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EXECUTIVE BOARD OF DIRECTORS

President	Kevin Harms	217-379-3270
Vice-President	Steve McBride	815-657-8379
Treasurer	David Malone	815-945-5871
Secretary	Kay McBride	815-657-8379
Director of Cheerleaders	Kay McBride	815-657-8379
Director of Equipment	Todd Schoon	815-694-2713

DISTRICT DIRECTORS

District	Phone	Home	Field
Clifton Central	Tony Lyons	815-698-2089	Clifton HS
Dwight	Mike Calandro	815-274-1797	Dwight High
Gibson City	Bill Smith	217-749-2547	GCMS
Herscher	Mike Mosier	815-526-2655	Chris Sims Memorial Field
Iroquois West	Tim Thorne	815-268-4294	Iroquois West High School
Limestone	Joel Vaughan	815-939-3254	Limestone Park
Paxton	Howard Tabor	217-379-6026	Paxton HS
PC Hawks-Blue	Steve McBride	815-657-8379	Chenoa South Park
PC Hawks-White	Scott Nowak	815-692-4823	Chenoa South Park
Watseka	Scott Schunke	815-432-4842	Watseka HS
Cheerleading	Kay McBride	815-657-8379	

TERMS OF OFFICE

President	1 Year
Vice-President	1 Year
Treasurer	1 Year
Director of Equipment	1 Year
Director of Cheerleaders	1 Year
Secretary	1 Year
District Director	1 Year

DUTIES AND RESPONSIBILITIES OF THE BOARD OF DIRECTORS

PRESIDENT

The president shall be the principal Executive Officer and Director of Personnel. He shall preside at all meetings of the membership and the Board of Directors. He may sign, with any other proper conference Officer, any deeds, mortgages, bonds, contracts or other instruments, which the Board of Directors has authorized to be executed. He shall appoint committees, as he deems necessary, be ex-office member of all committees and, in general, shall perform all duties incident to the President and such other duties as may be prescribed by the Board of Directors. The President will give a yearly report to the Board of Directors of the past season’s progress and any changes that may need to be made or any other concern for the upcoming year.

VICE-PRESIDENT

In the absence of the President, or in the event of his inability or refusal to act, the Vice-President shall perform the duties of the President and, when so acting, shall have all the powers and restrictions of the President. He shall perform such other duties as may be assigned to him by the President and/or the Board of Directors.

TREASURER

It shall be the duty of the Treasurer to collect and receive all monies belonging to the conference, render monthly financial reports, both to the Board of Directors and at the Annual Meeting. An annual audit may be conducted on the books of the conference as approved by the Board of Directors. All bills accrued during the year shall be included in the annual audit. All financial reports shall be submitted to each member of the Board of Directors. The Treasurer shall have charge and custody of, and be responsible for all funds and monies due payable to the conference from any source and companies, or other depositories, as shall be selected by the Board of Directors. The Treasurer shall perform such other duties that may be assigned by the Board of Directors and/or the President. The Treasurer may appoint a committee to assist in the above duties, which will include District and Team Business Managers.

DIRECTOR OF EQUIPMENT

It shall be the duties if the Equipment Director to oversee the League Equipment and make requisition - with board approval - for needed equipment. He shall be responsible for inventory, maintenance, and issue of all player equipment; be responsible for selection of equipment in conjunction with the Board of Directors; shall issue replacement equipment to team equipment managers or coaches; shall at times have replacement parts available; shall be responsible for inventory and proper storage of equipment at season's end. He may appoint a committee to assist in the aforementioned duties, which will consist of any district and/or team personnel. He shall perform any other duties as designated by the President or the Board of Directors.

FIELD COMMISSIONER

It shall be the duty of the Field Commissioner to oversee the preparation of His/her Districts game field. He/she will be responsible for all activities on their home field during the games. They will need to know all the rules of play handed down by the CIFL board, to work effectively with game Referees. They will work with District Directors on game day to provide a healthy and safe environment for player and fans. They have the power with good judgment to enforce league standards on fan participation, player injuries in regards to EMT'S and handling rules violation towards coaches. A field commissioner can be a District Director but if he is a Coach, cannot perform said duties during his game. Commissioners do not replace a District Director or his duties but assists in the overall operation of league play any the enforcement of CIFL rules.

DIRECTOR OF CHEERLEADERS

It shall be the responsibility of the Director of Cheerleaders to implement the Central Illinois Football League rules as relating to the cheerleaders program, be responsible for the certification of all cheerleaders; coordinate the cost of cheerleader uniforms and participation; work in conduction with the team cheer coach in the collection of monies and distribution of information to/from the cheerleading squads; such other duties pertaining to the cheerleaders as designated by the President or Board of Directors.

EXECUTIVE SECRETARY

It shall be the responsibility of Executive Secretary to establish and maintain league records. The Executive Secretary will work with the President in maintaining league accountability and of reports. He/she will also purchase league office supplies.

It shall be the responsibility of the Secretary to take and record all minutes of each meeting. The secretary shall read the last meetings minutes to be approved by the Board of Directors. He/She is also responsible for the update of the Rule and By-laws handbook.

BOARD OF DIRECTORS

1. **COMPOSITION:** The CIFL Board of Directors shall be comprised of the District Director from each district.
2. **APPOINTMENT:** The existing Board of Directors may appoint a District Director or each district may elect its own director and must be approved by the Board of Directors.
3. **REPORTING:** The District Directors shall report to the Executive Board and act as liaison to his/her district. The District Directors shall give a report to the Board of Directors at each Board Meeting of the status of their area.
4. **DUTIES:** Duties of the District Directors shall be as follows, but not limited to
 - a. Conduct normal operation of the conference within the district.
 - b. Assist with sign-ups within the district.
 - c. Recruit coaches and other staff members as necessary within the district.
 - d. Supervise practice and game fields through district personnel.
 - e. Coordinate and supervise team finances through District Business Managers.
 - f. To coordinate issuance and maintenance of conference equipment.
 - g. Conduct solicitation of team and conference sponsors under supervision of the Board of Directors.
 - h. Serve as liaison between the Board of Directors and the district.
 - i. Represent the District at all meetings of the Board of Directors or provide a substitute.
 - j. Supervise the enforcement of all-local rules and by-laws.

- k. Perform any other duties deemed necessary by the Board of Directors.
 - l. To be responsible for setting up and maintaining a three-man chain gang, statisticians and announcer at each home game.
 - m. To be responsible for setting up their own local board for their district.
 - n. To be responsible for certifying each teams in their district with the Board of Directors
 - o. Shall not allow any verbal or physical abuse of players/team members by coaching staff .
 - p. Designate a play counter to count number of plays given to team members.
 - q. Insure that each player receives 14 plays per game, 7 per half.
5. Each District Director and Executive Board Member will wear different colored shirt. This shirt will be designated by the board and will show all fans who is in charge in case of rules violation of rules.

DISTRICTS

The Board of Directors shall determine each district. Cities and townships may be combined or split to form a single district to create more teams to avoid the cutting of players.

District	Name	Colors	Practice Field	Home Field
Clifton Central	Stars	Blue / White	Clifton HS	Clifton HS
Dwight	Trojans	Green / Gold / White	Dwight HS	Dwight HS
Gibson City	Falcons	White / Black	GCMS HS	GCMS HS
PC Hawks – Blue	Hawks	Navy / Navy	Forrest JR High	Chenoa South Park
PC Hawks – White	Hawks	White / Navy	Prairie Central HS - Fairbury	Chenoa South Park
Herscher	Tigers	Black / Gold	Herscher HS	Chris Sims Memorial Field
Iroquois West	Raiders	Royal / Black	I-West HS	I-West HS
Limestone	Lightning	Royal / Orange	Limestone Park	Limestone Park
Paxton	Panthers	Lt. Blue / Gold	Paxton HS / Park District	Paxton HS
Watseka	Warriors	Maroon / White	Glenn Raymond MS	Watseka HS

ARTICLE I: OBJECTIVE

1. To educate in the appreciation of sports and to encourage systematic physical exercise.
2. To educate youth, regardless of race, sex, creed, or national origin, to practice the ideals of sportsmanship, scholarship, and physical fitness by example and instruction.
3. To promote and participate in the civic advancement of our community.
4. To familiarize youth with the fundamentals of football, to provide an opportunity to play in a game in a supervised, organized, and safety oriented manner.

ARTICLE II: MEMBERSHIP

Membership in this conference shall consist of those who have served, during the last regular and current seasons, in one of the following official conference positions: Executive Board, District Directors, Head and Assistant Coaches, Cheerleader Coaches, or Equipment Mgrs. An application of all coaches must be on file, head and assistant, at each District.

ARTICLE III: FINANCES

1. The President, Vice President and Treasurer with the approval of the District Directors, shall be responsible for all finances of the conference.
2. All districts are required to raise their own money.
3. The Board of Directors shall set up a budget outlining the monies necessary to operate the conference on an annual basis. Each team shall be obligated to raise their fair share of the conference expense.
4. Failure to fulfill team financial obligations may disqualify a team from all post-season activities. Prevailing circumstances will be considered in each instance. Initial registration fees will be paid by the July meeting.
5. District Directors and Local Boards shall be responsible to the conference for their areas required funds.
6. The Treasurer will stipulate financial expenses and obtain approval for the payment of all expenses occurred by the league. All checks will be signed by two, of the following Treasurer, President, Vice President or Secretary

SECTION 1: FINANCES-TEAMS

1. Receipts shall document all team transactions.
2. Teams failing to complete the season of play, for any reason, will forfeit all monies paid to the conference.
3. Districts owing the conference monies may be barred from participation in the conference.
4. Any monies to be turned into the conference will be turned into the Treasurer on the required date, unless prior approval is received.
5. There will be a season end financial report on the first meeting the following year in January.
6. Each Local Board is encouraged to register with the state and federal government to form their own charitable organization.
7. Each district is responsible for all equipment issued, and will be billed for any shortage, unless beyond control.
8. No district shall require a child to sell anything to raise money for the area or the league.
9. The League will not be responsible for any debts incurred by a district or teams at any time, **NO EXCEPTIONS.**

ARTICLE IV: MEETINGS AND ELECTIONS

1. The meeting of this conference shall be held within the boundaries of the districts involved, and currently at the Forrest Fire Department.
2. A meeting of the general membership shall be held at the discretion of the Board of Directors. A general membership meeting shall be held for election of the Executive Committee.
3. Any person wishing to be nominated to a Board of Directors must be a member in good standing, and have at least one years experience in an appointed position within the conference (i.e. District Director, Commissioner, etc.). Any person not fulfilling these requirements will be ineligible for nomination.
4. All general meetings of the Board of Directors will be opened to the public.
5. All newly elected officers shall assume office immediately.
6. A majority must be present to constitute a quorum.
7. Nominations for an officer may be accepted from the floor during the general membership meetings.
8. A majority of those present and voting at the general membership meeting shall elect the Executive Committee.
9. Election to the Executive Committee shall be by secret ballot or standing count.
10. The Board of Directors shall alter, amend, rescind, add to or delete from the local rules, as it deems necessary.
11. In the event of a vacancy, the President, with Board approval, shall appoint a person or persons to complete the term(s) of the vacating member(s).
12. Elections will be held on the first meeting in January.

SECTION II: MEETINGS - TEAM

1. Each team must be represented at all mandatory conference meetings and clinics.
2. All coaches are required to attend the equipment and rules clinic(head & assistant coaches). Each district is required to have a sports injury clinic which at least 2 coaches from each level and 1 cheer coach from each level must attend by the first practice. A \$150 fine per level will be imposed if failure to attend these meetings.
3. Each Head Coach shall schedule a parent meeting during the first week of practice. With a District Board member present.
4. Any Head Coach or member of a coaching staff who fails to attend these mandatory functions can be suspended for 30 days from participating in this conference. The actual commencement date of the suspension will be at the discretion of the Board of Directors or their designee.

ARTICLE V: COMMITTEES

1. The Board of Directors shall appoint or remove all committees and designate their duties.
2. The Board of Directors may appoint an advisory board.

ARTICLE VI: GENERAL

1. No member of the conference shall provide goods and/or services to the conference for personal gain.
2. The Board of Directors reserves the right to remove, by 2/3rds majority vote of the Board, any member who is not, performing his/her duties or is detrimental to the conference.
3. Adult personnel participating in this conference shall be held responsible for their knowledge of the conference rules.
4. Any problems arising during the season will be directed in the following order: District Field Commissioner then to the District Director or District Board. If the problem still is not resolved then it may be taken the League Board.
5. There will be no usage of tobacco products, alcohol or profanity on practice or game fields.
6. Each District will have one vote for all matters and the President only votes to break a tie.

7. All Districts must sign annually a CIFL Partnership Agreement, Consent of Directors and Depreciation Schedule of Equipment. This must be done and turned in by the March meeting.

ARTICLE VII: MANDATORY PLAY RULE

1. Each player shall play a minimum of 14 plays per game for which he/she is eligible to participate all plays, penalties and extra points count.
2. Each player shall play a minimum 7 plays by the end of the 2nd quarter and another 7 plays before the end of the 4th quarter. Whenever a player fails to do so, those players must start the 3rd quarter and remain in until the missing 1st half plays are made up and the 7 plays for the 2nd are completed. If this happens at the end of the game and a player is short they must be made up the next game. This is also subject to review by the league board.
3. Any play that is ran while the game clock runs counts as a play, and extra points are counted, towards the 14-play requirement.
4. When a player is not participating in a game for any reason, a statement of explanation signed by the Head Coach or Staff member must be attached to or written on the back of the game roster.
5. Whenever a player becomes injured or from sickness during play, that player's Head Coach must notify officials and opposing coaches. If he/she is unable to complete his/her 7 plays for that half.
6. Any coach found in violation of these rules shall be brought before the Board of Directors.
7. Head coach or any coach who violates any of the rules willfully and knowingly will forfeit that game and will be suspended from the league functions for a said time determined by the board of directors. A fine of \$250 min. per occurrence will be charged to the district.
8. A volunteer from each team will go over to the opposing team and play count with that is teams play counter. If a team does not have 2 play counter by the coin flip, that team will forfeit the game.
9. Each team will designate at least two people per game to act as Mandatory Play Counter for his or her own team. It will be their responsibility to ensure players play in the minimum number of plays per game. The play count sheet will be turned into the District Director or Field Commissioner in charge of the game field, at each game's end, signed by the play counter. This form must be signed by the Head Coach also.

SPECIAL TEAMS RULE

PLAYERS WHO HAVE A STRIPE ON THEIR HELMET

- a. Kickoffs - Any player can kickoff. However, a striped player cannot advance the ball if there is a fumble.
- b. Punts - Can punt the ball, but if the ball is fumbled or goes over the punter's head, he/she can still try to punt or it is considered a dead ball. *On the Mighty Mites though, the player can still punt the ball since there is not rushing on the punter.*
- c. Extra Point Kick - A striped player can hold the ball but if the snap is fumbled or goes over his/her head they cannot advance the ball. *Mighty Mites with a stripe will be allowed to regain control of the loose ball so that he/she can place the ball on the tee for the kick. This is allowed since there is no rush from the defense.*
- d. A striped player can do all three kicking off, punts and extra points.
- e. Striped player cannot play tight end. A striped defense end cannot line up any farther out than offensive tackle.
- f. If a striped defensive player is outside shade of tackle, you can get two illegal procedures, then unsportsmanlike conduct.

SECTION III REGISTRATION

1. At time of sign-ups, each player and cheerleader must have a copy of their birth certificate.
2. Every player and cheerleader is to have a physical with permission to participate in sports within the last year. NO PARTICIPATION IN PRACTICES CAN BEGIN WITHOUT A COPY OF A PHYSICAL.
3. EACH PARENT MUST SIGN THE MEDICAL AUTHORIZATION ON THE SIGN-UP FORM BEFORE A PLAYER CAN PARTICIPATE. This allows the coach to get medical attention for any child whose parents cannot be reached in case of an emergency.
4. Each team must fill out a certification roster. Each child is to have a signed sign-up form to be included with the roster or on file at league office.
5. Certification Roster must be handed into the league by the July meeting. Final roster is due by the 3rd game of the season. All must use the same form to report these rosters
6. Divisions: Born before September 1st they play down, on September 1st they play up

MIGHTY MITES	3 rd , 4 th or 5 th grade - unlimited weight for 3 rd & 4 th , 100# for 5th
MIGHTY MITES	ages 8 to 10 years old as of September 1 st
JUNIORS	5 th , 6 th or 7 th grade- unlimited weight for 5 th & 6 th , 135# for 7th
JUNIORS	ages 10 to 12 years old as of September 1 st
SENIORS	7 th and 8 th grade
SENIORS	ages 12 to 14 years old as of September 1 st

7. Squad Weight Breakdowns

- a. All ball players weighing in excess of 90 lbs. for MM, 125 for JR, and 145lbs for SR, must play in a down position on the line of scrimmage.
 - Down Position - defined as a player who begins a play in a 3 or 4-point stance.
 - Ball Carrier - defined as a player weighing as described above or less
 - Line of Scrimmage - defined as an imaginary zone that extends 1 yard behind and 1 yard past the ball.

- 8. As part of the registration fee, the league supplies secondary insurance unless the family carries no primary insurance, then the secondary insurance becomes the primary insurance. The said family is responsible for any deductible incurred.
- 9. No more than 25 players are allowed on a team and no more than 15 cheerleaders on a squad.
- 10. Equipment allowance for players is 10 lbs. on game day.
- 11. Players are required to sign-up in their given district based on the school district their child will enroll. If that district is full, he may to another district if approved by the CIFL Board of Directors.
- 12. A player is not allowed to play more than 6 years. If a player is held back, he/she must stay with the class he or she starts with.

SECTION IV: PLAYER PERSONNEL

1. Each team must fill out and turn into the CIFL a Certification Roster. A completed physical form is required for every player before he/she can be allowed to practice.
2. For the safety of the player, they will be allowed to participate in another organized sport only if there is ample time between the two practices to allow the child to replenish their fluids and rest during the CIFL season. Exemption to the rule is Freshman Football. No player may participate in two organized football teams during the CIFL season.
3. Player Pool - A team may sign-up and certify players up to the 3rd game. Any player added to a team must meet requirements of the conference rules and must complete 10 hours of physical conditioning prior to any body contact.
4. Players shall be assigned to a team based on age and weight at the time of sign-ups. Districts are allowed to do any early registration for children who previously played for the CIFL.
 - a. Any applicant whose registration fees are not received at time of sign-ups will go into the Players Pool (players) or the Reserve File (cheerleaders). Such applicants will not be assigned to a team until all fees are paid.
5. Returning players are automatic for same level of play, then kids are drawn from the hat w/ most seniority in succession years receiving priority.
6. The Head Coach shall immediately notify the District Director if the team roster falls below 15 players.
7. Assignment - Only the Board of Directors has the right of player assignment, cuts, drops, and transfers. Under no circumstance will a coach accept, transfer, or drop a player without the written consent of the conference Board of Directors.
 - a. The Head Coach may suspend a team member for cause (a written statement must be received by the conference within 48 hours, detailing said suspension) pending a final disposition from the Board of Directors.
 - b. The Head Coach shall submit a written request to the Board of Directors, outlining reasons, causes, and applicant should be resigned, cut or transferred. The Board shall determine if just cause exists to honor such a request.
 - c. Any team member released from a team, for any reason, will have all his/her papers (application, physical form, etc.) turned over to the District Director.
8. Any player who misses four consecutive practices without prior notification to the Head Coach or conference will be considered a self cut player and will be replaced on the team by an applicant from the player pool.

9. The first week of practice is considered conditioning practice and will be held five nights per week. Equipment will be issued before the first practice. NO CONTACT. Footballs are to be used for drills only.
 - a. After 10 hours of conditioning, no practice sessions will be held without each player wearing a helmet.
 - b. After the beginning of the school year, Practice sessions will be limited to three nights per week. Regardless on what day said school starts.
 - c. All players must attend and participate fully in two practices per week in order to play in the next game.
 - d. Attendance records will be kept prior to and after team certification and must be made available to league officials.
 - e. All players are required to participate in all phases of practice.
 - f. Only helmets will be worn during players 10 hours conditioning.
 - g. No practice is to start prior to the time designated by the District Director, and will not exceed two hours.
 - h. Up to 5 players per age division, per tem, who are on the waiting list, may practice with the team during conditioning week. This way, if any team member quits during the 1st 5 weeks, the player will already have his 10 hours of conditioning.
10. Two 10 minutes breaks will be given during practice for the first two weeks of conditioning. After those 15 minutes in break time is required during practice.
11. Laps will not be given for disciplinary reasons and laps will be limited during practice.
12. Coaches will keep an eye on all team members for signs of heat exhaustion and fatigue.
13. Any child transported to a medical facility cannot resume practice or play in any game without a written permission slip from a doctor.
14. EMT'S have final say, on whether player can resume play during the game.

SECTIONAL V: ADULT PERSONNEL

1. Adult personnel participating in the program shall be held responsible for their knowledge of the conference rules.
2. The coaching staff - must have a current application on file.

3. The Board of Directors must approve all district and team personnel.
4. Adult personnel must show consideration for personnel connected with the conference at all times.
5. **Striking an official, coach, spectator or other participant; unsportsmanlike conduct; profanity on or off the field or any actions or activities that is injurious to the health of the team player or team members and to the detriment of the league may be grounds for dismissal or disbarment.**
6. At no time, shall there be more than 10 adults, who are identifiable staff members on the sidelines during a game. These 10 members must only be persons who have been approved by each district.

SECTION VI: COACHES

1. The District of Director must interview all District coaches and staff.
2. Each District Board or their designees must approve all coaches.
3. All coaches for CIFL players shall agree to a background waiver, refusal will be grounds for termination.
4. Any coach or board member charged with a moral offense may be suspended pending the outcome of said charge.
5. Coaches must stay off the field and remain under control as examples to the players and fans.
6. Coaches, along with the game officials and District Directors are jointly responsible for the conduct and control of the teams, fans and spectators.
7. Coaches do not make conference policies - they carry them out.
8. On the playing and practice fields, the coaching staff is in complete charge of the team and will not be interfered with, except in cases of rules violations or any conduct deemed to be detrimental to the welfare of the players or the league by the District Director.
9. At no time will a coach allow a player to sit on his helmet or throw helmet.
10. All coaches must wear matching shirts when on the field of play. This will be strictly enforced!
11. **ALL COACHES MUST TELL PLAYERS WEEKLY “THE DUTY TO WARN” YOU MAY GET HURT PLAYING CIFL FOOTBALL.**

12. A coach must do everything in this power not to run up the score on an opposing team. Any coach in violation of this rule will be suspended from the next game and any practice that week. For a second violation the coach will be suspended for the rest of the season and be considered "not in good standing" with the league. All coaches must remember the "SPIRIT OF THE GAME".
13. The Head Coach is responsible to have three game rosters filled out for every game. One to be given to the opposing team, one for the Field Commissioner/District Director, and one for their own play counters. This is to be completed by weigh ins.
14. Each District Director will have a copy of game roster for game day.

SECTION VII: GAMES

1. All games will be played on Saturday, unless changed by CIFL Board.
2. Generally, 1st games will start at 1:00 p.m., second game at 3:00 p.m., and the final game at 5:00 p.m..
3. Players are to arrive at the game site 60 minutes before their scheduled game time.
4. Only IHSA officials will officiate at the game if possible. If officials do not show up, the field commissioner from each team or other individual will be appointed by the district director, to officiate the game.
5. District Directors have the authority to refuse any member, fan or spectator entrance to the field.
6. The conference will supply all games balls; no other ball will be used. Each team may use its own conference - issued ball on its offense. However, the decision of the Head Official is final in the acceptability of the game ball.
7. **A MINIMUM OF 10 PLAYERS MUST BE DRESSED AND ELIGIBLE TO PLAY AT EACH GAME. IF A TEAM FAILS TO DRESS THE MINIMUM NUMBER, IT WILL FORFEIT THE GAME UNLESS APPROVED BY THE DISTRICT DIRECTOR IN CHARGE OF GAME FIELD AND BOTH OPPOSING COACHES.**
8. All team staff and players must remain within the team box during the game, between the 25-yard lines and two yards back from the playing field.
9. Any staff or team member ejected from a game shall be suspended for a minimum of one additional game.
10. Might Mites, Junior and Senior, division will use a 10-minute stop and go clock.
11. Once a team is ahead by 24 points, the winning team will kick off from their 20-yard line and the game will continue as normal play. It is mandatory, Head Coaches to change out their offensive and defensive backfields for the spirit of the game.

Once the losing team is less than 24 points behind, play resumes as normal. Board of Directors will review games, if a grievance is filed or a team wins by 35 points or more. A continuous clock will run in the 4th quarter once a team is up by 24 points and remain continuous until the end of the game regardless of the score. *Offensive backfield defined as quarterback and all running backs. Defensive background defined as linebackers.*

12. One point will be given to running of an extra point and 2 points will be given for kicking of an extra point.
 - a. All regular season conference games will count in the team standings A point system will be used to determine position
 - b. Win....2 points B. Tie....1-point C. Loss....0 points
13. If two teams in a division tie, tie breakers will be determined as indicated; head-to-head, over all win-loss record , total point system and coin toss.
14. The number of districts playing will determine conference play-offs.
15. All play-off, championship, travel and host games will be scheduled by the conference.
16. There will be no ties in play-off and championship games. In case of a tie, a coin is flipped; the ball is placed on the 10-yard line and will follow IHSA rules. After 4 plays if they score, the ball goes back to the 10-yard line and the second team has to score.
17. A 15-yard penalty will result if delay of game is due to outbreak from parents. Parents can be barred from games for poor conduct.
18. Weigh-ins not to cause a disturbance at games.
 - a. A coach from each team may accompany the teams during their weigh-ins.
 - b. Teams in the weigh-in areas must be quiet and orderly at all times.
 - c. Players and coaches will be at the playing field one-hour prior to game time.
 - d. There will be no harassment at the weigh-ins.
 - e. Directors shall serve as weigh-ins masters and will furnish the scales. All game sites weigh-ins will be conducted in the same manner.
 - f. Rosters from the play counters not handed in at the end of the game may result in forfeiture of game.

- g. Players will be listed in numerical order.
 - h. Any player not identified on the game roster will result in an unsportsmanlike penalty to begin the game. Any player from a team not playing, for any reason must be listed on back of roster and signed by the head coach.
 - i. Teams will assemble for weigh-ins at the end of the third quarter. Teams may assemble at the rear of each end zone close to the end of the game prior to theirs.
 - j. Team will assemble for weigh-ins in numerical order equal to that of the game rosters.
 - k. Must weigh in before start of the game unless agreed upon by the district directors. If a player arrives late and is not present for weigh in, he /she can be weighed in at any time providing he/she can still get their 7 plays in for the first half. If they cannot they must wait til half time to weigh in.
21. All lineman must make contact prior above the waist prior to dropping to the ground with an exception of a pulling player. This is only for Jr. & Sr., MM must make contact first before pulling.
22. All defensive striper need to make forward contact prior to dropping back off line.
23. All District Directors will have a red flag to be thrown in case a game needs to be stopped for rule violations. Head coaches, district directors and referees will meet in mid field to discuss the issue.
24. Jr. & Sr. stripers must be in a 3 or 4 pt stance, both offensive and defensive line. All linemen in MM must be in 3 or 4 pt stance regardless if striper or not. 1st penalty – 15 yard penalty, 2nd penalty – 15 yard penalty and head coach ejection.
25. Double Striper rule for all teams for both 5th and 7th graders. This can only happen if the upper team has a waiting list and these players are moved to the lower team to fill a team. **League Board must approve each player being moved down.** Striper weight for MM 100, JR 135 with pads, which is the same as the ball carrier weight for those divisions. Each player must weigh in with the equipment they will play in. Double stripers cannot be in on special teams except extra points. No more than 2 double stripers on a field at a time. **These players must not be impact players or they will be restricted to 7 plays per half.**
26. Any grievances must be reported within 24 hours to the President, Vice-President or Secretary by the District Director.

SCRIMMAGES ARE ALLOWED DURING PRACTICE DAYS WITH THE KNOWLEDGE AND PERMISSION OF THE BOARD OF DIRECTORS.

SECTION VIII: EQUIPMENT

1. The use of any equipment for the purpose of, communicating with or between coaches during games is strictly prohibited.
2. No game or practice films will be exchanged between any teams. Coaches and players shall only view game or practice films that their own team has participated in.
3. There will be no modification of conference equipment.
4. Each player is required to wear a protective cup. A soft cup will be allowed for the Mighty Mite divisions.
5. Equipment required by league is to be worn by all players (cup, mouthpiece...etc.) If this or any other issues come up at weigh-in, the District Director in charge of game field can call a player ineligible.
6. Any player meeting the equipment requirements, then not meeting the requirements during game can be ineligible. It is not acceptable to borrow and /or exchange issued equipment order for that child to play, unless agreed upon by District Directors or Head Coaches.
7. Upon returning equipment, Head Coaches must ensure that;
 - a. A team roster indicating the equipment received from each player is provided.
 - b. All equipment is returned clean.
 - c. Defective and damaged equipment is separated and turned in.
8. A player may be removed from a game or if a conference official finds faulty or illegally modified equipment.
9. No player or cheerleader may put his/her name on any CIFL property including jerseys and cheer T-shirts.
10. The coaching staff is responsible for the player's equipment being in top shape for the practices and games.
11. Any player with broken or unauthorized equipment will be ineligible for that game or practice. Authorized equipment is the equipment issued to each conference.
12. For all equipment changes, the team must turn in the items for exchange before any new equipment is issued.
13. Districts may purchase individual uniforms or equipment with the approval of the Board of Directors and remain property of the District. All uniforms and equipment paid for by the league will remain property of the league and remain with the

league at all times. All equipment must be purchased through the Director of Equipment and or Cheerleading Coordinator.

14. Any failure or refusal on the part of the Head Coach to comply with the above procedures will preclude that Head Coach from application for the following year. This preclusion will remain in effect until such time, as the Head Coach satisfies his debt or substantially justifies loss or damage to the Board of Directors.
15. No player may practice without a jersey covering shoulder pads.
16. All mouthpieces must be colored and not clear color to be easily identified by referees. They must also be attached by the facemask.
17. No equipment will be allowed to be used outside the CIFL League.

ARTICLE X: CHEERLEADING RULES

ORGANIZATION

- a. No Profanity will be used by any cheerleader or adult personnel. Violators may be suspended for one week and follow the league rules according to unsportsmanship-like conduct.
- b. CIFL equipment and cheerleaders are not allowed to participate in activities outside the CIFL league.

REGISTRATION

- a. Every cheerleader must have a physical on file at the league office before they are allowed to practice.
- b. Every cheerleader must supply a copy of a certified birth certificate upon registration.
- c. Ages of cheerleaders shall correspond to the playing ages of the conference. Cheerleaders may be allowed to cheer for a team their sibling is on.
- d. No more than 15 cheerleaders will be allowed per team. Cheerleaders may sign up and put in a Reserve file.
- e. Registration fee includes insurance.

MASCOTS

1. Mascots must be at least five years old, and have not reached their 8th birthday at the time of sign-ups. Younger mascots may be taken at the discretion of the area.
2. Each team may have no more than two mascots.
3. Mascots are required to meet the same conference requirement as the cheerleaders.
4. Registration fee for mascots is the same as cheerleaders, also includes insurance.

UNIFORMS

1. Team colors shall conform with district colors and be approved by the Team's Head Coach and the Board of Directors
2. Team uniforms style will meet with the approval of the Director of Cheerleading and Board of Directors.
3. Head Coach is responsible for return of the uniforms, pompoms and may be charged for them if not returned. .

CHEERS

1. Teams will ensure that all cheers are not, offensive in nature of context.
2. Team cheers which, directly or indirectly ridicule the opposing team, will not be done.
3. Coaches may be brought before the board in any of the above rule violations and may be suspended.
4. Team cheers shall meet the approval of the Director of Cheerleading and/or the Board of Directors.
5. No pyramids higher-than 2 people will be allowed.

PRACTICES

Cheer teams will practice on the same day and times as the players practice and on the same field.

SPECIAL MIGHTY MITE RULES

Purpose: The Mighty Mites Division is basically an instructional area of play. The purpose of this division shall be to teach the principle of personal endeavor, to perform well as a team member, governed at all times by a sense of humor, sportsmanship, and the rules of the game. The principle goal of this division shall be the education of each participant in physical fundamentals, game rules, and relationships with team members, coaches, game officials, and spectators.

1. The Mighty Mite Division is required to follow the mandatory play rules of this league.
2. A maximum of one coach per team shall be allowed on the playing field during a game. The coach cannot talk after the huddle is broken. These coaches shall remain out of the play of action, 15 yards behind the play and line of scrimmage, so as not to interfere. A coach for each team will be allowed to follow the line of scrimmage; all other coaches will stay in the team box. **The Game Officials will assess an unsportsmanlike conduct penalty if in their judgment; a coach is in the playing action area or if the coach is talking after the huddle breaks. 1st offense is a warning, 2nd offense and there after an unsportsmanlike penalty.**
3. The on-field coach will be permitted to carry a pad and pencil on the field of play.
4. **The play shall be started within thirty seconds and will be enforced.**
5. On the fourth down the offensive team may elect to punt under the provision outlined below.
 - a. A declaration to punt must be made to the game official.
 - b. The game official shall notify the defensive team of the declaration to punt.
 - c. A punt may be returned. The punting team shall not leave the line of scrimmage until the ball has been kicked.
 - d. The ball shall be a direct snap from the center to the punter.
 - e. The punter shall be positioned a minimum of five yards behind the line of scrimmage.
 - f. A snap from the center to the punter may be picked up from the ground and punted.
 - g. Both the offensive and defensive teams shall be required to have seven players on the line of scrimmage until the ball has been punted or declared dead.
 - h. No offensive or defensive player shall cross the line of scrimmage until the ball had been punted. At this time, the official will say, "Ball punted".

- i. **There shall be no rushing on punts or blitzing.**
 - j. Once the offensive team has made a declaration to punt, a punt must occur.
 - k. If a violation of rules c,e,g,h,i, or j is committed the game official shall call it illegal procedure and the offending team will be penalized accordingly. The opposing team has the option to accept or refuse the penalty.
6. A 10-minute stop and go clock shall be used for the entire game.
 7. There shall be two time outs allowed in each quarter and only one additional coach on field during the timeouts.
 8. Defensive players shall not line up over the offensive center.
 9. All defensive and offensive players who line up on the line of scrimmage shall be in either a three or a four-point stance.
 10. The offensive line will consist of one guard and one tackle on each side of the center. They are considered ineligible receivers. The defensive line will only have 4 down linemen, they will position themselves heads up over the offensive guards and tackles.
 11. Inside shade or outside shade will not be allowed.
 12. No defensive player on the line will play over the center.
 13. **THERE WILL BE NO BLITZING OF ANY KIND DURING A GAME. THIS INCLUDES THE “TIMING OF A SNAP”**
 - a. **The defensive tackle has to line up across from the offensive guard and not in the “A” gap. The defensive tackle can rush into the “A” gap once the play has started. The offensive line must line up within one arms length of the player next to them.**
 - b. **All defensive players have to be 3 yards back from line of scrimmage, except the 4 down linemen.**
 - c. **The only defensive players that can cross the line of scrimmage before the ball is HANDED OFF, the QB LEAVES THE POCKET, or THE BALL IS THROWN, are the 4 down linemen.**
 - d. **Penalty for “Blitzing” - 1st time is a 15 yard penalty, 2nd time is a 15 yard penalty and head coach ejection.**
 14. A coach must do everything in his power not to run up the score on an opposing team.

CENTRAL ILLINOIS FOOTBALL LEAGUE 2008

DIVISION BREAKDOWNS

All age cutoff date will be September 1st.

MIGHTY MITES

3RD, 4TH & 5TH GRADES

8 YEARS OF AGE THROUGH 10 YEARS OF AGE

3rd and 4th graders will have NO weight restriction in playing. There will be a 100 lbs. Ball carrier restriction. 5th graders will have a weight restriction of 100 lbs.

JUNIOR DIVISION

5TH, 6TH, & 7TH GRADES

10 YEARS OF AGE THROUGH 12 YEARS OF AGE.

5th and 6th graders will have NO weight restriction in playing. There will be a 125 lbs. ball carrier restriction. 7th graders will have a weight restriction of 135 lbs.

SENIOR DIVISION

7TH & 8TH GRADES

14 YEARS OLD IS THE MAXIMUM AGE.

There will be no weight restrictions for playing in the Senior Division There will be a 145 lbs. ball carrier restriction