

2011 RCYFL Rules

A. Eligibility

1. Team Association -

- a) Players in grades K-5 must play for the team associated with the Elementary School that they attend or should attend. These Elementary Schools are Bethany, Lincoln, Monroeton, and Wentworth.
- b) Players entering the 6th or 7th grade that played in the RCYFL the previous year may stay on the same team as the previous year.
- c) Players entering the 6th or 7th grade that did not play in the RCYFL the previous year will be treated the same as K-5 players below.
- d) Players in K-5 that do not attend one of these schools (i.e. are home schooled, attend private school or another school) must attend the school that is closest to their residence.
- e) Players may be 'transferred' to another school in the event of a full roster of the team at their associated school. This is to be done at the discretion of the schools involved SR's.

*** Expansion Teams See Section 'E' below.

2. Age Limits -

- a) To be eligible to play in the **9 & Under League**, a player cannot turn 10-years old on or before September 15th of the playing year.
- b) To be eligible to play in the **12 & Under League**, a player cannot turn 13-years old on or before September 15th of the playing year.
- c) **"Younger & Heavier"** - Younger players may 'play up' at the discretion of their parents with the approval of the Head Coach and the SR provided they meet the requirements below.
 - i. **9 & Under League** - 6-year olds may 'play up' into the 9 & Under League if they turn 6 on or before September 15th of the playing year AND provided they weigh at least 60 pounds on certification day.
 - ii. **12 & Under League** - 9-year olds may 'play up' into the 12 & Under League if they turn 9 on or before September 15th of the playing year AND provided they weigh at least 80 pounds on certification day.
- d) **"Older & Lighter"** – Older players may 'play down' into the 9 Under League at the

discretion of their parents with the approval of the Head Coach and the SR provided they meet and follow the requirements and restraints below:

- i. Weigh 80 pounds or less on certification day.
- ii. Do not turn 11-years old on or before November 15th of the playing year.
- iii. Each team is limited to (4) 10-year olds 'playing down'.
- iv. Will only be eligible to play interior offensive and defensive line positions. The interior line is defined as from the outside shoulder to the outside shoulder of the tackles on offense. This will be explained in further detail at the Coaches Certification.

3. Registration -

- a) Registration forms must be mailed to the appropriate SR for each school. Registrations delivered by hand are not allowed. Postmarks will be used to determine team rosters if over 25 registration forms are received. Each team's roster may be expanded to no more than 30 participants at the discretion of the schools SR.
- b) A valid copy of each player's Birth Certificate must be provided in order to verify age.
- c) For a registration to be valid the registration form must be filled out completely and the "Parent's Code of Conduct" form must be signed and returned with the registration form.
- d) Full payment must be included with the registration form. ** There will be a \$20.00 service charge on all returned checks. A player will be removed from the roster if payment is not received in full by September 1st of the playing year.
- e) Registration fees are NOT refundable if the player quits after 3rd week of practice. Extenuating circumstances are at the discretion of the League.

** 12-year old players that are trying out for the Middle School football team and wish to hold a position on the roster should send in their registration without any payment and note on the registration form that they are trying out for Middle School football. We encourage all 12-year old players to try out for the Middle School football team.

- f) No dual participation is allowed in other organized football leagues including, but not limited to, Middle Schools, Recreation Departments, Pop Warner, Etc.

4. Certification -

In order to be eligible to compete, each participant must meet each of the following criteria:

- a) Complete a registration form and pay any required fees and be assigned to a team.
- b) The participant's name must be officially recorded on a roster.

A team roster with each players name and number (in numerical order), a copy of the participant's registration form and Birth Certificate must be furnished to the authorized RCYFL official at weigh-in. This copy will be retained by the League.

- c) Be weighed-in on the first playing date (or another date selected by the League) by an authorized RCYFL representative. Weigh-in will occur in pants w/pads but without shoes. (1 lb will be deducted for pants). The players SR (or other approved representative) and/or a SR (or other approved representative) from another team must also be present. The weight recorded on the Certified Roster is to be the observed weight less 1lb. If a player misses weigh-in on the first playing date they must be weighed-in by the above criteria prior to competing in any games.

A player missing the scheduled weigh-in date may weigh in at the next game day but will be ineligible to play that day.

Note: The League must approve of the scales used for Certification.

- d) A copy of each team's certified roster will be distributed to each SR within one week of weigh-in. Each SR is to distribute copies of these certified rosters to his coaches. This certified team roster must include the following at a minimum:
 - i. Jersey Number
 - ii. Player Name
 - iii. Birth Certificate Verification
 - iv. Birth Date
 - v. Age
 - vi. Weight
 - vii. Certified By
 - viii. Indication of eligibility to be a ball carrier
- e) Once a roster is certified players are not allowed to be moved between 9 & Under and a 12 & Under teams. Extenuating circumstances are at the discretion of the League.

5. Ball Carrier Weight Limits -

- a) While there are no weight limits on players other than those described above there are weight limits on ball carriers.
 - i. No ball carrier may exceed 95 lbs. in the 9 & Under League.
 - ii. No ball carrier may exceed 125 lbs. in the 12 & Under League.
- b) Eligibility for ball carriers will be determined at the "certification" weigh-in mentioned in rule 4.
- c) Players that are eligible to carry the ball must have their helmet conspicuously marked with a 2" X 2" RED "X" on the back of the helmet.

- d) 10-years olds playing down into the 9 & Under League must have their helmet conspicuously marked with a 2" X 2" BLUE "X" on the back of the helmet.

B. Practice

1. Practice Schedule -

- a) The first official league game will be held on the 1st Saturday in September after Labor Day. (September 10, 2011)
- b) No practice of any kind may held more than 4 weeks before the first game. *** (August 15, 2011)
- c) The first week of practice will consist of conditioning and player evaluation ONLY. No hitting is allowed. (This week is optional).
- d) The second week of practice will consist of the following:
 - i. Days one & two are in helmets only. No hitting. (August 22nd & 23rd, 2011)
 - ii. Days three & four are in helmets and pads. No hitting. (August 24th & 25th, 2011)
 - iii. Day five you may hit. (August 26th, 2011)

All players must follow this 2-2-1 schedule, if a player starts late or misses practices they must still fulfill the 2-2-1 requirements.

*** Teams are allowed to hold a onetime 'mini-camp' with a maximum duration of 3 days. A fee must be charged to participants and the other teams in the league must be notified and allowed to participate.

2. Practice Duration –

The RCYFL understands the demands placed upon today's families and places family and education as a top priority, for this reason there are limits on the number and duration of practices.

- a) Preseason - During the 4 weeks prior to the first game practice time for all teams in all leagues is limited to 6 days per week (Monday through Saturday) and no more than 2 hours per day.
- b) Regular Season - After the first game practice time for all teams in all leagues is limited to a total 4 ½ hours per week (Monday through Saturday) on no more than 3 separate days and no more than 2 hours per day.

We love football and want very much for your child to love football. Football is time consuming and demanding and we do not want to imply that we think otherwise. We simply hope that you will appreciate the restrictions we are placing on coaches and teams with regard to practice limits once the regular season begins. We must keep what we are

doing in perspective. Teams comprised of young boys do not need to practice as much as a varsity football team.

3. Safety –

Safety should always be a prime concern on the football field. Parents place their children in our trust and we must be good stewards of this trust.

- a) Coaches should be attentive to the heat and have water available at all practices and games.
- b) A basic First Aid Kit and a supply of ice should be present at all practices and games.
- c) At a minimum the following information should be available on the sideline at all practices and games for each participant:
 - i. Players name.
 - ii. Parent(s)/Guardian(s) names and phone numbers.
 - iii. Emergency contact(s) names and phone numbers.
 - iv. Information on any health or medical concerns.

4. Scrimmages –

Scrimmages with other teams are limited to twice during the pre-season and once every two weeks during the regular season. The Commissioner should be notified in advance of all scrimmages.

C. Equipment -

1. Equipment Check-Out -

- a) All RCYFL equipment is to be stored during the off season at a central location designated by the Commissioner.
- b) Equipment will be distributed to each team on a specified 'Equipment Check-Out' date. Each schools SR and at least one coach from each team must be present at 'Equipment Check-Out'.
- c) Equipment will be divided equally by size prior to 'Equipment Check-Out' and issued to each team with an itemized inventory. Each SR is responsible for the equipment listed on the inventory once issued.

Note: The quantity (and timeliness) of equipment returned the previous year along with its cleanliness and organization will have a direct correlation to the quantity and quality of the equipment distributed the following year.

2. Equipment Check-In -

- a) Equipment will be received from each team on a specified 'Equipment Check-In' date. Each schools SR and at least one coach from each team must be present at 'Equipment Check-In'.
- b) Equipment should be separated by type and inventoried prior to 'Equipment Check-In'. Returned equipment inventory will be verified by an authorized RCYFL official.
- c) Any missing or unaccounted for equipment should be recorded and presented to the League and the Commissioner to determine the proper restitution.

3. Required Equipment -

- a) The RCYFL will furnish the following equipment to all players on each team's roster:
 - i. Football Helmet
 - ii. Shoulder Pads
 - iii. Football Pants w/ 7-piece pad set
 - iv. Practice Jersey
 - v. Game Jersey*
 - vi. Mouth Piece** (one will be furnished, replacements are the players responsibility)

* Some teams have elected to purchase 'custom' jerseys and there may be additional cost for these – see your SR.

** No 'clear' mouth pieces are allowed.

- b) The above equipment is required to be only worn to participate in any practices or games.
- c) Cleats are required for each player and must be furnished by the player. **Only molded cleats are allowed. No detachable or metal cleats are allowed.**
- d) Any additional equipment that a player desires must be approved by the Coach/RCYFL. Note: No tinted visors are allowed.
- e) All equipment issued is the property of the RCYFL and must be returned at the end of the season.

4. Equipment Care & Return -

- a) The equipment needed to outfit this league every year is one of the biggest costs incurred by the RCYFL. We need your help to keep this equipment in the best possible condition to help reduce replacement costs.
 - i. Equipment should be used only for RCYL purposes.
 - ii. Equipment should be washed and cleaned regularly and properly. (If you have questions about the proper care of your equipment ask your Coach.)

b) Equipment is to be returned to a location, date and time specified by your coach and/or SR. The equipment that has been issued to each player is the financial responsibility of each player's parent or guardian. Equipment that is not returned will be charged to the parent or guardian at the following rates:

- i. Full Set - \$180.00
- ii. Helmet - \$65.00
- iii. Shoulder Pads - \$50.00
- iv. Football (Practice) Pants - \$15.00
- v. Football (Game) Pants - \$25.00
- vi. 7-Piece Set - \$10.00
- vii. Jersey - \$15.00*

* Some teams have 'custom' jerseys and there may be additional cost for these.

c) Equipment should be returned washed and cleaned. Pads should be removed from pants and any stickers added to you helmet removed and the helmet cleaned.

d) At the discretion of the league participation awards may be given out to the players at the end of the season. Players that have not returned their equipment or made the necessary financial reimbursement for lost equipment are not eligible for these awards. Players that have quit or otherwise not completed the season are not eligible for these awards.

5. Footballs -

- a) In an effort to improve game play the following sizes of footballs will be utilized in the RCYFL.
- i. Flag: Pee Wee Size for 6-9 year olds (Wilson K2, Nike 1000K)
 - ii. 9 and Under League: Pee Wee Size for 6-9 year olds (Wilson K2, Nike 1000K)
 - iii. 12 and Under League: Junior Size for 9-12 year olds (Wilson TDJ, Nike 1000Y)

Note: Football Manufacturer and type listed above is for example purposes and is not intended to limit use to the ones listed only to give a guideline for size.

D. Playing Rules

North Carolina High School Federation Rules will be used as the basic rules for play in both leagues with the following exceptions.

1. Game Length -

- a) All 9 & Under League games will consist of four 6 minute quarters.
- b) All 12 & Under League games will consist of four 7 minute quarters.
- c) 5th Quarter games will be played prior to the start of each game and will be 15 minutes in duration and utilize a running clock.

Note: The 5th quarter is MANDANTORY and will be played in all games, including the playoffs. The 5th quarter will be conducted by 'standard' league rules with the exception of there will be no kick-offs.

2. Playing Time -

Coaches are expected to play every player in every game. Special teams' plays are considered important playing time. All coaches should address the issue of playing time with parents at a mandatory pre-season meeting.

3. Substitution -

Free substitution is a major part of football. It is always in effect and is encouraged.

4. Overtime -

In the event that a game is tied at the end of regulation, NCHSAA rules regarding overtime will be employed. After a coin toss to determine initial possession, both teams will be given an equal number of downs (4) to score from the 10 yard line. Should neither team score in their 4 downs, play will continue with teams alternating possession until a winner can be determined. Each team will be awarded (1) time out for each overtime period. Timeouts do not carry over.

5. Penalties -

Because of the reduced playing field in the 9 and Under League, penalties will be reduced. A 5 yard penalty will be 4 yards. A 10 yard penalty will be 8 yards. A 15 yard penalty will be 12 yards. Regulation penalties will be enforced in the 12 & Under League.

6. Defensive alignment -

In the interest of quality play, **no defense shall align a defensive player (NG) directly on the center or in the 'A' gaps. Interior-most defensive linemen shall be lined up 'heads up' on the offensive guard. If the offense chooses to spread the guards out wider than 'normal' (>1') the defensive linemen may choose to lineup in the same relative position as if the offensive guards were not spread out. (Officials judgment).** Linebackers lined up over the center shall not be within 3 yards of the LOS (Line of Scrimmage) prior to the snap. It will be up the judgment of the officials as to whether this rule is being violated.

7. Offensive alignment -

Only eligible ball carriers (See A.5 above) may line up in any position that is be eligible to carry the football.

8. Kickoffs -

- a) All kickoffs in the 9 and Under League should take place from the teams own 30 yard line. All kickoffs in the 12 & Under League shall take place from the teams own 40 yard line.
- b) The receiving team must line up a minimum of 6 players no less than 10 yards and no more than 15 yards off the ball. All other receiving team players that are more than 15 yards off the ball must be eligible ball carriers. (See A.5 above).
- c) Any player that is not an eligible ball carrier is not allowed to advance the football.

9. Punting -

Punting is a valuable skill in football and we encourage participants to do so to develop this skill.

- a) **In the interest of safety and quality of play punt plays, should a team decide to do so, will be “dead” plays until the ball is punted.** The decision by a team to punt will be regarded as a dead ball situation and the clock shall stop until the ball is punted. The punter will have 3 seconds (officials’ judgment) to punt. Defensive teams can drop no more than 3 men deep. The remaining 8 must be on the LOS.
- b) Teams electing not to punt may opt to move the ball 20 yards down field in the 9 & Under League and 25 yards down field in the 12 & Under League.
- c) **Under no circumstance should the ball be placed inside the 10 yard line when teams exercise option D.9.b.**

10. Place Kicking – (12 & Under League Only)

Like Punting, Place Kicking is an important skill that we hope to begin developing at the lower levels of football.

- a) Field Goals will count as 3 points each.
- b) No fakes are allowed.
- c) Defenses are allowed to rush a maximum of (2) players. One player may rush from each end (L/R) of the LOS and the outside most player(s) will be deemed the designated rusher(s). These players must be eligible ball carriers (See A.5 above) and line up on the LOS outside of the tackles. Other players on the Defensive line may jump at the LOS in an effort to block kicks but at no time should they rush the kick. The kicking team may block the rushers man-to-man only.
- d) A kicked ball but may be returned as long as it remains in the field of play. A blocked attempt is a ‘dead ball’. A mishandled snap is a dead ball – Officials discretion.

11. Playing Fields -

The length of the field in the 9 & Under League shall be approximately 70 yards long and 35 yards wide. The 12 & Under League will play on a regulation field.

12. Timeouts -

Teams will be granted 2 timeouts per half. Time outs will last one minute. Each team will be given 1 timeout per overtime session. There is never a carryover from regulation to overtime and from overtime period to overtime period.

13. Extra Points -

- a) Running or passing the ball into the end zone for an extra point will count for 2 points in the 9 & Under League.
- b) Running or passing the ball into the end zone for an extra point will count for 1 point in the 12 & Under League.
- c) Teams in the 12 & Under League may kick the ball through the uprights for 2 points. No fakes are allowed.
 - i. No fakes are allowed.
 - ii. Defenses are allowed to rush a maximum of (2) players. One player may rush from each end (L/R) of the LOS and the outside most player(s) will be deemed the designated rusher(s). These players must be eligible ball carriers (See A.5 above) and line up on the LOS outside of the tackles. Other players on the Defensive line may jump at the LOS in an effort to block kicks but at no time should they rush the kick. The kicking team may block the rushers man-to-man only.
 - iii. A kicked ball but may be returned as long as it remains in the field of play. A blocked attempt is a 'dead ball'. A mishandled snap is a dead ball – Officials discretion.

14. Mercy Rule -

- a) The RCYFL will not enact a "mercy" rule. Coaches should be alert to the fact that officials will be instructed to use a running clock in the second half once a team gains a 24 point lead. This rule applies to the regular season only.
- b) Should officials have to employ this rule the clock will only stop in the following situations:
 - i. Injuries.
 - ii. Change of possession.
 - iii. Moving the chains.
 - iv. Any kicking situation already discussed in the previous rules.

15. Delays of Game –

One of the primary purposes of the RCYFL is to teach fundamentals. With younger players this requires patience and sometimes may require extra instruction. Coaches should strive to do this at all times but in the interest of fair play no team/coach shall intentionally delay play.

- a) All plays in the 9 & Under League should begin within thirty-five seconds from the time the official marks the ball ready for play.
- b) All plays in the 12 & Under League should begin within thirty seconds from the time the official marks the ball ready for play.

16. Coaching Staffs -

- a) All coaches must be certified in order to help in practice and/or be present on sidelines during games. On game day coaching staffs will be limited to 6 individuals on the sidelines including the head coach. An additional Statistics person will also be allowed. A maximum of 2 youth water boys will also be allowed. It will be the responsibility of the head coach and the SR to limit the adults on a respective teams' sideline to the coaching staff, the SR and one stat person. Anyone not falling into the above categories will be removed from the sideline area.
- b) Each team will be allowed one coach on the field in the 9 and Under League. Coaches are not allowed on the field in the 12 & Under League except during 5th quarter play.
- c) No fans or spectators are allowed on the sidelines or the field. Fans and spectators must stay in designated areas.
- d) Any Coach ejected from a game is automatically suspended for a minimum of one game. If the suspension is from the team's final game, the suspension will be served the first game of the next season that the Coach returns to the RCYFL.

17. Radio/Electronics Communications -

Radio/Electronics communication will only be permitted by coaches in the 12 & Under League. These communications are limited to the 6 individuals identified in item 15 above.

18. Scouting -

Scouting of opponents' practices is not allowed. Scouting of opponents games is allowed.

Filming, taping or recording of any type is limited to games in which your teams are

participating. It is not allowed to film, tape or record games or practices of other teams.

F. Conduct

1. Parent/Spectator Conduct -

Parents and spectators are expected to act in a manner that is deemed appropriate, acceptable and sets a good example for young people. Society today sometimes waters down standards in an effort to defend poor behavior. Examples of poor sportsmanship and behavior at any RCYFL event includes but are not limited to:

- Use of loud profanity in public.
- Arguing to the point of incivility with coaches, event officials or spectators.
- Chastising a child publically for poor performance.
- Public intoxication.
- Repeatedly bashing or publically threatening game officials.

The Rockingham County Youth Football League (RCYFL) will not condone any of the above or any behavior closely associated with those above. Should a spectator's behavior require their removal from an RCYFL event, that person or persons will be banned from any future games during said season. Law enforcement will be contacted and the RCYFL will ask that charges be filed for disorderly conduct/disturbing the peace.

2. Coaches Conduct -

The RCYFL will not tolerate behavior by coaches that is detrimental to the development of the young people in our organization. All coaches are expected to set a good example in all areas. Should a coach be ejected from a game he will automatically serve a one game suspension. The suspension will be the next scheduled game. Should it be determined by the internal committee of the RCYFL that a coach's behavior is/was especially poor, that coach may be suspended for periods longer than one game up to the balance of the season. If the questionable behavior occurs at or near the end of a season, the suspension may carry into the next season.

F. Expansion

We are very proud of the fact that other youth football organizations in our area have chosen to join us in our endeavor to provide a quality youth football program to the young athletes of Rockingham County. Stokesdale AYF joined us in 2007, Huntsville and Stoneville in 2008, Madison-Mayodan Recreation Department in 2009, Northern Guilford in 2010 and Eden in 2011. We feel that these additional organizations bring diversity and increased competition to our league.

We have offered guidance and lessons learned to Stokesdale, Huntsville, Stoneville ,Northern

Guilford and Eden as they each formed their own organizations. Madison-Mayodan Rec. has been around for decades and is joining for the diversity, competition and format of play.

Each of these organizations is their own entity outside of the RCYFL and has their own Commissioner or Board, furnish their own equipment and furnish their own insurance. While they are their own entities they have agreed to follow our League Rules and abide by the decisions of our Commissioner and League Officers. However, due to this growth some of our basic rules have been modified as they pertain to these expansion teams.

1. Organization -

Each Organization must charter under another Organization such as American Youth Football.

2. Representative -

Each Organization must appoint a Representative to attend meetings and speak on behalf of their Organization. This representative cannot be a Coach for the Organization. Decisions by this individual as it applies to the League shall be binding.

3. Insurance -

Each Organization must provide its own insurance coverage. Type and extent of coverage must be approved by the League.

4. Fees -

Each Organization will set its own 'fee to play' as needed.

5. Team Association -

In an effort to mirror the RCYFL core schools participation boundaries have been established for the expansion teams. Except as defined below, players must play for the team associated with the Elementary School that they attend or should attend.

- a) Western Rockingham County - For the teams in this area the participation boundaries are as follows:
 - i. Huntsville – Huntsville Elementary School
 - ii. Stoneville – Stoneville Elementary School
 - iii. M&M Recreation Department – Dillard Elementary School
 - iv. Students attending New Vision or who are Home Schooled are governed by the Elementary School district in which they live.
- b) Due to the addition of the M&M Recreation Department teams in 2009 some accommodations were made for existing players. These accommodations are as follows:

- i. Players that played out of district last year (2008) have the option to be ‘grandfathered’ and remain where they played last year (2008).
 - ii. Siblings of players that played out of district last year (2008) also have the option to be ‘grandfathered’. For siblings to be eligible to be ‘grandfathered’ they must play concurrently with the ‘grandfathered’ sibling at least one season.
 - iii. Should a player who is eligible to be ‘grandfathered’ opt not to return to their team from last year (2008) or in ensuing years will forfeit their ‘grandfather’ status.

- c) Guilford County - For the teams in this area the participation boundaries are as follows:
 - i. Stokesdale – Oak Level Christian Academy, Stokesdale Elementary, Oak Ridge Elementary & Colfax Elementary.
 - ii. Northern Guilford –Northern Elementary, Summerfield Elementary & Pierce Elementary.
 - iii. Students who are Home Schooled are governed by the Elementary School district in which they live.
 - iv. No players residing outside of the participation boundaries defined above will be eligible to participate under any circumstance.

- d) Due to the addition of the Northern Guilford teams in 2010 some accommodations were made for existing Stokesdale players. These accommodations are as follows:
 - i. Any player that played with Stokesdale for the 2009 season will be ‘grandfathered’ to continued play regardless of residence.
 - ii. Siblings of players that played with Stokesdale for the 2009 season also have the option to be ‘grandfathered’. For siblings to be eligible to be ‘grandfathered’ they must play concurrently with the ‘grandfathered’ sibling at least one season.
 - iii. Should a player who is eligible to be ‘grandfathered’ opt not to continue participation with SAYFL at any time, now or in the future, that player and any siblings will forfeit their ‘grandfather’ status.

- e) Eden – For the teams in this area the participation boundaries and guidelines are as follows:
 - i. Participation is limited to players that attend the Eden City Schools or fall within the Eden City Schools attendance zones.
 - ii. Any players that fall into 5.e.1 above but participated with an existing RCYFL affiliated organization during the 2010 season are ‘grandfathered’ to continue to play.
 - iii. Siblings of players that played with an existing RCYFL affiliated organization during the 2010 season also have the option to be ‘grandfathered’. For siblings to be eligible to be ‘grandfathered’ they must play concurrently with the ‘grandfathered’ sibling at least one season.
 - iv. Should a player who is eligible to be ‘grandfathered’ opt not to continue

- participation with the existing RCYFL affiliated organization at any time, now or in the future, that player and any siblings will forfeit their 'grandfather' status.
- v. No scholarships (elimination or reduction in fees) are to be offered to any players.

6. Registration -

- a) It is recommended that registration forms be mailed with the postmarks used to determine team rosters if over 25 registration forms are received. If this method is not chosen another method must be approved by the League. Each team's roster may be expanded to no more than 30 participants at the discretion of the schools SR.
- b) A valid copy of each player's Birth Certificate must be provided in order to verify age.
- c) For a registration to be valid the registration form must be filled out completely and the "Parent's Code of Conduct" form must be signed and returned with the registration form.

7. Teams -

- a) Rosters are to be filled on a 'first-come first-served' basis. No tryouts or cuts are allowed.
- b) Organizations that elect to field more than one team in any age group must fill the rosters of these multiple teams in a draft format that has been approved by the League. Every effort should be made to distribute players by age and talent equally between the teams.
- c) If an organization expands the number of teams in either of the Tackle age groups the existing team(s) must be disbanded and re-drafted with any new players.
- d) Once the teams are drafted players may not be transferred between teams. Extenuating circumstances are at the discretion of the League.
- e) Organizations that field more than one team in any age group must follow the scrimmaging rules defined in B.4 above. This means that organizations that have more than one team in any age group may not scrimmage each other any more frequently than defined in B.4 above. Any inter-organizational scrimmages count toward the total scrimmages allowed as it applies to scrimmaging with other organizations.