

Northeast Youth Football League (NYFL) 2026 Rulebook

Rev 4/2026

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1. League History and Structure

The NYFL was established in 1993. It originated from the Mount Anthony Youth Athletic Association, a Bennington, Vt. League in which Hoosick Falls, Cambridge, Stillwater and Greenwich played. The desire to develop their own program in New York prompted the coaches from the above four teams to unite and form a league that loosely resembled the high school Northern Adirondack league. Since then, the league has blossomed into 14 communities with a Senior tackle division for 5th & 6th graders, a Junior tackle division for 3rd & 4th graders and a flag division for K – 2nd grade.

1.1. Organizational Document

The NYFL is an incorporated, non-profit organization. The following policy outlines the purpose for its existence and how it is organized and governed.

1.2. Preamble

The name of this organization is the Northeast Youth Football League, Inc. Its purpose will be to develop the traits of honesty, sportsmanship and team play within the football players of our member associations. The NYFL will be a cooperative and trustful partnership of member associations committed to provide a safe and fair atmosphere in which our youth can participate in the sport of contact football.

1.3. Organizational Structure

The NYFL is governed solely by its member associations. Each association appoints one of its organizers to sit on the NYFL board of directors. At the first meeting in January a president, vice president, treasurer and non-voting secretary are elected from and by the board members only. These officers will serve one-year terms and do not have special power. Their position is solely to provide the corporation with leadership in carrying out league responsibilities. Only board members will vote on issues, but input from all association member constituencies will be gathered and discussed before decisions are made.

Adopted NYFL policy will be considered the laws of governance.

1.4. League Meetings

- All business shall be conducted at open meetings
- Only board members or a designee can vote (a designee must regularly attend monthly meetings)
- The board president must be contacted prior to a meeting to get special items/guests on the agenda
- The following format will be followed for NYFL meetings:
 - Call meeting to order
 - Public input (approx. 15 minutes)
 - Special guests
 - Review/approve minutes of previous meeting
 - Treasurer's report
 - Communications
 - Committee reports
 - New business
 - Board items of interest
 - Set agenda items and date of next meeting

- Adjournment
- To conduct all business, i.e. to vote on motions, a quorum of the board must be present. A quorum will be defined as one more than one-half of the board present.
- A majority vote of at least a quorum of members is necessary to pass or defeat a motion that has been made and seconded. In the case of tie votes due to an even member board, more discussion, followed by another vote must take place until the issue is passed or tabled.
- Monthly meetings will be held at times and locations determined to be convenient by a majority of board members. The current schedule is the 2nd Thursday of every month from January – September. September’s meeting will be conducted as a video call if it’s needed.
- Extra meetings will be called if the business load requires them. Grievance and emergency meetings can be called by contacting the board president.
- The NYFL Secretary is a paid position. The elected secretary, who is voted in at the January league meeting, will be paid \$100/month from January through October. The secretary is also entitled to be reimbursed for office expenses related to the position’s duties and responsibilities. The secretary may only vote on league matters if they are representing their own community. Each community may vote only once.
- Banking Policy/Treasurer’s Responsibilities:
 - NYFL bank account must have a minimum of 2 officers as signors on the account. Unless otherwise ratified, the signors shall be the Vice President and the Treasurer.
 - An annual check register must be maintained electronically. This will include all banking detail and be presented as part of the January treasurer’s report.
 - Cash transactions are to be avoided to the extent possible. When cash must be used, the signors must notify the entire board of the transaction(s).

1.5. Member Associations

- A NYFL member association is defined to be an independent, self funded group, typically of the school district size of a class D or C school district, who is willing to provide their youth an opportunity to play flag or contact football or as otherwise approved for membership by the NYFL Board of Directors:
- Must complete the *New Association for NYFL Membership* form (supplement P-IA of this policy I) and pay a \$300.00 application fee. The fee will fulfill the new member’s community fee obligation, collected from each member by June.
 - If the prospective member is not successful in getting a program together for that season, the fee will not be returned. No new applications will be accepted after May 1st.
- Must attend an interview as a special guest at a regular NYFL meeting.
- After references listed on the application are contacted and questioned, and after a successful interview with the NYFL board, a prospective member may receive board approval to become a conditional member through the first regular season. If a review by the board finds the conditional member in good standing following the first season, permanent membership status can be granted after a majority vote.
- A conditional member will have full voting rights during the probationary period but may not be an officer. Conditional membership may be extended beyond the first year.
- Must accept and conform to all adopted policies of the NYFL
- Must provide a voting board member to share in carrying out league responsibilities, including attending all monthly meetings. Board members, who are not in attendance when business is conducted, must accept board decisions with no recourse. Each member is responsible to their own community for the leadership they show through regular meeting attendance and active participation. *An associate community of the NYFL is not eligible for participation in the NYFL playoffs if the associate community is*

not represented by a member of the association at 7 out of 8 regularly scheduled monthly planning meetings, generally held January through August.

- Must be prepared to pay in full, all league donations and insurance premiums by July 1st of the upcoming season.
- Must agree to allow the NYFL board to attend parent/player informational meetings and monitor player registration during the probationary period.
- Must use NYFL forms, insurance provider and administrative procedures when applicable.
- Must be organized and coached by an all-volunteer staff.
- The NYFL highly suggests that head coaches and their staffs attend all training provided by the NYFL.
- Each member organization must present documentation, at the January board meeting, to show their draw area for meeting player eligibility requirements. The remaining board members will ratify this draw area, by majority vote, and it will be used to verify player eligibility for the upcoming season. The draw area consists of the school districts and geographical boundaries for the community. The ratified draw areas will become an appendix to this set of rules.

Current associate members include Bennington, Brunswick, Cambridge/Salem, Cohoes, Granville, Greenwich, Hoosick Falls, Lake George/Warrensburg, Manchester, Mechanicville, Schuylerville, Stillwater, Vermont, Watervliet, Wilton/Saratoga and Whitehall.

1.6. NYFL Philosophy

The sport of contact football brings to youth a unique structure, which can be compared to life itself. The success of each play, game and season relies on the interdependence and execution of each individual player responsibility. Children and coaches with different expectations, interest, ability, and levels of enthusiasm become a real football team when they become motivated...

- To believe in themselves
- To learn the game through concentration and hard work
- To believe that there are no unimportant team members
- To believe that there are no unimportant positions
- To be confident in their own ability
- To never wait for someone else to make the play
- To believe that there are no unimportant practices
- To believe that 100% effort at practice = 100% game performance
- To believe that poor behavior off the field affects the reputation and performance of the entire team
- To believe that positive attitude wins on and off the field

The NYFL believes that in youth football winning games should not be pursued as an end, or, at all costs. The real value of this program is developing “1 – 10” players, winners in a winning relationship. Interdependence, self-confidence, cooperation, responsibility, commitment, and discipline – if each NYFL team is successful in developing these characteristics in their players via football, then we will have helped them win in life, as well as on the playing field.

1.7. Insurance

The NYFL has combined liability and accident insurance as a recreational agency member of the National Recreation and Park Association.

Claim information and questions about insurance should be directed to your NYFL board member, but generally:

- Coverage is in place from July 1st through June 30th of the next year
- Participants in scheduled games and practice sessions, fundraising activities, attendance at banquets and meetings and when traveling in a *group* directly to or from a scheduled game or practice session. This includes players, cheerleaders, coaches, volunteers, and officials.
- Cheerleaders who attend camps and/or clinics during the off season, not associated with the NYFL will not be covered by this insurance policy.
- All liability claims carry a \$250.00 deductible
- The accidental medical and dental is payable more than all other valid and collective group insurance. There is a \$250.00 deductible if no other insurance is collectible but is waived if there is.
- Beginning with the 2017 season all coaches and volunteers (working with kids) must have a background check performed. This is a requirement for our insurance rider that insures us against sexual and molestation charges.
- Insurance cost, per team, for the current season will be provided each year as soon as it is established by the carrier. Insurance fees for the 2024 season:
 - \$112/flag team
 - \$412/tackle team (including brain injury coverage) without 7/8th grade cheer
 - \$515/senior team with 7/8th grade cheer
 - \$85 per day of camps. Payable by the community that is hosting the camp. The fee must be paid prior to certificates being issued.
- Each community must provide the NYFL, by the June league meeting, a list of all locations where any NYFL related activities take place. This includes games, practices, organizational meetings, and fundraisers. Member communities will be provided with an insurance certificate for coverage for only these locations.

1.8. Fees

Community Fee: each community must pay their premium along with the NYFL community fee at the June board meeting. The community fee for 2024 has been set at \$300 per community.

Officials scheduling: The NYFL will donate \$250/year to the Northern League official's scheduler and \$100/year to the Southern Refs for scheduler. This payment will be funded by the community fee paid by each organization.

1.9. Participant Safety

Participant safety is a primary goal and responsibility of the NYFL. Each member organization will always strive to provide the safest environment possible for all players and cheerleaders. Player health shall always be given priority over continued participation. All injuries must be addressed immediately with special attention given to all head injuries. Member organizations should take the necessary steps to educate all coaches and volunteers in recognizing possible concussions. Any participant sustaining a head injury must be removed from participation (game or practice) immediately, the child's parent or guardian must be notified, and the child referred to a medical professional. No child sustaining a possible concussion will be allowed to return without the permission/release of health care professional.

The NYFL follows the New York State Public High School Athletic Association (NYSPHSAA) guidelines for safety practices. These include the Thunder & Lightning Policy and Heat Index Procedures. These guidelines can be found in the appendices section (Section 5) of this rulebook.

12/02/19 – NYS Law became in effect requiring all football programs to offer tackle players parents concussion information.

2. Player Eligibility and Game Rules

2.1. Player/Team Registration

Dates for player registration will be set at the discretion of each community, but must be completed before June 1st, before the upcoming football season. This is necessary to allow the league to determine the number of teams fielded by member communities and develop the season schedules. Tackle player registration deadline is the NYFL board meeting in August (“paperwork night”), where team rosters are submitted, and eligibility checks are performed. This meeting is held each year 1 week prior to the tackle combine. Any player registering after this meeting must have their eligibility verified, by NYFL representatives at the final weigh in. Due to the proximity of this date to the start of the regular season, this player will not have sufficient time to attend the mandatory 6 practices for game eligibility. Therefore, the NYFL will withhold the player’s photo until week 2 of the season and he/she will be inactive for game 1.

Setting the registration donation and roster size is the responsibility of each individual community. Players cannot be recruited or discouraged to sign-up. Registration must be open and limited only by the community’s ability to support a pre-set team size. There can be no try-outs or cuts involved in team selection. The use of physical testing for player eligibility is prohibited.

Players must have a parent or legal guardian present at time of registration to sign the necessary NYFL registration documents:

- **P-II-A** – NYFL Registration Form
- **P-II-B** – Authorization for Medical Treatment of Minors
- **P-II-C** – Release of Liability

These completed forms must be kept on file by the member organizations for the duration of the current season.

Players must provide copies of appropriate proof of age, i.e., a birth certificate and the most current final report card, to be verified by association officials. **Players will not be allowed to practice until these have been submitted.**

Each organization must organize the paperwork in a binder for presentation at the August league meeting (“paperwork night”). The birth certificate and final report card should be placed in a plastic report cover, each facing out. Key points of eligibility (school, grade & age) should be highlighted. An ID picture of the player, holding a poster with his name and jersey number clearly visible, must be attached. This picture must have a completed NYFL picture label affixed to the back.

2.2. Player Eligibility

2.2.1. Age & Grade Level

- Junior division: Age – 3rd and 4th graders, except those who will turn 11 before November 15th of the same season. 2nd graders, who will be 8 by September 1st of the same season, are no longer eligible for flag and must play tackle. At the discretion of the organization, 2nd graders not yet 8 years old by September 1st, may be promoted to Junior tackle.
- Senior division: Age – 5th and 6th graders, except those who will turn 13 before November 15th of the same season. 4th graders, who are too old for the junior division will be eligible to play in the Senior division.
- Promotions: At the discretion of the community, 4th graders, still otherwise eligible to play at the Junior level may be promoted to the Senior Division to supplement the team's roster and make continuation of a season possible. This can be done with the following requirements:
 - The player must meet all other eligibility requirements.
 - The league must be notified of the player's promotion.
 - If the promotion occurs during eligibility verification, the player's ID picture will be stamped with a black ink "NYFL" certifying them as a Senior and he/she will be listed on the officially filed Senior team roster.
 - If the promotion occurs after the season, the board must be notified, and the player added to the Senior roster and removed from the Junior.
 - No player promotion may take place after the completion of the Junior team's season.
 - A promoted player cannot be returned to the Junior level once they have played in a Senior division game.

2.2.2. Weight Limits

- Junior division: players who meet the age requirement must not weigh more than 120 pounds at the NYFL official weigh-in. An overweight junior player may play in the senior division if the junior and senior team head coaches and the parent or guardian agree that the player in question has the maturity and physical ability to be moved up.
- To provide clarification of this section:
 - *It is recognized that an overweight junior player, who is considering play on the senior level, due to anticipated weight limits, may be registered on both the junior and senior team's rosters.*
 - *The player, during any time of a successful junior tackle weigh in can then play on the junior level, or, in the event of an unsuccessful junior tackle weigh in, on the senior level, as agreed to by all parties during any time of an official league weigh in.*
- Senior division: players who meet the age requirement must not weigh more than 143 pounds at the NYFL official weigh-in.

2.2.3. League Administration

- *The League will hold the player's card/picture (without authorizing it) until such time that the player successfully weighs in as a junior tackle player, or,*
- *The League will hold the player's card/picture (without authorizing it) until such time that the player successfully weighs in as a senior tackle player, and the move to this senior tackle level is agreed to by all parties as identified in paragraph i-2.*
- *Junior tackle cards will be stamped with a **red** ink and senior tackle cards will be stamped with a **black** ink in the effort of preventing cross-play between junior and senior levels.*

2.2.4. General Eligibility – Both Divisions

No player may play as a Junior for more than 3 seasons.

No player may play as a Senior for more than 3 seasons.

Players can originate from only within each association's approved draw area. If a player attends a school other than the primary schools in the approved draw area, a secondary proof of residency must be provided.

Member organizations are allowed to have a coach on their roster from outside their approved draw area, however this does not provide an eligibility exemption for that coach's son/daughter.

2.2.5. Draw Area Exemption Requests

Each organization has the right to present a draw area exemption request to the NYFL board. The request will be presented at regularly scheduled meeting and discussed. A vote on the issue should be tabled until the following month's board meeting. This will allow each community time to determine the merits of the proposal and discuss it within their own organization. Approval of the request would require a majority vote. Records of these requests and the outcome will be kept by the NYFL as part of the official meeting minutes. These outcomes can provide the basis for future rule additions or modifications.

2.2.6. Player Eligibility Transfer

If a community cannot continue with the current season due to roster size, the NYFL will allow for the transfer of player eligibility to the nearest NYFL community. The decision as to which community is the appropriate team, to transfer eligibility to, will be the decision of the NYFL board. This will result in a revised draw area for that selected community for the current season only. This transfer will be applied to all players. Player requests to be eligible at a different neighboring community will be handled under the above "Draw Area Exemption Request" policy. Any approved exemptions will be for the current season only.

2.2.7. NYFL Official Weigh-In

To be conducted at and on the site of the NYFL annual combined scrimmage ("Combine"). One alternate weigh-in date will be scheduled on the following Saturday (Saturday after the combine) before the first regular season game for players who were absent from, or who did not make it under the maximum allowable weight at the combined scrimmage. A coach (not parents) must accompany players to the alternate weigh-in date. A unique red "NYFL" will be stamped on the back of player's pictures to confirm that the NYFL weight requirement has been met for the junior division and black "NYFL" stamp for the senior division. Overweight players will not be able to play in regular season games but can participate in scrimmages upon the mutual agreement of the scrimmaging parties. Players being weighed are required to wear no less than a pair of gym shorts.

Special Extended Weigh-in: Any player that does not make under the maximum allowable weight at the previous weigh-ins can weigh-in at a Special Extended Weigh-in on the Saturday of the week 3 game. This would allow the player 2 full weeks from the Final Weigh-in to attend practices and try to lose the weight. If weight is made, they would be allowed to participate in week 3's game as long as they

attended all practices during that previous week and have the minimum attendance practices in per the rule book. (Per rule book, “Each player must attend a minimum of 6 practices before than can participate in a game.” Player must be on original roster that is submitted at Paperwork Day. Similar to Hardship weigh-in, NYFL board must be notified who will continue to the Special Extended Weigh-ins after the Final Weigh-in. (Added June 2024))

Each team’s head coach must present their team’s roster to league officials. It will also be the coach’s responsibility to provide for each player on the roster, proof of age, i.e., birth certificate, grade from last report card and a photograph of each player.

League officials will not allow a player’s picture to be given to the head coach until all eligibility requirements are met. All eligible player pictures will become the team portfolio and must be present for team checks at each game. Player checks are at the discretion of each head coach prior to the start of every game. If you cannot provide pictures, you forfeit the game, and the game will be played as a scrimmage.

Once a player has been recorded by league officials to be under the maximum weight requirement, the player will not have to be weighed again.

2.3. Practices & Camps

2.3.1. Practices

NYFL “Practice” definition – A scheduled team/association gathering for the purpose of advancing player football skills and team strategies, which takes place within the specific practice time frame allowed by the NYFL rule (No sooner than 4 weeks before the date of the next NYFL combined scrimmage). At an NYFL team/association practice, all team/association players and only those players are expected to attend under the guidance of those coaches who have committed to lead that team for that specific season. A team/association player-coach gathering, that meets the above “practice” criteria, and takes place between the NYFL Super Bowl of one season, and more than 4 weeks before the NYFL combined scrimmage of the following season is considered an illegal practice. The NYFL board believes that conducting such “out of season” practices would give a team/association an unfair advantage. The penalty for a team/association found guilty by a majority vote of NYFL board members (not including the board member of the accused team/association) will be suspension of the head coach of the team(s) who has violated this practice rule and the offending team will also be ineligible for the playoffs. Suspension will be for the season of the year in which the violation occurred.

- Practice can start no sooner than 4 weeks before the combined scrimmage.
- The coaching staff of each team will set practice schedules; however, no team can practice more than 7 hours per week. Each player must attend a minimum of 3 practices before they engage in full contact. The NYFL defines full contact as player-on-player.
- Each player must attend a minimum of 6 practices before than can participate in a game.
- The combined scrimmage (“Combine) will not be considered practice time.
- Practicing with or scrimmaging against a team outside of the NYFL is not allowed.
- An outline of each organization’s weekly schedule of practices is to be provided to the NYFL President.

- Multiple coaches must remain in attendance at the end of practice until all players have been picked up.

2.3.2. Football Clinics and Camps

The NYFL does not consider NYFL player/coach attendance at camps and clinics the same as practice as described above if the camp or clinic meets the following criteria:

- Player or team attendance at the camp or clinic is not mandatory for team membership during the regular season.
- The camp or clinic is sponsored by a source outside the team or association
- Attendance at the camp or clinic is open and non-exclusive. (Players and coaches from all NYFL teams are welcome to attend)

In conclusion, NYFL players/coaches who attend camps or clinics that meet the above criteria, do so without violating the NYFL rules that regulate “practice” making it possible to partake of camp and clinic offerings in the off-season without penalty.

2.4. Games

2.4.1. Game Schedules/Divisions

The NYFL consists of two independent divisions. There are no crossover games, and each division will have their own playoffs and Super Bowls. This is also the case with scrimmages at the NYFL combine.

The divisions, for 2025, are as follows:

<u>East Division</u>	<u>West Division</u>
Bennington	Brunswick
Cambridge/Salem	Lake George/Warrensburg
Granville	Mechanicville/Hoosic Valley
Greenwich	Schuylerville
Hoosick Falls	Stillwater
Manchester	Watervliet
Vermont	Wilton/Saratoga
Whitehall	Cohoes

The regular season schedule is finalized at the May or June monthly league meeting. A 6-team template (Appendix 3) is used for the 2022 season. Each team draws a team number out of a hat and the template updated accordingly. To the extent possible, requests to manipulate the procedure to resolve game field availability issues, are approved.

2.4.2. Pre-game

Each team must be present at least 15 minutes prior to the start of the game. Coaches must use form PII-D, pregame checklist for NYFL coaches, as a guide for planning a safe and organized game day. The NYFL conduct statement, form PII-E must be announced before each game and form PII-F should be used as a guideline for announcing games.

Each team must present their team picture portfolio to the opposing coach for a team review, a copy of their game day roster-minimum play sheet; form P-IIC filled out, this official document must list all players on a team and a maximum of (2) footballs that are intended to be used in the game. Any player who is ineligible for play on game day cannot wear pads or helmet, only their jersey. The reason for ineligibility must be noted in the appropriate place on form P-IIC. Coaches will be held accountable for the minimum play standards listed below for eligible players.

2.5. Game Requirements

2.5.1. Minimum Play Requirements

- Senior teams that have 22 or less eligible players on game day must give each of those players at least 8 plays. Senior teams that have 23 or more eligible players on game day must give each of those players at least 6 plays.
- Junior teams that have 22 or less eligible players on game day must give each of those players at least 6 plays. Junior teams that have 23 or more eligible players on game day must give each of those players 4 plays.
- A play can be any “live” football down. Kneel-downs, pre-snap infractions and punts are excluded. Coaches are warned that the spirit of this rule is to ensure that each player leaves this program with a positive experience.

2.5.2. Game Rules

- A. For the Senior division only, teams facing a shortage of players (less than 15) can notify the opposing coach to allow the use of Junior player(s) for that 1 game only, to increase the game day roster to 15 (only). It is at the discretion of the minimized team/organization to select the appropriate Junior players. Minimum play requirements should be waived for the Junior players (only), as they are not expected to be primary participants but rather fill in only when necessary. Junior player(s) should be indicated on play sheet. The purpose is to avoid forfeits whenever possible. Minimized teams must notify the NYFL of the situation as soon as possible. Should the Senior team face an additional shortage of player(s) for multiple games, the team must petition the full board’s approval to the use of the Junior player(s) to increase the game day roster to 15 (only).
- B. If at the beginning of the game you have under 15 players, it can be mentioned to the opposing team if a player will be arriving late. The forfeit of the game will only be assessed at halftime when all players are accounted for. Late players must show up no later than the completion of the second quarter. Should a player be late, the picture can remain with the opposing coach until checked in at halftime. Any player arriving after the start of the game, cannot play until after the second half. That player must still get minimum plays in.
- C. Prior to the start of each game, an opposing coach shall review their opponent’s picture portfolio to ensure all players have met NYFL eligibility requirements.
- D. Teams must monitor their eligible player’s first 4, 6 or 8 minimum plays by noting the plays on the “NYFL Game Day Roster and Minimum Play Sheet”. Should it become impossible for an eligible player to complete their minimum number of plays, the reason must be noted in the appropriate place on the form. Teams may, at their own discretion, also monitor, from their own sideline, the opposing team’s game day roster provided before the game by the opposing coach.

- E. At the end of the game, both head coaches must sign their own and the opposing team's NYFL game day roster and minimum play sheet on the designated line to verify that both are satisfied that minimum play standards have been met. Head coaches are asked to keep their own signed game day rosters as an official record for that season.
- F. If a head coach challenges that the opposing team has not upheld minimum play standards, the NYFL board president must be notified. A special NYFL board meeting will be called prior to the next game to review the arguments of both teams. Board members representing teams involved in the conflict will not be included in the voting process at the special meeting. All board decisions are final.
- G. A head coach found guilty of not upholding minimum play standards by a majority of voting board members will be ineligible to serve in a coaching capacity at the next game. That is, the coach cannot be on the sideline, directly behind or with his team any time during that penalty game. If the coach in question does not keep an uninvolved distance from his team, the opposing coach has a responsibility to this league to pull his team from the contest until the penalized coach establishes an uninvolved distance. Refusal by the penalized coach to observe this rule before the game will cause the game to be delayed until he conforms. Any more than a 5-minute delay in the start of or progress of the game because of the penalized coach's refusal to obey this rule will be an automatic forfeit to the opposing team.
- H. A head coach who receives this penalty a second time during the regular season will be suspended indefinitely and the team will forfeit their playoff eligibility. If the second offense occurs in the playoffs, the team will forfeit the playoff game, (if victorious), and the coach will be suspended indefinitely. The opponent receiving the forfeit will move on in the playoffs. If the second offense occurs during a Super Bowl, the offending team will forfeit the game (if victorious), be banned from the playoffs for the next season and the head coach will be suspended indefinitely. The suspended coach will have to petition the NYFL board for reinstatement.
- I. Any player arriving late to a game cannot play until after the first half. The opposing coach must check in the player. Any player arriving after the first half must still get minimum plays in.
- J. The home team must obtain 3 persons at least 14 years of age to move the chains and down marker and ensure that they understand their role at the games. Chain crew members must be advised that they are game day officials. As such, cell phone usage is prohibited, no coaching can be done by the chain gang, and they should not interfere with players or coaches from the opposing team.
- K. The home team shall supply a fence, rope, or similar restraining device to keep spectators a minimum of 5 yards from the playing field.
- L. It is the responsibility of the home team to ensure that a means to administer immediate medical attention is in place. An emergency vehicle, or an individual in attendance who is certified in either American Heart Association or American Red Cross Life Support or First Aid and a phone, 2-way radio or other means of quickly activating EMS.
- M. There are to be no more than 12 coaches and other team volunteers on the sideline during games and they all must be registered with the NYFL and covered under the league insurance.
- N. Any player receiving 2 personal foul penalties, in a game, will be automatically ejected from the game and will receive and will receive the mandatory 1 game suspension. Game suspensions incurred during the final game of the season will be carried over to the following season to the extent possible.
- O. Junior tackle game format (both divisions):

- a. Two coaches, per team, will be allowed on the field. This is to enhance the instructional aspect of the Junior level. It is not intended to provide a competitive advantage.
 - b. On field coaches are allowed to coach until the teams break the offensive huddle. They must then position themselves 8-10 yards back from the line of scrimmage between the hash marks. No further “on field” coaching will be allowed until the current play is whistled dead. At the official’s discretion, coaching after the offensive huddle break to gain a competitive advantage is subject to a delay of game penalty (5 yards).
 - c. There will be a zero-tolerance policy for unsportsmanlike conduct by on field coaches.
 - d. Officials may issue warnings and/or assess penalties at their discretion.
 - e. Officials, at their discretion, may remove a coach from the field for unsportsmanlike conduct.
 - f. No substitution for a removed coach will be allowed. The team will lose their on-field coaching privilege for the remainder of the game.
 - g. The non-offending team will not be penalized and may continue to have on-field coaches.
 - h. Officials may choose to remove the coach from the field or from the game entirely at their discretion.
 - i. It is expected that teams will be responsible for the actions/conduct of all coaches. Repeated issues will be addressed by the NYFL Board.
 - j. Respect for all officials, players and coaches must be always displayed. Coaching from the field is a privilege at the Junior level, not a right.
- P. One sideline coach can coach from within the sideline box without restriction. No other coach may be in the box. The sideline coach must always remain in the box and cannot be on the field.
- Q. Changes to the use of on field coaches may only be made during a change of possession, at the end of a quarter or the start of 2nd half.
- R. No special teams (punts or kickoffs) at either level
- S. “Punts”
- a. On 4th down, the offense will have the opportunity to attempt to gain a first down or notify the officials they are “punting”. The offense must notify the referees of their intention to punt before breaking the huddle. To reverse the decision to punt, the offense must call a timeout.
 - b. If the offense decides to “punt”, the officials will mark the ball 25 yards downfield or at the opponent’s 10-yard line.
 - c. A walk off “punt” does not count as a play, and thus does not affect minimum play requirements.
- T. “Kickoff”
- a. There will be no kickoffs at the Junior level
 - b. In place of kickoffs, the ball will be spotted at the receiving team’s 20-yard line.
- U. Hurry Up offense will not be allowed at any point during a Junior Division tackle game. At the Senior level it is allowed during the final two minutes of each half.
- V. Once score is at a 30-point differential, the score board is stopped, but the clock can continue to run or the officials can keep the remaining time. **Officials need to check with losing team to see if they want to run the clock.** Game day sheets will have the score that was showing on the scoreboard at the final score. At this point, the game is a scrimmage. Minimum play rule stays in effect. However, coaches’ acceptance of minimum play is not required, but the sheets will need to be signed.

- W. Game scores & quarter points: Each team will record scores and quarter points on the “NYFL Game Day Roster and Minimum Play Sheet” and send a picture/copy of the completed form to the league Secretary. Reporting must be done by the end of the day after the game. Failure to report will result in the forfeiture of any earned quarter points for this game. Quarter points are earned as follows:
- a. Teams get 1 point for each quarter led, but only for the first three quarters
 - b. Teams get a ½ point each if the score is tied at the end of any of the first three quarters
 - c. The winning team receives four points
 - d. A total of 7 points is awarded for each game
- X. Headsets will be allowed to be used with coaches that are only on the sidelines. No coaches on the field with headsets. If coaches are using them, then the home team must provide access to the announcer’s booth (if applicable).

2.5.3. Officials

Tackle division – 3 or 4 high school league officials will be scheduled for each regular season game and playoff game at a fee of \$70.00 per official (approved at the March 10th league meeting) or \$280.00 maximum per game, payable by the home team to the head official no later than half-time of the Senior game.

*Under certain unforeseen circumstances, when there is not a full complement of referees available at a game, either at the start or during the contest, the NYFL will allow the game to continue, and to be considered a fair contest when:

- 1) One less than a full complement of referees is available
- 2) Two less than a full complement (but at least one referee) is available and both head coaches and the referee agree (as evidenced by continuation of the contest) that the game can be continued
 - a) Once an agreement is made to continue the contest under condition #2, only the referee has the power to stop the game. If the game is stopped, the game will be rescheduled, at a mutually convenient time and location as approved by the NYFL, continuing from the same time and score as the previous shortened contest.

If a coach(es) or referee decide that the game cannot be continued with the presence of a single referee, at the exact time that the single referee situation presents itself, the contest shall be stopped immediately and rescheduled at a mutually convenient time and location as approved by the NYFL, continuing from the same time and score as the previous shortened contest. However, once the contest is allowed to continue with one referee, only the referee may stop the contest.

All decisions made by the officials are FINAL. No appeals will be allowed.

Reports by officials to the league of abuse given them by coaches, players or fans, will be dealt with by calling a special NYFL board meeting as soon as possible. The first time a team is cited, a warning will be given. The second infraction could result in the team or association suspension for the rest of the season. Any issues between the league and the officials will be mediated by Roger Holcomb, who will be our liaison. As liaison, he will also be responsible for working with the scheduler of Northern officials for scheduling referees for our games.

Each community is to appoint a game manager for their home games. This individual will meet the officials upon their arrival and make themselves available for any needs or issues the officials have. They will also be present when the officials leave the field. The preference of the officials is that the game manager is not a coach, but rather a community representative.

FINAL

2.5.4. Junior Division Game Rules

Junior Division tackle games will be played by rules set forth in the latest edition of high school rules with the following exceptions and notations:

Field dimensions: 80 yd. X 40-50 yd.

Game Time: 10 minutes quarters/15 minute half-time

2-minute time out prior to the end of each half.

Official game time kept on the field. Time on scoreboard must be declared by the head official and both head coaches before the game.

Once score is at a 30-point differential, the score board is stopped, but the clock can continue to run or the officials can keep the remaining time. **Officials need to check with losing team to see if they want to run the clock.** Game day sheets will have the score that was showing on the scoreboard at the final score. At this point, the game is a scrimmage. Minimum play rule stays in effect. However, coaches' acceptance of minimum play is not required, but the sheets will need to be signed.

Penalties: Major infraction – 10 yards

Minor infraction – 5 yards

Coaches Box: High school between 30-yard lines (20-yard line to us)

Coach limits: 2 coaches, per team, allowed on the field and 1 additional coach is allowed in coach's box on the sideline. No other coaches or volunteers are allowed with the coach's box during play.

On field coaches are allowed to coach until the teams break the offensive huddle. They must then position themselves 8 yards back from the line of scrimmage between the hash marks. No further "on field" coaching will be allowed until the current play is whistled dead.

Extra points: Running play (including lateral pass) =1 point

Forward pass = 2 points

Interceptions & fumble recovered by the defense is a dead ball and not returnable

Overtime: 1st OT - Federation Rule Book defined a 10-yard overtime procedure – subsequent overtimes – 5-yard line

Field goals: No field goal attempts

Huddle rule: Hurry up/No huddle offense is not allowed at any time at the Junior level.

Timeouts: The **two** on field coaches and one water boy will be allowed in the on-field huddle during any requested time out. The **two** on field coaches are allowed in the injury huddle, should the referees allow the team to gather on the playing field during an injury. If the referees should allow the teams to go to the sidelines, any coach or coaches from that team can address the players. Injury timeouts are not team timeouts.

Football size: Junior Tackle: acceptable sizes are:

1. K-2
2. 1000K
3. Pee Wee

Safeties: 2 points awarded & team earning safety takes possession at mid-field (40-yard line)

Special Teams: **No special teams in Junior Division**

Punts: On 4th down, the offense will have the opportunity to attempt to gain a first down or notify the officials they are “punting”. If the offense decides to “punt”, the officials will mark the ball 25 yards downfield or at the opponent’s 10-yard line. The offense must notify the referees of their intention to punt before breaking the huddle. To reverse the decision to punt, the offense must call a timeout

Kickoffs: There will be no kickoffs at the Junior level. In place of kickoffs, the ball will be spotted at the receiving team’s 20-yard line.

2.5.5. Senior Division Game Rules

Senior Division tackle games will be played by rules set forth in the latest edition of high school rules with the following exceptions and notations:

Field dimensions:	80 yd. X 40-50 yd.
Game Time:	12 minutes quarters/15 minute half-time 2-minute time out prior to the end of each half Official game time kept on the field. Time on scoreboard must be declared by the head official and both head coaches before the game. Once score is at a 30-point differential, the score board is stopped, but the clock can continue to run or the officials can keep the remaining time. Officials need to check with losing team to see if they want to run the clock. Game day sheets will have the score that was showing on the scoreboard at the final score. At this point, the game is a scrimmage. Minimum play rule stays in effect. However, coaches' acceptance of minimum play is not required, but the sheets will need to be signed.
Penalties:	Major infraction – 10 yards Minor infraction – 5 yards
Coaches Box:	High school between 30-yard lines (20-yard line to us)
Coach limits:	One coach (only) may go on the field up to 10-yards to facilitate play calling but must go back to the sideline and be within the coach's box during plays. Remaining coaches must remain in the coach's box and off the playing field.
Extra points:	Running play (including lateral pass) =1 point <u>Forward</u> pass = 2 points Interceptions & fumble recovered by the defense is a dead ball and not returnable
Overtime:	1 st OT - Federation Rule Book defined a 10-yard overtime procedure – subsequent overtimes – 5-yard line
Field goals:	No field goal attempts
Huddle rule:	Hurry up/No Huddle offense may be used only in the last 2 minutes of each half.
Timeouts:	There will be only one coach and one water boy allowed in the on-field huddle during any requested time out. There will be only one coach allowed in the injury huddle, should the referees allow the team to gather on the playing field during an injury. If the referees should allow

the teams to go to the sidelines, any coach or coaches from that team can address the players. Injury timeouts are not team timeouts.

Football size:

Senior Tackle: acceptable sizes are:

1. 1000J
2. "Junior"
3. No rubber footballs are approved for game use.

Safeties:

2 points awarded & team earning safety takes possession at mid-field (40-yard line)

Special Teams:

No special teams in Senior Division

Punts: On 4th down, the offense will have the opportunity to attempt to gain a first down or notify the officials they are "punting". If the offense decides to "punt", the officials will mark the ball 25 yards downfield or at the opponent's 10-yard line. The offense must notify the referees of their intention to punt before breaking the huddle. To reverse the decision to punt, the offense must call a timeout

Kickoffs: There will be no kickoffs at the Senior level. In place of kickoffs, the ball will be spotted at the receiving team's 20-yard line.

2.6. Conduct

All official decisions are final; however, clarifications of rules may be requested through the official's rules interpreter.

2.6.1. Game Ejections/suspensions

Any player ejected from a game, by an official, will receive an automatic one (1) game suspension. This penalty must be served during his/her team's next scheduled game (regular or post season). The player will be eligible to practice during the week leading up to the game but must be identified as ineligible due to "Discipline", on the game day roster and withheld from participation.

Any coach, team volunteer or spectator ejected from a game, by an official, will receive an automatic three (3) game suspension. This penalty must be served during their team's next 3 scheduled games (regular and/or post season). The coach or volunteer will be ineligible to participate in any team activities until the 3-game suspension has been served. This automatic suspension will also apply to a head coach who is ejected for multiple unsportsmanlike conduct penalties assessed to coaches and volunteers. Any coach or spectator ejected shall be banned for three games and any other NYFL event (practices, games, etc.) during those three weeks.

Suspensions for an ejection from the team's last game must be served the first game or games of the next season if they remain in the NYFL. Coaches will be eligible to work with their team until the week leading up to the first game. They will then be ineligible until the suspension has been fully served.

A second game ejection by any player, coach or volunteer in the same season will result in suspension for the remainder of that season. Anyone ejected twice during a season will be required to apply for reinstatement for the following season. The decision to approve reinstatement must first come from that person's own community and then be voted on by the entire NYFL board.

All decisions made by the officials are FINAL. No appeals will be allowed.

2.6.2. Sportsmanship

Any instances of poor sportsmanship will be subject to review by the NYFL Board of Directors. Any instances of poor sportsmanship witnessed by individuals should be reported to their own NYFL representative. The NYFL representative shall immediately notify the NYFL President if it is worthy of further consideration. The NYFL President will confer with the appropriate personnel (including other board members, officials, coaches, parents) and determine the severity of the claim. If the claim warrants action by the Board of Directors, the President will call a *Special* meeting of the Board of Directors to provide recourse to the individuals or the organizations(s) involved prior to the offending team's next contest. This recourse may include disciplinary action up to and including termination from the League. The decision of the Board shall be binding and final.

Should the League President's organization be involved, the President will immediately remove himself from participation and abdicate authority to the Vice President. If the President and the Vice President were involved in the reported incident, they will both remove themselves from participation and the President will abdicate authority to the senior-most Board member of the NYFL.

All communities are to have a formal code of conduct for within their own organization. This code of conduct must be signed and adhered to. Attendance at NYFL activities is a privilege not a right. Mutual respect and sportsmanship are expected, and lack thereof will not be tolerated or accepted. Established code of conduct agreements are available through the NYFL.

3. Playoffs

3.1. Team Eligibility

An associate community of the NYFL is not eligible for participation in the playoffs if the associate community misses 2 or more regularly scheduled monthly planning meetings, generally held January through August. A fine of \$250, made payable to the league NYFL, will be required to be paid by August's Paperwork Day. If the fine is not paid by paperwork day, then the playoff eligibility is forfeited.

3.2. Format

After the regular season game schedule has been completed, qualified teams in each division will begin a playoff round(s) for the purpose of establishing the top two playoff teams who will meet in the final Super Bowl games.

- The top four seeded teams in each division advance to the playoffs.

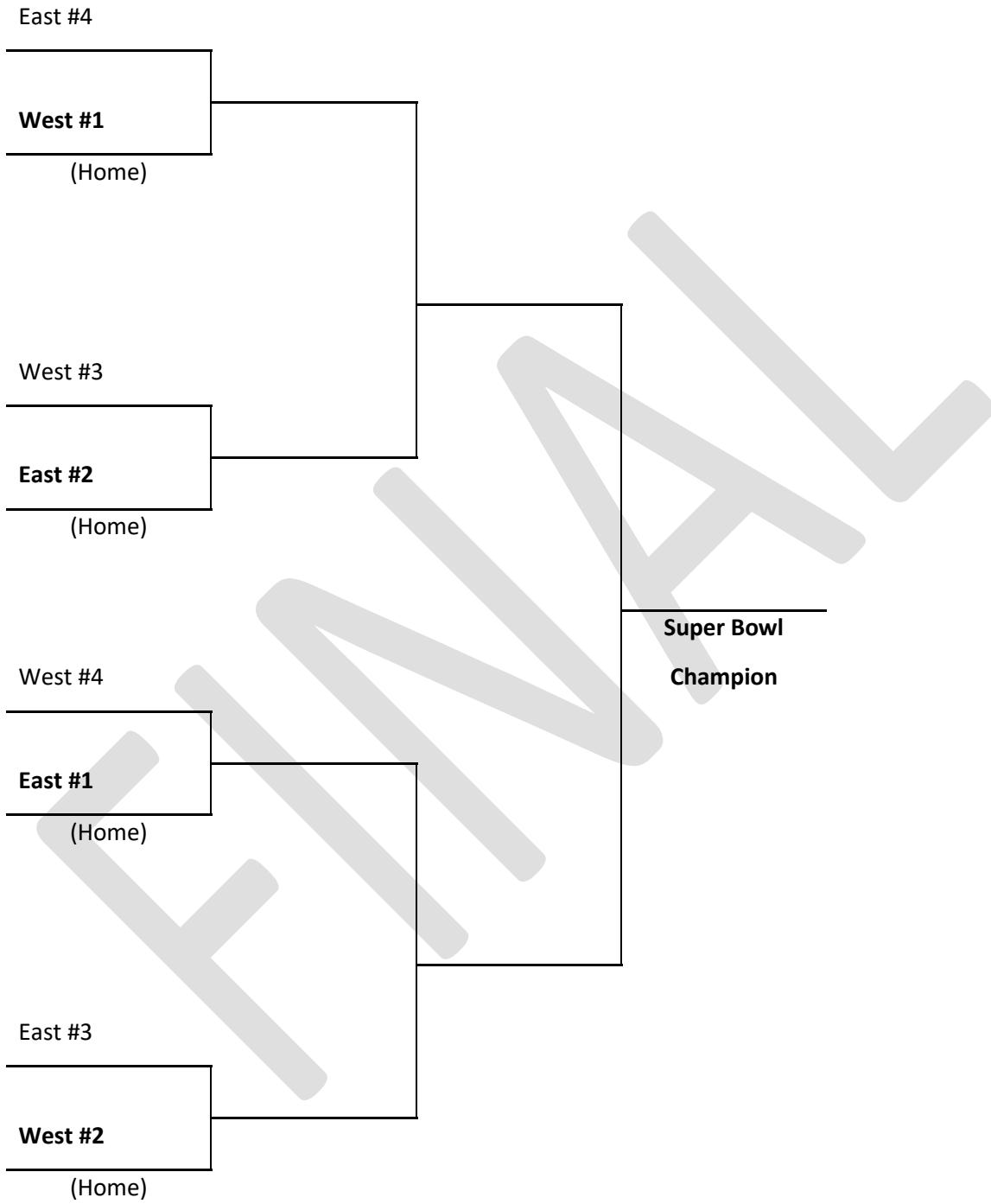
3.3. Seeding

Playoff qualification and seeding, for both divisions, is determined by the following criteria in order:

1. **Record season record**
2. **Head-to-head** (1st tie breaker) – winner of regular season matchup between 2 tied teams is the higher seed/qualifier. This rule is true only under current regular season format where all games are played within the division and all division opponents are played.
3. **Win points** (3-way tie) – If 3 teams have the same record and head-to-head cannot be used (ex. Team A beat Team B, Team B beat team C & team C beat team A) then win points are used. Each team will receive 1 win point for each win a beaten opponent had during the season.
4. **Quarter Points** – (3-way tie) Quarter points are used to eliminate one of three teams (the one with the fewest quarter points earned during the season) involved in a three-way tie, then head-to-head is used for the two teams that are left. For example, Team A has 24 quarter points, Team B has 23 and Team C has 18, but otherwise all have the same division record. Team C would be eliminated, then the remaining tie would be broken by head-to-head results. Once a tie breaker reaches quarter points, always go by quarter points, even if a team backs out of a three-way tie.
5. **Coin Flip** If three teams are tied with the same record, number of win points and same quarter points, a three-way coin flip will be used to determine the highest seed/qualifier. Each team will flip simultaneously. "Odd" coin wins the highest seed (ex. One heads, two tails=heads win). If there is no "odd" coin, additional flip(s) will be done. Head-to-head will determine the seeding for the two remaining teams.

Note: Regular season point differential and number of shutouts have no bearing on playoff qualification/seeding.

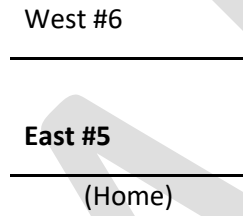
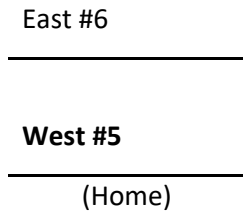
3.4. Schedule



- No reseeding takes place once the bracket is set
- Highest remaining seed is home team
- Seeding procedure used to determine home team of Super Bowl when like seeds qualify

League champions of the regular season will maintain that status regardless of the Super Bowl outcome.

Teams not qualifying for playoff will play a crossover game so that each team has a minimum 6 game schedule:



4. Combine/Super Bowl Sunday Schedule

The tackle combine location will be determined by a rotational schedule as follows:

	<u>West Division</u>	<u>East Division</u>
2023	Watervliet	Granville
2024	Brunswick	Vermont
2025	Stillwater	Hoosick Falls
2026	Wilton/Saratoga	Manchester
2027	Mechanicville	Bennington
2028	Greenwich	Granville
2029	Schuylerville	Cambridge
2030	Watervliet	Vermont

The tackle Super Bowl location schedule is:

2022	Greenwich
2023	Granville
2024	Schuylerville
2025	Bennington
2026	Cambridge
2027	Watervliet
2028	Vermont
2029	Hoosick Falls
2030	Manchester
2031	Brunswick
2032	Stillwater
2033	Wilton/Saratoga
2034	Mechanicville

- Junior and Senior division Super Bowl games will be held on the same day.
- Game officials for both divisions will be paid by the NYFL
- The host association will be responsible for:
 - Getting the field ready
 - Securing a “chain gang” made up of NYFL board members
 - Making sure that the scoreboard and PA system is operative, and that personnel are there to work the clock and announce the games
 - Operating the snack bar
 - Clean-up

5. Appendices

5.1. Appendix 1 – 2026 Ratified Draw Area

- **Bennington** – Bennington, North Bennington, Pownal, Shaftsbury, Woodford
- **Brunswick** – Tamarac Elementary, Postenkill Elementary, School 14, School 16, School 18, Rensselaer Park ES, Turnpike ES, St. Augustine’s, Berlin
- **Cambridge** – Cambridge School Grace Christian, Salem School District, and Mettawee Community School
- **Cohoes** – Cohoes School District
- **Granville** – Hartford, Granville, Mettawee Community School, Wells School District, Fort Ann
- **Greenwich** – Greenwich School and Argyle
- **Hoosick Falls** – Berlin, Hoosick Falls Central
- **Lake George/Warrensburg** – Bolton, North Warren, Warrensburg and Lake George
- **Manchester** – Dorset, Londonderry, Maple St., Arlington, Sunderland, Winhall, Currier, Mettawee Community School, Jamaica and Wallingford
- **Mechanicville** – Mechanicville Central School District, Hoosic Valley
- **Schuylerville** – Schuylerville Central School District
- **Stillwater** – Stillwater Central School District
- **Vermont** - Poultney, Castleton, Fair Haven, Benson and Orwell
- **Watervliet** – Watervliet Central School, Green Island
- **Whitehall** – Whitehall School District
- **Wilton/Saratoga** – Saratoga School District

5.2. 7-Team (6-Game) Schedule Template

West Division

	<u>Away</u>		<u>Home</u>
Week 1	1	@	6
Sunday, September 3, 2023	2	@	5
	3	@	4
	7	BYE	
Week 2	4	@	2
Sunday, September 10, 2023	5	@	1
	6	@	7
	3	BYE	
Week 3	2	@	7
Sunday, September 17, 2023	3	@	6
	4	@	5
	1	BYE	
Week 4	5	@	3
Sunday, September 24, 2023	6	@	2
	7	@	1
	4	BYE	
Week 5	3	@	1
Sunday, October 1, 2023	4	@	7
	5	@	6
	2	BYE	
Week 6	6	@	4
Sunday, October 8, 2023	7	@	3
	1	@	2
	5	BYE	
Week 7	7	@	5
Sunday, October 15, 2023	1	@	4
	2	@	3
	6	BYE	
Sunday, October 22, 2023	Playoffs - Round 1		
Sunday, October 29, 2023	Playoffs - Round 2		
Sunday, November 5, 2023	Super Bowls		

5.3. 6-Team (6-game) Schedule Template

East Division

	<u>Away</u>		<u>Home</u>
Week 1	1	@	6
Sunday, September 3, 2023	5	@	2
	3	@	4
Week 2	2	@	3
Sunday, September 10, 2023	1	@	5
	6	@	4
Week 3	2	@	1
Sunday, September 17, 2023	3	@	6
	4	@	5
Week 4	BYE Week		
Sunday, September 24, 2023			
Week 5	5	@	3
Sunday, October 1, 2023	6	@	2
	1	@	4
Week 6	3	@	1
Sunday, October 8, 2023	4	@	2
	5	@	6
Week 7	6	@	1
Sunday, October 15, 2023	2	@	5
	4	@	3
Sunday, October 22, 2023	Playoffs - Round 1		
Sunday, October 29, 2023	Playoffs - Round 2		
Sunday, November 5, 2023	Super Bowls		

5.4. New Association NYFL Membership Application

- Form PI-A Revised 5/8/00
Form PI-A

New Association Application For NYFL Membership

Association Name _____
(or location)

Contact Name(s) 1 - _____
2 - _____
Address 1- _____
Address 2- _____
Phone 1- _____
2- _____

Primary Leader, Contact Person:

Please list at least three references that can verify your qualifications to perform a leadership role in this youth organization. List names, addresses, phone #'s and involvement.

1)	2)	3)

Please list the reasons why you feel that your area would like to be an NYFL member?

What qualifications make you the person(s) to organize it?

Did you read and understand the NYFL policy documents? _____

What division(s) would you plan to start with? Juniors _____ Seniors _____

What school district would your players come from? _____

What is the average 3rd-6th grade class size? _____

Would you have a facility for practice _____? Games _____?

Proposed team Name(s) _____

Color(s) _____

5.5. NYFL Football Registration Form

Revised 01/06

Form PII-A

NYFL Football Registration Form

(Please Print Clearly)

Division: _____ **Flag** _____ **Junior** _____ **Senior** _____ **Cheerleading**

Player Name _____ Phone # _____

Player Address _____

Birth Date _____ *Current Age* _____ *Current Grade* _____ *Weight* _____

Player Age on *Sept. 1* current year _____ Expected Grade *Sept.* current year _____

Name of School _____

**Y or N (circle) Copy of Birth Cert., Baptismal Cert.
was brought in for NYFL records**

Parent or Guardian Name _____ Phone # (if different) _____

Address (if different) _____

Jersey Number _____ Shoulder Pad Size _____ Helmet Size _____

Parent/Guardian Release

I, _____, being the natural parent/legal guardian of _____ know of no medical reason prohibiting my child from participating in the NYFL Tackle Football Program. I am aware that any sports program, including the NYFL program, bears some risk to a participant's health. However, I hereby release the NYFL, its directors and any independent contractors of any liability and/or negligence claims resulting from my child's participation in the NYFL program.

Signature (s) of parent(s)/guardian(s): _____

5.6. Authorization For Medical Treatment of Minors

FORM P-II-B Revised 4/05

AUTHORIZATION For medical treatment of minors

If your child needs medical, dental, health or hospital services, under the law, you as parent/legal guardian must give permission. Naturally, if you are with your child you can give permission as the need arises. You can prepare for those unexpected times when you are not with your child by filling out this authorization form. Using this form, you can give permission to other adults to act for you, in your absence, regarding treatment of your child. This is a legal document. After you complete this form, give a copy to each adult you have named to act on your behalf. If your child needs unexpected medical treatment, the responsible adult should present this document to the appropriate person/physician, dentist or hospital representative.

When a true emergency exists a child may be treated without parental consent. This will happen when a physician determines that the child needs immediate medical care and that an attempt to obtain parental consent would result in a delay, which would increase the risk to the child's life or health.

Name of minor _____

Birth date _____

Known allergies _____

Special conditions _____

Date of last tetanus shot _____

Medications now being taken _____

HOSPITALIZATION COVERAGE FOR ABOVE NAMED MINOR

Insurance co. or Government program _____

ID or Contract Number _____

FAMILY PHYSICIAN

Name _____ Phone # _____

Address _____

Preferred Hospital in an emergency

I, being the parent of custody or legal guardian of the above named minor, do hereby appoint:

1) Name _____ Address _____ Phone # _____

2) Name _____ Address _____ Phone # _____

to act on my behalf in authorizing unexpected medical, dental, surgical care and hospitalization for the above named minor in my absence.

Parent/Legal Guardian Signature _____

Witness Signature _____

Date _____

Date _____

Address _____

Address _____

Home/Work phone _____ *Witness must be different than person Authorized provide care*

5.7. Release of Liability

RELEASE OF LIABILITY – READ BEFORE SIGNING



FOOTBALL PROGRAM

In consideration of being allowed to participate in any way in the _____
[Name of Organization]
program, its related events and activities, I _____
[Name of Participant], the undersigned,
acknowledge, appreciate and agree that:

1. The risk of injury from the activities involved in this program is significant, including the potential for permanent paralysis and death, and while particular skills, equipment, and personal discipline may reduce the risk, the risk of serious injury does exist; and,
2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES of others, and assume full responsibility for my participation; and,
3. I willingly agree to comply with the stated and customary terms and conditions for participants. If, however, I observe any unusual significant hazard during my presence or participating, I will remove myself from participating and bring such to the attention of the Company immediately; and,
4. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE, INDEMNIFY, AND HOLD HARMLESS THE _____
[Name of Organization]
their officers, officials, agents and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and, if applicable, owners and lessors of premises used for the activity ("Releasees"), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, to the full extent permitted by law.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

X _____ / /
PARTICIPANT'S SIGNATURE AGE DATE SIGNED

FOR PARENTS/GUARDIANS OF PARTICIPANTS OF MINOR AGE

[UNDER AGE 18 AT TIME OF REGISTRATION]

This is to certify that I, as parent/guardian with legal responsibility for this participant, do consent and agree to his/her release as provided above of all the Releasees, and, for myself, my heirs, assigns, and next of kin, I release and agree to indemnify and hold harmless the Releasees from any and all liabilities incident to my minor child's involvement or participation in these programs as provided above, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES, to the fullest extent permitted by law.

X _____ / /
PARENT/GUARDIAN'S SIGNATURE EMER. PHONE DATE SIGNED

THIS FORM SHOULD BE RETAINED BY ORGANIZATION NOTED ABOVE

FootballRelease-10

nrpinsurance.com • 800-722-5676 • Fax: 877-752-4415 • E-mail: info@nrpinsurance.com

5.8. NYFL Game Day Roster and Minimum Play Sheet

NYFL Game Day Roster and Minimum Play Sheet

Date: _____ Division: JRs or SRs Game Day Roster Size: _____

Team Name: _____

Minimum Plays Required: (please circle)
8 or 6 or 4

#	Player's Name	Play Count							
		1	2	3	4	5	6	7	8
1									
2									
3									
4									
5									
6									
7									
8									
9									
10									
11									
12									
13									
14									
15									
16									
17									
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27									
28									
29									
30									
31									
32									
33									
34									
35									
36									
37									
38									
39									
40									

JUNIOR DIVISION Minimum Play Rule:

- * Minimum plays for a 22 Player or less, roster is 6
- * Minimum plays for a 23 Player or more, roster is 4

SENIOR DIVISION Minimum Play Rule:

- * Minimum plays for a 22 Player or less, roster is 8
- * Minimum plays for a 23 Player or more, roster is 6
- **Minimum # of Players is 15. A team w/ less, forfeits**

Use the following initials as they are reasons for a player not getting their minimum # of plays:

I = injured **R = refused**
S = sick **E = equipment**
D = discipline **A = absent**

Score & quarter points **MUST** match opposing teams Game Day Roster

Score and Quarter Points

Score			
Home Team		Away Team	
Name		Name	
Quarter		Home Qt.Pts	Away Qt.Pts
1			
2			
3			
Final			
Final Qt Pts			

1 pt for each quarter led, but only for 1st 3 quarters
 1/2 point each if score is tied at end of any of the 1st 3 quarters
 Winning team receives 4 pts **TOTAL of 7 pts awarded for each game**

A signature is required from both teams to confirm score & pts

Home Team: _____

Away Team: _____

A picture of this document **MUST** be emailed or text to the NYFL Secretary (Amanda Warner) 518-593-5479 or mandee_b@yahoo.com

Rev 9/2023

PREGAME CHECKLIST FOR NYFL COACHES

I. WITH YOUR TEAM

- a. Review your pre-printed roster and indicate who is injured, absent, sick, etc. for EVERY GAME. Rosters should be typed up ahead of time.

II. BEFORE THE GAME WITH THE OPPOSING COACH

- a. Discuss what emergency medical plan is in place
- b. Exchange game day roster
- c. Team Checks: Each team will check the opposing team using their photos, their Official Roster* and their Gameday Roster
- d. Discuss footballs that are intended to be used in the game

***OFFICIAL ROSTERS – PRESENTED BY EACH TEAM AT THE NYFL PLAYER REG MEETING IN AUGUST**

1. Players not on the official roster cannot play
2. Photos without a Red or Black “NYFL” stamped in the weight slot cannot play
3. **Players who CANNOT play should not have on pads** and their reason for not being suited should be noted on gameday roster

***THE MINIMUM PLAY RULE IS BASED ON THE NUMBER OF FULLY SUITED, ELIGIBLE PLAYERS ON THE GAMEDAY ROSTER**

III. BEFORE THE GAME WITH THE OPPOSING COACH AND OFFICIALS

- a. Discuss where official time will be kept
- b. Discuss understanding of NYFL Special Rules
 - 2-minute warning at end of each half is a team time out in addition to the 3 team timeouts per team allowed each half.
 - 10-minute quarters for Juniors and 12-minute quarters for Seniors.

IV. JUST BEFORE KICKOFF

- a. Announce players and cheerleaders
- b. Play or read NYFL conduct statement and the National Anthem

V. AT HALF-TIME OF SENIORS GAME

- a. Pay officials \$70.00 per official per game (or \$280.00 maximum for each game)

VI. AFTER THE GAME

- a. Meet the opposing coach to sign each other’s game day rosters to verify that minimum play standards have been honored.
- b. Send picture of game day roster via email or text to the NYFL Secretary

DO NOT SIGN OFF AND CALL YOUR LEAGUE REP. IF YOU HAVE PROOF THAT MINIMUM PLAYS WERE NOT HONORED FOR ALL ELIGIBLE PLAYERS

5.9. NYSPHSAA Heat Index Procedures



HEAT INDEX PROCEDURES

Administration of Heat Index Procedures:

- Feels Like Temperature (Heat index) or THI using a Wet Bulb Globe Temperature Indicator (see chart below) on the field will be checked 1 hour before the contest/practice by a certified athletic trainer, athletic director, or school designee when the air temperature is 80 degrees (Fahrenheit) or higher.
- Download WeatherBug app to your phone or log into www.weatherbug.com. Schools may also use a Wet Bulb Globe Temperature Indicator (see chart below) on the field that will be used.
- Enter zip code or city and state in the location section of the app or on-line or determine the THI by using a Wet Bulb Globe Temperature Indicator.
- If the Feels Like temperature (heat index) or the Wet Bulb Globe Temperature Indicator is in the recommended range (yellow – WeatherBug or green, yellow, orange, red – WBGT), the athletic trainer, athletic director, or school designee must re-check the Feels Like temperature (heat index) or Wet Bulb Temperature Indicator at halftime or midway point of the contest. If the Feels Like temperature (heat index) or Wet Bulb Temperature Indicator is in the required range (red – WeatherBug or black – WBGT), the contest will be suspended.

Please refer to the following chart when using **Weather Bug app**, to take the appropriate actions:

	Feels Like Temp(Heat Index) under 79 degrees	Full activity. No restrictions
R E C O M M E N D E D	Heat Index Caution: Feels Like Temp (Heat Index) 80 degrees to 85 degrees	Provide ample water and multiple water breaks. Monitor athletes for heat illness. Consider reducing the amount of time for the practice session.
	Heat Index Watch: Feels Like Temp (Heat Index) 86 degrees to 90 degrees	Provide ample water and multiple water breaks. Monitor athletes for heat illness. Consider postponing practice to a time when Feels Like temp is lower. Consider reducing the amount of time for the practice session. 1 hour of recovery time for every hour of practice (ex. 2hr practice = 2hr recovery time).
	Heat Index Warning: Feels Like Temp (Heat Index) 91 degrees to 95 degrees	Provide ample water and water breaks every 15 minutes. Monitor athletes for heat illness. Consider postponing practice to a time when Feels Like temp is much lower. Consider reducing the amount of time for the practice session. 1 hour of recovery time for every hour of practice (ex. 2hr practice = 2hr recovery time). Light weight and loose fitting clothes should be worn. For Practices only Football Helmets should be worn. No other protective equipment should be worn.
REQUIRED	Heat Index Alert: Feels Like Temp (Heat Index) 96 degrees or greater	No outside activity, practice or contest, should be held. Inside activity should only be held if air conditioned.

Please refer to the following chart when using **Wet Bulb Globe Temperature Indicator**, to take the appropriate actions:

Cat 3	Cat 2	Cat 1	Activity Guidelines
< 82.0°F <27.8°C	< 79.7°F <26.5°C	< 76.1°F <24.5°C	Normal Activities – Provide at least three separate rest breaks each hour with a minimum duration of 3 min each during the workout.
82.2 - 86.9°F 27.9-30.5°C	79.9 - 84.6°F 26.6-29.2°C	76.3 - 81.0°F 24.6-27.2°C	Use discretion for intense or prolonged exercise; Provide at least three separate rest breaks each hour with a minimum duration of 4 min each.
87.1 - 90.0°F 30.6-32.2°C	84.7 - 87.6°F 29.3-30.9°C	81.1 - 84.0°F 27.3-28.9°C	Maximum practice time is 2 h. For Football: players are restricted to helmet, shoulder pads, and shorts during practice. If the WBGT rises to this level during practice, players may continue to work out wearing football pants without changing to shorts. For All Sports: Provide at least four separate rest breaks each hour with a minimum duration of 4 min each.
90.1 - 91.9°F 32.2-33.3°C	87.8 - 89.6°F 31.0-32.0°C	84.2 - 86.0°F 29.0-30.0°C	Maximum practice time is 1 h. For Football: No protective equipment may be worn during practice, and there may be no conditioning activities. For All Sports: There must be 20 min of rest breaks distributed throughout the hour of practice.
≥ 92.1°F ≥ 33.4°C	≥ 89.8°F ≥32.1°C	≥ 86.2°F ≥30.1°C	No outdoor workouts. Delay practice until a cooler WBGT is reached.



Fig. 2. Heat safety regions.

Use this link to determine the category of your location.

Link: <http://www.castlewilliams.com/wbgt-regions.html>

Approved May 1, 2010
Updated May 3, 2023

5.10. NYPHSAA Thunder and Lightning Policy

NYPHSAA THUNDER & LIGHTNING POLICY

*(Effective 10/25/04)
(Revised October 20, 2008)*

Applies to regular season through NYPHSAA Finals:

1) Thunder and lightning necessitates that contests be suspended. The occurrence of thunder and/or lightning is not subject to interpretation or discussion - thunder is thunder, lightning is lightning.

a) With your site administrator, set up a plan for shelter prior to the start of any contest.

2) When thunder is heard and/or when lightning is seen, the following procedures should be adhered to:

a) Suspend play and direct participants to go to shelter, a building normally occupied by the public or if a building is unavailable, participants should go inside a vehicle with a solid metal top (e.g. bus, van, car).

b) Do not permit people to stand under or near a tree; and have all stay away from poles, antennas, towers and underground watering systems.

c) After thunder and/or lightning have left the area, wait 30 minutes after the last boom is heard or strike is seen before resuming play or competition.



5.11. NYFL Code of Conduct

NYFL Code of Conduct

The Northeast Youth Football League (NYFL) believes that in youth football winning games should not be pursued as an end in itself, or, at all costs. The real value of this program is developing “1 – 10” players, winners in a winning relationship. Interdependence, self-confidence, cooperation, responsibility, commitment, and discipline – if each NYFL team is successful in developing these characteristics in their players via football, then we will have helped them win in life, as well as on the playing field.

Youth sports programs play an important role in promoting the physical, social and emotional development of children. It is therefore essential for parents, coaches and officials to encourage youth athletes to embrace the values of good sportsmanship. Moreover, adults involved in youth sports events should be models of good sportsmanship and should lead by example by demonstrating fairness, respect and self-control.

I therefore pledge to be responsible for my words and actions while attending, coaching, officiating or participating in a youth sport even and shall conform my behavior to the following code of conduct:

1. I will remember that children participate to have fun and that the game is for youth, not adults.
2. I will learn the rules of the game and the policies of the league.
3. I (and my guests) will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, cheerleaders, coaches, officials and spectators at every game, practice and/or other sporting event.
4. I (and my guests) will not engage in any kind of unsportsmanlike conduct with any official, coach, player, cheerleader, or parent such as booing and taunting, refusing to shake hands, or using profane language or gestures.
5. I will not encourage any behaviors or practices that would endanger the health and wellbeing of the athletes.
6. I will teach my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
7. I will demand that my child treat other players, cheerleaders, coaches, officials and spectators with respect regardless of race, creed, color, sex, or ability.
8. I will respect the officials and their authority during games and will never question, discuss or confront coaches at the game field, and will take time to speak with coaches at an agreed upon time and place.
9. I will demand a sports environment for my child that is free from drugs, tobacco and alcohol and I will refrain from their use at all sporting events.
10. I will refrain from coaching my child or other players and cheerleaders during games and practices, unless I am one of the official coaches of the team.
11. I will show respect towards parents, fellow and opposing coaches and all volunteers.
12. I will respect the property and equipment used at any sports facility, both home and away.
13. The only people allowed to speak to the referee on game day is the head coach.

Remember that youth football should be an enjoyable experience for players, parents, and coaches alike. Encourage your child to have fun, make friends, and develop lifelong skills and values through their participation in the sport.

By adhering to this code of conduct, parents/guardians can contribute to a positive and supportive environment for youth football, fostering the personal development, well-being, and enjoyment of all players involved.

Furthermore, I agree that in the even that my conduct results in my ejection by a referee or other official or in my removal from the field by any other person such as league officials, I will be automatically suspended from attending, coaching, officiating or participating in the following game(s) per the guidelines put forth in the NYFL Rulebook (Section 2.6.1).

Player's Name (please print): _____

Date: _____

Player's Signature: _____

Signature of Parents/Guardians: _____

Date: _____

Signature of Coach or Volunteer: _____

(Rev 7/2024)

6. Flag Football Manual

6.1. Overview

The NYFL will operate and support a flag football division for youngsters entering grades K-2 in the interest of building successful football programs for their member communities interested in participating in this level of play. The flag division is purely instructional and will not be considered a competitive venture. The division is non-contact and shall not encourage or instruct tactics that require excessive force on opponents.

6.2. Mission

The mission of the NYFL Flag Football Division is to develop interest in the game of football at the lowest practical age to secure a strong football presence for its participating member associations, while offering youngsters an opportunity to learn about football in a non-competitive, non-contact, fun environment.

6.3. Mutual Understanding

The participating member associations of the NYFL must mutually support the principles of a non-competitive, non-contact (passive blocking), non-confrontational and purely instructional flag football division to secure the long-term success of this program. Since scores and records are not kept, the act of allowing players to participate to the greatest extent possible should be carried out. There should not be any attempts to limit player time due to the coach's need to put "the best team" on the field. As with the tackle program, the Flag division will have a "Combine" prior to the start of the game schedule. Attendance at the "Combine" is mandatory for each community that participates in flag games.

6.4. Eligibility

Boys and girls that are enrolled in grades K-2. All participants must be 5 years old before they are eligible, due to insurance requirements. Second graders that have failed or are delayed may also play if they do not turn eight (8) years old by September 1st. If a second grader will become eight (8) years old before September 1, he/she must be enrolled in the tackle program.

Jurisdictional (district boundary) requirements as set forth by the NYFL will continue to be in place. If a player resides in an area where there is not an NYFL flag program, the player may commute to the NYFL flag program of his/her choice and register for play at that location.

6.5. Game Rules

6.5.1. Field Size

The field size will consist of an 80-yard field at a standard width. The field will be marked with continuous lines at every 10 yards.

6.5.2. Scheduling

The Flag Football Division will participate in a five-game schedule, starting the Saturday before the first Sunday of the NYFL tackle season. Flag games are expected to be scheduled on Saturday mornings between the hours of 10:00 a.m. and 12:00 p.m. or at the discretion of the NYFL board members. The

scheduled time or location of any game may be changed at the discretion of the coaching staff or NYFL league representative if both teams agree with the change in time and/or location.

6.5.3. Teams

Each offensive and defensive squad must have eight (8) players. There are no special teams. There are no extra points after scoring. Team size is recommended to be between 12 and 20 players; however, member organizations may need to adjust as necessary. Teams are recommended to have at least twelve (12) players on their roster; however, there will be no forfeit situations unless both teams agree that a forfeit should take place based on a lack of players from any one team. Coaches should always find a way to play the game and improvise as necessary. Reasonable accommodations should be made to allow teams to play and allow late players to show up.

6.5.4. Required Equipment

Each player must wear a protective mouthpiece. Players will not be allowed to wear any hard surfaces during play (i.e., helmets, hard pads, etc.) that may come contact other players. Players will wear a jersey with number on front and back, representing their team color. Sneakers or cleats are acceptable; however, rubber/plastic cleats are recommended. Metal spikes are not required, nor permitted. Athletic supporters may also be used.

Flags: Flags to be worn by players will consist of three ribbons (one rear ribbon and two side ribbons), all equal length. The flags will be the type typically referred to as “Pop” flag belt. Contrasting colors compared to uniforms. One color to be worn by each team. Game jerseys should be tucked into pants so as not to cover the flags.

6.5.5. Game Rules

On Field Personnel: A maximum of two (2) coaches for each team may be on the field to assist their respective team at any time. The flag division shall not use paid referees. Each team’s head coach shall choose a qualified and knowledgeable volunteer (i.e., assistant coach) to assist in the duties as a referee. The on-field coach may ask the opposing coach to watch his players for similar infractions.

NOTE: The spirit of the NYFL flag division is to conduct an instructional, non-competitive, non-confrontational football atmosphere.

Time of Play: Each regular season flag game will be played for the duration of one (1) hour, as measured by a continuous play clock. There will be no stopping the time clock for any reason. There will be two, twenty-five (25) minute halves per game. There will be one half time break after twenty-five (25) minutes of play, which will be ten (10) minutes in duration. At the conclusion of the half time and end of game, the team that possesses the ball shall be allowed to continue their possession (four downs). Play 1st half as a normal game, 10-minute halftime. Then the 2nd half of the game, play two 12-minute possessions (offense/defense).

Time Between Plays: It is recommended that teams practice their play calling techniques to optimize the time of play. It is recommended that not more than 30 seconds elapse between plays, however, delay of game penalties shall not be called.

First Possession: The visiting team will get first choice in deciding to take the ball. Home team will get its choice of goal to defend.

Offense:

- There must be 5 men on the line of scrimmage, 3 of which are interior linemen.
- The interior three linemen are not eligible pass receivers.
- First downs are established by accruing 10 yards in any four-down possession.
- Scores are not to be kept, published, or considered for player substitution.
- If coaches want to educate their players on scoring, each TD should be considered 6 points.
- Each team will get four (4) attempts at reaching a first down (Downs 1-4)
- Each team will take offensive possession at their own 20-yard line at the start of the game and during change of possessions.
- Fumbled balls are considered dead at the point of the fumble. Fumbles behind the line of scrimmage will be returned to the line of scrimmage; however, the down will be lost.
- Fumble on the snap, QB/Center exchanged, will be called dead and brought back to the line of scrimmage with no loss of down ...*(Exception)* – Shotgun Snap fumbled exchange will be brought back to the line of scrimmage but there will be a loss of down.
- Tackles behind the line of scrimmage are also moved back out to the line of scrimmage with a loss of down.
- Although not necessary, a team may choose to use a chain set to mark the first down. A simpler approach would be to have the referee stand at the point of the next first down to avoid any on field confusion.

Offensive Line Play:

- Offensive linemen will be in a two-point stance.
- There will be no blocking below the jersey numbers or above the shoulders.
- Offensive linemen must not charge the defensive players to cause injury.
- **Coaches should review the match ups on the O-D line to insure fairness to smaller players.** Defensive coach should make necessary arrangements to realign players if necessary.
- A buffer zone between the offensive and defensive lines of 1 to 2 yards shall be used.

Running Backs:

- Running backs must not spin or cover flags or block to prevent de-flagging. Evasive moves should consist of proper cuts, running away from defenders, and use of speed.
- Running backs may be used in option situations to pass to other offensive players. If the flags should fall off the running back, the play would be whistled dead. If the runner should fall, the play would be whistled dead.

Defense:

- Interception of passes can be advanced
- Defensive linemen must make contact/engage prior to pursuing offensive player with the ball
- There will be no defensive linemen lined directly on the center.
- Defenses will consist of a 4-4 version or a 4-2 with safeties behind or equal to the linebackers.
- Defensive players may not grab or hold on to a runner to grab a flag.

- If a defense is dominant and prevents the offense from executing a play (broken up in the backfield or on the center/QB exchange) the offensive team coach can require the defense to move back greater than 2 yards, to a distance suitable for play execution.
- **Use of a 6-2 defense is prohibited since it diminishes the outside running game and mismatches the offensive line.**
- Defensive linemen will be in a two-point stance.
- No blitzing

6.5.6. Settlement of Disputes

It is recommended that the two teams work together to settle any dispute regarding rule violations, penalties, and game operation issues. In the absence of impartial game officials, these issues must be settled on the field to optimize playtime. The home team head coach or home team member association president shall have final say on all unresolved issues during the game. If coaches or referees do not feel reasonable solutions have been reached, or if at any time, the safety (physical or mental harm) of the players has been compromised due to violations of this manual (see Mission and Understanding) the NYFL member association representative must contact the NYFL President to provide a description of the occurrence. A description of the violation may then need to be put in writing by the member association representative and/or require an appearance in front of the NYFL board. The flag committee will review and discuss any problems to mitigate further problems.

6.5.7. Flag Coordinator

The flag coordinator will be provided by a member organization according to the following schedule:

2021 – Brunswick	2022 – Manchester
2023 – Hoosick Falls	2024 – Hoosic Valley
2025 – Mechanicville	2026 – Cambridge
2027 – Vermont	2028 – Bennington
2029 – Stillwater	2030 – Granville
2031 – Watervliet	2032 – Greenwich
2033 - Schuylerville	2034 – Wilton/Saratoga