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| |  | | --- | | Greetings Cardinal Families,  We hope you all are enjoying your much deserved break in the off season  We have some exciting news to announce. We are making the move to the local RYFC League (Rochester Youth Football & Cheerleading) starting with the 2023 season. The Cardinals Board is looking forward to becoming a part of this growing league and move on to our next great adventure. RYFC was formed in Winter of 2015 and is the largest local league in Monroe County! This league currently has the following towns – Brighton Jr Bruins, Brockport Jr. Devils, Churchville Jr Saints, Fairport Raiders, Gates Chili Jr Spartans, Greece Cardinals, Greece Chargers, Hamlin Hornets, Hilton Jr. Cadets, Irondequoit Eagles, Irondequoit Jr Lancers, Penfield Patriots, Pittsford Panthers, RH Renegades, Spencerport Jr. Rangers, Victor Jr Blue Devils & Webster Jr Warriors/Titans.  Most of the day-to-day operations of the Cardinals will remain the same. A few changes to note are listed below for your review. We will continue to work on updating our website, documents, and release other pertinent information as it becomes available.  **Rostering Change:**  In our new league Rostering will now be done by grade when you register for Cardinals.  Grades for 2023 Season Play (as of the 2023/2024 School year)   * A Football & A Cheer: Grades 6 & 7 * B Football & B Cheer: Grades 4 & 5 * C Football - Grade 3 (and grade 2 if approved by the RYFC league and the Cardinals) * C Cheer - Grades 2 & 3 * Flag Football & Cheer - Grades K,1, 2   **Weights:**  Weight limits apply for backfield positions only, not all players.   * C Squad - No Backfield Weight Limit * B Squad - 130 lbs Backfield Weight Limit * A Squad - 155 lbs Backfield Weight Limit   Players who do not play in the backfield are not subject to any weight limits  **Regular Game Schedules:**  Times Below are applicable for Sunday Games. Saturday times would be TBD   * Flag Games - 9am Start * C Games - 10:30am Start * B Games - Approx 12:30pm Start * A Games - Approx 2:30pm Start   **Modified Football & Cheerleading**  RYFC does not allow any rostered athletes to participate in both Youth play and Modified Football or Cheerleading. The only exception to this rule is if the athlete is playing in a different modified sport ( Soccer, Track etc.) as long as they fulfill all requirements of both organizations  **C Team Football - Rookie Play:**  C Team football is played 8-on-8 on a 60 X 35 yard field with 10-yard end zone.  There are No Special Teams- punts, kickoffs, extra point kick etc  Thank you,  Greece Cardinals | |