



2011 Rules of Play

ARTICLE I-Eligibility

Section 1-Age

- A. A player should be in the second (2nd) through sixth (6th) grade and seven (7) years old and not thirteen (13) years of age prior to June 1st of that year to be eligible to play tackle football.
B. A player in the 5th or 6th grade, or who is eleven (11) years of age prior to June 1st may not participate in the Major Division.
C. Divisions will be defined by the player's grade:

Table with 2 columns: Division, Grades Eligible. Rows include Flag (K-1st), Rookie (2nd), Minor 3 (3rd), Minor 4 (4th), and Majors (5th-6th).

- D. First (1st) grade players may be moved to the Rookies if approved by the, Head of Player Personnel, Vice President and President, in addition the player must weigh a minimum of fifty(50) pounds without equipment; no exceptions. Second (2nd) grade players may be moved into the Minor 3 Division upon recommendation and approval by the Head of Player Personnel, Vice President, and President. Third (3rd) grade players may be moved into the Minor 4 Division with recommendation and approval by the, Head of Player Personnel Vice President and President. Fourth (4th) grade players may be moved into the Major Division with the recommendation and approval by the Head of Player Personnel, Vice President and President.
E. Every player must have an approved physical form from a licensed medical doctor on file with the Bantam League prior to participation in the football program.

Section 2-Weight

- A. The eligibility of any player weighing less than forty-five (45) pounds without uniform must be ruled on by the Director of Player Personnel and President.
B. Any participant weighing over 170 pounds is eligible to play on offense and defense only between and including the tackle positions. These players will be identified with 2 red stripes in the front and back of their helmets.
C. Any Minor 3 Division aged player weighing one hundred thirty-five (135) pounds will be placed in the Minor 4 Division. Any Minor 4 Division aged player weighing one hundred forty five (145) pounds without uniform will be placed in the Major Division and made eligible for that draft. Any Rookie Division aged player weighing one hundred twenty (120) pounds without uniform will be placed in the Minor 3 Division and made eligible for that draft. Exceptions can be made by the Director of Player Personnel and the President; however, a red stripe or double red stripe may be required.



Section 3-Practices

- A. Any player shall have a minimum of three (3) contact practices with their team at the beginning of the season before participation in a game. Pre-game warm-up or practice with another team does not constitute a practice. (Exceptions by the Director of Player Personnel and the President.
- B. Any player who has missed more than six (6) consecutive activities(i.e., practices or games) for any reason must have a minimum of two (2) contact practices before participating in a game. Pre-game warm-up does not constitute a practice.
- C. It is mandatory that all head coaches provide a minimum of fifteen (15) minutes of calisthenics prior to all contact practices, games or tryouts. The Director of Player of Personnel or Director of Coaches will provide recommended types of calisthenics. This is to include calisthenics for later arrivals.
- D. All practices will be held at the CGBFL fields.
- E. Practices will be terminated immediately upon directive of the Officer of the Day. Practices will not continue after dusk or with threatening weather.
- F. Practices terminated due to weather that has not lasted longer than 30 minutes (as determined by the Officer of the Day) will not be counted as an activity.
- G. There will be a two (2) hour time limit for practice.
- H. Teams may not practice until one (1) hour prior to their game.
- I. No team can conduct a scrimmage with another team until they have completed four (4) practices and only scrimmage one (1) time during the week.

Section 4-Activities/Participation

- A. Prior to the start of the fall term of school, four (4) CGBFL activities will be allowed each week. After the start of the fall term of school, any combination in excess of three (3) practices and/or games per week will not be permitted.
 - i. No practice will be permitted on Friday or Sunday. A committee of the President, the Director of Player Personnel and Directors of Coaches can make exception to this rule.
 - ii. Additional outside activities,(i.e., skill sessions, team meetings, etc.) must be approved by the Director of Coaches and unless approved, will be grounds for disciplinary action.
 - iii. Parties are allowed as long as attendance is not required.
- B. For each game, each player on the team roster must be assigned to either an offensive or defensive unit and remain on that unit for the entire game.
 - i. The assigned units must enter the game intact at each change in possession of the ball. The assigned units shall remain in the game until a change in possession of the ball occurs.
 - ii. No free substitution to each player's assigned unit with the following exception. In the case of a player who is assigned to both offensive and defensive units, that



- player may be substituted with a player who is only assigned to one unit so long as this said player remains on his starting unit for the rest of the game.
- iii. The penalty for improper substitution will be unsportsmanlike conduct.
- C. The head coach of each team shall have the right to remove a player from game participation for disciplinary reasons (failure to attend practices, games, etc) and may do so by submitting player's name and reason for disciplinary action 24 hours in advance, to the opposing coach and to the Director of Player Personnel or to the Officer of the Day prior to game time. Concurrence by the Director of Player Personnel or the Officer of the Day is required before disciplinary action will be taken.
- D. Any player whose actions may be hazardous to the safety of him or others may be ruled on by the Board of Directors to determine whether or not he may continue participating.
- F. A player shall participate in only one (1) regularly scheduled Center Grove Bantam Football League activity per day.

Section 5-Junior Trojans

- A. To be eligible to be drafted by an intramural team, a player should attend tryouts. The Board of Directors will handle exceptions. The IEFA travel team will be selected from the league-registered players by the board approved travel team coaching staff during tryouts prior to the intramural team's draft. No more than twenty-six (26) players will be selected without Board Approval.

Section 6-Walk Ons

- A. Walk-ons (players who do not participate in evaluations or the draft) will be assigned to a team via a lottery and conducted by the Director of Player Personnel.
 - i. Participating teams for those players will be those teams whose total number of players is less than the other teams in their division.
 - ii. Walk-ons making weight will be eligible to carry the ball.
 - iii. Walk-ons must be added before the second game of the season, after the game only with Board approval.
 - iv. The team with the fewest players will receive 1st priority when walk-on players are being assigned.
 - v. A player that is deemed by the Head of Player Personnel as an impact player will be assigned to a team by the, Head of Player Personnel and the Vice President only.

ARTICLE II-Ball Carrying Weight

Section 1-Weight Limits

- A. Ball carrying weight is defined below:

Division	Weight without Equipment
Rookie	70 lbs.
Minor 3	85 lbs.
Minor 4	95 lbs.
Majors	115 lbs.

- B. Players will be offered one final weigh-in opportunity on the last day of evaluations.



- C. A total of two (2) current independent board members must be present during a weight-in.
- D. Players will get helmet stripes according to the following:

League	Black Stripe	Red Stripe	2 Red Stripes
Rookie	70 lbs	85 lbs	N/A
Minor 3	85 lbs	95 lbs	N/A
Minor 4	95 lbs	115 lbs	N/A
Majors	115 lbs	130 lbs	Over 170 lbs

- i. Players without a stripe can carry the ball.
 - ii. Players with a black stripe can play Tight End (or another offensive line position) and receive the ball (all divisions) and advance it (Major and Minor 4 only), however it must be a forward pass beyond the line of scrimmage.
 - iii. Black strikers may not advance the ball on a kick off or on a special team unit other than a pass on a PAT.
 - iv. Players with a red stripe must play on the offensive line, but not at Tight End.
 - v. Players weighing over the ball carrying weight are not eligible to play in the offensive backfield.
 - vi. Players over ball carrying weight will be allowed to kick, punt, and hold for PAT's and field goals.
 - vii. Red stripes can not play the offensive or defensive end positions.
- E. Defensive players may exceed the ball carrying weight, but in the event possession is gained by a player over ball carrying weight, the ball is to be blown dead immediately (except in the majors and Minor 4). Flagrant violations will be penalized by loss of possession.
- F. For Major Division (5th and 6th grades) and Minor 4, a red striker and black striker may advance the ball on a turnover (i.e., interception or fumble) excluding special teams and kick-offs.
- G. In the Major Division only (5th and 6th grades) in kicking an extra point or field goal, the offensive team may fake the kick and run or throw the ball, but only if the center snaps the ball to the holder or kicker.
- H. All boys exceeding the ball carrying weight at the official weigh-in shall have their helmets marked front with a two-inch wide tape stripe four inches long.
 - i. Tape shall be of a distinctive contrasting color so as to be readily identifiable by the game official and to distinguish them as ineligible ball carriers.
 - ii. The Director of Player Personnel will check each team for compliance prior to the first games.
- I. IHSAA numbering system does not apply to Center Grove Bantam Football League.

ARTICLE III-Game Management

Section 1-Field of Play

- A. All rules not specifically mentioned in this document, will defer to the current IHSAA rules for interpretation by the game officials.
- B. Major, Minor and Rookie Division games will be played on a one hundred (100) yard field.



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- C. Only players and coaches may be on the sidelines and must stay between the two thirty (30) yard lines.
 - i. A maximum of three (3) coaches and one (1) team dad (mom) may be on the designated sideline at any given time of the competition of teams.
 - ii. Any other coaches and or statisticians or others must remain out of the designated sideline area during the competition.
 - iii. Only the Head Coach and the Assistant Coach, approved by the Board of Directors, shall be allowed on the field of play. The Field Referee and/or the Officer of the Day will issue a single warning for violation of this rule. A fifteen (15) yard unsportsmanlike conduct penalty will be assessed to the head coach of the violating team for next and each subsequent infraction.
- D. A neutral zone will be marked along each sideline and end zones. Parent and non-players will not be permitted to enter this neutral zone during play.
- E. One Rookie Division Coach is allowed on the field during the play of the game.
 - i. After the offensive and defensive huddles are broken the Rookie Division Coach on the field may talk to his players for alignment purposes only.
 - ii. Any talking that either gives opposing team strategy or delays the game will result in a five (5) yard delay of game penalty.
- F. When only one (1) official is available for scheduled games, an appointed Board member, or like representative agreed upon by both coaches, will act as the second official.
- G. The rescheduling of all suspended games shall be the responsibility of the Vice President with approval of the Board of Directors. The game shall be restarted according to IHSAA rules.

Section 2-Protests

- H. The head coach of either team may protest any violation of the rules of play. Notification that the game will be played under protest must be:
 - i. Verbally reported to the officials, opposing coach, and Officer of the Day at the time of the infraction
 - ii. Formally presented to the Board of Directors in writing within twenty-four (24) hours after the infraction.
 - iii. The Board of Directors may request a report on said infraction by the game official.
 - iv. A judgment call by an official may not be protested although a controversial call is to be brought to the attention of the Vice President for review with the head official.
 - v. If the protest is upheld, a protested game will be replayed, only if it affects the final standings in the division or tournament.

Section 3-League Champions

- A. At the conclusion of the regular season for the purpose of awards and recognition, the final won/loss records of all teams participating in a division will determine League Champions.
 - i. In the event of a tie between two or more teams, head-to-head competition will be the determining factor alone. If there was no head-to-head competition during the regular season, a tie will then be declared
 - ii. For the purpose of seeding teams for the post-season tournament, teams who are tied will be seeded according to their head to head regular season game. If it cannot



be determined by head to head play, seeding will be decided by a blind draw process.

ARTICLE IV- Intramural Play

- A. All league games will be played in accordance with the Indiana High School Athletic Association rules. In addition to the aforementioned rules, the following rules will be applicable in all games.

Section 1-Timing/Game Schedule

- A. Each game shall consist of four quarters. Each quarter will be eight (8) minutes long with a maximum of eight (8) minutes between halves.
- B. The clock will be stopped for:
- i. Penalty enforcement
 - ii. Out of bounds
 - iii. First downs
 - iv. Incomplete passes
 - v. Injury time outs
 - vi. Timeouts
 - vii. During attempt for point after
- C. There will be a running clock in the second half as long as a team is winning by eighteen (18) points or more.
- D. After the ready for play whistle given by a game official, each team shall have 30 seconds to snap the ball; violation of this will result in delay of the game.
- i. Once offensive and defensive huddles are broken, the coaches on the field – minors only, will give NO FURTHER INSTRUCTIONS. Penalty of five (5) yards for delay of the game each and every infraction will be assessed.
- E. Each team is allowed two (2) time-outs per half, excluding official time-outs for injuries.
- i. A team may carry over one time out to second half.
- F. A game tied at the end of regulation will continue under the overtime format.
- i. At the end of regulation time, a two (2) minute official's time out will be called. During this time out, team captains will meet with the officials for a coin flip to determine which team will have possession.
 - ii. The overtime periods will be in accordance with the IHSAA rules. If after the first overtime period, the score remains tied, a second overtime period will be played.
 - iii. If the score remains tied after the second overtime period, the game will end as a tie.
 - iv. During tournament games, overtime periods will continue until there is a winner.

Section 2-Injuries

- A. Any player injured during a play causing an official's time-out must sit out for at least the next play.
- i. A player continuously injured will upon the decision of the Officer of the Day and an observing Board member is required to immediately discontinue play.
 - ii. If an injury requires medical treatment, a licensed medical doctor's release will be required before the player will be allowed to return to participation.



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- B. "Any athlete who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the contest and shall not return to play until cleared by an appropriate health care professional."
- i. If it is confirmed during the contest by the a designated health care professional that the student did not sustain a concussion, the head coach may so advise the officials during an appropriate stoppage of play and the athlete may reenter competition pursuant to the contest rules.
 - ii. In the event the contest continues and the designated health care professional does NOT clear the athlete for return during said contest the athlete is subject to the return to play protocol as listed below:
 - a) Only an MD or DO may clear the individual to return to competition.
 - b) The clearance must be in writing.
 - c) The clearance may not be on the same date on which the athlete was removed from play.
 - iii. A medical doctor (MD) or doctor of osteopathic medicine (DO) that holds an unlimited license to practice medicine in the state of Indiana, or; a certified athletic trainer (ATC/L) licensed in the state of Indiana.

Section 3-Kicking

- A. Punters, kickers, and holders may exceed the ball carrying weight but advancement of the ball by either a run or a pass by such a punter or kicker is not allowed per Section II of the Rules of Play.
- B. A fourth (4th) down punt rule will be enforced. Prior to the snap of the ball, the referee and defensive team must be notified of the punt.
- i. The defensive team may not rush and must keep eight players within five (5) yards of the line of scrimmage. Five (5) of the eight (8) players must remain on the line of scrimmage until the ball is kicked.
 - ii. If the ball is not kicked within five (5) seconds of the snap of the ball or an offensive player crosses the line of scrimmage before the ball is kicked, a five (5) yard penalty will be assessed to the offensive team and the down will be replayed.
 - iii. A punted ball may not be returned and is a dead ball where it is downed or determine dead by the Referee.
 - iv. In the Rookie league, a 20 yard walk of punt rule will be enforced. The punter must line up between the ends.
- C. On any attempted field goal or extra point kick:
- i. The offensive team will have five (5) seconds to kick the ball.
 - ii. The holder must spot the ball directly behind the center.
 - iii. The defensive unit will not be allowed to rush.
 - iv. If the ball is not kicked in five (5) seconds, the ball will be blown dead and loss of possession will occur.
 - v. If the field goal attempt is unsuccessful, the ball will be brought out to the 20-yard line. If the line of scrimmage is outside the 20-yard line and the field goal attempt is unsuccessful, the ball will be brought back to the original line of scrimmage.
 - vi. In the Majors Division only, the defense may rush the ball once it has been picked up by the holder or snapped by the center. The ball may be placed next to the holder or the long snap option may be utilized.
 - vii. NO FIELD GOALS WILL BE ALLOWED DURING OVERTIME, except in the Majors. In the Major Division only (5th and 6th grades) in overtime teams will be allowed to



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kick a field goal from the 10 yard line or from at least 7 yards back from the spot of the ball.

- D. For the Major and Minor Divisions, the ball will be placed on the 40 yard line for all kickoffs. Rookie Division games will have no kickoff and the ball shall be placed on the 35 yard line of the receiving team. In the Rookie Division, after a safety, the ball is placed on the 35 yard line of the kicking team, with the receiving team taking possession.
- E. On Sides Kicking
 - i. In Rookie Division, there shall be no on-side kick.
 - ii. In Minor 3 and Minor 4 Divisions:
 - a. Kicking team cannot recover the kickoff until after it has traveled fifteen (15) yards from the spot of the kickoff.
 - b. Kicking team may recover if the kickoff is less than fifteen (15) yards ONLY if the Receiving team has gained full possession and fumbles. This excludes muffs and mishandled possessions, where the Receiving team shall retain possession.
 - iii. Major Division, there shall be on-side kicks at any time and will utilize the IHSAA rules regarding possession.

Section 4-Scoring

- A. A score for an extra point conversion after a touchdown will be awarded in the following manner:
 - i. If the ball is placed on the three (3) yard line, one (1) point will be awarded for the advancement of the ball over the goal line;
 - ii. If the ball is placed on the five (5) yard line, two (2) points will be awarded for advancement of the ball over the goal line.
 - iii. If the ball is placed on the three (3) yard line and spotted on the ten (10) yard line, two (2) points will be awarded for a kick through the uprights.

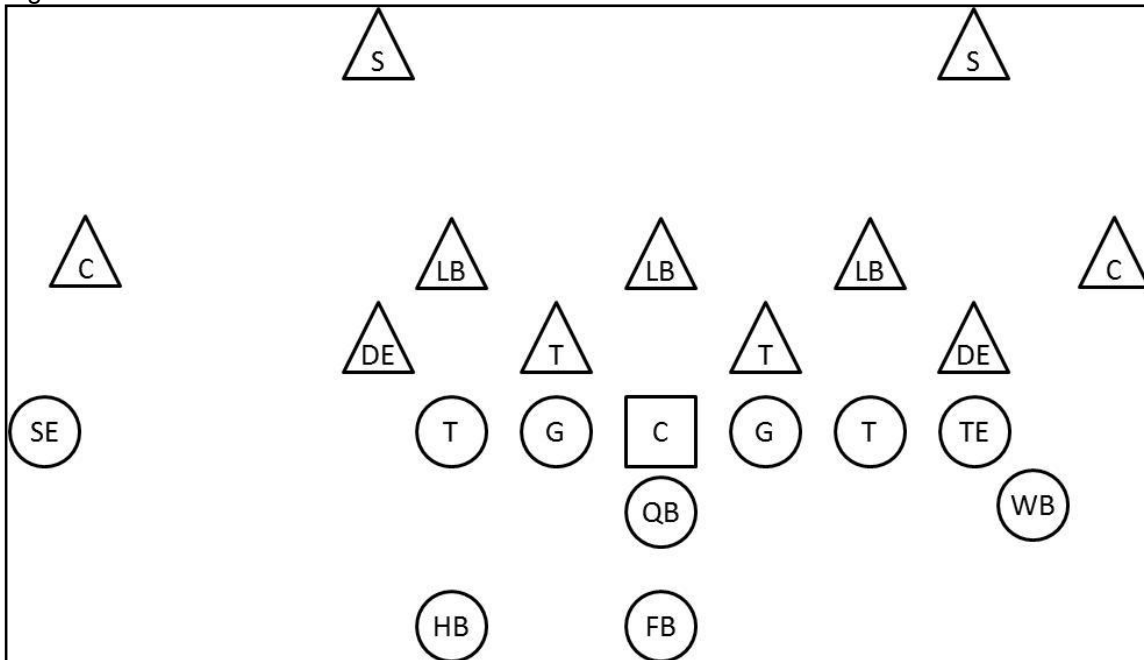
Section 5-Standard Formations

- A. Standard Defensive Alignment (Rookie, Minors 3, Minor 4)
 - i. Each team must employ a standard "4-3" defense, consisting of 2 down lineman, 2 ends, 3 linebackers, 2 cornerbacks and 2 safeties.
 - ii. This defense must be used on all plays unless an attempt to "kick" has been declared or the situation is such that the defensive team may lawfully invoke the goal line defense (see below).
 - iii. Rookie, Minor 3 and Minor 4 coaches on the field, shall remain at least five (5) yards behind the deepest defensive player.
 - iv. Defensive tackles(T) may line up:
 - a. Head up (helmet directly across) from the offensive guard.
 - b. Shall be in the down position at all times.
 - v. Defensive ends(E) may line up:
 - a. Head up (helmet directly across) or on the outside shoulder (helmet on the outside, but still within the framework) of the offensive end
 - b. In the case where the end has lined up in a split formation, the defensive end shall line up on the line of scrimmage in the same position that would have been occupied by the end had he lined up next to the tackle.
 - c. Shall be in a down position at all times.



- vi. Linebackers(LB) must:
 - a. Be one (1) yard of daylight between the linemen and the linebackers
 - b. Must line up head up on the offensive lineman directly across from them.
 - c. May not make a forward movement and must maintain their position until the ball is snapped.
- vii. Defensive Cornerbacks (C) must:
 - a. Line up within one (1) yard of the framework of the furthestmost offensive player.
 - b. Maintain a minimum of one (1) yard of daylight must be maintained between the cornerbacks and the linemen. The cornerback should be in alignment with the linebackers.
 - c. May not make a forward movement until the ball is snapped, but may move parallel to the line of scrimmage to shadow the motion of the eligible receivers.
- viii. Safeties (S) must:
 - a. Have at least two (2) yards of daylight between themselves and the linebackers.
 - b. Must be lined up inside of the cornerbacks.
 - c. May not make forward movement until the snap of the ball, but may move parallel to the line of scrimmage at anytime prior to the snap of the ball.

Figure 1-Standard Defensive Formation "4-3"



- B. Standard Defensive Alignment Majors Only
- i. Each team must employ a standard "4-3" defense, consisting of 2 down lineman, 2 ends, 3 linebackers, 2 cornerbacks and 2 safeties.
 - ii. May allow defensive tackles (T) to line up anywhere across from the offensive guard as long as the helmet is within the framework of the offensive lineman. Once set in this alignment, the player must remain in the position through the snap of the ball.

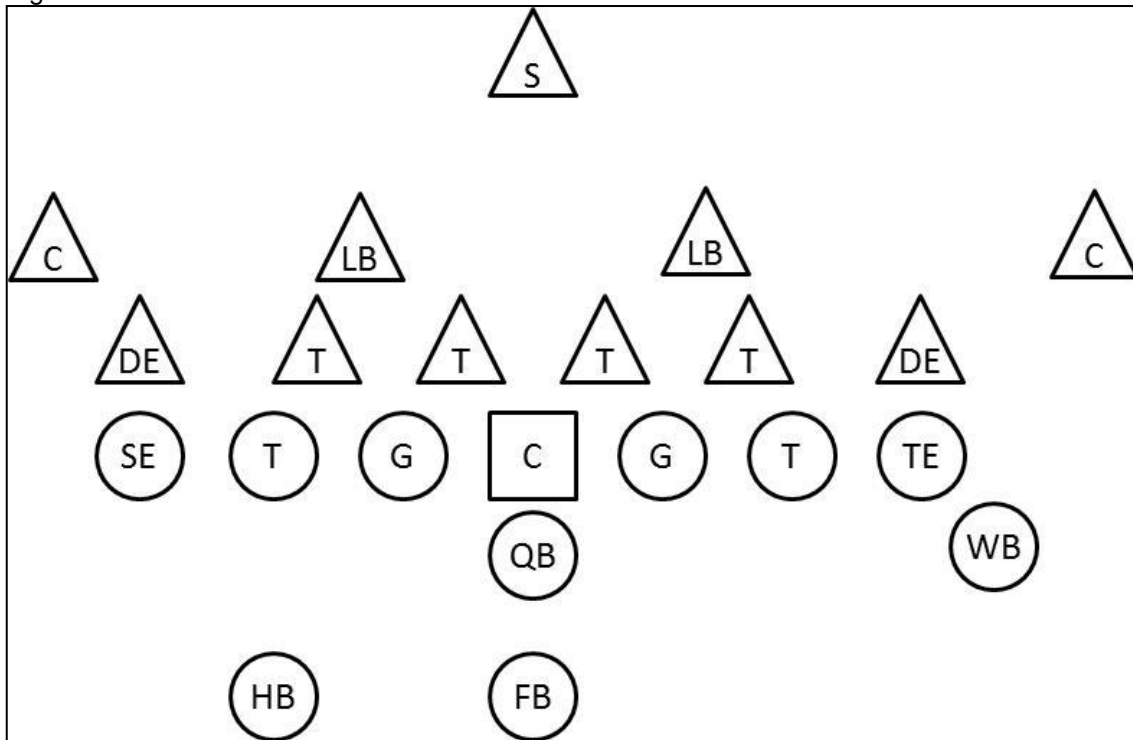


- iii. May allow for a safety to be moved up as an additional linebacker that shall play parallel to the existing linebacker. This player will line up outside the existing linebackers and inside of the cornerback.

F. Standard Goal Line Defensive Alignment "6-2"

- i. The standard "6-2" goal line defense may be employed on the 4th down or when the offensive team is on or within the defensive team's ten (10) yard line.
- ii. Two defensive ends will line up head up (directly across) or on the outside shoulder (helmet on the outside, but still within the framework) of the offensive end.
- iii. All other defensive linemen must be between the defensive ends and must be in the down position.
- iv. One safety position will be eliminated for this formation.

Figure 2-Standard Defensive Formation "6-2"



G. Standard Offensive Alignment:

- i. The backfield must have:
 - a. Two (2) backs within the outside shoulder of the tackle (including the Quarterback)
 - b. All formations must be in accordance to the Center Grove High School system.
- ii. The offensive line must have:
 - a. Five players in the set or down position with lineman splits of no less than two (2) feet and no further than three (3) feet.
 - b. Ends may be split more than two (2) feet except black striped Tight Ends which must be no more less than two (2) feet splits. Split Ends must be split a minimum of seven (7) yards.



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- c. The splits rule will not be in effect during the situations in which a "6-2" defense can be played.
- d. There may be no unbalanced lines in the Rookie and Minor division.
- e. Unbalanced lines may be permitted in the Major Division, but a guard and tackle must always be set on each side of the center and covered by another player.
- iii. Violations of the standard offensive and defensive alignment will result in a five (5) yard delay of the game penalty. Repeated violations of these rules can result in an unsportsmanlike conduct call.
- iv. The hole numbering system shall mirror the Center Grove High School system. This system shall be reviewed during the mandatory coaches' clinic.

ARTICLE V-Equipment

Section 1-Requirements

- A. For any contact practice or game, each player must be equipped with the follows:
 - i. Helmet and facemask, which are N.O.C.S.A.E., approved.
 - ii. Shoulder pads of good quality.
 - iii. Pants with at least suspension thigh pads, hip pads, tailbone pad and kneepads.
 - iv. Cleats or tennis shoes are required. No metal or metal-tipped cleats are allowed.
 - v. Every player must have a plastic mouthpiece and a protective athletic supporter before physical contact can be made.
 - vi. Warning label must be left on helmet.
- B. The League must approve all equipment used by players.
- C. Helmets and shoulder pads may be rented from the League. The League furnishes game jerseys.
- D. A mouthpiece must be in place before the ball is snapped or a five (5) yard penalty will be assessed.
- E. Any player wearing a hard cast or splint will only be allowed to participate with a physician's Release Form and a referee's approved wrap, per league by-laws.

ARTICLE V-Coaches

Section 1-Coaches' Requirements

- A. All coaches and assistant coaches must have a current application on file and be approved by the Board.
- B. An individual may be a Head coach on only one contact team.
- C. All minor and major coaches may have a maximum of three (3) assistants after the draft.
- D. The conduct of all coaches must be above reproach at all times. All grievances must be directed to either League President or the Director of Coaches.
- E. The Director of Coaches will try to fairly resolve any grievances received from any coach.



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Bargersville, IN 46106

- F. The Director of Coaches may present said grievance at the next Board meeting. The coach or coaches involved in the grievance should be present at such Board meeting. If deemed necessary, either the President or Vice President may call an emergency Board meeting for action on said grievance.
- G. If for any reason the Director of Coaches does not satisfy any coach concerning his grievance, the coach has the right to present his grievance to the Board of Directors.
- H. Each coach will be responsible for the actions of his players, assistants and players parents.
- I. All coaches will be expected to abide by the Corporation Rules of Play and Code of Conduct.
- J. The Rules of Play will determine practice sessions.
- K. Field maintenance shall be shared responsibility of all coaches and their assistants, including the clearing of all debris from the field and surrounding areas following all scheduled practices and games. Teams playing the last game on a field that day are responsible for cleaning the field and public areas before leaving that day.
- L. All coaches shall be responsible for his team's participation in all league activities.
- M. One coach from each team shall attend the coaches meetings.
- N. Coaches are responsible for communicating league information to their teams.
- O. Any outburst of profanity, temper, name calling, abusive language of any sort, at any time, will not be tolerated and appropriate action will be taken by the Board.
- P. The physical violence by a coach toward anyone will result in suspension for the remainder of the season in any capacity.
- Q. The coaches are responsible for assigned players properly entering and leaving the game.
- R. The use of tobacco or alcohol will not be allowed on the field. Pets are not allowed at anytime on the fields or sidelines.
- S. The Board will review coach's misconduct and penalties.
- T. Coaches will stay and supervise all players until they have been picked up. This includes games, practices or any other team activity.

ARTICLE V-Cheerleaders

Section 1-Eligibility

- A. Any girl age 5 through the 6th grade is eligible to be a cheerleader.
- B. Every Cheerleader must have a permission slip and emergency form signed by a parent on file with the Director of Cheerleading by the start of Cheer camp.
- C. All cheerleaders will be required to attend cheer camp and a mini football lesson so as to be aware of the sport for which they cheer.



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- D. Each squad will have a maximum 10 cheerleaders
- E. Cheer squad assignments will be on a rotation basis to ensure all teams have adequate cheerleaders. Request to be on a certain team or on the same team, as another cheerleader will be taken into consideration. Due to large volume of requests, no request is guaranteed.

Section 2-Behavior/Code of Conduct

- A. All cheerleaders will conduct themselves in orderly manner at all times while at the Bantam field for any reason.
- B. Cheerleaders will act in sportsmanlike manner at all times – there will be no booing or lewd language toward another team.
- C. There is to be no arguing or physical fighting of any kind between cheerleaders, players, coached, parents, officials, or fans.
- D. Cheerleaders will follow the etiquette of a football game as defined in the rules of play.
- E. Cheerleaders are expected to be on time to all games.
- F. Cheerleaders are expected to wear a proper uniform to all games.
- G. Zero tolerance reprimand policies apply to cheerleaders as well as players and coaches.
- H. A cheerleader may be benched or expelled for poor conduct. After 3 conduct instances a cheerleader will be asked to leave the league.
- I. In the case of inclement weather – if the game is not cancelled, cheerleaders are expected to cheer.

Section 3-Practices

- A. Cheer Coaches are to conduct one practice session per week during the fall season.
- B. Practices should be one hour in duration.
- C. Practices must be held at the Bantam field.
- D. Cheer coaches are to be present and to lead all practices unless an assistant coach is present. At least one adult is to be present at all times.

Section 4-Uniforms

- A. Uniforms are to be ordered by the Director of cheerleading.
- B. Uniforms are all purchased from one supplier. Shoes need to be white leather and have good support.
- C. Cheerleaders will need a jacket, turtleneck and pants for games where the weather is colder. These items need to be approved by the Director of Cheerleading.



CENTER GROVE BANTAM FOOTBALL LEAGUE, INC.
P. O. Box 353, 5185 W. County Road 144
Bargersville, IN 46106

- D. Cheerleaders are to wear approved uniforms only to all games.
- E. No jewelry is to be worn during games or practices as well as no hard hairpieces, barrettes etc. These items can cause injury to a cheerleader.

Section 5-Game Etiquette

- A. When a player is hurt on the field-all cheering stops and cheerleaders are to take a knee quietly until the player is taken off the field.
- B. There is to be no booing or other poor sportsmanship from a cheerleader at any time.
- C. Cheerleaders should cheer during the game – not play or horse around. Breaks are to be given for drinks or as needed for rest at the coach's discretion.
- D. There is to be a cheer captain for each game on a rotating basis. The cheer captain is in charge of which cheers are performed at the game.
- E. All fees due CGBFL are to be paid before the first game. No one will be allowed to cheer until all fees are paid.
- F. After all games-cheerleaders will pick up any trash left by cheerleaders and others and discard items into trashcans provided by the league.

Section 6-Equipment

- A. Cheerleaders will need the following items: none of which are provided by the league.
 - i. Uniform
 - ii. Shoes
 - iii. Pom Poms
 - iv. Turtleneck
 - v. Sweat pants
 - vi. Jacket
- B. All equipment is to be approved by the Director of cheerleading
- C. Cheerleaders may wear shorts and t-shirts for practices.

Section 7-Cheer Coaches

- A. Cheer Coaches must follow the rules and regulations of the league.
- B. Cheer coaches must be present at all games and practices.
- C. All cheer coaches are to be approved by the Board of Directors and must have a current application on file.
- D. Each head coach is to have an assistant coach to help with duties.
- E. Any grievances with the league must be brought to the director of cheerleading. If needed the director of cheerleading will present grievances to the board.



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P. O. Box 353, 5185 W. County Road 144
Bargersville, IN 46106

- F. Cheer coaches are responsible for the conduct and behavior of their cheerleaders and assistant coaches.
- G. Coaches are the liaison between the Director of Cheerleading and cheer parents.
- H. Cheer coaches can and should create cheers, which need to be approved by the director of cheerleading.
- I. Coaches are to conduct themselves in a sportsmanlike manner at all times, yelling or arguing with cheerleaders, players, coaches, officials, and fans will not be tolerated.
- J. Coaches will follow all rules of play.
- K. If a cheerleader is hurt during a practice or game, the coach is to fill out an accident report and turn it in to the Officer of the day and provide a copy to the Director of cheerleading.
- L. Coaches are to go through training with the Director of cheerleading and attend cheer camp with their cheerleaders.
- M. All coaches will take a mini football lesson.
- N. Cheer coaches will communicate with football coaches on game happenings, ideas, etc. as well as the team mom and cheer mom.
- O. Coaches are responsible for teaching cheerleaders the league rules.
- P. The use of tobacco, alcohol, and other drugs is not permitted in or on the field.
- Q. Coaches must stay with cheerleaders after each game and practice until a parent or responsible adult has picked all up.

Section 8-Parents

- A. Cheer parents are subject to the same rules as football parents. (See rules of play for football)
- B. Parents can be prohibited from game for poor conduct.

Section 9-Junior Trojan Cheerleaders

- A. Junior Trojan cheerleaders will be chosen by a tryout process. You must complete a permission form and attend the tryout to be a cheerleader for the Junior Trojan team.
- B. You must be a 4th – 6th grader to tryout
- C. Info packets for Junior Trojan tryouts are available from the Director of Cheerleading.
- D. Junior Trojan cheerleaders must follow the same rules and regulations as all other league cheerleaders.

ARTICLE VI-Code of Conduct



CENTER GROVE BANTAM FOOTBALL LEAGUE, INC.
P. O. Box 353, 5185 W. County Road 144
Bargersville, IN 46106

Section 1-Participants

- A. Each player and coach will conduct themselves in a sportsmanlike manner at all times.
- B. Fighting on the field will cause the player or players to be expelled from the game and possible subsequent actions may be taken.
- C. Swearing or arguing by a participant will not be tolerated at any time. The referee or coach may request the individual to leave the field and a fifteen (15) yard penalty may be assessed. The Board of Directors for possible additional action will review a situation of a player or coach being removed from the game.
- D. Throwing or kicking of any equipment including league equipment may cause suspension of the player from the game.
- E. Players will wear clean uniforms to each game.
- F. Players will not be allowed to sit on their helmets.
- G. No air horns will be allowed at the facility.
- H. Noise makers or any device that is disruptive to the offense play calling will not be allowed, after the huddle has broken.

Section 2-Parents

- A. Parents and non-players are not permitted to enter the neutral zone as marked along the sidelines and end zones.
- B. Parents are required to furnish transportation to and from practice sessions and games.
- C. Parents are requested to attend all practices and games.
- D. Swearing, physical or verbal abuse by a parent will not be tolerated at any time. The referee, coach or Officer of the Day may request the individual to leave the field and a fifteen (15) yard penalty may be assessed.
- E. Physical violence or verbal abuse by non-participants toward anyone will not be tolerated and the offender will be asked not to participate or attend games.
- F. No air horns will be allowed at the facility.
- G. Noise makers or any device that is disruptive to the offense play calling will not be allowed, after the huddle has broken.

Section 3-Additional Penalties

- A. All teams are required to fulfill their designated time in the concession stand and tower duty, or forfeit a practice or game as decided by the Board of Directors.
- B. The Board has the right to penalize a player(s), coach (es), or team in any manner, which it considers appropriate. The types of penalties include but are not limited to the following:



CENTER GROVE BANTAM FOOTBALL LEAGUE, INC.

P. O. Box 353, 5185 W. County Road 144
Bargersville, IN 46106

- i. Player or coach suspension for any or all of the activities (practice, games)
 - ii. Parents will be prohibited from attending games.
 - iii. Forfeit of games.
 - iv. Loss of practice sessions as directed and/or decided by the Board of Directors for failure to abide by and/or cooperate with League Rules of Play or Code of By-Laws.
- C. Anyone, including coaches and spectators, ejected from the game by a league official, board member or referee must leave the park premises immediately without further discussion, comment or outburst and will serve an automatic one (1) game suspension from participation while the matter of their conduct and the possible need for further sanctions is investigated.
- D. Anyone, including coaches and spectators, ejected from the game by a league official, board member or referee a second time will be banned from league participation pending Board review.