



Northwest Premier Jr. Football & Cheer Rules & Regulations

A. NAME

Name of the organization and league is ***Northwest Premier Junior Football and Cheer (NPJFC)***. Northwest Premier Junior Football and Cheer is an independent non-profit youth football and cheer league affiliated with American Youth Football (AYF).

B. Mission Statement

To develop scholar athletes to become better people who develop better communities.

C. CORE VALUES

- Player Development
- Community
- Integrity
- Academics
- Unity
- Accountability

D. ETHICS

The highest degree of ethical conduct is expected of all who participate in the NJFC. This includes strict adherence to both the letter and the spirit of the Rules and Regulations of this program.

- The use of alcohol during practices or games is prohibited.
- Profanity and tobacco products are also out of place.
- Drugs of any kind are not to be used by any player or coach without the advice of a physician.



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E. CORE VALUES cont'd

- Rule infractions or conduct contrary to ethical standards can and will result in penalties being assessed against violators. Depending upon the nature and degree of the violations, penalties could range from a warning, a suspension, to forfeiture of a game, to dismissal from the program.
- All coaches are required to sign the NPJFC “Coaches Code of Conduct” form which will be submitted to and maintained on record by NPJFC.
- All parents of participating NPJFC players are required to sign the NPJFC “Parent Code of Conduct” form which will be submitted to and maintained on record by NPJFC.

F. MEETINGS & VOTING

- All meetings will be conducted with at least a 48 hour notice.
- All meetings are scheduled on the 4th Thursday of every month (unless scheduled for special meeting day purposes) or (at least) every other month. NPJFC shall not exceed a 2 month period without a board meeting.

G. ELECTED OFFICERS

- a. EXECUTIVE BOARD:
- b. PRESIDENT:
- c. VICE PRESIDENT:
- d. ATHLETIC DIRECTOR:
- e. CHEER DIRECTOR:
- f. TREASURER:
- g. SECRETARY:
- h. FUNDRAISING DIRECTOR:



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H. JOB DESCRIPTIONS

a. PRESIDENT:

The president is the Corporation's chief executive officer. He or she will supervise and control all of the Corporation's business and affairs and will preside over league business and at all meetings of the members and of the Board. The president may execute any deed, mortgages, bonds, contracts, or other instruments that the Board authorizes to be executed. However, the president may not execute instruments on the Corporation's behalf if this power is expressly delegated to another officer or agent of the Corporation by the Board, these Bylaws, or statute. The president will perform other duties prescribed by the Board and all duties incident to the office of president.

b. VICE PRESIDENT:

When the president is absent, cannot act, or refuses to act, the vice president will perform the president's duties. When acting in the president's place, the vice president has all the powers of—and is subject to all the restrictions on—the president. The vice president will perform other duties as assigned by the president or Board.

c. TREASURER:

The treasurer will:

- a) Have charge and custody of—and be responsible for—all the Corporation's funds and securities.



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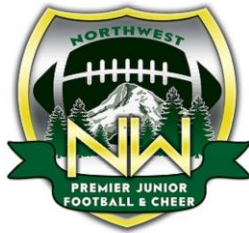
- b) Receive and give receipts for moneys due and payable to the Corporation from any source.
- c) Deposit all moneys in the Corporation's name in banks, trust companies, or other depositories as these Bylaws provide or as the Board or president directs.
- d) Maintain the Corporation's financial books and records.
- e) Prepare financial reports at least annually.
- f) Perform other duties as assigned by the president or the Board.
- g) If the board requires, give a bond for faithfully discharging his or her duties in a sum and with surety as determined by the Board.
- h) Perform all duties incident to the office of Treasurer.

d. SECRETARY:

The Secretary will:

- a) Give all notices as provided in the bylaws or as required by law.
- b) Take minutes of the meetings of the members and the Board and keep the minutes as part of the corporate records.
- c) Maintain custody of the corporate records and seal.
- d) Affix the corporate seal to all documents as authorized.
- e) Keep a register of the mailing address of each director and officer of the Corporation.
- f) Perform duties as assigned by the president or the Board
- g) Perform all duties incident to the office of secretary.

e. CHEER DIRECTOR:



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The Cheerleading Director will:

- a) Maintain information regarding number of cheerleaders required.
- b) Provide Board with up to date cheerleading functions.
- c) Perform duties as assigned by the president of the Board.
- d) Perform all duties incident to the office cheerleader coordinator.

f. FUNDRAISING DIRECTOR:

The Fundraiser Director will:

- a) Organize events for the purpose of raising funds to be distributed as the Board see fit.
- b) Perform duties as assigned by the president of the Board.
- c) Perform all duties incident to the office of fundraiser chairperson.

g. ATHLETIC DIRECTOR:

Shall be responsible for overseeing football league operations including:
Reports to the President

- a) Coaches: Training, Rules, and Regulations
- b) Schedule
- c) Team Discipline
- d) Registration
- e) Oversees Franchise Athletic Directors & Coaches league wide

I. BOARD OF GOVERNORS:

(PRESIDENTS/SELECT REPERESENTATIVE OF VOTING FRANCHISES)



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5 STAR COUGARS

AUBURN PANTHERS

BEACON HILL COWBOYS

BENSON BRUINS

KENT KNIGHTS

PUGET SOUND LANCERS

RAINIER RAVENS

SEATAC SHARKS

SPARTANS

SWAC COUGARS

TEAM BLACKOUT

WHITE CENTER SEAHAWKS

Each Franchise has one vote, regardless of how many representatives it may have in attendance at meetings. On all matters voted on by the Board of Governors, a majority vote of a quorum will prevail unless specifically stated otherwise in the Rules and Regulations. The President of the NPJFC: will cast the deciding vote in the case of a tie and/or as veto power (that may be overturned by 2/3 majority vote).

A quorum shall prevail if more than one half of the Clubs are properly represented.

J. ELECTIONS

The President of the NPJFC shall be elected by the board of governors. The President's initial term shall be two (2) years and may be re-elected by Executive Board / Board of Governors/ The President shall not serve as head coach of a team or have any administrative post within any Franchise while serving as President. The President will preside over NPJFC meetings. The President shall appoint committees as deemed necessary. If the President cannot complete his term, the Vice-President assumes the duties of the President. At the next regularly scheduled NPJFC meeting, a vote will be held to confirm and/or elect the President and Vice-President to complete the remaining term.



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K. Quorum

A majority of the number of directors then in office constitutes a quorum of transacting business at any Board meeting. The directors present at a duly called or held meeting at which a quorum is present may continue to transact business even if enough directors leave the meeting so that less than a quorum remains. However, no action may be approved without the vote of at least a majority of the number of directors required for a quorum. If a quorum is never present at any time during a meeting, a majority of the directors present may adjourn and reconvene the meeting once without further notice.

L. Actions of Board of Directors/Governors

The Board will try to act by consensus. However, if a consensus is not available, the vote of a majority of directors present and voting at a meeting at which a quorum is present is enough to constitute the act of the Board, unless the act of a greater number is required by law or by some other provision of the Bylaws. A director who is present at a meeting and abstains from a vote is not considered to be present and voting for the purpose of determining the Board's decision.

M. Proxies

A director may not vote by proxy.

N. Compensation

Directors may not receive salaries for their services. The Board may adopt a



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resolution providing for paying directors a fixed sum and expenses of attendance, if any, for attending each Board meeting. A director may serve the Corporation in any other capacity and receive compensation for those services.

Any compensation that the Corporation pays to the director will be reasonable and commensurate with the services performed. Removing Directors / Governors the Board may vote to remove a director at any time, only for good cause. Good cause for removal of a director includes the unexcused failure to attend three consecutive Board meetings. A meeting to consider removing a director may be called and noticed following the procedures provided in these Bylaws for a special meeting of the Board of Governors. Good causes includes, but not limited to harmful behavior, misconduct, and lack of upholding league rules and regulations.

O. FRANCHISE/FRANCHISE MEMBERSHIP RENEWAL PROCEDURES

The Northwest Premier Jr. Football & Cheer league is composed of various independent football franchises in Washington State voted into membership. The program is directed through the NPJFC Executive Board (EB).

1. Each franchised Organization must have available a game field that meets the acceptance of NPJFC, a high school field with clock and scoreboard. The field must be available as many Saturdays as possible for round robin league play and playoffs (first nine weeks).
2. Each franchised Organization shall have and keep current a Franchise website, the basic outline of which will be prescribed by the Council.
3. Each franchised Organization shall at a minimum provide for the



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following management positions within its Franchise for the purposes of NPJFC administration:

- a. NPJFC Representative (and alternate) to serve on the Governing Board.
- b. Player Safety Coach to meet the requirements of USA Football's Heads Up Program
- c. A Franchise registrar with whom NPJFC will make contact for purposes of Franchise player registration information.
- d. At least one Certified First Aide individual for each team who is to be present at practices and games. All Franchises shall be registered with and comply with the **USA Football Heads Up Program**.
- e. A franchised Organization may be removed from membership only with at least a 2/3 (two thirds) majority vote of the total membership of the Board of Governors (for this purpose, total membership includes only the Organization). Such a removal vote must come after a written proposal is submitted to the President at least two weeks prior to said vote.

The Northwest Premiere Junior Football & Cheer is composed of the various Independent football franchised Franchises voted into membership. The league is directed through the Board of Governors which consist of (1) representative appointed by each franchise. Franchise renewal is perpetual based upon league fees being paid, attendance to league board meeting, compliance to league rules and guidelines and members in good standing.



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P. PLAYING RULES

All NPJFC games will be played under National Federation of State High School Association (NFHS) rules, for all games. Including any rules adopted by NPJFC board of Governors. Game Length- All levels will play 10 minute quarters with the exception of the freshman level which is 9 minutes.

Freshmen Level - No blitzing A Gap (Linebackers), Defensive Line 1 yard off line of scrimmage, Coach on Field.

Game Times:

Freshmen - 9:00am

Sophomore - 11:00am

Junior - 1:00pm

Senior - 3:00pm

Q. PLAYER ELGIBILITY & CERTIFICATION

All players must be certified by a league officials that are NOT affiliated with the player's respective franchise. Every player is required to provide the following:

1. Birth Certificate (must include official state seal stamp)
2. Official Proof of Grade (must be an official report card or progress report; clearly stating grade)



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R. PLAYING LEVELS

GRADE	AGE	Age before /by July 17th
1 st & 2 nd	6 – 7 years old	Can't be 8 years old
3 rd & 4 th	8 – 9 years old	Can't be 10 years old
5 th & 6 th	10 – 11 years old	Can't be 12 years old
7 th & 8 th	12 – 13 years old	Can't be 14 years old

*** 5 year old minimum age limit is permitted per amended vote. This amendment must be renewed prior to every season.**

*** A player can play up a division, but once he plays up a division he may not go back down to the players appropriate division for their duration of participation in NPJFC.**

S. LEAGUE AUTHORITY

The Executive Board may inspect any/all fields prior to the first game, and may re- inspect any field any time during the season. If the field is determined to be unsafe, this may result in the loss of home games for a League Member until the condition is corrected. To exercise disciplinary authority, so far as is lawful over all persons engaged in such games, competitions, and exhibitions, to the end that amateur games and contests may be subject to clean, dignified competition, any League Member, it's personnel, Representatives, coaches, players, parents, relatives or fans, found by the NPJFC Board failing to comply with a lawful request from the NPJFC Board, it's Officers or Representatives will be suspended. Any League Member, it's personnel, Representatives, coaches, players, parents, relatives or fans, found by the NPJFC Board, to knowingly give false information, or misrepresent by word or deed the NPJFC, it's Board,



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LEAGUE AUTHORITY

Officers, Representatives, or League Members, will be suspended in accordance with Disciplinary Matrix Level III. Any League Member, it's personnel, Representatives, coaches, players, parents, relatives or fans, found by the NPJFC Board to violate any Bylaw, or who acts in any manner deemed by the NPJFC Board to be grossly disrespectful to a team or another person, or who engages in a fight or other major unsportsmanlike conduct, or conducts themselves in manner found disrespectful to a League Member Representative will be disciplined. Any coach, player or fan ejected from a game by the game officials will automatically be suspended for the following game, and the ejection shall be treated as a Level III offense. This suspension may not be mitigated or postponed, and may not be waived under hardship. The suspension shall begin immediately upon ejection regardless of any pending or intended appeal. The NPJFC Board, following an Incident Hearing, may discipline any League Member; its personnel, Representatives, coaches, players, parents, relatives, or fans as defined in these Bylaws. Only while acting in the capacity of an NPJFC Executive Board Member or League Member Representative, may any of these NPJFC officials be allowed within the fenced area of the playing field during a game in progress. With the exception of an NPJFC Bylaw infraction, any attempt to interfere with or influence the on- field officials will result in an Unsportsmanlike conduct foul and/or timeout charged against the team that is the subject of this behavior. A complaint will be filed against the League Member by the Referee's Representative and the League Member will be subject to any discipline determined by the Board as defined in these Bylaws.



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T. Players Suspension(s):

The Athletic Director will be empowered to meet those players who will be suspended for not more than one (1) game for Unsportsmanlike conduct and advise them of the violation of the by-laws as well as the one game suspension. This meeting will take place at a site determined by the Athletic Director with the head coach present and, if possible, the player's parent(s) or guardian.

U. Coach Suspension(s):

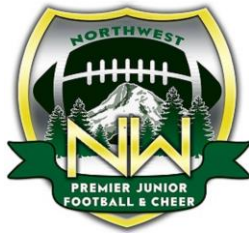
See: League Authority and Discipline Procedures

- a. The NPJFC Executive Board and the Board of Governors will meet with the coach in question and as long as the suspension is not more than one game this group can make the decision. All League reps will be e-mailed the results by the secretary and any League Rep may appeal the decision of this group in accordance with the by-laws.

V. INDEMNIFICATION AND HOLD HARMLESS AGREEMENT:

By virtue of its membership in the NPJFC, any league member agrees to indemnify and hold harmless the NPJFC's Officers, Board Members, and officials/referees against any claims, disputes, causes of action, judgments or decrees for actions carried out in accordance with the bylaws.

Said indemnification and hold harmless agreement shall include, but not be limited to, any reasonable attorney's fees and costs, including appellate attorney fees and costs, witness fees, stenographic expenses, expert



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INDEMNIFICATION AND HOLD HARMLESS AGREEMENT

witness fees and transportation expenses; together with any monetary judgment expense or awards that the court might enter; as well as any cost or expense associated with the running of any game, exhibition, or contest including any stadium rental, referees fees, food, or any cost or expense associated therein.