

PREGAME CHECKLIST FOR NYFL COACHES

I. WITH YOUR TEAM

A. COMPLETELY FILL OUT ROSTER FOR **EVERY GAME**.

II. BEFORE THE GAME WITH THE OPPOSING COACH

- A. DISCUSS WHAT EMERGENCY MEDICAL PLAN IS IN PLACE
- B. DISCUSS FEEDING PLAYERS AFTER THE GAME
- C. EXCHANGE GAME DAY ROSTER
- D. TEAM CHECKS: EACH TEAM WILL CHECK THE OPPOSING TEAM USING THEIR PHOTOS, THEIR OFFICIAL ROSTER*, AND THEIR GAMEDAY ROSTER

*OFFICIAL ROSTERS - PRESENTED BY EACH TEAM AT THE NYFL

PLAYER REG. MTG. 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.

E. DISCUSS FOOTBALLS THAT ARE INTENDED TO BE USED IN THE GAME

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 (CHEERLEADERS)
- B. PLAY OR READ NYFL CONDUCT STATEMENT AND THE NATIONAL ANTHEM

V. AT HALF-TIME

A. PAY OFFICIALS \$55.00 EACH (or \$220.00 maximum for each game)

VI. AFTER THE GAME

- A. MEET WITH OPPOSING COACH TO SIGN EACH OTHERS GAME DAY ROSTERS TO VERIFY THAT MINIMUM PLAY STANDARDS HAVE BEEN HONORED DO NOT SIGN OFF, AND CALL YOUR LEAGUE REP. IF YOU HAVE PROOF THAT MINIMUM PLAYS WERE NOT HONORED FOR ALL ELIGIBLE PLAYERS.
- 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