

# **NORTHERN VIRGINIA YOUTH ATHLETIC ASSOCIATION BY-LAWS**

## **ARTICLE I Mission/Vision**

The Mission of the Northern Virginia Youth Athletic Association (NVYAA), a non-profit organization incorporated under the laws of the State of Virginia, is to provide a structured, mentoring environment that builds upon those fundamental values that develop self awareness and a commitment to excellence in the areas of academics, community leadership, sportsmanship, and civic involvement. The Vision of the NVYAA is to instill in our youth a sense of pride, high self-esteem, and moral courage as vehicles for developing exceptional and highly productive members of society.

## **ARTICLE II Membership**

**Section 1.** Every parent, or guardian of a child enrolled in an “active” NVYAA program shall be a member of the NVYAA.

**Section 2. SPECIAL MEMBERSHIP:** Any other adult or responsible teenager that subscribes to the NVYAA Mission and Vision, and is committed to the overall success of the NVYAA, may be granted “SPECIAL MEMBERSHIP” Status by the NVYAA Board of Directors in order to serve on a NVYAA committee or on the staff of a team or squad (in accordance with league, region, or national rules). This “Special Membership” status encompasses all the rights, responsibilities, and privileges of general membership.

**Section 3.** A member in good standing is one who has successfully met all administrative and financial obligations for participation in Association sponsored events/activities.

## **Board of Directors**

**Section 4.** The NVYAA shall be governed by an Executive Board of Directors (BOD) and a General BOD. The Executive BOD shall consist of: (a) four officers, namely a President, Vice President, Secretary, and Treasurer, who shall be elected in accordance with Article II, Section 6, (b) three Directors, namely the Director of Football Operations, the Director of Business Operations, and the Director of Community Outreach Programs, who shall be elected in accordance with Article II, Section 8, and (c) non-voting individuals who obtain the distinction “Executive Board Member Emeritus” or “Elder” in accordance with Article II,

Section 9. The General BOD shall consist of the Executive BOD plus the following members: (a) Head Coaches of teams or squads, who shall be appointed in accordance with Article II, Section 10, (b) the Cheer Coordinator who shall be appointed in accordance with Article II, Section 11, (c) the Field Marshal Coordinator who shall be appointed in accordance with Article II, Section 11. The Executive BOD shall consider and decide upon issues as specifically provided herein and when the full General Board has not been appointed.

**Section 5.** A Head Coach may be elected to an Executive BOD position, in which case the Executive BOD shall appoint an Assistant Coach from that Head Coach's team/squad to serve on the General BOD.

**Section 6.** Spouses may serve and vote on the Executive BOD and General BOD.

**Section 7.** The BOD may appoint non-voting members, such Committee Chairpersons and Equipment Managers, as required to advise the BOD and to conduct NVYAA BOD-approved business.

### **Election of Executive Board Members**

**Section 8.** Elections for Executive Board positions will be held prior to January 31<sup>st</sup> beginning in 2011 and every two years thereafter at a "General Membership" meeting (i.e., a meeting wherein all NVYAA members in good standing are requested to attend). At least two weeks prior to the date of the elections and no later than one week prior to the elections, the BOD shall receive nominations for Executive BOD positions. Any NVYAA member in good standing in the Association may nominate any other person for Executive BOD positions. At the NVYAA General Membership meeting in which elections are held, nominees who have accepted their nomination must give a verbal synopsis as to why he/she is best qualified to fill this position based on past leadership, management, other experience and/or a strong desire to help lead the organization.

### **Appointment of Executive Board Member Emeritus (Elder)**

**Section 9.** The BOD may, upon the nomination of any member in good standing, bestow, by majority vote, the title of "Executive Board Member Emeritus (Elder)" to a former NVYAA Executive BOD member whose contributions to the NVYAA are worthy of special recognition. Elders may participate in Executive BOD and General BOD meetings as non-voting members, to include chairing BOD and general membership meetings at the request of the President.

### **Appointment of other General Board Members**

**Section 10.** The Executive BOD shall consider and approve or disapprove, by majority vote, each application. As a matter of policy, a Head Coach shall be appointed to his/her incumbent position (i.e. the level of play at which the person most recently coached) UNLESS the BOD determines by majority vote, that a coach should not return as a Head Coach. Head Coaches must meet all NVYAA, League, Regional, and National, as appropriate, requirements to be a Head Coach.

**Section 11.** The Executive BOD shall appoint the other General Board members on an annual basis in accordance with these By-laws. Individuals seeking a position as Head Coach (football team or cheer squad), Cheer Coordinator, or Field Marshal Coordinator shall submit an application (Appendix A) to the President, DFO, or DBO.

### **LENGTH OF TERMS**

**Section 12.** The Executive Board members shall serve two-year terms or thereafter until a Successor shall have been found to be duly qualified and elected or appointed, as appropriate. All terms shall begin on February 1<sup>st</sup> following the elections and shall expire on January 31<sup>st</sup> of the following year.

**Section 13.** Other General Board members (i.e., Coordinators and Head Coaches' terms begin as soon as appointed pursuant to Article II, Section 9 and expire on January 31<sup>st</sup> of the following year.

### **VACANCIES**

**Section 14.** In case of a vacancy of an Executive BOD member, the BOD shall appoint a person to fill the vacancy until the BOD holds an election at a duly called General Membership meeting. In the case of a vacancy of a Coordinator or Head Coach position, the BOD shall vote and appoint a person to fill the position.

**Section 15.** Any BOD member can be immediately removed from their office if the BOD determines, by two-thirds (2/3) vote, the BOD member in question has failed to perform his or her duties and responsibilities. This includes missing two (2) consecutive BOD meetings or three (4) BOD meetings in a calendar year.

### **REMUNERATION**

**Section 16.** NVYAA BOD members shall serve without remuneration, as such, but may be reimbursed at the discretion of the Executive BOD for necessary

travel, subsistence and expenses incurred when serving the NVYAA under specific direction of the Executive BOD.

## **PRESIDENT**

**Section 17.** The President shall be the Chief Executive Officer of the NVYAA and shall preside at all General Membership meetings and at all Executive and General BOD meetings.

**Section 18.** The President shall call a special General Membership meeting when it is deemed necessary or when requested to do so by a majority of the BOD or a majority of Members in Good Standing.

**Section 19.** The President shall appoint any and all Committees on his or her own motion or at the request of a majority of the Executive Board.

**Section 20.** The President shall take such reasonable measures as are necessary to apprise him or herself as to whether the Executive and General BOD members are performing their duties.

**Section 21.** Unless otherwise indicated in these By-laws, the President is the NVYAA's chief spokesperson with outside entities including the league, region, and national organization to which the NVYAA belongs, governmental organizations, and the media.

## **VICE PRESIDENT**

**Section 22.** The Vice President shall fulfill the duties of the President when the President is absent or otherwise unable to fulfill the President's duties. Should, for whatever reason, the President's position become vacated (e.g. resignation), the Vice President shall assume the position of President and the BOD internally shall appoint an interim Vice President until the General Membership can elect new officers at the next duly called General Membership meeting.

## **SECRETARY**

**Section 23.** The Secretary shall keep and distribute all minutes of the BOD meetings and of the General Membership meeting. These minutes shall be formatted as follows:

1. Call to Order
2. Reading and approval of minutes
3. Report of the Secretary
4. Report of the Treasurer
5. Report of the Committees

6. Unfinished Business
7. New Business
8. Election and Appointments
9. Adjournment

**Section 24.** The Secretary shall circulate to the BOD an agenda of the next scheduled BOD meeting, and the minutes of the previous BOD meeting as soon as practicable prior to the meeting. With this agenda, the BOD may make any additions to the agenda.

### **TREASURER**

**Section 25.** The Treasurer shall keep a full and accurate account of receipts and disbursements and deposit all funds of the NVYAA in such depository (ies) designated by the BOD, taking proper documentation of such disbursements and deposits.

**Section 26.** The Treasurer shall prepare all financial reports required by local, state or federal law or regulation and shall render a financial report at each BOD meeting and shall make a complete annual statement at each of the two NVYAA General Membership meetings.

**Section 27.** An independent Auditor may perform an audit of the books at any time if so required by a 2/3 vote of the BOD.

**Section 28.** All monies payable to the NVYAA shall be given to the Treasurer. All monies payable from the NVYAA shall be paid by checks in accordance with Article II, Section 31. All monies collected by the Treasurer shall be deposited within 7 working days upon receipt.

### **DIRECTOR OF BUSINESS OPERATIONS (DBO)**

**Section 29.** The DBO is the Chief Financial Officer of the NVYAA. The DBO shall oversee the Treasurer in the performance of his or her duties.

**Section 30.** The DBO is authorized to enter into contracts and partnerships with outside entities upon majority approval of the BOD.

**Section 31.** The DBO shall maintain possession of the keys to any Post Office Box and shall be responsible for the financial upkeep of the Post Office Box.

**Section 32.** The DBO shall prepare and file or cause to be prepared and filed all tax returns required by and in accordance with federal and state law.

**Section 33.** The DBO, in consultation with the BOD, the DFO, and the Cheer Coordinator, shall develop an annual budget for the NVYAA. Said budget shall be approved by the BOD no later than the March BOD meeting and shall be amended, as appropriate, by majority vote of the BOD.

### **DIRECTOR OF FOOTBALL OPERATIONS (DFO)**

**Section 34.** The DFO is responsible for the football program. The DFO has authority to represent the NVYAA before the league, region, or national organization to which the NVYAA belongs, to the Prince William County Park Authority, and other football organizations.

**Section 35.** In coordination with the DBO, the DFO shall prepare a budget for the football program. The DFO has authority to sign all paperwork required to use practice and game fields. The DFO may negotiate other contractual relationships for the football program (e.g., referee services, uniform/equipment purchases), but such contracts may only be approved and signed by the DBO or President (if in excess of \$500, with approval of the BOD).

**Section 36.** The DFO has authority to make expenditures in accordance with Article V, Section 3.

**Section 37.** The DFO shall recruit coaches as needed and ensure all coaches are trained and certified (NYSCA).

**Section 38.** The DFO shall nominate for the BOD's approval a person to serve as Deputy DFO. The Deputy DFO shall assist the DFO in the execution of his or her duties and may represent the DFO in BOD meetings and league meetings if the DFO is absent.

### **DIRECTOR OF COMMUNITY OUTREACH (DCO)**

**Section 39.** The DCO is responsible for the NVYAA's sponsorship/fundraising program and for the community service ("Giving Back") program. Working closely with the Director of Business Operations and the Director of Football Operations, the DCO is responsible for planning, executing, and managing the NVYAA's fundraising program and Giving Back program pursuant to the objectives set by the NVYAA Board of Directors.

**Section 40. Submittal of Plan.** By 30 April of each year, the DCO shall propose for the Board's consideration and approval the NVYAA Annual Fundraising Plan and Giving Back Plan. The plan shall consist of:

1. Fundraising monetary goals for the calendar year

2. Spring Sponsorship Letter
3. Fall Sponsorship Letter
4. Fall NVYAA Fundraising Proposal
5. List of grants for which an application will be submitted
6. Giving Back projects

**Section 41. Execution.** Upon approval of the plan, the DCO is responsible for:

1. Drafting sponsorship letters
2. Planning and overseeing the mail or delivery of sponsorship letters
3. Drafting and mailing sponsorship acknowledgment letters and ensuring sponsors receive appropriate recognition (e.g., website/plaques)
4. Planning and overseeing the Fall fundraiser
5. Planning and overseeing Giving Back projects.

### **APPLICATIONS AND BACKGROUND CHECKS**

To protect the safety of all youth associated with NVYAA, all NVYAA Officers, Coaches, Assistances, and Volunteers must complete an Application and Background Check prior to the start of each football season. The NVYAA Executive Board shall review all Applications and Background checks to determine participation eligibility.

## **ARTICLE III Other General Board Positions**

### **CHEER COORDINATOR**

**Section 1.** The Cheer Coordinator is responsible for the overall cheer program. This includes recruiting coaches, ensuring all coaches are trained and certified (NYSCA), researching uniform options, submitting a budget to the DBO, ordering uniforms, working with the President and DFO to manage all cheerleading issues.

### **FIELD MARSHAL COORDINATOR**

**Section 2.** The Field Marshal Coordinator is responsible for managing all NVYAA Field Marshals, ensuring Field Marshals are trained and possess all materials necessary to accomplish their duties. The Field Marshal Coordinator shall schedule all Field Marshals to ensure all games have at least one Field Marshal per game.

## **HEAD COACHES, ASSISTANT COACHES, AND VOLUNTEERS**

**Section 3.** Head Coaches are responsible for all athletic/sports and cheerleading programs of the NVYAA and the selection and conduct (at NVYAA activities) of their staff, to include assistant coaches, trainers, equipment managers, etc. Head Coaches are responsible for ensuring all players on their respective teams/squads are eligible to compete, have all required paperwork and payments submitted, have travel arrangements completed (if applicable), have rosters submitted as dictated by the DFO, and have all other administrative requirements completed. Head Coaches shall engage in regular communication with the parents of their players/cheerleaders. All assistant coaches must meet the NVYAA and league, including regional and national organization (as applicable) criteria for coach selection. Head coaches must be trained as Field Marshals and shall serve as Field Marshal for at least one full day of games (with the exception of that coach's game) during the regular season but may be asked to serve more.

**Section 4.** Head Coaches and coaching staff are responsible for complying with the Code of Conduct and other standards established by the league, regional and national organizations, (including, but not limited to, restrictions on recruiting players) and the By-Laws of NVYAA. Head coaches are responsible for ensuring all Assistant Coaches and volunteers on his or her team/squad comply with the same.

**Section 5.** Coaches are the direct representatives of the NVYAA and the league, including the regional and national (as applicable) organization within which the NVYAA participates, and will conduct themselves accordingly.

**Section 6.** New or prospective head coaches may receive consideration for a team after the following considerations are met and have received a favorable vote from the Executive Board members:

- a) Prospective coaches have completed a Coaches/Volunteer Application and Background Check,
- b) Prospective coaches have established a coaching staff, consisting of assistant coach (es) and/or team mom,
- c) Prospective coaches shall have 14 players interested in playing on the prospective team.

**Section 7. Certifications**

- a) American Youth Football (AYF) Certifications: Head coaches and all assistant coaches are required to complete the AYF Coaches certification or refresher certification (if applicable) on an annual basis. Training must be complete prior to the start of each football season.
- b) CPR Training: The head coach is responsible for ensuring each team shall have CPR/AED and First Aid certified staff members at each NVYAA activity (games and practices). If a CPR/AED and First Aid staff member is not present, the outdoor activity must be cancelled.



## **TEAM MOM/DAD**

**Section 6.** Team Moms/Dads are crucial to the overall success of the NVYAA. Their direct involvement and support of the Head Coach in the day- to-day team administration, logistics, in concert with cooperative efforts of the other parents will make a strong, cohesive team unit.

**Section 7.** Team Mom/Dad will be selected by each individual Head Coach and will not have “membership” on the BOD.

## **ARTICLE IV Meetings**

**Section 1.** To the extent practicable, meetings of the BOD shall occur on a pre-determined date each month (e.g., 2<sup>nd</sup> Thursday), and can occur more frequently if deemed necessary.

**Section 2.** General Membership meetings shall be held no later than the third week in August and the last full week in January, and/or whenever deemed necessary by the BOD.

**Section 3.** Meetings shall be conducted generally consistent with Robert’s Rules of Order and in accordance with the following agenda:

1. Call to Order
2. President/DFO/DCO Remarks
3. Reading and approval of minutes
4. Report of the Secretary
5. Report of the Treasurer
6. Report of the Committees
7. Unfinished Business
8. New Business
9. Election and Appointments
- 10 Adjournment

## **Quorum**

**Section 4.** A quorum for all Executive and General BOD meetings shall consist of 51% of the filled positions of the BOD.

**Section 5.** In the event that a quorum for the BOD meeting is not established, the BOD members present may act as a steering committee and present items of business in a mail vote to all duly qualified BOD members for ratification.

### **Voting**

**Section 6.** At all BOD meetings each BOD member shall have only one vote, must attend the meeting in order to receive voting power, and must be in “good standing” in order to vote. **The President of the BOD will only vote in the event of a tie.**

## **ARTICLE V**

### **Finances**

#### **Fiscal Year**

**Section 1.** The Fiscal year of the Association shall be the period January 1 through December 31.

#### **Fees**

**Section 2.** The BOD shall set the registration fee for football and cheerleading programs no later than February 15<sup>th</sup>.

#### **Disbursements**

**Section 3.** The President (or Vice President acting as President), the DBO, and DFO shall have the authority to make disbursements from NVYAA funds for goods or services for the benefit of the NVYAA with all checks signed by the Treasurer, the Director of Business Operations, or the President of the NVYAA. Disbursements in excess of five hundred dollars (\$500.00) require the approval by vote of the BOD membership at a duly called meeting. (See Article V, Section 8 regarding Reimbursements).

#### **Fundraising/Sponsorships**

**Section 4.** The BOD shall approve and require at least one fundraiser to benefit the NVYAA each year. Fund Raising and Monetary Donations are the “life’s blood” of every non-profit organization. In order for the NVYAA to support programs that build strong communities, a concerted effort on behalf of all members of the organization is required. The NVYAA's goal, at a minimum, is to have each and every member active and engaged in either developing new solutions that generate funds or implementing those processes that will generate funds to support our youth programs. This is crucial, necessary work and cannot be left up to a few dedicated individuals. Remember, **THERE IS NO “I” IN TEAM.**

**Section 5. OPT OUT:** The “OPT OUT” clause is a voluntary option for those motivated NVYAA members that cannot or choose not to participate in a particular fund raising event(s) for various reasons, e.g., work schedule, personal conflict, medical reasons, etc. The BOD may, invoke the” OPT OUT” clause for those members that cannot or choose not to participate in a specific, particular fundraiser. This “OPT OUT” option is based on a calculated production average for General Membership and would be used on a limited scale.

**Section 6.** The NVYAA may receive, at the discretion of the BOD, voluntary contributions in support of its programs and special events.

**Section 7.** The BOD shall approve a sponsorship program to attract corporate or individual sponsorship for the NVYAA.

**Section 8.** Any outside organization wishing to establish itself as a team or program with the NVYAA, may be required to pay an enlistment fee that is determined annually by the BOD of NVYAA.

### **Reimbursements**

**Section 9.** The NVYAA shall reimburse any person for any expenditure exceeding \$200 only if all of the following apply: (1) the person submits, prior to the purchase, a written request to a member of the BOD for reimbursement which sets forth the item(s) to be purchased (to include activity entry fees) and the cost of the item(s) being purchased, (2) the BOD determines that the expenditure was made for the benefit of the NVYAA, (2) the BOD authorizes, in writing, PRIOR TO THE EXPENDITURE the person to expend an amount of money not to exceed a sum certain on the item(s), (3) the BOD concurs, in writing, that the NVYAA will reimburse the person an amount of money not to exceed a sum certain subject to the availability of funds, and, (4) the person provides to the Treasurer a receipt(s) for the expenditure. The President or Treasurer may approve reimbursements up to \$200 only if the above steps were followed.

### **Team/Slate Sponsorships & Fundraising**

**Section 10.** To help defray costs of travel, jerseys, banquets and other expenses not borne by registration costs, teams/slates are encouraged to engage in fundraising activities and to seek sponsorship donations from businesses, family and friends. Since all teams fall within the NVYAA's non-profit status, all funds generated by sponsorships or fundraising activities must be provided to the Treasurer within 10 days of being received. The NVYAA shall keep a percentage of sponsorship funds (as determined by the BOD but not to exceed 5% of net proceeds) to help defray NVYAA operational and administrative expenses. From 1 August until each team has completed its

season, each team must turn-in a weekly financial statement covering the period Sunday through Saturday and indicating revenues, expenses, outstanding debts, and balance to the Director of Business Operations. The financial statement is due by 7:00 p.m. on the Tuesday after the end of the financial statement's period. Any funds remaining after all team debts are paid shall be turned into the NVYAA Treasurer for deposit into the NVYAA's general fund for any authorized purpose. Any funds remaining shall be turned into the NVYAA Treasurer within two weeks of the last debt to be settled or the end of the season banquet, whichever is later.

## **Concessions**

**Section 11.** The NVYAA has the right to operate concessions at each NVYAA home field for the purpose of defraying referee expenses. Each NVYAA teams shall assist the NVYAA BOD in operating concessions at the NVYAA home fields for at least two games per year. (For example, a Mitey-mite team's coaches and parents would work concessions at two Jr. Pee Wee games during the season.) Teams may volunteer to conduct concessions for ALL GAMES IN A SINGLE DAY but must provide a certain amount, as pre-determined by the BOD, of the profit (daily receipts less costs) to the NVYAA towards referee fees.

## **ARTICLE VI**

### **Amendments**

**Section 1.** Amendments to the By-Laws of NVYAA shall be made in the following:

- a. The BOD shall adopt a resolution setting forth the proposed amendment and directing that it be submitted to a vote of the General Memberships at a meeting thereof which may be either an annual meeting or a special meeting.
- b. The proposed amendment shall be submitted to the General Membership at such meeting and shall be adopted upon receiving at least two-thirds (2/3) of the votes entitled to be cast by members in good standing present, provided a quorum is present.
- c. Articles of Amendment shall be executed, and a new set of By-Laws typed, including the amendments, and filed with the permanent records with the State of Virginia Corporation Commission

## **ARTICLE VII**

### **Termination of the Association**

**Section 1.** The NVYAA shall be terminated by a two-thirds vote of the General Membership who are present and in good standing in the Association.

**Section 2.** All assets of the NVYAA, after all debts are paid, shall be donated to a non-profit organization as determined by majority vote of the BOD.

## **ARTICLE VIII Conduct/Disciplinary Action/Appeals**

**Section 1.** At any NVYAA event, including practice, competition, or social engagement, any person who:

- a) Verbally abuses;
- b) Attempts to intimidate;
- c) Uses foul language or acts inappropriately towards an official, coach or League; and/or
- d) Commits any other infraction in violation of league, region or national rules.

may be removed (with his or her child) from the event at the discretion of the field marshal and/or senior NVYAA person in charge. The DFO shall investigate the incident and file a written report with the Executive BOD. The Executive BOD shall, by majority vote, determine the facts and take appropriate disciplinary action, if any.

**Section 2.** If the Executive BOD determines, by majority vote, that the person commits a second offense, will be banned from NVYAA events for the remainder of the season in which the infraction occurs, and, if appropriate, as determined by the BOD, his or her child (ren) removed for the remainder of the season in which the infraction occurs and the Association will not refund any fees previously paid by the member.

**Section 3.** Any person who physically assaults another person will be banned from the NVYAA and, if applicable, his or her child (ren) removed from the NVYAA program for one year from the date of the offense. After one year, the person may apply for re-instatement. If the person commits a second physical assault, he or she will be permanently banned from the NVYAA.

**Section 4.** The term "physical assault" includes, but is not limited to: hitting, slapping, pushing, spitting, kicking or striking in any way with any part of the body or other physical implement.

**Section 5.** Action taken by the NVYAA does not preclude action against the offending person by the league, region, or national organization (as applicable).

**Section 6.** If the Executive BOD determines, by majority vote, as a result of an investigation by the DFO or other appointed person, that an NVYAA coach or any person in leadership or volunteer role has violated an applicable rule or Code of Conduct, the Executive BOD, by majority vote, may suspend the coach or person for one (1) week or an appropriate period of time determined by the Executive BOD. All suspensions may be appealed to the full General BOD. Notices of appeal must be made within 48 hours of the written notification of the suspension. Within 48 hours the President shall convene a hearing and allow evidence and witnesses to be heard. A resolution to the appeal must be put in writing within 48 hours of the decision.

## **ARTICLE VIII Inclement Weather Policy**

**Section 1: Severe Thunderstorm/Lightning.** Inclement Weather Policy: All should be aware of the potential dangers posed by different weather conditions and work together to keep players and other participants as safe as possible. If the weather conditions warrant, NVYAA members, coaches, staff, and volunteers should communicate the procedures to parents, players, and others to insure the safety of the players.

NVYAA recognizes the impact of severe thunderstorms with lightning. Lightning is the second leading cause of storm-related deaths. Lightning can strike up to 10 miles outside of a thunderstorm. The danger from lightning can persist for 20-30 minutes or more after a thunderstorm has passed. The National Weather Service does not issue watches or warnings for lightning by itself. All NVYAA coaches and volunteers shall adhere to the following:

- a) If a lightning bolt is seen or thunder is heard prior to the start of an outdoor activity or during an outdoor activity, within 30 seconds or less, all NVYAA players, staff, parents, and volunteers shall seek shelter and wait 30 minutes before resuming outdoor activity.
- b) If a lightning bolt is noticed a second time during the 30-minute wait time or after outdoor activity resumes, then all NVYAA outdoor activities shall be cancelled for the remainder of the day.
- c) Everyone shall seek immediate shelter in their automobiles or a designated severe weather shelter, if there is one nearby. Smaller, open structures, tents, trees, isolated areas, etc, should be avoided. Vehicles, with windows shall be rolled up. Avoid contact with metal or other conducting materials to the outside surfaces. Do not stay in open, unprotected areas.

**Section 2: Hot Weather.** Heat is a problem when it prevents the body from cooling itself. The hotter the body gets, the more likely it is to increase fatigue levels, develop cramps and increase the possibility of heat exhaustion and heat stroke. The hotter and more humid the weather, the faster these problems can develop.

Final By Laws voted/approved/ 08 May 2013, updated by Christie Murray, 09 May 2013

- a) If temperatures are 90-95 degrees Fahrenheit, NO player may wear equipment during practice (until temps drops).
- b) NVYAA used the Woodbridge, VA temperature from [www.weather.com](http://www.weather.com), which shall be posted on the NVYAA website.

Approved/Tony Keiling, President 5/9/2013 (updated), previous 10/14/2010