

Tualatin Valley Youth Football League, Inc. BYLAWS

ARTICLE 1- PURPOSES AND MEMBERS

1. 1 These are the Bylaws of the Tualatin Valley Youth Football League, Inc. (League). The League shall be and operate as a non-profit corporation.
1. 2 The purposes of the League are:
 - 1.2.1 To foster among the teams of its Members the ideals of teamwork, good sportsmanship, good citizenship and character as well as the beneficial opportunities of becoming positive examples for others.
 - 1.2.2 To foster balanced and sportsmanlike competition in tackle youth football among the teams of its members.
 - 1.2.3 To educate players, parents, coaches and the community about the game of tackle youth football and the importance of teamwork and good sportsmanship.
 - 1.2.4 To reinforce the primary importance of schoolwork in elementary school and middle school students lives.
- 1.3 Notwithstanding any other provision of these Bylaws, no director, officer, employee or representative of the League shall take any action or carry on any activity by or on behalf of the League not permitted to be taken or carried on by any organization exempt under the '501(c)(3) of the Internal Revenue Code and its regulations as they now exist or as they hereafter may be amended, or by any organization, contributions to which are deductible under '170(c)(2) of such Code and Regulations as they now exist or as they hereafter may be amended.
- 1.4 No part of the net earnings of the League shall inure to the benefit of, or be distributed to, directors, members or any other persons or entities, except that the League shall be authorized to pay reasonable compensation for services rendered and to make payments and distributions in furtherance of the purposes set forth. No substantial part of the activities of the League shall be the carrying on of propaganda, or otherwise attempting to influence legislation, and the League shall not participate in any political campaign for or against any candidate for public office.

- 1.5 Members of the League shall be non-profit corporations organized to provide youth tackle programs within the geographic boundaries of a single high school attendance area.
Provided, however, if all adjoining associations mutually agree on an annual basis to a boundary different than the geographic boundaries of the high school attendance areas, such agreed boundaries shall be submitted to the Executive Board for approval before May 1st of each year. If adjusted boundary cannot be agreed upon by the presidents of the two associations involved by May 1, the Executive Board will render a decision by July 1.
- 1.5.1 Each Member of the League shall have one vote.
- 1.5.2 Each Member shall be responsible for providing updated information to the League each year on its corporate and non-profit status.
- 1.6 Each Member shall be entitled to one week's prior notice of any meeting at which its expulsion for the League is to be considered. Each Member for itself and for its players, parents, guardians, and coaches, waive, release and discharge any and all other rights, if any, to notice and an opportunity for a hearing as it relates to actions by the General Membership concerning expulsion from the League, and waive, release and discharge any and all rights, if any, to pursue, commence or maintain any legal challenge, proceeding or action arising under or related to the action of the General Membership. There shall be no appeal to any court, arbitrator or any other person or entity of any sanctions by the General Membership.

ARTICLE 2 - ADMINISTRATION

2. 1 Except as otherwise provided by law, by the articles of incorporation or by these bylaws the business and affairs of the League shall be governed and managed by its Executive Board. The Executive Board shall establish the game, jamboree and playoff schedules and formats for each Division.
- 2.2 The number of Directors of the League shall not be less than five (5). The Executive Board shall consist of the following positions: Commissioner, Head of Officials, and the Division Co-Presidents. For the transactions of League business, a majority of the members of the Executive Board will constitute a quorum and each board member shall have one vote.
- 2.2.1 The Commissioner may be entitled to compensation for his/her services upon such terms as the Executive Board shall provide subject to any limitations provided by the general membership.
- 2.2.2 The Head of Officials may be entitled to compensation for his/her services upon such terms as the Executive Board shall provide subject to any limitations provided by the general membership. The position of the Head

of Officials may be shared by two persons, but in such instances the office of Head of Officials shall only have one vote and may vote 1/2 of the vote if the Co-Head of Officials disagree.

2.2.3 Except as otherwise provided by these Bylaws to the Division Co-Presidents and to the General Membership relating to the expulsion of a Member, the Executive Board shall have full jurisdiction over grievances, challenges, enforcement and interpretation of rules, policies and protests within the League and they will conduct such investigations, if any, as they deem necessary. Each Member for itself and for its players, parents, guardians, and coaches, waive, release and discharge any and all rights, if any, to notice and an opportunity for a hearing as it relates to actions by the Executive Board and waive, release and discharge any and all rights, if any, to pursue, commence or maintain any legal challenge, proceeding or action arising under or related to the action of Executive Board. Except as otherwise provided by the Bylaws to the Division Co-Presidents and to the General Membership relating to expulsion of a Member, the Executive Board shall have the full power and authority to suspend, fine or provide whatever sanction they deem appropriate upon any Member, officer, player, parent, guardian or coach. Provided, however, no Member shall be expelled from the League except upon a vote of the presidents of all of the Members of the League.

2.3 The Members shall, as determined by the Executive Board, be divided into one or more Divisions. Unless otherwise approved by the Executive Board, official competition will be within the teams of each Division. Teams from other divisions may, subject to the terms of these bylaws, engage in scrimmages against or practice with each other. No Members teams may practice, scrimmage, or play teams from other leagues or associations.

2.3.1 Members within each division shall elect the Co-Presidents of their division. In the event that 4 or more Presidents in any division want to have a recall vote on one of the Co-Division Presidents, they must notify the Commissioner at which time the Commissioner will call a meeting of the Executive Board and the Division in which the recall is requested and have each Association President cast a vote for keeping or removing the Co-President. If the vote is for removal, the Co-President is immediately removed from their position and the Commissioner will act in their behalf until a replacement can be voted on.

2.3.2 We are a member organization and the Executive Board is elected by the membership at the end of every season. (November of that year). The Co-Presidents shall elect the Commissioner and Head of Officials. Amended 9/29/03.

2.3.3 The Secretary shall be appointed by the Commissioner and approved by the Executive Board. The Secretary may be entitled to compensation for his/her services upon such terms as the Executive Board shall provide subject to any limitations provided by the general membership.

2.3.4 For the transaction of Division business, a majority of the presidents of Members within the Division will constitute a quorum and each president shall have one vote.

2.3.5 Member presidents are responsible to the League for their association's compliance with these Bylaws. Member presidents shall inform their associations players, parents, guardians and coaches of the Bylaws and all other terms and conditions applicable to the Members participation in any capacity with the League at all times. The failure of a Member president to properly or timely inform their association's players, parents, guardians or coaches shall not excuse any person or entity from full and complete compliance with the Bylaws and all other terms and conditions applicable to the Members participation in any capacity with the League at any time.

2.3.6 Any association wanting to join the League must be presented and voted on at the first meeting of general membership for the calendar year for which membership is sought.

2.3.7 Divisions may form such committees as they deem appropriate, which may include but are not limited to scheduling and post-season committees.

2.4 The Co-Presidents of each division shall have full jurisdiction over grievances, challenges, enforcement and interpretation of rules, policies and protests within their division and they will conduct such investigations, if any, as they in their sole discretion deem necessary and issue such sanctions as they in their sole discretion deem appropriate. Each Member for itself and for its players, parents, guardians, and coaches, waive, release and discharge any and all rights, if any, to notice and an opportunity for a hearing as it relates to actions by the Division Co-Presidents and waive, release and discharge any and all rights, if any, to pursue, commence or maintain any legal challenge, proceeding or action arising under or related to the action of Co-Presidents. Division Co-Presidents shall have the full power and authority to suspend, fine or provide whatever sanction they deem appropriate upon any officer, player, parent, guardian or coach within the following guidelines for each violation:

2.4.1 Forfeits and Suspensions of not more than two games and weeks; and

2.4.2 Fines of not more than \$250; and

2.4.3 Directions to provide communications of explanation, apology or acceptance to any person or entity; and

2.4.4 Probations of not more than one season.

- 2.5 If the Member filing the grievance or having the grievance filed against it is that of a Division Co-President the Commissioner of League will fill that position for all purposes. To the extent the people serving in the role of Co-Presidents disagree on the outcome then the Executive Board shall make the determination on the grievance by a majority vote. A vote of the Executive Board will be taken on any issues not covered by the Tualatin Valley Youth Football League Bylaws.
- 2.6 Any sanctions beyond those granted the Division Co-Presidents hereby shall be determined by the Executive Board upon such terms and conditions and in such manner as they in their discretion shall deem appropriate. There shall be no appeal to the Executive Board or to any court, arbitrator or any other person or entity of any sanctions by the Division Co-Presidents. There shall be no appeal to any court, arbitrator or any other person or entity of any sanctions by the Executive Board. Provided, however, no Member shall be expelled from the League except upon a vote of the presidents of all of the Members of the League.
- 2.7 The Commissioner is responsible for conducting the affairs of the League and for executing the policies established by the Executive Board. The Commissioner shall also preside at all meetings of the Executive Board and all of the Members, if necessary. The Commissioner will also preside over the Executive Board and will oversee the administration of all business responsibilities of the League.
- 2.8 The Secretary is responsible for recording and maintaining accurate minutes of all Executive Board meetings. The Secretary will also assist the Commissioner in contacting individual board members for meetings, and perform other duties as requested by the Commissioner. The Secretary will timely publish, distribute and update the Divisions game schedules and League standings to each a president and to the Leagues website. The Secretary will keep and update all business records for the League. The Secretary shall not be a member of the Executive Board.
- 2.9 The Treasurer is designated to have full care and custody for all disbursements on behalf of League business. The Treasurer shall not be a member of the Executive Board. Provided, however, a person who through some other association with the League is a member of the Executive Board may serve as the Treasurer. All disbursements must be approved by Executive Board. All disbursements over the amount of \$500.00 must be approved by general membership of the League. The Treasurer will be bonded.

- 2.10 The Head of Officials is responsible for establishing and maintaining the training, coordinating and scheduling of officials for all League matters and for the Leagues interaction with any officials association.
- 2.11 All elected League and Division officers and others shall serve for one year and may be re-elected or re-appointed without limitation.

ARTICLE 3-MEETINGS

- 3. 1 Meetings of the Executive Board may be called by majority of the Executive Board or the Commissioner with notice of said meetings being provided by the League Secretary.
- 3.2. Meetings of the Divisions may be called by majority of the Divisions presidents or the Co-Presidents with notice of said meetings being provided by the persons calling the meeting.
- 3.3. Meetings of the general membership may be called by majority of the membership, majority of the Executive Board, or the Commissioner with notice of said meetings being provided by the League Secretary

ARTICLE 4 - AMENDMENTS

- 4. 1 Amendments to these bylaws may only be made at any meeting of the general membership. No Division shall be entitled to amend these bylaws for their own purposes. An amendment to these bylaws will be voted on by the membership with the majority rules.
Amended 9/29/03.

ARTICLE 5 - MEMBER OBLIGATIONS

- 5.1 Each Member shall be responsible for funding its own teams and operations.
- 5.2 The fees and costs, if any, for officials, insurance, and any other expenses relative to the operation of the League, will be itemized on invoices to be given to each Member. Each Member shall be solely responsible for paying all fees and costs related to its participation in the League as and when due.
- 5.3 Each Member shall be solely responsible for obtaining such number of officials and officials candidates as the Executive Board of the League deems appropriate.

ARTICLE 6 - TEAM FORMATION AND PLAY RULES

6.1 If Member fields more than one team in at any given level the teams shall be equitably and equally balanced. No Member shall offer, provide or permit any stacked teams, any A or B teams, any competitive or developmental teams. Stacking is defined, in part, as a coach or Member continuing with, drafting, selecting or placing students (or permitting the same) with the intended purpose of dominating or continuing to dominate other teams with disregard to or at the expense of other students who participate for the Member. Every effort should be made by the Members to place all students with the intent of promoting the development of the entire student population of the Member as teammates, athletes and citizens of their community. Each season, each and every one of the Member's players and coaches must and shall be available for placement on any one of the Member's teams. There shall be no core teams. There shall be no returning teams, players or coaches. The president of each Member is solely responsible for balancing each and every of the Member's teams. This includes but is not limited to balancing the players and the coaching staffs. If any issue, arises concerning the balancing of the Member's teams, only the Member's president may provide any explanation or analysis of their efforts. The president may not and shall not defer this responsibility or right to any other person. Members may utilize a draft or other methods to assign players to teams, but the results of any draft and other team assignment method not conducted by the president shall be subject to being overridden and changed by the Member's president if the Member's president determines that the teams are not equitably and equally balanced. If a draft is utilized each and every one of the Member's players must and shall be available in the draft each and every year and a team's coaching staff may not be organized prior to any draft to enable or assist the coach's children being placed on a particular team. Members may, however, adopt a rule which permits a team the right to draft in that season the brother or sister of a player previously chosen in that season's draft so that brothers and sisters are on the same team. A description of each association's player draft process will be submitted to division presidents by July 1st.

6.1.1 If a Member fields more than one team at any given level, the team rosters shall be divided as follows:

- 6.1.1.1 As of verification day, not more than a one person difference in the grade level participants. (i.e. if a team has 15 5th graders the other team must have 14, 15 or 16 5th graders, if a JV team has six 8th graders the other JV team must have five, six or seven 8th graders)
- 6.1.1.2 Subject to the requirement of these bylaws, Members are encouraged to divide their teams by feeder schools.

- 6.1.1.3 Members may not divide teams, draft any players, or place any player on any team prior to having at least 4 hours of regular scheduled practice time that is freely open to all player participation. Provided, however, that a head coach may select up to two assistant coaches with a child/relative to play on his/her team, prior to team formation.
- 6.2 If any student wishes to participate for a Member other than where the student resides the student shall be required to have a waiver. The waiver is within the sole discretion of the presidents of the two Members at issue and must be signed by the president of the Member where the student resides and the president of the Member where the student would like to participate. Inter-association waivers must be fully completed and approved by the August date designated by the Executive Board. Intra – Association waivers must be signed by Verification Day.
 - 6.2.1 Students attending private school during the Leagues season or students who have an approved public school intra or inter-district transfer may choose the Member that provides the most convenience in consideration of travel and family arrangements. The Student may play in either the Member in which boundaries the student resides or the Member the school street address is in, without any waiver. If the student desires to play in any other Member than as specified here a waiver is required.
 - 6.2.2 Students shall play at their grade level. Provided, however, a student may play up if: (1). The parent or guardian so requests in writing before August first; (2). The coach of the team the player would otherwise be on determines that it would be in the best interest of the player and the coaches team to approve such request and does so; (3). The coach of the team the player would move to determines that it would be in the best interest of the player and the coaches team to approve such request and does so; (4). The Member can comply with the terms of these bylaws relating to the composition of teams and determines that it would be in the best interest of the player and both teams to approve such request and does so; and (5). The Co-Presidents of the Division approve such waiver. No waiver is required for 8th graders to play at the JV level.
 - 6.2.3 No player may participate in the designated divisions if they are the noted age before August 1. For example someone who turns 15 on July 31 would not be permitted to participate at any level. A player, who turns 15 on August 1, could only play at the Varsity level.

Division	Age
Varsity	15
JV	14
5/6	13
3/4	11

6.2.4 No Member shall conduct any form of tryout related to acceptance or consideration for acceptance by the Member as a player. Only after a player is accepted by the Member as a player may tryouts be conducted to assist in the placement of players on their respective teams. No player shall be cut by the Member as a result of any tryout.

6.3 There shall be weight limitations per grade level as pertaining to the ball carrier position only

6.3.1 For the purposes of these bylaws and administration of this league, the term ball carrier shall mean: Any offensive player touching the ball behind the line of scrimmage after the snap or on the first hand-off. By definition this includes personnel in the backfield or receiving positions. Blocking backs over the grade levels ball carrying weight limit is not allowed. These positions include: Quarterback, Running Back, Wide Receiver, Flanker, Tight End, and any tackle eligible plays. In addition, if a defensive player makes an interception or picks up a fumble AND is over the weight restriction, the ball will be considered dead at that spot.

6.3.1.1 Team classification weight restrictions are as follows:

(3rd/4th) 100 Pounds * +
 (5th/6th) 120 Pounds * +
 (Jr. Varsity-7th /8th) 140 Pounds * +
 (Varsity-8th) 170 Pounds * +

6.3.2 The exceptions to ball-carrier rule are the position of punter and place kicker. Overweight players in these positions can not advance the ball past the line of scrimmage. If an overweight player runs with the ball or passes the ball, the play is dead at the spot.

6.4 The maximum roster number for any one team is not to exceed 30 players.

6.5 VARSITY/JR. VARSITY LEVELS

- 6.5.1 These levels shall include players from the seventh and eight grades. Teams will be arranged to accommodate ability, experience, size and maturity of player.
- 6.5.2 The Varsity level shall be the Members higher level of player talent, experience and size.
- 6.5.3 The Junior Varsity shall be a level of inclusion of seventh and eighth grade. This level is by design a level to gain experience of players of similar ability.
- 6.5.4. In the event of 44 or more 8th grade players within a Member it is required that two varsity teams are established within said Member.
- 6.5.5 Teams with 8 or more 8th grade players on verification day is a Varsity team.
- 6.5.6 Any 8th grade player over 170.0 pounds on the Members certification day which shall not be before August 15th, must play at the Varsity level.
- 6.6 3rd/4th Grade Level may have one coach on the field during play for the entire season. At the 3/4 level there shall be no rushing on any punt, field goal or kicked extra point plays. A team shall declare if they are going to undertake such a play within a reasonable time prior to undertaking it. On any play designated a punt, the receiving team must be aligned in typical punt return formation and may not drop an unusual number of players off the line of scrimmage, have less than five players on the line of scrimmage or otherwise adjust its players in order to gain an advantage because it knows the nature of the offensive teams play.
- 6.7 5th/6th Grade Level may have one coach on the field for the first three (3) games of the season. At the 5/6 level there shall be no rushing on any punt. A team shall declare if they are going to undertake such a play within a reasonable time prior to undertaking it. On any play designated a punt, the receiving team must be aligned in typical punt return formation and may not drop an unusual number of players off the line of scrimmage, have less than five players on the line of scrimmage, or otherwise adjust its players in order to gain an advantage because it knows the nature of the offensive teams play. At the 5/6 level field goals and kicked extra points may be rushed.
- 6.8 Except as provided here, League will adhere to all rules and regulations as outlined in the current, official National Federation of State High School Associations rule. In the event one of the listed rules in these Bylaws is in direct

conflict with the current published N.F.H.S. rules, these Bylaws shall have preference.

6.9 In addition to the N.F.H.S. Rule Book, the following rules will be strictly adhered to:

6.9.1. Players must register with their individual Association and provide the following information for eligibility. All blanks on all forms shall be completed, except the equipment record portion of the player contract, prior to team verifications and if the response is None or Does Not Apply, the form shall so indicate by use of a word or a mark indicating that there is no response to the blank. A Straight line across any blank shall be considered a None response:

6.9.1.1 League Contract-A written agreement from either parent or legal guardian regarding the student's participation in the League.

6.9.1.2 Medical Consent —A signed Tualatin Valley Youth Football League Medical Release must be signed by anyone licensed or approved by the State of Oregon that the candidate is physically fit and there are no observable conditions which would contradict playing football. All medical releases must be dated after April 1 of the current season year.

6.9.1.3 Proof of Grade Level-A copy of the report card, affidavit from parent or guardian, or school document stating the player's grade level.

6.9.1.4 Other- Such other documents or agreements as the Executive Board or any Member may require.

6.10 Minimum Play Rule: The minimum mandatory play rule for all teams within the League shall be 10 regardless of team size.

6.10.1 The mandatory play rule requirement may be forfeited by player due to disciplinary reasons as determined by either the individual Member or the individual coach. If a player is listed due to disciplinary reasons or injury as being ineligible to play, that player **MUST NOT PLAY IN THE GAME AT ALL**. It is recommended that the player's parents be notified before being listed as ineligible.

6.10.2 Plays must be from the line of scrimmage and include special teams. Provided, however, kicking extra points and field goals for 3/4 level only

does not count as a mandatory play. Any play ending as a penalty does not count as a mandatory play.

- 6.10.3 All Players shall be provided their mandatory plays by participation in active plays, without the intent to minimize the action or integrity of the plays. Plays such as, but not limited to, having the center snap the ball to the quarterback and fall to the ground, while substitutes are playing the other positions, shall NOT be considered as active plays. Taking a knee is not an active play. Each individual Member is also responsible for enforcing the MPR appropriate for its team rosters.
- 6.11 The home site (Member) is responsible for the preparation of the playing field and all required accessories for a game. All fields will be equipped and marked in accordance with high school standards. The home site Member is responsible to provide a field greeter. This person or person(s) will be required to greet officials and maintain order on the site. The chains and down marker shall be on the home side of the field.
 - 6.11.1 The home site will provide a beam doctor type scale for weigh-in prior to the game. It must be standing on a hard level surface and must be calibrated prior to every season
 - 6.11.2 The bench area is reserved for players, coaches and authorized team personnel only. Sidelines are specifically for medical personnel and chain crews only. At no time should parents and/or spectators be allowed to stand directly in the area designated for the above.
 - 6.11.3 Use of any electronic communication device between coaches on the sideline area and other players or coaches in other locations is prohibited. This includes hand held radios or headsets. Both teams shall equal access to locker room facilities before, during and after the game. If equal facilities are not provided for both teams, the available facilities shall be shared equally or not used by either team.
- 6.12. The following items shall be worn by players in all divisions beginning with physical contact in practice sessions:
 - 6.12.1 Helmet, shoulder Pads, S.I.P. (Shoulder Injury Pad) if appropriate, Pants, Hip Pads, Tail Pad, Thigh Pads, Kneepads, Screened Numbered Jerseys, Mouth guard (strap recommended). Only helmets bearing the NOCSAE Seal of Certification may be worn. All helmets must bear the current NOCSAE approved Warning Label in a visible position. Under no circumstances will any player be allowed to wear bandannas, scarves, or any other type head covering under the helmet at any time.

- 6.12.2 Shoes must be of the molded cleat or internally threaded shoes where no post is extending from the shoe (instead, the cleat post screws internally into the shoe). Maximum size of cleat is ½ inch (measured from tip of cleat to base of shoe). No all or primarily metal or metal tipped cleats may be worn.
- 6.12.3 Jewelry of any kind is strictly prohibited under any circumstances.
- 6.12.4 Glasses should preferably be athletically approved construction with nonshattering glass (safety glass) or contact lenses.
- 6.13. All Associations and Coaches shall strictly abide by all blocking and tackling rules in accordance with the N.F.H.S rulebook.
ALL initial contact will be above the waist. The penalty when this is called is for unsportsman-like conduct and (when called) carries at 15 yard penalty. A second offense will result in the coach being ejected from the game and additional sanctions may occur when the Division Presidents review these infractions and finds them to be deliberate. This section of the bylaws is a required item in all coach team books. Amended 9/29/03.
- 6.14 Football size for the 3rd/4th grade teams and the 5th/6th grade teams will be the junior size football. The JV and Varsity teams will use the Intermediate size football.
- 6.15 Length of quarters for play in all classifications shall be as determined by the Executive Board.
- 6.16 Free substitution of players is in effect at all times.
- 6.17 It is STRICTLY PROHIBITED for a player or group of players to participate in any practice session or game with players from another grade level (i.e. No 5th/6th vs. JV or JV vs. Varsity).
- 6.18 Once a player is removed from the game due to an injury, that player shall not re-enter the game without the approval of a currently certified EMT, paramedic, certified first-aid attendant, multi-media cardholder or available licensed physician. At no time shall the injured player make the decision to return to play.
- 6.19 Teams found in violation of these Bylaws shall be subject to sanction up to and including being required to forfeit all rights to become Division Champion and being prohibited from participating in any playoff, championship, or post-season game. Additionally, all games played wherein the ineligible player participated may be forfeited by the team involved.

6.20 No team shall knowingly use an ineligible player. An Ineligible player shall be defined as:

6.20.1 Not falling within the division of play guidelines as designated by the Bylaws (i.e. playing out of the specified grade level, playing outside of any weight restrictions as defined in Article 7, section 2 of these bylaws, etc.).

6.20.2 Residing outside of legal boundaries without required waiver. Falsification of information provided to the League or to the Member. Residing outside of legal boundaries defined by the Oregon Department of Education without a required waiver. Penalties for waiver infraction will include a \$250.00 association fine, probation for 1 year, and forfeiture of all rights for post-season play as outlined in bylaw 6.19.

6.20.3 Participation in any other football program other than the Leagues program during the same season.

6.21 Should any civil matter arise by a Player, Parent, Guardian or Coach against the League concerning these Bylaws or any sanction imposed, the Member for whom the Player participates shall to the fullest extent permitted by law defend, indemnify and hold the League and its officers, directors and other members harmless there from.

6.22 The scoring values for games are as follows:

Touchdown	6 points
Point after (run)	1 point
Point after (kick)	2 points
Safety	2 points
Field Goal	3 points
Forfeit (offended team wins)	1- 0

6.23 The season officially starts August 1st of each year. No practice may occur prior to that date and no conditioning prior to that date shall apply to the conditioning requirements hereof. Equipment hand-out and other administrative matters and meetings may occur prior to August 1st.

6.23.1 The first 10 hours of practice shall be devoted entirely and exclusively to conditioning. No pads will be allowed, however helmets shall be permitted. Each Member may extend this conditioning to more than 10 hours, but not less than. No Player shall be permitted to participate in any practice, conditioning or other Member activity until all the necessary paperwork has been received by the Member including but not limited to:

Player Contract, Grade Verification and Medical Consent. The maximum number of actual qualifying practice hours (not including breaks) which can be practiced in any given day and which apply to the 10 hour and 6 hour per week limits as provided by this bylaws is two.

- 6.23.2 No team or squad may schedule more than 10 hours of practice per week prior to Labor Day. A week is defined as Sunday - Saturday. No more than 2-1/2 hours of practice per day (including a total of 30 minutes of break time) may be scheduled.
- 6.23.3 Practices after Labor Day are limited to 6 hours per week. A week is defined as Sunday to Saturday. Every effort should be made to limit each daily practice to no more than 2 hours per day.
- 6.23.4 A mandatory 10-minute break after each hour of practice shall be required. During extreme heat, 15-minute breaks, or on demand, should be encouraged to avoid heat exhaustion or fatigue. It is highly recommended to require water vs. Soft drinks during these practices.
- 6.23.5 BREAKS DO NOT COUNT AGAINST PRACTICE TIME LIMITS AS STATED ABOVE. Team parties, watching tape, and all other similar activities do count as practice. Warm-up and preparation time prior to a game on game day counts as practice time if it exceeds 1 hour.
- 6.23.6 All practices where contact takes place shall be conducted with full protective gear as covered by these bylaws.
- 6.23.7 After 8 hours of contact, teams are permitted to engage in joint practice sessions with other teams in what are called controlled inter-squad scrimmages. Prior to the onset of these scrimmages, both coaches MUST mutually agree on the guidelines to conduct these scrimmages. However, these scrimmages ARE NOT to be held between two different grade levels, but rather two teams within the same grade levels. Scrimmages and jamborees between associations count as a practice time. All the time warming up and preparing for a scrimmage or jamboree counts as practice time. The 1 hour warm-up exception for games does not apply for scrimmages and jamborees and does count against the weekly hour limitations.
- 6.24 All regular season games regardless of the opponent count in the standings of the division(s) that both teams are playing in. Unless, later afternoon or evening games are scheduled reasonable efforts will be made to schedule the younger grade levels first and older players later at any game site.

- 6.25. Any game ending in a tie will be decided through a modified Kansas Plan commencing immediately after the game, with no break after the fourth quarter. The offense will be decided by a coin flip. Each team is allowed one time out per series of downs. Play begins at the 10 yard line and continues until one team scores on offense. The ball is then turned over to the other team until their series of downs has taken place. Each team gets one possession without a time limit. Kansas plan for playoffs and championship games will follow N.F.H.S. High School rules (25-yard version). If for any reason the officials do not conduct the Kansas Plan the teams shall do one of the following within five minutes of the games conclusion: Mutually agree that one assistant coach from each team shall be appointed to referee the Kansas Plan and that the teams shall undertake the Kansas Plan as outlined here immediately following the game or they shall mutually agree to a coin flip to determine the winner. If both teams cannot within five minutes of the games conclusion mutually agree on how to proceed in one of these two options, then the game shall forever be declared a tie. As such, if one head coach does not want to undertake with the Kansas Plan or the coin-flip, the game shall be a tie. In no instance, shall any game be replayed or any Kansas Plan undertaken at a later date.
- 6.26 In the event of a game between teams with uniforms of the same color, the visiting team must wear pennies for ease of team identification by officials.
- 6.27 **PLAYER IDENTIFICATION AND COACHES BOOK** - The Member will conduct a weigh-in prior to the first game of the season. Each player will be weighed with full gear except helmet. This determines their playing weight. However, a player's weight at game time weigh in determines who can carry the ball, or line up in a position defined as "ball carrier" (Backs and Ends).
- 6.27.1 Each player card will have a full face photograph of the player wearing game jersey (or reasonable facsimile thereof) with number clearly visible. The league player card must have players' photo, all parent/guardian signatures and verification stamp from Tualatin Valley Youth Football Commissioner. The completed current medical release and grade verification forms must accompany the player card in the coach's book for the player to be eligible to play.
- 6.27.2 The team roster will be at the front of the coach's book with the book arranged by jersey number, lowest number first.
- 6.28 **WEIGH - IN** before the game takes place 30 minutes before game time with the visiting team weighing in first.

- 6.28.1 Each team will provide a weigh master that is not a coach at the scales at the time of weigh-in.
- 6.28.2 A written list of ineligible players for the game must be presented by the weigh master to the opposing team at the time of weigh-in.
- 6.28.3 A player arriving late after the weigh-in has closed is not eligible to play unless a prior waiver has been approved by the Division President the Thursday before game day.
- 6.28.4 The helmet and mouth guard are not worn at weigh-in. Following is the minimum equipment that must be worn at weigh-in: Girdle w/ pads, pants w/ pads, game shoes, game shoulder pads, and Jersey. All of these items may not be changed after weigh-in. Further, any optional equipment that is to be worn in the game must be worn at weigh-in, including but not limited to items such as socks, arm pads, cowboy collars, gloves, undergarments, knee braces, elbow pads, kidney pads and rib protectors. Any violation will result in a fine, suspension, or expulsion. Provided, however, games shoes may be changed if the weather or field conditions reasonably so require. In such instance, the opposing coach shall be informed of such change prior to the opening kick-off.
- 6.28.5 Weigh-in remains open for both teams until the home team's book is signed. The Home team's book shall not be signed until every player present at the field has been weighed.
- 6.28.6 A player will be allowed to weigh in only one time. There will be no exceptions.
- 6.28.7 All overweight players must have a stripe of a contrasting color, clearly visible, placed horizontally on the front and back of their helmet.
- 6.29 GRIEVANCE PROCESS-Grievances may be initiated by the Executive Board or Division Co-Presidents at any time. Grievances by a Member must be signed and submitted by Member president to the Division Co-Presidents. The president of the filing Member must contact the president of the Member having the grievance filed against them. Both of these events must take place by the 9:00 p.m. on the Monday following the game.
- 6.29.1 The President of the Member having the grievance filed against them must contact the head coach of the team affected and explain the reason the grievance was filed. A written response to the grievance must be submitted by the Co-Presidents to the Division by 9:00 p.m. on the Thursday following the game.

6.29.2 The Executive Board and Division Co-Presidents may undertake and consider grievances, challenges, enforcement and interpretation of rules, policies and protests at any time and in any manner they deem appropriate.

6.30 **RUNNING UP THE SCORE** - Both head coaches involved in a game where a team leads by a differential of more than 35 points must submit a letter to the Co-Presidents and be postmarked no later than the Monday following the game in which this occurred. Coaches and Teams not adhering to this rule are in violation of this rule and subject to fines, forfeits and other sanctions issued by the Co-Presidents. Any occurrence of running up the score must be emailed or postmarked to the Co-Presidents of the Division by 9:00 p.m. on the Monday following the game. The *minimum* mandatory sanctions for a point differential of more than 35 points are as follows: First violation: \$100 fine and one week suspension; Second violation: \$200 fine and two weeks suspension. Third violation: Banned from the League and team forfeits any right to post-season play. Sanctions above these may be issued. These are the minimum mandatory sanctions.

ARTICLE 7 – COACHING

- 7.1 All head coaches must be age 21 or over. Assistant coaches, reporting directly to the head coach can be age 18 or over. Coach trainees will be allowed with the consent of the individual Member President.
- 7.2 The head coach shall be present at all practices and games unless excused by the Member president and appropriate arrangements have been made. Subject to the terms of these bylaws related to team formation, the head coach shall be allowed to select his assistants as the Member deems appropriate. The head coach shall be subject to removal as the Member deems appropriate.
- 7.3 Each head coach and assistant coach must have completed, signed, and submitted a coaches contract to be kept in the team book.
- 7.4 At all times every team in all associations must have at least two persons on a team's coaching staff who is First Aid certified on practice and game fields.
- 7.5 Coaches do not make league policies, however they are expected to follow all rules and regulations. On the playing and practice fields, the coaching staff is in complete charge and shall not be interfered with except in cases of bylaws or rules violations and any other conduct deemed inappropriate by Member or League officers or directors.
- 7.6 All head coaches and assistants must submit their names to their Member for a criminal record check. Associations must submit names for a complete background check.

- 7.7 Maximum number of coaches that can be within the coaches' box during a game is 5.

ARTICLE 8 - CONDUCT

- 8.1 No player, parent, guardian, or coach shall by any act or omission result in any conduct unbecoming to the League, the game of Football or the ideals of teamwork, good sportsmanship, good citizenship and character at any time. The Co-Presidents of each division shall have full jurisdiction over enforcement and interpretation of this rule of conduct within their division and they will conduct such investigations, if any, into violations as they in their sole discretion deem necessary and issue such sanctions as they in their sole discretion deem appropriate. Each Member for itself and for its players, parents, guardians, and coaches, waive, release and discharge any and all rights, if any, to notice and an opportunity for a hearing as it relates to actions by the Division Co-Presidents and waive, release and discharge any and all rights, if any, to pursue, commence or maintain any legal challenge, proceeding or action arising under or related to the action of Co-Presidents. Division co-presidents shall have the full power and authority to suspend, fine or provide whatever sanction they deem appropriate upon any officer, player, parent, guardian or coach for conduct unbecoming the league within the following guidelines for each violation:

- 8.1.1 Forfeits and Suspensions of not more than two games and weeks; and
- 8.1.2 Directions to provide communications of explanation, apology or acceptance to any person or entity; and
- 8.1.3 Probations of not more than one season.