

**NEW WINDSOR YOUTH FOOTBALL LEAGUE**  
**2009 RULES AND REGULATIONS**  
*Change 9 - Dated 090101*

Executive Board

<i>George Carlone</i>	<i>President</i>
<i>Sean Williams</i>	<i>Vice President</i>
<i>Pending</i>	<i>Secretary</i>
<i>Steve Bedetti</i>	<i>Treasurer</i>
<i>Kristi Fitzpatrick</i>	<i>Player Agent</i>

Board of Directors

<i>Pending</i>	<i>Division 3</i>
<i>Dirk Fields</i>	<i>Division 2</i>
<i>Derrick Kennan</i>	<i>Division 1</i>
<i>Pending</i>	<i>Mighty Mites</i>
<i>Gina O'Neill</i>	<i>Cheer Director</i>
<i>Pending</i>	<i>Concession</i>
<i>Rick Ricciardi</i>	<i>Equipment</i>
<i>Pending</i>	<i>Events</i>
<i>Pending</i>	<i>Maintenance</i>
<i>Pending</i>	<i>Safety</i>
<i>Kristie Fitzpatrick</i>	<i>Sponsors</i>
<i>Jim May</i>	<i>Webmaster</i>

**1. GOAL**

Our goal here at New Windsor Youth Football (NWFYFL) is to provide a safe and enjoyable experience for all our children, parents, and guests. We give them the best quality equipment and tools to succeed. We want our children to learn teamwork, responsibility, respect, and to understand it takes hard work to achieve their goals and to never quit or win at all costs. The lessons they learn today will stay with them for the rest of their lives. We want to make their introduction to football as memorable and fun as possible. We appreciate all our previous volunteers and friends and look forward to another great year of football and cheerleading.

**2. REGISTRATION/REFUNDS**

Registration Fees are NON-REFUNDABLE after the day prior to the first scheduled practice. This means that if your child quits, no longer can participate, or is asked to leave the team due to disciplinary reasons after the day prior to the first scheduled practice, the registration fee is non-refundable. Whether your child attended no practices or 100 practices, the fee is non-refundable. All equipment and raffle tickets must be returned before any refunds. All refunds must be requested in writing and addressed to the league treasurer. Due to budgeting, NWFYFL reserves the right to hold all refunds until the end of the calendar year.

Registration will end on May 31st. All registrants that attempt to register after this date are subject to a waiting list and will be placed based on openings and availability on the team in their division. They may also be subject to a late registration penalty. NWFYFL reserves the right to review and refuse any registration application of a child/adult based on disciplinary or unruly conduct in the past. The parent will have the right to appeal to the Board of Directors in writing at which point the Board of Directors will schedule a hearing so the applicant can be heard.

Online Registration is highly encouraged to speed up the process for everyone. Simply complete the registration process online (<http://NewWindsorFootball.com>) and attend a scheduled registration meeting or follow the directions you receive via your email (within 24 hours after completing the online NWFYFL APPLICATION - PART II.) Your paperwork will be completed and awaiting your signature, payment, and child's birth certificate (New League Players Only) at the registration meeting; or you can mail in the forms you receive via email. Medical Forms must be signed by a Physician, dated for current season, and are due prior to June 30th (for insurance purposes, your child will not be allowed to practice without a current documented physical.)

**3. NWFYFL WEBSITE**

<http://NewWindsorFootball.com> is a tremendous tool for our league. There is current information on practice and game schedules, directions, meetings, phone numbers, team/individual photos, and upcoming league events. We also have a Newsboard and Coaches Notes sections to ensure everyone gets much updated information. It also offers Online Registration to allow for accurate and timely registration and the largest youth football photo section ever.

**4. ORANGE COUNTY YOUTH FOOTBALL LEAGUE (OCYFL)**

NWFYFL participates with 15 other local town teams, within the Orange County area, that make up the OCYFL: Chester, Cornwall, Florida, Goshen, Highland Falls, Marlboro, Middletown, Minisink Valley, New Windsor, Pine Bush, Southern Ulster, Town of Newburgh, Valley Central, Walkkill, Washingtonville, and Warwick.

OCYFL also has a website that offers more big league information and rules: <http://www.homestead.com/ocyfl>

OCYFL Divisions - No player shall enter into the ninth grade during the season. No Send Downs like prior seasons, players Must Play in their age bracket. Brackets are as follows:

- Mighty Mites - 6-7 Years Old (12/1/01-11/30/03)
- Division 1 - 8 -9 Years Old (12/1/99-11/30/01)
- Division 2 - 10-11 Years Old (12/1/97-11/30/99)
- Division 3 - 12-14 Years Old (8/1/95-11/30/97)
- Division 4 - 12-14 Years Old (8/1/95-11/30/97)

Weight - Players must weigh within 10 pounds of the maximum weight for each division in order to start contact at the beginning of the season. The weight limits for each football division (not applicable for Cheerleaders) are as follows:

- Mighty Mites - N/A
- Division 1 - 120\*
- Division 2 - 135\*
- Division 3 - 155\*

\* -3 additional pound are allowed for Pants, Knee Pads, Hip Pads, Thigh Pads, and Underwear.

Governing League Rules - The National Federation of State High School Associations (NFHS) serves as the basic rulebook with additions/exclusions from Section IX and OCYFL. Remember the Mighty Mite division is fundamental, non-competitive, and has it's own OCYFL rules; thus scores and statistics shall not be kept.

## **5. PRACTICE/GAME SCHEDULE**

First Day of Practice is August 1st. Practices will be scheduled to avoid the heat of the day and inclement weather; starts times are 9:00 am and/or 6:00 pm. Opening Day is normally the Sunday after Labor Day Weekend and games are usually played on Saturdays and Sunday mornings/afternoon. The season is typically 8 games (all divisions) with a 3-week playoff season (only divisions 1-4) for teams that qualify for post-season play.

August 1st until First School Day - All Divisions can practice up to 6 days in a week (coach's discretion).

Starting the First School Day - Practices can be up to 3 days a week for Mighty Mites and Division 1. Division 2, 3, and 4 can be up to four days a week (coaches discretion).

**Special practices may be scheduled for Saturdays. All practices are typically 2 hours long.**

Practice Requirements:

- All football players need to wear an athletic supporter/cup, cleats, and equipment assigned by the coaches for each practice session.
- All players must bring water or a drink for water breaks.
- All players must phone ahead if they cannot make a practice.
- All players must be picked up immediately after practice.** If children are not picked up on time, that child may have to be removed from the team, as it is a safety issue that cannot be ignored.

## **6. EQUIPMENT**

NWYFL provides only the highest quality protective equipment for your child. There is a significant expense involved in acquiring and maintaining this equipment - most exceeding \$300 to outfit each cheerleader and football player. All Parents and Players are responsible for their equipment. Please assist your child in caring for their equipment, to include normal cleaning and adjustments. It is imperative parents turn all equipment immediately following the season, as soon as your child leaves the program, or when directed. Parents will be billed for the equipment if it is not returned. Parent will pay for any equipment that is altered (Cut Pads, Pant, Ect.) or any equipment that is lost; normal wear and tear is understandable. A \$25 (Cash) Equipment Deposit may be due at equipment checkout; deposit will be forfeited if equipment is returned unclean.

Players are required to use the equipment and uniforms provided by the league and will not substitute any other equipment. Equipment will be used for NWYFL activities and only NWYFL activities. No alterations or modifications are to be made to any of NWYFL's equipment. This includes the application of stickers or numbers on helmets (unless league approved) or replacement of facemasks. Every child is outfitted with socks that are purchased by NWYFL. These socks must be worn at all games. No two toned socks or wristbands on the players' legs are allowed.

Mighty Mites and Cheerleaders are not required to purchase a jersey; a jersey will be loaned at no cost. Each Division 1-3 Football Player is required to purchase a jersey. Jersey cost is \$45, the players last name applied to the back of it. The jersey may be used throughout the player's career in the league. Jersey numbers will be issued, as available (players league seniority will be the basis of jersey number priority). Special care should be taken when drying Game Jerseys and Game Pants. Game Jersey markings/lettering will be damaged if placed in the high heat of a dryer. Game Pants will also shrink when placed in a dryer. Air-drying is highly recommended for Game Jerseys and Game Pants.

All players are required to purchase their own football cleats (screw-on type are allowed without any metal), supporter/cup, water bottle, and practice football pants. Players will no longer be provided practice football pants, it is recommended you purchase a set of white football pants (NWYFL uses snap-on-type pads) at a local sports store like Play-it-Again Sports or Modells; some used pants may be available at registration at a reduced cost. All other major equipment (i.e. Helmet, Shoulder Pads, Hip/Tail/Knee Pads, Game Pants, Game Socks, Cheerleading Outfits) is provided by the league, other optional items like Arm Pads, Foam-Type Chin Strap, and Gloves are highly recommended. NWYFL typically has a two-week discounted Team-Week at Modells in Middletown just prior to the start of the season.

## **7. ATTENDANCE POLICY**

Any practice that a coach is not notified prior to the absence is considered an unexcused absence (extraordinary circumstances, of course, excluded). All coach's phone numbers and contact information will be provided at the first practice and are listed on our website.

There are many accepted reasons for absences: illness, vacations, baseball tournament games and any logical circumstances that are beyond the parents' and the child's control. Non-school activities in the fall are not acceptable reasons for missing practices. We allow children to finish their summer time obligations like baseball, but do not want new fall activities to interfere. It is not fair to the children who attend all the practices to allow someone to miss practices for another sport or organization. You will have to make a family decision on what fall sport your child will participate in.

We understand the difficulty of getting your child to practice. Please make arrangements with another family to get your child to practice when transportation is a problem. You will be receiving a telephone directory of all the families on your team so you can contact other parents when you need help getting your child to and from practices and games. We are all working together and parents will help any children who have a problem getting to practice.

Lateness is an issue that the coaches have to enforce in order to have the team ready to practice on time. Players that are late might have to do extra work at the end of practice to make up for the lateness. Also, repeated lateness may affect the child's

playing time.

NWYFL needs an attendance policy for several reasons:

1. In fairness to the families that make sacrifices to get their children to practice.
2. The physical requirement that your child attend practices to prevent injury.
3. The physical risk that other children are put at because of a child missing practice.

Consequences - The coaches will evaluate each situation and can recommend that the child does not dress for the next game or maybe due to the acuteness of the absences may be recommended to leave the program. Each situation will be evaluated separately and the absences, even though they may be justified, can still lead to these consequences.

## **8. PLAYING TIME IN GAMES**

Football is a very physical and mentally challenging game. The coaches evaluate the talent, to the best of their ability, and decide where each child will play. Some children are not ready physically, mentally, or emotionally to play certain positions. Others are not ready to be matched up against certain teams or players. The problem in football is that a player's lack of readiness can lead to the player or another player getting injured. All players must know what they are doing and can physically do, or another child may get hurt.

Football has a lot of learning and remembering for young children. That is why a child may not play a different position every week. It takes many weeks of repetition just to learn one position. Unlike other sports, the complexity and physical aspect of the sport needs children to practice and play the same position for most of the season.

The playing time requirements, as stated in the OCYFL Rules, and that all parents agreed to when they signed their registration form are as follows:

1. Roster of 25 or more players: Minimum of six plays per game.
2. Roster of 19-24: Minimum of eight plays per game.
3. Roster of 18 or less: Minimum of ten plays per game.

## **9. WEIGH-INS**

All Players will be weighed in before each game, it is imperative players show up to games at the show time. Any player that misses the scheduled weigh-in time must remove their shoulder pads and wait on their team sideline until the end of the 1st half to be weighed in. Any player not making weight will be ineligible to play for that entire game and must also remove their shoulder pads. A player may remove clothes from the waist up, as well as socks and shoes only, to make the required weight. An allowance of three pounds will be given for pants, kneepads, hip pads, thigh pads, jock, and underwear.

## **10. GAME DAY RULES**

Game days are very exciting and sometimes confusing days. AGAIN, all parents and guests will stay behind the yellow line, signs or appropriate tape at all times during games. This rule, as well as all others, will be strictly enforced. This is a town field and a town rule and we must follow the rules of the New Windsor Recreation Department.

**All players are required to be at the field at least 1 hour and 15 minutes prior to the scheduled game time to be allowed to play in the game.** This is to allow for proper stretching, warm-ups, and required weigh-ins.

Note - OCYFL Rules allow for games to start prior to scheduled start times if the prior game is completed early.

A schedule will be distributed when finalized by the league. No food is allowed on the game field. All players should use the bathrooms prior to required game show times. Players are only allowed on the field and bench area when their game is playing. No older or younger siblings or parents are allowed on the playing field or sideline during a game, this will be strictly enforced. Please do not distract or feed your children during any game. It is important for them to be focused and ready to enter a game at any time. Please let the coaches coach.

Coaches and Players must help set up the home field for the first game of the day and clean up the field for the last game of the day, parent assistance is always appreciated. (This includes cleaning up any garbage on the Home and Visitors side as well as emptying all garbage cans at the complex.)

## **11. PLAYER DISCIPLINE PROBLEMS**

Any child that uses profanity, tries to intentionally harm another child, talks back to coaches in an inappropriate manner, verbally picks on another child, or refuses to cooperate in a team manner will be given a warning (except in severe cases) and can face possible expulsion from the team. All issues/concerns should be addressed to the NWYFL Player Agent and Executive Board.

## **12. PARENT BEHAVIOR**

As many of you know, inappropriate conduct by parents and other spectators has become an increasing problem for youth sports organizations across the country. So we ask you to follow a code of conduct as well as these rules. **No parents are allowed on the field/sidelines during any practices or games for any reason, except if they have been asked directly by a coach or league representatives for assistance.** There will be a maximum of 7 coaches on the field/sidelines, unless designated otherwise in the OCYFL rules. The number of coaches and who they are is determined by the head coach and approved by the NWYFL. All coaches must read and sign the Coaches Code of Conduct and must attend mandatory coaches meetings. Three Volunteers are required for chain crews; they must remain a neutral party at all times during the game. Inappropriate yelling from the stands or sidelines will not be tolerated by NWYFL or the OCYFL; minor first time offenders will be asked to leave, excessive or reoccurring offenders may be brought up to the league for additional action. All parents and guests will stay behind the yellow line, signs, or appropriate tape at all times during games. This rule will be strictly enforced at all fields. Our home field, Mount Airy Sports Complex, is a Town of New Windsor field, thus everyone must follow the rules of the New Windsor Recreation Department.

Parents will not coach their child during practices or games. Leave the coaching to the coaches, outside interference impedes with

games and practices and may even confuse children. Parents should stay at least 100 feet away from all practice drills and use only positive comments when directed towards players. No parent will verbally abuse any player, coach, or league official. There is no need for verbal attacks on anyone. League coaches and officials are all volunteering their time and do not deserve the harassment. If you have a complaint about the coach or league official, please contact a member of the Executive Board. We will take immediate action on any concerns. Please make sure your concerns are about the coach's treatment of the children and not a difference in opinion on their evaluation of talent and/or the position your child is playing. Any complaints or concerns will only be made by the parents or legal guardians of that particular child that is recorded on our registration forms, any other person (i.e. aunt, uncle, cousin, or family friend is not acceptable).

Consequences - Violators will not be allowed to attend any league functions, including practices and games. If necessary, the child will have to leave the team due to his parents' behavior. Due to actions of parents in the past, any parent who verbally attacks, aggressively confronts, or harasses any coach, official, volunteer, and/or another parent, guest, or visitor will force their child to leave the program. NWFYFL reserves the right to have any person or persons removed from any and all league functions, playing fields, and/or practice facilities that violate any league rules or the league codes of conduct and may also be subject to expulsion from NWFYFL and its activities. NWFYFL will review and refuse any registration application of any child/adult based on disciplinary or unruly conduct in the past. The parent will have the right to appeal to the Board of Directors in writing at which point the Board will schedule a hearing so the applicant can be heard.

### **13. DIVISION CHAMPIONSHIPS**

The Super Bowl for each division will be held at West Point or another prominent field. Anyone who took part in the past few seasons Super Bowls knows how special a day it is for everyone involved.

### **14. FUNDRAISING**

The costs to properly conduct our football program are steadily increasing. The funds from our fundraising efforts, raffles, and concession stand are needed to sustain our program at its current level. Each family is required to sell \$40 worth of product or make a \$30 donation to the league. Additionally, each family will be required to sell \$30 worth of raffle tickets (50 - \$1 tickets provided to offset your cost), additional tickets will be provided under family plans to offset your cost for each additional child. You are required to pay upfront for the product/buy-out and raffle tickets; \$40 product fee or \$30 buy out fee and \$30 raffle ticket fee will be applied at registration. If you select the \$40 product fee, you will recoup it after selling the product. Additionally, you will recoup the raffle ticket fee after selling the raffle tickets. Registration and Fundraising funds cover less than half of the leagues annual budget. As such, if you know of any businesses that would like to donate, there is more info on the NWFYFL website. Each family must donate one hour of their time to any one of the four scheduled coin drops.

### **15. VOLUNTEER DUTIES**

All families will be required to perform at least one volunteer duty; you will also have the option to "buyout" at registration. During the course of the season, the league requires assistance with operational tasks such as working in concession, field setup/breakdown crews, and chain crews, ect. These duties include and setup before the game and breakdown after the game. Persons working these duties must be at least 18 years old (no exceptions). Once you receive a scheduled duty, you are responsible to switch with someone if you are unavailable to keep your assigned date. If a family does not comply with their volunteer responsibilities, they will not be allowed to attend the annual banquet and a \$50 penalty will be applied to next season's registration fee. A sign-in log will be kept and everyone will be required to sign-in and out. Parents or team volunteers of the team entered in the playoffs will be responsible for working for their home playoff games. We need your assistance with these functions, but understand that in some circumstances you may prefer as a parent/guardian to "buyout" of this responsibility. No buyouts for playoffs games. In order for your child to participate in the games and related activities, either the volunteer participation or your buy out is required. If you wish to buy out, a \$25 buy out fee will be applied at registration.

### **16. AWARDS BANQUET**

At the end of the year, NWFYFL provides an awards banquet that provides an exclusive dinner at a discounted cost to all players, coaches, and their families to attend. The players and cheerleaders receive a trophy with their names to show their achievement. The banquets are typically held at a high quality facility like Anthony's Pier Nine in New Windsor.

### **17. CODE OF CONDUCT**

OCYFL and NWFYFL require that all parents and/or guardians to read, sign, and abide by codes of conduct. NWFYFL Zero Tolerance Policy:

- Use of vulgar language in a boisterous manner to anyone at anytime.
- Taunting players, coaches, officials, volunteers, or spectators by means of baiting, ridiculing or threat of physical violence.
- Violators of the NWFYFL Zero Tolerance Policy will be subjected to disciplinary actions that could include but is not limited to the following: Written or Verbal warning, Parent game suspension, Parent season suspension, which would include child(ren).

### **18. PHOTO/VIDEO USE PERMISSION**

By registering your child, you give your permission to NWFYFL to interview or use a photograph or video of your child in articles, newspapers or on the NWFYFL Webpage for the current season. Articles are normally posted weekly on the website and in the local newspaper.

I understand that by giving permission, I release the NWFYFL and its officers/staff from any claims, demands, actions, causes of action suits, damages and judgments as a result of the above information about my child in the publications described above.

### **19. LEAGUE INFORMATION AND MEETINGS**

All league meetings and elections will be conducted in accordance with the NWFYFL By-Laws. Any proposed changes to the by-laws will be voted on in accordance to the current NWFYFL by-laws.

NWFYFL meetings are open to all and will be held on the day following the OCYFL meeting (OCYFL meetings are typically held the 2nd Tuesday of each month) at 7pm during the off-season and 8pm during the season. Executive board will meet a half hour earlier to go over old business, current month's agenda, and scheduled visitors who wish to speak. All meetings will have an agenda put forth by the Secretary. All head coaches, committee chairpersons, and board members must give a detailed monthly report outlining their progress.

Player members (Parents/registrants that are not elected or appointed by the Board of Directors) shall have no rights, duties or obligations in the management or in the property of NWYFL.

A designated individual member of the Executive Board will attend all OCYFL Meetings, only the highest-ranking member will speak on the behalf of the NWYFL. Please remember, we attend the OCYFL meetings to represent the children of NWYFL and its best interest's, not to voice our own personal agendas. That is why only the highest-ranking NWYFL Executive Board Member has the right to speak for NWYFL for any new business or items that are not on the OCYFL agenda; this is in accordance with the NWYFL By-Laws ART3 SECT1 (a) 4&7 and OCYFL Rules. If any individual disagrees with NWYFL's Board of Director's decision (vote) and wishes to be heard they shall do so under the OCYFL policy which requires them to prior contact the OCYFL to receive permission to speak. Our policies will mirror the OCYFL rules on meetings, which include any person who has a presentation, complaint, or suggestion that is not a board member must prior contact the NWYFL. We will gladly add you to the agenda and you will be given a chance to speak under new business. Any outbursts or unruly conduct you will be asked to leave.

The OCYFL's current policy on our League Meetings - Group, Parents, or Sales People must first contact the league at ocyfl@hotmail.com or call our league phone number posted on the website in order to speak at a meeting. We will gladly add you to our agenda; but to be heard, you must be on the agenda. This change makes it easier for us to plan our meetings. The League Meetings are open to all, but we ask you to please follow our rules.

**20. CORRESPONDENCE ADDRESS**

NWYFL  
P.O. BOX 4255  
NEW WINDSOR, NY 12553

**21. ONLINE INFO**

NWYFL - <http://NewWindsorFootball.com>  
OCYFL - <http://www.homestead.com/ocyfl>