

2025

**Willamette Valley Youth Football &
Cheer**

**K–8th Grade
CHEER
OFFICIAL
RULES**



Table of Contents

Part I – The WVYFC Program	3
Article 1: Members' Code of Conduct.....	3
Part II – WVYFC Structure	4
Part III –Regulations.....	4
Article 1: Authority Of League.....	4
Article 2: Boundaries	4
Article 3: Coaches Requirements.....	4
Article 4: Registration	5
Article5: Formation of Teams	6
Article6: Mandatory Cuts	6
Article7: Voluntary Cuts.....	7
Article8: Certification	7
Article 9: Practice (Definition & Date Restrictions)	7
Article 10: Game Days	7
Article 11: Schedules.....	7
Article 12: Camps.....	7
Article 13: Medical	7
Article 14: Charging Admission	8
Article 15: Protests.....	8
Article 16: Mandatory Background Checks (AAU).....	8
Part IV – Enforcement Policy	8
Article 1: Coaching Offenses.....	8
Article 2: Juvenile Offenses.....	8
Article 3: Team and Association Offenses	9
Article 4: Parent/Adult Offenses.....	9
Article 5: Social Media, Threats & Bullying	9
Article 6 – Game Rules.....	9
Article 7: Stunts.....	10
Article 8: Definitions.....	12

Willamette Valley Youth Football & Cheer 2025

Official Rules

To be used exclusively for all operations of
Willamette Valley Youth Football & Cheer

Part I – The WVYFC Program

Our goal is to provide our youth with the opportunity to learn and play football in a safe and organized program, while striving to instill the values of sportsmanship, scholarship, and effort.

Article 1: Members' Code of Conduct

All volunteers and participants will abide by a Code of Conduct, which includes the following provisions. If any of these rules are broken, the league shall have the authority to impose a penalty.

Members shall:

S1: Do not smoke and/or use smokeless tobacco on the field.

S2: Do not criticize participants in front of spectators, but reserve constructive criticism for later, in private, or in the presence of team members if others might benefit.

S3: Accept decisions of the game officials and judges on the field and in competitions as fair and called to the best of said officials' ability.

S4: Do not criticize an opposing team, its players, coaches, or fans by word of mouth or gesture.

S5: Emphasize that good athletes strive to be good students and that both are physically and mentally alert.

S6: Strive to make every football activity serve as a training ground for life, and a basis for good mental and physical health.

S7: Emphasize that winning is the result of good "teamwork".

S8: Do not engage in excessive sideline coaching and do not leave the bench area to shout instructions from the sideline.

S9: With team officials, be responsible for the conduct and control of team fans and spectators. Any fan who becomes a nuisance and is out of control will be asked to leave.

S10: Do not use abusive or profane language at any time.

S11: Do not "pile it on" and do not encourage your team to get a commanding lead and raise the score as high as possible. In these instances, every effort shall be made to let all players play.

S12: Do not receive any payment, in cash or kind, for services as a coach/Board member, Photographer in WVYFC. This includes any coach, expert, consultant, choreographer, or photographer, regardless of his/her roster status.

S13: Do not permit or encourage "sweating down" tactics for a player to make team weight.

S14: Do not recommend or distribute any medication, controlled or over the counter, except as specifically prescribed by the participant's physician.

S15: Do not permit an ineligible player to participate in a game.

S16: Not deliberately incite unsportsmanlike conduct.

S17: Abstain from the possession and drinking of alcoholic beverages and the possession or use of any illegal substance on both the game and practice fields.

S18: Remove any participant from a game or practice when even slightly in doubt about his/her health, whether or not because of injury, until complete medical advice is available.

S19: Control their fans. Remember, as a team coach, you are responsible for your team, and fan reaction will usually be in step with your reaction.

S20: Uphold all rules and regulations specified in the WVYFC Rule Book.

S21: Refrain from engaging in any action that reflects negatively or causes embarrassment to the WVYFC program. (including associations and board members)

S22: No WVYFC participant (Coach, Player, or Spectator) may touch or intentionally come in contact with an official. Those violating the rule will be suspended and/or expelled from the league.

Part II – WVYFC Structure

S1: LEAGUES- Oregon Youth Football chartered leagues to operate the youth football program in a specific area. The league's Board of Directors makes and authorizes all rules and designates the Commissioner to enforce those rules.

S2: ASSOCIATIONS—The League creates associations to carry out its functions, form teams, raise funds, operate games, and help enforce its rules. All Associations have a Board of Directors, bylaws, and elected officers. Associations are responsible for nominating all coaches to appropriate teams annually. Associations are not feeder programs for ANY schools or High Schools.

S3: TEAMS- Teams are created only by the Associations. The League competition authorizes teams and coaches.

Part III – Regulations

Article 1: Authority of League

The League is the highest local authority and will delegate to the Associations certain authority to carry out the rules as necessary.

Article 2: Boundaries

S1: The League will form association boundaries that follow most High School areas. Each Association has authority over all public, home, and private schools within its boundaries.

S2: All Players must play within their association. Otherwise, the player will be considered ineligible, and the team will be subject to forfeiture of all games. Only the League President/Commissioner may authorize deviation from this rule.

Article 3: Coach Requirements

A team's coaching staff is in complete charge of the team whenever it is together. The coaching staff is under the direction of the Head Coach. All coaches must be of high moral character and must be approved annually by the League. All Coaches must attend a Coaches Clinic. You are allowed to have one head coach and four assistants per team.

S1: The Head Coach must be 21 or older and supervise all practices, games, and functions.

S2: Assistant coaches must be at least 18 years old. Teams may have a maximum of four assistant coaches, one of whom may be a coach trainee. The Coach trainee must be at least 15 years old.

S3: At least one of the coaches must hold a valid Red Cross certificate First Aid/CPR (or equivalent) and must be present during all contact activities. A copy of the certificate will be placed in the team book.

S4: The Head Coach has final responsibility for his actions and those of his assistants, players, staff, and parents. (If any parent or guardian disrupts any game, the refs/ coaches have the right to stop the game and eject that family member. If the family member or guardian does not leave, the game will end in a forfeit, and that head coach will be suspended.)

S5: Practices: The Head Coach may approve additional volunteers during practices. All additional personnel assisting the team during practice must have a background check and be included in the team background check affidavit.

S6: All coaches must complete the AAU coaches' membership, Positive Coaching Alliance (PCA) I, II, & III, and CDC Heads Up Concussion Training certification before participating in a practice and/or game. Evidence must be maintained in the team book. Copies of all the Certifications and AAU Memberships must be maintained in the team's binder. All Head/Assistant/Practice Coaches along with Team Managers will be issued a League Official Badge with your title. Your current season badge must be worn at all practices and games.

S7: Insurance: Must register under Football Cheer. Teams must upgrade to the Extended coverage if competing in non-AAU-sanctioned competitions/events.

Article 4: Registration

Associations are responsible for conducting player registration for the proper placement of players. To register, the candidate must sign the League-provided "Blue Cards"(the blue athlete info card and the blue League Code of Conduct). All candidates must supply the following:

S1: Parental Consent (signatures & initials on Blue Cards).

S2: Medical Examination. A signed Sports Physical by any licensed State Examiner that the candidate is fit to play contact sports is required before a player can begin practice. Sport Physicals are valid for two consecutive seasons. MUST be signed and dated with a DR signature. (not just stamped with the provider address). A previous WYFC Sports Physical form from Nov 2023 will be accepted only if the exam date doesn't expire during the 2025 season. After the 2025 season, all Sports Physicals must be on the OSAA form.

S3: Proof of Grade Level A copy of the player's final report card will be the appropriate form of proof. Proof of enrollment from the school is required if the player's report card is not from the same school the player will attend during the current school year.

homeschooled kids: Letter of intent to Homeschool (from the state/county ie, Lane ESD), progress report from homeschool teacher; a current bill to verify address

S4: Scholastic Fitness Proof of satisfactory school progress (minimum 70% GPA) can be supplied by the previous semester's report card or a school-signed scholastic form (available from the League).

Article 5: Formation of Teams

S1: Associations are responsible for proper team formation.

S2: Teams will be formed by the schools that players will attend in the current year, so that schoolmates will be on the same team. All teams must show the main school or schools that comprise them, and all players from the same school must be on the same WYFC team.

S3: Home-schooled players will be placed on a team within the association closest to their home address.

S4: Private school/ Charter school players will play for the private/Charter school association if one exists within the league; if a private/ Charter school association does not exist or if there are not enough players to form a team, they will be placed on the team within the closest association boundaries that the private/Charter school is located whenever possible. If not possible, they will be placed on a team closest to their home address.

S5: In cases where this policy creates an oversized team from one school (more than 35 players), a designated League Official may authorize and oversee a special draft for these players to create two teams of close parity. Documentation of this process will be retained in team books.

S6: It is League policy that no child will be denied the opportunity of participation based on numbers; if teams are full, the Association will create an additional team in the appropriate division. All Associations must maximize player recruitment and retain the records of all applicants. Up to 'Certification Day, one or more additional teams MUST be formed if the number of registrants exceeds 35 in any division. After this date, all additions are at the discretion of the Associations. No additions will be allowed past October 1st.

Article 6: Mandatory Cuts

Any participant must be cut by who:

S1: Is found to have signed up because of parental pressure and does not want to play.

S2: Attempts to intimidate fellow participants by word or deed.

S3: Is an extreme discipline problem (League must concur).

S4: The Association must notify the league before cutting any player for any reason.

Article 7: Voluntary Cuts

A participant shall be considered a voluntary cut if he refuses to participate or no longer shows up for practice or games of his own free will. The Association must investigate these cases to determine that this was the participant's decision and was not manipulated in any way by the coaching staff.

Article 8: Certification

Certification is the process whereby the Association will file with the League a complete roster of players and coaches for each team. This roster must comply with the Team Formation rules. The AAU Roster is due no later than the book check date or certification date.

Article 9: Practice (Definition & Date Restrictions)

Practice is defined as any gathering of players in the presence of at least one coach.

S1: Practices may not begin until the League authorized first practice date.

S2: Cheer may not practice more than 10 hours per week before Labor Day. Maximum of 2.5 hours per day. May not exceed 6 hours per week after Labor Day. The maximum practice length is 2 hours.

S3: Practice is NOT permitted on Labor Day weekend (Friday through Monday).

S4: Weather Related Health & Safety Precautions Head Coaches must be especially vigilant in hot summer practices. Unlimited water breaks, numerous breaks during practice, and a fifteen-minute break in the middle of practice are mandatory actions. Immediate action must be taken if a player is observed with the slightest sign of heat fatigue. (OSAA Guidelines for Heat Index and Air Quality shall be followed.)

S5: At least one (1) 10-minute break after each hour of normal practice is mandatory.

Article 10: Game Days

S1: Teams will be on the side of their teams that they are cheering (if there isn't a cheer team for the opposing team, you may cheer on the side where parents are)

..

Article 11: Schedules

The League will prepare and distribute the schedule of games for the season and postseason. **No team can arrange any other game without the express consent of the League.**

Article 12: Camps

No Oregon Youth Football organization or individual may require mandatory camps for any player or team.

Article 13: Medical

The Home Association is responsible for providing emergency medical coverage at each game and practice. In the absence of a physician and/or ambulance on the site, the minimum safety requirement

will be the presence of one individual associated with the home team who is currently EMT qualified or is currently certified in CPR/First Aid and Safety.

Article 14: Charging Admission

The League shall establish a policy for charging reasonable admission to games and events. In any event, no admission shall be charged to rostered participants, coaches, game officials, law enforcement, High School Coaches (with ID), or WVYFC administrators.

Article 15: Protests

S1: Only protests involving the eligibility of players shall be considered.

S2: Protests will be decided by the League only.

S3: Lack of prompt notification to the League may result in the denial of the protest.

Article 16: Mandatory Background Checks (AAU)

S1: All volunteers who may have access to or contact any player and all administrators in Associations and League must obtain a valid AAU Membership.

S2: All appeals or disputes are required to follow AAU National protocols.

(www.aausports.org)

Part IV – Enforcement Policy

Article 1: Coaching Offenses

S1: Any coach ejected from a game must be suspended for **one week (6 hours of practice) and ineligible for the next game**. A second such ejection shall cause expulsion for the remainder of the season. Additional offenses resulting in a minimum of one game + one week (6 practice hours) suspension from WVYFC:

- A.** Violation of the Blue Card Code of Conduct.
- B.** Inappropriate behavior during a game or practice session.
- C.** Ejection from the game by a referee. (Possible expulsion)

S2: Offenses resulting in expulsion from WVYFC:

- A.** Endangerment of Juveniles
- B.** Fighting
- C.** Cheating
- D.** Gambling on game outcome
- E.** Striking a game official
- F.** Falsification of official documentation

Article 2: Juvenile Offenses

S1: Fighting, intimidation, or disrespect for authority shall be cause for ejection from the game. Any ejected player must be suspended for one week and ineligible for the next game. High school rules will be implemented for the time a player must sit out if they are ejected. If a player is ejected during the 1st

half, they must sit out the rest of the game, plus the first half of their next game. If a player is ejected in the second half of the game, they sit out the rest and the entire next game. A second such ejection shall cause expulsion for the remainder of the season.

S2: Associations must report these incidents to the League.

Article 3: Team and Association Offenses

S1: Failure to keep faith with players and parents is defined as any deliberate practice of a team or association that jeopardizes juveniles' health, welfare, and safety. If these actions are intentional and/or by policy, the Association is subject to sanctions by the League, which may include removal of any or all officers of that Association.

Article 4: Parent/Adult Offenses

S1: All coaching rules apply to parents. Any parent ejected from a game must be suspended for one week and ineligible for the next game. A second such ejection shall cause expulsion for the remainder of the season.

S2: All properties used by WVYFC are subject to WVYFC's Official rules. All practice and game venues belong to WVYFC during WVYFC-sanctioned events; therefore, any suspension or expulsion of a parent or coach is regulated by WVYFC officials. For example, we can suspend problem parents from practice and/or game facilities during WVYFC events, even though we do not "own" the facilities we may be using.

Article 5: Social Media, Threats & Bullying

S1: Any social media or bullying offense, determined by the League, will result in a one-game minimum suspension.

S2: A second offense within the same season will result in a one-calendar-year suspension from WVYFC.

Article 6: General Rules For All Levels

- a. Cheerleading squads should be placed under the direction of a qualified and knowledgeable advisor or coach.
- b. Follow all direct governing association rules regarding concussion management, heat illness, etc.
- c. **Mandatory Background checks AAU:** All volunteers who may have access to or contact any player and all administrators in the Association and League must obtain valid AAU membership. Bagged spectators will not have access to the athletes' area.
- d. **Insurance:** Must register under Football Cheer. Football cheer can compete in competitive cheer competitions, whereas competitive cheer cannot compete in football cheer

competitions. Teams must upgrade to the Extended coverage if competing in non-AAU-sanctioned competitions/events.

- e. Teams that are competing in cheer competitions must follow all the most recent AAU Rec cheer rules
- f. Safety First: Emphasis on preventing injuries through proper spotting, controlled movements, and avoiding risky skills.
- g. All cheerleading squads shall adopt a comprehensive conditioning and strength-building program, with a minimum of 6 hours of conditioning and strength-building prior to stunting practice.
- h. Coaches must require proficiency before skill progression. They must also consider the athlete's, group's, and team's skill level regarding proper performance level placement. Athletes' safety must be considered, along with all skills.
- i. All legal skills for sideline cheering can be performed on artificial/live grass, rubberized track, indoor basketball court, or a matted surface. No skills are allowed on asphalt, concrete, or similar surfaces.
- j. Uniforms must be appropriate for youth rec cheerleading. When standing at attention, apparel must cover the midriff. Cheerleaders are expected to wear designated uniforms. Squad members must wear athletic shoes (no gymnastic slippers)
- k. Fingernails, including artificial nails, must be kept short, near the end of the fingers.
- l. Hair must be worn in a manner that is appropriate for the activity involved. Hair devices and accessories must be secure. Hair should be pulled back away from the face and secured. To prevent injury, Alligator clips are not allowed.
- m. Supports, braces, soft casts, etc. A participant wearing a plaster cast or a walking boot must not be involved in partner stunts, pyramids, jumps, or tumbling.
- n. To prevent injury, jewelry is prohibited except for the following: A religious medal without a chain is allowed but must be taped and worn under the uniform. A medical-alert medal must be taped and may be visible.
- o. Use of mini-tramps, springboards, spring-assisted floors, or any height-increasing apparatus is not permitted at any time other than practices under the direct supervision of someone trained in their use.
- p. Participants must not chew gum, have candy, or eat food during practice or the game.
- q. The only props allowed to be used are megaphones, poms, signs, and flags. The only props allowed while in stunts or pyramids are poms or signs used by the top person only. A top can hand a sign to a base or spotter to immediately release it to the ground if the top is not extended.

Article 7 Stunts:

- a. Coaches assess the skill levels of every athlete with the flow chart and determine the best stunt ing position. Positions are not to be picked by the athlete or the athlete's parent (unless that parent happens to be the Cheer Coach).
- b. Coaches may assist during the instructional period but cannot be used during games or half time routines for any purpose other than spotting.

- c. c. Spotters MUST be present during ground-to-elevator building and cradling until the group can safely perform on their own.
- d. Flyers must dismount in either a cradle or bump down.
- e. Helicopters, Inverted stunts, swan dives, basket toss with front or back flips, tumbling out of a stunt without feet touching the ground first, double downs, Cupid/Awesome,, and Tick Tocks ARE NOT PERMITTED. Stunts can be no more than two levels high (up to a full/extension ONLY).
- f. All stunts above prep level (at the shoulders) MUST be performed on mats or grass- no concrete or “asphalt tracks”.
- g. Half twist loading is allowed.
- h. **Allowed stunts:** Double base extensions/Full only allowed. Heel stretch, Arabesque, Liberties, liberty hitches, and V-sits (teddy) are only allowed at the prep level. Allowed partner stunts: shoulder seats, Solo heel stretch,
- i. Spotters: Spotters are required for **all** stunt prep levels and above.
 - Each top person at the prep level and above requires a back spotter, who may grab the top person’s waist. Additional spotters are recommended for the full/extended level.
 - The center base in an extended v-sit may be considered a spotter if they are in a position to protect the head and shoulders of the top person.
 - Shoulder sits, T-Lifts, and stunts where the top person is only supported at the waist, do not require a spotter.
- j. Pyramids: Follow stunt rules.
- k. Allowed Dismounts: Stepdown, pop-downs, and straight/basic Crawled tosses are allowed.
- l. Not Allowed Tosses: Baskets, sponge, elevator, or similar type tosses are prohibited.
- m. No release stunt transitions other than a reload from a cradle position.
- n. No Twisting Dismounts: Dismounts from stunts cannot involve twisting. Only non-twisting/Basic straight cradles and pop downs are allowed.
- o. No Inversions: The head cannot be below the hips.
- p. Must Master each level before moving onto the next Level.
 - Level 1 Knee Stand, Allowed Variations: 2 bases on 1 Knee at 90*, Flyer stands on bases knee- OR- Single base with flyer standing on knee, Dismount – Step off
 - Level 2 Thigh Stand, 2 bases in a standing lunge position facing each other, Flyer stands in the leg pocket of both bases, Dismount _ Pop down
 - Level 3 Half/Prep level, 2 bases, flyer & back spot (front spot optional shin support). Allowed stunt options: Basic half, V-sit (Teddy), Liberty, Liberty Hitch, Arabesque, Heel stretch. Dismount - Basic straight cradle allowed
 - Level 4 Full Extension, 2 bases, flyer, back spot (front spot optional shin support). Only basic full extension is allowed. Dismount - Basic straight cradle allowed

Other:

- Tumbling is permitted, provided the athlete has been properly trained.
- Spotting for tumblers is NOT permitted by any volunteer other than a Cheer Coach who is familiar and comfortable with the techniques.
- All jumps and jump combinations are allowed.

- **Teamwork:** Emphasize teamwork and cooperation among cheerleaders.
- **Spirit and Enthusiasm:** Encourage cheerleaders to cheer with spirit and enthusiasm, but without excessive gestures.

Article 8 Definitions:

- **Additional Spot:** Additional spots are typically used as a safety precaution, such as when a group is trying new or difficult stunts. Generally, they will only help the stunt if it shows serious signs of falling.
- **Arabesque:** A stunt in which the working leg is extended behind (close to 90 degrees) while the supporting leg is in the hands of the base(s). The flyer's chest is up with one leg directly behind her. Hips should be in line with the floor.
- **Back Spotter:** A person in direct, weight-bearing contact with the performing surface whose primary function is to protect the top person's head, neck, and shoulders. Spotters should be qualified to help minimize injuries by assisting a top person. A spotter may be a competent team member or a coach if necessary.
- **Base:** A person in direct weight-bearing contact with the performing surface who provides primary support for another person.
- **Cradle:** A dismount from a partner stunt, pyramid, or toss in which the catch is completed below shoulder level height by a base or bases with the top person in a face-up open-pike position.
- **Dismount:** Ending a stunt by releasing a top person to the performing surface or a cradle position.
- **Extension:** An extended stunt in which the top has both feet in the hands of a base(s).
- **Front Spot:** Similar to the helping role of a back spot, the front spot will support and stabilize the stunt from the front. They are fairly rare, as most stunts are designed to be performed without one, but are sometimes added due to weaker bases, the complexity of a stunt, or an uneven number of athletes.
- **Heel Stretch:** The flyer holds the heel or middle of their foot with one arm and extends that leg in front of them, pulling their foot as close to eye level as possible.
- **Hitch Body Position:** A single-leg stunt where the leg not providing support is in a liberty-type position, and that hip is open.
- **Inverted Position:** Shoulders are below the waist.
- **Liberty:** A multi-based, single-leg stunt where the leg not providing support is pulled to approximately a 90-degree angle with the hips of the athlete performing the skill, including the hitch variation.
- **Liberty Hitch:** A flyer stands on one leg, with the other leg bent and connected to another stunt group, forming a hitch position, while the liberty leg is bent and the foot is near the supporting leg's knee.
- **Load in:** A stunt position in which the flyer's foot/feet are in the hands of the base(s), base(s) hands are at waist level, and is typically in preparation to build a stunt or skill in between stunts. Common positions/terms: Sponge, One Foot Load In, Two Foot Load in.
- **Loading position:** A skill/stunt with one or two feet in the hands below prep level.
- **Pop:** A controlled upward throwing motion by a base(s) to release the flyer free from contact with the bases to a cradle catch or assisted to the performance floor. Usually from a shoulder-level stunt and above.
- **Pop down:** A controlled dismount where the flyer is released from a stunt, landing on their feet with the assistance of the bases and spotter.
- **Prep Level:** A height classification for stunts in which the hips of the flyer are at the same height as the base(s) hands would be in the Extended Position. Most commonly, the bases'

hands are at shoulder level. However, their hands/arms may be in the Extended Position when the flyer is in a seated or horizontal position. Extension Preps, Extended Flatbacks and Extended V-sits are examples of Extended Level Stunts. Other terms for Prep Level include Shoulder Level.

- **Pyramid:** Multiple stunts connected by hand to hand (arm over arm), hand to foot or other physical touching connections. Individuals standing at ground level may be incorporated as a part of the connection. In order to be a pyramid, a physical connection in a grouping of individuals or multiple stunts is required.

- **Sponge/Elevator Toss:** A stunt with multiple bases, where the participants grip the top person's feet prior to the toss. **(Not allowed)**

- **Step down (Front/Back):** A stunt dismount in which the flyer steps off the front or back of a prep level or below stunt with the support/assistance of the bases.

- **Thigh Stand Level:** The execution of a stunt where the base(s) is in a lunge or lunge-like position and both knees are off the ground.

- **T-Lift:** A waist Level stunt in which the flyer with arms in a T motion is supported on either side by two bases who grip the flyer under the arms in order to lift the flyer off the performance surface. The flyer remains in a non-inverted, vertical position while being supported in the stunt.

- **Top Person:** The person(s) on top of a stunt or toss. Also referred to as the flyer or partner. Commonly used when referencing the flyer positioned at the highest level of a pyramid.

- **Toss:** A release stunt in which the base(s) begin underneath the top person's foot/feet and execute a throwing motion from below shoulder level to increase the height of the top person. The top person becomes free from all bases, spotters, posts or bracers.

- **V-Sit:** A waist Level stunt in which the flyer is in a seated Straddle position supported at the seat and legs by the bases. V-Sits can be performed with the bases' arms in the Extended Position; these are called Extended V-Sits and are classified as prep level stunts. V-Sit variations include: Double Based Extended V-Sits and Triple Based Extended V-Sits. - Extended Double Based V-Sits contain 2 bases, 1 flyer, and 1 back spotter. - Extended Triple Based V Sits contains 3 bases, 1 flyer and 1 continuous back spotter

- **Waist Level:** A height classification for stunts in which the hips of the flyer are at the same height as the base(s) shoulders. Most commonly performed by one base who grips the flyer's feet at the base's stomach level while standing. Other terms for Waist Level include Stomach Level and Belly Level.

Red text indicates new to this year's rulebook (example). Struck text is verbiage that no longer applies – is obsolete (~~example~~).

Upon distribution of the current year's rulebook, no rules can be challenged or changed until the following year. Proposed changes may originate from any member of the League after the end of the current season. Proposals must be voted on by the Leagues as written, and

if rejected, the existing rule remains in effect. Ratification by all Leagues must be in writing and completed by March 15 in order to be included in current year's rulebook.

