



ARGONAUT JUNIOR MUSTANGS

RULES AND REGULATIONS

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Duly adopted by AJM Board of Directors on 12/11/2023

ARTICLE I - PLAY RULES

Rule 1. Required Play Rules and Discipline for Violations.

All members, participants, coaches and directors shall follow the current Motherlode Valley Football League, *MVFL Rules and Regulations Football* and for *Cheer* – the current updated editions of which are at <http://mvfl.net/forms.html>, in addition to the current AJM Bylaws, Rules and Regulations, and Participation Handbook. Game rules and procedures follow the rules of the National Federation for State High School Associations (NFHSA), the nation’s leader in high school sports.

Failure to follow the Rules will result in appropriate disciplinary action, which, at the discretion of the Board, may include the actions below, depending on the nature of the violation and whether it is deemed to be detrimental to the safety, fair play, or respect for others, (also in the AJM Code of Conduct& Ethics).

- 1) Monetary fines
- 2) Temporary suspension
- 3) Temporary or Permanent termination
- 4) Ejection from a Game
- 5) Cheer Demerit Process resulting in disqualification from participation.

Rule 2. Eligibility and Mandatory Play.

Any individual residing within the boundaries of Amador County is eligible and will have priority at the time of registration, per 2/19/23 MVFL meeting making all of Amador County grey for AJB and AJM. Proof of residency is required at registration. An individual who receives a transfer by MVFL under MVFL Bylaws is also eligible if approved by the AJM Board.

Every “eligible” athlete suited up for a game must play a minimum of five (5) plays in that game. The responsible Coach who fails to conform to the Mandatory Play Rule is subject to discipline under the disciplinary process in AJM Rule 1 above and under the MVFL Rules and Regulations Football.

Rule 3. Right to Play.

No eligible participant will be denied the right to participate because of ethnicity, race, religion, culture, language, gender, ethnicity or disability. All participants must be registered and rostered on a first come basis; no tryouts are allowed. Once the roster is at capacity, a waitlist may be created following the same guidelines.

Rule 4. Attendance and Absences.

Attendance at all games and practices is mandatory; only five (5) excused absences per season are allowed without Board approval for a justified exception. Football and cheer coaches may impose demerits or remove participation privileges for unexcused or a disallowed number of excused absences or for failure notify the coach in advance. If a parent/guardian notifies the coach *before* the practice or game, excused absences are:

- absences accompanied by a doctor’s note, or
- phone call from a member stating why the participant was sick, or
- phone call from a member stating a family emergency/funeral.

Rule 5. Member Volunteers.

Every member is required to volunteer a minimum of 4 hours for each of their children who are in the program (football and cheer), equal to two, 2-hour shifts at home football games, except that Board Members and Head and Assistant Coaches with multiple children in AJM are not required to complete additional volunteer hours.

Members may have friends/relatives work their volunteer hours for them, subject to approval from the Member Volunteer Coordinator prior to the shift. A member may also “buy out” his/her volunteer hours for \$50/hour, subject to agreement with the Member Volunteer Coordinator. Documentation of volunteer hours will be kept by the Member Volunteer Coordinator to ensure compliance. Failure to complete the volunteer hours may result in the loss of privileges, such as, mandatory play participation for the child of such member.

Rule 6. Protective Equipment.

All participants must wear full protective safety equipment at all games and all contact practice sessions. No participant will be permitted to play in a game or in practice without such equipment. AJM will furnish such protective equipment and will check, repair, and certify it annually or bi-annually if not used in the previous year.

ARTICLE II - CONDUCT RULES

Rule 7. Prohibition Against Negative Conduct.

All unsportsmanlike conduct by members, coaches, participants or visitors including but not limited to any of the following, is prohibited, and may result in disciplinary actions defined in AJM Rule 1 for violations:

- Any physical or verbal abuse, including significant profanity and foul language;
- Racial epithets, negative innuendos regarding a person’s race, religion or ethnicity;
- Disrespect for, or confrontation with officials, coaches, instructors, and volunteers;
- Divisive conduct, slander, malicious rumors, threats associated with or related to AJM;
- Verbal or Social Media bashing or maligning AJM, any members, coaches, participants or other teams;
- Lying, back-talking coaches or instructors or other negative behavior;
- Stealing, assaulting others, intentional acts or omission placing others at risk.

Rule 8. Prohibition Against Tobacco, Drugs, Alcohol, Smoking.

Members of AJM, Coaches, Board Members, and Visitors shall adhere to the Argonaut High School comprehensive safety plan, which includes no tobacco, no drugs, no alcohol and no smoking on any school grounds. Possession of, or using alcohol, tobacco, or drugs will be cause for immediate ejection from the school grounds and/or other disciplinary action as defined in AJM Rule 1.

Rule 9. Use of Track or Cheer Area; Unattended Children.

No member or non-participant child is allowed on the track, in the cheer area, or on the sideline of the field during use or before or after games without an AJM badge.

Siblings of participants or other children must always be supervised by their parent or guardian and must not be left unattended. Failure to comply or control unattended children which results in activities posing a risk to themselves or others is a violation and may result in disciplinary action as defined in AJM Rule 1.

Rule 10. Procedure for Communicating Complaints; Violation Appeals.

Communicating Complaints. Any concern or complaint may be communicated by a member only by the following process:

- Verbally or by phone to the Vice President of Football or Vice President of Cheer during or immediately after the game. Each Vice President has authority to resolve it, or to report it to the President, who also has authority to resolve it.
- If it is not resolved by the Vice President or President within 48 hours of the date the complaint was made, then state the concern and all information about the incident on the AJM Complaint form at <https://drive.google.com/file/d/1h-TzYfu92N1C9enMMfDu1DHFkKTV5guV/view> and submit it to the Board President for the consideration and final decision of the Board.

Violation Appeals. Any appeal from a disciplinary action (other than ejection of a participant from a game) imposed by the Board Vice President or President during or after a game may be appealed by a Member for consideration and a hearing before the Board of Directors upon submission of the appeal in writing on the AJM Complaint/Appeal Form at <https://drive.google.com/file/d/1h-TzYfu92N1C9enMMfDu1DHFkKTV5guV/view>.

The Member shall state all facts establishing that the incident or violation did not occur in the manner reported, was not harmful to others, and the penalty was excessive under the circumstances.

Final decisions will be made by the Board pursuant to the AJM Bylaws.

CERTIFICATE OF THE PRESIDENT

The undersigned President of the corporation known as the Argonaut Junior Mustangs, Incorporated, hereby certifies that the above and foregoing Rules and Regulations were duly adopted by a two-thirds majority vote of the Board of Directors at the meeting on December 11, 2023, and that they now constitute the official Rules of this organization.

ARGONAUT JUNIOR MUSTANGS, INCORPORATED, a California nonprofit mutual benefit corporation.

President Beau Gillman

Beau Gillman

Date 12/11/2023