



CYFA - FOOTBALL & CHEERLEADING COACHES' RULES AND REGULATIONS

1. Coaches must be initially screened by a CYFA committee and voted on and approved by the CYFA Board of Directors annually before being allowed to coach.
2. All Coaches must be USA Football (or approved equivalent) certified and will be required to participate in the coaches clinics, viewing of films presented by CYFA and Health and Safety seminars (or such training deemed necessary by CYFA). A copy of the certification must be provided to CYFA.
3. Only USA Football certified coaches, eligible players and cheerleaders, and the officiating crew will be allowed on the sidelines.
4. Coaches must attend a minimum of 3/4ths of the weekly practices. Attendance at games is mandatory.
5. Coaches are responsible for all team uniforms and equipment issued by CYFA. Coaches will be required to follow all rules for the issuing of this equipment and will be required to return to CYFA, the same issued to him, within five days after the final game of the season/tournament.
6. A coach will not transport any player or cheerleader to or from practices or games.
7. The CYFA President, Vice President or Director is empowered with the authority to limit, restrict or make changes as deemed necessary at all practices. Practices shall be limited to no more than (4) times per week and no more than (2) hours per practice. Coaches are required to follow affiliated conference's age specific guidelines. 1st and 2nd grades are allowed only (3) practices per week, with a maximum of 1 ½ hours long. Coaches must have a written daily practice agenda in their possession at all practices, with copies available to parents.
8. A coach holding practices on Wednesday evenings will not be allowed to discipline a player for non-attendance due to his or her religious commitments.
9. Stretching exercises shall be completed before practice begins. Exercises like bridges or neck rolls are prohibited by CYFA.
10. Coaches will rationally discuss with a parent/guardian any problem or situation which may arise. A coach is expected to resolve any grievance. If a solution is not reached, the coach is expected to direct the grievance to the Director of that activity.
11. Coaches will not be permitted to use profanity, abusive language, alcohol or tobacco of any kind; nor shall they display any conduct that may be deemed offensive. This rule will apply during all CYFA practices, games or events.
12. Coaches have the authority to discipline a player or cheerleader during practice for reasons felt necessary by the coach in the following manner:
 - A participant may be directed to sit on the sideline
 - A participant may be ejected from a practice or game
 - If a participant is instructed to sit on the sideline during practice and not called back, this may be deemed an absence
 - Two absences during one week may result in the participant being deemed ineligible for that week's game
13. Coaches will be responsible for any and all monies or merchandise turned into them by players or cheerleaders during the CYFA fundraiser.
14. A coach is expected to adhere to all rules and regulations as set forth by the CYFA and the conference with which CYFA is affiliated.
15. Each CYFA team will use a CYFA designated photographer for team pictures.
16. Violation of these rules by a coach of CYFA will result in one or more of the following:
 - Warning
 - Probation
 - Suspension (limited or lifetime)
 - Fine
 - Forfeiture of practices or games
 - USA Football certification removal
17. If interested in post season play outside of CYFA, the head coach must notify CYFA to understand the base guidelines on participating outside of conference affiliation. Guidelines will consist of requirements for insurance, accounting of money, fundraising, equipment and potential conflict for the following year.