

- 7.8% of high school players will go on to play NCAA men's football
 - 1.5% of NCAA players will be drafted by an NFL team
 - .08% of high school players will eventually be drafted by an NFL team
 - Less than .1% of youth football players will make it to the NFL
- Let kids enjoy their youth, this is just a game for them!***



2026 Handbook



Every effort has been made to make this Handbook as complete and as useful as possible. Please refer to www.fairbanksyouthfc.org for schedules, updates, changes and other current information.

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Preface

Fairbanks Youth Football and Cheerleading, Inc. (FYFC) is a member of American Youth Football, Inc. (AYF), an international youth football organization established to promote wholesome development of children and teenagers through their association with adult leaders in the sport of American football and cheerleading.

AYF is a strictly all volunteer non-profit corporation that is the administrative body of our local youth football teams and league. These programs are designed to help youngsters learn skills and develop them into productive adults through their participation in organized and supervised sports.

Sportsmanship, teamwork, honesty, responsibility, self-reliance, determination, hard work, and self-discipline are among the traits needed by today's youth to face the future with positive aspirations and confidence. Whether a child continues to play football at more advanced levels or never plays the sport past this league, these lessons will serve them throughout their life.

AYF's mission is based on the concept that youth learn what they are taught. If we teach them positive traits, such as playing by the rules and working hard, they will learn to live by the rules and give their best efforts.

A Message to Parents

Remember the Code of Conduct you and your child signed:

No alcohol, drugs, tobacco, or firearms at any FYFC events, this includes practice. If you must smoke, please only do so in the parking lot and away from the ball fields. No swearing or obscene language. As an adult, you are a role model for every child on the team.

Don't expect your child to perform like a professional. Don't yell at your child for mistakes. This sport is not easy for them and each child must learn and develop at their own speed. Praise hard work and accomplishments. Don't be more critical of your own child than you would be of someone else's child. You will not always agree with an official's call or judgment. How you react sends a message about acceptable conduct. There are lessons to be learned both from victory and defeat and if losing graciously or "life is not fair" are the lessons, try to share and teach them in a positive way.

Please treat the coaches and referees with respect. They are doing the best they can. You may not agree with all the coach's decisions or referee's calls, but they are the final authority.

Organization

Executive Board

EXECUTIVE COMMITTEE		
President	Patrick Spencer	president@fairbanksyouthfc.com
Vice-President	Tami Crow	vicepresident@fairbanksyouthfc.com
Secretary	Tara Crosslan	secretary@fairbanksyouthfc.com
Treasurer	Jennifer Spencer	treasurer@fairbanksyouthfc.com
CLUB PRESIDENTS		
Midnight Riders	David Edwards Jr.	midnightriders@fairbanksyouthfc.com
Renegades	Chris Bressler	renegades@fairbanksyouthfc.com
Bulldogs	Brandy Whittenton	bulldogs@fairbanksyouthfc.com
Spartans	Wesley Hornsby	spartans@fairbanksyouthfc.com
COORDINATORS		
Flag Coordinator	Vianne Smith	flag@fairbanksyouthfc.com
Cheer Coordinator	Erica Parsons	cheer@fairbanksyouthfc.com
Coach Coordinator	Mike Mabee	coach@fairbanksyouthfc.com
Equipment Coordinator	Nikki Whipple	equipment@fairbanksyouthfc.com
Fundraising Coordinator	Melanie Belshe	fundraiser@fairbanksyouthfc.com
Referee Coordinator	Ryan Whipple	referee@fairbanksyouthfc.com

Contact Information

FAIRBANKS YOUTH FOOTBALL AND CHEERLEADING, INC. PO BOX 72132,
FAIRBANKS, AK 99707-2132
(907) 388-4650 www.fairbanksyouthfc.org

Bylaws

Article 1—Name & Purpose

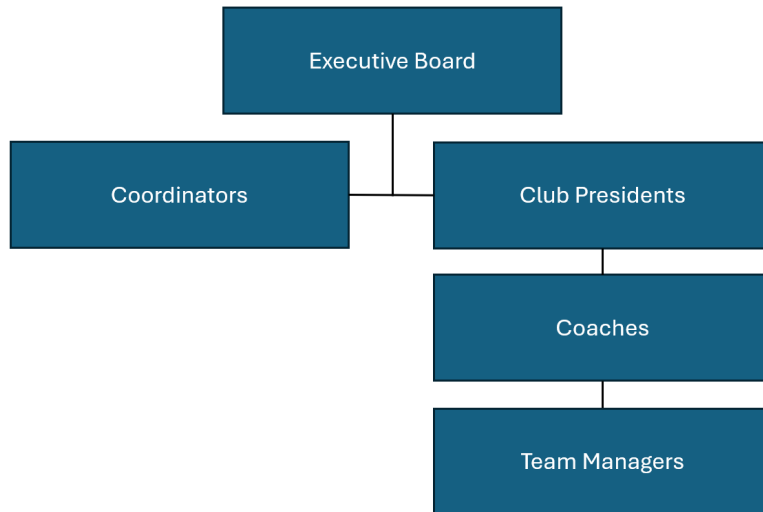
SECTION 1 – NAME & ADDRESS

The name of this corporation is “FAIRBANKS YOUTH FOOTBALL AND CHEERLEADING, INC.”, hereinafter referred to as “FYFC”. The primary address is PO BOX 72132, Fairbanks, Alaska, 99707.

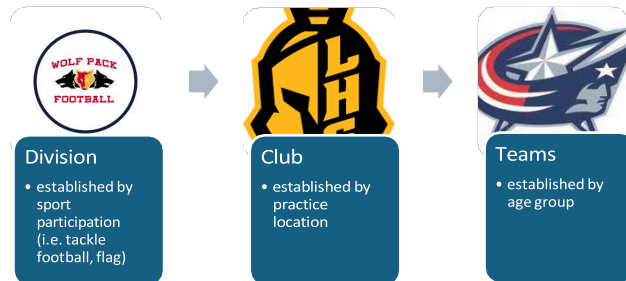
SECTION 2 – PURPOSE

The purpose of FYFC, notwithstanding such purposes as stated in FYFC’s Articles, shall be to teach the children of the Fairbanks North Star Borough the ideals of good sportsmanship, teamwork, courage, discipline, and to teach the sport of tackle football, flag football, and cheerleading in a wholesome environment.

SECTION 3 – CHAIN OF COMMAND



SECTION 4 – LEAGUE STRUCTURE



Article 2 –Memberships

SECTION 1 – GENERAL MEMBERSHIP

General membership in this Corporation is open to parents or guardians of a child eligible to

participate in any program offered by FYFC.

Voting Privileges – General members shall not have an open balance as of the start of the season and be in good standing with FYFC to participate in all open meetings. General members have no voting privileges in FYFC’s day-to-day business but do nominate and elect the board members up for election at the Annual General Membership Meeting held in November.

Good Standing – Membership in good standing is maintained by payment of all dues and assessments as well as completion of all suspension periods levied by the corporation.

Membership Reinstatement – Reinstatement for membership in good standing may be made by the Executive Council upon payment of all outstanding obligations and completion of all suspension periods levied by the corporation.

*General Membership is a privilege and may be revoked by a majority vote of the Voting Board.

Article 3—Offices

SECTION 1 – MANAGEMENT – VOTING BOARD

The general management of FYFC shall consist of a fifteen (15) member Voting Board. The voting board shall consist of:

- A. Four (4) of the Voting Board members shall be the Executive Board (President, Vice-President, Secretary, and Treasurer). The president shall abstain from voting unless a tie breaker is needed.
- B. Four (4) of the Voting Board members shall be Club Presidents (Midnight Riders, Renegades, Spartans, and Bulldogs).
- C. Six (6) of the Voting Board members shall be Coordinators (Flag, Coach, Cheer, Fundraising, Equipment, and Referee).
- D. One (1) of the Voting Board members shall be Webmaster.
- E. The Voting Board shall be the only votes counted to direct all business of FYFC.
- F. No member may hold more than one voting membership in FYFC. No member of the Executive Board may have more than one vote regardless of the number of seats held by that member.
- G. Any past president of FYFC may remain on the board in an emeritus position with a vote of the Executive Board. This position is to provide advice and knowledge to the current board and is a non-voting position.

SECTION 2 – DUTIES

The Executive Council of FYFC shall be President, Vice President, Secretary, Treasurer, and four (4) Club Presidents, whose duties shall be set forth herein together with such duties as the Executive Board, shall from time to time prescribe.

- A. **President** - The President shall be the executive officer of FYFC and shall preside at all meetings of the membership and the Executive Council, with the power to preside over all regular, special and emergency meetings. The President shall present to the Executive Council an annual report including financials and registration summary; shall appoint all chairs and members of committees (not otherwise provided for in the By-Laws); shall be an

ex-officio member of all committees with the deciding vote; and shall perform all duties generally incident to the office. The President shall be empowered to take any action which the Executive Council could take in case of emergencies.

- B. **Vice President** - The Vice President is a four (4) year commitment, two (2) years as the Vice President and two (2) years as President, therefore making the Vice President a training position for President. The Vice President shall perform all the duties of the President in his or her absence or inability to serve and shall serve as an aide to the President. The Vice President shall administer and preside over all elections of FYFC with the help of the Secretary.

If the office of the President becomes vacant, the Vice President shall assume the office of President for the unexpired term, or with the approval of the Executive Council, start the term of President immediately at the next Annual Membership meeting, and perform all such duties as are incident to the office. The Vice President shall not act in the President's absence to change personnel or establish customs unless necessary and the President is unavailable.

The Vice President shall be responsible for developing the season schedules for all sports provided within FYFC. They shall coordinate field reservations with the Treasurer to ensure fund availability and payment of fees.

- C. **Secretary** - The Secretary shall keep accurate minutes of all official meetings, conduct the general correspondence of the Board and shall perform all such duties as are incident to the office. He or she shall provide all Board Members with an electronic copy of the minutes of all meetings within seven (7) days after meeting.
- D. **Treasurer** - The Treasurer shall keep and maintain, or cause to be kept and maintained, adequate and correct accounts of the properties and business transactions of FYFC, including accounts of its assets, liabilities, receipts, disbursements, gains, losses, capital surplus, and any other accounts. The books or accounts shall be open at all reasonable times for inspection by any board member. In addition, the Treasurer shall:
- i. Oversee and be responsible for the deposit of all monies in the name of and to the credit of FYFC with such depositories as shall be designated by the Executive Board.
 - ii. Oversee and be responsible for the disbursement of the funds of FYFC. All such disbursements must be by check, bearing the signatures of at least two of the officers on the Executive Board or designated appointee, by debit card, or automatic withdrawal previously approved by two officers of the Executive Board who have been authorized as signatories on the bank accounts.
 - iii. Present a statement on the financial condition of FYFC, listing all income and expenses for the Fiscal Year (November 1 to October 31), which should be made available to general membership at the Annual Meeting.
 - iv. Present a written financial report at each regular meeting of FYFC and Executive Council.
 - v. Have such other powers and perform such other duties as may be specified by the Executive Board or bylaws. In the absence of such specifications, the Treasurer shall perform the duties provided for by law for non-profit corporations.
 - vi. Turn the books over to CPA, approved by the Board, to prepare a Non-Profit Tax Return in accordance with the rules and regulations of the Internal Revenue Service.
 - vii. Present all purchases, regardless of amount, to the Executive Board for approval. Purchases below \$200 threshold do not require prior approval but require receipt submission.
- E. **Club Presidents** - Club Presidents shall represent their Club to FYFC and represent FYFC

to their Club. They will lead the efforts of their club in participation of FYFC activities and fundraising. They shall relay all FYFC information to their club's parents, coaches and team officials. Club Presidents are responsible for reporting all accidents and incidents that occur within their club's activities including, but not limited to practices, games, meetings, fundraisers, and other events. Club Presidents shall inform the Executive Council of any concerns regarding coaches, players, parents, and their relatives, in relation to games and other field activity.

- F. **Cheerleading Coordinator** - The Cheerleading Coordinator shall review all cheer coach applications, background checks, training certificates, and inform the Executive Council of any concerns regarding cheer coaches. The Cheerleading Coordinator will hold cheer coach educational classes, assist cheer coaches with concerns and needs, and perform all such duties as are incident to the office. The Cheerleading Coordinator shall also monitor costs and select uniforms with assistance from Club Presidents to be presented to the Executive Council for approval. Once approved, the Cheerleading Coordinator will oversee the purchase and delivery of the uniforms. The Cheerleading Coordinator has the power to remove a cheer coach from an activity due to failure to complete a background check or provide certificate of training completion.
- G. **Flag Football Coordinator** - The Flag Football Coordinator shall coordinate game field availability and provide a game schedule to the Executive Council for approval prior to season start dates. In addition, the Flag Football Coordinator shall:
 - i. Coordinate with the Referee Coordinator to schedule available referees for all flag football games and if none are available, seek additional referees on a volunteer basis.
 - ii. Submit uniform designs to the Executive Board for approval prior to any season.
 - iii. Track and verify serviceability of training aids and equipment for the flag players with Equipment Coordinator assistance
 - iv. Not adjust rosters or seasons without prior board approval.
 - v. Follow all age requirement waivers when required and submit to FYFC President prior to 1st game of the season.
 - vi. Perform all such duties as are incident to the office.
- H. **Coach Coordinator** - The Coach Coordinator shall review all coach applications and background checks, inform the Executive Committee of any concerns regarding coaches, hold coach educational classes, assist coaches with their concerns and needs, and shall perform all such duties as are incident to the office. The Coach Coordinator shall oversee the ordering and distribution of the Rules handbooks to the head coaches. The Coach Coordinator has the power to remove a football coach from an activity due to failure to complete a background check or provide certificate of training completion.
- I. **Referee Coordinator** - The Referee Coordinator shall hold referee clinics and other training, supervise the referee crews, schedule referees, and inform the Executive Council of any concerns regarding referees, coaches, players or parents in relation to games and other field activity. The Referee Coordinator shall be the solo point of contact for head referees during game play.
- J. **Fundraising Coordinator** - The Fundraising Coordinator shall preside over the Fundraising Committee when in use. The Fundraising coordinator will oversee coordination of all fundraising activities of FYFC. The Fundraising Coordinator shall develop a plan for sponsorship requests, fundraising opportunities, and coordinate league, coach, and player participation in such activities.
- K. **Equipment Coordinator** - The Equipment Coordinator shall preside over the Equipment Committee when in use. The Equipment Coordinator shall schedule, hold, and coordinate

gear handouts and gear returns for the season. The Equipment Coordinator shall assist the Cheerleading and Flag Coordinators with uniform purchases. The Equipment Coordinator will report annually on the condition of FYFC's gear and equipment, as well as keeping a detailed listing of all gear and equipment assets owned by FYFC.

- L. **Webmaster** - The Webmaster will design and upkeep the website and any other media accounts. He or She will assign all email and any other FYFC accounts to new board members. The Webmaster will be the primary focal point of any email received in the info@fairbanksyouthfc.com email account.

The Executive Board and Club Presidents shall assume their duties once elected at the end of the Annual General Membership Meeting in November.

SECTION 3 – TERM OF OFFICE

- A. The term of office for the Executive Board shall be 2 years, except for the Vice-President. The Vice-President's position is designed to be a two (2) year commitment to learn the position of President, and a two (2) year commitment as president. Therefore, a vote for a Vice-President should be also considered a vote for the next President.
- B. The term of office for the Coach, Cheer, and Referee Coordinator is three (3) years.
- C. The term of office for Flag, Fund Raising, Treasurer, Webmaster, and Equipment Coordinator is two (2) years.
- D. The term of office for club presidents is one (1) year.

To encourage continuity of board experience, Executive Board member term expirations will alternate to the max extent possible. The Treasurer will be elected in even years. The Secretary and Webmaster will be elected in odd years. The Coach, Cheer, and Referee Coordinators will rotate so that every year only one of the three terms is up.

SECTION 4 – NOMINATIONS & ELECTIONS

Executive Council

- A. Nominations for the Executive Council positions will be accepted on the floor of the General Membership meeting in October.
- B. Members of the Executive Council shall be regular members of FYFC in good standing and are elected by the Voting Board at the Annual General Membership Meeting in November.
- C. To be considered for a position on the Executive Council, nominees must attend **both** October and November meetings, unless otherwise approved by the Executive Council, in which they receive nomination and votes for election. Nominees may only miss one (1) of the meetings with board approval. Failure to attend one (1) meeting with prior approval for missing a meeting, or both meetings without approval, will result in withdrawal of position nomination.
- D. Current Executive Council members may seek re-election when their terms are up for election. Should the President wish to remain in the position after their 2-year term and seek re-election, they may do so but require consent of the current Vice-President must receive a majority vote in favor from the board. Should the Vice-President wish to assume the President position, the outgoing president may seek election of another available position.

Club Presidents

- A. Clubs shall nominate and present a candidate or candidates for their Club President to represent them, as a club, to FYFC at the General Membership meeting in October.
- B. The Club Presidents shall be regular members of FYFC in good standing and are elected by the Voting Board at the Annual General Membership Meeting in November.

Vacancies

Vacancies occurring in the Voting Board through death, resignation or otherwise shall be filled by the President and ratified by the remaining Executive Council. The person so appointed shall hold office for the unexpired term.

Election Process

All election proceedings shall occur with only the members present at the start of any meeting. Any member arriving after a meeting has been called to order is ineligible to cast a vote but may remain present for all information provided during the meeting. This process removes telephone votes and other processes that may sway a vote in a particular direction.

In the event of a tie, the position being voted on will remain vacant until the next determined meeting. All members of the position resulting in a tie vote shall submit in writing a character reference to the Voting Board. The Voting Board shall review each character reference and cast a vote for the position. The President will abstain from voting. All tie breakers will be referred to the President who holds the tie-breaker vote.

Article 4—Meetings

SECTION 1 – RULES OF ORDER

The rules contained in the current edition of *Robert's Rules of Order Newly Revised* shall govern the conduct of all business of FYFC, whether by Board, Committee, or Membership, in all cases to which they are applicable and in which they are not inconsistent with these bylaws and any special rules of order FYFC may adopt.

SECTION 2 – ANNUAL MEETING

The Annual General Membership Meeting of FYFC shall be in the month of November each year. The purpose of the Annual General Membership Meeting is for the Executive Board to present their closing year end reports and for the Voting Board to vote on presented nominations for Executive Council positions. This meeting is open to all members except during the closed-door Vote on Business section of this meeting.

SECTION 3 – GENERAL MEMBERSHIP MEETINGS

The General Membership Meetings of FYFC shall be determined by the Executive Board and be moved from time to time as deemed necessary to conduct the business of FYFC. This meeting is open to all members except during the closed-door Vote on Business section of this meeting.

- A. The Voting Board, consisting of the Executive Council, shall make decisions and conduct the business of FYFC.
- B. Only the Voting Board may make a motion and vote on motions.
- C. All motions must be presented in written form to the Secretary prior to the beginning of all meetings unless time-sensitive and in the best interest of FYFC.
- D. General Membership Meetings will be conducted in the following manner:
 1. Call to Order
 2. Roll Call
 3. Determine whether a Quorum exists
 4. Minutes of the Previous Meetings
 5. Reports of the Officers – Treasurer, President, Vice-President, Secretary, Coach

- Coordinator, Referee Coordinator, Cheerleading Coordinator, Club Presidents.
6. Reports of Standing Committees
 7. Reports of Special Committees
 8. Special Orders (example Nominations and Elections)
 9. Open Forum
 10. Unfinished Business
 11. New Business
 12. Announcements
 13. Voting Board Close Door Vote on Business
 14. Adjournment

SECTION 4 – SPECIAL MEETINGS

Special Meetings of FYFC may be called at any time by the President or upon written request of at least three (3) other members of the Executive Council. This meeting is open to general membership except during the closed-door Vote on Business section of this meeting.

SECTION 5 – EMERGENCY MEETINGS

Emergency Meetings of the Executive Council or the Executive Board may be called at any time by the President, or upon written request of not less than three (3) members of the Executive Council. If a substantial change in operations is to be considered at a meeting, there shall be written notice of that fact given. Emergency meetings can be held at any time on the consent of all Executive Board members, to consider a specific problem.

Notice of Meetings

Notice of both Annual and Special Meetings of FYFC shall be given at least ten (10) days prior to the date of such meeting by means of email to the members on the roster of FYFC.

SECTION 6 – QUORUM

A majority of the Voting Board shall constitute a quorum for member meetings. A majority vote of those present shall decide all questions except By-Law amendments.

SECTION 7 – ABSENCE FROM MEETINGS

Any member of the Executive Council who shall be absent from two (2) regular consecutive meetings, without adequate excuse determined by the FYFC President, may be regarded as thereby resigning from the Board, subject to the discretion of the Executive Board. Notification of extended leave of absence shall be sent to the President.

If a Club is not represented by their Club President for two (2) regular consecutive meetings, without adequate excuse determined by the FYFC President, they may not have voting privileges' until they have attended the next two (2) regular consecutive meetings. On the second consecutive regular meeting attended, all voting privileges will be automatically restored.

Article 5—Personnel

SECTION 1 – IN GENERAL

FYFC may engage, retain and employ such personnel as the Executive Council determines appropriate and may compensate such personnel as the Executive Council deems appropriate.

All personnel – board members, employees and volunteers alike, must have a background check performed by FYFC designated avenues regularly. Executive Board members and employees will be checked prior to their position and term acceptance, and seasonal volunteers will be checked each year no earlier than January 1st.

No employees, agents, contractors, professionals, coaches or other volunteers, or board members acting without proper authority will have the right to obligate FYFC in any way.

SECTION 2 – COACHES

Coaches must agree to adhere to the ideals of FYFC and to epitomize FYFC guidelines for sportsmanship, safety, play time for players, established Code of Conduct, and Zero Tolerance Policy.

All coaches must have a background check performed by a company approved by the Executive Council annually. A returning coach may retain their previous position if they have re-applied by the stated deadline; are in good standing with FYFC; and are approved by the Club President and Coach Coordinator. Each Club President, together with the advice and consent of the Coach Coordinator, President, and Vice-President, determines their head coaches. Together they shall collaborate to select and appoint all division assistant coaches.

The Executive Board has the power to suspend, ban, or remove from game and practice premises any coach, volunteer, referee, board member, athlete guardian, and spectator for poor sportsmanship, neglect of duties or for failure to comply with the rules and regulations established within this handbook or instated by the Executive Board. Such suspension will remain in effect until an emergency meeting of the Executive Council is held, at which time the acts complained about, consisting of such conduct, shall be properly considered by the Executive Council and the offending person shall be heard in answering alleged charges.

Upon hearing all relevant discussions, the Executive Council will determine suspension continuation or retraction. The meeting to conduct a hearing on alleged charges will not be open to the public or general membership. The Executive Council reserves the right to ban any coach, player, guardian, or spectator for an infinite duration based upon the severity of the offense.

FYFC, by vote of the Executive Board, may reimburse coaches for costs of training, licensing, etc. but is not required to. Any expenses seeking reimbursement must be approved before incurred, receipts provided to the Treasurer NLT seven (7) days after expense is incurred, and such actions do not render such coaches employees or contractors of FYFC.

Coaches have no right to obligate FYFC in any way.

SECTION 3– EMPLOYEES

No person may consider themselves an employee of FYFC unless they are in possession of an employment contract executed pursuant to resolution of FYFC. Both the resolution and the contract must bear the necessary signatures and attestation of the required Executive Board.

SECTION 4– AGENTS, CONTRACTORS, PROFESSIONALS

No person shall have the authority to represent or act on behalf of FYFC other than officers,

appointed board members pursuant to the By-Laws or resolution of FYFC, or upon written authority provided through corporate resolution bearing the signature and attestation of the appropriate corporate officers.

Executive Council and Committee members of FYFC shall publicly disclose any interest that they may have with a company doing business with FYFC.

Article 6—Committees

SECTION 1 – APPOINTMENT

The President shall appoint the chairperson and members of all standing committees. The President shall be an ex-officio member of all committees with a deciding vote.

SECTION 2 – STANDING COMMITTEES

A. **Executive Committee** – The Executive Committee shall consist of the President, Vice President, Secretary, Coaches Coordinator, Cheerleading Coordinator, Flag Coordinator, and Referees Coordinator. The Executive Committee shall be empowered to act on any matter deemed necessary to enforce the rules and regulations of the Corporation. The Executive Committee has the power of the Voting Board to act on any FYFC business in an emergency and/or between FYFC's General Membership Meetings. All such actions must be reported in the next General Membership Meeting.

*A quorum for the Executive Committee is four (4).

B. **Finance Committee** – The Finance Committee shall consist of the Vice President, Treasurer and two (2) additional members from the Voting Board. It shall recommend to the Executive Board a yearly budget and any changes in financial policy. It shall review each month the financial statement of the Treasurer and recommend to the board an increase or decrease in expenditure when necessary. No expenditure, whether in the budget or not, shall be made without approval of the Finance Committee. This committee will oversee all fundraising activities of FYFC.

C. **Fundraising Committee** – The Fundraising Committee shall consist of the Fundraising Coordinator, Vice-President, one (1) additional member of the Voting Board and two (2) general members. The Fundraising Committee shall report to the Finance Committee for approval on forecast projects. This committee's primary responsibilities will be to secure sponsors for the needs of the entirety of the league, ensure all fundraising guidelines are enforced, and to seek, create, and implement all fundraising activities.

D. **Equipment Committee** – The Equipment Committee shall consist of the Equipment Coordinator and one (1) representative from each club. They shall oversee all equipment and, subject to the approval of the Finance Committee, it shall recommend replacement and, upon authorization of the Executive Council, procure all equipment necessary for the activities and purpose of FYFC. The Equipment Coordinator will report bi-annually on the condition of gear and equipment, maintain a detailed listing of all gear and equipment, and provide replacement recommendations to the Executive Board in a timely manner as to not delay established season start dates.

E. **Coaching Committee** – The Coaching Committee shall be chaired by the Coach Coordinator and two (2) general members. The Committee shall oversee certification of all coaches for each team according to FYFC policies.

- F. **Rules Committee** – The Rules Committee shall be chaired by the Coach Coordinator and Referee Coordinator and shall consist of one (1) member of each club. The Rules Committee will review FYFC’s Handbook each year and make rule change recommendations during the off-season. Recommended changes will be submitted to the Executive Committee to review NLT April 30th each year for implementation in the upcoming season.
- G. **Adhoc Committees** – From time to time the need will arise for an Adhoc Committee. These Committees are to be appointed by the President and shall report to the Executive Committee.

Article 7—Finances

SECTION 1 – FISCAL YEAR

The fiscal year of FYFC shall begin on 1 November and end on 31 October.

SECTION 2 – BANK ACCOUNTS

All funds of FYFC shall be deposited into accounts at an FDIC banking institution as designated by the Board. All accounts require dual signatures by the President, Vice President, Treasurer and other designees. No more than one (1) person per household may be authorized as a signatory on the bank account at any time.

SECTION 3 – FUNDRAISING

The funds necessary for the operation of FYFC shall be raised as follows:

- A. From contributors who may wish to make voluntary contributions to the furtherance of the activities of FYFC.
- B. From such other activities and programs, as may be established by the Executive Council – such as ads, raffles, souvenir sales, concessions and the like.
- C. From participant registration costs, of which a breakdown of the registration cost will be made available.

Use of funds shall be limited solely to support the operation of FYFC.

SECTION 4 – AUDIT

The books of FYFC shall be audited annually by an auditor outside of FYFC and approved by the Executive Board. The audit shall be conducted as a checks and balances, leading to the filing of FYFC’s annual taxes. The audit must be accomplished immediately after the completion of the fiscal year and the results presented to the Executive Board at the next scheduled General Membership meeting.

SECTION 5 – TAXES

The books of FYFC shall be turned over to a Certified Public Accountant (CPA) proficient in non-profit tax returns that has no affiliation with FYFC. The tax return will be signed by the FYFC President or Vice President and presented at the next scheduled General Membership meeting by the Treasurer.

Article 8 – Disciplinary

The Executive Council reserves the right, with a 2/3 vote, to relieve a board member, coach,

volunteer, or anyone else associated with FYFC of their position as they deem necessary, for any reason. The President is not considered an ex-officio member on this matter and will cast a vote.

Article 9 – Discounts

Position	Discount
Voting Board Member	50% off 1 athlete registration per season
Club President	May sponsor 1 athlete at no cost per fiscal year
Head Coach	50% off 1 athlete registration per season
Assistant Coach	\$50 off 1 athlete registration (limit 2 per team)

The above discounts can be applied to any single/one (1) player of choice with multiple discounts eligible to be applied to one (1) player. If a team has more than two (2) assistant coaches, it is the head coach’s responsibility to determine who receives the discount. If any member using a discount does not complete the entire season in their position, they will lose the discount and must reimburse the difference. Failure to reimburse the difference will result in ban from league activities and future registrations until account is paid in full. Any member failing to fulfill the commitment associated with the discount will forfeit any future discount regardless of position within FYFC.

Article 10 – Bylaw Amendments

These By-Laws or any section thereof may be amended or repealed by either of the following:

- A. By the general membership at any General Membership Meeting by a two-thirds vote, provided the amendment or revocation proposal notice was provided to general membership ten (10) days prior to the scheduled General Membership Meeting. Additionally, the provided amendment or revocation proposal must have been provided to all members of the Executive Board at least seven (7) days prior to the scheduled General Membership Meeting. If either of the timelines above were not met, the amendment or revocation proposal vote will be delayed until the next scheduled General Membership Meeting
or
- B. By unanimous vote of all Voting Board members. However, prior to election of Board members the initial Board may adopt and modify these bylaws by unanimous consent.

Article 11 – FYFC Governing Rules

The rules contained in the current edition of *Robert’s Rules of Order – Newly revised* shall govern the conduct of all business of FYFC, whether by Board, Committee, or Membership, in all cases to which they are applicable and in which they are not inconsistent with these bylaws and any special rules of order FYFC may adopt.

Adopted by the initial directors on the 12th day of January 2011.

Article 12 – Gaming Income w/ Regard to Dissolution

This organization is also organized exclusively for charitable purposes within the meaning of Section 501 (c) (3) of the Internal Revenue Code.

a. Notwithstanding any other provision of these articles, the organization shall not carry on any other activities not permitted to be carried on-(a) by a corporation exempt from Federal income tax under Section 501 (c) (3) of the Internal Revenue Code of 1986 (or the corresponding provision of any future contributions to which are deductible under Section 170 (c) (2) of the Internal Revenue Code or 1986 (or) corresponding provisions of any future United States Internal Revenue law).

Upon the dissolution of this organization, assets shall be distributed for one or more exempt purposes within the meaning of Section 501 © (3) of the Internal Revenue Code (or corresponding section of any future tax code, or shall be distributed to the federal government, or to a state or local government, for public purposes. Any such assets not so disposed of shall be deposited by the Court of Common Pleas of the borough in which the principal office of the organization is then located, exclusively for such purposes or to such organization or organizations as said Court shall determine which are organized and operated exclusively for such purposes.

CONFLICT OF INTEREST POLICY

Article I – Purpose

The purpose of the Conflict-of-Interest policy is to protect this tax-exempt organization’s interest when it is contemplating entering into a transaction or arrangement that might benefit the private interest of an officer or member of FYFC or might result in a possible excess benefit transaction. This policy is intended to supplement but not replace any applicable state and federal laws governing conflict of interest applicable to nonprofit and charitable organizations.

Article II – Definitions

Interested Person

Any director, Board member, or member of a committee with governing board delegated powers, who has a direct or indirect financial interest, as defined below, is an interested person.

Financial Interest

A person has a financial interest if the person has, directly or indirectly, through business, investment, or family:

- An ownership or investment interest in any entity with which the Organization has a transaction or arrangement,
- A compensation arrangement with the Organization or with any entity or individual with which the Organization has a transaction or arrangement, or
- A potential ownership or investment interest in, or compensation arrangement with, any entity or individual with which the Organization is negotiating a transaction or arrangement.

Compensation includes direct and indirect remuneration as well as gifts or favors that are not insubstantial.

Financial interest is not necessarily a conflict of interest. Under Article III, Section 2, a person who has a financial interest may have a conflict of interest only if the appropriate governing

board or committee decides that a conflict of interest exists.

Article III – Procedures

Duty to Disclose

In connection with any actual or possible conflict of interest, an interested person must disclose the existence of financial interest and be given the opportunity to disclose all material facts to the board of directors and members of committees with governing board delegated powers considering the proposed transaction or arrangement.

Determining Whether a Conflict of Interest Exists

After disclosure of the financial interest and all material facts, and after any discussion with the interested person, he/she shall leave the governing board or committee meeting while the determination of a conflict of interest is discussed and voted upon. The remaining board or committee members shall decide if a conflict of interest exists.

Procedures for Addressing the Conflict of Interest

An interested person may make a presentation at the governing board or committee meeting, but after the presentation, he/she shall leave the meeting during the discussion of, and the vote on, the transaction or arrangement involving the possible conflict of interest.

The chairperson of the governing board or committee shall, if appropriate, appoint a disinterested person or committee to investigate alternatives to the proposed transaction or arrangement.

After exercising due diligence, the governing board or committee shall determine whether the Organization can obtain with reasonable efforts a more advantageous transaction or arrangement from a person or entity that would not give rise to a conflict of interest.

If a more advantageous transaction or arrangement is not reasonably possible under circumstances not producing a conflict of interest, the governing board or committee shall determine by a majority vote of the disinterested directors whether the transaction or arrangement is in the Organization's best interest, for its own benefit, and whether it is fair and reasonable. In conformity with the above determination, it shall make its decision as to whether to enter into the transaction or arrangement.

Violations of the Conflicts of Interest Policy

If the governing board or committee has reasonable cause to believe a member has failed to disclose actual or possible conflicts of interest, it shall inform the member of the basis for such belief and afford the member an opportunity to explain the alleged failure to disclose.

If, after hearing the member's response and after making further investigation as warranted by the circumstances, the governing board or committee determines the member has failed to disclose an actual or possible conflict of interest, it shall take appropriate disciplinary and corrective action.

Article IV – Records of Proceedings

The minutes of the governing board and all committees with board delegated powers shall

contain:

- The names of the persons who disclosed or otherwise were found to have a financial interest in connection with an actual or possible conflict of interest, the nature of the financial interest, any action taken to determine whether a conflict of interest was present, and the governing boards or committee's decision as to whether a conflict of interest in fact existed.
- The names of the people who were present for discussions and votes relating to the transaction or arrangement, the content of the discussion, including any alternatives to the proposed transaction or arrangement, and a record of any votes taken in connection with the proceedings.

Article V – Compensation

- A voting member of the governing board who receives compensation, directly or indirectly, from the Organization for services is precluded from voting on matters pertaining to that member's compensation. Having read and understand the policy,
- Has agreed to comply with the policy, and
- Understands the Organization is charitable and to maintain its federal tax exemption it must engage primarily in activities which accomplish one or more of its tax-exempt purposes.

Article VI – Annual Statements

Each board of director, member, principal officer and member of a committee with governing board delegated powers shall annually sign a statement which affirms such person:

- has received a copy of the conflicts of interest policy,
- Having read and understand the policy,
- Has agreed to comply with the policy, and
- Understands the Organization is charitable and to maintain its federal tax exemption it must engage primarily in activities which accomplish one or more of its tax-exempt purposes.

Article VII – Periodic Reviews

When conducting the periodic reviews as provided for in Article VII, the Organization may, but need not, use outside advisors. If outside experts are used, their use shall not relieve the governing board of its responsibility for ensuring periodic reviews are conducted.

Adopted by the FYFC BOD on the 13th day of March 2012.

CONFLICT OF INTEREST DISCLOSURE ACKNOWLEDGEMENT

Fairbanks Youth Football and Cheerleading Board of Director Members, employees and representatives are encouraged to disclose any conflicts of interest with which they are aware. Disclosure should be made to an Executive Board officer.

Any reported breaches will be investigated and appropriate action, if needed, will be taken. Any unresolved issue will be addressed by the Board of Directors.

Confidentiality will be maintained for the individual to disclose any conflict, unless the matter raises serious legal implications. In such instances, the individual disclosing the conflict will be notified. The organization will not take any adverse action against employees solely for disclosing perceived conflicts of interest. The organization encourages all individuals to be prompt, open, and forthright in reporting perceived conflicts of interest.

(1) Do you attest that you have read this document in its entirety, understand its content and intent, and agree to all aforementioned items?

Yes _____ No _____

(2) Are you aware of any relationships, positions, or circumstances in which you are involved that you believe could contribute to a conflict of interest (as defined in the Policy on Conflicts of Interest) arising?

Yes _____ No _____

If yes, please describe the nature of the potential conflict of interest.

(3) Do you perceive there are any other conflicts of interest that should be disclosed? Yes_ No____

If yes, please describe.

Signature Date

Rules & Regulations

Powers & Authority of the League

SECTION 1 – POWERS & AUTHORITY

League Enforcement Rules

FYFC has among its powers the obligation and authority to enforce all National AYF, National Federation of State High School Association Standards (NFHS), Alaska School Activities Association (ASAA), and Local FYFC rules.

Suspension

The Executive Council has the power to suspend any coach, or any person having charge of any activity with the team, for poor sportsmanship, neglect of duties or for failure to comply with the rules and regulations set forth or for participating in any activity not authorized or sanctioned by the Executive Council.

Such suspension will remain in effect until an emergency meeting of the Executive Council is held, at which time the acts complained about, consisting of such conduct, shall be properly considered by the Executive Council and the offending person shall be heard in answer to such charges. Upon hearing all relevant discussions, the Executive Council will decide whether to continue the suspension. The conduct of hearing on such charges shall not be open to the public.

Exhibition

The League may, in its discretion, allow competition with non-conforming or exhibition teams, if there is a consensus that it can be done without undue added risk. For exhibition competitions, the league, however, can move participants as needed to make teams competitive.

SECTION 2 – PLAY GOVERNING RULES

USA Football Flag Rules, FYFC Rules and NFHS rules apply to games. In the absence of a specific USA Football or FYFC Rule, NFHS rules will prevail.

Club Structure

SECTION 1 – Team Structure

The League is responsible for the establishment of its own boundaries. Participants assigned will select the club they would like to be placed on during registration. Once a team is full, no new registrants can sign up and will select a team with availability. The established clubs are:

- The Midnight Riders
- The Renegades
- The Spartans
- The Bulldogs

The league has discretion to split teams within a club or divide a club, either permanently or as a temporary measure from season to season.

SECTION 2 – CLUB/BOARD LIAISON

Each Club has a President who serves as a representative on the FYFC Executive Council. The Club President responds directly to members and resolves issues within the Club’s authority. The Club President acts as a liaison between the general membership and the FYFC Executive Board.

Division Structure

SECTION 1 – FLAG FOOTBALL

Emphasis at this level is basic concepts of teamwork and sportsmanship. Practices are generally 1-2 hours long for two weeks before games start. Once games begin, there are usually 2 games and 1 practice per week, each 1 hour long. Flag teams play an abbreviated season. One coach from each team is allowed on the field to assist their players during the game. Mouth guards/mouth pieces are optional.

Team	Age (years)	Grade	Season
Co-ed Flag Football	4-6	PreK – 1st	Summer
6u Co-ed Flag Football	4-6	PreK – 1st	Spring
8u Co-ed Flag Football	7-8	1st – 2nd	Spring
10u Co-ed Flag Football	9-10	3rd – 4th	Spring
12u Co-ed Flag Football	11-12	5th – 6th	Spring
14u Co-ed Flag Football	13-14	7th – 8th	Spring

SECTION 2 – TACKLE FOOTBALL

Ages 7-9 (2nd-4th grade) Emphasis at the ROOK level is introduction to physical conditioning, teamwork and basic concepts of football. Players are taught safety precautions, such as mouthpieces, helmets and pads, and proper tackling stances to limit the danger of harm to themselves or others. Practices are generally 4-5 nights per week for 2 hours per night, with games on Saturdays and Tuesday nights. After school starts, practices are limited to 3 nights per week. One coach from each team is allowed on the field to assist their players during the game.

Ages 10-12 (5th-6th grade) Emphasis at the JUNIOR level is on physical conditioning, teamwork, and sportsmanship, learning and executing football plays. Players are taught fundamental football skills. Practices are generally 4-5 nights per week for 2 hours per night with games on Saturdays and Thursdays. After school starts, practices are limited to 3 nights per week. Coaches are no longer allowed on the field during games and must remain on the sideline.

Ages 12-14 (7th-8th grade) Emphasis at the SENIOR level is on physical conditioning, teamwork, sportsmanship, and respect for authority. Players should have a grasp of fundamental football concepts and are taught more advanced skills. Practices are generally 4-5 nights per week for 2 hours per night with games on Saturdays and Wednesdays. After school starts, practices are limited to 3 nights per week.

The summer tackle football league is made up of Clubs divided into teams as follows:

League	Age (years)	Grade (on 1 Sept)
Rooks	7-9	2nd – 4th
Juniors	10-12	5th – 6th
Seniors	12-14	7th – 8th

All participants must meet eligibility, registration, and medical clearance requirements.

SECTION 3 – CHEERLEADING

Ages 5-14 Emphasis at this level is physical conditioning, teamwork sportsmanship, and respect for authority. Athletes are taught basic cheer maneuvers, stunting, and proper techniques. Practices are generally 4-5 nights per week for 2 hours per night, with games on weekday nights and Saturdays. After school starts, practices are limited to 3 nights per week.

Team Structure

FYFC defines a team as a set of players and/or cheerleaders at each level. Exceptions are made depending on the number of players registered; the league’s goal is to have as many viable and competitive teams as possible.

SECTION 1 – AGE ELIGIBILITY & INELIGIBILITY

The age of the participant for determining placement consists of the age of the participant on September 1st of the current year for summer league sports. **Age of participants for eligibility to play seasonal flag football is determined as of the last day for registration for that sport.** If a participant does not meet the minimum age limit there is no waiver process to enable a player younger than the minimum age to play. This requirement cannot be overruled by a board vote. Gender does not restrict an athlete from participating in any FYFC activity. The participant’s grade may also be considered to establish the player’s level status, if necessary. This age structure ensures that FYFC is in unison with the FNSB school system for placement.

Participants that are 14 years of age AND eligible for High School sports are ineligible for Fairbanks Youth Football and Cheer Activities. This includes participation in weightlifting at high school in preparation for the upcoming year. Regardless of age, a player who is eligible to participate in high school football is not eligible to play FYFC.

SECTION 2 – AGE REQUIREMENT WAIVERS

Age requirement waivers are only established for summer season sports. There is no authorized waiver down process and no waiver down request will be accepted. **Seasonal flag football programs will not be authorized utilization of any waiver process.**

Waiver Up – Players may waiver up by completing and gaining approval of the waiver request form. **Waivers are for tackle football only.**

The waiver form must be signed by a parent, the losing coach, and gaining coach. If no coach is assigned, another coach of the same level may be utilized. The waiver is then presented to the FYFC President for review. If approved and signed by the FYFC President, the player may then

join the team waived up to. The decision and approval to do so will be made by unanimous approval of the Coach Coordinator, Referee Coordinator, the respective club presidents, and the Head Coaches of both the sending and receiving teams. They will assess the player based on weight, age, and skill. The move will take place no later than the first regular season game.

SECTION 3 – TEAM LIMITS

Cheerleading teams/squads have no minimum limit of participants but are limited to a maximum of 12 participants per coach.

- SENIORS teams are capped at 25 football players
- JUNIORS teams are capped at 25 football players
- ROOKS teams are capped at 20 football players
- Summer Flag teams are capped at 15 players
- Seasonal Flag teams are capped at 18 players

Once a team has met its roster cap, players may be placed on another team or wait listed. After all team rosters have been established, waitlisted players will be evenly dispersed between all teams.

Coaches & Managers

Each team has a head coach who has complete authority and control of the team, plays and practice field. The head coach, together with the coach coordinator and the club president will determine the assistant coaches selected. Background checks will be run on all coaches prior to approval.

Each team is permitted to have 2 coach trainees who must be at least 15 years of age.

At least one coach per team shall be trained in CPR/first aid.

The Club President or designee will ensure an AED is present at all practices and games.

All coaching applications will be reviewed and approved as soon as possible. Applications received after the start of the season will be inspected by the Head Coach for accuracy and ensure a complete background check is on file with the Coach Coordinator. Only after agreement from the Coach Coordinator will the coach be allowed on the field. Violations on the background checks will be brought to the attention of the FYFC President. No coach shall be on the field until paperwork has been completed and turned in. All coaches will be subject to an AYP background check, to be conducted by the FYFC Board.

League policy is not made on the field – It is made in League meetings. Coaches administer policy on the field and must make sure League policies are not violated. On the playing and practice fields, coaching staff is in complete control and will not be interfered with by the League except in the case of rule violations or blatant misconduct. Violations of the registration process, i.e. registering players on the field or allowing a player without signed registration paperwork to practice, shall be referred to the Disciplinary Committee.

SECTION 1 – COACH REQUIREMENTS

A team or squad's coaching staff is in complete charge of the team or squad whenever it is together on the practice or playing field, if traveling as a group to or from practices or games, or

for any other team function such as a banquet. The coaching staff is under the direction of the Head Coach; other coaches are called Assistant Coaches. The following applies to all coaches:

- a) **ALL COACHES MUST HAVE A COMPLETED BACKGROUND CHECK AND CERTIFICATE OF COMPLETION FOR ANNUAL COACHES TRAINING ON FILE.**
- b) A Head Coach for football must be at least 21 years of age. A Head Coach for cheerleading must be at least 19 years of age and out of high school.
- c) An Assistant Coach must be at least 18 years of age; there is no limit to the number of Assistant Coaches per team, however, there are only 7 coaches per team allowed on the sideline during a game and they must be wearing badges issued by the league. Only 3 cheer coaches are authorized on the sidelines, and they too must be wearing league issued badges.
- d) All coaches for each team will complete a League approved coaching certification program before their coaching application can be processed.
- e) The application process must be repeated each season.
- f) All coaching applications will be reviewed and approved as soon as possible. Applications received after the start of the season will be inspected by the Head Coach for accuracy and ensure a complete background check is on file with the Coach Coordinator. Only after agreement from the Coach Coordinator will the coach be allowed on the field. Violations on the background checks will be brought to the attention of the FYFC President. No coach shall be on the field until paperwork has been completed and turned in. All coaches will be subject to an AYF background check, to be conducted by the FYFC Board.
- g) League policy is not made on the field – It is made in League meetings. Coaches administer policy on the field and must make sure League policies are not violated. On the playing and practice fields, coaching staff is in complete control and will not be interfered with by the League except in the case of rule violations or blatant misconduct. Violations of the registration process, i.e. registering players on the field or allowing a player without signed registration paperwork to practice, shall be referred to the Disciplinary Committee.

The Head Coach is responsible for:

- a) All actions of assistant coaches, football players, cheerleaders and parents.
- b) Teaching and enforcing the concepts of sportsmanship and respect for all coaches, players, cheerleaders and parents of their own team, as well as the coaches and members of the opposing team.
- c) Enforcing the Zero Tolerance Policy at all practices and games.
- d) Enforcing all League rules, any League official present is also responsible for enforcing League rules.
- e) Bringing disciplinary actions against anyone who fails to comply with League rules.
- f) Complying with the mandatory play rule (Game Play, Section 7 – Mandatory Play Rule).
- g) Ensuring that game officials are treated with respect due to their position (**control your tempers**).
- h) Ensuring that anyone violating the Zero Tolerance Policy or flagged for an unsportsmanlike conduct penalty is escorted off the field by coaching staff, a League official, or the Club President. The violator may continue to watch the game from the parking area if they cause no further disruption. Continued problems from the same

person may result in forfeiture of the game upon determination of an executive board member or game official, and, if the person is a parent, may result in dropping that person's child or children from the team upon recommendations of the disciplinary committee.

SECTION 2 – UNAUTHORIZED COACHES

All coaching applicants must turn in a completed coaching application and a complete Sterling Volunteers background check.

All coaching applicants must be approved by the League before being on the field.

NO UNAUTHORIZED COACH SHALL BE ON PRACTICE OR GAME FIELDS AT ANY TIME!

Team Managers

Each team has a Team Manager to assist the coaches in organizational matters, such as ensuring that team records are complete and maintain communication with all the parents/members involved. The head coach, together with the club president will determine the team manager selected. Background checks will be conducted on all team managers (and any other volunteer that will be in contact with the participants) prior to approval.

Example – Production of a weekly handout for the players giving their parents a written reminder of upcoming game locations and times, concession schedule, snack schedule, and other events is a recommended part of the team manager's duties.

Registration Process

All participants, coaches, managers and any other volunteer can register each season through the League's website – www.fairbanksyouthfc.org.

SECTION 1 – DATES

Participants may register for the upcoming summer season between October 1st through two weeks before the Jamboree. For seasonal flag football, registration dates will have a firm closed date as determined by the Executive Board. Once the registration is closed, no other players will be authorized regardless of reasoning.

Registration periods for the summer season are as follows:

Early Bird	1 October – 31 December
Regular	1 January – 31 May
Late	1 June – 2 weeks prior to the Jamboree

An earlier registration event may be offered if approved by the board.

Timelines may be adjusted at the discretion of the board. Coaches will be accepted throughout the season.

For liability and safety concerns, no player may practice with any team until they have paid any and all fees in full, turned in a sport physical for tackle football, and other required paperwork.

Sport Physicals are not required for flag football players or cheerleading.

SECTION 2 – FEES

Regular Registration fees are based on the calculation of the minimum number of participants required for a team to cover the costs associated with play. Discounts and Late Fees are offered and applied to encourage early registration.

Club fees are used to pay expenses of hoodies, end-of-year awards and party, and/or any other items decided upon by the club.

Seasonal Flag Football		Club Fee
Spring Season	\$125	\$0
<i>Fall 1 Season</i>	<i>TBD</i>	\$0
<i>Fall 2 Season</i>	<i>TBD</i>	\$0
<i>Winter 1 Season</i>	<i>TBD</i>	\$0
<i>Winter 2 Season</i>	<i>TBD</i>	\$0

Early Bird Registration		Club Fee
Flag	\$75	\$25
Tackle	\$200	\$50
Cheer	\$250	\$25

Regular Registration		Club Fee
Flag	\$100	\$25
Tackle	\$300	\$50
Cheer	\$300	\$25

Late Registration		Club Fee
Flag	\$100	\$25
Tackle	\$350	\$50
Cheer	\$350	\$25

SECTION 3 – PAYMENT AND REFUNDS

Tackle football participants may register without initial payment; however, athletes will not receive gear until a minimum \$160 rental fee is paid. No athletes will be assigned to a team until account is paid in full. A registration confirmation will be emailed to the participant.

All fees must be paid in full prior to the first practice or the participant may not step onto the field.

Any participant with an outstanding balance to the league is ineligible to register for the upcoming season. Once fees are paid, participants may register but will not be assigned to a team until account is paid in full.

Refunds are given only in the event of a medical condition, verified by a doctor and provided to the League in writing **OR** if registrant is moving out of the Fairbanks North Star Borough area prior to the start of the first practice. A refund fee of \$50 will be withheld from any fees paid.

Once practices start, no refunds will be given.

The Executive Board retains the right to review each case individually for exceptions made by the vote of the board.

SECTION 4 – TEAM FORMATION

The Leagues’ goal is to form as many teams in each division as possible. The minimum and maximum limits may be changed at any time by a vote of the Executive Board.

PARTICIPANT	MINIMUM	MAXIMUM
Tackle – Seniors	9	25
Tackle – Juniors	9	25
Tackle – Rooks	9	20
Summer Flag	6	12
Cheer	1	12 (to 1 coach ratio)
Seasonal Flag	7	18

Once a team reaches the maximum registrants, that team can no longer accept players as the team will be considered to have a full roster. Once a team has met its roster limit, players will be placed on another team or wait listed. After all teams have their rosters, the players will be evenly dispersed between all teams. Should there be enough players to create another team the board will access the players to see if they are diverse enough to create another team. All team assignments are finalized 1 week prior to the Jamboree.

SECTION 5 – REQUIRED PAPERWORK

A participant cannot begin practice with a team or squad until all required paperwork with signatures of the player and the parent/guardian is completed and submitted with any other required documentation. The League will accept registrations up to 2 weeks prior to the Jamboree. Registrations after the Jamboree will be addressed by special committee. By filling out the required forms the parent/guardian confirms that the child has permission to participate.

Tackle Football Players

- Contact Sports Physical
- Birth Certificate
- Emergency Information and Consent to Medical Treatment
- Release of Liability for Minor Participants, if applicable
- Zero Tolerance Policy
- Participant Code of Conduct
- Approved Waiver Form (If Applicable)
- Photo Release (Permission automatically granted with participation in any FYFC activity)

Flag Football Players and Cheerleaders

- Birth Certificate
- Emergency Information and Consent to Medical Treatment
- Release of Liability for Minor Participants (If Applicable)
- Zero Tolerance Policy
- Participant Code of Conduct
- Approved Waiver Form (If Applicable)
- Photo Release (Permission automatically granted with participation in any FYFC activity)

Sports Physical - A signed medical form (Contact Sports Physical) from an examining physician that the candidate is physically fit and there are no observable conditions that would contradict him/her playing tackle football. Physicals must be completed annually and be valid for the duration of the season (start to finish).

Birth Certificate - A certified copy bearing the raised seal of the issuing office of the state of birth must be available if requested. Photocopies are required to be provided for coaches to have on file.

Emergency Information and Consent to Medical Treatment – Provided by the League and obtained from the registration process.

Release of Liability for Minor Participants – Provided by the League and obtained from the registration process.

Zero Tolerance Policy – Provided by the League and obtained from the registration process.

Participant Code of Conduct – Provided by the League and obtained from the registration process.

Photo Release – Photo release does not need to be signed. By participating in FYFC activities, FYFC reserves the right to utilize any photo taken at practices or games for promotion of FYFC.

Coaches

- Waiver of Liability
- Emergency Information and Consent to Medical Treatment
- Zero Tolerance Policy
- Coaches Code of Conduct

Waiver of Liability – Provided by the League and obtained from the registration process.

Emergency Information and Consent to Medical Treatment – Provided by the League and obtained from the registration process.

Zero Tolerance Policy – Provided by the League and obtained from the registration process.

Coaches Code of Conduct – Provided by the League and obtained from the registration process.

Credentials Book (Team Notebook)

Each division will receive a 3-ring binder to organize their records. This binder may be passed along from the previous season. The binder and its contents are the responsibility of the Head Coach, both football and cheer. Maintenance of the records may be delegated to a Team Manager; however, the content accuracy remains the responsibility of the Head Coach.

If a coach or player is added to or dropped by a team, the information must be submitted to the League registrar within 48 hours. The Club President is the liaison between the Club Teams and the League. The Head Coach or Team Manager will provide information to the Club President; the Club President will provide information to the League. The credentials book must be available at all team practices and games for inspection and in the event the records are needed.

SECTION 1 – CONTENT REQUIREMENTS

The following information is required in the credential book for:

Each Team

- Official Roster signed by League Secretary or another member of the Executive Committee
- Any Supplemental Official Rosters, if any, signed by League Secretary or other member of the Executive Committee
- Rosters will include the division's authorized coaches
- Emergency Medical Plan (as directed by League President)
- Approved "Waiver up" form for each such player
- Mandatory Play Rule Log for each game
- Incident or injury report forms

Each Player or Cheerleader

- Registration Application
- Emergency Information and Consent to Medical Treatment
- Release of Liability for Minor Participants
- Zero Tolerance Policy
- Participant Code of Conduct
- Sports physical (if required)
- Copy of Birth Certificate

Each Coach

- Waiver of Liability
- Emergency Information and Consent to Medical Treatment
- Zero Tolerance Policy
- Coaches Code of Conduct

SECTION 2 – ROSTER

The League will generate a preliminary roster with a list of verified registered players, cheerleaders, and coaches. This preliminary roster, which will also identify missing or incomplete items, will be given to each Club President along with registration forms and

paperwork received for each Club after each registration event. The Club President will distribute preliminary rosters and documents to each Head Coach or Team Manager.

The Coach or Manager is then required to collect missing paperwork, signatures, and finish compiling the divisions' team credential book.

Once the team credentials book is complete with the required documents and signatures for each player on the preliminary roster and any additional players, it will be inspected by the League Secretary or other Executive Committee member for approval and certifications prior to or during the first week of practice.

The deadline for players to have documentation (sports physical, birth certificates, etc.) to the team manager will be the first day of practice.

The official roster will be maintained in each team's credential book; a copy will be provided to the Club President.

In the event a participant cannot comply with League requirements, he/she will not be certified on the official roster and will not be allowed to practice with the team.

SECTION 3 – EMERGENCY MEDICAL PLAN

An Emergency Medical Plan will be developed with the assistance of local doctors, hospitals, and emergency medical services. The emergency medical plan must be tailored differently for each club because of differing availability, response times, etc. Coaches will be responsible for knowing how to activate the Emergency Medical Plan. The League will provide a basic emergency medical plan in each team notebook. The team manager and coaches will need to fill in the blanks with pertinent team information. Once completed, the plan is to be reviewed by the Club President with the assistance of the Executive Council, if needed.

The written plan must consist of the following elements:

- Who will call EMS?
- Who stays with the injured athlete? Where is the nearest phone?
- Where is the nearest treatment facility?
- Does the athlete have any medicine allergies?
- How to notify parents?
- How to initiate crowd control?
- Who meets EMS and then guides them to the injured athlete?
- Who supervises the team?
- Who provided proof of insurance?
- An alternative Emergency Medical Plan should be made when traveling to other facilities.

Equipment/Uniforms

SECTION 1 – EQUIPMENT

Cheerleading and Flag Players – No special equipment is required at this level.

Tackle Football Players – Must have proper equipment as outlined below. Some equipment is available on a rental basis, for which a payment method is required to be on file in case of equipment damage or loss.

Equipment rental fee is \$100 for helmets, and \$60 for shoulder pads.

Any rental equipment that is lost, stolen, or not returned within 2 weeks of the season ending will result in your payment method on file being charged an additional fee for replacement costs. If equipment is returned after the 2-week timeline, the charged fee **will not** be returned.

Each item deemed unserviceable due to damage not associated with normal football participation will result in replacement using deposited funds.

The replacement cost of a helmet is \$250, and the replacement cost of shoulder pads is \$175.

Tackle football players must have the following equipment:

- **Helmets** – Must meet NFHS standards and are to be NOCSAE approved with the warning label on the outside of the helmet (optional FYFC rental item). The certification date must be evaluated by the Equipment Coordinator to validate serviceability. Facemasks and chinstraps must meet NCAA or High School Federation regulations. IF you decide to provide your athlete with their own personal helmet, you must have it inspected by the Equipment Coordinator and sign a Release of Liability acknowledging that YOU are assuming the risk of your athlete using a third-party helmet. This must be accomplished before your athlete can engage in contact.
- **Shoulder Pads** – Must meet NFHS standards (optional FYFC rental item). Note – Football equipment should be purchased with safety in mind. Buy the best you can afford.
- **Mouth Guards with tether** – Mouth guards must have a tether, be attached to face mask, and colored (not clear) to be visible to game officials. Mouth guards must meet requirements established by NFHS.
 - The only exception to the mouth guard being attached to the face mask is in case of a player wearing a special mouth guard due to braces, orthodontic work or prescribed by a dentist or physician. If an exception is needed, league officials, opposing coaches and referees need to be made aware of the adjustment.
- **Padded pants**– Hip Pads\ Knee Pads\ Thigh Guards\ Tail Pads covering the base of the spine
- **Shoes** – All players may wear sneakers. Shoes, sneakers, molded cleats or detachable cleats. Cleats must be made of rubber or plastic. **No metal cleats are allowed, any worn out rubber or plastic cleats with metal visible are not allowed.** Cleats may not exceed 1/2” length.
- **Game Jerseys** – Game jerseys are supplied by FYFC; players keep their game jerseys at the end of the season.
- **Practice Jerseys** – Practice jerseys must accommodate shoulder pads. Players should not wear T-shirts or jerseys reflecting inappropriate messages. It is up to the coach’s discretion to ask a player to remove an inappropriate item or leave practice. References to alcohol, tobacco, nudity and profanity are prohibited.
- **Practice pants** – Players provide their own practice pants, which should be one-piece shells capable of accommodating safety pads or pants with pads sewn in.

Tackle football players may have the following equipment:

- **Visors** – Must be clear. No tinted or reflected visors are allowed.
- **Athletic supporters** – Recommended but optional
- **Eyeglasses** – shall be the athletic constructed type with non-shattering-glass.
- **Water Jug** – No water is normally available at the practice or game fields. Players should bring along an adequate supply of water for their own use.
- **Athletic Cup** – It is highly recommended for all players to wear athletic cups.
- **Face Paint** – A single stripe is allowed below each eye.
- **Gloves** – Football gloves must have a stamp indicating NOCSAE or SFIA compliance. All other gloves not displaying these approved stamps are strictly prohibited.

SECTION 2 – UNIFORMS

Cheerleaders – The registration cost includes purchase of pom-poms, spankies, long sleeve shirt, top and skirt, and warm-ups. This may change with availability. Clubs may choose to purchase additional gear at their own expense.

Flag Football Players – Team uniforms for games are provided through the league and is included in the registration cost. Players need only to dress appropriately for the weather (shorts or sweats, T-shirts or sweaters) and wear athletic shoes.

Tackle Players

- Practice and game jerseys and game pants for games are supplied by FYFC; players may keep these uniforms at the end of the season.
- Home jerseys may be reflected of approved team colors but must contain a light-colored solid number and are subject to Executive Council and Referee Coordinator approval.
- Away jerseys must be light colored background with a solid dark color number and are subject to Executive Council and Referee Coordinator approval.
- Each football player’s jersey shall bear a number between 0 and 99. JERSEY NUMBER COLOR MUST BE A SOLID COLOR THAT CAN BE EASILY READ BY THE OFFICIALS DURING GAME PLAY.
- **Only the last name and first initial will be allowed to identify individual players on the jerseys. Team sponsor information, if it is uniform and in keeping with identifying the team, may be included on jerseys.**

Field Locations

Your coach will notify you of the location of the practice field for your team. Many of the teams practice on local elementary school playgrounds. Locations are subject to change.

Location	
Flag Games	Any field approved by Executive Council
Bulldogs Practice Field	785 Lakloey Dr. North Pole, AK 99705
Renegades Practice Field	601 NPHS Blvd. North Pole, AK 99705

Midnight Riders Practice Field	1912 25 th Ave. Fairbanks, AK 99701
Spartans Practice Field	1401 Bainbridge Blvd Fairbanks, AK 99701
Fairbanks Home Game Field	1930 Lathrop St. Fairbanks, AK 99701
North Pole Home Game Field	300 E. 8 th Ave. North Pole, AK 99705

Weather Preparation

Football is an outdoor sport and runs between the middle of May and the first part of October. The temperature in Fairbanks can range from above 80 to 30 degrees below zero. Be prepared! Practices and games are cancelled due to weather conditions very rarely. Players and spectators should dress for the weather and keep in mind that temperatures can change rapidly on any given day. If it is raining, players will get wet and bringing along a dry set of clothes for after the game is helpful. If it is hot, a light T-shirt under the pads and extra water are in order. If it is cold, long underwear can be worn under game pants and a sweatshirt with a front pocket can be worn under football pads for extra warmth and a place to warm hands, hooded sweatshirts can be worn but the hood must be kept under the pads. Spectators will also be outdoors for 2 hours watching games. Most of the football fields do not have bleachers. Bring along a camp chair, dress for the weather, make yourself comfortable, and enjoy the game!!

Lightning

In the event of lightning, we will follow the NFHS Football policy, and suspend any practice or game and vacate the area when a flash/bolt can be seen and heard, for at least 30 min. If at any time once the 30-minute timer has started, if lightning is seen or heard again, the 30 min timer restarts. We will make every attempt to make up any games that are suspended or cancelled due to weather but there is no guarantee.

Air Quality Indicator

In interior Alaska, we may experience poor air quality due to forest fires. FYFC uses the FNSB metering stations closest to the event location to determine the PPM, which can be found at <https://www.fnsb.gov/334/Air-Quality>. We will closely monitor these measurements during these conditions and will send out an email 2 hours prior to the start of the event. The policy is as follows:

0-99 PPM – Practice as normal.

100-149 PPM – Modified practice (total time at practice cannot exceed 1.5 hours and must have 30 min. worth of water breaks spaced out evenly in that time frame).

Above 150 PPM – ALL EVENTS CANCELED. NO EXCEPTIONS!!!!

Practice, Conditioning, & Contact

SECTION 1 – PRACTICE

Practice for Flag football, Tackle football and Cheerleading will start no earlier than the 1st Monday after July 4th.

Practice times will start no earlier than 6:00 pm and will end no later than 2 hrs after start. Once school begins teams will be limited to a maximum of three (3) practices per week. Teams meeting to review game film will be counted as a practice event. An organized social gathering, such as a cookout or other non-football team bonding event, does not count as practice.

Practice time cannot exceed 2 hours per session of actual practice time.

Teams may practice 10 hours per week, without exceeding 2 hours per day and may split the 10 hours over 5 days.

After school starts, practice must be limited to a maximum of 3 nights per week and reduced to 6 hours maximum per week.

SECTION 2 – CONDITIONING

Many players are active in other summer sports as well as football; conditioning must be a concern. The first 3 days of practice will be dedicated to conditioning and non-contact drills. No pads should be worn except for the helmet. Shorts, T shirts, socks and football shoes will be worn for these days. Registrants who attend a padded football camp that exceeds 3 days in length or play another youth sport in the months of May or June may be exempt from conditioning.

Breaks given to players during practice time are at the discretion of the head coach. Breaks do count against the practice time.

The training regimen of any team practicing in hot or smoky weather conditions must be modified. These modifications include limiting or eliminating running laps entirely, schedule practices in the evening, ensure an adequate supply of water, don't allow substitution of soft drinks, and include a mandatory 15-minute break in the middle of practice (not counted as practice time).

SECTION 3 – CONTACT

Hitting Drills in Practice – Hitting drills that are prohibited by USA Football are expressly prohibited by FYFC. (ex. Bull-in-the-ring and other “head-on” drills exceeding 3-5 yards).

Starting the second week of practice, teams may have contact drills. Any player missing the first week of practice must have a parent/guardian sign a waiver to waive conditioning before beginning contact.

Participants must guard against serious head related health problems, which can lead to serious injury or death.

It is only allowed for a player or a group of players to participate in combined practice sessions between divisions under the following conditions:

Rooks and Juniors may be at the “Walk Through” level of contact. Juniors and Seniors may be allowed at the “thud” level of contact.

It is STRICTLY PROHIBITED to have mixed division practices at the “full contact” level.

SECTION 4 – CONTROLLED SCRIMMAGE

Once teams are allowed to have contact, they can arrange to have controlled scrimmages against other teams in their division.

Coaches are permitted on the field to coach and referee; Longer time outs are permitted between plays for coaches to make corrections; Coaches may script offensive and defensive situations; score is not kept; no time is kept other than to assure that practice is over on time; and referees may be arranged if desired (they will not be paid by the league).

Schedule Changes and/or Cancellations

Before any practice or play scheduling is set, the FYFC board should review its’ agreements with other youth organizations.

Changes to the schedule, practice cancellations and game cancellations will be posted as early as possible on the FYFC website at www.fairbanksyouthfc.org. Football practices and games are very rarely cancelled due to weather conditions.

Use of Tobacco & Alcohol

Use of tobacco and tobacco products is prohibited at practices, games, and other League functions pursuant to the FYFC Zero Tolerance policy.

Consumption of alcohol is prohibited at practices, games, and other league functions pursuant to the FYFC Zero Tolerance policy. Anyone appearing to be under the influence of alcohol at a League function will be asked to leave or will be removed.

Everyone is responsible for enforcement of this policy. The Club President will administer their Club with the help of team parents, coaches and other League officials.

Grievances & Disciplinary Actions

Grievances and requests for disciplinary action may be brought by any member of the League based on violation of the rules, Zero Tolerance Policy, or Code of Conduct.

Grievances and disciplinary requests must be submitted to the League in writing.

A committee will be formed to handle all grievances and disciplinary actions. The committee will discuss and administer sanctions, if needed.

The committee will consist of all Club Presidents and applicable Program Coordinators.

A Cheer Coach Coordinator or Football Coach Coordinator will be elected to chair the committee meetings, depending on whether the subject pertains to a football or cheerleading issue. The chairperson will only vote in the event of a tie vote by the committee. If the chairperson must vote to break the tie, the coach coordinator’s vote will be the final decision of

the grievance.

In the event a Club President cannot attend a committee meeting, the League Vice President will represent and vote on behalf of that Club.

The Cheer Coach Coordinator or Football Coach Coordinator will be responsible for enforcing decisions of the committee.

It is the League's intent to provide a safe, respectable, and positive learning environment for its members. Players and coaches need to be aware that FYFC has defined and instituted a disciplinary program that will be strictly enforced. Regardless of whether a penalty is assessed by an official referee, it is the duty of the Team Managers or Team Parents, Referees, Coaches, Club Presidents, and other League officials to uphold the program's intent and enforce disciplinary action.

Penalties for Zero Tolerance offenses shall be enforced as follows:

- First offense – Automatic ejection from the current activity, suspension for 1 game, and parent/guardian conference.
- Second offense – Automatic ejection from all activities for the remainder of the season. If the third offense occurs during the semi-finals or championship game, the player, cheerleader, or coach is ineligible for participation in FYFC activities the following year.

For games occurring during suspension due to second offense, football players shall wear their team jersey and stand on the sidelines with their teammates but will NOT be in full equipment and uniform. Likewise, cheerleaders shall come in uniform and stand on the sidelines but may not participate in the activities. Refusal to attend practices or games because of a suspension will result in further penalties or suspension.

Spectators need to be aware that FYFC has defined and instituted a disciplinary program that will be strictly enforced. Regardless of whether a penalty is assessed by an official referee, it is the duty of the Team Managers or Team Parents, Referees, Coaches, Club Presidents, and other League officials to uphold the program's intent and enforce disciplinary action when necessary.

Spectators violating the Zero Tolerance Policy will be subject to disciplinary action.

Penalties for offenses by spectators shall be enforced as follows:

- First Offense – Request will be made to cease the behavior. If the behavior persists, the spectator will be asked to leave the premises. See Article 16 S11 H.
 - If the spectator does not leave immediately upon request, the appropriate authorities will be called for assistance in removing the disruption from the current FYFC activity.
- Second Offense – Request the spectator will be asked to leave the premises. See Article 16, S11 H.
 - If the spectator does not leave immediately upon request, the appropriate authorities will be called for assistance in removing the disruption from the current FYFC activity.
 - Spectator is banned from attending FYFC events for 1 week.
- Third Offense – The spectator shall be banned from all FYFC activities for the remainder of the season.
 - If a spectator returns to any FYFC activity in violation of such ban, the appropriate authorities will be called for assistance in that person's immediate removal.

Penalties for players disrespecting coaches, participants, game, and team officials shall be enforced as follows:

- First offense – Immediate removal from the game/practice and parent/guardian conference.
- Second offense – Suspension for 1 game and 1 week of practice.
- Third offense – Suspension for the remainder of the season.

Penalties for players committing a dangerous personal foul shall be enforced as follows:

- First offense – Removal/Ejection from current game.
- Second offense – Suspension for the remainder of the season.

Penalties for coaches not playing eligible players shall be enforced as follows:

- First offense – Suspension for one game and one week of practice.
- Second offense – Suspension for the remainder of the season.
- Offense in Playoffs – Ineligible to coach NEXT season.

Penalties for cheating (Roster/Participant Manipulation will be considered cheating) shall be enforced as follows:

- Permanent suspension.

Penalties for failing to maintain appropriate relationships with juveniles & parents shall be enforced as follows:

- Defined as any deliberate practice of a coach, team or administrator, which placed the health, welfare and safety of juveniles in jeopardy, or exploits or treats them in such a manner that the juvenile becomes a “tool” of the team.
 - First offense – suspension for one game and one week of practice.
 - Second offense – permanent suspension.

Penalties for badgering of game officials with threats and inciting fans to display poor sportsmanship shall be enforced as follows:

- First offense – suspension for two games and two weeks of practice.
- Second offense – permanent suspension.

Penalties for Fighting of any kind shall be enforced as follows:

- Suspension for the remainder of the season and subject to arrest.

Penalties for teaching players dirty tactics shall be enforced as follows:

- First offense – Permanent suspension.

Penalties for falsifying birth or any other documents to make a participant eligible shall be enforced as follows:

- Forfeiture of all games in which the athlete has participated in.
- Permanent suspension of the adult(s) responsible for the act.
- All evidence will be turned over to the local authorities for any criminal prosecution that may be relevant.

Penalties for playing ineligible players shall be enforced as follows:

- Suspension for rest of season.

- League will review status for next season.
- All games in which the ineligible players have participated are forfeited and will count in the league standings as such.
- The team is ineligible for post-season play of any kind regardless of the number of losses it has suffered for playing ineligible players.

Penalties for striking a game official, member of coaching staff, volunteer, or league official shall be enforced as follows:

- Offender shall be subject to arrest by local law enforcement agencies.
- Permanent suspension, including, but not limited to, being banned from all FYFC and AYF Events and Activities.

Penalties for threatening a game official, member of coaching staff, volunteer, league official, or spectator shall be enforced as follows:

- Offender shall be subject to highest penalty imposed by local law enforcement agencies.
- Permanent suspension from all FYFC and AYF events and activities.

PROTESTS

There will be no protests of game play or officiating heard by the League. This is a volunteer organization for children with no other goals than to teach them the sport of football, teamwork and to have fun.

There are no appeals or grievances. Decisions of the coaches and referees are final. Referees are human and will, from time to time, make bad calls. Their decisions will not be reversed. Some games may seem unfair. As parents, our sole recourse is to keep a positive outlook on whether we win or lose and teach our children by our example.

Disciplinary actions, when warranted, can and should be brought to the attention of your Club President for resolution through the proper channels.

“One man practicing sportsmanship is far better the 50 preaching it”

Knute Rockne

Cheerleading

SECTION 1 – COACHING CERTIFICATION

- All coaches must complete certification through Youth Cheer and Dance Alliance (YCADA) at www.ycada.org/ayc.
- Required courses:
 - Y101AYC – First year coaches
 - Y102AYC – Speed course (rules and scoring focus)
 - Y103AYC – Veteran coaches (after completing Y101 AYC & Y102AYC)
- Veteran coaches will rotate annually between Y102AYC and Y103AYC.
- Coaching education must be completed before the first day of practice.

SECTION 2 – COACHING STAFF STRUCTURE

- 1 Head Coach
 - Full authority during practices, games, and jamborees.
 - Responsible for actions of all coaches and participants
- 4 Assistant Coaches
- 1 Junior Coach

All coaches report to:

- FYFC President
- FYFC Vice President
- Respective Club President

SECTION 3 – TEAM & PARTICIPANT REQUIREMENTS

- 1 Head Coach per 24 participants
- 1 Coach per 12 participants
- Minimum age – 5 years old by start of season
- Maximum age – 14 (if not starting high school at end of summer)

SECTION 4 – REQUIRED TEAM DOCUMENTATION

Each Head Coach must maintain a team binder containing:

- Emergency consent forms
- Parent contact information
- Sports physical forms
- Copies of birth certificates

SECTION 5 – SCHEDULE

Each team's schedule follows the football program.

- Summer Break practices:
 - Monday – Friday
 - 6:00 PM – 8:00 PM
- Games:
 - Weekdays or weekends (to be determined)
- After school starts
 - Practices are reduced to 3 days per week
 - Games continue on weekdays or weekends (to be determined)

SECTION 6 – UNIFORM & APPEARANCE

Uniforms must be purchased through a FYFC approved vendor.

No reimbursement for purchases made by coaches or parents without approval from the Financial Committee.

All athlete midriiffs must be covered when standing with arms relaxed by their sides.

All athletes must be in full uniform as instructed by their respective coach for all games and designated events.

- Athletes not in full uniform as instructed will be instructed to correct their uniform.
 - Athletes not able to correct their uniform may be instructed to wear warmups or leave the game or event.

Appearance

- Short nails are required (no artificial nails allowed)
- Hair must be secured away from the face
- No jewelry except medical or religious
 - Must be taped down
- Athletic tennis shoes are required.

SECTION 7 – SAFETY & EQUIPMENT

Participants should bring water to all practices and games.

No gum or candy is allowed for consumption while participating during games or practices.

Braces/cast must be removed to participate. If unable to remove brace or cast, athlete is not eligible to participate in stunting, spotting, or any position requiring contact with another athlete.

No trampolines or spring equipment is authorized for use at practices, games, or other events.

Authorized props include:

- Megaphones
- Pom-poms
- Signs
- Flags

Athletes are restricted from standing behind goal posts or end zones.

SECTION 8 – STUNTING & TUMBLING

Stunting and tumbling may only occur under qualified supervision. All stunting and tumbling must follow age and safety guidelines established by American Youth Cheer. The following rules apply to stunting and tumbling:

- Spotters are required.
- Skill-level appropriate stunts.
- Stable bases are required.
- Stunting may only be performed on safe surfaces only.
- No flips or advanced stunts.
- Gradual progression is authorized.
- Proper technique is required.
- Adult supervision is required.
- Teamwork must be emphasized.

- An emergency plan must always be available.
- Participants should bring water to all practices and games.

Horseplay of any kind is not authorized.

Spotters are always required.

SECTION 9 – ATTENDANCE POLICY

Coaches reserve the right to restrict game-time performance due to non-participation in practices. Failure to show up to practice can lead to injuries to the athlete and/or other team members.

Below are the established attendance guidelines:

- Notify coach before an absence.
- Unexcused absences are not allowed.
- Doctor's appointments are excused absences.

All violations of the established attendance policy will be handled discreetly. If an athlete fails to show up for practice for more than 1 week without notification, the athlete is assumed to have quit and will no longer be eligible for cheerleading instruction. Cheerleaders are not allowed to swap teams after the practice season has started without paying the full registration cost in full again.

SECTION 10 – COMMUNICATION

All communication must start with the Head Coach. If a Head Coach is unable to provide a satisfying outcome, reach out to your Club President. If the issue is still not resolved, communicate the issues to the Cheer Coordinator and provide proof of communication to the FYFC email at info@fairbanksyouthfc.com.

For issues with your initial uniform order, reach out to your Head Coach. Your Head Coach will coordinate uniform issues with the Cheer Coordinator.

SECTION 11 – SIDELINE CONDUCT

All athletes are expected to remain in the designated area for cheerleaders.

All athletes are expected to project positive and appropriate chants only.

Zero negative behavior will be tolerated.

Athletes are expected to stay attentive during games and practices.

SECTION 12 – SPORTSMANSHIP

Respect must be shown to all participants, coaches, and spectators.

Zero bullying or exclusion will be tolerated.

Athletes are encouraged to always support teammates.

SECTION 13 – PARENT GUIDELINES

Athletes are expected to arrive at all practices and games on time.

Athletes are expected to be picked up in a timely manner.

Zero tolerance will be shown for sideline coaching from parents or spectators.

Parents are expected to follow the communication chain as displayed in Section 10 – Communication.

SECTION 14 – INJURY PROTOCOL

All injuries must be reported immediately. Injuries occurring at a FYFC event must be reported to a FYFC board member.

After an injury, a medical clearance stating the athlete may resume activities must be provided for an athlete to resume FYFC activities.

SECTION 15 – PRACTICE EXPECTATIONS

All athletes are expected to arrive on time to practice.

Athletes must be prepared for practice at the scheduled starting time.

Practice is not the time to snack and eat.

All athletes are expected to participate respectfully. Athletes refusing to participate may be asked to leave. Continued lack of respectful participation may result in loss of position on your team with no refund.

SECTION 16 – ROUTINE GUIDELINES

Routines shall remain age appropriate.

No unauthorized stunts are to be performed.

SECTION 17 – TRANSPORTATION

The responsibility for transporting an athlete rests with the parent or guardian. FYFC and our volunteers or coaches **WILL NOT** transport athletes to practices, games, or events.

Coaches may establish a sign-in and sign-out process for athletes.

SECTION 18 – PERSONAL RESPONSIBILITY

Athletes are responsible for their own personal property. Any items left at practice, game fields, or events must be replaced by the athlete, parent, or guardian. FYFC and its coaches and volunteers will not be liable for lost or stolen personal items.

Tackle Football Game Play

SECTION 1 – PLAYING FIELD

- The home team is responsible for preparation of the playing field and providing the required accessories for the game. Each team is responsible for cleaning up their side of the playing field and spectator areas after their game. Field clean-up includes all garbage off the ground and out of the cans.
- The bench area is reserved for players, coaches, and team manager or team parent only.
- Team officials must have a FYFC badge in full display to be on the sidelines. Coaches are responsible for distributing and collecting their team’s FYFC badges.
- The chain crew will be composed of volunteers from the visiting team and will stand on their own side of the field unless otherwise requested by the head referee.
- Unless otherwise modified, fields will follow NFHS standards:
 - Length – 100 yards
 - End Zones – 10 yards each
 - Width – 53 ½ yards
 - Hash Marks – NFHS standard

SECTION 2 – GAME TIMING & QUARTER LENGTHS

- Periods of play by division are:

Rooks	10-minute stop clock per quarter 40-second play clock
Juniors	10-minute stop clock per quarter 40-second play clock
Seniors	12-minute stop clock per quarter 40-second play clock

- Intermission between quarters shall be 2 minutes
- Halftime shall be 15-20 minutes.
 - Coaches must request the extension from a standard 15-minute to 20-minute halftime prior to the start of the game with the head official.
- In the event of a tie score at the end of regular play, the NFHS Tie-Breaker Procedure will be used.

SECTION 3 – EQUIPMENT REQUIREMENTS

All equipment must meet NFHS safety standards.

- Certified, properly fitted helmet
- Shoulder pads
- Mouthguard with tether (Mandatory)
- Cleats (no metal cleats in youth divisions)
- Game jersey and padded pants

Failure to meet equipment requirements will result in removal from play until corrected.

SECTION 4 – GAME RULES OVERVIEW (NFHS-BASED WITH YOUTH MODIFICATIONS)

General Play

- Standard 11-player football (all divisions may play 9v9 based on team player shortages due to injuries or shortcomings. This will be decided by the head official)
- 1 coach from each team is authorized on the field for Rooks game play to aid in offense or defense play setup but must be a minimum of 7 yards behind the player furthest behind the line of scrimmage at ball snap.
- Four downs to gain 10 yards
- Scoring

Touchdown	6 Points
Point after Run or Pass	2 Points
Point after Kicked	1 Point
Safety	2 Points
Field Goal	3 Points

Blocking and Contact

- NFHS blocking rules apply with an emphasis on safety.
- Prohibited actions include:
 - Targeting
 - Helmet-to-helmet contact
 - Blindside blocks
- Modifications may include:
 - Rooks Punts
 - Once punt is in play and becomes dead, the ball may not be advanced and will be spotted where the ball is placed dead (dead ball enforcement)

Special Teams Adjustments

- Rooks Point after Touchdown (PAT) and Punting must be announced prior to the play.
 - No rushing may be conducted by the defensive side during a PAT and punt.
 - Rushing is allowed during a Field Goal attempt.

Coaching and Sideline Conduct

- Coaches must follow all sportsmanship standards and signed codes of conduct.
- Only authorized personnel are allowed on the sidelines.
- Unsportsmanlike conduct penalties enforced per NFHS rules.

SECTION 5 – OVERTIME (NFHS TIE-BREAKER)

NFHS Tie-Breaker Procedure

- Start of Overtime
 - Each team receives possession at the opponent's 10-yard line.
 - A coin toss determines first possession.
- Possessions
 - Each team is given one possession per overtime period.
 - Teams have equal opportunities to score.
- Scoring

- Standard scoring rules apply.
- Teams may attempt a 1-point kick or 2-point conversion after a touchdown.
- Continuation
 - Additional overtime periods are played if the score remains tied.
 - Teams alternate first possession each period.
- Key Notes
 - No game clock is used.
 - Each possession functions as a goal-line scenario
- Winning
 - The game ends when one team leads after both teams complete equal possessions in an overtime period.

SECTION 6 – MERCY RULE (SPORTSMANSHIP POLICY)

To promote safety and fairness:

35-Point Rule

- If a team leads by 35 points or more in the second half, the team leading has won the game but will continue playing with the following caveats:
 - The clock runs continuously (stops only for injuries or timeouts)
 - Coaches are encouraged to rotate players.

SECTION 7 – GAME BALLS

Football should be quality grade leather, rubber, composite material. Following is a guide for football size by age group.

- Flag/Rooks – Pee wee Ball
- Juniors – Junior sized
- Seniors – Youth sized or Intermediate sized ball

Teams may only use balls provided by FYFC for their playing level.

SECTION 8 – SAFETY & CONDUCT

Player safety is our top priority.

Certified officials enforce all rules.

Players showing signs of concussion must be removed from play and medically cleared before returning.

Zero Tolerance Policy

- Fighting
- Abuse of officials
- Unsportsmanlike behavior

SECTION 9 – RULE ENFORCEMENT & MODIFICATIONS

NFHS rules will serve as the primary framework.

ASAA standards guide organizational alignment.

FYFC reserves the right to modify rules as needed for:

- Player safety
- Age appropriateness
- League logistics

SECTION 10 – MANDATORY PLAY RULE

Each player will play a minimum of (12) twelve line of scrimmage plays per game.

- Plays can be counted in any combination of line of scrimmage plays including punts and punt returns.
- Plays that DO NOT count toward the mandatory plays are kick-off, kick-off return, PAT offense or PAT defense.
- All players are required to be at their minimum 12 plays by the end of the 3rd quarter.
 - If a player doesn't have their 12 plays, they will start the 4th quarter and remain in until their play count is satisfied, and the coach will meet with the board to discuss other possible repercussions.

A play log shall be kept by each team for each game and shall be kept in the team book for the season.

- An FYFC league official may at any time request to see a team's play log.
- Failure to satisfy this requirement will result in disciplinary action.
- The Head Coach is considered responsible for any failure to keep accurate play logs or falsifying play logs.
 - If inaccurate or falsified play logs are discovered, the Head Coach will explain their actions in writing before taking the field for their next team event.
 - The FYFC disciplinary committee will review and assess if any action is required.

There may be times when players refuse to play.

- Players refusing to play will be given 2 opportunities before a team representative attempt to notify the Parents/guardian that the athlete is refusing to play.
- The parent or guardian will be responsible for getting the athlete to participate.
- After notifying the parent or guardian, continued refusals will negate the players' minimum play count for the current game.

Coaches will have a plan in place to rotate the players on and off the field, ensuring they receive their minimum plays.

- This plan must be able to be explained in detail, upon request, to any member of FYFC.

Coaches have discretion to bench players for one-quarter or one-half as a disciplinary measure or as failure to attend practices.

- Subsequently benching a player could affect their minimum play count.
- When a coach decides to bench a player (regardless of reason), that coach shall provide a written reason to the parent and explain the reasoning to the player.
- This written reasoning must be presented to an FYFC board member for approval if it affects the players' minimum play count.

Flag Football Rules & Play

USA Football Flag Rules will govern FYFC flag football games.

Player Equipment

Each player on the field will wear a flag football belt provided by FYFC at the waist. Flags should be positioned with one on each hip and one on the buttocks. Mouth pieces are encouraged but not required.

Coaching

One Coach may remain on the field with each team during play for 4–6-year-old teams (6u seasonal teams). Coaches on the fields must be at least 7 yards behind the line of scrimmage at the snap of the ball

Mandatory Play

Flag Players are required to have equal participation monitored not by play time but by a nearly equal number of plays for each player. Coaches will have a plan in place to rotate the players on and off the field, ensuring they receive their plays. This plan must be able to be explained in detail, upon request, to any member of FYFC.

Players Refusing to Play

Players refusing to play will be given 2 opportunities before a coach is required to notify a Parent/guardian that their athlete is refusing to play. The parent or guardian will be responsible for getting the athlete to participate. After notifying the parent or guardian, the refusals will affect the players' minimum play count for the current game.

Conduct

Players and coaches not on the field should remain between the 12.5-yard lines. Absolutely zero offensive language or unsportsmanlike conduct is permitted! Head coaches are fully responsible for their spectators' conduct. Violators will be asked to leave the field, and a 15-yard penalty will be enforced. Any misconduct by coaches should be reported to the Flag Coordinator and President or Vice President of the League.

Parent Participation

All flag football parents and guardians are required to meet with the Flag Coordinator or a designated League Official prior to the start of the 1st flag football game for the designated season. This mandatory meeting is an Introduction to FYFC.

Zero Tolerance Policy

Fairbanks Youth Football and Cheerleading (FYFC) participants are subject to the following Zero Tolerance Policy. All players, cheerleaders, coaches and parents are required to read, understand and adhere to the conditions and policies set forth by the organization. FYFC expects all participants to always refrain from inappropriate behavior as detailed in this policy, regardless of whether on a practice or game field and whether or not an official is in view.

To make football and cheerleading a more desirable and rewarding experience for all participants, the FYFC program adheres to certain points of emphasis relating to sportsmanship. This campaign is designed to require all players, participants, coaches, officials, team officials, administrators, parents and spectators to maintain a sportsmanlike and educational atmosphere before, during and after all FYFC sporting events. Thus, all referees, coaches and board members must implement the following points of emphasis.

Players:

- Refrain from openly disputing or arguing any decision by an official.
- Refrain from using obscene or vulgar language, including swearing, even if it is not directed at a particular person.
- Refrain from visually demonstrates any sign of dissatisfaction with an official's decision.

Any time that a player violates any of these actions, the team will be assessed a penalty. If the behavior continues, the player will be suspended from the game or season.

Attitude:

Play because you want to, not because someone else wants you. Remember and follow the Code of Conduct Pledge.

Do not swear, fight, argue or horse around. Your coach is not a babysitter and will not allow you to disrupt the team.

Be a good example for your teammates ** Always give your best effort and work hard to learn how to play football** Have a fun season.

“Show class, have pride and display character. If you do, winning will take care of itself.” Bear Bryant

Coaches:

1. Openly disputes or argues any decision by an official in a hostile manner.
2. Uses obscene or vulgar language, including swearing, even if it is not directed to a particular person.
3. Visually demonstrates any sign of dissatisfaction with an official's decision with the intent of inciting the officials, players or spectators.

Any time that a coach commits any of these actions, they will be assessed an unsportsmanlike conduct penalty. If the behavior continues, the coach will be suspended from the game and will need to pass a disciplinary review board's approval before returning to coaching duties.

Parent/Spectator Code of Conduct Policy

1. Refrain from using obscene or vulgar language in a boisterous manner to anyone at any time.
2. Refrain from taunting players, coaches, officials, or other spectators by means of baiting, ridiculing, threat of physical violence or physical violence.
3. Do not throw any object in the spectator viewing and game areas, players' bench, end zones or anywhere on or near the playing field in any manner as to create a safety hazard.
4. Do not go to the opposing team's side to taunt coaches, players, officials or cheerleaders.
5. Use of tobacco products, alcohol or drugs is not allowed
6. Possession of or threats of using a firearm are strictly forbidden. Violations to this policy will result in immediate contact of law enforcement and the highest level of charges pressed.

An official will stop the game if parents/spectators display inappropriate and disruptive behavior that interferes with other spectators or the game. The official will identify violators to the coaches, who shall be responsible for removing the disruption from the spectator viewing and game area. Once the disruption is removed, play will resume. Lost time will not be replaced, and violators may be subject to further disciplinary action by FYFC. Any time a Parent/Spectator persists in any of these actions they will not be allowed to return to any FYFC activities.

I have read and understand this Zero Tolerance Policy. I understand FYFC will enforce it as necessary. If I violate this or any other FYFC policy, I agree to abide by all decisions made by a FYFC disciplinary review.

Participant Code of Conduct Policy

It is the intention of this Participant Code of Conduct Policy to promote fair play and respect for all participants within Fairbanks Youth Football and Cheerleading (FYFC). All players, cheerleaders, and parents are required to read, understand and agree to the conditions set forth by FYFC before they will be allowed to participate in FYFC programs and activities.

1. I will participate in football/cheerleading because I want to, not because others want me to.
2. I will play by the rules and in the spirit of the game.
3. I will control my temper – fighting or “mouthing off” can spoil the game for everyone.
4. I will respect my opponents.
5. I will refrain from “showboating”, dancing, spiking, kicking or throwing the ball, or throwing equipment.
6. I will do my best to be a real team player.
7. I will remember that winning isn’t everything – that having fun, improving my skills, making friends and doing my best are just as important.
8. I will acknowledge all good plays and performances by both teams.
9. I will adhere to FYFC’s Zero Tolerance Policy.
10. I realize that whether we win or lose, we win or lose graciously, for success is never final and failure is never fatal.

I agree to abide by the principles of fair play set out above. I also agree to abide by the rules, regulations and decisions set forth by Fairbanks Youth Football & Cheerleading.

Signature

Date

Parental Code of Conduct Policy

It is the intention of this Parental Code of Conduct Policy to promote fair play and respect for all participants within Fairbanks Youth Football and Cheerleading. All parents/guardians are required to read, understand and agree to the conditions set for the by FYFC before they will be allowed to participate in the FYFC programs or activities.

1. I will encourage my player and all other players through my words and my actions to play fairly and to respect the rules, officials, opponents and opponent's parents.
2. I will not ridicule or yell at my player or other players for making mistakes or for performing badly. I will remember that players play to have fun and must be encouraged to have confidence in themselves. The development of my players as people is more important than the outcome of a game or a season.
3. I will make sure that my player is fully equipped for each practice and game and never put my player's safety at issue.
4. I will remember that participants need a coach they can respect therefore I will respect my players coach and set a good example.
5. I will remember that officials are there to help and I will accept their decisions and show them proper respect, setting a good example.
6. I will remember that coaches are responsible for all parent and players' conduct and therefore will show them proper respect and set a good example.
7. I will maintain a healthy atmosphere and environment for competition. I will remember winning isn't everything!
8. I will not permit the intimidation of any player by work or by actions. I will not tolerate unacceptable conduct toward players, spectators, officials, coaches or myself.
9. I will acknowledge all good plays and performances by both teams.

I agree to abide by the principles of fair play set out above. I also agree to abide by the rules, regulations and decisions set forth by Fairbanks Youth Football & Cheerleading.

Signature

Date

