

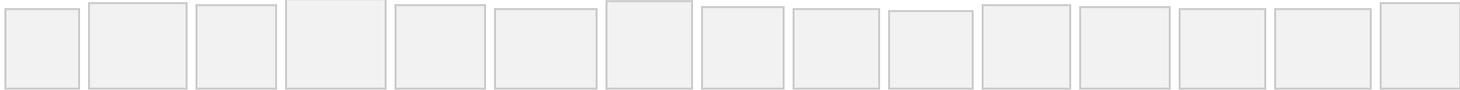


2022 ALL COUNTY CONFERENCE JUNIOR FOOTBALL



BY LAWS





**CONSTITUTION OF THE ALL-COUNTY CONFERENCE
JUNIOR FOOTBALL LEAGUE, INC.**

ARTICLE I NAME

This Organization shall be known as the All-County Conference Junior Football League, Inc. **ARTICLE**

II MISSION AND OBJECTIVE

Section 1. All County Conference Mission Statement. It is the purpose of the All-County Conference to teach and promote youth football and cheerleading. Our primary concern is that our children learn the sports of football and cheerleading properly and by the rules. We believe winning is secondary to good sportsmanship. We believe that all children and parents should feel confident that they are participating in a safe, healthy and fun activity. To insure this, the A.C.C. insists on high standards of conduct and fair play from all its member teams, their coaches, players and parents.

Section 2. Provide a safe environment for our players and cheerleaders as they participate in junior football and cheerleading activities. Our responsibility is to the participants on the field regardless of team affiliation.

Section 3. Promote good sportsmanship between all teams by teaching our players and cheerleaders the values of fairness, respect, and compassion. We will demonstrate those values every day as we lead by example.

Section 4. Place the good of the league over and above all else. Individual accomplishments will never take precedence over the wellbeing of the league and its participants.

Section 5. The objective and mission statement may be read at each league meeting, following the pledge of allegiance.

ARTICLE III GOVERNMENT

Section 1. The government of this League shall be vested in the Board of Directors.

Section 2. The Board of Directors will consist of (1) Director from each member organization. Whoever signs the roll call at the meeting will be recognized as Director from the team and shall be allowed to speak and vote for the team at the meeting.

Section 2a. Each organization must list at least one representative and two alternates to the league contact list. In the event the representative or alternates cannot make the meeting; the secretary must be notified as to who will make the meeting.

Section 3. The highest officer present of the All-County Conference shall serve as Chairman of the Board of Directors.

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ARTICLE IV MEMBERSHIP

Section 1. Teams that are a representative of a community, city or section of a city shall be eligible to make application for membership in the league. The Board of Directors at a meeting of the league must approve any exceptions.

Section 2. New applications shall be voted on by the total membership. Ties are regarded as a no vote. Section 2a.

All new applications for a team shall be reviewed upon request.

Section 3. All newly admitted teams shall be required to pay an initiation fee of three hundred dollars (\$300.00).

Section 4. If an organization wishes to re-enter the league, an initiation fee of three hundred dollars (\$300.00), plus all monies owed to the league at the time of withdrawal must be paid.

Section 5. Future monies, should they be needed for the league, shall be raised by special projects or assessment fees.

Section 6. If a team applying for membership in the same boundaries as a current A.C.C. member, the current member has first refusal on the team coming in.

Section 6a. For the purpose of league expansion, one way travel between two organizations shall be limited to an hour or less.

Section 7. For league expansion, any organization seeking membership in the A.C.C. must be approved by the February meeting of the current year.

Section 8. All teams must comply with all provisions of Article XIII Boundaries.

Section 9. All organizations must submit the following documents on an annual basis: Current by-laws; proof of insurance; helmet recertification memo; and a memo certifying that all officers, coaches and advisors are in compliance with current Commonwealth of Pennsylvania laws regarding background checks for volunteers.

Section 10. Members are expected to uphold all provisions of **Article II Mission and Objective.** Section 11.

Members shall follow the rules set forth in the ACCJFL Bylaws, if in doubt ask!

Section 12. Members will assist with the financial needs of the ACCJFL by paying the administrative fee no later than the October meeting of the current year. Additionally, all members shall pay an



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apportioned share of any League approved expenditures as authorized by the ACCJFL Board of Directors.

Section 13. Each year prior to the March meeting all member teams must inform the ACCJFL if they will be, or expect to be, unable to field a team at any level for any reason. Following the March meeting all member organizations will be placed on the schedule for the upcoming season at all levels unless they have informed the ACCJFL that they will not be participating at a particular level (I, C, B, A). Once a team is scheduled to participate, they may not fold a team at any level prior to the end of week three. All eligible players by boundary, registered or not, are ineligible to participate with another organization prior to the start of week 4.

If a member organization has two teams within the same boundary all players must remain with their respective team until the start of week 4. The two teams may not combine their roster prior to the start of week 4. Following the start of week four, only those players already registered may participate with another organization. However, this participation with the other member organization or team is not a release for future participation with that organization or team. The only exception to this rule is if the player moves into another organization's boundary, then only the provisions contained in *Article XVIII Boundaries* will apply to this player.

Section 14. Any member organization that is determined by the ACCJFL Board of Directors to have failed to comply with their responsibilities as a member of the ACCJFL will be placed on probation for a period of not less than a year. Repeated occurrences whether consecutive or not may result in an additional period of probation, dismissal of individuals responsible for the violations or expulsion from the ACCJFL. In the event a team is expelled from the league they may reapply to the ACCJFL and must demonstrate they have corrected the problems within their organization by remedial actions taken.



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ARTICLE V MEETINGS

Section 1. Regular meetings during the off-season shall be held on the first (1st) Sunday of each month, unless otherwise specified. Starting time for meetings will be at 1:00PM. Regular meetings during the season shall be held on the first (1st) Monday of each month. Starting time for meetings will be at 7:00 PM unless otherwise specified.

Section 1a. All meetings will be held at a centrally located place, as designated by the Board of Directors.

Section 1b. Alcoholic beverages will be allowed. If a board member consumes too much alcohol and disrupts the meeting, the member shall be removed and the team will lose their ability to vote for that meeting and the next meeting.

Section 2. Special meetings may be called by any officer of the All County Conference League at any time or shall be called upon written request of at least three (3) teams and presented to the Secretary.

Section 2a. All meetings will not be the responsibility of any, one member organization.

Section 3. Any league officer, except the President can represent his team or member of a team provided he is not chairing the meeting in order.

Section 3a. All meeting of the league is mandatory. Any member organization not in attendance will lose their voting privileges at the next regularly scheduled meeting, excluding votes for election of officers and Bylaw revisions.

Section 4. Each organization will be entitled to one vote at each meeting per issue.

Section 5. Once a subject has been voted upon, it cannot be voted upon again during that year (EXCEPT WHEN VOTING FOR OFFICERS). Every team has the right to abstain from a vote.

Section 6. The Nomination for officers for the next year shall be one (1) month prior to the November meeting. To be eligible for nomination to be an Executive Officer an individual must attend two thirds of the regularly scheduled meetings, or at least (7) seven meetings. The nominations shall formulate a slate of officers consisting of President, Vice President, Secretary and Treasurer, Publicity Person /League statistician, Sergeant at Arms and Cheer Representative.



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Section 7. The Executive committee will meet as needed to prepare an agenda for the next regularly scheduled meeting. This agenda will be included with the notice of meeting sent via e-mail and posted on the A.C.C. secure website at least one (1) week prior to the meeting. Any A.C.C. member may request a topic be placed on the agenda by contacting the President prior to the meeting. In order, for a topic to be placed on the agenda it must be submitted in writing, by email, or by facsimile. An acknowledgement of the request shall be provided within 24 hours of the request. If a confirmation is not received within 24 hours, it is the responsibility of the member to obtain an acknowledgement. This acknowledgement may be obtained by contacting the A.C.C. President or Secretary by telephone at least 72 hours prior to the meeting. Failure to do so will result in the topic being placed on the next month’s agenda.

Section 8. Quorum is a simple majority of the teams in the organization and two executive officers. A quorum is required to have an official meeting.

Section 9. All meetings will be conducted in accordance with Robert’s Rules of Order. **ARTICLE**

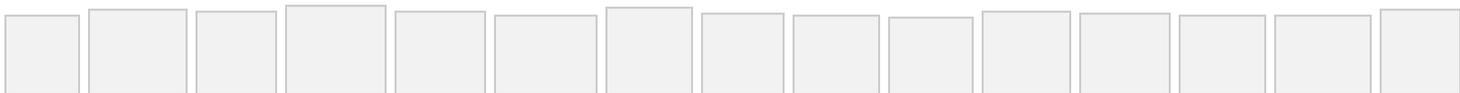
VI OFFICERS

Section 1. The Officers of this league shall be as follows:

- A. President
- B. Vice President
- C. Secretary
- D. Treasurer
- E. Publicity Person/League Statistician
- F. The Commissioner of Officials (Appointed by the Officials)
- G. Sergeant at Arms
- H. Cheer Representative

Section 2. Any vacancies that may exist shall be filled by a vote of the League at a regular meeting or at a special meeting called for that purpose.

Section 3. The Executive Officers are the President, Vice President, Secretary, and Treasurer.



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ARTICLE VII DUTIES OF THE OFFICERS

Section 1. The President shall:

- A. Preside at all meetings of the League.
- B. Appoint the chairperson of all committees.
- C. Plan the meeting and activities of the League.
- D. Represent the League or appoint a representative at area meetings or such where the welfare of the League deems necessary.
- E. Serve as an ex-officio member of all committees.
- F. Cast the tie-breaking vote, excluding election of officers. In the event, of a tie vote for the election of officers the incumbent will retain his or her office.
- G. Not nominate anyone for office.
- H. Send agendas to each organization one week prior to scheduled meetings.

Section 2. The Vice President shall:

- A. Conduct meetings in the absence of the President.
- B. Serve as a special assistant to the President with the member teams.

Section 3. The Secretary shall:

- A. Maintain a record of all proceedings of the league and shall read these minutes at the next meeting.
- B. Provide each team representative with a copy of the minutes following that meeting within one week.

Section 4. The Treasurer shall:

- A. Take receipt of all monies and deposit it in the League account.
- B. Pay all bills by check as directed by the A.C.C. Board of Directors.
- C. The Treasurer shall report all monies spent and that are available with a report at every monthly meeting.

Section 5. Publicity Person / League Statistician shall:

- A. Send scores and rankings to each organization in a timely manner.
- B. Keep records for scheduling.



Section 6. **The Commissioner of Officials** shall:

- A. Appoint four (4) officials for each game if possible.
- B. Inform officials and teams of any rule changes.
- C. Attend the July through November meetings or send a representative to these meetings.

Section 7. **Sergeant At arms** shall:

- A. Maintain order at all meetings.

Section 8. **Cheer Representative** shall:

The Cheer Representative is elected by the Cheer Committee at our election meeting in November. A delegate cheer representative can and may officiate in place of said elected cheer rep at any point as needed. The Cheer Representative is the Liaison between the Cheer Committee and the Executive Board of Directors. Their purpose is to be an impartial representative between football and cheer entities. Cheer Representative will provide impartial and factual information to both sides of the ACCJFL.

Section 9. It is the responsibility of all ACCJFL Officers to attend the Super Bowl, Cheerleading Competition, and the I-Team Toys for Tots Game. At least two executive officers must be present at these events, except for the Cheer Competition which requires all four executive officers present.

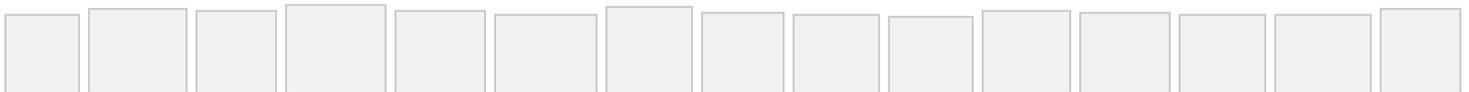
ARTICLE VIII RULES AND REGULATIONS

The conference shall be governed by the P.I.A.A. and National Federation of High Schools rules along with the following rules and regulations:

SECTION A. APPLICATIONS AND ROSTERS

1. Each team must complete their roster at the required time one (1) week before the first game, to the Publicity Person / League Statistician at a designated place. All copies of the rosters will be distributed.

1a. The roster, shall be in numeric order, and include the following: the players number name, birth date, weight, and initials of one of the Board Members. The ACCJFL registration forms for each player and a verified copy of their birth certificate must be signed by an ACCJFL officer and be kept in the Team book.



1b. No player may be added to the roster, without notification to the President and each team in writing or by phone call, excluding the I-Team. No player can be advanced a level for any reason

after the fourth game. After the teams third game of the season no player can be added to the roster without approval of the Board. After roster turn in you cannot be on two rosters.

1c. Violation of Section D Rule 1b will result in a one game suspension for the coach and forfeiture of the games that the illegal player played in.

1d. In emergency circumstances, the opposing coach must be informed of a jersey number change of any player(s) prior to the individual(s) playing in the game, failure to inform the opposing coach will result in a one game suspension for the head coach.

2. If a player is on the roster of an eighth grade or freshman team at the time of our first (1st) game, the player is ineligible for play in the A.C.C. while the player is on the freshman or eighth grade roster. If the player is off the freshman roster by the third game the player is eligible for play in the A.C.C.

2a. Any player who dropped out of Junior Football and then dropped out of freshman football or eighth grade football, before the first regular scheduled game or by the third game, will be allowed to play in the A.C.C.

2b. Violation of Section D Rule 2 or 2a will result in a one game suspension for the coach and a forfeiture of all games that the ineligible player played in.

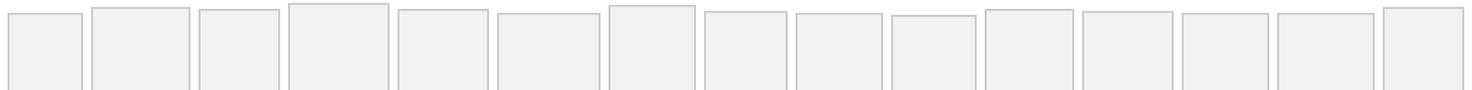
3. Applications, birth certificates or registrations, pictures and medical information form must be checked by an A.C.C. Board member at the roster turn in and must be available to any opposing coach before any regular season games.

3a. Any birth certificates or registration that does not meet standards will be accompanied by a signed letter by the coach, parents, and school officials verifying the date of birth from the school. This will be standardized form from the league.

3b. Birth certificate copies must have original ink on them; copies of the copies will not be accepted. Full legible signatures and team affiliation are required on all birth certificates, if possible use red ink. Illegible signatures must have the name printed below it.

A.C.C. Officers will handle all team weigh-ins and seal each birth certificate. A.C.C. J.F.L. Officers are prohibited from certifying players from their own team.

3c. Baptismal, Passport, or hospital certificates are acceptable.



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SECTION B. ELIGIBILITY RULES.

1. Any age eligibility rule change must be approved no later than the regularly scheduled July meeting and will be effective for the current year. Weight requirements may be modified annually and must be adopted prior to the start of the season.
2. Organizations with multiple teams shall determine player selection using a player draft as determined

by the organization. Once a player is selected to a team and placed on a roster that player will remain on that team throughout their participation in junior football. Any player reassignment must be approved by the ACCJFL at a regular or special meeting called for that purpose.

SECTION C. AGE REQUIREMENTS

All youngsters listed as players on the team rosters must meet age requirements set forth by the league.

1. A Team -A youngster who becomes fourteen (14) years of age before May 1st of the current season will be ineligible to compete on the A team unless the player is 120 pounds or less and will not turn fifteen (15) prior to December 1st of the current season. The use of older but lighter players is restricted to teams with fourteen (14) players or less on their roster. Additional eligible players will be permitted however no additional older but lighter players once the roster has filled to fourteen. **All older but lighter registrations must be submitted to the ACCJFL secretary by email on the date of the registration along with the current roster.**

1a) Any A-team unable to field a 14-team roster on the first day of practice may sign-up enough fourteen-year-olds to make a 14-player team roster. The 14-year old's players may not weigh more than 120 pounds nor turn 15 before December 1st of the current year.

Example A-Team: If a child turns fourteen (14) on April 30th, that child is ineligible for Junior Football unless the player weighs 120 pounds or less, will not turn fifteen (15) prior to the end of the season and the team has 14 players or less on the roster.

1b) Any organization that is found to have withheld 12/13-year-old applications until after the start of practice in order to add 14-year-old to the roster shall: Forfeit all games played up to the discovery of the illegal player(s)

Remove all 14-year-olds from the roster

Be subject to a minimum one-year suspension for the head coach and any other member of the organization that participated or had knowledge of the illegally rostered player(s).

2. B Team -A youngster who is no older than twelve (12) years of age as of May 1st of the current season will be eligible to compete on the B Team.



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3. C Team -A youngster who becomes ten (10) years of age before May 1st of the current season will be ineligible to compete on the C Team.

4. I Team – A youngster who becomes eight (8) years of age before May 1st of the current season will be ineligible to compete on the I Team.

5. Original Birth Certificates or Birth Registrations and a copy of either will be attached to the A.C.C. application along with a recent picture. If a Birth Certificate is not available a Passport, Baptismal or a letter from the school with a school official's signature along with phone number is acceptable. An A.C.C. Officer will sign the copy of the Birth Certificate or Birth Registration and it will be valid if the youngster plays in the league. All teams will use the standard applications approved by the A.C.C. Board of Directors, and must be signed by a parents or legal guardian before practice starts.

SECTION D. WEIGHT REQUIREMENTS

All players must meet weight requirements set forth by this league.

1. **A Teams** - The weight limit for the A-Team for 2022 will be up to 160/175 pounds for skill positions (QB, RB, WR, TE on offense and LB, Safety, CB on Defense). Players weighing between 160-175 pounds are eligible to play at the A-Team level on the offensive line (no skill positions) and defensive line (no skill positions). **Players weighing between 160-175 must be in a 3-point stance when playing on the defensive line.**"

2. **B Teams** - A player's weight cannot exceed **145 pounds** prior to the first game. There will be no progressive weight gain.

3. **C Teams** - A player's weight cannot exceed **120 pounds** prior to the first game. There will be no progressive weight gain. The maximum weight for **I-team** players is **105 pounds**.

4. **Ineligible player** - An ineligible player or overweight player must take off his pads and be visible from the sidelines during the game. If the player does not intend to stay at the game, the opposing coach should be notified.

4a. Violation of Section D. rule 4 will result in a one game suspension for the head coach and forfeiture of the game that the ineligible player played in.

5. A coach may challenge any opposing player and require him to be weighed prior to any game. A roster with the players challenged must be signed by both coaches and dated. No challenges may be made on the field, only on the sidelines prior to kickoff.



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5a. All rosters must read the weight of all challenged players. Any player that is challenged will be stripped of his equipment when necessary.

5b. All teams must have a copy of their roster for the opposing team at each game.

5c. If a player arrives after weigh-in, he must be presented to the opposing coach before playing the game. If violated, the player will become an ineligible player and the team will automatically forfeit the game.

5d. Violation of Section D. rule 5c will result in a one game suspension for the head coach and forfeiture of the game.

5e. Players may attempt to make weight, up until 5 minutes before the start of the game.

5f. Each team shall maintain a team book. The book will be made up of an updated roster, ACC application, birth certificate, and current picture all in numerical order. The ACC application must have weight & number with birth certificate all signed or stamped by an ACC Officer. If this is not completed, then the player is ineligible to play. All team rosters must include the player's number during weigh-ins. **No Exceptions.**

An ACC officer at the official weigh in must certify the players weight on the ACCJF form and must initial the copy of the birth certificate. This book will be presented to the opposing coach at every game (30) minutes prior to the C game and at the beginning of half time during the game in progress. The best method is to line up both teams when exchanging books so that the opposing coach can eyeball each team. (Check number etc.)

5g. If the TEAM BOOK is not present at the game, the coach will present the book within twenty-four (24) hours to the opposing head coach or representative who will check for accuracy, if this book is not completed the team will forfeit that game.

5h. Weigh-ins may be scheduled for any players within 1 day of a game provided both teams agree to a time, and place for the weigh-in. Any player certified eligible to play by weight is exempt from being weighed again on game day; the player's weight shall be noted on the team roster and the opposing coach must initial the team roster for each player weighed and certified eligible to play. If a player fails to make weight for the game, the player may be weighed-in on game day subject to requirements set forth in Section D. Weight Requirements.

5i. At least one hour prior to the start of the I-game until the second half of the B-game each team must provide at least one representative to weigh in any player (C, B, or A) presented for weigh-ins by a coach.



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6. All teams shall use a balance beam scale. The limitations for errors on the scales will be plus or minus a 1/2 pound.

7. Any player found guilty of using a sweatbox, steam bath, diet pills, or laxative to intentionally lose weight will be barred from further play in the League for one (1) year. Assistance or an order from a coach can result in the coach being expelled from further participation in the League. No plastic wrap or garbage bags on the field for the sole purpose to be used for losing weight. No coach shall allow any player on his team to wear any type of plastic or garment to induce sweating to lose weight.

7a. Any coach, knowingly allowing an overweight player to participate in a game shall forfeit the

game and be ejected from the league on the second offense.

SECTION E. OFFICIAL WEIGH IN

1. During the week prior to the roster hand in meeting, an A.C.C.J.F.L. officer shall conduct an official weigh in.
2. The weight shall be written on top of the A.C.C.J.F.L. registration form along with the official’s name, initials, and date.
3. A.C.C. officer shall also check the date of birth on the original birth certificate and sign the copy for all new players.

SECTION F. PRACTICE

1. The first day of practice for the 2022 season is July 18, 2022.
2. Practice is defined as three (3) or more players gathered with the intention of receiving instruction on running plays or conducting conditioning drills under the direction of a member of the organization. The first five (5) days of practice at the start of each season will follow heat acclimation guidelines and will be non-contact in nature. Players may wear helmets and spikes on days 1-2 and pads can be introduced on days 3-5 during the first week, but there will be NO CONTACT DRILLS conducted during this week.
3. Organizations may practice and conduct conditioning five (5) days per week, not including Saturdays prior to the start of the school year. Once the school year begins, organizations are limited to three (3)



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practices per week, not including Saturdays. Only exception to the definition of practice is as follows: An official Football Skills/Agility Camp or clinic that is open to the public AND with 2 or more different organizations represented by attendees will not be deemed a practice that will violate Section 2 above. Members of ACCJFL organization are allowed to help facilitate any such event.

4. Reviewing film does NOT constitute a practice session.
5. Violation of Section F will result in a one (1) game suspension for the coach.

SECTION G. INSTRUCTIONAL SQUAD

1. The purpose of the Instructional Squad is to provide an opportunity for five, six, and seven-year old’s to learn the game of football and good sportsmanship in a non-competitive atmosphere.

2. **COACHES:** The Instructional Squad is an extension of the C-Team. The C-Team head coach may name an assistant head coach in charge of the Instructional Squad. This assistant has all the responsibilities as a head coach and is responsible for his/her own actions.

3. **ROSTER:** The Instructional Squad shall consist of all five, six and seven years old. The Instructional Squad may consist of an unlimited number of five, six and seven years old.

3a. Seven years' old may be moved from the I-team to the C-Team prior to the end of the third week of the season, after the third game to move a player up will require league approval.

3b. Seven years' old placed on the C-Team Roster are not exempt from the minimum play rule.

3c. In the event, a C-team has less than 14 players capable of playing in any game, a sufficient number seven-year old's may be used to fill the roster without those players losing their eligibility to participate on the Instructional squad, however the opposing team's head coach must be made aware of the player's name, number and weight prior to the player playing in a game. All players must be on the I Team roster and must be properly documented in the team book, which must include a completed ACCJF registration form, photograph and certified copy of the player's birth certificate.

3d. Failure to inform the opposing coach will make the player illegal and may subject the coach and team to the penalties prescribed in Article VIII Section (K) Illegal players.

3e. I-Team players used to fill a roster to 14 players are exempt from the minimum play rule.

3f. Any I-Team player moved to the C-Team roster is no longer eligible to participate on the instructional squad that includes the I-Team All-star game.

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3g. All 8 and 9-year-old players are ineligible to participate on the I-team regardless of experience; these players must be placed on the C-Team roster.

3h. All I-team players are exempt from the six-play rule and since the purpose of the Instructional Squad is to teach good sportsmanship and the game of football all attempts shall be made to give as much play time as possible for these players.

3i. A complete roster and book must be made available to the opposing coach before any game. An opposing coach may challenge any player they may feel does not meet the requirements for the instructional squad.

4. **GAMES:** All games will be played immediately before C games.

4a. If either team has less than (12) twelve players, the scrimmage may be played using 8 or 9

man rules or the coaches may choose to combine players from both squads.

4b. No time will be kept for the game; however, no game shall last more than one hour.

4c. Because the purpose of the Instructional Squad is instructional, there will be no limit to the number of coaches on the field. However, there must be at least one coach on the sidelines always.

4d. No penalties will be called during this game. If an infraction does occur, the coaches will take the time to instruct the player as to what was done wrong.

4e. Each game will be played as a ten-play scrimmage. Each team will get ten plays on offense and ten on defense. A coin toss will determine who will start on offense. Play will start on the fifty-yard line. At the end of ten plays the ball will be placed back on the fifty and the other team will run ten plays. This will continue until either both coaches agree to end the game or time has run out.

4f. No score will be kept. No winner will be declared. The emphasis should be placed on participation as well as good and fair play, not on who won the game.

4g. Coaches on the field should make every effort to cooperate and help all coaches and players from both teams. This is not supposed to a competitive game. Good sportsmanship starts with the coaches.

4h. All teams shall limit their offensive plays to sweeps, power, dives and short passes. No trick plays. On defense, 4-4, 5-3, or 6-2; no blitzing or stunting with the center not covered.



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5. PRACTICE: Since the Instructional Squad is an extension of the C-Team they may practice together. However, if the team decides to practice separately, all players that plan on playing in the Instructional Squad game must practice at least one night with the Instructional Squad.

6. INSTRUCTIONAL ALL-STAR GAME

Each year on the Saturday before the first playoff game, the Instructional Teams in each division will play an All-Star Game. Two games will be played, with the playing order of the games alternating each year;

first game NFC and second AFC, then first AFC and second NFC and so on. Both games will be an officiated A.C.C. regulation game. Teams will take turns for each series of downs, for offense until they score or loose the ball on downs, for defense until they get the ball and loose it. Teams that host the Cheer Competition will host this game. Fields with lights should play at night starting at 6:30 PM; fields without lights will start playing at 3:00 PM. Times can be adjusted if needed.

SECTION H. EQUIPMENT

1. All equipment must meet approval for competition for all players.

2. All players will be required to wear NOC-SAE approved Helmets with Face Mask, Shoulder Pads, Rib Pads, Thigh Pads, Knee Pads, Hip Pads, and Tail Bone Pad.
 - 2a. It is the responsibility of the official or head coach of each team to enforce this rule prior to the start of the game.
 - 2b. There must be a re-certification bill for all helmets placed into the minutes of the A.C.C. by each participating team. This must take place every two years.
3. Mouthpieces must be attached to the facemask and worn in the mouth always when the ball is in play. Mouthpieces must be colored, not clear or white, unless a special mouthpiece is required by a Dentist.
4. Players are permitted to wear sneakers or ½ inch rubber cleats only.
5. The Wilson K-2 is the official ball for the C Teams, The Wilson TDJ is the official ball for the B Team, and the Wilson TDY is the official ball of the A Team. All game balls shall be new leather not composite. In addition, the Wilson GST ball is an approved ball for competition and any footballs made of composite materials are not authorized.
6. The use of an eye shield is permitted. Any player required to wear an eye shield must have a doctor's excuse attached to his A.C.C. application. Eye shields may be clear or shaded. The use of a tinted eye shield by a player must be reported to the ACCJFL and the commissioner of officials prior to use.



7. All ineligible receivers must wear an orange wristband while playing offense.



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SECTION I. GAMES

1. Pre-Season scrimmages will be allowed at the rate of two (2) per week.
2. Each team will be allowed two (2) pre-season game to a team not in the league. The Board of Directors must approve additional pre-season games.
3. Teams are limited to one (1) regularly scheduled game per week unless extenuating circumstances arise. Teams cannot play any non-league games during the regular season without the Board of Directors approval.
4. Should the home team be aware of a problem supplying a field prior to the scheduled game, they will be obligated to play at the visitor's home field if available.
5. All teams are limited to six (6) adults per bench; in addition to two junior coaches between the ages of 15 and 17 years will be permitted on the sideline. The head coach is responsible for his bench: First Violation warrants a warning; Second Violation is a fifteen (15) yard penalty.

5a. Two (2) medical personnel cannot coach and are excluded, for a total of eighth (8) adults. Each team will supply the A.C.C. with a complete coaches' roster.

6. The home team is responsible to rope off the sidelines from end zone to end zone for approximately 15 to 30 feet from the sideline, where feasible.

7. Persons working the sidelines chains are not allowed to coach or cheer in any form. First penalty warning, second penalty - ejection by the officials or league representative.

8. Length of quarters shall be ten (10) minutes for A Team, eight (8) minutes for B Team, and eight (8) minutes for the C Team, providing both teams have at least 22 players eligible to play, otherwise eight (8) minute quarters will be played.

8a. Halftime intermission shall be ten (10) Minutes for all games. There will be a five (5) minute intermission between each game.

8b. In the event, an A- team's game is scheduled at a different field then their team's I/C/B teams a ½ hour delayed start shall be permitted when necessary.

9. A running clock may be used where available. A trained adult must run the clock. The home team may elect to hire an official to run a scoreboard clock, if the clock is available. The opposing team will not be responsible for paying that official.



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9a. If the Officials do not like how the clock is being run, they may stop it and keep the time on the field

10. The home team will be responsible for cancellation of the game during inclement weather. The home team shall decide if the field is playable or not. Officials and away teams must be notified three (3) hours before the start of the game.

10a. If agreed upon by the head coaches that the field is unplayable, the games (C, B and A) will be postponed. Postponement of the C Game Postpones the B Games and A

Games, and so forth. If the head coaches DO NOT agree on the field conditions, the decision to play will go to the Game Officials.

11. Number of officials if there are not at least two (2) officials to start the game; the game will be postponed until a later date unless all the head coaches from the opposing teams agree to play with less than two (2) officials. The waiting period will be no longer than thirty (30) minutes. Officials should sign in on a sign in sheet before the C game of that day.

12. The number of games to be played in the season and not post season will be determined before the first game of the season.

SECTION J. OVERTIME RULES

1. At the end of regulation play of a tie game, there will be a coin toss to determine which team will be offense and which team will play defense. The winner of the coin toss gets the choice and the series of offense and defense will flip flop for each series thereafter. The method consists of a possible of three (3) attempts or series per team to score on four (4) plays per series from the ten (10) yard line. The defense can score to end overtime by an interception or fumble; however, if they cannot, a change of possession will occur and the ball will be placed on the ten (10) yard line. During overtime, after a loss the ball does not go back to the ten (10) yard it is spotted at the point of the loss. During the overtime, one (1) time out is allowed for each team per series of downs and any carry over from the second half.

Example A:

Team A throws an interception and Team B defense returns it to the other end zone. The defense scores a touchdown and Team B wins the overtime game.

Example B:

Teams A throws an interception on a second down and Team B fails to score. Team B immediately starts their first series of downs on the ten (10) yard line.



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The game can possibly end on any series provided each team gets an equal opportunity or the defense scores. If both teams exhaust all three series and the game is still tied, it is officially recorded as a tie.

SECTION K. EXTRA POINTS

1. One (1) point for a pass or run and two (2) points for a kick are part of the scoring.

SECTION L. PLAYOFFS AND CHAMPIONSHIP GAMES HOST

1. Selected organizations within the A.C.C. will host playoff games and championship games.
2. If you hosted a Conference Championship Playoff game or Super Bowl Championship you will not host one until every A.C.C. organization has hosted one.
3. Each Organization shall pay an administrative fee, which represents 1/15th of all A.C.C.J.F.L. expenses for trophies and other. The administrative fee shall be set annually and must be paid by the October meeting. The administrative fee for 2021 \$450.00
4. All refreshment stand monies will be kept by the host team.

SECTION M. PLAYOFFS

1. Teams in the playoffs will pay for the officials. The A.C.C. will set the price for the year. 2. Four (4) officials will be used for the playoffs
3. No minors will be allowed to work yard markers or clock. The use of an official to operate the clock is optional. The hosting team will be responsible to pay the clock official if used.
4. Half time entertainment will be up to each team in the playoffs. They will be given equal amount of five (5) minutes each. The home team or team with the better record will be allowed to go first.
5. The A.C.C. overtime format will be enforced until there is a winner.
6. Times of the games will be made to try and accommodate all teams in the playoffs. 7.

Weigh-ins will be at the discretion of both head coaches.

8. If a player fails to make weight during the season but can make weight during the playoffs, the player must be present at weigh-ins for most games and show a progressive weight loss.
9. The host team will provide the scale along with yard markers.



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10. Roster changes will not be allowed for the Playoffs and Championship games. 11. The team hosting a playoff game will be responsible for cleanup of the field. 12. Each team is responsible for bringing their own ball
13. Playoff format for the C and B division will be an American and National division playoff bracket. The National and American division's top seed would get the bye, first round 7-2, 6-3, and 4-5. The Super bowl would be the winner of the American Conference vs National conference.
14. The A division will be a total of all team's playoff bracket, with the National and American Conference tops seeds obtaining a bye, if needed, along with being 1 and 2 in the brackets. Seed Teams 1 to 10 based on overall record, not by divisional record. If only one bye is needed the team with more wins overall, would get the bye. If both are tied head-to-head would break the tie. the team with the most regular season wins will be the higher seed. If the teams have the same number of wins then strength of schedule to the 5th decimal place will be used to break the tie. Finally, a coin toss will determine
 - 14a. Teams will be seeded 1 through 16th by overall record calculated to the fifth decimal place. To calculate results, take wins divided total games played in regular season crossover games are included; forfeits do not count.

14b. Tie breaker rules apply as follows, the winner of head-to-head play will always be the higher seed. In the event the teams did not play during regular season, the team with the most regular season wins will be the higher seed. If the teams have the same number of wins then strength of schedule to the 5th decimal place will be used to break the tie. Finally, a coin toss will determine seeding. If more than two teams remain tied after the first two tie breaking rules the teams will randomly draw numbers to determine the order of coin toss, loser moves down.

15. All teams must have a representative present for football Playoff Meeting. .

SECTION N. CHAMPIONSHIP GAME

1. Teams in the championship game will pay for the officials.
2. Four (4) officials will be used for the championship game.
3. No minors will be allowed to work yard markers.
4. Half time entertainment will be up to each team in the playoffs. They will be given an equal amount of five (5) minutes each. The home team or team with the better record will be allowed to go first.

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5. The A.C.C. format for overtime will be in effect. **Teams will play to win.**
6. Starting time of the games will be the hosting team determine. It will be no earlier than 11 am and any start time after 12 pm requires approval by the ACCJFL. 12:00 PM (noon) beginning with the C Team followed by the B Team and then the A Team.
7. Participating teams will have a spotter and roster in the press box.
8. Weigh-ins will be at the discretion of both Head coaches.
9. If a player fails to make weight during the season but can make weight during the playoffs. The player must present at weigh-ins for every game and show a progressive weight loss.
10. Roster changes will not be allowed for the Playoffs and Championship games. 11. Every team participating in the Championship game will receive a trophy. 12. Trophies will be supplied and paid for by the A.C.C.J.F.L.

SECTION O. MERCY RULE

At any point prior to the start of the fourth quarter if the point spread becomes 21 points or more the team with the advantage will institute the following:

First Half – If the point spread reaches that required to initiate the mercy rule during the first half the following changes must be made:

On Offense:

Players: No changes.

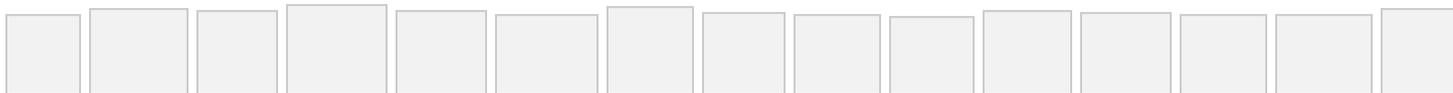
Plays: Restrict plays to runs between the tackles, sweeps and short passes (less than 10yards). No trick plays, reverses, option passes, etc.

On Defense:

Players: No changes.

Plays: No Blitzes or line stunts (both teams).

Third quarter: If the point spread reaches that required to initiate the mercy rule by halftime, or anytime during the third quarter the following changes must be made:



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On Offense:

Players: The team that is ahead must replace any player in the backfield that has scored with their second-string players. Scoring includes extra points. If there are not enough players on the sideline those players that have scored may play any offensive line position. If the second-string quarterback is in the backfield, he may continue to play quarterback but is restricted to handing the ball off and short passes.

Plays: Restrict plays to runs between the tackles, sweeps and short passes (less than 10yards). No trick plays, reverses, option passes, etc.

On Defense:

Players: No changes.

Plays: No Blitzes or line stunts (both teams).

Both teams must agree to a continuously running clock during the 3rd quarter

Fourth Quarter: If at the start of the fourth quarter the mercy rule is not in effect, then there shall be no mercy rule regardless of the score.

At any time that the score closes to less than that necessary to initiate the mercy rule normal offensive and defensive play may resume.

Once the mercy rule is instituted the clock will run continuously throughout the fourth quarter, regardless of the point differential. The clock will only stop for an official timeout, or a coach may use one of the three (3) timeouts permitted each half.

SECTION P. MERCY RULE VIOLATION

If a coach participating in the game feels that a team is in violation of the Mercy Rule, the coach shall immediately call a time out and:

1. Notify the head official who shall make a note of the score and the time of the game.
2. The head official shall, and both head coaches will meet on the field away from their teams to make notification of the violation, and to attempt to immediately rectify the problem.
3. The game shall then resume, the time-out will not be charged against the team calling the time-out.
4. If the team with the advantage continues to violate the Mercy Rule the head coach whose team is at the disadvantage will notify the head official and then follow the protest procedures for the ACCJFL.



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5. Violation of Section P will result in: 1st violation is a one game suspension for the coach and a 2nd offence is a suspension for the remainder of the season (not less than three (3) games)

SECTION Q. MANDATORY PLAY RULE

1. The following shall be a Minimum Play Rule (MPR) for all A.C.C. teams. If a child makes three practices during the week, the player shall receive six (6) plays including special teams.

Prior to the start of each game during weigh-ins each coach shall provide a list, if any, of all players that are excluded from the Mandatory Play Rule to the opposing coach. This list shall

be in the form of a complete roster with those excluded players clearly identified by number. The reason for the exclusion is not required. Excluded players may play in the game at the coach's discretion. In the event of a protest the head coach shall be required to present to the ACCJFL the reasons for exclusion within 24 hours of protest.

SECTION R. CHALLENGE AND TEAMS

1. Each player must be present at the time of challenge. If unable to be present, the coach must present the said player to the opposing coach before being allowed to play. Failure to do so can cause forfeiture of game.
2. A team must have a minimum of eight (8) eligible players after weigh-in and must be in uniform to start the game. The officials must call the game when a team cannot field eight (8) players.
 - 2a. If a team playing with only eight (8) players sustains an injury to a player, a five (5) minute delay (maximum of three delays per game) will be called to allow the injured player recovery time to return to the game and circumvent an immediate forfeit situation.
 - 2b. In eight (8) or nine (9) man ball the two (2) outside linemen are eligible.

2c. A courtesy call should be made to the opposing team within 72 hours of the game to let the opposing team know your dropping down to eight (8) or nine (9) man ball.

2d. If a team is unable to field an eleven (11) man team prior to or during a game; the game shall be played or continued by both teams dropping to eight (8) or nine (9) men. In either number of players (8) or (9) man, the offensive line shall consist of five (5) men and the game shall be played on a regulation (100) one-hundred-yard field. **Note:** The two (2) outside linemen are eligible.

2e. All teams with at least thirteen (13) players capable of playing must play eleven (11) man football; Teams with twelve (12) players capable of playing or less must play eight (8) or nine (9) man football.



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2f. If a team has less than 12 players eligible to play, all eligible players will participate on all special teams including kick-off, kickoff return, punt, not extra-points unless attempt is kick.

3. Taxi squads are permitted and are not required by organizations

3a. Taxi squads shall be permitted for C and B teams only which have 13 players or less to start a game. Before a taxi squad can be used, however, the team in question must have at least 9 players on its regular roster to start the game.

3b. Only 4 players may be used as a taxi squad.

3c. Any team wishing to use a taxi squad must notify the opposing team that it is using a taxi squad.

3d. Any team wishing to use a taxi squad also must have a signed permission slip from a parent/guardian, in a form approved by the League, for each player (football players only) on the taxi squad before that player will be eligible to play for the taxi squad.

4. In the Event a team cannot field 14 players for A team, or B team the team may move up enough younger players who meet the following criteria:

4a. B Team players that turn twelve (12) by December 1st of the current year may compete on A team with parental consent.

4b. C Team players that turn ten (10) by December 1st of the current year may compete on B team with parental consent.

Note: Only enough players to fill a 14-man roster may be moved up.

5. Once a player is declared an A team player he cannot go back to the B team; or a B team player cannot go back to the C team at any time during the same season, unless the player was moved up to fill a roster and the team folds for whatever reason.

SECTION S. PLAYERS EJECTED or SUSPENDED 1. Any player ejected by officials on game day will be suspended for the following game. 1a. The ejected player will be listed on the roster sheet as being ejected from the game.

1b. A forfeiture or an open date does not constitute a game of suspension.

1c. In the event the ejected player plays, their team will forfeit that game the player plays in and any other game until that player serves their suspension.



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1d. The ACC will notify all impacted organizations of a player suspended due to an ejection until the suspension is served.

SECTION T. ILLEGAL PLAYERS

1. Each case shall be brought up at a special meeting within forty-eight (48) hours of a violation. The Board of Directors will consider any illegal players to vote on. The team that lodged the protest about the illegal players and the team accused will not be allowed to vote.

1a. If a player is found to be an illegal player, the violation of section K will result in a (1) one game suspension for the coach and forfeiture of all games that the illegal player played in.

SECTION U. PROTESTS

1. Any team choosing to lodge a protest must notify the President after the completion of the game by stating the specific reasons. Also, the protesting team must submit in writing the specific charges to the Secretary within the (48) forty-eight hours.

2. Protest and grievances will be reviewed and acted upon at a special meeting with one representative from each team involved. Teams will specify what action they desire. The meeting will be held within one (1) week of the game. If a tie vote occurs, any not involved officer other than the President will break the tie.

3. No Protests of judgment call by an official will be considered. Any coach found to be physically abusing a player, will be banned from the A.C.C.J.F.L. for LIFE.

SECTION V. MISCELLANEOUS RULES

1. Only one (1) coach will be allowed on the field with the C team only during the game, offense and defense.

1a. The coach on the field must be a reasonable distance, five (5) yards behind the deepest player on the field.

1b. The coach on the field cannot yell instructions once the huddle breaks.

1c. Violations of this rule; first offence will be a verbal warning to the coach. Second offence will result

in a five (5) yard dead ball penalty.

2. Game Start Times

The start times for Sunday games are as follows:

I Game 11:45 AM C Game 01:00 PM B Game 02:45 PM A Game 04:00 PM or 4:30PM

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The start times for Saturday games are as follows:

I Game 4:15 PM C Game N4 5:30 PM B Game 6:45 PM A Game 8:00 PM

2a. Games will be started as close to the starting time as possible.

2b. In the event, an A- team's game is scheduled at a different field then their team's I/C/B teams a ½ hour delayed start shall be permitted when necessary.

2c. The start times for DFL Saturday games are as follows:

I Game 12:45 PM
C Game 2:00 PM
B Game 3:30 PM

2d. Changes may be made to the start times if both teams are agreeable.

- 3. Every organization will provide facilities for bathroom, area for changing of clothes, and weighing players at home games.
- 4. All teams will participate in all league functions that are sponsored by the A.C.C.J.F.L.
- 5. If during halftime there is not enough room for both teams to use a locker room, then neither team will be allowed to use a locker area.
- 6. An ambulance should be able to arrive at the field within fifteen (15) minutes from the time of the call. The home team is responsible for these arrangements. All member organization must ensure a phone is available for emergencies during all games and practices held by any team in the A.C.C.J.F.L.
- 7. All alcoholic beverages shall be strictly prohibited at all team stadiums during A.C.C.J.F.L. games. 7a. All illegal drugs shall be strictly prohibited at all team stadiums during A.C.C.J.F.L. games.
- 8. No A.C.C.J.F.L. organization shall film another team's practice or scrimmage. No team shall show any films during halftime.
 - 8a. Violation of Section M. Rule 8 will result in a verbal reprimand to the coach. 9. The sideline chains go to the visitor's side of the field.



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10. The home team is responsible for reporting scores, weight changes, and any write-ups to the conference publicity person after the games are completed for the day before 7:00 PM on game day.
11. Any coach using foul language shall receive a verbal reprimand.
12. No coach can attend opposing team's practices without written permission of that team's head coach.
13. Prior to the second league game (week 2) of the season, if a team is disbanding any players are eligible to continue playing elsewhere with the games that team played in becoming a forfeit. After the fourth league game (week 4) of the season, if disbanding occurs players are through for the season and are ineligible to play elsewhere with all games played to date becoming forfeits.
14. All home teams using communication (headsets) must supply the opposing team equal area to participate in communications. Headsets cannot be worn on the playing field.

14a. The use of headsets is only permitted for coaches on the team roster; the number of coaches permitted on the sideline for each team during the game shall be reduced by the number of coaches using the headsets regardless of whether they are on the sideline or in a designated area for headset use. Only the team using headsets must reduce the number of sideline coaches. No additional coaches may assist the headset coaches, these coaches must remain in the designated area while using the headsets during the game. A strict limit of 6 adult sideline coaches shall be observed.

14b. The use headsets are limited to one pair per team. Bluetooth devices are not to be used. 15. All teams except the C Teams must center the ball vertically.

16. Payment of the referees for the regular season and preseason games is the responsibility of the hosting team. During the playoffs, and championship games the participants are responsible to pay the referees. The A.C.C. will assume no responsibility.

17. A participating organization must field at least two (2) teams to start the season. 18. Players with casts must have approval by the officials and the opposing team's coach. 19. The play clock will be run by

PIAA Rules; Stopping on all change of possession. **SECTION W. STRENGTH OF TEAM RATING**

At the end of the season the wins of each organizations A, B, and C teams will be added together (including post season games) and then be divided by the total games played. Forfeits do not count in strength of team ratings.

Example:



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A=10-1, B=3-6, and C=9-2
Total wins 22, total games played-31
22 divided by 31 = .710 average.

Using these averages will determine which conference each organization shall be assigned to for the following season. (NFC or AFC)

SECTION X. DIVISION STANDINGS

1. Standings will be determined by overall wins for all games played in the A.C.C.J.F.L., both conference and crossover games will be counted. Preseason games and forfeits will not count in determining divisional standings.
2. Overall win/loss record to the fifth decimal place will be the first tiebreaker.
3. If two or more teams are still tied, head-to-head competition will be used break the tie. If these teams did not meet during their regular season or their game ended in a tie, then strength of schedule (S.O.S) shall be used.
4. S.O.S. is determined by calculating win/loss records of all A.C.C.J.F.L. opponents calculated to the fifth decimal place.
5. Finally, in the unlikely event that a tie still exist a coin toss will determine the higher seed. 6. The only team not to host a playoff game will be the team hosting the cheerleading competition.

SECTION Y. SOCIAL MEDIA

The ACCJFL will enforce zero tolerance for any derogatory comments made on social media, team websites, or any public forum, by all ACCJFL members. Allegations of violation of the ACCJFL social media policy shall be presented to the Board for investigation. The Board at a special meeting called for that purpose shall decide, and when appropriate sanctions as prescribed in the bylaws up to and including a permanent ban from participation with any ACCJFL organization shall be imposed. The use of audio/visual recordings of all ACCJFL meetings is strictly prohibited without the prior consent of the A.C.C.J.F.L. The consent must be in writing and unanimous among all organizations.
(See Article XVII Penalties).



SECTION 1. The Cheerleading Committee Officers of this league shall be as follows: A. President
B. Vice President
C. Secretary
D. Sergeant at Arms

SECTION 2. Any vacancies that may exist shall be filled by a vote of the League at a regular meeting or a special meeting called for that purpose.

SECTION 3. The Cheerleading Executive Committee Officers are the President, Vice President, Secretary and Sergeant at Arms.

SECTION 1. THE CHEERLEADING PRESIDENT SHALL: A. Preside at all meetings of the League.
B. Appoint the chairman of all committees.
C. Plan the meeting and activities of the League.
D. Represent the League, or appoint a representative at area meetings or such where the welfare of the League deems necessary.
E. Serves as an ex-officio member of all committees.
F. Any vote that ends in a tie the President will cast the tie-breaking vote, excluding election of officers. In the event of a tie vote for the election of officers the incumbent will retain his/her office. G. The President cannot nominate anyone for office.

SECTION 2. THE CHEERLEADING VICE PRESIDENT SHALL: A. Conduct meetings in the absence of the president
B. Serve as a special assistant to the President with the member teams.

SECTION 3. THE CHEERLEADING SECRETARY SHALL: A. Maintain a record of all proceedings of the league and shall read these minutes at the next meeting.
B. Provide each team representative with a copy of the minutes following that meeting.

SECTION 4. CHEERLEADING SERGEANT AT ARMS SHALL: Maintain order at all meetings.

SECTION 5. CHEERLEADING REPRESENTATIVE SHALL: The Cheer Representative is elected by the Cheer Committee at our election meeting in November. The Cheer Representative will be chosen from one of the four existing Cheer Committee officers, and is not an additional Cheer Committee position. A delegate cheer representative can and may officiate in place of said elected cheer rep at any point as needed. The Cheer Representative is the Liaison between the Cheer

Committee and the Executive Board of Directors. Their purpose is to be an impartial representative between football and cheer entities. Cheer Representative will provide impartial and factual information to both sides of the ACCJFL.



SECTION 5. ADDITIONAL DUTIES OF THE CHEERLEADING OFFICERS

A. It is the responsibility of all ACCJFL Officers to attend the Cheerleading Competition, Super Bowl, I-Team All-Star and the All-Star Game. At least two executive officers must be present at these events.

B. Cheerleading Competition

1. It is the responsibility of the ACCJFL Cheerleading Committee Officers to police the ACCJFL Cheerleading Competition.
2. It is the responsibility of the ACCJFL Cheerleading Committee Officers to enforce the ACCJFL Competition Rules.
3. It is the responsibility of the ACCJFL Cheerleading Committee Officers to apply deductions, from an organizations total score, for breaking ACCJFL Competition Rules, this would include but is not limited to safety, unsportsmanlike conduct, and actions that would render unfairness to other organizations.

a. An ACCJFL Cheerleading Committee Officer cannot view or apply deductions in the session their own team is competing in.

b. If all four Cheerleading Committee Officers teams are competing in the same division or that there is an unforeseen circumstance

the cheer board will appoint Executive ACCJFL Officers to take their place.

1. It is the responsibility of the ACCJFL Cheerleading Committee Officers to provide at least three tallies officials. The Executive Officers fill these spots. In the event they cannot attend the Cheerleading Committee Officers will find alternatives. Pens with black ink must be used to record the scores. IF POSSIBLE, the officials will be placed away from the competition area.

1. It is the responsibility of the ACCJFL Cheerleading Committee Officers to hire ree Cheerleading Judges and one Cheerleading Safety Judge for a total of four Judges.

SECTION 6. THE CHEERLEADING COMMITTEE:

A. Will consist of one Cheerleading Representative from each member organization. Whoever signs the roll call at the meeting will be recognizes as the representative from the team and shall be allowed to speak and vote for the team at the meeting.

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B. Each organization must submit one representative and two alternates. In the event the representative or alternates cannot make the meeting; the ACCJFL Cheerleading Secretary must be notified as to who will make the meeting.

C. League members must be in good standings with the ACCJFL as well as their League to serve as a ACCJFL cheerleading representative or officer.

SECTION 7 CHEERLEADING REPRESENTATIVE:



CHEERLEADING

- A. There is an enforced penalty in place for cheerleading representatives for noncompliance of their responsibilities. Examples of noncompliance include but are not limited to: *continuously missing meeting, not having rosters handed in on time.
- C. The cheerleading representative will be given two warnings before she is brought to the ACCJFL Cheerleading Committee and asked to be replaced.

new replacement doesn't comply with her obligations the organization as a whole will be banned from competing r.

SECTION 8 COACHES

- A. All ACCJFL Head Cheerleading Coaches must be eighteen years old.
- B. Any coaches under the age of eighteen are considered Junior Coaches and must be in constant supervision of an adult 18 years or older.

SECTION 9 MEETINGS

- A. Cheerleading meetings are held on the first Monday of the month at 6:30 pm unless otherwise specified.
- B. The ACCJFL Cheerleading Committee will be the decision makers for any and all issues or concerns regarding cheerleading. Including, but not limited to, cheerleading bylaws, competition, and voting. All issues regarding cheerleading will be brought before the cheer committee for discussion and resolution; with the exception of any issue that will affect the league in any negative way. Any unresolved issues will be brought to the executive board.

SECTION 10. CHEER COMPETITION

There will be one (1) mandatory ACCJFL Competition that all teams must participate in. It may be subject to change in the event of a pandemic, epidemic, natural disaster, global crisis, or any

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unforeseen circumstance that may compromise the safety and health of participants, coaches, spectators, or ACCJFL members. Competitions shall be split as the American and National Conferences, to be determined by the previous year medal placement as follows:

- A. See **SECTION 17 SQUAD REQUIREMENT** - If a team is split, for ranking purposes **ONLY**, the following year, the lower score of the two will be thrown out.
- B. Mascots will be allowed to attend Competition and sit with their team, but will not be allowed to compete.



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CHEERLEADING

Point System:

- 1.Place 4 points
- 2.Place 3 points
- 3.Place 2 points

4.Place 1 point

2021 COMPETITION STANDINGS

<u>National</u>	Dance/Hello/Points	Dance/He
	Conference	
Olyphant	0/0/0	2
Abington	2/4/6	3
Dunmore	3/2/5	0/
Lakeland	0/2/2	4/
North Pocono	4/1/5	1/2
Wallenpaupack	0/0/0	
Old Forge	1/3/4	
North Scranton	0/3/3	
<u>American</u>		
Conference		
Valley View	4/4/8	4/
DFL	1/3/4	3/2/5
Wayne Highlands	3/2/5	0/0/
Tunkhannock	0/0/0	0/0/
Western Wayne	0/0/0	2/3/
West Scranton	2/1/3	1/1/

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Riverside	0/0/0	0/0/0	0



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SECTION 11. The 2022 Cheerleading Competition placement will be as follows:

National American

- Valley View North Scranton**
- Abington DFL**
- Lakeland Olyphant**
- West Scranton Old Forge**
- North Pocono Western Wayne**
- Wayne Highlands Dunmore**
- Carbondale Tunkhannock**
- Lackawanna Trail Wallenpaupack**
- Riverside**

Competition half day or full day will be determined by the hosting teams’ organization. If an organization chooses half day the time and agenda will be made available for the PM session one week after roster hand in. If the hosting team chooses half day competition, they will compete in the AM session.

1) There will be two divisions the National Conference and the American Conference which is determined by the medal placement of the previous year 2) Both Conferences will have first through last place awards. Only first through third place will be announced for cheer and dance.

Example Of ½ Day Competition:

Session One Session Two

American Conference National Conference
Registration 8:45-9:15 am *Registration TBA*
Practice 9:15-9:45 am Practice TBA Competition 10:00am Competition *TBA C, B, A, I*
competes C, B, A, I Competes
Intermission Time TBA & Awards for Session Two & Awards for Session One Raffles

Example of Full Day Competition

American and National Conference
Registration: 8:45 - 9:15 am

Practice: 9:15-9:45 am
Competition: 10:00 am
Order: All C Teams Compete
All B Teams Compete



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CHEERLEADING

- All I Teams Perform**
- All Special Teams Perform**
- One Hour Break**
- All A Teams Perform**
- Senior Recognition**
- Awards**
- Raffles**

SECTION 12 HOSTING ORGANIZATION 1. Is responsible for ambulance and

security.

- 1. Is responsible for an agenda, map outline and parking passes that are handed out at the last league meeting before competition and coach's passes/wristbands that are handed out at registration the day of competition.
- 1. Seating and table for judges to sit together. Different color ink pens for each judge. Judges must initial the corner of score sheets and any corrections they make.
- 1. Hosting team must provide different ink pens, calculator with register tape, 1. tally and score sheets. Only ACCJFL Official Score Sheets can be used. Master sheets, awards, music, etc. must go home with each team after competition.
 - 1. The Organization hosting competition decides if they want to hold competition full day or half day.

SECTION 13: RESPONSIBILITY OF THE ORGANIZATION HOSTING COMPETITION:

- 1) Cheer medals with a minimum size of 2 ½"
- 2) Eighteen (18) banners which should be a minimum of 3' x 5' and Include the following: the year, ACCJFL Cheerleading Competition, placement and division:
 - (6) - 1.place A, B, C Squad
 - (6) - 2.place A, B, C Squad
 - (6) - 3.place A, B, C Squad
- 3) Gifts/flowers for the A Squad graduates.

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- 4) Ribbons for hello cheer 1, 2., 3.place
- 5) Spirit award for am and pm session.

SECTION 14: COMPETITION FEES:



CHEERLEADING

- 1. All teams must pay \$10.00 per cheerleader that is age eligible for competition, **whether or not the cheerleader participates.**
- 2. All teams must pay \$5.00 per I-squad cheerleader/mascot/Special Teams **if they choose** to participate in the exhibition portion of the competition.
- 3. All teams must pay \$3.00 per graduate.
- 4. Checks are made payable to the organization hosting competition and are due at roster hand in.

SECTION 15: CHEERLEADING ELIGIBILITY REQUIREMENTS:

- 1. Cheerleaders are placed by the GRADE they are in during the current season. 2. A Squad: Cheerleaders that are in 7.& 8.grade during the current season. 8.graders that are 14 years old may participate provided they do not turn 15 before the end of the current season. Any cheerleader that is in the 9.grade or higher during the current season is **not** eligible to participate regardless of age.
- 3. B Squad: Cheerleaders that are in 5.& 6.grade during the current season.

1. C Squad: Cheerleaders that are in 3.& 4.grade during the current season.

1. I Squad: Cheerleaders that are in K, 1.& 2.grade during the current season

1. A Birth Certificate as required by the ACC, current picture and signature on the ACC official registration form properly filled out by legal guardian is required for every cheerleader.

SECTION 16 ROSTERS:

- 1. A cheerleading roster consisting of name, age, birth date and grade; **must be turned in** at a meeting to be announced. Bring 20 copies stapled consisting of A, B, C and I squads
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- 2. Any cheerleader added to the roster after designated hand-in date will NOT be allowed to compete.
 - 3. Competition fees need to be handed in with rosters on the designated date.

SECTION 17 SQUAD REQUIREMENTS:

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1. A squad is considered to exist if there are a minimum of five (5) qualifying cheerleaders.
2. If a squad has less than five (5) cheerleaders they may be combined with the squad in the next level up so that they can compete.
3. If it is the A squad that is too small the B team will move up and compete as A.
4. If an organization has more than 30 cheerleaders registered for their I squad, the organization may split the team as they see fit. They may perform as two separate teams at competition since I squad is not judged.
5. Due to the wording of some insurance policy's the ACCJFL has added the following:
6. If an organization has more than 36 girls per squad, it will be up to the organization to make one of the two decisions.

- a. The organization will keep all their cheerleaders on one squad.
- b. The organization will be allowed to split their squad into two squads in the following way.
 - i. They will put all their cheerleaders in alphabetical order and will divide the squad in half making two squads.
 - ii. In the event, there is an odd number the first squad will have the one extra cheerleader.
 - iii. If the squad is divided into two teams both teams will compete in the same division.
- B. If an organization fails to produce a football team on A, B, or C level, cheerleaders at that level must cheer for at least any four (4), in-season games at other levels.

SECTION 18 ALL TEAMS MUST COMPETE IN ACCORDANCE WITH THE ACCJFL BYLAWS.

Violation of ARTICLE IX. will result in the following disciplinary actions: A. The dismissal of the Cheerleading Advisor for not less than one (1) year. B. On the first offense, the organization shall be placed on probation for (1) year; on the second offense, if consecutive, the organization shall be expelled from

the ACCJFL. The organization may reapply for membership in accordance with Article IV of the Bylaws.

C. If the second offense is not consecutive the ACCJFL Board of Directors shall review the causes of the non-participation and determine the penalty, which may include the expulsion of the organization from the ACCJFL.

D. If an organization does not compete at the ACCJFL Competition they will be required to pay a \$250.00 penalty to the hosting organization.

SECTION 19 VOTING:

A. See Section 3a.

B All votes pertaining to cheer by May 1st, will go into effect for the current/upcoming season.



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SECTION 20 PRACTICES:

Cheer and football practice will begin on the same date! Extra practices may be held (2) weeks prior to

competition.

SECTION 21 SOCIAL MEDIA:

The ACCJFL will enforce zero tolerance for any derogatory comments made on social media, team websites or any public forum, by coaches, board members, parents, cheerleaders and players. Allegations of violation of the ACCJFL social media policy shall be presented to the Board for investigation. The Board at a special meeting called for that purpose, shall make a determination and when appropriate sanctions as prescribed in the bylaws up to and including a permanent ban from participation with any ACCJFL organizations shall be imposed. The use of audio/visual recordings of all ACCJFL meetings is strictly prohibited without the prior consent of the ACCJFL. The consent must be in writing and unanimous among all organizations. (see page 25, Article XVII Penalties)

SECTION 22 WAIVERS:

All players requesting a release from his/her team must present a waiver form to the ACCJFL Board for approval. If a player or family member has not returned equipment or paid all fees to any teams in the ACCJFL that player/cheerleader cannot sign up with another team until the issue is resolved. (See Article XIII Boundaries, section 3)

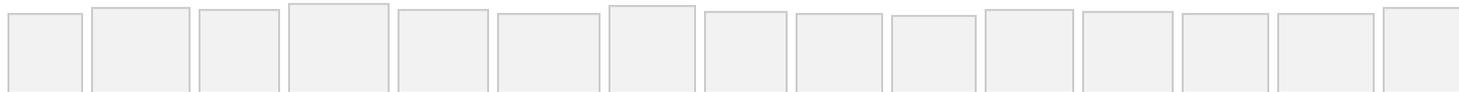
SECTION 23 SAFETY:

In addition to the safety protocol set forth by the ACCJFL along with each individual organization cheerleading has the following precautions:

- 1. There should be one coach for every 12 cheerleaders.**
- 2. All stunting should follow progression.**
- 3. All stunting should be according to the squad's ability.**
- 4. If you are teaching a new stunt make sure you have enough spotters/coaches to support it until it is perfected.**

1. Conditioning is important to prevent wear and tear injuries to the cheerleaders. 1. Always treat injuries right away. If a child has any type of injury the parent must be informed. If a child requires a Doctors attention they will not be allowed to return to practice or games until a Doctor's release is received.

1. We follow the ACCJFL Competition Rules and Regulations and the USA Cheer Safety Rules.



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ARTICLE XI INSURANCE

- 1. Each team must provide at its own expense adequate insurance.
 - 2. The League will be in no way responsible for insurance coverage for each of its players. 3.
- Certificate of Insurance must be presented by roster turn in of each team.

4. Each organization must be covered from June till November thirty-first (31st).

The Organization must turn in a receipt signed by the President of their organizations Insurance agent that their insurance is paid in full. This receipt must be turned in by the July Meeting.

5. All coaches and cheerleading advisors must complete an annual criminal and child abuse background check. A letter of compliance signed by the organizations President shall be submitted along with the require insurance paperwork. This letter shall list all coaches, assistant coaches, and cheerleading advisors that have complied with background checks.

ARTICLE XII COACHES CODE OF CONDUCT

All coaches, football and cheerleading, will abide by a code of conduct which includes the follow provisions. If any of these rules are broken, the A.C.C. board of directors shall have the authority to impose a penalty.

The Coaches Shall:

1. Not smoke, NOT use smokeless tobacco, NOT use e-cigarettes/vapes on the field or in the field house with children present.

1a. Violation of Article XI will result in: 1st violation is a verbal reprimand, 2nd offense will result in a one game suspension for the coach.

2. Not criticize players/cheerleaders in front of spectators, but reserve constructive criticism for later, in private, or in the presence of team members if others might benefit.

3. Accept decisions of the game officials and judges on the field in competitions as being fair and called to the best of said officials.

4. Not criticize an opposing team, its players, coaches, cheerleader or fans by word of mouth or by gesture.

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4a. Violation of Article XII 4. will result in 1st violation is a verbal warning, 2nd offense will result in a one game suspension for the coach.

5. Emphasize that good athletes strive to be good students and that both are physically and mentally alert.

6. Strive to make every football/cheerleading activity serve as a training ground for life, and basis for good mental and physical health.

7. Emphasize that winning is the result of good teamwork.

8. Together with team officials, be jointly responsible for the conduct and control of the team fans and spectators. Any fan who becomes a nuisance and out of control will be asked to leave.

9. Not use abusive or profane language at any time.

10. Not deliberately incite unsportsmanlike conduct.

10a. Violation of Article XII 10. will result in verbal reprimand to the coach.

11. Abstain from possession and drinking alcoholic beverages and the possession of illegal substance on both the practice and game fields.

11a. Violation of Article XII 11. will result in a one game suspension for the coach. 12. Remove from a game or practice any participant when even slightly in doubt about their health. 12a. Violation of Article XII

12. will result in Expulsion from the A.C.C.J.F.L.

13. Control their fans. Remember, as a team coach you are responsible for your team and fan reaction will usually be in step with your reaction.

14. Uphold all the rules and regulations, Regarding the All-County Conference Junior Football.

15. Any coach found to be physically abusing a player will be banned from the A.C.C.J.F.L. for LIFE.



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**ARTICLE XIII SPORTSMANSHIP AND CONDUCT ON THE
FIELD**

1. See Article II

2. All Players, coaches, and officials must conduct themselves in a sportsmanship like manner. 3. The League will not tolerate unsportsmanlike conduct or profanity at the game by team representatives, players or officials.

3. Anyone that represents a team in the A.C.C. may bring charges against a coach in front of the Board of Directors. The Board of Directors will then hold a special Meeting with both parties.

ARTICLE XIV BOUNDARIES

1. Boundaries will be determined by School Districts areas unless there are two teams from the same School District then it will be determined by municipalities' boundaries.

1a. Boundary between North Scranton and West Side as Farr Street.

2. Any area that does not have a team in the A.C.C. is open territory to any A.C.C. team.

3. All players requesting a release from his/her team must present a waiver form to the A.C.C.J.F.L. Board for approval. Prior to presenting a waiver request to the board for approval, a representative for both teams must sign the release form as an acknowledgement of the request. The release must be approved by the ACCJFL Board prior to the player or cheerleader participating with the accepting team. If a player or family member has not returned equipment or paid all fees to any teams in the A.C.C.J.F.L. that player/cheerleader cannot sign up with another team until the issue is resolved.

4. When a player starts with a participating organization, that player may stay in that organization, even if the player was to relocate out of that organization area or for any other reason not stated here. Once a child starts in an organization the family can stay with that organization.

5. In the event a player or cheerleader participates with any A.C.C.J.F.L. organization in violation of any provision of **Article XIV Boundaries**, that player or cheerleader is prohibited from asserting the boundary exclusion found in **Article XIV Section 4** and must obtain a waiver to contain participation with their current ACCJFL team. Failure to obtain a properly signed waiver/release will prevent the player or cheerleader's participation with their current ACCJFL team and requires reassignment to the proper team in compliance with **Article XIV Boundaries**.

5a. Violation of **Article XIV Boundaries**, if deliberate, exposes the organization and/or the responsible individual(s) to penalty as set forth in **Article XVII Penalties**. Any A.C.C.J.F.L. member organization

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may request sanctions be imposed against the violating organization. Sanctions may only be imposed by vote



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of the ACCJFL Board of Directors at a regular or special meeting and only after proper notice and due process is given to the violating organization and the individual(s) responsible for the failure to comply with the rules governing boundaries.

ARTICLE XV TAX EXEMPTION STATEMENT

1. This Corporation is organized exclusively for charitable purposes as such purposes are defined by (501 c) (3) of the Internal Revenue Code (or the corresponding section of any future Internal Revenue Law of the United States). No part of the net earnings of the corporation shall inure to the benefit of any individual and no member, director, officer or employee of the Corporation shall receive any pecuniary benefits of any kind except reasonable compensation for services in effecting the corporate purposes. No substantial part of the services of the corporation shall consist of carrying on propaganda or otherwise attempting to influence legislation, nor shall the Corporation participate or intervene in (including the publishing or distributing statements of) any political campaign on behalf of any candidate for public office.

ARTICLE XVI SUSPENSION

When a coach is suspended due to violation of these By-Laws or Rules he or she shall be allowed to attend the game as a spectator. The suspended coach will follow the following procedures:

- A. Have no contact with his coaches or players either in person, electronically, or through third party, from the time he arrives at the game site until the end of the game.
- B. During the game the coach must remain in the stands until the end of the game. The coach may leave the stands to use the restrooms or refreshment stand but not during halftime.

C. Violation will result in additional disciplinary action to be determined by The Board of Directors **ARTICLE**

XVII PENALTIES

The ACC Board of Directors reserves the right to impose any penalty it determines to be appropriate based on the severity a violation of any provision of these Bylaws.

TEAM:

1. Forfeiture of Game

COACH:

1. Verbal Reprimand

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2. One Game Suspension



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3. Suspension for remainder of season (Not Less Than Three (3) Games) Suspension(s) may carry into following season.
4. Expulsion from A.C.C.J.F.L. (requires a 2/3 two-thirds affirmative vote of the Board) Any coach that is verbally reprimand three (3) times during a season shall receive a one game suspension.

OTHERS: Parents, Team Officials, Spectators, Volunteers, ETC.

1. Expulsion from attending ACCJF games or functions.

ARTICLE XVIII BY-LAW AGREEMENT

All organizations, team representatives and coaches must agree to comply with the stated objective and rules set forth by The All-County Conference Junior Football. If they do not comply and follow the objective and rules they can be reviewed and possibly removed from the All-County Conference Junior Football. This By-Law Agreement must be signed by a representative of each Organization in The All-County Conference Junior Football at the July Meeting.





_____ Print name: _____ Abington
Heights

_____ Print Name: _____ Carbondale Area

_____ Print name: _____ DFL

_____ Print name: _____ Dunmore
Oilers

_____ Print name: _____ Lackawanna Trail

_____ Print name: _____ Lakeland
Jr. Chiefs

_____ Print name: _____ North
Pocono Jr. Trojans

_____ Print name: _____ North
Scranton Vikings

_____ Print name: _____ West
Scranton

_____ Print name: _____ Old Forge
Blue Devils



_____ Print name: _____ Olyphant
Lions

_____ Print name: _____ Riverside Jr
Vikings

_____ Print name: _____
Tunkhannock Jr. Tigers

_____ Print name: _____ Valley
View Cougars

_____ Print name: _____
Wallenpaupack Jr. Buckhorns

_____ Print name: _____ Wayne
Highlands Stingers

_____ Print name: _____ Western Wayne Jr.
Wildcats