competition except the competing Cheerleaders.

6. PERFORMANCE POSITION SELECTION

- A. Performance position will be determined by draw at the October meeting.
- B. The draw will be made by each participating franchise's representative.
- C. The draw is final and not subject to change or "trade".

7. SCORE SHEETS

- A. One representative from each participating franchise will meet after all performances have been completed in a separate area to verify scores. After the Cascade Junior Football League Cheer Coordinator leaves the meeting, all decisions will be final.
- B. Scores will not be announced, made public, nor published. Director/Coaches may share their respective scores at their discretion.

- 1) Score sheets will be reviewed, ratified and signed off by the representative of the participating franchises prior to awarding the trophies.
- 2) Score sheets to be used for Championships will be presented, with guidelines, to the participating franchises at the September cheer meeting.

8. CHAMPIONSHIP FORMAT

A. Score Sheets:

- 1) Judges will record their scores on the approved score sheets after each routine, making sure that each routine is scored with a number value, leaving no blanks.
- 2) Each routine (dance and cheer) may be awarded up to 90 possible points to be determined by each judge based on their evaluation of each cheer teams' performance.
- 3) After tabulation of each judge's score sheet, the total points from all of the judge's score sheets will be added together for the final franchise score.
- 4) Score sheets will be collected after each franchise's performance.
- 5) Tabulation will be completed and verified by a minimum of three (3) members of the Cascade Junior Football League Board, voted in by the participating franchises.

9. FIELD RULES FOR CHAMPIONSHIPS

A. There shall be no one team hosting championships. The league and franchise cheer coordinators shall do this. It will be their sole duty to plan and organize the event with the CJFL Cheer Director as the chairperson.

- 1) Should the host franchise refuse, it will go to the alternate host for football Championships. Back out date must be no later than the September Cheer Director meeting. Failure to cancel by this date will result in a \$250.00 fine.
- 2) Hosting of Championship may be subject to bid if the host and alternate host pass.

3) All franchise fees must be current, as of the October League and Cheer meeting, in order to compete in competition.

B. The facility will afford an adequate seating capacity with reserved area of ample space for cheer squads to view performance(s). Facility must be confirmed no later than the September Cheer Director meeting.

C. No participant unless registered as a cheerleader and on an official cheer roster at the first game, is allowed on the Championship field with the exception of medical emergencies.

D. Championships will be governed by the attached guidelines.

10. Awards for Cheer Championship will be as follows:

1st Team Spirit (traveling)
1st & 2nd All Around (1st to be traveling)
2nd Dance
2nd Cheer

A. The All Around and Team Spirit Trophies will be deemed traveling and must be returned no later than the October cheer meeting for routine maintenance for the next winner.

Repairs for damages will be the responsibility of the franchise returning the trophy.

1. If the trophies are not returned, the withholding squad will risk disqualification from that year's competition.

B. The Cheerleaders of the respective squads shall choose the Team Spirit award.

1. The Cascade Junior Football League Cheer Coordinator will visit all franchises practice in October to run a silent vote. The votes will remain in a sealed environment until the scheduled November League meeting where the votes will be counted in the presence of all League members and Cheer Directors.

2. The largest amount of votes from each squad will determine each franchise vote for the award. Each franchise has a 4-vote possibility. The franchise with the most votes, no more than 4, will be deemed that year's spirit winner.

3. In the event of a tie, the names of the respective franchises will be placed in a hat. A non-affiliated representative (CJFL President) will then draw out one name in the presence of all franchise cheer directors and league reps.

ATTACHMENT - 1

**CASCADE JUNIOR FOOTBALL LEAGUE
STANDING RULES**

FOOTBALL and CHEER MEDICAL KIT
(MINIMUM SUGGESTED INVENTORY)

<u>QUANTITY</u>	<u>ITEM</u>
1	Face mask removal tool.
1	Pair heavy-duty safety scissors
1	Penlight
1	Roll Paper Towels
6	Pair medical rubber gloves, size Large
1	Box gallon-size zip-lock freezer bags (for ice packs)
6	Wooden tongue depressors (used for finger splints)
6	4" x 4" sterile gauze pads
6	Sterile telfa non-stick pads (size approx. 2" x 3")
1	Box sterile-strips and/or butterfly bandages
3	Rolls roll stretch gauze
1	Wound and trauma tape
6	Rolls 1" adhesive tape
6	Rolls 1" paper tape
1	Box 1-½" adhesive bandages
1	Box 1" adhesive bandages
1	Box ½" adhesive bandages
4	Cloth triangular bandages
1	Wire splint
1	Cardboard arm splint
6	Sterile Q-Tips
6	Small chemical cold packs
6	Large chemical cold packs
1	Box alcohol wipes
1	Medical box Any durable, closeable, cleanable, waterproof container)
1	Bee sting kit

ATTACHMENT 4

CASCADE JUNIOR FOOTBALL LEAGUE 2009 Weekly Weigh-In Chart

TEAM	AGE	Maxium	EQUIP	game	game	game	game	game	game	game	game	Playoffs	CHAMP
		STRIP	Weight	1	2	3	4	5	6	7	8		
89ER	7	90	8	99	101	102	103	104	105	106	107	108	109
89ER	8	80	8	89	91	92	93	94	95	96	97	98	99
89ER	9	75	8	84	86	87	88	89	90	91	92	93	94
Sweet Pea	8	110	8	119	121	122	123	124	125	126	127	128	129
Sweet Pea	9	100	8	109	111	112	113	114	115	116	117	118	119
Sweet Pea	10	90	8	99	101	102	103	104	105	106	107	108	109
Sweet Pea	11	75	8	84	86	87	88	89	90	91	92	93	94
Bantam	9	120	9	130	132	133	134	135	136	137	138	139	140
Bantam	10	110	9	120	122	123	124	125	126	127	128	129	130
Bantam	11	100	9	110	112	113	114	115	116	117	118	119	120
Bantam	12	90	9	100	102	103	104	105	106	107	108	109	110
Midget	10	140	9	150	152	153	154	155	156	157	158	159	160
Midget	11	130	9	140	142	143	144	145	146	147	148	149	150
Midget	12	120	9	130	132	133	134	135	136	137	138	139	140
Midget	13	110	9	120	122	123	124	125	126	127	128	129	130
Pee Wee	11	162	10	173	175	176	177	178	179	180	181	182	183
Pee Wee	12	157	10	168	170	171	172	173	174	175	176	177	178
Pee Wee	13	142	10	153	155	156	157	158	159	160	161	162	163
Pee Wee	14	132	10	143	145	146	147	148	149	150	151	152	153