

# **EMCSA Football & Cheer**

**2026 Rules & Regulations**

## East Montgomery County Sports Association (EMCSA)

E-Mail: [info@emcsports.org](mailto:info@emcsports.org)

Web: [www.emcsports.org](http://www.emcsports.org)

### Executive Board

<b>John Warren</b> President	<b>Jeff Doherty &amp; Tyson Snelson</b> Vice President
<b>Melinda Vest</b> Treasurer	<b>Jaime Crawford</b> Secretary

## East Montgomery County Sports Association (EMCSA) Sports Directors:

**Football Director: Justin Chapman**

832 – 579 – 5548; [Football@emcsports.org](mailto:Football@emcsports.org)

**Cheer Director: Amber Dobyms**

832 – 693 – 3089; [Cheer@emcsports.org](mailto:Cheer@emcsports.org)

## FOOTBALL DIRECTOR

1. There will be a Football Director appointed by the Executive Board. The Executive Board will solicit recommendations from prior members of the Board and regular members of the Association, for qualified and interested members at the November General Open Meeting.
2. The Football Director will be appointed as a Board Member for a 1-year term. They are to report to the Executive Board and must attend ALL Board meetings pertaining to football.
3. The Football Director can be removed from his/her position by a 2/3 majority vote of the Executive Board by Closed Ballot.
4. The Football Director has full control of the football leagues. The duties and responsibilities of the Football Director include coordinating all league and tournament play with the ETYFL Executive Board, as well as having each team organized with pictures and proof of eligibility to play.
5. The Football Director will appoint Commissioners with the approval of the Executive Board.
6. The Football Director will call and conduct meetings with League Commissioners, assign duties to League Commissioners, and when warranted, replace the League Commissioners who are unable or unwilling to perform their duties.
7. Workday schedules will be established by the Football Director and the League Commissioners and then coordinated with the Executive Board. The General Draft Rules, All-Star Selection Process, Coaching Application Approvals, Coach's Responsibilities, Ground Rules, Game Rules, and Protest Rules will be determined by the Football Director and League Commissioners and will be approved by the Executive Board.
8. Referee selections will be coordinated by the Football Director and League Commissioners.
9. The Football Director will re-schedule all rain out/make-up games and inform the Referees.
10. The Football Director has no responsibility regarding any financial dealings with EMCSA.

## EMCSA FOOTBALL COMMISSIONERS

1. Commissioners will work with the Football Director in reviewing, establishing and changing any rules deemed necessary for football, including General Draft Rules, All-Stars Selection Process, Coaching Application Approvals, Coach's Responsibilities, Ground Rules, Game Rules, and Protest Rules.
2. After the coaches are approved, Commissioners will set up meetings with the Coaches to go over the Coach's responsibilities and all the rules necessary to fulfill their responsibilities.
3. Commissioners will help conduct all try-out sessions and the annual summer camp.
4. Commissioners and the Football Director will assist the Executive Board in the coordination of equipment matters.
5. Commissioners, with the assistance of the Football Director, will handle all protests within their league in accordance with the protest rules.
6. Commissioners will notify all Coaches regarding workdays and will oversee and direct all work that is required.
7. Commissioners will handle all Parent/Coach/Referee problems within their League. All problems should be resolved in accordance with EMCSA Rules and EYFL Rules. The League Commissioners should notify the Football Director regarding all problems. Commissioners on duty when a problem occurs must notify the Football Director at the time of the incident.
8. A Commissioner will be assigned to be present at the EMCSA Park on each day that games are played on a rotating schedule. A schedule will be posted in the Concession Stand. The Commissioner on duty must help open and set up fields, stay at EMCSA Park and help lock up and shut down the Concession Stand.
9. Commissioners are responsible for helping with all EMCSA regular season games, play-offs, Superbowl and All-Star Tournaments.

## EMCSA COACH'S RESPONSIBILITIES

1. Coaches are required to attend try-out dates to that effectively draft teams.
2. Workdays and Equipment:
  - a. Attend workdays needed to prepare the park for League play. Thursday night before game day, Friday is a workday to paint the fields when we play at home.
  - b. Check out equipment from League Commissioners. Tackle dummies and sleds are kept in the storage building behind football fields.
3. Acquire at least 1 Full Sponsor or 2 Half Sponsors (total donation of \$350.00) for your team. The Park will provide the Sponsor Sign. Coaches must turn in Sponsor money and Sponsor information by the announced date so that sponsor signs can be ordered with Sponsor's name on them. After a team acquires their initial donation of \$350.00, they will then be allowed to keep half of any additional Sponsor donations that they are able to obtain provided that the money is used for the team. The team's money will then be issued by the EMCSA Executive Board to the head coach. Receipts must be provided for what the money is spent on.
4. Issue uniforms to the players on your team.
5. Encourage team members and parents to keep our park clean! Picking up all trash from the sideline and bleacher area is **MANDATORY! Failure to do so will constitute a 1-win forfeit at end of season.**
6. Please do not leave your team members unattended after practices. Make sure that Parents know what time practice is over.
7. Appoint a Team Mom to help make phone calls, text parents, set-up team parties, etc.
8. **Acting in an unsportsmanlike manner, using foul language, attempting to disrupt players on opposing teams and abusing equipment in anger will not be tolerated. Referees have been instructed to eject ANY Coach who is guilty of any or all these actions during a game. The League Commissioners will document the incident and it will be discussed at the time to approve the Coach's application for the next season.**
9. **No tobacco product of any kind will be allowed on the playing fields. Any Head Coach or Assistant Coach that leaves the playing field during the game to use any type of tobacco product will not be allowed to return to the playing field during the game.**
10. Any Head Coach or Assistant Coach that leaves the playing field during the game without permission from the Referee will not be allowed to return to the playing field or sideline during the game.
11. Head coaches will have their team show up to the correct playing field at their own discretion. ALL teams are to weigh in 30 minutes prior to game time.
12. **It is the Coach's responsibility to be present on draft day, workdays, clinics, picture day, Opening Ceremonies and Closing Ceremony. If a Coach is not present and does not have an appointed representative present, then they will not be allowed to Coach EMCSA for up to 1 year, subject to review.**
13. 2 representatives from each team must be present and working on each workday during the entire work period. Each team representative must sign in & out on each workday with their appropriate League Commissioners. Workdays & times will be announced by

League Commissioners. **Failure to abide by this rule will result in not being allowed to practice on park fields and a mandatory 1-win forfeit (unless specified by League Commissioner)**

- a. **a.** Concession Stand Duty must be worked 1 time by each team during the regular season. If at any time a team does not work their shift with at least 4 representatives in the Main Concession stand the team will forfeit 1 win. **NO ONE UNDER THE AGE OF 18 WILL BE ALLOWED IN THE CONCESSION STAND!** It is the Coach's responsibility to make sure of the day and time of duty. *\*Your shift is not over until the Concession Stand is restocked and clean.\**
  - b. **Team pictures are mandatory so that we may provide plaques to each sponsor thanking them for their donation to your team and the league. Failure to show up for team pictures at your assigned time will result in a forfeit of 1 win.**
14. **Ejection from a game will result in a Mandatory 1 game suspension and up to removal for the remainder of the season, if deemed necessary by the Football Commissioners Board. If a Coach is ejected from a game or suspended during the season for alternate reasons, that Coach may not be eligible to participate as a Coach for any All-Star Team for that season. (Subject to Commissioners Review)** If removed for the season, the Coach may be banned from coaching the following year. If you are ejected by a Referee from a game, you will have 2 minutes to leave the playing field, or the game will be declared a forfeit.
  15. If a Coach is suspended for a second time during the same season, that Coach will be unable to coach another game until the Commissioners Board meets to discuss his/her eligibility. The Commissioners Board will meet within 24 hours of suspension for a determination on his/her eligibility.
  16. Coaches need to stay in contact with their League Commissioners to make sure that they are informed of all activities. It is not only the League Commissioners job to contact you.
  17. There will be **NO ALCOHOL OF ANY KIND** at any EMCSA activity including practices and team parties. Any Coach caught promoting or doing this will be suspended for 1 year from coaching at EMCSA and all his seniority points will be removed.
  18. Coaches will text new team records to the Football Director **AFTER EVERY GAME** to assure that League standings stay accurate.
  19. Any team issued a forfeit for not fulfilling their duties (workday, concession, cleaning sideline and bleachers, not taking team pictures or any other rule) will forfeit a win to a loss at the end of the season.
  20. It is the Coaches Responsibility to know and understand the EMCSA Ground Rules and Game Rules described in EMCSA's Rules & Regulations. Also, to know and understand the rules governed by ETYFL that applies to their respective League.

## EMCSA GENERAL DRAFT RULES

1. There will be a protected player draft.
  - Protected player is defined as a player who is not subject to the draft. Children of a head or an assistant coach are automatically assigned protective player status. Each team shall be limited to a maximum of two protected players, excluding siblings.
  - SEE ETYFL DRAFT RULES ARTICLE XIV
2. In the interest of fairness and equality to all teams, absolutely no ride problems of any kind will be allowed in any league.
3. Player Birth Certificates:
  - a. If there is a question about a player's age, a copy of their Birth Certificate must be provided to the League Commissioners. Failure to turn in a Birth Certificate or Falsification of the same will be cause for removal from the team.
  - b. A Parent has the option to move their child up one age group (Commissioners approval is needed for a child to move up to Senior Division). If a child is moved up, he/she will not be eligible to drop back down to their age group for All-Stars.
4. All Parents have the option to exclude 1 coach from drafting their child.
  - a. The reason for excluding a Coach must be specific and must be in writing to the League Commissioners (Text Messages and Phone Calls will not be accepted). You must fill out the EMCSA COACH BLOCK FORM. The reason for excluding a Coach must be found to be acceptable and must be approved by the Commissioner Board and the Executive Board before it can be granted. You must have played for this coach before in a previous season.
  - b. Any Parent that excludes a Coach from drafting their child (if approved) will not be eligible to play for the excluded Coach during the All-Star season should that Coach be the Head Coach of the All-Star Team.
  - c. Hat picks are eligible to exclude 1 Coach from drawing them from the hat, if approved according to the 1st rule (4.a.) & 2nd rule (4.b.) listed above.
5. All Head Coaches and Pre-Draft Assistant Coaches must be approved by the Commissioners Board. After approval, Head Coaches of all teams will be determined by the following (listed in order of priority):

Head Coaches from previous year (Same League) with returning team

- a. Coaches with kids have priority over point standings.
  - b. All vacant coaching positions will be based on a point system.
  - c. Points are accrued during the football season only as follows:
  - d. Head Coach = 2pts.
  - e. Assistant Coach (Must be Named) = 1pt.
  - f. Commissioner Board or Board Member = 1pt.
  - g. Maximum of 3pts. Per year.
  - h. Coaching points will expire after 7 years. All points less than 7 years will remain active.
  - i. Coaching points will expire after 5 years of not coaching EMCSA Football.
  - j. If a coach receives 5 or more blocks in one year that coach will have to be approved by the commissioning board and director before he will be allowed to coach that year. **In the event of a tie, the Coach's name will be placed in a hat and drawn for coaching positions. Coaches MUST be present.**
6. Vacant coaching positions are filled by new incoming Coaches based on the point system.
  7. All player selection systems must ensure that all Head Coaches have an equal opportunity in the selection of all players. Every head coach will receive a 1<sup>st</sup> and 2<sup>nd</sup> round draft pick. 3<sup>rd</sup> round will be protected player that is head coach's child (if head coach has no child playing, they get a pick that round). 4<sup>th</sup> round is Pre-draft assistant coaches' child. Starting in the 5<sup>th</sup> round coaches will list their returning players if applicable.
  8. Pre-Draft Assistant Coaches are allowed (1 per team). 1st Pre-draft Assistant coach will be taken in the 4th round of draft.
    - a. However, if the Assistant Coach is not declared by the Head Coach to the League Commissioners prior to the start of the 1st try-out date, the Assistant must be named after the draft from the team's roster of players.
    - b. All Pre-Draft Assistant Coaches will be working coaches on the field during games, not in the bleachers or in a lounge chair outside the playing field. There is a limit of 3 Assistant Coaches that can be named after the draft from the team's roster of players. Only 4 coaches total can be on the sideline during game play.
    - c. A completed Coaches background check must be done online through SI play and the coach must register as a Head coach or an Assistant coach. **You will not be allowed on the field if you do not have a Background Check.** ☒
    - d. \*Pre-Draft Assistants will not be allowed until every team is represented by a Head Coach. \*

9. **The Brother Rule:** Siblings will be on the same team. Siblings will not be drafted to different teams without parental consent. When 1 sibling is drafted, the other sibling or siblings will be drafted with the team's following round draft pick (or by following rounds in a case with 2 or more siblings). The same rule applies to a Head Coach or Pre-Draft Assistant Coach, or both, if they have more than 1 sibling playing in the same age group.
10. The roster size will be determined by registration. Late registration will be terminated in any given age group, when all teams in that age group have an equal number of players.
11. Trading of players is allowed. However, all trades must be completed within 10 minutes after completion of the draft (Before leaving the draft room). All players can only be traded for a player in the same round pick. (Round 1 must be traded for another round 1 pick. 2 for 2, 3 for 3, and 4 for 4. All trades must be approved by the appropriate League Commissioners.
12. Any rules not listed herein will be governed by the ETYFL By-Laws.
13. A Head Coach or Assistant Coach attempting to fill out his/her roster by any means other than these guidelines set forth by the EMCSA Board of Commissioners shall automatically be removed from that team and will not be allowed to manage or assist an EMCSA team for a period of 1 year.
14. Should any part of these draft rules prevent a team from drafting or drawing any given player or players, and there are no remaining players left in the draft or hat, then that team will have to pass on draft or hat pick. This rule applies to all players including hat picks.
15. Any Coach who does register online as a head coach or assistant coach before the start of the regular season is NOT eligible to be a Coach and/or Manager of any EMCSA All-Star Team. Any All-Star Coach, Parent, or Manager that tries to circumvent this rule will be removed from the All-Star Team and may be suspended from coaching at EMCSA for 1 year (Subject to Commissioner Board Review).

## EMCSA GROUND RULES

1. Coaches and Parents: Please keep all children off the fences and out of the press boxes. Physical injuries could occur and cause possible damage to our facilities. All parents will be responsible for repairs and expenses caused by your children. Park and League Officials are not responsible for damage to individual property.
2. No pets (of any kind) are allowed at any EMCSA park/facility
3. No glass containers or alcoholic beverages are allowed at the park.
4. The use of any tobacco products is not allowed on the playing fields. Smoking is allowed within designated areas. Anyone not complying will be asked to leave.
5. No practicing on the game fields without permission from your EMCSA League Cheer Director.
6. All cheerleaders must have a park-issued uniform to cheer.
7. No mandatory practices on Sunday or Wednesday.
8. Foul language, unsportsmanlike conduct, (taunting or signs) harassing or abuse of the Referee, Coaches or Team Players will not be tolerated by anyone during the game. The Referee on duty will be responsible for making that judgment call. This will result in the individual being asked to leave the park.
9. Any fan asked by a Referee to leave the park will have 2 minutes to leave the field or park, or they could subject the team to a forfeit.
10. A phone number is mandatory for all Cheer Coaches. This number must be published for all Park Members.
11. Rain Outs: Coaches can contact the Football Director, Justin Chapman, or visit our Website ([www.emcsports.org](http://www.emcsports.org)) or Facebook (@EMCSports)
  - a. The Football Director shall be responsible for determining if the game will be played.

## EMCSA FOOTBALL ALL-STARS

**Coaches should select All-Stars based on his/her best assessment of player ability and their contribution to their respective teams. Each Coach has a responsibility of nominating players who can best represent EMCSA in tournament play. “Ball Park Politics” should have no place in these proceedings.**

1. Coaches will submit nominations from the division in which they coached for All-Stars to their League Commissioners. Nominations should be players that the Coach feels are real candidates, judging ability, record, and attitude.
2. Please include Phone Numbers of players from your team that are nominated. Coaches are not to discuss nominations with players or parents. All nominees will be contacted by All-Star Head Coach for Try-Out dates & times.
3. All-Star Head Coach will be the 1st place Head Coach with approval of Football Commissioners Board and Football Director. Should 1st place Head Coach decline, it will go to 2nd place Head Coach and so on down the line, with approval of the Football Commissioners Board and Football Director. After discussion of the All-Star nominations, the All-Star Head Coach will select the All-Star team from the nominations.
4. Assistant Coaches of the All-Star team will be selected by the All-Star Head Coach with approval of the Football Commissioners and Football Director.
5. The outcome should be accepted & not criticized by any of the Coaches afterwards.

## EMCSA CHEER DIRECTOR

1. There will be a Cheer Director appointed by the Executive Board. The Executive Board will solicit recommendations from prior members of the Board and regular members of the Association, for qualified and interested members at the November General Open Meeting.
2. The Cheer Director will be appointed as a Board Member for a 1-year term. They are to report to the Executive Board and must attend ALL Board meetings pertaining to football/cheer.
3. The Cheer Director can be removed from his/her position by a 2/3 majority vote of the Executive Board by Closed Ballot.
4. The Cheer Director has full control of the cheer squads. Duties and responsibilities of the Cheer Director include coordinating all cheerleaders to perform at league and tournament play within ETYFL, as well as having each squad organized with leaders, organizing practices, ordering uniforms and cheer supplies, provide instruction including cheers, dance routines, jumps and stunts to cheerleaders ranging in age from 5-14.
5. The Cheer Director will appoint Cheer Coaches to help with practices, game events, and all activities. Cheer Coaches are selected by the Cheer Director on a first-come first-served basis. Background in cheer and dance is preferred, but not required. Once required number of cheer coaches are registered and assigned to teams as needed per division, others registered will become assistant coaches.
6. The Cheer director will coordinate all fundraisers for cheerleaders.
7. The Cheer Director will inform all cheerleaders of rain out/make-up games and away games that their squad will participate in.
8. The Cheer Director has no responsibility regarding any financial dealings with EMCSA.

## EMCSA CHEER COACH RESPONSIBILITIES

1. Cheer Coaches, Assistant Coaches and Team Parents are required to complete the EMCSA background check. This is available via EMCsports.org and is ~\$13.00. This background check is valid for the calendar year and is required to be able to be on the fields at any point throughout the season including practice.
2. It is the Cheer Coach's responsibility to be present at workdays, uniform try-on day, scrimmages, opening day/opening ceremonies, picture day, cheer competition, and closing ceremony. If a Coach is not present and does not have an appointed representative present, then they will not be allowed to Coach EMCSA for up to 1 year, subject to review.
3. Coaches must attend and work uniform try-on date to help ensure all cheerleaders have tried on uniforms and that they are selecting the correct sizes. Once uniforms arrive, verify all sizes are correct, names are spelt properly and issue uniforms to the cheerleaders on your team.
4. Appoint a Team Mom to help pass out raffle tickets, collect raffle funds, collect Sponsorship documentation and funds, assist with photo day, coordinate concession stand duty, help make phone calls and/or text parents, manage snack schedules (optional), coordinate team events (such as team parties), etc.
5. Team pictures are mandatory to provide plaques to your sponsors that donated to your squad and the league. Individual photos are optional, but team photos are mandatory.
6. Do not leave your team members unattended after practice. Remind parents that practices should not be treated as a drop-off, and that they should remain present without leaving the premises.
7. It is the Coaches' responsibility to know and understand the EMCSA Ground Rules and Game Rules described in EMCSA's Rules & Regulations. Also, to know and understand the rules governed by ETYFL that apply to their respective League.
8. Cheerleading practices are to occur between 1 and 3 times a week and, when able, coordinated alongside the time and location as the assigned football team's schedule as coordinated by the Cheer Coach. Cheer practices will only be fully aligned with football practice schedules if there are over 50% of the cheerleaders with siblings playing football. There will be no mandatory practices on Sunday or Wednesday. Cheerleaders must attend at least 1 practice session per week.
9. Concession Stand Duty must be worked 1 time by each squad during the regular season. 4 Parent volunteers are required for the shift. No one under the age of 16 will be allowed in the concession stand! It is the Coach's responsibility to make sure of the day and time of duty. *\*Note: concession stand duty is not over until the Concession Stand is restocked and clean. \**
10. Each team must acquire at least 1 Full Sponsor or 2 Half Sponsors (total donation of \$350.00) for your team. EMCSA will provide the Sponsor Sign to be posted at the park for the season. Coaches or Team Moms must turn in Sponsor money and Sponsor information by the announced date so that Sponsor Signs can be ordered with Sponsor's

name on them. After a team acquires their initial donation of \$350.00, they will then be allowed to keep half of any additional Sponsor donations that they are able to obtain provided that the money is used for the team. The team's money will then be issued by the EMCSA Executive Board to the head coach. Coaches must keep record of receipts and logs of what the money is spent on for full transparency with the team parents.

11. All Cheer Coaches will have their teams arrive at their playing field 20 minutes before the game time for structured warm up.
12. Encourage and remind team members and parents to help keep our park, as well as away game locations bleachers clean. Help by picking up all trash from the sideline and bleacher area.
13. Acting in an unsportsmanlike manner, using foul language, attempting to disrupt players on opposing teams and abusing equipment in anger will not be tolerated. Referees have been instructed to eject ANY Coach or present attendees of games who are guilty of any or all these actions during a game. The League Commissioners will document the incident, and it will be discussed at the time to approve the Coach's application for the next season.
14. No tobacco products of any kind will be allowed on the playing fields. Any Head Coach or Assistant Coach that leaves the playing field during the game to use any type of tobacco product will not be allowed to return to the playing field during the game.
15. There will be no alcohol of any kind at any EMCSA activity including practices and team parties. Any Coach caught promoting or doing this will be suspended for 1 year from coaching at EMCSA and all his/her seniority points will be removed.

## EMCSA CHEER GENERAL “DRAFT” RULES

1. There will be no try-outs or drafts for cheerleaders. Any player registered before the registration deadline will be assigned to a team. Teams are assigned evenly and are not based on age, skill or previous experience.
2. Sibling rule: Sibling cheerleaders will be assigned to the same team and will not be drafted to different squads without parental consent. For cheerleaders with brother playing football, the Cheer Director will make every effort to place the cheerleader on her brother’s football team, but this cannot be guaranteed. Final assignment of cheer squads cannot be made until football registration is closed and draft is held.
3. Team assignment order: 1) Head coaches athletes will be placed on their teams first; 2) Football team siblings; 3) Coach Requests 4) Athlete Requests 5) even distribution of any other siblings among teams (to not have too many separate sets of siblings on a single team); 6) even distribution of older aged cheerleaders; 7) even distribution of youngest aged cheerleaders; 8) even distribution of remaining cheerleaders.
4. All Parents have the option to exclude 1 coach from placing their child on their team with a valid EMCSA Coach Block Form.
  - i) The reason for excluding a Coach must be specific and must be in writing to the League Commissioners (text messages, Facebook messages, and phone calls will not be accepted).
  - ii) The reason for excluding a Coach must be found to be acceptable and must be approved by the Cheer Director and the Executive Board before it can be granted.
  - iii) Your child must have cheered for this coach before in a previous season.
  - iv) Any Parent that excludes a Coach from selecting their child (if approved) will not be eligible to Cheer for the excluded Coach during the All-Star season should that Coach be the a part of the Coaching Staff of the All-Star Team.

## EMCSA GROUND RULES

2. Coaches and Parents: Please keep all children off the fences and out of the press boxes. Physical injuries could occur and cause possible damage to our facilities. All parents will be responsible for repairs and expenses caused by your children. Park and League Officials are not responsible for damage to individual property.
12. No pets (of any kind) are allowed at any EMCSA park/facility
13. No glass containers or alcoholic beverages are allowed at the park.
14. The use of any tobacco products is not allowed on the playing fields. Smoking is allowed within designated areas. Anyone not complying will be asked to leave.
15. No practicing on the game fields without permission from your EMCSA League Cheer Director.
16. All cheerleaders must have a park-issued uniform to cheer.
17. No mandatory practices on Sunday or Wednesday.
18. Foul language, unsportsmanlike conduct, (taunting or signs) harassing or abuse of the Referees, Coaches or Team Players will not be tolerated by anyone during the game. The Referee on duty will be responsible for making that judgment call. This will result in the individual being asked to leave the park.
19. Any fan asked by a Referee to leave the park will have 2 minutes to leave the field or park, or they could subject the team to a forfeit.
20. A phone number is mandatory for all Cheer Coaches. This number must be published for all Park Members.
21. Rain Outs: Coaches can contact the Cheer Director (Amber Dobyms), Website ([www.emcsports.org](http://www.emcsports.org)) or Facebook (@EMCSports).