



**MID-CITIES PEE WEE FOOTBALL AND
CHEERLEADING ASSOCIATION, INC.
2009 RULES AND REGULATIONS**

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2009 RULES AND REGULATIONS

ARTICLE 1 - GAME RULES

SECTION 1. Games will be played under UIL rules unless otherwise noted in these Rules and Regulations and with these exceptions:

- A. "No pass - no play" shall not apply.
- B. Tie games shall be allowed in the regular season games.
- C. Junior Flag League and Senior Flag League shall be exempt from UIL Rules.

SECTION 2. QUARTERS: There will be four (4) eight (8) minute quarters for the Junior and Senior League teams. A stopwatch will time games and there will be a ten (10) minute half-time period in each game.

SECTION 3. WEIGHT LIMITS:

A. Weight limit procedures follow:

- 1. The Registration Committee shall weigh every player, and his/her weight shall be recorded at the time he/she receives his/her equipment.
 - a. Weigh-ins will be in street clothes.
- 2. The weight limit for participation in the Senior League will be 180 lbs.
- 3. The weight limit for participation in the Junior League will be 155 lbs.
 - a. A Fourth (4th) Grade child exceeding 155 lbs. may, upon written request of his/her parents or guardian, choose to play in the Senior League.
- 4. There is no weight limit for participation in the Flag League.
- 5. Each player will only be required to weigh in at the appropriate weight limit one (1) time per year for participation in the Association.
 - a. This will be during registration.
 - b. If a player is unable to make the appropriate participation weight limit during weigh-in at registration, he/she will be ineligible to play.

B. A weight limit is required of players who play in the backfield.

- 1. The use of linemen over the backfield weight limit for the following purposes is not permitted:

- a. Carrying the football in plays from the line of scrimmage.
 - b. Receiving passes and moving back from the line of scrimmage or restraining line for the purpose of receiving a kick or passing the ball.
 - c. To punt the ball.
2. No player over the backfield weight limit shall advance the ball as a result of kick-off, punt, interception, or fumble recovery.
 3. The end player of an offensive line may exceed the weight limit, but is ineligible to advance the ball. The player must not be split wider than the split used by the remainder of the offensive line.
 4. Any player who exceeds the 180 lb. maximum weight limit for Senior League or the 155 lb. maximum weight limit for Junior League shall be limited to play on the offensive or defensive line and excluded from kick-off coverage.
 5. Players affected by this rule shall be conspicuously identified.
- C. No Junior League offensive back shall exceed 95 lbs.
- D. No Senior League offensive back shall exceed 110 lbs.
- E. An official weigh-in shall be conducted by one of the following only.
1. The President, Vice-President, Vice-President of Football, Director of Fields and Equipment, or the Football League Commissioners. The Director conducting the weigh-in shall legibly sign an approved weigh-in form.
- F. There shall be only one (1) official weigh-in per player, per game, not to begin more than ninety (90) minutes prior to the scheduled start of the game.
1. This weigh-in shall be conducted with all clothing removed except football pants.
- G. The opposing Coach or League Commissioner may request a weigh-in of a player who has not had an official weigh-in from a member of the Board of Directors not less than thirty (30) minutes before the scheduled start of the game, or not more than ten (10) minutes immediately following the game.
1. A player whose weight has been challenged, as the above mentions, must be weighed 30 minutes prior to the start of the game or not more than ten (10) minutes immediately following the game.
 2. All players who are eligible to carry the ball offensively, who are within five (5) lbs. of the legal weight limit at registration, shall be weighed prior to participation.

3. The President, Vice-President, Vice-President of Football, or a Commissioner may require removal of overweight players from the backfield and are the only persons authorized to remove the "orange dot stickers" from a helmet.
4. The penalty for willful violation of Article I, Section 3, B through G.3., shall be forfeiture of the game, upon confirmation of violation by the Executive Board.

SECTION 4. FOOTBALL AND CHEERLEADING COACHES

- A. All coaches and players will be restricted to their team area, not to cross the allotted twenty-five (25) yard boundary.
 1. Cheerleaders' formations must be between the 25-yard line and the goal line.
 2. Parents and spectators are not permitted within the marked off areas for teams.
- B. Head Coaches and Registered Assistant Coaches shall be responsible for the supervision of their group at all practices and any scheduled games or scrimmages in which their teams participate, and for actions during these games and half-time activities.
 1. Supervision of a squad will not be allowed by any persons other than the Head Coach, Registered Assistant Coach, or a Board Member.
- C. A member of the football and cheerleading Coaching Staff for each team must attend all Coaches' Meetings. (See Bylaws.)
- D. The Head Coach shall collect and turn in all equipment/cheerleading uniforms, including money for jerseys/cheerleading uniforms, in accordance with the Bylaws.
 1. The Head Coach shall collect and turn in all equipment/cheerleading uniforms, including money for jerseys/cheerleading uniforms, no later than the third (3rd) Sunday following the Super Bowl, in accordance with the Bylaws.
- E. All Head Coaches shall support and be responsible for their team's participation in all Association fundraisers, such as concession stand duty.
 1. Coaches in violation of this rule may be brought before the Disciplinary Committee.
- F. Attendance at The Main Event shall be mandatory for all Head Coaches and as many members of the football team as possible.
 1. Head Coaches may be represented by one of his/her Registered Assistants, if necessary.
- G. All Head and Assistant Coaches must be clothed in similar attire, i.e. same shirt and hat, so that they can be easily identified as being associated with the team during games.

- H. All football and cheerleading Coaches are responsible for the clean-up of their field of play. Failure to abide by this rule will result in disciplinary action.
- I. All football and cheerleading Coaches scheduled to play the last game of the day each Saturday are responsible for turning in the yard markers and chains at the concession stand to the designated storage location.

SECTION 5. FOOTBALL PRACTICE AND PARTICIPATION

Head Coaches shall conduct all practices within the following limits:

- A. The Board shall assign practice sites.
 - 1. No practice session will be held on Wednesday, Saturday or Sunday, unless authorized by the Board of Directors.
- B. All practices shall be held during daylight hours and limited as follows:
 - 1. For Junior and Senior Leagues, two (2) hours per day, maximum, for the first three (3) weeks.
 - 2. For Junior and Senior Leagues, one and one-half (1 ½) hours per day, thereafter.
 - 3. No practice shall be held under lights.
 - 4. Play-off teams shall be allowed to practice under lights after regular season play for a maximum of one (1) hour and fifteen (15) minutes.
 - 5. Scheduled time limits for practice may not be extended due to late arrival of Coaches or participants, or any other circumstances.
- C. No practice shall be held prior to Monday following the final day of official football registration.
 - 1. Any child not reporting to practice by the end of the first week of practice without notifying the Head Coach, shall forfeit his/her right to participate, as well as registration, equipment, and uniform fees.
- D. Practice shall be defined as a team meeting with Head Coaches and/or Registered Assistant Coaches where football techniques are taught and carried out by three (3) or more eligible team members. Practice for coaches who coach in organized leagues outside of August 1st through the end of MCPWFCA's season, shall be the same except that up to two (2) eligible players from his/her MCPWFCA team shall be allowed. Exception will be made for camps, clinics and/or events approved by the MCPWFCA Board of Directors.
- E. Coaches who coach in organized leagues other than MCPWFCA are bound by provisions herein pertaining to the prohibition of practices, other than at authorized times, and are subject to the following provisions:

1. "Team members" is defined as players eligible to return to that coach's team and/or is a "protect" eligible to join that team.
 2. Current MCPWFCA players who play on outside teams referred to herein who choose to go back into the draw shall not be eligible to be drawn onto a MCPWFCA team coached by said coach.
 3. To insure compliance with the "no unauthorized practice" rule, any MCPWFCA coach who coaches in another league shall submit a roster, including names, addresses and contact telephone numbers, to the league so that players may be cross-referenced.
 4. In addition to the two (2) team member limit imposed, no more than three (3) eligible players from any other single MCPWFCA team may be involved.
- F. Any MCPWFCA Coach believed to be in violation of said rules will be brought before the MCPWFCA Executive Board.
- G. Any Coach judged by the Executive Board to be in violation of Article 1, Section 5.A through E.4, shall be removed for one (1) season and shall be subject to re-screening.
- H. No game pants or game jerseys shall be worn during practices or scrimmages, with the exception of the Picture Day scrimmage.
- I. All teams shall allow ten (10) minutes at end of last practice session of the week for a pep rally.
- J. Every player must participate in every scheduled game, play-off game, and/or championship game, when present, unless prior authorization to the contrary is granted.
1. Head Coaches must present to the designated Board Representative assigned to that field, a list of players' names that will not play and the reason.
 2. Each player must play a minimum of eight (8) plays in each game.
 3. The Head Coach is to be responsible for each player's participation, and shall designate an adult representative (18 years or older) to keep a record of the degree of participation.
 4. The penalty for violation shall be forfeiture of the game, at the confirmation of violation by the Executive Board.
 5. Any Coach judged, by the Executive Board, to be in deliberate violation of player participation guidelines shall be dismissed, and must re-apply to coach again.

SECTION 6. CERTIFICATION

FOOTBALL

- A. A Football Coaching Certification shall be held each year, at a time to be designated by the Board of Directors.
- B. The Coaches' Certification shall be organized by the MCPWFCA Certification Officer.
- C. As a minimum, the Football Certification will contain lecture, and will be in accordance with the Certification Manual, which by reference, is made a part hereof, with discussion periods concerning duties of the Head Coach in drills, tackling techniques, offensive and defensive football, and a summary of rule changes by the Director of Officials.
- D. All Head Coaches and at least one (1) Registered Assistant Coach, from each team, shall attend Phase I of the Annual Coaches' Certification.
- E. All Head Coaches and Registered Assistant Coaches with less than five (5) years of experience in the MCPWFCA Junior and/or Senior League shall also attend Phase II of the Annual Coaches' Certification for Junior and/or Senior League.
- F. All Head Coaches and Registered Assistant Coaches with less than five (5) years of experience in the MCPWFCA Flag League shall attend Phase II of the Annual Coaches' Certification for Flag League.

CHEERLEADING

- A. A Cheerleading Coaching Certification will be held each year, at a time to be designated by the Board of Directors.
- B. The Coaches' Certification shall be organized by the MCPWFCA Certification Officer.
- C. As a minimum, the Cheerleading Certification will contain lecture, and will be in accordance with the Certification Manual, which by reference, is made a part hereof, with discussion periods concerning duties of the Head Cheerleading Coach.
- D. All Head Coaches and at least one (1) Registered Assistant Coach, from each team, shall attend Phase I of the Annual Coaches' Certification.
- E. All MCPWFCA Flag League Cheerleading Head Coaches and Registered Assistant Coaches with less than two (2) years of experience in the MCPWFCA Flag, Junior and/or Senior Leagues shall also attend Phase II of the Annual Coaches' Certification.
- F. All MCPWFCA Junior League Cheerleading Head Coaches and Registered Assistant Coaches with less than three (3) years of experience in the MCPWFCA Junior and/or Senior Leagues shall also attend Phase II of the Annual Coaches' Certification.

- G. All MCPWFCA Senior League Cheerleading Head Coaches and Registered Assistant Coaches with less than three (3) years of experience in the MCPWFCA Senior League shall also attend Phase II of the Annual Coaches' Certification.

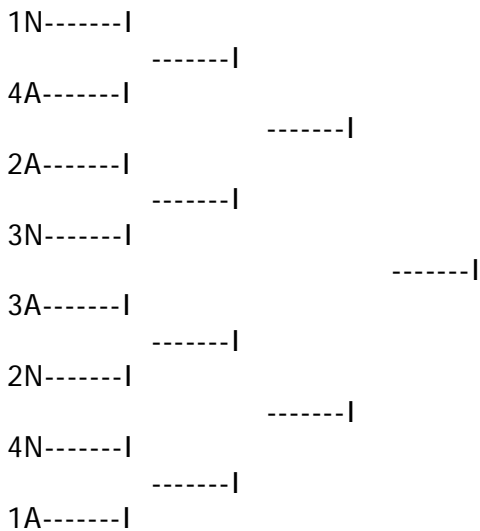
SECTION 7. GAME SCHEDULES AND DETERMINING CHAMPIONSHIPS

- A. The Board of Directors shall determine the game schedule, number of season games and number of Divisions for the Senior, Junior and Flag Leagues.

- 1. Without the approval by majority vote of the Association, the regular season consists of no less than seven (7) games, with every team playing a minimum of eight (8) games during the total season.

- B. Each Division shall be represented in the play-offs by the First (1st), Second (2nd), Third (3rd) and Fourth (4th) Place teams, unless approved by the Voting Membership.

- C. PLAY-OFF GAMES SHALL BE SEEDED AS FOLLOWS:



- D. The four (4) losers in Week One (1) of the play-offs will be eliminated.

- 1. The winners will advance into Round Two (2).

- E. The two (2) winners in Round Two (2) shall advance to the Super Bowl.

- 1. The two (2) losers shall advance to the Consolation Game.

- F. Non-association games before, during, and after the season may be scheduled by the individual Head Coaches, only with the approval of the Board of Directors.

- G. To determine the First (1st), Second (2nd), Third (3rd) and Fourth (4th) Place teams in each Division is as follows:

1. Win counts as two (2) points.
Tie counts as one (1) point.
Loss counts as zero (0) points.
 2. Only Conference Games determine the Division winner.
- H. In the event of a tie for First (1st) Place in Division play, the teams are co-champions or tri-champions, as the case may be.
1. The winner of previous head-to-head competition plays in the First (1st) Place play-off position.
 2. In the event of a true two-way tie, the tiebreaker shall be as follows:
 - a. Best overall season record, including non-conference games.
 - b. Coin flip.
 3. In a true three-way tie, a coin flip will be used to determine the First (1st) Place position for play-offs. Head-to-head competition shall be used to determine the Second (2nd) and Third (3rd) Place position for play-offs.
 - a. Teams would be tri-champions.
- I. In the event of a tie for Second (2nd) Place in Division play:
1. If a two-way tie occurs, head-to-head competition will determine play-off position.
 2. In the event of a true two-way tie, the tiebreaker shall be as follows:
 - a. Best overall season record, including non-conference games.
 - b. Coin flip.
 3. In a three-way tie, winner of head-to-head competition will determine play-off position.
 4. In a true three-way tie, coin flip will be used to determine play-off position.
- J. In the event of a two-way tie for Third (3rd) Place in Division play:
1. The winner of previous head-to-head competition plays in the Third (3rd) Place spot.
 2. In the event of a true two-way tie, the tiebreaker shall be as follows:
 - a. Best overall season record, including non-conference games.
 - b. Coin flip.

- c. In a three-way tie, the winner of previous head-to-head competition plays in the Third (3rd) Place play-off spot, and the other two (2) teams will have a one (1) game play-off for the Fourth (4th) Place play-off position.
- K. In the event of a tie for Fourth (4th) Place in Division play:
1. The winner of previous head-to-head competition plays in the Fourth (4th) Place spot.
 2. A true two-way tie would be a one (1) game play-off for final position.
 3. In the event of a three (3) way tie for Fourth (4th) Place in Division play, the tie-breaker is as follows:
 - a. Best overall season record, including non-conference games.
 - b. A three (3) team play-in, following UIL overtime rules. A coin flip shall be used to determine order of play. Odd man out plays winner. After three (3) unsuccessful overtime possessions, the ball shall be moved five (5) yards closer to the goal line. The ball shall be moved no closer than the five (5) yard line.
 4. In a true three-way tie, a coin flip shall be used to determine Third (3rd) Place, and the other two (2) teams will have a one (1) game play-off for the Fourth (4th) Place play-off position.

SECTION 8. TROPHIES AND SPONSORS

- A. No team shall obtain a sponsor.
- B. Donations are acceptable for the following:
 1. Football practice equipment.
 2. Helmet decals and team socks.
 3. Items pertaining to cheerleading, including but not limited to spirit sticks, pep rally items, megaphones, run-through banners and supplies.
- C. All such donations must be reported to the Board.
- D. No advertisement of any kind is allowed in recognition of the donation.
- E. Association trophies and participant recognition shall be determined by the Board of Directors.
- F. The Sportsmanship Trophy, if awarded, shall be determined in equal parts by:
 1. A vote of the Coaches in respective Leagues. Coaches cannot vote for their own team.

2. A vote of the Board of Directors.
 - a. A Board Member may not cast a vote for any team with which he/she has an affiliation.
 3. A vote of the football referees.
 4. Participation in moneymaking projects.
 5. Participation in providing workers in the concession stand.
 6. Performance of game-day duties.
- G. All trophies will be distributed at a time designated by the Board.

SECTION 9. FOOTBALL/CHEERLEADING COACH OF THE YEAR

- A. Each Head Coach shall vote for Coach of the Year by means of a ballot provided by the Association.
1. The Coach of the Year Award shall be awarded to a Head Coach and Registered Assistant Coach(es) in good standing with MCPWFCA. Therefore, if a Coach has been suspended or is under disciplinary action, that Coach shall not be eligible to receive the award.
- B. Coach of the Year trophies will be presented at the discretion of the Board.
1. If voting results end in a tie, both Coaches will be presented with a trophy for Coach of the Year.
- C. Voting ballots must be turned in to the appropriate League Commissioner at a time to be determined by the Board.
1. Votes shall be tabulated by the appropriate League Commissioners, who shall present the ballots to the Executive Board for confirmation and certification.
 2. Voting shall be kept confidential, and winners will be announced at a time determined by the Board.
 3. Head Coaches may not cast any vote for themselves for Coach of the Year. If this occurs, the vote shall be deemed invalid.

ARTICLE II – JUNIOR FLAG FOOTBALL

SECTION 1. MEETINGS, PRACTICES AND TEAM SIZES

- A. All meetings of members for the Junior Flag League shall be held at a time and place designated by the Commissioner of Flag Football.

- B. Practices for Junior Flag League shall be limited to one and one-half (1 ½) hours, two (2) times per week for the first three (3) weeks; thereafter practices shall be limited to one (1) hour, two (2) times per week, but not on Wednesday, Saturday, or Sunday, except as authorized by the Board of Directors.
- C. At the time of the draw, all teams shall have a suggested twelve (12) or fewer players with a suggested minimum of nine (9) and a maximum of thirteen (13). Players from each team shall participate in all plays during a game.
 - 1. If a team is able to field less than seven (7) players when the on field participation consists of nine (9) players, it must forfeit the game.

SECTION 2. JUNIOR FLAG LEAGUE RULES

- A. RULES: Games will be played under rules specified herein.
- B. FIELD: Will measure 82 feet wide x 90 feet long.
 - 1. To begin each quarter, the ball shall be put in play twenty (20) yards from the goal line. Each subsequent play shall be started at point gained and in the center of the field. After each touchdown, the ball shall be returned to the twenty (20) yard line.
- C. PLAYING PERIODS:
 - 1. Each quarter shall consist of ten (10) plays. Four (4) quarters shall constitute a game.
 - 2. Goals change at the end of each quarter and possession shall change. Possession shall not change due to fumble, interception, penalty or any means other than the completion of ten (10) offensive plays.
 - 3. Half-time shall be two (2) minutes with a one (1) minute time-out between quarters.
 - 4. Teams shall have one (1) minute to put the ball in play after the ball is marked ready for play. Penalty will be loss of one (1) play.
- D. TIME-OUTS: Each team is allowed three (3), one (1) minute time-outs per half. Only a Coach may call time-out.
- E. DOWNING BALL:
 - 1. A player with the ball is downed when one (1) of the player's flags is removed or comes off, regardless of whether the flag is pulled off by an opposing player, his/her own teammate, or falls off.
 - 2. The ball also becomes dead whenever it comes into possession of a player without two (2) flags.

F. FORWARD PASS:

1. All players are eligible to receive a forward pass.

G. POSITIONS:

1. The maximum amount of players for teams in each League will be determined after the close of registration.
2. There shall be a maximum of four (4) defensive linemen and a maximum of five (5) offensive linemen when each team consists of nine (9) players on the field. The number of players shall be adjusted based upon registration, as directed by the MCPWFCA Board of Directors.
3. Only screen blocking may be used by offensive blockers. Offensive blockers may not initiate contact (they cannot "fire out" or intentionally run into a defensive player), however, they may move laterally to screen block an on-rushing defensive player.
4. All blocking must be done in an upright position.

H. PENALTIES: No penalty yardage will be assessed in Junior Flag league.

1. Players may not hold or grasp opponent or use arms to encircle opponent.
2. Penalty for holding, grasping, or tackling an opponent.
3. Offensive blockers may not initiate contact. (They cannot "fire out" or intentionally run into a defensive player.)
4. Ball carrier may not deliberately drive or run into a defensive player or use stiff-arm to ward off defense.
5. Ball carrier may not intentionally protect flag.
 - a. Players must wear shirts tucked into pants.
 - b. Loose end of flag belt should be tucked into pants or otherwise tied as not to hinder removal of flag.
6. Tackling, clipping, tripping, holding, hitting with hand or arm, roughing an opponent and unsportsmanlike conduct.
7. A quarterback taking a direct snap may not advance the ball between the two (2) guards and may not hand off directly to the center.
8. Off-sides, illegal procedure, false snap, delay of game, illegal forward pass, etc.
9. No defensive lineman may play directly in front of the Center. He/she must play nose on or outside of the offensive guards.

10. Intentional pushing, tripping, or knocking ball carrier to the ground is a personal foul.
11. No illegal securing of flag or flags.

I. OFFICIATING:

1. Unsafe acts should not be permitted but game should not be made so technical that young children cannot reasonably play it.
2. Some movement by offensive players before snap may be expected without infraction being called on every play, if other team is not brought offside.
3. Wide discretion and latitude is given referees in making these calls.
4. Referees should call conduct bordering on infraction of rules to the attention of the Coach and player so that corrective action may be taken.
5. Contact penalties will be called on first (1st) offense (no warning will be given).
 - a. Player will be informed as to the circumstance of penalty and how to correct it by the official that called the penalty at the time of the offense.
6. At least one (1) referee will be provided for each game.
7. A referee shall inform a coach of the rule he is applying, upon request by a coach.

J. PLAYER EQUIPMENT:

1. Each player on the field will wear two (2) flags at the waist, one (1) on each side.
2. Any player with less than two (2) flags in the proper position at the snap shall be ruled de-flagged immediately at the point where he/she has possession of the football.
3. Each player on the field will be required to wear a mouthpiece.

K. FUMBLES:

1. All fumbles and passes are dead when ball touches ground.
2. The football is also dead and the football carrier may not continue to run when any part of the football or the carrier's body touches the ground, other than his/her feet.

L. COACHING:

1. Three (3) coaches shall remain on the field with each team during play.
2. Coaches shall not interfere with play.

M. POINTS: No score shall be kept.

N. OFFENSIVE LANGUAGE:

1. No offensive language or unsportsmanlike conduct is permitted.
2. Head Coaches are fully responsible for their team, Assistant Coaches' and their spectator's conduct.

O. PLAYER PARTICIPATION:

1. Each player must play a minimum of one (1) quarter of offense and one (1) quarter of defense, and must carry the ball at least once per game but no more than three (3) times per game.
2. The Head Coach is responsible for each player's participation. The game official shall keep record of the number of ball carries by each player.
 - a. Before the game, Head Coaches must present to the designated Board Representative assigned to that field, a list of players' names that will not play, and the reason prior to the start of the game.
 - b. The Head Coach shall state, in writing, the reason that a player did not play the required number of plays.
 - c. These rules apply for all games.
3. Any Coach judged by the Executive Board not to be in compliance with the rules of player participation, shall be dismissed for one (1) season and subject to re-screening.

P. SEASON:

1. Length of season for Junior Flag League shall be determined by the Board of Directors prior to the start of the season. No championship will be determined, nor will play-offs be allowed in this League.

ARTICLE III – SENIOR FLAG FOOTBALL

SECTION 1. MEETINGS, PRACTICES, and TEAM SIZES

- A. All meetings of members for Senior Flag League shall be held at a time and place designated by the Commissioner of Flag Football.

- B. Practices for Senior Flag League shall be limited to one and one-half (1 1/2) hours, two (2) times per week for the first three (3) weeks; thereafter practices shall be limited to one (1) hour, two (2) times per week, but not on Wednesday, Saturday, or Sunday, except as authorized by the Board of Directors.
- C. At the time of the draw, all teams shall have a suggested thirteen (13) or fewer players. Nine (9) players from each team may participate in all plays during the game. If at the time of the draw all teams have fourteen (14) or more players, eleven (11) players from each team may participate in all plays during the game.
 - 1. If a team is able to field less than seven (7) players when the on-field participation consists of (9) players, it must forfeit the game. If a team is able to field less than nine (9) players when the on-field participation consists of eleven (11) players, it must forfeit the game.

SECTION 2. LEAGUE RULES

- A. RULES: Games will be played under UIL rules, with the exception of "no pass - no play", unless otherwise noted in these Rules and Regulations.
- B. FIELD: 53 1/3 X 60 yards with no side zones.
 - 1. Ball put in play on each down in center of field.
- C. FIRST DOWN YARDAGE: Ten (10) yards in four (4) downs.
- D. PLAYING PERIODS:
 - 1. Two (2) eight (8) minute periods in each half.
 - 2. Goals change at the end of each quarter.
 - 3. Half-time shall be eight (8) minutes.
 - 4. One (1) minute time-out between periods.
- E. TIME-OUTS: Each team is allowed three (3) one (1) minute time-outs per half.
 - 1. Only a Coach may call time-out.
- F. DOWNING BALL:
 - 1. A player with the ball is downed when one (1) of the player's flags is removed or comes off, regardless of whether flag is pulled off by an opposing player, his own teammate, or just falls off.
 - 2. The ball also becomes dead whenever it comes into possession of a player without two (2) flags.

G. FORWARD PASS:

1. All players are eligible to receive a forward pass.
2. Pass interference shall be called if the Intended Receiver's flag is pulled prior to catching the pass.

H. KICKING:

1. Offensive team may take 20 yards in lieu of a punt or may take a "free kick" (punt), which will be downed where touched. If the punt falls within the ten (10) yard line or in the end zone, the ball will be brought out to the ten (10) yard line.

I. POSITIONS:

1. The maximum amount of players for teams in each League will be determined after the close of registration.
2. There shall be a maximum of four (4) defensive linemen on the line of scrimmage and a maximum of five (5) offensive linemen when each team consists of nine (9) players on the field. There shall be a maximum of six (6) defensive linemen and a maximum of seven (7) offensive linemen when each team consists of eleven (11) players on the field. All other defensive players shall be at least two (2) yards back off the line of scrimmage.
3. Only screen blocking may be used by offensive blockers. Offensive lineman may not initiate contact, (they cannot "fire out" or intentionally run into a defensive player), however they may move laterally to screen block an onrushing defensive player.
4. All blocking must be done in an upright position.
5. Offensive line gaps shall be no wider than one (1) yard.

J. PENALTIES:

1. Players may not hold or grasp opponent or use arms to encircle opponent.
10 YARDS
2. Penalty for holding, grasping, or tackling an opponent.
10 YARDS
3. Offensive lineman may not initiate contact, (they cannot "fire out" or intentionally run into a defensive player).
10 YARDS
4. Ball carrier may not deliberately drive or run into a defensive player or use stiff-arm to ward off defense.
10 YARDS

5. Ball carrier may not intentionally protect flag.
10 YARDS from spot of foul
 - a. Players must wear shirts tucked into pants.
6. Tackling, clipping, tripping, holding, hitting with hand or arm, roughing an opponent and non-sportsmanlike conduct.
10 YARD
7. Any back taking a direct snap may not advance the ball between the two (2) guards and may not hand off directly to the center.
10 yards
8. Off-sides, illegal procedure, false snap, delay of game, illegal forward pass, etc.
5 YARDS
9. No defensive lineman may play directly in front of the Center. He/she must play nose on or outside of the offensive guards.
5 YARDS
10. Intentional pushing, tripping, or knocking ball carrier to the ground is a personal foul.
10 YARDS
11. A team shall not exceed forty-five (45) seconds in the operation of running a play, after the ball is spotted.
5 YARDS
12. Illegal securing of flag or flags will result in a ten (10) yard penalty from the line of scrimmage of last snap of offense, and, if defense, from point of foul.
5 YARDS

K. OFFICIATING:

1. Unsafe acts should not be permitted but game should not be made so technical that young children cannot reasonably play it.
2. Some movement by offensive players before snap may be expected without infraction being called on every play, if other team is not brought offside.
3. Wide discretion and latitude is given referees in making these calls.
4. Referees should call conduct bordering on infraction of rules to the attention of the Coach and player so that corrective action may be taken.
5. Contact penalties will be called on first (1st) offense. (No warning will be given.)

- a. A player will be informed as to the circumstance of penalty and how to correct it by the official that called the penalty at the time of the offense.
- 6. At least three (3) referees will be provided for each game, one of which will be responsible for keeping time.
- 7. A referee shall inform a Coach of the rule he is applying upon request by a Coach.

L. PLAYER EQUIPMENT:

- 1. Each player on the field will wear two (2) flags at the waist, one (1) on each side.
- 2. Each player on the field shall be required to wear a mouthpiece.

M. FUMBLES:

- 1. All fumbles and passes are dead when ball touches ground.
- 2. The football is also dead and the football carrier may not continue to run when any part of the football or the carrier's body touches the ground, other than his/her feet.

N. COACHING:

- 1. One (1) Coach may remain on the field with each team during play.
- 2. Coaches on the field must be at least ten (10) yards behind the line of scrimmage at the snap of the ball.

O. POINTS:

Touchdown	6 points
Safety	2 points
Point after touchdown by pass	2 points
Point after touchdown by run	1 point

NO FIELD GOALS

P. OFFENSIVE LANGUAGE:

- 1. No offensive language or unsportsmanlike conduct is permitted.
- 2. Head Coaches are fully responsible for their team's, Assistant Coaches' and spectators' conduct.

Q. SIDELINE CONDUCT: Players and Coaches not on the field should remain between the ten (10) yard lines.

R. PLAYER PARTICIPATION:

1. Each player must play a minimum of sixteen (16) plays in each game.
2. The Head Coach is to be responsible for each player's participation, and will designate an adult representative (18 years or older), other than any member of the team's Coaching Staff, to keep a record of the degree of participation.
 - a. Before the game, Head Coaches must present to the designated Board Representative assigned to that field, a list of players' names that will not play and the reason.
3. Any Coach judged by the Executive Board not to be in compliance with the rules of player participation, shall be dismissed for one (1) season and subject to re-screening.
 - a. The Head Coach is to state the reason that a player is not playing sixteen (16) plays in each game.
 - b. A team is subject to forfeiture of game, if player participation rules are not followed.
 - c. These rules will apply for all games.

S. EXTRA POINTS: All extra point attempts will be played, even if the official time has expired.

T. TIMEKEEPER:

1. The timekeeper will keep official game time according to current rules, plus will call time-out and give two (2) minute warning to both benches at the end of each half.
2. UIL rules will control stop and starting of the time clock.

U. "QUICK" WHISTLE RULES: If a "quick" whistle occurs, the offense has the option of running the play over or taking the ball where the ball was whistled dead.

ARTICLE IV - CHEERLEADING

SECTION 1. GENERAL CHEERLEADING GUIDELINES

- A. All cheerleading teams shall participate in every regularly scheduled game, play-off game, championship game, and/or The Main Event, unless prior authorization to the contrary is granted by the MCPWFCA Executive Board.
 1. Head Coaches shall request to the League Commissioner or Vice-President of Cheerleading, in writing, the reason(s) for non-participation.

- B. All cheerleaders shall be given proper instruction before attempting any cheerleading skills, jumps, partner stunts, pyramids, or tumbling.
- C. Training of proper spotting techniques shall be taught to all squad members before attempting any skill or stunt. Spotters shall be used at all times when attempting any skill or stunt.
- D. Coaches must recognize the entire squad's particular ability level, and limit the squad's activities accordingly.
- E. Rules and Regulations governing stunts/skills, shall be based on a nationally recognized organization governing cheerleading guidelines and revised to suit the general abilities of MCPWFCA participants, with safety and technique being of utmost importance.
- F. No individual squad may utilize paid professional personnel for any reason.
- G. Cheers, chants, routines, etc., must be appropriate for family viewing, without any vulgar or suggestive words, movements or music.
- H. Taunting, unsportsmanlike cheers/chants shall not be tolerated, and shall result in participating Coaches being brought before the Disciplinary Committee. Probation up to dismissal may be the result.

SECTION 2. CHEERLEADING PRACTICE AND PARTICIPATION

- A. All cheerleading teams will practice at assigned fields. If their football team is not present, they shall hold practice in view of another MCPWFCA football team or cheerleading squad. Early practice for cheerleading may be approved by the MCPWFCA Board of Directors.
 - 1. No team may practice in a gym, mirrored room, in the place where competition is to be held, or at any residence or home.
- B. All practices shall be during daylight hours and limited to the following:
 - 1. Flag League - will be limited to one and a half (1 1/2) hours per day maximum, two (2) times per week for the first two (2) weeks; thereafter practices shall be limited to one (1) hour, two (2) times per week.
 - 2. Junior and Senior Leagues - will be limited to two (2) hours per day maximum, four (4) times a week, for the first three (3) weeks; thereafter practices shall be limited to one and a half (1 1/2) hours per day, four (4) times per week.
 - 3. No practices shall be held on Wednesday, Saturday or Sunday, except as authorized by the Board of Directors.
 - 4. During play-offs, cheerleading squads shall practice at the same time and same location as their football team.

- C. On the last day of practice for the week, cheerleading teams shall perform a pep rally for their team.
- D. Apparel and accessories, including jewelry, for all participants and all coaches should be conducive to safe practices and performances.
 - 1. Jewelry of any kind, including earrings, nose, tongue and belly button rings, bracelets, necklaces, rings, etc. shall not be worn at practices, games, The Main Event, or any Association event. Medical alert bracelets may be worn but shall be removed from the wrist area and be secured to the body with clear tape.
 - 2. Appropriate practice attire for cheerleaders shall be worn.
 - 3. Athletic shoes shall be worn to all games, practice sessions, The Main Event, or any Association event. Flip-flops and/or open-toed shoes are prohibited.
 - 4. Hair shall be pulled back away from face at all games, practice sessions, The Main Event, or any Association event. No metal, plastic or hard material of any kind shall be worn in hair when performing stunts at shoulder level or above.
- E. Warm-up and stretching shall precede all practice sessions, pep rallies, games, performances, and any other physical activities.

SECTION 3. TUMBLING, JUMPS, STUNTS, PYRAMIDS, TOSSES AND DISMOUNTS

A. Flag League and Mascots:

1. General:

- a. Safety shall be the first priority for MCPWFCA participants. All routines, stunts and pyramids shall be periodically monitored by one or more of three (3) MCPWFCA Board Members; the President, Vice-President of Cheerleading, League Commissioner or an alternate Board Member appointed by the President, if necessary. Any of the above listed Board Members shall have the authority to stop any unsafe practices on a permanent basis.
- b. Violation of rules shall be communicated to the Head Cheerleading Coach or a Registered Assistant Coach. Immediate corrective action shall be required.
- c. Any unsafe acts will result in disciplinary action, up to dismissal.
- d. Cheerleaders shall not perform jumps, tumbling, stunts/skills on:
 - Concrete, asphalt, or any other hard uncovered surfaces
 - Wet surfaces
 - Uneven surfaces
 - Obstructed surfaces
 - Sidelines at football games
- e. Mascots are only allowed to do Flag League stunts.

2. Tumbling:

- a. All tumbling stunts must originate from the cheering surface.

3. Jumps:

- a. All jumps must land on feet.

4. Stunts/Pyramids – General:

- a. Stunts and pyramids for Flag League shall have, at least, one foot remain at bases' waist level or below, unless otherwise approved by the MCPWFCA Executive Board.
- b. No stunt shall support another stunt.

5. Stunts/Pyramids – Bases/Spotters/Flyers:

- a. Stunts and pyramids shall have spotters at all times.
- b. Thigh stands and pyramids that are waist high or above shall have a back spotter.
- c. All bases must be standing on both feet, unless on all fours (hands and knees all touching ground).

6. Stunts/Pyramids – Dismounts:

- a. Only straight-drop dismounts shall be allowed.
- b. No props shall be allowed during a dismount.

B. Junior League:

1. General:

- a. Safety shall be the first priority for MCPWFCA participants. All routines, stunts and pyramids shall be periodically monitored by one or more of three (3) MCPWFCA Board Members; the President, Vice-President of Cheerleading, League Commissioner or an alternate Board Member appointed by the President, if necessary. Any of the above listed Board Members shall have the authority to stop any unsafe practices on a permanent basis.
- b. Violation of rules shall be communicated to the Head Cheerleading Coach or a Registered Assistant Coach. Immediate corrective action shall be required.
- c. Any unsafe acts will result in disciplinary action, up to dismissal.

2. Tumbling:
 - a. All tumbling stunts must originate from the cheering surface.
3. Jumps:
 - a. All jumps must land on feet.
4. Stunts/Pyramids - General:
 - a. Stunts and pyramids for Junior League shall have, at least, one foot remain at shoulder level or below, unless otherwise approved by the MCPWFCA Executive Board.
 1. Rotating stunts shall be allowed at shoulder level only.
 2. One-legged stunts shall be allowed at shoulder level only.
 3. No stunt shall support another stunt.
5. Stunts/Pyramids - Bases/Spotters/Flyers:
 - a. Bases are considered "hands-on" members of the squad.
 - b. Shoulder level stunts shall require two (2) side bases, a back base, and a front base.
 - c. A rotating stunt shall require two (2) side bases, a back base, and a front base.
 - d. Any flyer must receive primary support from a base(s) who is in direct, weight-bearing contact with the performing surface.
 - e. A spotter must be in the proper position to prevent injuries, and does not have to be in direct contact with the stunt.
 - f. A spotter's torso cannot be under a stunt.
 - g. A person is not considered a spotter if the hand position includes grabbing the sole of the foot of the flyer or grabbing the hand(s) of the base(s) beneath the top person's foot.
6. Stunts/Pyramids - Dismounts:
 - a. Only straight-drop and pop-cradle dismounts shall be allowed. Dismounts shall require two (2) side bases and one (1) back base.
 - b. Stunts shall not dismount to a new set of bases.
 - c. No props shall be allowed during a dismount.

C. Senior League:

1. General:

- a. Safety shall be the first priority for MCPWFCA participants. All routines, stunts and pyramids shall be periodically monitored by three (3) MCPWFCA Board Members; the President, Vice-President of Cheerleading, League Commissioner or an alternate Board Member appointed by the President, if necessary. Any of the above listed Board Members shall have the authority to stop any unsafe practices on a permanent basis.
- b. Violation of rules shall be communicated to the Head Cheerleading Coach or a Registered Assistant Coach. Immediate corrective action shall be required.
- c. Any unsafe acts will result in disciplinary action, up to dismissal.

2. Tumbling:

- a. All tumbling stunts must originate from the cheering surface.

3. Jumps:

- a. All jumps must land on feet.

4. Stunts/Pyramids - General:

- a. Stunts and pyramids above shoulder level are allowed in Senior League only.
 1. Half Teeter-totters (pendulums), at shoulder level only, shall be allowed.
 2. Extended one-legged stunts shall be allowed.
 3. Rotating stunts shall be allowed at shoulder level only.
 4. Shoulder sits shall be allowed.
 5. No stunt shall support another stunt.

5. Stunts/Pyramids - Bases/Spotters/Flyers:

- a. Bases are considered "hands-on" members of the squad.
- b. Above shoulder level and/or rotating stunts shall require two (2) side bases, a back base, and a front base. Bases must be considered a member of the squad.
- c. Shoulder level stunts, except where otherwise noted, shall require two (2) side bases and a back base.

- d. One-legged stunts shall require two (2) side bases, a back base, and a front base.
 - e. Half Teeter-totters (pendulums) require the following:
 - i. There must be at least four (4) stationary catchers.
 - ii. There must be a spotter on the opposite side of the base from the four (4) stationary catchers.
 - f. Shoulder stands shall require two (2) bases on the bottom and one (1) back spotter.
 - g. Any flyer must receive primary support from a base(s) who is in direct, weight-bearing contact with the performing surface.
 - h. Stunts and pyramids shall have spotters at all times.
 - i. A spotter must be in the proper position to prevent injuries, and does not have to be in direct contact with the stunt.
 - j. A spotter's torso cannot be under a stunt.
 - k. A person is not considered a spotter if the hand position includes grabbing the sole of the foot of the flyer or grabbing the hand(s) of the base(s) beneath the top person's foot.
6. Stunts/Pyramids - Dismounts:
- a. Straight-drop and pop-cradle dismounts shall be the only dismounts allowed. Dismounts shall require two (2) side bases and one (1) back base.
 - b. Dismounts shall be at shoulder level or below.
 - c. Stunts shall not dismount to a new set of bases.
 - d. No props shall be allowed during a dismount.

SECTION 4. PROHIBITED

A. General:

- 1. Use of mini-tramps, springboards, or any apparatus used to propel a participant is prohibited.
- 2. Knee-drops, thigh-drops, front-drops, back-drops, split-drops and seat-drops are prohibited.

B. Tumbling:

1. Tumbling skills that involve aerial flipping rotations or twisting rotations are prohibited, unless written parental/guardianship consent is given to and approved by the MCPWFCA Executive Board.
2. Tumbling over, under, or through a stunt, individual, or prop is prohibited.
3. Tumbling with a prop is prohibited. Example: Back handsprings with poms are illegal.
4. Double cartwheels are prohibited.
5. Dive rolls are prohibited.

C. Jumps:

1. Jumps landing directly into the splits are prohibited.

D. Stunts/Pyramids:

1. Flyers shall not be tossed into a stunt.
2. Toe/leg pitches are prohibited.
3. Free-falling flips in any form are prohibited.
4. Suspended split stunts are prohibited.
5. Back-bends which support any additional weight are prohibited.
6. Single-based shoulder stands are prohibited.
7. Split-catches are prohibited.
8. Tick-tocks are prohibited.
9. Flyers are not allowed to hold or pass through an inverted position during a stunt, toss, or dismount. This includes needle stunts, teeter-totters, supported handstand stunts, and roll-ups into stunts.
10. No stunt, pyramid, individual, or prop may move through, over, or under another stunt or pyramid. Example: A stunt/person cannot move under a prep-extension.
11. Helicopter tosses are prohibited.
12. Aerial stunts are prohibited.
13. No stunt, pyramid, individual or prop may move through or under a pop cradle.

14. Twist cradle dismounts are prohibited.
15. Suspended roll dismounts are prohibited.
16. Twists are prohibited when dismounting.
17. Tension drops/rolls are prohibited.
18. Sweeps are prohibited.
19. Dismounts landing in a layout or prone position are prohibited.
20. Hanging pyramids are prohibited.
21. Extended diamond-head pyramids are prohibited.

SECTION 5. GENERAL GUIDELINES FOR MAIN EVENT

- A. All Bylaws and Rules and Regulations of MCPWFCA shall be in effect.
- B. A panel of judges will score performances for Coach's benefit only. No placement (1st, 2nd, 3rd, etc.) shall be given. Awards will be presented in categories determined by the MCPWFCA Board of Directors.
 1. Listed below are the qualifications for judges:
 - a. Must be eighteen (18) years of age or older.
 - b. Must be from outside MCPWFCA.
 2. All judges must be approved by the MCPWFCA Board of Directors.
- C. Order of performance shall be determined by draw at the Cheerleading Coaches' Meeting held prior to The Main Event. Each team shall be represented by a Head Coach, a Registered Assistant Coach or a MCPWFCA Board Member.
- D. Routines should be at least two (2) minutes in length, but shall not be longer than three (3) minutes.
- E. Routines must include at least one (1) crowd involvement cheer, one (1) jump, and one (1) stunt, unless otherwise approved by the League Commissioner and the Vice-President of Cheerleading, and may also include chants, dances, and/or skits.
 1. Music/dance is permitted, as long as it does not exceed one and one-half (1 1/2) minutes of the entire routine, unless otherwise approved by the League Commissioner and the Vice-President of Cheerleading.
 2. Music must have printed lyrics provided and shall be screened and approved by a date designated by the League Commissioner and the Vice-President of Cheerleading.

3. Props may be used, and must be approved by the MCPWFCA Executive Board.
 4. No teams may perform together, except as provided for in the MCPWFCA Bylaws, unless approved by the MCPWFCA Executive Board.
- F. Face paint is allowed.
- G. Participants shall not throw anything into the audience before, during, or after their performance.
- H. Team banners are optional, however, if your team provides a banner, it must be hung on the wall as opposed to being held up by audience members.
- I. Flowers or other gifts are optional, however, if your participants are to receive them, they must be presented in a pre-arranged area outside the building/stadium after the conclusion of all performances.
- J. Mascots shall perform at the Main Event in a separate performance.
1. Mascots shall be in a designated area off of the mat during their squad's routine, but shall not perform with Junior and Senior Leagues.
 2. Parent shall accompany mascot during his/her squad's routine.
- K. Participants must be dressed in Association issued uniforms.
- L. Team names will be called twice: once as "the team on deck" and once as "the next squad to perform."
- M. All squads will perform on a floor area designated by the MCPWFCA Executive Board. Therefore, routines must be choreographed to fit this area.
1. Judges will score what occurs within the boundaries of the area.
 2. Mat practice will be arranged for prior to The Main Event.
 - a. In the event that a routine, cheer, or movement, is considered distasteful, jeopardizes safety, or is in violation of any rules or guidelines, by a consensus of the three (3) League Commissioners, VP of Cheerleading, and/or Board Advisor, that Coach will be advised of the infraction, and must have the infraction corrected before The Main Event.
 - b. Failure to comply, or willful and deliberate refusal to comply, will result in disciplinary action by the Executive Board, and the Coach may be removed from his/her team.
- N. Timing will begin with the first organized word or movement by the team after they are officially announced.

- O. Timing will end with the last organized word or movement by the team.
- P. Teams must exit the performance area immediately following the routine.
- Q. Teams must follow and adhere to the general safety guidelines. Routines must show good sportsmanship and contain no vulgar and/or distasteful movements.
- R. Penalties and point deductions shall be based on a combination of scoring determined by the MCPWFCA Board of Directors.
 - 1. Two (2) points will be deducted for each time a team member steps or reaches over the boundary lines.
 - 2. Five (5) points will be deducted if a squad's music portion exceeds the 90-second (one minute and a half) time limit, unless prior approval is received from the League Commissioner and the Vice-President of Cheerleading.
 - 3. Ten (10) points will be deducted if a squad's routine goes from one (1) to ten (10) seconds over/under time limits.
 - 4. Five (5) additional points will be deducted if a squad's routine goes eleven (11) seconds over/under time limits.
 - 5. One hundred (100) points shall be deducted for each safety infraction.
 - 6. One hundred (100) points shall be deducted for music, a routine, cheer, or movement that is considered suggestive, distasteful or vulgar.
 - 7. One hundred (100) points shall be deducted for unsportsmanlike behavior during mat practice, before, during and/or after Main Event.
- S. Penalties will be assessed at the sole discretion of the judges and MCPWFCA Executive Board Members and all decisions are final.
 - 1. Any deviations from the routine presented at Mat Practice in relation to Letter R.5, R.6 and/or R.7 above, shall result in disciplinary action by the MCPWFCA Executive Board, and the Coach(es) may be removed from his/her team.
- T. In the event of any questions or concerns from the judges, the Vice-President of Cheerleading, Cheerleading Board Advisor, and/or a Member of the Executive Board may be consulted.

SECTION 6. CHEERLEADING TEAM OF THE YEAR

- A. Points shall be compiled and calculated by the MCPWFCA Vice-President of Cheerleading. The MCPWFCA President shall be responsible for the final review and confirmation of results.

B. Categories for earning points:

1. Pep Rallies – 25 Points Available per Rally

- Confirmation of Pep Rally Performance
- Appropriate Cheers and/or Performances
- Spirit Level at All Time High!
- List of Cheers Performed
- Report of How Football Player/Coaches Were Involved.

The card will list Team Name, printed name of Football Coach and Cheerleading Coach along with their signatures, and will be dated.

2. MCPWFCA Association Game Card – 25 Points Available per Game

- 5 points Half-time Participation
- 5 points Game Participation (includes post-game participation)
- 5 points Arrival Timely Prior to Game
- 5 points Spirit of Team
- 5 points Sportsmanship/Attitude of Team

The MCPWFCA Association Game Cards shall be completed by MCPWFCA Board Members. The cards will list Team Name, Date, Head Cheerleading Coach's Name and the authorized reviewer's printed name and signature.

3. Cheerleading Coach Survey of Opposing Team – 25 Points Available per Game

- 5 points Spirit
- 5 points Sportsmanship/Attitude of Coach
- 5 points Appropriate Cheers
- 5 points Cheerleading Squad Sportsmanship/Attitude
- 5 points Team Parents Sportsmanship/Attitude

The card will list Team being rated, Rating Coach's Printed Name, Signature and Team Name, and will be dated.

4. Miscellaneous Points

- 10 point REDUCTION Failure to submit "Completed" Pep Rally Card by the end of said game day at place designated by the MCPWFCA Board of Directors. Reduction will be on a "per Game" basis.
- 10 point REDUCTION Failure to submit "Completed" Survey Card by the end of said game day at place designated by the MCPWFCA Board of Directors. Reduction will be on a "per Game" basis.

- 10 point ADDITION Automatically assigned to opposing team if survey card is not submitted by end of said game day at place designated by the MCPWFCA Board of Directors.
- 25 point REDUCTION Failure of Cheerleading Squad representatives to work concession stand duty at time designated by MCPWFCA.
- 100 point REDUCTION Safety infraction at Main Event and/or Game and/or Practice and/or all other Association Events.
- 100 point REDUCTION Inappropriate moves at Main Event and/or Game and/or Practice and/or all other Association Events.
- 100 point REDUCTION Unsportsmanlike behavior at Main Event and/or Game and/or Practice and/or all other Association Events.
- 100 point REDUCTION Inappropriate and/or rude, inconsiderate behavior by parents, spectators of team, cheerleaders/mascots, and/or coaches at any MCPWFCA event.

SECTION 7. CHEERLEADING MASCOTS

- A. Mascots must register within the same registration period set forth for all cheerleading participants.
 - 1. All mascots must register.
 - 2. Mascots must purchase a team uniform.
 - 3. Head Cheerleading Coaches may not refuse to coach a mascot.
- B. Mascots must appear in team pictures and receive the same participation award as the cheerleaders.
- C. A mascot's parent or guardian must remain with the mascot for the duration of any practice session, game, or any other Association activity that the mascot participates in.

SECTION 8. GLOSSARY

- A. A glossary shall be provided, as approved by the MCPWFCA Board of Directors, to all Head Cheerleading Coaches on an annual basis.