



ACQC

AUGUSTA COUNTY QUARTERBACK CLUB, INC.

BY-LAWS AND REGULATIONS FOR ADMINISTRATION & OPERATION

Adopted: January 15, 1979 ■ Revised (7-21) for the 2021 Season

JIM GLASS

Chairman, Corporate Board
Stuarts Draft

GARY BREEDEN

Member, Corporate Board
Fort Defiance

Dr. H. LYNN MOORE JR.

Vice Chairman, Corporate Board
Riverheads

MIKE HUFF

Member, Corporate Board
Wilson

PARMER H. BRADLEY JR.

Secretary-Treasurer, Corporate Board
Buffalo Gap

DALE K. SMITH

Member, Corporate Board
President - ACQC

JIM WOOD

Member, Corporate Board
Waynesboro

Robbie Miller

Member, Corporate Board
Staunton

Benji McGann

Member, Corporate Board
Nelson County

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1.0 PURPOSE

The Purpose for which the corporation is organized is:

- A. To organize and develop a football league and other recreational activities for youth in the areas of Staunton, Waynesboro and Augusta County, Virginia, for the physical and moral welfare of the participant therein, and:
- B. To develop interest in contact football and team cheerleading to enable them to gain experience and knowledge of the game under the supervision of adult instructors, and:
- C. To encourage each youth to develop as a student-athlete.
- D. To emphasize and promote sportsmanship among all participants in the Augusta County Quarterback Club.

2.0 SPORTSMANSHIP-ETHICS-INTEGRITY

The National Federation Sportsmanship, Ethics and Integrity Committee has identified target groups within the high school community that are responsible for conducting themselves in a sportsmanlike manner. The following are expectations of these groups and will be endorsed by the Augusta County Quarterback Club youth athletic program.

A. Expectations of Coaches

- Always set a good example for participants and fans to follow exemplifying the highest moral and ethical behavior.
- Instruct participants in proper sportsmanship responsibilities and demand that they make sportsmanship the No. 1 priority.
- Respect judgment of contest officials, abide by rules of the event and display no behavior that could incite fans.
- Treat opposing coaches, participants, and fans with respect. Shake hands with officials and opposing coaches in public.
- Develop and enforce penalties for participants who do not abide by sportsmanship standards.

B. Expectations of Student Participants

- Treat opponents with respect, shake hands prior to and after contest.

- Respect judgment of contest officials, abide by rules of the contest and display no behavior that could incite fans.
 - Accept seriously the responsibility and privilege of representing school and community. Display positive public action at all times.
 - Live up to high standard of sportsmanship established by coach.
- C. Expectations of Parents, Students and Other Fans
- Realize that a ticket or admittance is a privilege to observe a contest and support high school and Youth League activities, not a license to verbally assault others or be generally obnoxious.
 - Respect decisions made by game officials.
 - Be an exemplary role model by positively supporting teams in every manner possible, including content of cheers and signs.
 - Respect fans, coaches and participants.
 - BE A FAN . . . NOT A FANATIC
- D. Expectations of Spirit Groups
- Stimulate desired crowd response using only positive cheers, signs, and praise without antagonizing or demeaning opponents.
 - Treat opposing spirit groups and fans with respect.
 - Recognize outstanding performances on either side of the playing field or court.
 - Know rules and strategies of the contest in order to cheer at proper times.
 - Maintain enthusiasm and composure, serving as a role model.
- E. Expectations of Public Address Announcers
- Treat visiting and home teams comparable.
 - Consistently display neutrality during contest.
 - Offer NO personal comments of criticism of players, officials or coaches.
 - Use P. A. announcements available through the National Federation.

3.0 LEAGUE ADMINISTRATION

3.1 CORPORATE BOARD OF DIRECTORS [CORPORATE DIRECTORS]

- 3.1.1 In accordance with the Articles of Incorporation < Art. 0.1 >, the corporate directors, one representative from each Augusta county subdivision < Art. 4.0 >, Waynesboro* and Staunton*, are appointed by the area representatives < Art. 3.2 > and approved by the current Corporate directors.
- 3.1.2 The term of the corporate directors is indefinite and/or until a new member is appointed and approved. Only two (2) corporate directors can be replaced in any calendar year unless a vacancy occurs due to a resignation. Corporate directors are appointed by a majority vote of the area representatives < Art. 3.2 > and approved by two-thirds (2/3) vote of the corporate directors.

A corporate director may be removed by majority vote of the area representatives < Art. 3.2 > and approved by two-thirds (2/3) vote of the corporate directors.

- 3.1.3 Corporate directors will elect a chairman, vice chairman, and a secretary-treasurer to direct the business of the corporation through the corporate directors. All corporate directors and area representatives shall conduct all meetings according to the current "Roberts' Rules of Order."
 . *Waynesboro added 6-2-92 & Staunton 8-16-95
- 3.1.4 The corporate directors have final responsibility for the proper operation of the league in accordance with league rules and regulations. The corporate directors are responsible to vote on and to change league regulations as may be recommended by the area representatives or presented, in writing, by others. Proposed changes to the league regulations must be sent to the corporate directors at least thirty (30) days prior to the annual meeting < Art. 5.0 >. Proposed changes shall be presented at the annual meeting before the league membership, and the corporate directors, shall vote by an individual voice count after all discussions are complete. Changes are incorporated by two-thirds (2/3) approval of the corporate directors.
- 3.1.5 Temporary or emergency rule changes can be issued by majority vote of the corporate directors. These changes apply for the current season* and will be carried in the minutes of the proceeding until incorporated or rejected at the annual meeting.

3.2 AREA REPRESENTATIVES (Formerly League Directors)

- 3.2.1 Each designated area subdivision < Art. 4.0 > shall appoint two permanent and two alternate members to serve on the group of area representatives.
All representatives and alternates should be registered with the corporate board of directors prior to the first day of August.
- 3.2.2 It will be the duty of the area representatives to administer all league rules and regulations and to be responsible for the general conduct of the league operations. Area representatives shall act on all league matters that may come before it in a routine manner, such as scheduling, inspections, weigh-ins, disciplinary actions, protests, etc.
- 3.2.3 The area representatives shall elect a president, vice president, and secretary/treasurer to serve a two-year period. These positions do not have to be from the area representatives. Nominations and voting for these_officers will take place at the annual meeting on even numbered years

< Art. 5.2 >.

- 3.2.4 Each area representative has one (1) vote on matters presented for operational decisions. An alternate can vote in place of an absent representative for a particular area. All approvals require a majority affirmative vote of all members present and voting.
- 3.2.5 Area representatives cannot also be a member of the corporate board except by unanimous vote of the corporate directors. Corporate directors cannot be coaches in the league.*** ****added 6-3-2010

4.0 AREA SUBDIVISIONS

- 4.1 The eligibility for each participant will be determined by the territory of area of permanent residence. The preferred subdivision will be according to the high school territorial attendance boundaries as determined by the Augusta County, Waynesboro* and Staunton* School Boards.

Additional team participants outside the Augusta County/Waynesboro/Staunton* boundaries can be determined on a year-to-year basis by the league directors. Area subdivisions are subject to change by action of the corporate directors.

- 4.1.1 League areas dividing into more than one age-division team must present to the area representatives a plan for subdividing its area requiring a majority vote by the area representatives for approval.
 - 4.1.2 Area waivers may be granted for participant travel convenience and for children of coaches or board members who reside outside the area boundaries. **
- 4.2 The area representatives can waive the territorial requirements for a participant in league activities. A participant, who has been waived by the area representatives and permitted to participate in other than the area subdivision of permanent residence, must renew the approval each year prior to any activities. [**Suspended for 2011.**]

League waiver decisions may be appealed to the corporate board with **written** notice to the board.**

*-Waynesboro area added 6-2-92 & Staunton 8-16-95 **-added 6-3-2010

5.0 ANNUAL MEETING

- 5.1 The Corporate Annual Meeting will be held during the third quarter of the calendar year, concurrent with or before the Area Representatives Meeting.
- 5.2 In addition to voting on regulation changes and conducting other business that is presented, the annual meeting can be for the purpose of electing new officers for the coming two (2) years < Art. 3.2.3 >.
- 5.3 All voting at the annual meeting, unless otherwise stated, requiring approval of the area representatives will be by majority vote of those present and voting. Action requiring corporate directors' approval will be by majority vote of the corporate directors, unless otherwise stated in these regulations. A quorum of two-thirds of the members is required when voting.

6.0 RULES FOR OFF-THE-FIELD OPERATIONS

6.1 DONATIONS – When declared by the area representatives, yearly donations will be collected from each area subdivision organization entering competing teams. The donation will be collected prior to any team participation. Corporate directors will request funds from the area representatives to defray expenses of the corporation.

6.2 REGISTRATION – Each area shall have its own registrations, without a numbers cut-off. Any participant who has not yet registered and been approved by the team's second Saturday game played, will not be allowed to participate in ACQC activities. (amended 6-3-2010). Exceptions may be made with both club and league board approval for individuals moving into the area after the second Saturday game. (amended 6-3-2010)

6.3 AGE REQUIREMENT – Player eligibility shall be determined by age.

The maximum age limit is not to be 10, 12 or 14 ON** or before the first day of October. The minimum age is to be 8, 10 or 12 on or before the first day of October. In areas of school boundaries where fewer than 22 midgets try out for a team, all seven year olds will be permitted to play on approval of the area representatives.

All players must produce a certificate of birth or other satisfactory proof of age, and must be certified by his area representative on an official roster form and given to the league representative during weigh-in. A team, which carries any player who cannot produce a certificate of birth upon request by the league directors, shall forfeit all games for which the name appeared on the team roster.

All players will be separated into three groups as follows:

MIDGETS – Ages 8 and 9
JUNIORS – Ages 10 and 11
SENIORS – Ages 12 and 13

These ages apply to cheerleading with the exception of mascots. They are not allowed to compete in competition.

6.4 WEIGHT REQUIREMENTS – The following weight limitations apply to any offensive eligible positions which include all backfield, quarterbacks and ends: ***

MIDGETS: Max. Weight: 95 pounds
JUNIORS: Max. Weight: 115 pounds
SENIORS: Max. Weight: 135 pounds

Any ball player over the above stated weight limits cannot advance the ball under any circumstances.

Punters who are over the weight limits must kick the ball and cannot advance the ball by running or passing.

6.4.1 All 13-year old players over **135** pounds in weight are limited to playing on the offensive and defensive^ interior line (within the “line box”) and are not allowed to participate on kick-off or kick-off return teams, and will be marked with a sticker and a bold X. All thirteen (13) year old 8th graders weighing over **145** pounds are not eligible to participate in the

(ACQC) activities and should participate on a high school sponsored (JV or 8th grade) team. */***/****

- 6.4.2 Area representatives will appoint a weigh-in committee to weigh and approve the weight of all stickered players prior to the first game of participation. Players not weighed in on the last official weigh-in date will be stickered and cannot participate until approved by the area representatives.
- 6.4.3 ALL overweight players must be identified by an official A.C.Q.C., Inc., sticker which must be placed on each side of the helmet just above the ear opening.
- 6.4.4 ALL players must be weighed-in wearing no less than gym shorts and tee shirt.

6.5 LEAGUE ROSTERS – Only the chairman of the weigh-in committee gives out official rosters. The rosters are to state the name, age, birth date (verified by presenting proof of age) and weight, school and jersey number. When completed, an official league roster will be given to the League and Corporate secretaries. Copies of the official league roster will be given to the area representatives. After the final weigh-in is complete, no player shall be added to the roster without the approval of the area representatives. Any player found on the roster without approval, would be considered ineligible (Art. 10.4.7).

It is the responsibility of each area representative to see that the head coaches have an up to date copy of the official league roster. For various reasons, jersey numbers may have to be changed and is the main reason for an accurate and complete roster be made available prior to the start of each game and exchanged for each opposing head coach. Failure to do so, will result in the suspension of the next scheduled game for the head coach only (Art. 10.4.7). All rosters or programs given to the public address announcers must list players in numerical order according to the jersey numbers.

- 6.5.1 After rosters are submitted to the league secretary, any player found to be beyond stated age or weight limitations will automatically cause any game played to be forfeited in which the name appeared on the team roster.*

*-amended 6-2-92 **-amended 7-28-94 ***-amended 6-3-2010

****-amended 8-25-2005 ^-amended to reinstate “defensive” 6-15-2011

6.5.2 END of GAME – SIGN OFF FORM - To ensure that all players have played 8 plays and both opposing team coaches are in agreement or made aware of any discrepancies of playing time. Signature of acting head coach from both teams is required.

6.6 EQUIPMENT REQUIREMENTS – No player shall be permitted to participate in the Augusta County Quarterback Club practices or games without ALL proper equipment. Each participating area shall provide equipment to each player as required by the latest publications of Virginia High School League (VHSL) rules and regulations, except as amended by these By-laws.* *-amended 8-16-95

- 6.6.1 Area representatives shall appoint an equipment committee to inspect and approve all equipment at the pre-season weigh-in. Each area will be responsible for inspection of all equipment at least two separate times in the season.

6.7 PROTESTS – Protests are detrimental to the proper development of team spirit and should be avoided if at all possible.

- 6.7.1 No protests will be considered which are based upon the real or alleged failure of game officials to interpret or apply game rules properly, or to render decisions in ALL matters of judgment. Differences of opinions which arise during the progress of the contest must be considered on the spot and the decisions of game officials shall be final** at the end of the contest.

- 6.7.2 All protests shall be presented, in writing, to the president of the league representatives within 24 hours after completion of game, and the disposition of the protest must be given by the representatives within five days upon receipt of the official protest. Final ruling on the protest must be given by the league representatives as soon as possible.

A protest must be signed by the protester and the area representative.

The protesting and defending parties may each call up to five (5) supporting speakers to the protest meeting called by the area representatives. Each speaker can have two (2) minutes to discuss the case. At the end of all discussions, the area representatives will convene privately and vote on the protest request. Approving or upholding a protest requires a two-thirds (2/3) vote of the representatives who are present and voting.

6.8 RESCHEDULING OF GAMES – Any rescheduling of games will be done between the area representatives and the president of the operating board in conjunction with each area's league president. Once a game has been rescheduled, only the president of the operations board will contact the game officials' assignor. * - added 6-15-2011

- 6.8.1 Game Schedule – Teams that are placed on the official schedule must play, unless revised due to weather or scheduling conflicts. added 7-20-15

6.9 SPLITTING TEAMS – A Team will split into 2 teams, when registrations exceeds 44. Area requests to split into 2 teams must be approved by the area representatives. The process to split must be submitted in writing and approved. Both teams will be placed on the game schedule to play one another. Contest may not take place due to weather or schedule conflict. rev. 4-23-17

7.0 RULES FOR ON-THE-FIELD OPERATIONS AND CHEER COMPETITION

7.1 Unless otherwise stated in these regulations, the rules and regulations governing the sport of football will be as set forth by the Virginia High School League (VHSL) in its applicable publications. These publications include the yearly, updated issues of the “National

Federation Football Rules Book” and the “Virginia High School League Handbook”, except as amended by these Bylaws.***

- 7.2 The length of the football field will be 100 yards for all games. Each area shall be responsible for furnishing a playing field for home league games. A schedule shall be published to show playing dates, day, time and home team. Each coach shall be given a schedule at least one (1) week prior to the beginning of the season.
- 7.3 The length of quarters shall eight (8) minutes for all games. Half-time will be ten (10) minutes long, which will include a 3-minute warm-up period. Each team will have three (3) time outs per half. All uniformed players shall play a minimum of 8 plays each game unless being disciplined by a coach, or under doctor’s instructions not to play.* The opposing head coach shall be notified of all players in uniform who will not enter the game. This notification will be prior to the start of the game. When a player has entered the game and is unable, for any reason, to participate in 8 plays, the opposing head coach must be notified during or immediately after the game. The head coach will be disciplined for any infraction which will fall under 10.3.

Maximum time between games will be ten (10) minutes.***

- 7.3.1 Each team must have a designated person to count and record how many plays each football player plays. The play sheets are to be signed by the head coach, then given to one of their area representatives. Each area will be responsible for turning in play sheets at the next schedule ACQC meeting.
- 7.3.2 All areas must use Wilson leather GST footballs for games. (Midgets – K2, Juniors – TDJ, Seniors – TDY) Game day footballs will be provided by the home team. * Flag will use K2 composition.**
- * added 7/25/16 **added 2021
- 7.3.3 Game scoring : Touch down 6 points. Run in after touch down 1 point. Kicking extra point after touch down 2 points.* added 7/25/16

- 7.4 It is strongly recommended that qualified medical/first aid personnel be provided at ALL area home games.*

- 7.4.1 When the clock is stopped because of an injured player, the player MUST be removed from the game in accordance to VHSL rules and regulations.
- 7.4.2 Any time a player has sustained an injury that requires medical attention by first-aid personnel or a doctor, an accident report will be completed and mailed to the A.C.Q.C. league president within fifteen (15) days.
- 7.4.3 A league representative or any coach, treating an injury involving body fluids should wear latex gloves. Each area shall provide such equipment.**

* - amended 6-2-92

** - added 7-19-93

*** - amended 7-16-95

- 7.5 Game officials will be provided by the Piedmont Valley Football Officials Association or as *otherwise* contracted by the A.C.Q.C. Each area is responsible for providing the official timekeeper and the game public address announcer who must be an adult at least twenty (20) years of age, or of high school age under adult supervision.**
- 7.6 Payment of officials is the responsibility of the home area, and officials shall be provided proper personal safety and consideration at all times, before, during and after the scheduled games.
- 7.7 Unlimited practices are permitted prior to the official opening of the Augusta County Public Schools, but cannot begin earlier than three (3) weeks before the first regularly-scheduled game. The practice start may be modified by action of the league directors.

After the start of school, only two (2) contact practices and one (1) non-contact [helmets only] practice, and one (1) game are permitted per week.* Should a weekday game be scheduled, *only effected areas, MUST reduce to a maximum of two (2) practices of any kind per week. In this case, a weekday game does NOT replace a practice session. . * revised 7-20-15

Cheerleading, no extra practice for Cheer Competition ** added 7/25/16

No player contact is permitted during the first four (4) days of practice.

- Day 1 and 2 – Helmets only.
- Day 3 and 4 – Helmets and shoulder pads only.

Unlimited coaching can be provided at practice sessions. However, only a maximum of seven (7) PERSONS are permitted on the sidelines during a game.

*-amended 6-2-92

** -amended 8-16-95

There will be no cheerleading stunting on any paved or hard surfaces.

7.8 CHEERLEADING COMPETITION

1. Each area will set time and price for competitions.
2. Rosters will be checked at the specified entrance. Each area is responsible to submit rosters of team and all coaches and/or any coordinator for each area prior to the competition.
3. All music MUST be checked during the allotted warm up time in the performance gym with the announcer prior to competition starting.
4. There will be designated seating for each area.
5. Squads must have 6 and no more than 25 cheerleaders to compete. Numbers of less or more, must be voted on before a competition. rev.4-23-19

7.9 RULES & REGULATIONS:

1. Time Limit: Routines need to be at least three (3) minutes but NO more than five (5) minutes in length. Time will begin with the first motion or when the music starts.
2. All routines must include a cheer, chant, dance and stunt. (All stunts must meet ACQC regulations for safety)

3. No glitter of any kind-hair, body, or signs allowed on or in mat area.
4. No jewelry of any kind which includes belly rings and facial piercings.
5. No knee socks are allowed only ankle socks.
6. All cheerleaders on the floor should be the appropriate age for their division. No mascots.
7. Coaches may lead routine from stands for Midget Division only.
8. There will be deductions for adult spotters except for the Midget Division.
9. Air horns and balloons are prohibited in the building for competition.
10. No parents or team moms are allowed in the warm up area. Only coaches, commissioners, coordinators and assistants are allowed.
11. Coaches are responsible to have their team warm up during the allotted time for your team. You must warm up during this time.
12. Sideline uniforms must be worn.
13. Shoulder length hair or longer must be put in a ponytail. All hair must be pulled back away from the face.
14. Coaches must inform hosting site of any disabilities prior to competition starting. Cheerleading coordinators should review this information prior to submitting rosters to the host site.
15. Coaches are to wear their team colors.
16. Judges are off limit to coaches, coordinators, parents or competing girls during the whole competition, that areas age division will be automatically disqualified. With the exception of the competition host.

7.9.1 JUDGES & SCORING

1. There will be 4 VHSL certified judges. (3 panel and 1 tech.) Time keepers and tabulators do not need to be VHSL certified.
2. High and low scores will be dropped and the remaining scores tabulated to determine ranking. Infractions resulting in a point deduction will only be determined by the judges. Score sheets will not be given to the area commissioner/coordinator at the conclusion of the competition. These are not to be given to the coaches at the competition site.

TEAMS JUDGED ON:

1. Appearance & school representation: twenty (20) points for neat, clean and matching uniforms, hair, and age appropriate material and music.
2. Cheer technique: fifteen (15) points for movements; sharp, spacing, smooth transitions, synchronization, voice projection and use of signs and /or poms.
3. Degree of difficulty: twenty (20) points for level of skill, transition, pyramids, tumbling and jumping.

4. Overall Impression: twenty (20) points for level of skill, transition, pyramids, tumbling and jumping.
5. Dance: ten (10) points for proper technique, sharpness, motion placement, synchronization and spacing.
6. Time limit: ten (10) points for keeping the routines within the three (3) to five (5) minute requirement.
7. Tumbling: five (5) points.

7.10 CHEERING SAFETY AND STUNTING

Refer to addendum attachment. (Last 2 pages of Bi-Laws) (Last revised 8/31/15)

7.11 FLAG FOOTBALL RULES added 4-23-19

8.0 TEAM STANDINGS

Team positions or standings will be determined by the following point system:

WIN – TWO (2) POINTS

TIE – ONE (1) POINT

LOSS – NONE (0)

At the end of the season, the team with the most accumulated points will be declared the champion of the division. In case of ties, co-champions will be declared.

- 8.1 When a single team is the A.C.Q.C. champion, that team shall represent the league in any post-season games. When co-champions have been declared, the A.C.Q.C. representative will be determined by a playoff.
- 8.2 There will be at least two cheer competitions a year with Riverheads host one and the other being held based upon Superbowl rotation.

9.0 TIE BREAKERS

The Rules and Regulations governing tiebreakers for all games will be in accordance with the VHSL publications in effect at the time, but not to exceed two (2) overtime periods except for post-season play where there will be as many overtime periods as needed to determine a winner.

10.0 COACHES

- 10.1 Head coaches MUST be 21 years of age or older unless approved by the league directors. All coaches are to be registered with the league directors prior to the first game. < Art. 10.2.4 >. Also, all head coaches must be certified by standards approved by the ACQC.*

10.1.1 ALL coaches and assistants must have background checks performed before working with football players and cheerleaders. Anyone who has been assigned to help or work with the youth will also fall under this provision, as required by the state when having direct contact with minor children. If an area is doing its own background checks, the area representatives need to submit a list of names and verify that the

background checks have been done. The paperwork also needs to be signed by the person(s) responsible for reviewing or conducting the background checks.

10.1.2 All cheerleading head coaches and coordinators must complete a progressive stunt training program thru a valid organization. If area coaches have not gone through an approved stunt clinic they are not able to compete in competition or hold one.

10.2 In addition to the rules, regulations, and minutes of the Augusta County Quarterback Club, Inc., and the VHSL publications, the following additional rules shall apply:

10.2.1 ALL coaches are expected to conduct themselves in a manner which encourages fair play, honesty and good sportsmanship.

10.2.2 A coach who becomes unruly, disorderly, threatening, taunting, and who is generally disrespectful towards game officials, may be warned, censured, or dismissed by the area representatives. Any coach or a member of his staff who is ejected by an official WILL IMMEDIATELY remove himself from the Stadium. If that coach or assistant does not remove himself from the stadium, the game WILL BE FORFEITED.* The coach will come before the league's area representatives as soon as possible for appropriate disciplinary action. < Art. 10.3 > and < Note Art. 10.2.2 >**

10.2.3 A coach who mentally or physically abuses players will be censured and face disciplinary action by the area representatives.

10.2.4 Persons not registered with the ACQC are NOT permitted to coach. To become eligible, coaches may register with the league's area representatives any time during the season.

10.2.5 No person can hold office who, in the past two (2) years, has had a judgment notice or disciplinary action taken against him, unless approved unanimously by the area representatives.

10.2.6 All head coaches/coordinators from each level (midget, junior, and seniors) must be CPR and First Aid certified. ***Also review and complete an online training course specified by the ACQC. (Nays.org) National Alliance for Youth Sports.

*-amended 6-2-92 , 6-15-2011 **-amended 8-16-95 *** amended 7-20-15

10.2.7 A COACH WILL:

1. Demonstrate high ideals, good habits, desirable attitudes in personal behavior, and demand the same standards from assistants and players...
2. Recognize that the purpose of competition is to promote the physical, mental, social and emotional well-being of individual players and that the most important values of competition are derived from playing the game fairly...
3. Be a modest winner and a gracious loser...
4. Maintain self control at all times, accepting adverse decisions without public display of emotion or of dissatisfaction with game officials...
5. Cooperate with the Quarterback Club officials in the planning, scheduling and conduct of the game...
6. Employ accepted educational methods in coaching, giving all players, giving all players an opportunity to use and develop initiative, leadership and judgment...
7. Play close attention to the physical condition and well-being of players, refusing to jeopardize the health of an individual for the sake of improving the team's chances of winning...
8. Teach athletes that it is better to lose fairly than to win unfairly...
9. Discourage profanity, abusive language and similar violations of the true sportsman's code...
10. Refuse to disparage an opponent, an official, or others associated with sports activities, and discourage gossip and questionable rumors concerning them...
11. **NEVER** attend games or practices under the influence of any substance. Any coach coming to practice or a game smelling of alcoholic beverages will be suspended or barred from coaching.

10.3 DISCIPLINARY ACTIONS

The following actions can be taken by the Augusta County Quarterback Club, Inc., in dealing with any infractions by registered coaches:

LEVEL 1: Give verbal and/or written warning;

LEVEL 2: Suspend a coach for a period of one (1) week to indefinitely;

LEVEL 3: Ban a coach indefinitely from all activities in the A.C.Q.C.

Appeals arising from disciplinary action can be made in writing to the president of the area representatives.

On the first offense, level 2 or 3 judgments can be appealed immediately, and an appeal board must review action within seven (7) days.

On the second offense within one year, level 2 or 3 judgments can be appealed at the end of the present season.

No level 1 appeals will be heard, although the individuals involved may submit a written statement concerning the actions.

Appeal boards shall consist of one (1) individual from each subdivision area and a member of the corporate board of directors designated by the chairman. The area representatives may NOT be a coach. A coach may represent himself or have someone else represent him. The appeal board's decision must be given to the individual involved through his area representative within seventy-two (72) hours.

10.4 SUSPENSIONS AND EJECTIONS

10.4.1 A person accused of being guilty of an infraction has the right to appear before the A.C.Q.C. and defend themselves before being suspended or having any action taken against them.

10.4.2 Players and coaches who are ejected from a league game by their area shall be reported to the A.C.Q.C. and may be reviewed at the discretion of the Area Representatives.*

10.4.3 Players and coaches who are ejected from league games for profanity, abusive language, or any other unsportsman-like conduct recognized by an official will result in a suspension from their NEXT game played. Unsportsmanlike conduct recognized by an official CANNOT be appealed but shall be reviewed by the A.C.Q.C. Area Representatives.* < Note Art. 10.2.2 >

10.4.4 Game(s) suspension can be levied against players and coaches for any by-law violation(s).

10.4.5 Any player(s) suspended by the A.C.Q.C. will not be allowed to dress in uniform or sit on the team bench for any game(s) in which they have been suspended.

10.4.6 It will be the responsibility of each area, through its representatives, to report ALL ejections to an A.C.Q.C. officer within (24) hours of the ejection.**

*-Amended 6-2-92 **-Amended 2021

11.0 MISCELLANEOUS ARTICLES

11.1 VOTING – Unless otherwise stated, a majority of the corporate board or area representatives, present and voting, is required to pass or defeat a motion for some action. A quorum of two-thirds of the members is required to be present for voting.

11.2 RELATED VOTING ARTICLES

For Corporate Directors: Art. 3.1.2 and 3.2.5

On league regulations (by-laws): Art. 3.1.3

By Area Representatives: Art. 3.2.4

At Annual Meetings: Art. 5.3
On Protests: Art. 6.7.2

- 11.3 STATEMENT – The Augusta County Quarterback Club, Inc., is a non-profit corporation and has received tax-exempt status in the Commonwealth of Virginia. Each area club must file with the IRS to secure its own tax-exempt status.***

***-added 6-3-10

| LEVEL 1 (MIDGETS) STUNTING SKILLS | LEVEL 2 (JUNIORS) STUNTING SKILLS | LEVEL 3 (SENIORS) STUNTING SKILLS |
|---|---|---|
| <p><u>Stunts:</u></p> <p>Knee stand lib</p> <p>Knee stand heel stretch</p> <p>Knee stand scale</p> <p>Knee stand arabesque</p> <p>Knee stand bow</p> <p>Scale</p> <p>Thigh stand (above stunt positions)</p> <p>Scorpion</p> <p>Gut stand</p> <p>Bow</p> <p>Elevator (prep; half)</p> <p>Lib; scale; heel; arabesque; bow below prep</p> <p>Teddy bear/straddle sit @ prep</p> <p>Teddy bear/straddle sponge to prep</p> <p>Shoulder sit</p> <p>T-Lift</p> <p><u>Pyramids:</u> (2 high only)</p> <p>Extended 2 leg/1leg must be braced on both sides by 2 prep base groups (connection must be made at prep level)</p> <p>Suspended split stunt</p> | <p><u>Stunts:</u></p> <p>All level 1 stunts</p> <p>½ twist up elevator (prep; half)</p> <p>Elevator push to extension</p> <p>Single leg stunts at prep (lib, heel, scale, torch; arabesque, bow)</p> <p>Log rolls/barrel rolls (must begin and end in cradle position)</p> <p>Pendulum back and front (must have 2 extra catchers along with original base group)</p> <p>Suspended split stunt</p> <p><u>Pyramids:</u> (2 high only)</p> <p>All level 1 stunts and dismounts</p> <p>Extended stunts 2 leg/1 leg can pass through prep level - must be braced by 2 prep base groups.</p> | <p><u>Stunts:</u></p> <p>All level 1 and 2 stunts</p> <p>Straight up extension/full</p> <p>Full Single leg stunts: liberty; heel stretch; scale; arabesque; bow; torch</p> <p>½ twist single leg stunt to prep only</p> <p>Show-n-go; pretty girl</p> <p>Totem pole</p> <p>Extended straddle sit/teddy bear: must have spotter behind stunt group back spot with arms extended</p> <p>Deadman Lift</p> <p>Suspended split stunt</p> <p>Flat back</p> <p><u>Pyramids:</u> (2 high only)</p> <p>All level 1 and 2 stunts and dismounts</p> <p>Flat back must remain connected on both sides by prep base groups</p> |

Must remain connected until dismount

Transitions:

Prep base stunt can ¼ turn
Original base group must remain contact w/
flyer when moving stunt
No moving under or over a stunt, person, or
prop
No helicopters

Dismounts:

Straight pop/pencil dismounts must be
caught by original base group
Cradle dismount must be caught by original
base group
No twisting or flipping dismounts allowed
Signs and poms must be released prior to
dismount

No Tosses allowed at this level

Inversions:

Must begin and stay at ground level and
supported by a brace (i.e. handstand)

Must remain connected until dismount

Transitions:

All level 1 transitions
Prep base stunt can ½ turn: original base
group must remain contact with flyer
No moving under or over a stunt, person, or
prop
No helicopters

Dismounts:

All level 1 dismount skills
Cradle dismount must be caught by original
base group
Flyer can ¼ twist from prep level base group

Only straight ride baskets allowed

4 person base group

Inversions:

All level 1 inversion
Must begin from ground and transition to:
prep; teddy bear to prep: shoulder sit

Must remain connected until dismount

Transitions:

All level 1 and 2 transitions
Prep base group can full turn
Helicopters from prep position 180 degrees
only and must return to cradle position

Dismounts:

All level 1 and 2 dismount skills
Dismount from extended stunt
Flyer can full twist from prep level base group
only
NO single leg twist

**Only toe touch and pike baskets
allowed**

4 person base group

Inversions:

All level 1 and 2 inversions

**LEVEL 1 (MIDGETS)
TUMBLING SKILLS**

Standing:

Forward roll
Backward roll
Back extension roll
Handstand
Handstand roll
Backbend kick over
Back walkover
Front limber
Front walkover
Cartwheel

Running:

Running cartwheel
Round off
Running front walkover

**LEVEL 2 (JUNIORS)
TUMBLING SKILLS**

Standing:

All level 1 skills
Back handspring

Running:

All level 1 skills
Front handspring
Round off back handspring; multiples

**LEVEL 3 (SENIORS)
TUMBLING SKILLS**

Standing:

All level 1 and 2 skills
Series back handspring

Running:

All level 1 and 2 skills
Round off back tuck
Round off back handspring back tuck

Running combination:

Running cartwheel back roll; back walkover;
back extension

Round off back roll; back walkover;
back extension

Round off cartwheel

Combinations:

All level 1 skills

Front walkover round off back handspring

Connections:

Cartwheel back handspring

Back walkover back handspring

No series standing back handsprings

**No jump back handspring combination:
toe touch back handspring (vice versa)**

Front tuck/ punch front

Aerial

Combinations:

All level 1 and 2 skills

Front handspring/walkover round off back
handspring tuck

Round off multiple back handspring back
tuck

Connections:

All level 2 skills

Toe touch back handspring (vice versa)

Series back handspring back tuck

7.11 - Flag Football Rules

AGE Requirements: 5, 6 and 7 year olds. Using October 1st as age cut-off .

Equipment:

Illegal Equipment:

- Jewelry
- Shoes with metal, ceramic, screw in, or detachable cleats
- Shirts or jerseys that are not tucked in
- Hooded shirts/sweatshirts
- Shorts or pants with exposed drawstrings
- Towels attached at a players waist

Proper Equipment:

- Mouth piece (Mandatory)
- Jersey or Tee shirt (must be tucked in)
- Sweat bands (optional)
- Shorts
- Shoes or cleats

Flag Belt:

- Suction cup belts
- Must hang down the outside of both legs
- Shirts must be tucked in to show entire flag belt
- Can NOT wear shorts/pants as the same color as flags

Dimension of the Field: 25 yards by 50 yards – you can use orange cones to mark boundaries or white lines.

Scoring:

- 1) Touchdown = 6 points
- 2) Extra points = 1 point
- 3) Safety = 2 points

Flag Football Rules: *next page*

- 1) 10 players on 10 players (exceptions may be made if team is short)

- 2) Games will consist of two 15 minute halves and a 10 minute halftime (only time the game clock will stop is timeouts, 2 minute warning and injury on field)
- 3) Each team will be given two 1 minute timeouts per half (timeouts do not carry over to second half)
- 4) Home team will supply chain gang and scorekeeper
- 5) Home team will supply 2 people in concession stand if required
- 6) There will be a coin toss to start the game
- 7) Play will start in 10 yard line. There will be no kickoffs or punts
- 8) Offense will have 30 seconds to put the ball into play after a play is dead or be penalized for delay of game.
- 9) The offense has 4 plays to reach midfield, then it will be 10 yards to a first down. (if a team does not score the defense will take over on their own 10 yard line). *next page*
- 10) 1 out of every 4 plays must be a pass play.
- 11) The offense must have a minimum of 5 players on line of scrimmage. Once the center has placed his/her hands on the ball no offensive player may enter neutral zone.
- 12) All players are eligible receivers EXCEPT the center and right & left guard.
- 13) If the ball is fumbled on the snap it will be a dead ball and will replay down. Teams will be granted 2 dead ball snaps each quarter and will replay down, but any snaps thereafter will result in a loss of a down. If the ball is fumbled during play, the play will be blown dead and placed at spot of fumble.
- 14) If the ball is intercepted by a defense player the ball will be placed where it was intercepted (no run backs). And the defensive team, which will be offense, will have the ball at the spot of the interception.
- 15) The ball carrier may not: hurdle defensive players, attach flag in such a manner that it cannot be removed, flag guard (placing hands over flag, batting hands away)
- 16) Defense must line up 3 yards off the line of scrimmage
- 17) During play there may be only 2 coaches on the field for offense & 1 coach for defense.
- 18) If the game ends in a tie there will be an overtime period. Each team will have 4 plays from 10 yard line to score. There will be a coin toss to determine possession. If the score is tied at the end of the overtime period, repeat the process above until there is a designated winner.

Penalties:

- 1) Personal Fouls (15 yards penalty from line of scrimmage and may warrant ejection from the game if the foul is considered unsportsmanlike conduct)
 - a. Punch, Strike, Strip, Steal or attempt to steal a ball from a player in possession of the ball.
 - b. Trip an opponent.
 - c. Contact an opponent that is on the ground.
 - d. Throw the runner to the ground.

- e. Contact an opponent either before the ball is put into play or after the ball is declared dead.
- f. Make contact with an opponent that is declared unnecessary.
- g. Clip an opponent.
- h. Tackle the runner.
- i. Stiff arming.
- j. Interference from the sidelines (players, coaches and parents)
- k. Blocking the flag (play is dead at the spot of blocking the flag the first 2 times – thereafter, the 3rd time, will result in dead ball foul & a 15 yard penalty from the spot of blocking the flag) *next page*

2) Regular Penalties (5 yards from the line of scrimmage, replay down)

- a. Offsides
- b. Illegal pass
- c. Encroachment
- d. Pass interference
- e. Delay of game
- f. Improper Equipment (shirt not tucked in, no mouth piece, etc..)

3) Regular Penalties (10 yards from the line of scrimmage, loss of down)

- a. No aggressive blocking or blocking a player to the ground! **Blocking:** Proper blocking is encouraged, which consist of hands together (wing) or open hands out front. Players that holds opponent or extends their arms, therefore knocking the opposing player to the ground, will result in 10 yard penalty from the line of scrimmage & loss of down

- 4) **If a team does NOT pass the ball in 4 downs:** First offense will be a replay of down, if it happens in the same game twice, the result will be a loss of possession and the opposing team will start at their 10 yard line with the ball.

Flag Football will follow area wavier requests

Unsportsmanlike conduct or aggressive play will not be tolerated. If the referee is to witness and acts of excessive tackling, elbowing, cheap shots, or unsportsmanlike act the game may be stopped and the player or players ejected from game.