

HEARTLAND YOUTH FOOTBALL LEAGUE



League By-Laws 2024

HISTORY

In an effort to standardize the Football Programs from the below listed schools, the Heartland Youth Football League (HYFL) was formed in January 2016. The League offers three Divisions, A – 5th and 6th Grade players, B – 2nd, 3rd and 4th Grade players and Flag – K, 1st and 2nd Grade players. Teams are split into Varsity and Junior Varsity teams based on participants. The goal of the HYFL is create a level playing field for all programs in the Heartland Conference. The League originally consisted of Teams from Danville, Hughesville, Loyalsock, Mifflinburg, Montoursville, Selinsgrove, Shikellamy, South Williamsport and Southern Columbia. Lewisburg joined the League in 2017 bringing the total to 10 Teams. 2018 saw our League grow to 16 Teams with the addition of Bloomsburg, Central Columbia, Milton, Montgomery, Muncy and Warrior Run. In 2019, Mid-West and Jersey Shore were added to bring the League to 18. In 2020 we added Shamokin and Williamsport. In 2021 Mt Carmel joined, followed by Central Mountain and Berwick in 2022. **In 2024 the League expanded to 24 Teams with the addition of Hazleton.**

The Heartland Youth Football League is a State Registered 501 c3 Non Profit Organization.

Divisions: 2024

North West	North East	South West	South East
Loyalsock 2016	Hughesville 2016	Danville 2016	Southern Columbia 2016
Montoursville 2016	Montgomery 2018	Mifflinburg 2016	Bloomsburg 2018
Jersey Shore 2019	Muncy 2018	Selinsgrove 2016	Central Columbia 2018
Williamsport 2020	Warrior Run 2018	Shikellamy 2016	Shamokin 2020
Central Mountain 2022	South Williamsport 2016	Midd West 2019	Mt Carmel 2021
Hazleton 2024	Lewisburg 2017	Milton 2018	Berwick 2022

ARTICLE I: ETHICS

Section 1.1: All programs, Coaches, participants, parents and guests are required to conduct themselves in a manner that promotes, Sportsmanship and Fair Play and provides an environment that sets the proper example to the youth of our Organization and Communities. All Participant (Football and Cheer), Parents/Guardians, Coaches and Leadership, will be required to acknowledge and sign a Code of Conduct Agreement prior to participation in the Heartland Youth Football League. The Agreement will be attached as Addendum #1. Unacceptable actions not addressed by the individual Organization will be presented to the League Committee for disciplinary action.

ARTICLE II: GOVERNING BODY

Section 2.1: The HYFL will be Governed by an Executive Board and Board of Directors. The Executive Board will consist of the Commissioner and the Presidents of all the Teams in the League. The Executive Board members will each carry 1 vote for all matters pertaining to the League. The Commissioner will only vote in the event of a tie vote. The Board of Directors will consist of all League Teams elected or appointed Officials. They will be responsible to make decisions on behalf of the players, parents, guardians and Coaches of their respective Team. They will provide Guidance to the Team President for matters pertaining to their Teams and those of the HYFL. Starting in 2024, the Heartland League has created a Leadership Board with 4 positions. These members will share the duties required to manage the League and ensure progress with in our program.

ARTICLE III: COACHES

Section 3.1: All Coaches MUST be USA Football Certified to participate in the HYFL.

Section 3.2: There will not be any coaches allowed on the field during A Division (Varsity and JV) or B Division Varsity games. B Division JV will be allowed 1 coach on the field for Offense and Defense. They will only be permitted to call the play and then step as far away as possible. **Coaches (on field only) will NOT be able to direct their players once the ball is snapped. There will be a 5yd penalty imposed if this occurs.**

ARTICLE IV: INSURANCE and MEDICAL SUPPORT

Section 4.1: All Teams will be covered by Insurance for the 12 Month Calendar Year from June 1st to May 31st. Each Team will be responsible for payment of an equal share for the Policy. All Teams will be required to submit Field Name and Addresses in order to receive an Additional Insured Certificate of the Policy. This includes practice and game locations.

Section 4.2: Home Teams must have an EMT or other Medical Professional on site for all games. Currently our Medical Support will be provided by the Geisinger Sports Medicine Athletic Trainers. Medical decisions by the Athletic Trainers will be final. Players will not be able to return to play unless cleared by the Trainer. The cost of this service will also be shared equally by all Teams. *****Currently being negotiated*****

ARTICLE V: OFFICIALS

Section 5.1: Each Team will be responsible to have a minimum of 2 PIAA Officials for all Home games. 3 Officials is preferred.

ARTICLE VI: MEETINGS

Section 6.1: Meetings will be held the 3rd Wednesday of each Month at 7:00 pm. There will not be a meeting in April, June and December. All organizations are expected to have a Representative attend. We will meet at a predetermined location. Currently, Bull Run Tap House, Lewisburg. Agenda Items and Issues that arise will be discussed at length during the meeting. If a vote is needed it will be during the meeting or at the following meeting. Those not in attendance for the discussion will not vote on the matter. We will not entertain any further discussion on a matter until the next season, once approved or denied. A Quorum for

the purpose of voting and approving an Item will be 13 Teams Represented at the meeting. In the event of a Tie vote, the Commissioner will cast the Tie-Break vote.

ARTICLE VII: TEAM/PLAYER REQUIREMENTS

Section 7.1: Each Team may only Register/Roster Players that attend a School in their respective District. Players who attend Private Schools will have the option of playing with the District that they live in or the District that the Private School is located in. If a Private School has a CoOp with a District, the player will play for the CoOp School if their decision is based on the Private School location.

Section 7.2: There will be a \$10 Registration Fee for all Participants beginning January 2023. This fee will cover the cost of Insurance, Athletic Trainers, Spirit Event Awards, Officials for Championship and All Star Apparel. The balance will be used as needed to ensure the Safety and Development of our Youth. The Commissioner will provide a detailed Income/Expense to any Program Leader on request.

Section 7.3: Medical Physical requirements are the responsibility of each Organization. There will be a mandatory League Weigh In prior to the start of the season. This will be the Official Weight for the Regular Season. **All Teams/Parents will be required to Register online at Heartlandyouthfootball.com to ensure all participants will be accounted for before the first mandatory practice.** Each Team is responsible to inform the League Commissioner when adding new players. Updates will be added to the Master Roster and emailed to all teams. Final Roster submissions must be made prior to midnight the Friday before the first game of the season. The exception will be players moving into your School District during the season. They will be allowed to join.

Section 7.4: 100% Mandatory Weigh In – All players regardless of position are required to attend the League wide weigh-in prior to the start of the Season. Players who miss the Weigh-In will only be allowed to play on the Interior Offensive Line for the first 2 weeks. Players who fail to be weighed prior to week 3 will be ineligible. ***Note: All Players attending the HBR Heart and Hustle, Building Champions Camp will be weighed in.***

Section 7.5: There will be a mandatory weight check on the Monday following the last regular season game. Playoff Teams will be required to have all A Division players between 120 and 130 lbs and B Division players between 90 and 100 lbs will be required to attend. There will not be any weight allowance or make up day.

Section 7.6: Teams that have 25 Players registered in a Division, must have a JV Team. This will help ensure all Players get actual playing time. Varsity players may be available to fill in in case of an injury. Under no circumstance should Varsity starting skill players be used to give a JV Team an unfair advantage.

ARTICLE VIII: SEASON/DATES

Section 8.1: 1st Practice Date – Organized Practice cannot start before the first day of the week that August 1st is in. Summer conditioning and skill drills will be allowed. There will not be any restrictions on the amount of practices or practice time after Aug 1st. Each school will control its own program.

Section 8.2: The Schedule will be completed and sent to each Team for approval prior to March 1st. For 2024 each Team will play all teams in your Division once with 3 crossover games. All teams will have 4 Home and 4 Away games. Game dates can be adjusted ONLY if BOTH Teams agree to the change, otherwise games will be played on Sunday as scheduled. Any changes must be submitted to the Commissioner to ensure Athletic Trainers will be aware of the change.

Section 8.3: Varsity Playoffs - Top 3 Teams from each Division will compete for the Championship.

Divisional Records only (Tie Break Rules if needed) will be used for Top 3 Teams. For 2022 Playoff games will be played at the Highest A Division Seed hosting. B Division will also play at that location. B Division Seeds will be used in 2023 and continue to rotate from there on.

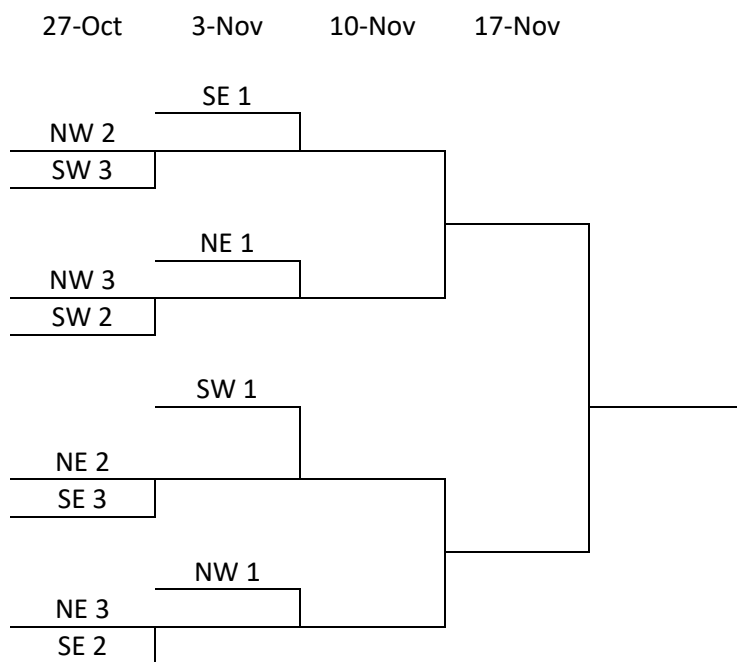
Preliminary – All #1 Seeds receive a Bye. NW #2 vs SW #3 / NW #3 vs SW #2 / NE #2 vs SE #3 / NE #3 vs SE #2.

Quarterfinals - SE #1 vs Winner – (NW #2 vs SW #3)
 NW #1 vs Winner – (NW #3 vs SW #2)
 SW #1 vs Winner – (NE #2 vs SE #3)
 NE #1 vs Winner – (NE #3 vs SE #2)

Semifinals – Winners (SE #1 vs (NW #2 vs SW #3)) vs (NW #1 vs (NW #3 vs SW #2))

Winners (SW #1 vs (NE #2 vs SE #3)) vs (NE #1 vs (NW #3 vs SW #2))

Championship - Winners from the Semifinal Games – 2024 Host is South Williamsport.
 (SEE BRACKET BELOW)



Section 8.4: Championship location Schedule - Site will be determined alphabetically beginning with Danville in 2016. Any future teams will be placed on the end of the list in the sequence that they commit to the League. ~~Danville 2016, Hughesville 2017, Loyalsoek 2018, Mifflinburg 2019, Selinsgrove 2020, Montoursville 2021, Shikellamy 2022, Southern Columbia 2023, South Williamsport – 2024, Lewisburg – 2025, Milton – 2026, Montgomery – 2027, Muncy – 2028, Central Columbia – 2029, Warrior Run 2030, Bloomsburg 2031, Mid-West 2032, Jersey Shore 2033, Shamokin 2034, Williamsport 2035, Mt Carmel 2036, Central Mountain 2037, Berwick 2038, Hazelton 2039 .~~

Schedule for Championship Day - 11am – Flag Football Championship / 12:30pm – B Division Championship / 2pm -- Pediatric Cancer Donations / 2:30pm – A Division Championship.

Section 8.5: Tie Break Rules -

1. Head to Head

2. Points Against
3. Differential of Total Points Scored and Total Points given up. (Highest number wins)
4. Points Scored
5. Coin Flip

Section 8.6: At the September 21st meeting, the Heartland Committee approved Host sites for Playoffs. For 2022 the Host sites will be the Highest Seed from the A Division. B Division Teams will play at the same location. The B Division will Host the Playoff games in 2023 and will rotate each year.

ARTICLE IX: AWARDS

Section 9.1: Current members of the Heartland Youth Football League will share the expense of three (3) Traveling Trophies. These trophies will be maintained by the Championship Team until they are dethroned. Each year the Champion will have a plate added to the trophy.

An additional Team Trophy will be given for the Championship Team to keep.

ARTICLE X: FOUNDATION RULES

(Can only be changed by 100% approval)

Section 10.1: Effective October 19, 2023, all Current and Future Teams will be required to wear their School District Colors and use the School District Mascot. They will have 2 yrs to make the transition.

Section 10.2: All Teams in the League must be organized and managed by a Parent Based group. There will be no Private Organizations managing the programs.

Section 10.3: Divisions will be divided by Grade. A Division 5th – 6th Grade, (*4th Graders will not be permitted to play in the A Division*). B Division 3rd – 4th Grade, (*2nd Grade may play in the B Division*). Flag Division K – 2nd.

Section 10.4: Weight Limits – Ball Carriers and Receivers, including Special Teams

A Division – 130 lbs

B Division – 100 lbs

Section 10.5: If a school would grow to support 2 teams, they must have a minimum of 30 players per Division team to support a Varsity / JV format.

Section 10.6: **Game Sequence**

B Division Varsity - 1 PM

A Division Varsity - 2:30 PM (Approx)

B Division JV - 4:00 PM (Approx)

A Division JV - 5 PM (Approx)

Teams may alter their weekly times if the Officials and opposing team agree. The above sequence will stand if they cannot agree. We understand there will be sequence changes especially when a Team is playing that does not have JV.

- (a) With this previous change in Game sequence and in order to maintain our JV Game integrity, we have approved the following Fine for Teams who Forfeit JV Games. If a Team has scheduled JV Games and decide to Forfeit because some players left, there will be a \$200 per game fine imposed on the forfeiting Team. We all understand that through injury and illness, a Team may legitimately may not be able to play the JV Game. However, this must be communicated to the opponent and

Commissioner in a reasonable time prior to Sunday in order to provide their opponent an opportunity to reschedule or add another JV game for their players.

Section 10.7: The Chain Gang will be placed on the HOME side of the field to avoid any conflicts.

Section 10.8: Official Game Football Size: All Footballs will be made of Leather. Teams will use their own football. A Division will use Junior (TDJ) and B Division will use PeeWee (K2). Any brand can be used, however it must be the same size and design as the PeeWee (K2) or Junior (TDJ) Wilson Leather Football. If an organization would like to present a ball of comparable sizes, we could compare it to the K2 and TDJ and vote to approve it.

ARTICLE XI: RULES AND REGULATIONS

(May be changed with a majority vote)

Section 11.1: Playing Rules – PIAA – with the exception of the following.

1. Kickoff will be from the 40yd line for both Divisions.
2. B Division JV will Not Kick Off. Play Starts at the Receiving Team 40 yd Line.
3. A Division will be able to rush the kicker on all plays
4. B Division - Blitzing A Gap. The A Gap will remain open for the sole purpose of the Center/QB exchange. There may be a Nose Tackle over the ball or in either A Gap. Defensive Tackles may line up outside the Offensive Guards head. Linebackers must be 3 yards from the Center until the snap occurs. EXCEPTION: Inside the 5 yard line where a normal Goal Line Defense may be used or on 4th down with less than 2 yds to gain. The Penalty enforced for violations of this Rule will be as follows. 1st Offense, Illegal Defensive Formation (5yd) the 2nd Offense will be an Unsportsmanlike Conduct of the Head Coach (15yd).
5. B Division (Extra Pt/Field Goal) will not rush the kicker. There must be a direct snap to the Holder. If the Holder has to move to recover the snap the play is dead.
6. B Division punting: Varsity will have a free punt (No Rush) but will be live once the ball is punted. Jr Varsity will institute a 30yd walk off (Exception: The Ball cannot be placed inside the 15yd line regardless of the mark in which the Walk Off starts... ie; a Punt from the Opponents 35 yd line will only be moved to the 15 yd line, not the 5 yd line) All B Division will have to declare if they are going to punt.
7. B Division All Defensive Linemen inside the Tackle Box must be in a down position, either 3-point or 4-point stance.
8. Exceptions – Extra Point – 2 points for Kick / 1 point for run or pass
9. Cut Blocks will be illegal. All players must block above the knees. A Personal Foul Penalty of 15 yds will be assessed for the infraction.
10. Electronic communication equipment on the field is not allowed in the HYFL.
11. Halftime will be 7 minutes maximum.
12. Players will be permitted to use any mouthguard available.
13. Guardian Caps are approved to be worn during all games.
14. Ball placement for extra points will be the 3 yard line.

Section 11.2: Weight Limits –

Offensive Ball Carriers and Receivers – A Division – 130lbs / B Division 100lbs

Note 1: If overweight Tight Ends are used, they will be ineligible Receivers and must report to the Official.

Note 2: If a Kicker is overweight, he may kick the ball but is ineligible to advance the ball if he recovers it.

Note 3: All Offensive players that are not on the line of scrimmage, between the tackles, (Tight End Exception above) must be under the weight limits above. Overweight players may not be used behind the line of scrimmage as backfield blockers. There will not be a weight limit for any Defensive Players. All Defensive Players may advance the ball in the event of a fumble or interception.

Note 4: Kick Off (Receiving Team) All players over the weight Limit must be on the front line (40yd Line). Overweight Players may advance a ball that is kicked in front of them (ie onside kick).

Section 11.3: Penalty for Illegal Use of Players

If an opposing Coach should observe an overweight player handling the ball, the following rules apply.

- a. If it is observed during a play at any time during the game, the observing Coach will call a Time Out. If the player is deemed overweight, there will be a 15yd Unsportsmanlike Penalty called and Loss of Down. The Head Coach will be ejected from the game and suspended for the next game. The challenging Coach will get the Time Out back.
- b. If it is noticed on video after the game is over, the offending team will forfeit the game and the Head Coach will be suspended for the next game.

NOTE: At no time will a Player be punished.

ARTICLE XII: GAME RULES

Section 12.1: Game Length: All Varsity Games will be played with 8 minute quarters, a 35 sec play clock with 3 timeouts per half. The Play Clock will start when ball is placed and Ready for Play. All B Division JV Games will use a 8 minute quarter running clock. A 35 sec play clock will be used with each team having 1 timeout per half. The clock will stop only on Change of Possession, Penalty or Injury. A Division JV games will be 10 minute quarter running clock. A 35 sec play clock will be used with each team having 2 timeouts per half. The clock will stop only on Change of Possession, Penalty or Injury.

Section 12.2: Overtime Rules: In the event of a tie at the end of regulation, each team will alternate equal possessions. There will be a Maximum of 5 Overtime attempts. 1. Each Team has a series from the 10 yd line. 2. Each Team will have a series from 5 yd line. 3. Each Team will have a series from the 5 yd line but must kick for 2 pt extra point. #3 will be attempted 3 times. If still tied the game ends. **JV (A & B) will not play overtime.**

Section 12.3: Mercy Rule At any time during the game, the difference in the Score becomes 24 points or greater a running clock will be used for the remainder of the game. The clock will stop only on change of possession, penalties and injuries. There will be NO Kickoffs after that point. The ball will be placed on the 35 yard line ready for play.

ARTICLE XIII: DISCIPLINARY ACTION

Section 13.1: Violation of the Code of Conduct: Any individual found in violation of the Code of Conduct (Attachment #1) and the Social Media Policy (Attachment #2) will be subject to disciplinary action as deemed appropriate by the individual Programs Board of Directors and in accordance of their By-Laws. The Heartland has no disciplinary authority in this case.

Section 13.2: PIAA Rules: All decisions made by the PIAA Officials will be final. There is no Appeal process. Disciplinary action as listed in the PIAA Rules will be followed.

Section 13.3: Excessive Organizational Issues: Programs that have excessive disciplinary issues that disrupt the normal process of the Games and become detrimental to the League Standard of proper conduct and sportsmanship,

will be brought before the Heartland Committee for disciplinary action. That Organization will have an opportunity to state their position before a Committee vote of proper disciplinary action. That disciplinary action may result in expulsion from the Heartland Youth Football League.

ARTICLE XIV: CHEER BY-LAWS

Section 14.1: General Rules: The Cheer Commissioners or their Representative will meet as needed. Each program will have 1 vote and the majority vote will carry the final say on the issue voted on.

Section 14.2: Ethics

- a. Coaches - The coach is charged with the responsibility and invested with the authority for maintaining proper team control. Their conduct shall be such that it will never be inciting to the audience. The head coach or an assistant MUST attend the league coach's meeting. Head coaches must be 21 years of age. Assistant coaches must be at least 18 years of age and a high school graduate. Commissioners may coach. Varsity, Junior Varsity, and Junior High cheerleaders may assist during practices provided they are appropriate role models both during practice and in day-to-day activities. The squad shall not list more than one head coach, two assistant coaches, and two trainers. There shall be no set limit to practice coaches. Coaches will be required to complete the following courses, Concussion in Sports, Heat Illness and Prevention and Sudden Cardiac Arrest. These courses are Free and can be found at <https://nfhslearn.com/courses>.

The coach should:

1. Inspire in the cheerleaders good sportsmanship and love for cheerleading.
 2. Teach the cheerleaders that it is better to lose fairly than to win unfairly.
 3. Teach the players and spectators to respect officials and judges by setting a proper example.
 4. Be constantly alert to the health and welfare of the cheerleaders.
 5. Refrain from tobacco use during practice sessions and games.
 6. Treat the cheerleaders with respect at all times. Be the type of person you want the players to be.
 7. A team representative must accompany any injured player to the doctor's office or hospital in absence of a parent or legal guardian.
 8. All coaches will be approved by their individual Organizations rules.
 9. Head coaches must recognize the squad's ability and limitations and advise accordingly.
- b. Parents - Spectators are an important part of the game and should always conform to accepted standards of good sportsmanship and behavior. Enthusiastic and wholesome cheering is encouraged. Any spectator not adhering to the above may be removed from the field or facility. No negative feedback on social media. If there are any issues, please address concerns with the coach and/or commissioner.

Section 14.3: Athlete Registration Requirements

- a. Residence- A player must play where he/she is enrolled in school or where his/her family has primary residency. All squad members must be residents of the school district/town at the time of team selection. If a participant moves from the school district during the season and can meet practice and game requirements without undue strain on themselves or their teammates; they shall be permitted to finish the season with the team.
- b. Grade- Any participant in grades K – 6 shall be eligible and accepted into the program if physically qualified without regard to sex, race, creed, color, or national origin.
- c. Parental Consent- No participant shall be registered as a qualified player if they have not secured the written consent of their parent or legal guardian on forms provided for that purpose. The consent may be withdrawn at

any time during the playing year by written revocation delivered to the appropriate league.

d. Physical- No participant shall be registered as a qualified player if they have not attained and does not sustain a sound physical condition. Organizational Waivers for the physical are the responsibility of each Team.

e. Code of Conduct- The League Code of Conduct must be signed by each athlete's parent(s)***

***Each program is responsible to ensure that each Board Member, Coach, Coaches Assistant, and Volunteer must also sign the "League Code of Conduct."

All Team Rosters are due to the Heartland League Commissioner by the Thursday prior to the first game of the season. After this roster is submitted, only participants moving into the respective School District may be added.

Section 14.4: Team Information

a. Each cheer squad may have an unlimited number of cheerleaders for football season as established by the league. For leagues with multiple teams at a level, cheer squads should be divided appropriately, if needed, with the assistant coaches coaching the extra squads as needed. The girls may all practice together as a group.

b. Division Breakdown

- A Division- Any participant who is going into 5th or 6th grade for the upcoming school year will be eligible.
- B Division- Any participant who is going into 2nd, 3rd, 4th grade for the upcoming school year will be eligible.
- Flag Division- Any participant who is going into Kindergarten, 1st and 2nd Grade for the upcoming school year will be eligible.
- However, based on registration numbers teams can be combined to provide the best atmosphere for the program and its participants.

NOTE: Cheerleaders may move up in the Division but not down. This will be at the discretion of the Teams Cheer Commissioner and Board Members.

c. Practices- Practice may begin the week of August 1.

- There is no restriction on the amount of practice time.

ARTICLE XV: Spirit Event Rules

In addition all sideline rules must also be followed.

Section 15.1: Competition Date and Location

- The Heartland Conference cheerleading competition will take place in the fall during the regular season.
- The date and location will be determined at the end of each regular season for the next season.
- The competition shall be held outside, weather permitting.
- Should the competition be held inside the matted area for the competition will be approximately 54'x 42'

Section 15.2: Team Make up

- Athletes must be part of the regular football season team

Section 15.3: Practices

- All competition practices are at the discretion of the coach.
- Coaches should create their own criteria for attendance at these practices.
- Squads should develop a conditioning and strength building program to help minimize injury.
- Competition routine practices can start at the discretion of the coach, the week of August 1st.

Section 15.4: Judging

- The event will have 3 - 5 qualified judges for competition.
 - This league has agreed upon outside judges to be brought in for all competitions.
 - All participating squads will be provided with the rule and score sheets prior to the start of the competition season.
 - Each judge will have their own number to use on their score sheets.
 - After the judging is completed and score tabulated, all score sheet will be placed in an envelope and given to the Cheer commissioner of the hosting school.
 - Scoresheets will be distributed at the conclusion of the competition.
- **ALL JUDGES' DECISIONS ARE FINAL**

Section 15.5: Game Day Routine

- This routine is limited to 3 minutes. This routine would be similar to what is performed at half-time during a game.
- This routine must include 1 cheer, 2 anytime chants, and one band dance not to exceed 50 seconds.

Restrictions:

- Game Day tumbling is limited to standing tumbling only. NO RUNNING TUMBLING
- Permitted Game Day stunts are as follows: thigh stands, shoulder sits, should stands, preps, extensions, liberties and liberty hitches.
- NO INVERSIONS or FLIPPING PYRAMIDS
- Game Day dismounts are limited to bump downs, pencil downs, or basic cradles.

Section 15.6: EVENT GUIDELINES

Due to the number of possible teams that can be involved in this event, and the potential length of the event, the committee felt that the competition should be limited to Routine performances only.

Meaning there should not be extra things such as jump-offs, tumble-offs, stunt group competitions, parent or coaches jump-offs, etc....

The hosting team may benefit from concessions, and any raffles that they wish to pursue, and any t-shirts.

Trophies or banners should be presented for 1st, 2nd, and 3rd place finishes

Participation ribbons will be presented to all participants.

Trophies or banners, and ribbons will be provided by the league.

The Heartland Youth Football and Cheer League will be responsible for the admission to this event.

ADDENDUM I **PERMITTED SKILLS PER AGE GROUP**

FLAG SQUAD-NOVICE

Jumps

- All jumps and jump combinations are allowed

Tumbling

- Forward and backward rolls, Forward and backward walkovers, Roundoffs, Cartwheels (series cartwheels allowed)
- All tumbling must originate from ground level.
- Participants must land on their feet first from tumbling before moving into a stunt or catching position.
- Participants may not tumble over, under, or through stunts, pyramids, or over/under individuals

Stunts

- No inversions (the head can never be below the hips).
- No release stunt transitions other than a reload from a cradle position.
- Dive Rolls out of stunts are prohibited
- Allow all skills prep level and below.
- A standing stunt at prep level must be double based and standing on both feet.

Pyramids

- Follow stunt rules
- Pyramid can be one level

Dismounts

- No spinning/twisting
- No released dismounts (cradles/pencil downs)
- Use bump down, or use a post

Examples of stunting skills for Flag/Novice

*****All stunting must have a back spot***

Partner Stunts:

- Pony sit
- Thigh stand: double or single based with a spotter
- Single Leg stunt performed on a single base thigh stand with a spotter

Stunts can transition from a thigh stand and drop to a knee, but the bases may not travel. They must remain in the same place.

Pyramids:

Examples

- A single base thigh stand hitch to a base bent over for a pony sit
- A pony sit with a flyer standing on the back of the base. Must have a spotter and be connected to another group.

B SQUAD/Intermediate

Jumps

- All jumps and connections to tumbling allowed.

Tumbling

- Non-twisting standing handsprings and standing back tucks allowed.
- No series or connected airborne tumbling and no twisting airborne skills
- May tumble out of stunts BUT NOT into stunts.

- Participants must land on their feet first from tumbling before moving into a stunt or catching position.
- Participants may not tumble over, under, or through stunts, pyramids, or over/under individuals

Stunts

- No inversions (the head can never be below the hips).
- No release stunt transitions other than a reload from a cradle position
- No walking with flyer in an elevated position
- Walking is permitted with the flyer (top girl) in a load position
- Single leg-extended stunts are allowed at a ½ Elevator height
- Half Twist load in skills is limited to the flyer (bases cannot turn)
- Full Twist load in skill is limited to the flyer (bases cannot turn)
- Single legged body positions (flyer) are allowed at prep level

Cradles:

- Cradles must be caught by all 3 bases.
- Full twist cradles are allowed from any two-legged stunts.
- Cradle may not land in prone (stomach) position
- One legged stunts must either land in a basic cradle or bump down
- Anything other than a straight pop off must be caught in a cradle (no flips out of stunts)

Pyramids:

- Pyramids must follow partner stunt and cradling rules
- Are allowed up to two high (extended position)
- Flyers must maintain contact with a base at all times
- There must be a connection between flyers and bracers to be considered a pyramid

Examples of stunting skills for B Team/Intermediate

****All stunting must have a back spot**

Partner Stunts

- Thigh Stand
- Shoulder stand
- Shoulder sit
- Elevator preps (1/2 Elevator) **
- Full Extension **
- Single leg stunts (lib, arabesque, heel stretch)**
- Half Twist load in skills is limited to the flyer (bases cannot turn)**
- Full Twist load in skill is limited to the flyer (bases cannot turn)**
- Hitches are allowed at prep level**
- ¼ Up Prep**
- J-up Prep or Extension**
- Prep reload to Extension**Pyramids
- One stunt group of bracers and a stunt group with a flyer in extended position on one leg
- Three extended stunt groups, standing on two feet, connected (paper dolls)

A SQUAD/Advanced

Jumps

- All jumps and connections to tumbling allowed.

Tumbling

- Series Tumbling passes permitted
- No twisting airborne skills
- May tumble into partner stunts
- May tumble out of partner stunts from a cradle position
- Participants may not tumble over, under, or through stunts, pyramids, or over/under individuals

Stunts

- No inversions (the head can never be below the hips).
- No release stunt transitions other than a reload from a cradle position
- Walking with flyer in an elevated position (prep) or sponge load is permitted
- Single leg-extended stunts are allowed
- Half Twist load in skills is limited to the flyer (bases cannot turn)
- Full Twist load in skill is limited to the flyer (bases cannot turn)

Cradles:

- Basic cradles are allowed from any one-legged stunt.
- Full twist cradles are allowed from any two-legged stunts.
- Cradle may not land in prone (stomach) position
- The total number of spins in a dismount from a stunt cannot be greater than one rotation
- No release moves are allowed other than a cradle or pop off to the ground

Pyramids:

- Pyramids must follow partner stunt and cradling rules
- Are allowed up to two high (extended position)
- Flyers must maintain contact with a base at all times: (hand to arm, arm to arm)
- There must be a connection between flyers and bracers to be considered a pyramid

Examples of stunting skills for A Team/Advanced

****All stunting must have a back spot**

Partner Stunts

- Thigh Stand
- Shoulder stand
- Shoulder sit
- Elevator preps (1/2 Elevator) **
- Full Extension**
- Single leg stunts (lib, arabesque, heel stretch)**
- Half Twist load in skills is limited to the flyer (bases cannot turn)**
- Full Twist load in skill is limited to the flyer (bases cannot turn)**
- Hitches are allowed at prep level**
- ¼ Up Prep**
- J-up Prep or Extension**
- Prep reload to Extension**
- Stair Step**
- Press to Hands**

Pyramids

- One stunt group of bracers and a stunt group with a flyer in extended position on one leg
- Three extended stunt groups, standing on two feet, connected (paper dolls)

ADDENDUM II **CHOREOGRAPHY GUIDELINES**

Basic information for those teams who plan to continue competing following the conclusion of the regular league season.

TRADITIONAL ROUTINE

- A choreographed routine not to exceed 2 minutes and 30 seconds.
- Cheer portion shall not exceed 1 minute. Music portion shall not exceed 1 minute and 30 seconds.
- Routines and music should be age appropriate, appeal to the audience, and get them involved in the performance.
-
- Megaphones, pom-poms, and signs may be used during the cheer portion of the routine.
 - The use of poms, signs, or megaphones is prohibited during tumbling
 - The use of poms, signs or megaphones also prohibited during pyramid building, cradle dismounts, and all stunt transitions which require the use of hands.
- The placement of poms, signs, and megaphones should be a safe distance away from the performance areas to eliminate a safety hazard.
 - Tumbling, building, and/or dismounting stunts directly on poms, signs, or megaphones will result in a safety deduction per occurrence.
- When discarding signs that have corners or sharp edges cheerleaders must gently toss or place them in an area that will not create a safety hazard.

MORE INFORMATION REGARDING RULES AND GUIDELINES

<https://www.varsity.com/youth-rec/competitions/divisions-and-scoring/>

Cheer Terminology and Definitions

Stunt: Any lift, or pyramid

Stunt Group Positions:

Base: A person who is in direct weight bearing contact with the performing surface and provides primary support for another person.

- The base on the left is often referred to as the main or primary base.
- The base on the right is referred to as the secondary.

Flyer or Top Girl: A person who receives primary support from another person (i.e. top person)

Back Spot: A person, who is in direct weight bearing contact with the performing surface located behind the stunt that maintains continuous visual and physical contact with the flyer. The back spot may hold the calves or ankles of the flyer, or the bases' wrists in an extended stunt. The continuous back spotter's primary function is to minimize risk to a flyer with special emphasis on protecting the flyer's head, neck, and back.

Front Spotter: A person located in the front of the stunt added to help control the stunt and for the additional safety of the flyer.

Brace: A second-level person who is in physical contact with another flyer but does not provide primary support. A stunt group should remain stable without a brace.

Basic Stunt Terminology

Prep Level or Prep: The height of the base's hands are at chest-level. The top girl is standing upright in the base's hands.

Extended Level or Extension: All three bases (main, secondary, and back spot) have their arms in an extended position over their heads. The top girl is standing upright on both feet in the base's hands. The back spot is holding the ankles of the flyer or the wrists of the bases.

Cradle: A dismount from a partner stunt, pyramid or toss in which the top person is caught in a face-up, pike position before being placed on the performance area or remounting into another stunt, pyramid or loading position.

Dismount: Ending of a stunt (originating by the bases) used to release the flyer back to the performing surface.

Pop-off or pencil down: A controlled upward throwing motion by a base(s) to release the flyer free from contact with the bases to a cradle catch from a shoulder-level stunt and above.

Release Move: A skill in which the flyer becomes free of contact with the base (i.e. tick-tock). A "toss" is a type of release move.

Single Leg: The flyer stands on one foot in the hands of the main base, supported by the secondary, and the back spot. This skill requires balance and body control.

- Liberties or libs: standing on the dominant foot while second leg is bent at a 90-degree angle with secondary foot touching the knee of the dominant leg.
- Heel Stretch: standing on the dominant leg/foot while the secondary leg is stretch up in front of the body, and foot is grabbed by the hand on the same side as secondary leg
- Arabesque: standing on the dominant leg/foot while secondary leg is behind the flyer level to the floor. Arms are in a t-position for balance

Load Position: A skill with one or two feet in the bases hands below prep level

Squish, sponge, or smush: a reload position which allows the bases an opportunity to bend their legs to take the flyer to a new position. The flyer comes back into original starting position, to once again push off of the bases shoulders into a new body position.

Tumbling Terms

Running Tumbling: Tumbling that is performed with a running start resulting a pass involving different skills. An example would be a round-off, back-handspring, hand-spring, tuck

Standing Tumbling: A tumbling skill performed from a standing position without any previous momentum from other skills.

Dive Roll: A forward roll where your feet leave the ground before your hands reach the ground.

Dive rolls are prohibited.

Additional Stunt Terminology

Forward-Suspended Roll: (Baja) The action by which a flyer dismounts with heels-over-head rotation while having both hands in continuous hand to hand/arm contact with bases or posts that control the flyer's decent to the performing surface or cradle.

Pendulum: A stunt in which a flyer falls forward and/or backward away from the bases in a lay out position to the required number of catchers while maintaining constant hands to feet/legs contact with the bases. It is not a

dismount

ARTICLE XVI: Flag Football Rules

Section 16.1: Field Size

The field shall be rectangular with lines and zones. The field shall conform to the design mentioned below. 100 yard field: This field measures 120 yards in length, divided into 5 zones of 20 yards, each between 2 end zones of 10 yards each. It is 53 1/3 yards wide.

Section 16.2: Team Makeup

- a. All players must be of league grades K-2. Players must be enrolled in school in order to play in the flag division. Others players (medical conditions, etc) by league approval
- b. A team is allowed to line up 11 players on each side of the football prior to the snap.
- c. 2 coaches per team can be used on the field of play during the game. No coach should call out any type of execution to their team after the ball is snapped by the offense.

Section 16.3: Officials

Each Team must provide an Official. Officials may be anyone over the age of 16. ALL Officials will be required to attend an Officials Clinic provided by the Heartland League. Due to distances between Teams, there may be 2 Clinics available for the prospective Officials to attend. Teams may also use PIAA Officials.

Section 16.4: Equipment

- a. Each player must wear a belt with the number of flags designated as “standard” by the league, which will be 2 flags.
- b. The flags will be attached to a belt and extend or hang from each side of the player’s body. All players must have Sonic Pop Flags.
- c. The belt must be tight to prevent being turned around during a de-flagging.
- d. The securing of flags to the body, waist or belt, other than provided by S-2-B, is illegal. Jerseys cannot be worn over flags. (Jersey must be tucked into pants.) If a player’s flag is inadvertently lost, he is ineligible to handle the ball.
- e. Flags are to be of contrasting colors, different from game uniform. Definition of uniform shall be game pants/shorts and/or jersey.

Mouthpieces: - Mandatory for all players.

Section 16.5: BALL REGULATION SIZE:

Flag may use either the Leather PeeWee (K2) or Composite PeeWee (K2).

Section 16.6: Rules of the Game

- a. GAME TIMES: Games will be played on Saturday starting at 10am. If both Teams agree they can modify the game day and time.
- b. Games: Games will consist of two (2) 20 minute halves. There will be a 7 minute minimum halftime. The clock will run continuous except for: Timeouts, Injury, penalty, change of possession or extra point conversion. Clock will restart when ball is set after extra point.
- c. Each team will have 2 timeouts per half. Offense will have 60 seconds to snap the ball.
- d. All home teams must place all chain gang on the home side of the field. The chain gang will not interfere with the process of the game.
- e. Players must be enrolled in school in order to play in the flag division.
- f. ***KICK-OFFS- Flag Division- In lieu of a kick-off, the ball will be placed at the forty (40) yard line. DOWNS (first down and zone to go)

- g. For the purpose of this document zone will be defined as 20 & 40 yard line.
1. Each team will have 4 consecutive downs to advance the ball into the next zone or to score a touchdown.
 2. Once a team enters into the next zone, it is a first down and a new series of downs begins.
 3. A team failing to move the ball into the next zone will lose possession. The opposing team takes over at the point where the ball is declared dead and begins its series of first down and zone to go.
 4. Ball is spotted at the 40 yard line after a touchdown.
 5. Punts will be a 2 Zone Punt. Meaning when a Team Punts, the ball will be placed crossing 2 Zones Lines from the spot. The farthest move will be to the opponents 20 yd line.
 6. Extra points will be 1 point for running and 2 points for passing into the endzone.

Section 16.7: DE-FLAGGING:

- a. There shall be no tackling of the ball carrier, passer, and kicker. All defensive players are not allowed to leave their feet, by either diving or attempts to slow the opposite team down in order to make an attempt to de-flag the opposite team/player. A player shown leaving their feet will be assessed a 15 yard penalty for rule violation.
- b. The player carrying or having possession of the ball is down when the flag is removed from his waist (de-flagging). The defensive player shall hold the flag above his head and stand still.
- c. The defensive player cannot hold or push the ball carrier to remove his flag. An accidental touch of the body or shoulder while reaching for the flag shall not be considered a violation; however, touching of the head or face shall be considered a violation.

Section 16.8: FUMBLES:

- a. Fumble rule – The ball be dead when it hits the ground. If a defender catches a fumbled ball in the air, it will be live and a turnover similar to an interception.
- b. Players are NOT allowed to strip the ball for any reason. The only thing players are allowed to pull are the Flags. This will be in affect once the ball carrier has control of the ball. This is a non-contact game and stripping requires contact.

Section 16.9: ILLEGAL FORMATIONS:

- a. Illegal Formations will be a point of emphasis for the upcoming season. Coaches should be correcting this during practice. It should not be penalized during the season but it certainly will be penalized by the PIAA Officials during Playoffs and Championship.
- b. Beginning 2024, there will be an Officials Training at Milton. The 2024 year will be on Saturday. June 29th at the Milton Youth Football Field. Time to be determined. It is highly recommended and encouraged to have your Flag Official attend the training.
- c. ***Player Safety/Equipment Check:*** Pre-Game checks – Players will lineup on the sideline. A representative of the opposing team will check that all players shirts are tucked in, each player has a mouthpiece and players will pull their own flags and replace them.

Section 16.10: BALL CARRIER:

- a. The ball carrier cannot use his hands or arms to protect his flags. The defensive player must have the opportunity to remove the ball carrier's flags.
- b. The ball carrier cannot lower his head to drive or run into a defensive player. Stiff-arming by the ball carrier is illegal.
- c. A pass is legal if it is caught in front of the passer regardless if it crosses the line of scrimmage. Any pass behind the passer is a lateral.

Section 16.11: DEAD BALL:

- a. All balls touching the ground are immediately dead. For example: the ball is declared dead at the following times:
- b. When the ball carrier touches the ground with his body, other than hands or feet.
- c. When the ball carrier's flag has been pulled.
- d. If a pass receiver or ball carrier has a missing flag (ball is dead at the spot). Following a touchdown, safety, or touchback.
- e. When the ball goes out-of-bounds for any reason.
- f. If the center snap hits the ground before reaching a player, the ball is declared dead at that point.
- g. When the ball hits the ground as a result of a fumble or muffed ball, the Play is dead and the ball placed at the spot of the fumble or muff.
- h. If a lateral pass touches the ground (ball is declared dead at that point). If a lateral pass goes out-of-bounds, the ball is ruled dead at the point it crosses the boundary line.
- i. If a forward pass strikes the ground it is dead.
- j. The ball can be advanced if the ball is intercepted

Section 16.12: DEFENSE:

- a. Number of Players on Line of Scrimmage for Offense: – The Defensive Line of Scrimmage may line up 1 less than the Offense (Center).
- b. Defensive Tackles must line up outside the Offensive Guards Head. Based on the B Division rule, (Note- we will make our Defensive Linemen consistent with B Division), all in the down position. There may not be a defensive lineman in the A gaps or over the center. Offensive Linemen must be in a down position. All Offensive and Defensive Linemen must be on the Line of Scrimmage.
- c. All linemen inside the Tackle box must be in the down position. Linemen outside of the Tackles may stand or be in a down position.

Note: A normal 'Goal Line Defense' may be used at any point the Offense is within 2 yds of a 1st down or touchdown. This gives the Defense a fair opportunity to have a successful play as well as the Offense.

Section 16.13: Blocking Rules: – No closed hands on material or grabbing of any Jerseys during Blocking.

Section 16.14: Linebackers - All Linebackers inside the Tackle Box, must be 3 yards off the ball. They cannot move forward until the ball is snapped.

Section 16.15: OVERTIME:

Varsity Only (JV games may end in a tie) A maximum of 2 chances to break the Tie. The 1st will be from the 20yd line and the 2nd from the 10yd line. On the 2nd attempt, a Passing 2 point Conversion must be tried.

Section 16.16: PENALTIES:

- a. **FLAG WEARING AND DE-FLAGGING**
 - Tackling (15)
 - Wearing the flags illegally (5)
 - Ball carrier using his hands to prevent a defensive player from de-flagging (15) Holding, pushing, or hitting the ball carrier while de-flagging (15).
 - Leaving one's feet while de-flagging (15) for spot of foul.
 - Wearing one flag (5).
- b. **ILLEGAL HAND-OFF**

If the ball is handed forward beyond the scrimmage line (5) it is a loss of down. Handing or snapping a ball to a lineman (5)

c. **ILLEGAL SUBSTITUTIONS**

More than 11 men on the field (5)

Substitution(s) while the ball is in play or before it is declared dead (5). Disqualified player entering game (15).

d. **BLOCKING**

Leaving feet to block (15).

Cross body blocking or roll blocking (15). Illegal use of hands by blocker (15).

Holding a defensive player (15).

Defensive player blocking or pushing the ball carrier out of bounds (15). Butting, elbowing, or knee blocking (15).

Defensive player using hands illegally (5).

More than two blockers for the ball carrier (on one defensive player) beyond the line of scrimmage (5).

Clipping (15)

Interlock Blocking (15) from spot of foul. Offside (5)

False start (5)

e. **BALL CARRIER**

Stiff arming (15) from spot of foul.

Lowering head to drive or run into defensive player (15). Use of head (15).

Use of hands or arms to protect flags (15).

Hurdling (5).

f. **UNNECESSARY ROUGHNESS**

Offensive and defensive (15).

Disqualification of guilty player or players if repeated.

g. **UNSPORTSMANLIKE CONDUCT**

Fighting (15) offenders ejected from game

Defensive player pulling offensive player's flag to make him ineligible for play (15). Insulting and abusive language (15).

Interference with progress of the game by coaches or any other team personnel (15).

Illegal play (15).

Team leaving field before game is completed (15). Failure to return – Forfeit. Win for team remaining on the field.

Failure of home team or visiting team to control players or fans (15). Forfeit if not controlled.

NOTE:

ALL TEAMS ARE REQUIRED TO HAVE A COPY OF THE BY LAWS AVAILABLE AT THEIR FIELD!

***Heartland Youth Football League
By Laws 2024***

By signature below, the above By-Laws were approved by all Youth Football Programs for the 2024 season.

Berwick Bulldogs – Dane Brown _____

Bloomsburg Panthers – Jeff Ralston _____

Central Columbia Blue Jays – Don Lyken _____

Central Mountain Wildcats – Jamie Alexander _____

Danville Ironmen – Derl Reichard _____

Hazleton Cougars – Dave Zapotocky _____

Hughesville Spartans – Kyle Milheim _____

Jersey Shore Bulldogs – Eric Kahler _____

Lewisburg Green Dragons – Chris Benfer _____

Loyalsock Lancers – Justin Van Fleet _____

Midd West Mustangs – Josh Mitterling _____

Mifflinburg Wildcats – Jake Kerstetter _____

Milton Black Panthers – Dale Pfiel _____

Montgomery Red Raiders – Nathan Jarrett _____

Montoursville Warriors – Jeremy Eavanson _____

Mt Carmel Red Tornadoes – Greg Berezovske _____

Muncy Indians – Justin Snyder _____

Selinsgrove Seals – Kyle Sommers _____

Shamokin Indians – Jason Bogetti _____

Shikellamy Braves – Chis Reis _____

Southern Columbia Tigers – Dave Noblit _____

South Williamsport Mounties – Eric Gerber _____

Warrior Run Defenders – Brian Harrison _____

Williamsport Millionaires – Adam Welteroth _____

Commissioner – John Derr _____

Date: _____

ATTACHMENT 1
CODE OF CONDUCT

The adoption of the following codes is a method devised to help develop sportsmanship, character, and fair play. Seasonal code of conducts are to be signed by Parents / Players / Coaches during registration. The online code of conduct is approved by the HYFL and minimally must contain the following guidelines. Codes of conducts are subject to change as needed to address community needs.

A. Parents, Spectators, Attendees, Coaches, Board Members, Coordinators and Participants

Shall conduct themselves in a prudent manner at all games and practices. The use, consumption, or presence of any tobacco, drugs, intoxicants, or alcoholic beverage is prohibited. Riotous, boisterous, threatening, or indecent conduct, or the use of abusive, threatening, or indecent language shall not be tolerated. Unauthorized presence on the playing or practice fields shall not be allowed at any time. The League will aggressively pursue charges against any spectator or coach who engages in any misconduct or criminal behavior at our facilities.

The following shall not be tolerated:

1. Use of foul language.
2. Abusing participants (opposition of fans by word or gesture).

3. Harassing the officials.
4. Disobeying or attempting to circumvent rules and regulations or the intent thereof.
5. At any time lay a hand upon, strike, or threaten to strike an official, spectator, coach or another participant.
6. Refuse to abide by an official's decision or be guilty of objectionable demonstrations of dissent at an official's decision by any forceful action.
7. Any parent found drinking alcoholic beverages or using illegal drugs in the field complex areas, including parking lots, before or after HYFL games will be subject to removal for all future HYFL games.

Signature

Date

Signature

Date

Signature

Date

Signature

Date

Signature

Date

ATTACHMENT 2
SOCIAL MEDIA POLICY

Social Media Policy for Parents

The use of social media is now a normal part of life for many people and it is used for entertainment, communication, and self-expression. In addition to protecting children in the HYFL, members of any club or organization have a responsibility to the organization, it's volunteers, the officials and other members of the league to maintain a positive image for the league and this extends to the use of social media publication. Note: Parents are encouraged to monitor their children's use of social media to protect them and guide them in its appropriate use.

The purpose of this policy is:

- To ensure that the relationships between parents, the coaches and the league remains professional.
- To protect coaches, officials, volunteers, and parents from allegations of inappropriate conduct.
- To ensure that there are clear guidelines for parents, volunteers, coaches, and officials about the use of social media related to the league and its participants.

- To preserve the reputation and positive image of the league, its volunteers, the Board, the coaches and its members.

Guidelines for appropriate use of social media:

The following guidelines refer to any posts, photographs, video, status updates and any other item that can be published on social media, which directly or implicitly mentions or directs attention to the HYFL. Parents, Coaches and Volunteers should avoid posting any remarks, photographs or videos that could be disparaging or embarrassing to the league or its volunteers, about another member of the HYFL, about our volunteer coaches, any parent volunteer or official on any social media platform or by email.

Signature

Date

Signature

Date

Signature

Date

Signature

Date

Signature

Date

ATTACHMENT 3

Memorandum of Understanding

(Mandated Reporter)

I understand that as a Coach, Team Parent, Volunteer or any support Staff that will work directly or indirectly with and around the children participating in the Heartland Youth Football League, that I am a Mandated Reporter and are required by State Law to report any incidents of Child Abuse I may witness or be aware of.

The following website provides the link to the free course suggested by the State of PA to understand your requirements and the process of reporting Abuse incidents.

<https://www.reportabusepa.pitt.edu/>

By my signature below, I understand that I have been informed of this responsibility and cannot hold the Heartland Youth Football League of any of its subordinate Teams liable in the event of my failure to report or understand the requirements set forth by the State of Pennsylvania.

Signature

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