

Cen-Cal Board of Directors 2009

Executive Board Members

Commissioner.....	Chris Camp
Deputy Commissioner	Matt Dietz
Secretary / Treasurer.....	Keith Ducey

Board of Directors

ATWATER FALCONS.....	Robert Alvarez
BUHACH THUNDER.....	Keith Ducey
CERES SEAHAWKS.....	Javier Fregoso
HILMAR PACKERS.....	Bobby Hughes
LIVINGSTON VIKINGS.....	Junior Ayala
LOS BANOS WILDCATS.....	Mark Cicairos
MANTECA JAGUARS.....	Jay Muschott
MERCED BEARS.....	Tim Deanda
MERCED COUGARS.....	Egan Burgess
MODESTO BRONCOS.....	Matt Dietz
OAKDALE STAMPEDE.....	Jeff Gottlieb
TURLOCK 49ERS.....	Chris Clardy
TURLOCK VIKINGS.....	Joe Lewis
WATERFORD SABERCATS.....	Lee Duron

CENTRAL CALIFORNIA JUNIOR FOOTBALL LEAGUE BY-LAWS / CONSTITUTION

The name of this organization shall be the Central California Junior Football League, hereafter known as “Cen-Cal.”

(ARTICLE 1) **PURPOSE**

The purpose of this organization shall be to promote and administer to the Junior Football League and to provide the opportunity for qualified boys and girls to both participate in Football and Cheer.

(ARTICLE 2) **BOARD OF DIRECTORS**

The Board of Directors shall be composed of elected officers from each franchise, one (1) per franchise.

Powers, Duties and Responsibilities; Shall exercise supervision of the Cen-Cal in establishing, promoting and planning its organization, management and activities.

All decisions of the Board of Directors shall be decided by a majority vote of Board Members in attendance. In the event of a tie, the Commissioner shall cast the deciding vote.

(ARTICLE 3) **EXECUTIVE OFFICERS**

COMMISSIONER ;

Preside at Board of Director’s meetings. Act as ex-officio member at all committees. Shall have the general supervision, direction and control of the business and affairs of the league. The commissioner shall administer all disciplinary actions. Countersign all minutes and co-sign checks with the Treasurer. Shall administer all business voted on by the Board of Directors.

DEPUTY COMMISSIONER ;

Act as an assistant to the Commissioner and perform such duties as designated by the Commissioner. Become Commissioner should the office of the Commissioner become vacant.

SECRETARY ;

Shall insure that all minutes of each meeting are approved and signed by the Commissioner. Keeps an accurate record and complete file on all Cen-Cal activities. Responsible for all incoming and outgoing correspondence for Cen-Cal.

TREASURER ;

Receives, keeps and distributes all funds for Cen-Cal. Keeps an account of financial transactions. Prepares a balance sheet monthly. Presents books at Board of Director's meetings when requested by any League member. Presents checking Statements @ Monthly Meetings.
Note: Secretary / Treasurer can be held by one person but is only considered one (1) vote.

CLASSIFICATION, SELECTION & TERM APPOINTED MEMBERS

(Board Members / Representatives)

The members shall be appointed by the local franchise boards for a period of one (1) year. Each franchise shall appoint one (1) member and one (1) alternate.

ELECTED OFFICERS: COMMISSIONER, DEPUTY COMMISSIONER, SECRETARY & TREASURER

These officers shall be elected for a period of one (1) year at the first meeting of the year.

(ARTICLE 4) MEETINGS

- a. A monthly meeting of the board of directors shall be held at a place designated by the Commissioner. Meetings will take place on the 1st Wednesday of every month.
- b. Two thirds of the members of the board of directors shall constitute a quorum at any board meeting. No business shall be transacted unless a quorum is present.
- c. All business shall be decided by a simple majority vote. Votes on Accepting or Expelling a team into or from the league must be passed by an 80% majority vote of voting members present. This is to keep the high caliber and standard of quality teams in Cen-Cal. This will also help to deter rogue team from forming, hurting existing programs. Two year probationary period for all new teams. Any new team that is subject to expulsion is via majority vote. New teams still under probationary period do not have a valid vote in the matter.
- d. Any action by the board of directors may be taken without a meeting if all the members individually or collectively consent to the action. Such consent shall be included in the minutes of the next board of director's meeting.
- e. Special meetings may be called by the Commissioner, or by three directors provided

notice is given to each director prior to the special meeting. Notice of the special meeting may be waived in advance, or after the meeting by any director not in attendance.

- f. Franchises that are not represented at a regular board of director's meeting will be subject to a \$100.00 fine by the Commissioner, due in full @ the next scheduled monthly meeting
- g. A vacancy in any office shall be filled by the Board of Directors.
- h. The Directors shall receive no compensation for their services as Directors.

(ARTICLE 5) RULES GOVERNING LEAGUE PLAY

The rules governing league play will be developed by the Board of Directors, agreed upon and finalized. If a point of question arises during the season, then recommendations may be made by anyone and the voting board will make the final decision on the point of question.

This constitution / by-laws may be amended under the following specifications ;

- a. Age & weight proposals – February Board of Director's meeting.
- b. All other proposals – March Board of Director's meeting
- c. All by-law changes must be submitted by a member of the Cen-Cal Board of Directors.
- d. By-Law changes should not be made after the March Board of Director's meeting, however, by-law changes or updates may be open to discussion after a 2/3 majority vote of the Board of Directors. To change a by-law after the March deadline then requires a 100% unanimous vote.
- e. Disputes will be decided by three (3) Cen-Cal Reps in attendance of the game. In the event there are less than three (3) reps in attendance, two (2) Cen-Cal reps and the home team's top official will make the decision.
- f. Annual budget will be discussed at the April Board of Director's meeting.
- g. New teams wishing to apply & join Cen-Cal must do so at the February meeting. No exceptions. Cen-Cal's growth is capped at 16 teams.

(ARTICLE 6)

BOOKS, RECORDS & P ROPERTY

- a. Funds required to maintain Cen-Cal activities shall be listed in the annual budget drawn up at the first Board of Director's meeting.
- b. All funds will be kept in a checking account and / or savings account. Year ending balance shall not exceed \$1500.00. Any excess monies will be divided between the previous year's franchises.
- c. The Commissioner, Deputy Commissioner, Secretary and Treasurer are empowered to sign all checks dispensing league funds at any time they see fit to ensure all league debts are dispensed in a timely manner. A minimum of two (2) signatures , one which must be the Treasurer's is required.
- d. Upon dissolution of Cen-Cal, all funds and properties in excess of liabilities and expenses of dissolution shall be transferred to the franchise treasurers, if not in violation of any law.

(ARTICLE 7)

VIOLATIONS

- a. League officers, team managers, coaches or players found in violation of league rules, regulations or coaching ethics as defined in Cen-Cal Junior Football League articles and in by-laws will be subject to a minimum \$100.00 fine. Any coach or player ejected from a game will be suspended for a Minimum of the next scheduled game along with a fine. A second violation could result in immediate expulsion. All fines and said suspensions shall remain in effect pending a requested appeal or hearing. Disciplinary action is levied by the Commissioner. Appeals and hearing shall be heard by the Board of Directors and the decision shall be final. Any franchise requesting an appeal must appeal within 48 hours or they will lose their appeal.
- b. Any franchise whose voting privilege has been revoked due to nonpayment of fines and / or suspensions shall forfeit all claim to Championship or Post season play until such fines are paid or suspension lifted. Voting privileges will be revoked due to non-payment of fine or until suspensions are lifted.

(ARTICLE 8) **INSURANCE**

- a. Insurance is required to allow registration. Minimum \$1,000,000.00. Medical & Liability.
- b. All franchises are required to carry injury liability and property damage liability and insurance per type of coverage per team minimum period of one year, and shall be set annually by the membership.
- c. The minimum Accidental Medical must cover injuries sustained while engaging in the play of football during a scheduled game or practice, or in the participation of other Cen-Cal activities while traveling to or from a scheduled game or practice or other Cen-Cal activity.
- d. Insurance must cover all candidate players, otherwise known as try-outs, players, cheerleaders, pom-pom girls, coaches, scouts, managers, trainers and duly authorized volunteer workers, all officially connected with the insured franchise.
- e. Insurance must be effective as of the day preceding the first day of official league practices, and must not terminate prior to the day following the final game of the Cen-Cal Postseason play.
- f. The league treasurer shall be responsible for all insurance matters at league level. Proof of payment of insurance premiums by each franchise must be made no later than June Meeting, unless previous arrangements have been made with the Executive Board.
- g. Franchises that fail to comply with the article by non-proof of payment of premiums shall be denied the right to have their teams engage in any practice sessions or games during the current and immediate two following seasons. Unless a Certificate of Insurance (proof) is in the possession of the Treasurer / Secretary no later than the June Meeting.

(ARTICLE 9) **FRANCHISE**

A franchise consists of one set of teams (Varsity, Jr. Varsity, Peewee, Rookie.) Each franchise is represented by one representative to the board. A fee of \$300.00 per year, per franchise due by February Board of Director's meeting.

(ARTICLE 10)

REGISTRATION

APPLICATIONS;

- a. All coaches must have applications on file with the franchise Board of Directors. Screening will be done by each of the respective local boards under their local regulations.
- b. All players must have an application, proof of age and a physical on file with their respective local Board of Directors before they will be allowed to take part in team practice. A County, State, Country or Government Issued Record with birth date will be accepted as proof of age. Most recent copy of school report card is required.
- c. The final and fully completed roster for all teams MUST be presented to the Cen-Cal Commissioner 7 days prior to the round robin or they may not play in the round robin. Any team not turning in their final roster by the Thursday prior to round robin may not participate in the first game.
- d. All team's binders will be lined up in numerical (Jersey Number) order.
- e. All coaches will be listed on the official roster for the team they are coaching, with the head coach listed first.
- f. Upon turning in the roster to the Commissioner 7 days before round robin, his commission will go over each player on the roster, checking physical, proof of age, signatures and picture with game jersey with number.
- g. Prior to the first league game, official roster of each team will be distributed to each franchise by the Commissioner. All player applications must be complete, including birth certificate, signatures, physicals and pictures. Players cannot play in round robin or any other game until proper application is received by the Commissioner or his/her representative. (THIS IS A MUST, NO EXCEPTIONS)
- h. ALL TEAMS MUST participate in Cen-Cal scheduled events. If a team leaves or refuses to participate in the event, a \$1000 fine will be imposed on said franchise. However if both participating coaches agree to ending the contest / game no action will be taken. This includes Round Robin, Regular Season & Post Season events.

(ARTICLE 11)

TEAM ASSIGNMENTS

- a. A franchise may have up to 150 players, distributed among Peewees, JV & Varsity. However a minimum of 18 players on each roster is required and on each team 15 players must be suited up and playable or the game will be forfeited. Rookies are allowed an unlimited roster (not counted against the 150 player limit) and must have at least 11 suited up players for the game. "Unlimited" Rookie roster is at the discretion of each franchise.
- b. Sister City / Migration Rule: Any player that was Cen-Cal approved during the previous season will be assigned to same parent team, unless parent team releases said player.

(ARTICLE 12)

ELIGIBILITY

VARSITY PLAYERS :

Varsity squads will consist of players 11-14 years of age. Players may not be older than 14 years old by August 1st. Varsity players must not weigh more than 195 pounds playing weight. All players in the 8th grade must play Varsity regardless of age and weight. No Repeat 8th Graders or High School players allowed.

JUNIOR VARSITY :

Junior Varsity squads will consist of players 9-12 years of age by August 1st. A maximum of 135 pounds playing weight are allowed. All 8th grade players must play Varsity regardless of age and weight.

PEE WEE :

Pee Wee squads will consist of players 8-10 years of age by August 1st. The maximum weight for a Pee Wee player will be 120 pounds playing weight.

ROOKIE :

Rookies consist of players 7&8 years of age by August 1st. The maximum weight for Rookies is 110 pounds.

Note: To clarify age cut off date by August 1st, Cen-Cal will use the player's age that he/she is ON August 1st. All weights are for the entire season.

Note B: Participation is defined as of Cen-Cal certification.

(ARTICLE 13)

WEIGH-INS

- a. All players will be weighed in on all game days. Weigh masters from both teams will monitor each weigh-in. No coaches or parents may be near the scale and no coach may be a Weigh Master for his own team. All disputes will be resolved by ANY Cen-Cal Rep or Cen-Cal Officer. Scales will be calibrated using Cen-Cal approved weight. 50 lb. square (block) calibration weight required. Digital Scales are acceptable. Use of bathroom scales is not permitted except in the case of an emergency and if both head coaches agree to its use. If not agreed upon, the home team forfeits the game.
- b. Scale calibration will be agreed upon by both weighmasters prior to the game. Player has made weight if scale indicator is not touching upper stops. Weights are as followed on a Digital Scale: Rookie - up to 110.9 Peewee up to 120.9 * J.V. up to 135.9 and Varsity up to 195.9 are all OK. Example: for Varsity 195.9 is OK while 196.0 is overweight.
- c. Any misuse of age and weight violations may result in \$500.00 fine and or disqualified from league playoff season. All games that players participated in illegally are forfeited. Discipline will be administered by league.
- d. Players not participating for medical or disciplinary reasons will not dress out for the game.
- e. The maximum weight will be stripped down to GYM SHORTS (not underwear or girdles)
- f. Weigh-ins for PW, JV & Varsity will begin 60 minutes before scheduled game time. Both teams will line up at that time in order of official roster. Weigh-ins for Rookies will begin 30 minutes before their game time. Visiting team will weigh-in first. Teams not weighing in on time may be subject to game forfeiture.
- g. Only one official weigh-in is allowed and that weigh-in must be in the official roster order. Any player failing to make weight is allowed :30 seconds from the time they step off the scale to make weight. The line of players must still remain in numerical order.
- h. Players not attending the official weigh-in (in order) will not play in said game.
- i. Coaches must present team binders with official Cen-Cal registration card to weigh master. Cards must have photograph with game jersey, physical, signatures and parent's waiver at Round Robin. After the Round Robin and the Cen-Cal Commissioner has stamped each card, the birth certificate is no longer needed to

- identify players at weigh-ins.
- j. ROUND ROBIN weigh-in will be with all gear on to expedite weigh-ins,. League weights with ALL pads plus 15 pounds. (R=125, PW=135, JV=150, VAR=210)
 - k. It is the coach's responsibility to have their team lined up at the appropriate time, not the weigh master's. Teams not lining up in a timely manner will face disciplinary actions by the Commissioner.
 - l. No sweatsuits (plastic bags, etc) allowed to be used to sweat down at any time.

(ARTICLE 14) **EQUIPMENT**

- a. Game balls used must read; "JUNIOR" or "PEEWEE" for Rookies and "JUNIOR for Peewee, and "YOUTH or "INTERMEDIATE" for Varsity and Junior Varsity.
- b. Balls may be made of leather, composite or synthetic rubber and must be of traditional color. No black balls or other colors.

(ARTICLE 15) **PRACTICE**

- a. Team may conduct a player / coaches clinic prior to the official practice game (round robin). The clinic may not exceed two (2) days or a maximum of eight (8) hours. Any clinic after the start of the practice season must have the time used at the clinic deducted from the player's weekly allotted practice hours.
- b. Practice may be scheduled five (5) days per week for the first four (4) weeks prior to the first scheduled game. All players will complete ten (10) hours of no pads conditioning before they can participate in full contact practices.
- c. After the first scheduled game, practice will be limited to four (4) days and seven (7) hours of practice per week. This includes one (1) day with one (1) hour of no pads during the week.
- d. No practice may last more than two (2) hours and all practices must conclude before darkness, unless local Board of Directors have arranged for a well-lighted field.
- e. Helmets will be permitted at the no pads practice.

- f. Practices on Sundays will NOT be permitted.
- g. Misuse or violation of practice rules will be punishable by a \$100.00 fine and a possible suspension from future games and practices as directed by the board.
- h. No player may have contact with another player if they are 10 pounds or more over the weight limit for their age group during practice. They may exercise, but may not have physical contact. They may move up to the group that accommodates their weight if age permits and if there's roster availability up until book certification.
- i. No pre-season Franchise organized practices of any type will be allowed.

(ARTICLE 16) COACHES & PLAYERS

COACHING STAFF ;

- a. It will be the responsibility of the Head Coach to insure that the conduct of his coaching staff and players is above reproach at all games.
- b. If, at any time, the Cen-Cal Board of Directors is shown good cause and feel a coach is not adhering to his/her responsibilities, or is not meeting the standard requirement as a coach, the Cen-Cal Board of Directors will take appropriate disciplinary actions, including suspensions.
- c. If a coach is ejected from a game by a referee, that coach will appear before the Cen-Cal Board of Directors at a special meeting called by the Cen-Cal Commissioner. The local Board of Directors from the ejected coach will notify the Cen-Cal Commissioner within forty-eight (48) hours so appropriate action can be taken. Action will be governed by Article 4 & Article 7 of the Cen-Cal BY-LAWS. The Executive Board will meet on a date determined by the Commissioner before the next scheduled game when and/or if an appeal is made by the Franchise President and/or Cen-Cal Rep.

COACHES / PLAYERS ;

- a. Neither profane language, nor poor sportsmanship on the part of coaches or players will be tolerated. Anyone in violation will be ejected from the game.
- b. If an opposing coach questions the eligibility of a player, he can request a signature

except during time outs. Referees: Each organization will provide one (1) board member per game to act as the two referees. The game should be officiated very liberally with penalties only called for Off-sides, False starts, Holding at the point of attack and flagrant incidences of unsportsmanlike like conduct. Kicking Game: There will be no kicking game at the Rookie level. Kickoffs - The ball will be placed on the 35-yard line in lieu of a kick off. Punts - An offensive team may elect to declare a 30-yard punt on fourth down. The referee and defensive team must be notified of the punt before the offensive team lines up on the ball. The offensive team MUST clearly declare their intention to punt or "go for it" on fourth down. An offense will not receive a 1st down for drawing the defense off sides on fourth down (Hard Count). Turnovers may be advanced. (Fumbles & Interceptions) Maximum of six (6) man rush on every play. No Hurry-up offense allowed.

- e. There should be no less than two (2) neutral officials for the Pee Wee games. The score will be kept.
- f. Pee Wee, Jr. Varsity and Varsity games will consist of four (4) 10 minute quarters. There will be 15 minutes between halves of all games.
- h. Each team will be allowed 4 time outs per half. Injury time outs called by the officials will not be counted against any team.
- i. The maximum penalty assessed to a Pee Wee is 10 yards. Rookies: Just "Do Over"
- j. The High School jersey numbering system will not be in effect. Coaches should try to abide by High School number systems as much as possible throughout the year. However a player must check in with an official, informing him of a position change before entering the game.
- k. Varsity, Junior Varsity & Pee Wee will be allowed to kick the point after touchdown (PAT). 2 points will be awarded when the ball is kicked through the goal posts. Every level will be awarded 1 point for a run or a completed pass into the end zone. 2 (two) points on PAT KICK only.
- l. Players must stay in the bench area at all times unless they are talking to their coach or are participating on the field. All Pee Wee, Jr. Varsity & Varsity level coaches will coach from the sidelines.
- m. All teams will play on a regulation football field.
- n. The officials are in charge of all activities on the field including sportsmanship of coaches and players.
- o. Only people with Official Cen-Cal passes will be permitted on the sidelines. Game officials and announcer will control this with the help of the coaches. Teams may be

- penalized if not in accordance. Violators may be asked to leave the game.
- p. Players Code of Conduct is printed on the player's registration card.
 - q. ALL franchises must contact the League Secretary weekly with game scores as soon as possible, preferably by 12:00pm Sunday. Names of players and coaches and the reason for being ejected must be given to the Secretary & Commissioner by Sunday.
 - r. Cheerleaders, Announcers, Chain Gangs and all other League Volunteers must abide by Player's Code of Conduct. No negative or harassing comments, remarks or cheers will be tolerated.
 - s. Pee Wees, JV's & Varsity Ties will be played using the California Tie-breaker Rule. The ball at the 10-yard line with 4 downs to score a touchdown or field goal. Each team will use the same end of the field, alternating possession until one team scores and the other fails to answer the score. Interceptions and fumbles will turn the ball over to the other team at the 10-yard line. Each team will be given one time out to be added to unused time outs from the 2nd half.
 - t. Home team is required to play the National Anthem and display the American Flag.
 - u. After the beginning of the second half, any coach trailing by 28 points has the option to go to a running clock.

(ARTICLE 18) **GAME / COACHES**

- a. There will not be more than 1 Head Coach and 9 assistant coaches per team in the coaches box or the sidelines at any time,
- b. Two (2) coaches and one (1) player from each team may roam from end zone to end zone. All other coaches and players must stay within the 25-yard lines.
- c. Team Captains and Head Coaches only may bring a complaint to the officials. There will be no complaints from any other source.
- d. Smoking or chewing tobacco is not permitted on the bench or playing field at any time. The drinking of alcoholic beverages will not be permitted on the premises at any time.
- e. Each franchise has the right to inspect all incoming containers. Ice chests may be inspected for alcoholic beverages. Each franchise has the right to prohibit ice chests, with the exception of Team sideline refreshment ice chests. It is each franchise's responsibility to communicate this particular rule to their parents. No exceptions.

- f. Electronic devices (walkie talkies) will be allowed for purpose of relaying information from the stands to the fields or visa versa. Equipment will be provided for itself and no team shall be penalized if another team does not have walkie talkies, nor shall they be denied the use of their own equipment in the event of equipment failure of the opposing team. Players may not use electronic communication devices.
- g. Home teams must provide no less than an Emergency Medical Technician (EMT) , Nurse or Doctor. The medical person must be introduced to the officials and the opposing coach prior to the start of the game. If the medical person is not present at the scheduled game time, a one (1) hour delay will be allowed to wait for his /her arrival. After 1 hour the home team will be given a forfeit. Medical responder must be on the sidelines for quick response to injuries. Note: Home EMT is in charge and has full jurisdiction in regard to all medical / injury related incidents throughout the course of the contest.

(ARTICLE 19) ROUND ROBIN / PLAYOFFS / ALL-STARS / BOWL GAMES

- a. League Round Robins will be chosen each year. There will be an NFC Round Robin & an AFC Round Robin. Each franchise will have the opportunity to be voted in as host for each Round Robin as well as the host of the Super Bowl / Clyde Bowls & All-Star Games. In 2009, There are Three (3) locations for Round Robins. Note: Any teams failing to compete in a scheduled Cen-Cal event is subject to a \$1000 fine.
- b. Cen-Cal will pay \$250.00 fees at the Round Robins & \$500.00 at the Super Bowl / Bill Clyde All-Star Games. Cen-Cal keeps the gate income at all of these events.
- c. The Top Four (4) Pee Wee, Jr. Varsity & Varsity Teams in each division make the playoffs. Seeding is as follows: #1 Seed hosts #4 Seed while the #2 hosts the #3. Winners advance to Division Championship Games, highest seeded team hosts. Division Winners advance to Super Bowl to face each other while Division Runners-up face each other in the Clyde Bowl.
- d. Standings tie breakers are ; 1st Division , 2nd head to head, 3rd Overall, 4th points allowed
- e. All franchises will have five (5) All-Stars players selected from their respective squads (excluding Rookies) This formula may vary from season to season in an effort to make the All-Star teams equal in number and quality.
- f. All-Star games will use the same rules as regular season games except 10

additional lbs. to be allowed per level. PW = 130 * JV = 145 * Varsity = 205

- g. The Super Bowl Coaches in each division (NFC & AFC) will be elected Head All-Star coaches. They may select any Cen-Cal approved assistant they wish.

CHEERLEADING CODE OF CONDUCT:

- a. Cheerleaders will be recognized by the Cen-Cal League and are expected to follow the same rules of conduct as the players, with the same disciplinary actions.
- b. All cheerleading squads may perform a two-minute routine at the half-time of the Super Bowl.
- c. Cheerleader must abide by player's code of conduct. No negative or harassing cheers will be tolerated.
- d. During Special Event Games (Super Bowl, Homecoming, etc....) teams are allowed 5 minutes so that both team's cheerleaders have the opportunity to cheer. Every game must afford both team's cheerleaders the opportunity to perform.