



HANOVER HAWKS

YOUTH FOOTBALL



2016

Parent Handbook

For the latest league information, game schedules,

Directions & Information visit:

www.yaefl.org

Visit the Hanover Hawks website at

www.hanoverhawkseyouthfootball.com

Email us at

hanoverhawksfootball@gmail.com

2016 Coaching Staff

Travis Roberts, Head Coach

Scott Chronister, Dave Fawks, Todd Reichart, Louie Smith, Warren Stanfield & Rodney Trish,
Assistant Coaches

Jess Perry, Head Cheer Coach

Jennifer Strausbaugh, Assistant Cheer Coach

2016 Board Members

Wade Spory, Director
Lisa Gallagher, President
Stefani Gebhart, Secretary
Jami Roberts, Fund Raising Coordinator
Mel Imler, Cheer Coordinator

Scott Chronister, Director
Lisa Zimmerman, Vice President
Sean Huston, Treasurer
Stacie Heath, Concession Coordinator

2016 Hanover Hawks Game Schedule

Date	Day	Time	Home	Visitor	Field
9/11/16*	Sunday	1:30	Hawks	New Oxford Red	Sheppard & Myers
9/17/16	Saturday	6:00	McSherrystown Lions	Hawks	Delone Catholic
9/24/16	Saturday	6:00	Hawks	Manheim Vikings	Sheppard & Myers
10/1/16	Saturday	6:00	Littlestown Thunderbolts	Hawks	Littlestown HS
10/9/16	Sunday	1:30	Baresville Bears	Hawks	Baresville Bears
10/15/16	Saturday	6:00	Hawks	SYC Warriors	Sheppard & Myers
10/23/16	Sunday	1:30	Park Hills Packers	Hawks	Park Hills Elementary
10/29/16**	Saturday	6:00	Hawks	Upper Adams	Sheppard & Myers

Game times listed are for the JV game. Varsity games will immediately follow the JV games.

Players should plan to arrive 1 hour before scheduled game time.

*9/11/16 is Picture Day; players report to the field at 11am and cheerleaders report at noon(12:00)

- Raindate for pictures is September 24

**10/29/16 is equipment hand-in immediately following the game. Please bring clothes to change into after you play/cheer. Also, all 6th grade players and cheerleaders will be announced with parents and escorted on to the field prior to the varsity game. 6th grade recognition forms will be distributed for parents to complete and return to any Board member.

10/15/16 is our Project Game : a nominal fee will be charged for admittance to the game. All monies are split between Hanover Hawks and SYC. You will not be charged admittance to any other game this season!

2016 PLAYER PRACTICE SCHEDULE

Monday, August 8 – Practice begins 6-8 pm,

- parent meeting, uniform fitting, physical paperwork must be turned in

August 8-10 (Monday-Wednesday) 6-8pm – helmets only, t-shirts & shorts

August 11-12 (Thursday & Friday) 6-8pm-helmets, shoulder pads, rib pads & shorts

August 15-17 (Monday-Wednesday) 6-8pm-full pads, no contact

August 18-19 (Thursday & Friday) 6-8pm – full pads, contact permitted

- Players **must** have three (3) full pad practices/no contact before permitted to participate in any contact drills
- Players **must** have four (4)full pad practices with contact before permitted to participate in scrimmage/games

August 22 (Monday) – 1st day of school, practice 6-8pm

- When school begins we will practice 3 days/week: Monday, Wednesday & Thursday

August 27 (Saturday) – scrimmage/weigh in at Park Hills Elementary

- Report to the field at 9am, scrimmage begins at 10am
- *Players must have required practices completed to participate in scrimmage*
- All players interested in being a ball carrier MUST weigh in

September 5 (Monday, Labor Day) no practice

September 11 (Sunday) 1st game vs New Oxford @ home

September 12 (Monday) no practice

- When games begin we will practice 2 nights/week TUESDAY & THURSDAY

September 13 (Tuesday) practice 5:45-7:30/dark

- Practice will continue Tuesday & Thursday through the end of the season

www.hanoverhawkseyouthfootball.com

About the Hanover Hawks

*****This handbook and all information here in applies to all parents, players & cheerleaders**

The Hanover Hawks are one of the teams belonging to the York Adams Elementary Football League (YAEFL). YAEFL is the governing body that sets the playing rules, guidelines and game schedules for all the organizations that compete with each other during the football and cheer season.

The purpose of the Hawks team is to provide an organized sports program for the youth of the Hanover area. This is an instructional football program for youth persons in 4th, 5th & 6th grade levels. All Hawks coaches, directors and board members are dedicated to providing quality supervision and safety while teaching the fundamentals of youth football and cheerleading.

It is our philosophy and basis of the program that the Hawks are organized to serve only the best interests of the youth involved. All youth within the geographical area designated by the league or any youth assigned to the Hawks by the league up to the maximum roster size as determined by the YAEFL bylaws, regardless of athletic ability, are eligible for the Hawks and shall participate as fully and as equally as possible on their assigned team.

Our home games are at Sheppard Myers field.

About YAEFL

York Adams Elementary Football League (YAEFL) is a youth sports league created for the children of York and Adams counties. The YAEFL exists to promote youth football and is intended to be an instructional league that places an emphasis on the sound development of players/cheerleaders and fundamentals of football, and strive to be a league that will inspire our youth to develop life skills of sportsmanship, character and teamwork.

Mission Statement: To promote and teach the fundamentals of football to the youth in York and Adams counties; to develop sportsmanship character and team work.

Objectives:

- Develop character.
- Promote sportsmanship, both on and off the playing field.
- Develop physical and mental health.
- Develop an understanding of the game of football through the proper application of the fundamental rules and conditions of football playing.
- Create an atmosphere of enjoyment and self-satisfaction through competitive sports activities.

About our Coaches

Anyone interested in volunteering to coach and/or be a head coach must submit a letter of intent to the board by February. The head coach position is appointment by the board. The head coach in conjunction with the football directors shall select the assistant coaches.

Any parent can coach his/her child's team, but it is highly suggested that the parent not be directly responsible for coaching his/her own child unless prior approval has been given by the board.

All coaches are required to process a criminal background check per the leagues by-laws. They are also required to take an online training course, *Heads Up Football*, which is a comprehensive program developed by USA Football to advance

player safety in the game of football. Our team also has a player safety advocate whose job it is to oversee the proper equipment fit and safety for our players.

**Please keep in mind that regardless of what position you feel your child should be placed in, the coaches will determine what position your child is best suited for.

A NOTE TO NEW PARENTS

We would like to thank you for trusting us with your most prized possession, your child!

Your presence at practice and games along with your positive support & encouragement will help your child with this experience.

Please have your child attend all practices. For safety reasons and to ensure that your child is paying attention to his/her coaches we ask that you keep a distance from the practice and/or game fields, so your child can get the most out of each practice.

Parents Roles & Responsibilities

As a parent of the Hawks you make everything possible. Without your cooperative efforts we could not continue to offer such a high-quality experience for your children. Therefore, without you there would be no Hawks!

Please visit our website at www.hanoverhawkseyouthfootball.com and review the leagues and the Hawks bylaws!

Please check your email & our website often!!!!

Parents are responsible for their children before and after practices or games. Athletes should arrive shortly before practice and be picked up immediately at the end of practice. Athletes must wait at the field for pick up. **We will not be responsible for your child if he/she is left unsupervised.**

Parents are to refrain from interfering with coaches during practice and games. **No parent is permitted on the game field.** Sportsmanlike conduct should be shown towards all players, directors and coaches. **If you ever have an issue please speak with one of our directors.** Please obey our 24 hour rule!!

WE NEED YOUR HELP! Parents are required to volunteer unless they choose to pay an opt-out fee to the team. We are always in need of parent volunteers to work the concession stand and help on the field with the markers and other positions available. Please be prepared to help!

Please respect all Hanover Public School District rules when at home games at Sheppard Myers field, use of any tobacco products, alcohol & drugs are strictly prohibited!!!

Forms & Fee Requirements

All required documents, paperwork & fees must be completed and turned into the board before the start of the first practice. **Athletic physical paperwork must be completed and turned in before a player can practice.** Cheerleaders are not required to complete a physical.

Athlete Information

Participation

Athletes are required to attend all practices and games. Missed practices may result in less game time. If the athlete misses more than two to three practices in any given week, he/she will not play in the next game.

Attitude

Athletes should always have a positive hard working attitude at every practice. They should never argue with any parent, board member, director, coach or other players. Athletes should always exhibit good sportsmanlike conduct. Please see the parent and player code of conduct in this handbook.

Attire

Athletes should wear their full practice uniform (including a mouth piece) to all practice unless otherwise specified by the head coach. **Athletes are responsible for the purchase of their cleats. Any player without a mouth piece will not participate in practice/ the game per the leagues by-laws.** Please wear full game day uniforms on games days (including a mouth piece).

BLACK socks will be the ONLY acceptable color for games.

Cheerleaders should wear their full cheerleading uniform.

Please always have a neat, clean appearance when representing the Hanover Hawks.

Eligibility (taken from the YAEFL by laws)

A child is eligible to play for the YAEFL for three years starting in the 4th grade year, or ten years of age by August 1st. Any player listed on the roster of a given team may not play for another team during the course of the playing season.

Residency – must reside in designated territory. Special circumstances may be examined by the YAEFL Board of Directors.

Minimum age requirement – players must be ten years of age before August 1st or entering the fourth grade.

Maximum age requirement – player can only play for three years. No child can register if the age of thirteen is reached prior to August 1st. players must not be thirteen years old on or before August 1st or be attending 7th grade during that current school term.

A player will be eligible to play football 3 years, start with their 4th grade year or ten years old.

There will be no exceptions to the above player eligibility rules.

Medical Insurance – each player is required to carry medical insurance. Each player must have a current physical examination given by a qualified physician within one year.

Weigh in

Each player is required to be weighted prior to the first game by the Commissioner or an appointed representative. Proper attire shall consist of gym shorts and t-shirt for weigh in.

Weight restrictions

There will be no weight limit for players tackle to tackle. The weight limit for offensive and defensive ends, linebackers, defensive backs and safety shall not exceed 100 pounds for junior varsity players and 110 pounds for varsity players. Punters are considered an offensive back (a skilled position) and Linebackers are considered a defensive back (a skilled position)

Contact

A player must have participated in seven practices to be eligible to play in a game or scrimmage.

Care of Uniforms and Equipment

We encourage parents to hold their athletes responsible for their equipment, if a football player/ cheerleader does not have their full uniform, they will be unable to play. Parents can assist in this development of responsibility by double checking their athlete's gear/ cheerleader's attire before leaving for the game or practice.

Football

All players are responsible for keeping their equipment clean and in good condition. Practice and game uniforms should be washed at least once a week. Please **DO NOT USE BLEACH**. Store all gear in a safe dry place. **Athletes are responsible for the purchase of their cleats.**

****Please understand you are financially responsible for your equipment.**

****ALL equipment shall be returned in good CLEAN condition!****

Cheer

All cheerleaders are responsible for keeping their uniforms clean and in good condition. Pom poms and megaphones should be clean and stored in a safe place. Do not wear your game uniform to practice. **Cheerleaders are responsible for purchasing their own cheer shoes** (your head coach will let you know the shoes to purchase).

****Please understand you are financially responsible for your equipment.**

PHOTOGRAPHY RELEASE

There may be times when the team, league, our hired photographer and possibly third party sources may take and publish photographs of our football players and cheerleaders. These photographs could be used in marketing ad campaigns, league fan guide ads, team fan guides or published on our website or the leagues website. This release will hold harmless Hanover Hawks Youth Football, from any reasonable expectation of privacy or confidentiality associated with the images specified herein.

SPECIAL EVENTS

****The Hawks participate in Hanover's Halloween Parade.** It is not mandatory but most all of the players and cheerleaders participate. The Parade is **October 27, 2016**. More information will be handed out in October. Parents will be required to complete and turn in a permission form which will be distributed closer to the parade date.

Between the JV and Varsity games of our last home event, the **6th grade players and cheerleaders** along with their parents get to walk out on the field and be announced. This is a special way to wish the 6th graders good luck in their next season playing/cheering for the middle school teams. A 6th grade recognition form will be distributed closer to the date.

****We will have an annual end of season Banquet.** You will receive more information on the banquet as the plans are finalized.

Participant's Code of Conduct

All players participating in the YAEFL must abide by the following Code of Conduct:

1. I will attend all practices, games, meetings, and any other team function on time, unless a member of my coaching staff has excused me.
2. I will show respect toward all coaches, players, and referees at all times.
3. I will demonstrate good sportsmanship on and off the field.
4. I will not fight, use foul language, or argue with coaches or teammates.
5. I will stay within the established areas of the sidelines during games.
6. I will obey the coaches and the rules of the YAEFL.
7. I will take excellent care of the equipment that I have been issued, and I will keep it clean and in good condition.
8. I will try my very best to learn and have fun.

Parent's Code of Conduct

All parents with children playing football in the York Adams Elementary Football League agree to abide by the following Code of Conduct. Parents shall:

1. Not use abusive or profane language at any time.
2. Not criticize parents and coaches in front of teammates or spectators.
3. Not criticize an opposing team's players, coaches, or fans by word of mouth or by gesture.
4. Accept the decisions of game officials as being fair and final.
5. Promote sportsmanlike conduct from players, coaches, and fellow parents.
6. Follow all school regulations and policies while on school property.
7. Maintain the prescribed team barriers during practices and games.

HAWKS YOUTH FOOTBALL

“24” HOUR RULE

Youth sports can be an emotional experience. The physical activity of the kids can often spill onto the sidelines and into the stands and create strong reactions in coaches and parents. Each year 2.5 million people volunteer their time to help coach kids. These coaches are the vehicle that provide organized youth athletics an existence. As parents we will not always agree with a coach's decision. However, it is important to recognize that the coaches role is to make decisions for the team first and a player second. Often, we tend to recognize the coaching staffs' decisions through our player first and the team second. Also, we need to understand that most players are not aware of any problem until we, as parents, bring it to their attention. For parents, it is important to separate their child's sports development from game emotions. For this reason, we adopted the "24 Hour Rule" which simply states that coaches will not discuss a game or situation in a game until at least 24 hours after the fact.

- Parents/guardians are not allowed to confront a coach, team or league official to discuss any 'negative" game or practice situation with the coaching and Board of Directors until at least 24 hours has passed from the completion of the game or practice. A confrontation shall consist of any conversation, which elevated from a normal speaking tone and demeanor to one which involves yelling, profanity or derogatory comments toward said coach, team or league official.**

Football is an emotional sport. Physical battles and tough calls among other things can spill on to the bench and stands and create strong reactions from coaches and parents. The intense emotional aspect of football is one of the reasons it makes exciting entertainment, but it is important to have a "cooling off" period so that emotions do not cloud judgment.

If parents respect the 24 hour rule, their concerns are more likely to be fully addressed in reasoned discussion. More importantly, the kids' enjoyment of a game won't be marred by an ill-timed confrontation. The intent of this rule is to move an emotional and confrontational discussion away from the presence of the players, and to allow the parties to "cool off", compose themselves and put the incident or situation that occurred in the game in perspective before meeting to discuss it.

Violation of the 24 Hour Rule Policy will result in Parent being suspended for 7 calendar days.

Hanover Hawks Equipment Policy

Fall 2016 Season

Purpose: To ensure the timely distribution and return of all Hanover Hawks Football Equipment

- I. Hawks Board Members in consultation with the Equipment Manager, Directors and Coaches will be distributing equipment on August 8, 2016, at the first practice.
- II. Players needing uniform adjustments (or needing to trade equipment for a better size, for instance) should inform their coach and/or Equipment Director so that the appropriate changes can be made.
- III. Players should use equipment for its intended purpose. For any damage to equipment that is incurred due to misuse (such as throwing a helmet), player will be responsible for replacement costs.
- IV. Hawks Board Members will be collecting uniforms *which includes pads, game jersey, practice jersey and helmet* immediately following the final game of the season (10/29/2016). Please launder your practice jersey before turning it in. Please bring a change of clothing to the game as you will be required to return all equipment at this time!
- V. Players who are unable to make the designated equipment hand-in event, must make arrangements ASAP with one of our board members, directors, coaches or the Equipment Manager to turn in their equipment. We must have all equipment turned in by **December 1st** so that we may begin inventory, cleaning, refurbishing and ordering new equipment for next year.
- VI. Failure to turn in equipment by the regular date will result in the following action:
 1. Parent will receive a follow up email or phone call
 2. Parent will receive a letter via regular mail
 3. Parent will receive a Certified letter along with invoice for replacement costs of all missing equipment
 4. Failure to make payment or payment arrangements by January 1 following the season will necessitate the Equipment Manager or Board to file for judgment at District Justice office

Hawks Concussion Policy

Fall 2016 Season

Purpose: To provide education and create procedure to ensure player safety in the event of a concussion or suspected head injury.

- I. All parents and coaches will be provided educational information regarding the signs, symptoms, and recommendations regarding concussions and suspected concussions as well as a copy of this Hawks Concussion Policy. Parents and coaches will attest to the receipt of this information by returning a signed copy of this information to the Director.
- II. When there is cause to believe that a player has a head injury or suspected concussion during the course of a game or practice, the player will be immediately instructed to stop practicing or playing in the game for its remainder. Player's parents will be informed by the Director or his or her designee of the injury and instruct the parent to contact their family doctor immediately (or the after-hour emergency number of their pediatrician or family doctor) in order to assess the child for further action. In the event of a game, the EMT on duty will assess the child and make recommendations for follow-up care.
- III. If the child's physician assesses the child as having a concussion, they will remain unable to practice or play in a game until the child's physician gives their clearance (with specific date) for return to play (see below). **Players will not be permitted to return to practice or a game unless they are cleared by their physician** (see below for specific information needed on doctor's note)
- IV. The child's physician will make the final determination about the child's ability to return for play. The parent/guardian is responsible for obtaining the physician's express **written order** that allows the child to return to play. **The physician's note must be written on official letterhead with the physician's signature. The note needs to include the following " [player's name]. . . is medically cleared to return to football practice on . . . [include date]"**. The note must be given to the Hawks Director(s) or his/her designee. The Director will inform the coach of the player's status.
- V. The first practice the player is cleared to play, the player will not wear pads and will participate in cardio-exercises only. No contact is allowed.
- VI. If the child continues to experience no symptoms, the second practice in which the child is cleared to play, they will be permitted to wear full-uniform and participate in cardio-exercises and LIGHT contact.
- VII. If the child continues to experience no symptoms, the third practice in which the child is cleared to play, they will be permitted to resume full participation in all activities.
- VIII. See league rules regarding the amount of practices a child needs to be permitted to play in the following game.



HEADS UP CONCUSSION IN YOUTH SPORTS

WHAT IS A CONCUSSION?

A concussion is a type of traumatic brain injury. Concussions are caused by a bump or blow to the head. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.

You can’t see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If your child reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.

WHAT ARE THE SIGNS AND SYMPTOMS OF A CONCUSSION?

Signs Observed by Parents or Guardians

If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs and symptoms of a concussion:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes

Symptoms Reported by Athlete

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just “not feeling right” or “feeling down”

HOW CAN YOU HELP YOUR CHILD PREVENT A CONCUSSION OR OTHER SERIOUS BRAIN INJURY?

- Ensure that they follow their coach’s rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.
- Make sure they wear the right protective equipment for their activity. Protective equipment should fit properly and be well maintained.
- Wearing a helmet is a must to reduce the risk of a serious brain injury or skull fracture.
 - However, helmets are not designed to prevent concussions. There is no “concussion-proof” helmet. So, even with a helmet, it is important for kids and teens to avoid hits to the head.

WHAT SHOULD YOU DO IF YOU THINK YOUR CHILD HAS A CONCUSSION?

1. SEEK MEDICAL ATTENTION RIGHT AWAY.

A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to regular activities, including sports.

2. KEEP YOUR CHILD OUT OF PLAY.

Concussions take time to heal. Don’t let your child return to play the day of the injury and until a health care professional says it’s OK. Children who return to play too soon—while the brain is still healing—risk a greater chance of having a repeat concussion. Repeat or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.

3. TELL YOUR CHILD’S COACH ABOUT ANY PREVIOUS CONCUSSION.

Coaches should know if your child had a previous concussion. Your child’s coach may not know about a concussion your child received in another sport or activity unless you tell the coach.

It’s better to miss one game than the whole season.

For more information, visit www.cdc.gov/Concussion.



Hoja Informativa para los PADRES

¿QUÉ ES LA CONMOCIÓN CEREBRAL?

Una conmoción cerebral es una lesión en el cerebro, causada por un golpe en la cabeza o una sacudida. Incluso una pequeña conmoción o lo que parece ser un golpe o sacudida leve puede ser serio.

La conmoción cerebral no puede verse. Los signos y síntomas de una conmoción pueden aparecer inmediatamente después de la lesión o puede que no aparezcan, o se hagan visibles algunos días o meses después de haber sufrido la lesión. Si su hijo tiene los signos de una conmoción cerebral o si usted nota algún síntoma, busque atención médica de inmediato.

¿CUÁLES SON LOS SIGNOS Y SÍNTOMAS DE LA CONMOCIÓN CEREBRAL?

Signos que notan los padres y los tutores

Si su hijo ha sufrido un golpe en la cabeza o una sacudida durante un juego o una práctica, obsérvelo para determinar si tiene alguno de los siguientes signos y síntomas de una conmoción cerebral:

- Luce aturdido o fuera de control
- Se confunde con la actividad asignada
- Olvida las jugadas
- No se muestra seguro del juego, la puntuación ni de sus adversarios
- Se mueve con torpeza
- Responde con lentitud
- Pierde el conocimiento (así sea momentáneamente)
- Muestra cambios de conducta o de personalidad
- No puede recordar lo ocurrido antes de un lanzamiento o un caída
- No puede recordar lo ocurrido después de un lanzamiento o un caída

Síntomas que reporta el atleta

- Dolor o "presión" en la cabeza
- Náuseas o vómitos
- Problemas de equilibrio, mareo
- Visión doble o borrosa
- Sensibilidad a la luz y al ruido
- Se siente débil, confuso, aturdido o grogui
- Problemas de concentración o memoria
- Confusión
- No se "siente bien"

¿CÓMO AYUDAR A SU HIJO A PREVENIR UNA CONMOCIÓN CEREBRAL?

Aunque todo deporte es diferente, hay medidas que puede tomar para protegerse.

- Haga que siga las reglas impartidas por el entrenador y las reglas del deporte que practica.
- Invítelo a mantener el espíritu deportivo en todo momento.
- Haga que su hijo use el equipo protector adecuado según la actividad que realiza. El equipo de protección debe ajustarse bien, debe hacersele el mantenimiento adecuado, y el jugador debe usarlo correctamente y en todo momento.

¿QUÉ DEBE HACER SI CREE QUE SU HIJO HA SUFRIDO UNA CONMOCIÓN CEREBRAL?

- 1. Busque atención médica de inmediato.** Un profesional de la salud podrá determinar la seriedad de la conmoción cerebral que ha sufrido el niño y cuándo podrá regresar al juego sin riesgo alguno.
- 2. No permita que su hijo siga jugando.** Las conmociones cerebrales necesitan de un cierto tiempo para curarse. No permita que su hijo regrese al juego hasta que un profesional de la salud le haya dicho que puede hacerlo. Los niños que regresan al juego antes de lo debido—mientras el cerebro está en proceso de curación—corren un mayor riesgo de sufrir otra conmoción. Las conmociones cerebrales siguientes pueden ser muy serias. Pueden causar daño cerebral permanente que afectarán al niño de por vida.
- 3. Informe al entrenador del niño sobre cualquier conmoción cerebral que el niño haya sufrido recientemente.** Los entrenadores deben saber si el niño ha sufrido una conmoción recientemente en CUALQUIER deporte. El entrenador no necesariamente sabrá si el niño ha tenido una conmoción en otro deporte o actividad a menos que usted se lo diga.

Es preferible perderse un juego que toda la temporada.

Para obtener más información, visite www.cdc.gov/ConcussionInYouthSports.



YORK – ADAMS ELEMENTARY FOOTBALL LEAGUE FIELD RULES 2016

I.) Safety Policies

A.) Emergency Medical Technician (EMT)

Each team must provide its own medical kit at all league games and practices. The home team will have a doctor (Trained in Emergency Care) or a qualified EMT in attendance during games. A cell phone or other means of communications to contact additional emergency personnel must be present on site during practice and games. Directors will ensure the doctor or EMT is in close proximity of the field during games to respond in a timely manner to all injuries.

B.) Ambulance

The league will pay up to two hundred dollars. (\$200); directly to an ambulance company, in the event a player requires ambulance transportation from a game or practice. The league will only consider expenses not paid by the insurer's insurance. All payments require approval of the board.

II.) Equipment Policies

A.) Team Equipment

Any team buying new or additional equipment is advised to contact the league organization at a regular scheduled meeting prior to any purchase for proper specifications.

B.) Required Participant Equipment–

Any player not having the required equipment will not be allowed to play.

Full safety equipment is required for each participant and must consist of the following:

- Helmet with face guard and chin strap
- Jersey
- Hard rubber molded cleat shoes (No screwed in cleats or sneakers)
- Shoulder pads and rib pads
- Mouth protection – must be colored and not be clear
- Pants with a provision for hip pads, knee pads, tailbone and thigh pads

C.) Optional Equipment

- A Protective Cup for male players is highly recommended by the league but not required.
- A face shield may be worn by any player but must be clear.

III.) Field Rules

A.) Reporting

The director of the home team shall be responsible for completing and submitting the Field Report which includes game scores. This information shall be reported to the Commissioner within twenty-four (24) hours of the game.

B.) Game Ball

The official football is a TDJ for varsity and a K2 for junior varsity or like size if different brand. The game ball must be leather or composite in new or like new condition. Either team may use their own ball while on offense as long as it meets specifications.

C.) Game Roster

Directors or coaches are to exchange approved rosters prior to the start of all games.

The eleven (11) best athletes will be marked on the junior varsity roster. All other players must play in the second quarter. If there are not enough junior varsity players to field a team in the second quarter, coaches may fill in with some of the best 11 players as long as they are playing another position. **Should a team need to use those 11 best players in the ball handling positions, they shall not handle the ball.** The opposing team directors can decide where to play those players. If a team has 22 or more players then no exceptions are allowed. If a team has less than 21 players then one (1) exception per roster will be allowed for each player less than 21. In the case of an injury during the second quarter then a replacement exception will be allowed but they may not advance the ball.

Each participant must play a minimum of ten (10) plays. The Head Coach will be held responsible to ensure this requirement is met for each participant.

Directors must agree to any special circumstance prior to the start of game.

D.) Field Coaches

Two (2) Coaches from each team may be on the field during junior varsity games to provide instruction between plays. Field Coach will be behind the deepest player at the start of any play. Field Coach may not coach once the play is started. Every effort must be made to not be involved or interfere in the play. The Commissioner may suspend a team's right to have coaches on the field if they cannot conform to this rule. All other Coaches and players must remain on the sidelines. During an injury time out, no coaching may occur while aid is being rendered. Coaches are not allowed to film on the side line or field while coaching.

E.) Game Rules

All game rules will be in accordance with PIAA rules with the exception of those listed in Game Policies.

F.) Time Management

Official time is kept by the PIAA officials. Time may be displayed on the score board if the officials deem an adequate timekeeper is present. If at any time during the game, the Officials deem the clock improper the official time will be kept on the field.

Regularly scheduled games will be 8-minute quarters with a 10-minute half time. A two-minute warning will be given prior to the start of each half.

G.) Play Clock

A 35 second period will be allowed for junior varsity; 25 seconds for varsity. A 5 second warning will be given and a delay of game penalty will be assessed.

H.) Time Outs

Time outs will follow PIAA regulations.

I.) Special Teams

There will be no kickoff; instead a coin toss will start the game with the team calling the toss of the coin correctly given the choice of either offense or defense. The offense team will start on its own 40-yard line.

There will be no punting in junior varsity games. If a team elects to punt the ball during a game, the officials will place the ball twenty (20) yards down field and the other team will take possession at that spot. If a team elects to punt inside the 30-yard line of opposing team, the ball shall be placed half the distance of the goal.

A successful PAT conversion will be scored as two points. A successful conversion may include a run, pass or ball kicked through the goal post.

J.) Safety

In the case of a safety the defensive team is awarded two points and possession of the ball on the 50-yard line.

K.) YAEFL Position Rules

There will be no weight limit for players tackle to tackle. The weight limit for offensive and defensive ends, backs, linebackers, defensive backs and safety shall not exceed **100.0 pounds** for junior varsity players and **110.0** pounds for varsity players.

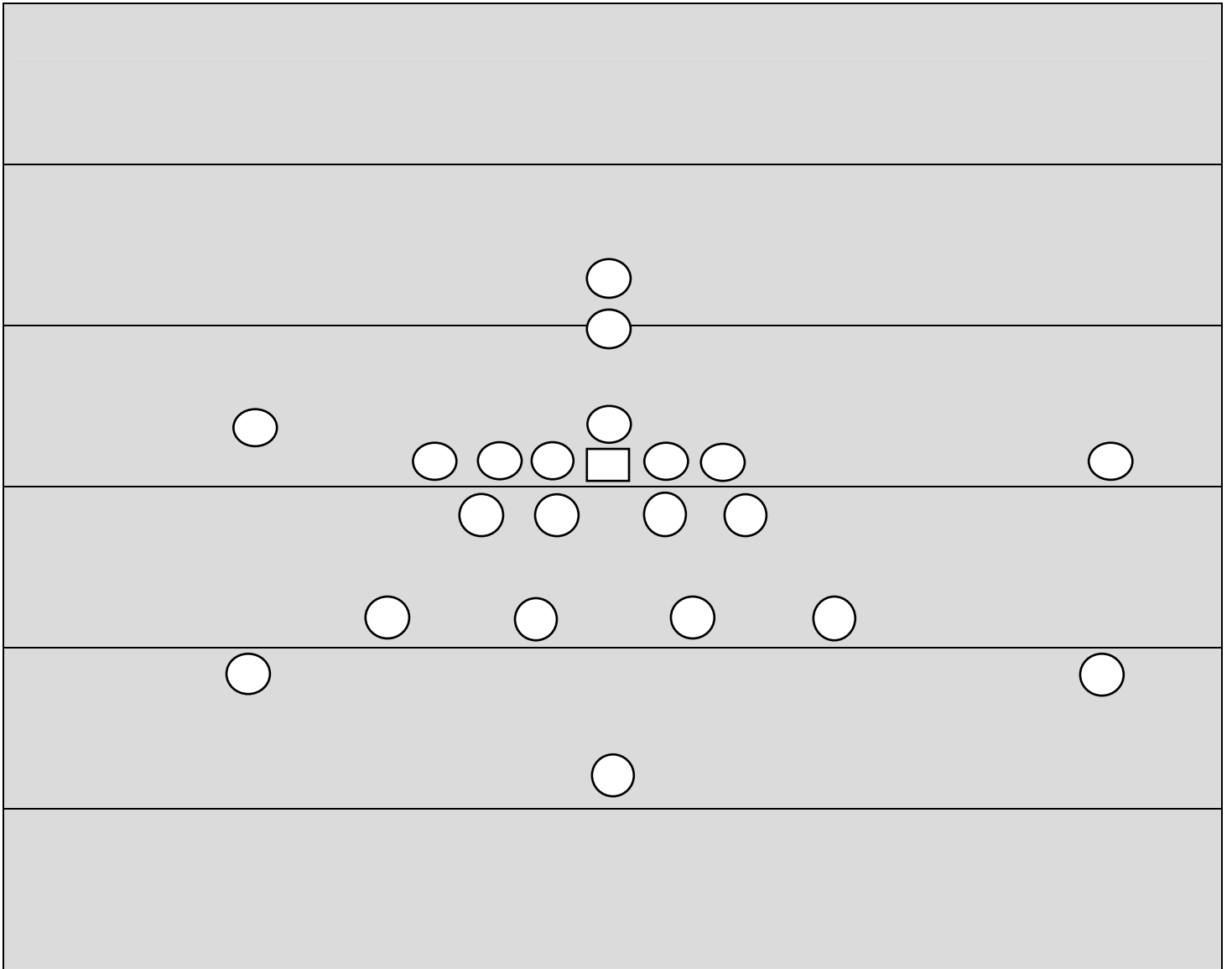
Punters are considered an offensive back (a skilled position). Linebackers are considered a defensive back (a skilled position).

L.) YAEFL Defense and Offense Rules

- 1.) All Varsity & JV defenses shall align in a 4-4 defense as per figure 1 when the line of scrimmage (LOS) is not at or inside of the defense's 10 yd. line.
- 2.) Four defensive lineman shall have no weight restriction and must line up in a 3 or 4 point stance at all times.
- 3.) Defensive lineman may not line up with their inside shoulder beyond the outside shoulder of the last offensive tackle.
- 4.) No more than two defensive lineman may be on the same side of the midline of the offensive formation.
- 5.) Four linebackers may not align closer than 4 yds. of the LOS.
- 6.) Three secondary players may not align closer than 3 yds. Behind the linebackers.
- 7.) When the LOS is at/inside of the defense's 10 yd. line, the defense may align in a "non 4-4" defense provided that any players weighing greater than 110 lbs (varsity) & 100 lbs (jv) are not lined up outside of the offensive tackles.
- 8.) The defense may move one linebacker or secondary player up to LOS in the event that the offense aligns 3 skilled players on one side of the midline of the offensive formation.

Figure 1

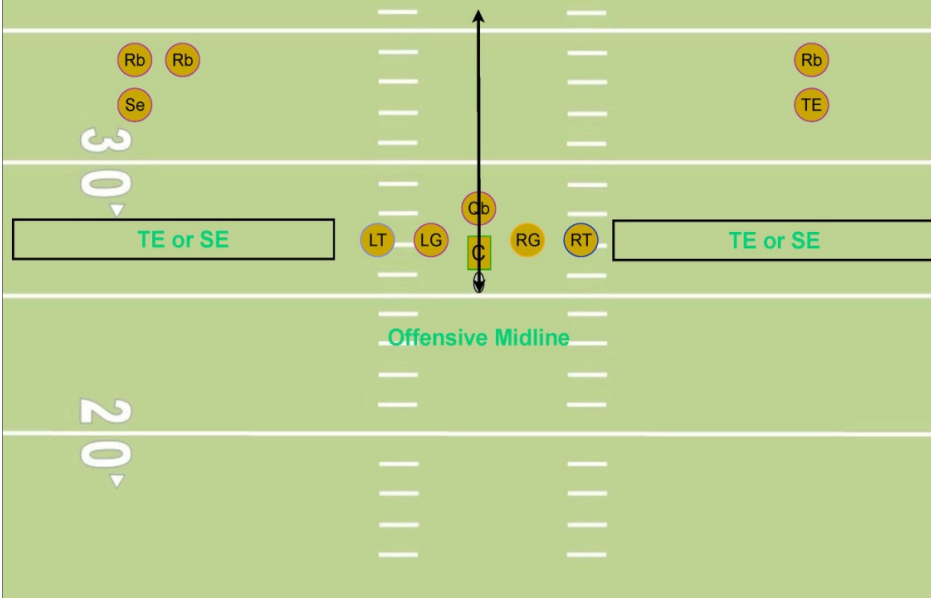
Defensive Alignment



YAEFL Offense Rules

1. The offensive midline is established as shown in figure 2.
2. All varsity and jv offensive alignments shall be as follows:
 - A. Two offensive linemen (OG's & OT's) must be aligned on both sides of the midline.
 - B. The offensive tackle (OT) must be covered by a skilled player aligned as the end man on the LOS.
 - C. All offensive linemen must align in a 3-pt. stance.
 - D. No more than 3 skilled players may align on the same side of the offensive midline.
 - E. Players aligning on the midline are neutral and thus not considered to be on either side of the midline.
3. All tight ends must align in a 3-pt. stance, all other skill players (excluding quarterbacks) may align in either a 2-pt. or a 3-pt. stance.

Offensive Alignment (Figure 2)



M.) Conduct Policy

Directors shall be responsible for the conduct of all players, members of the coaching staff and spectators for his or her team. This includes the times before, during, and after League games and other events. Improper conduct, in the judgment of the game officials, on the part of the players, coaches or spectators may result in penalties, expulsion, and suspension. A League Board Member or YAEFL Field Official shall have the responsibility to assist the game officials in maintaining proper conduct of players, coaching staff and spectators.

N.) Player Warnings

Any Player exhibiting any form of unsportsmanlike conduct may, at the discretion of the game officials, be sent off the field for a “cool down” period of a minimum of ten plays after which the Player shall be allowed to return to the field. Player warnings shall not be considered as being ejected from the game. Players shall not receive more than one “cool down” period per contest.

O.) Player Ejections

1) Flagrant unsportsmanlike conduct, at the discretion of the game officials, or a second Player Warning from the officials shall be cause for Player disqualification and ejection from the game. Any Player so disqualified by the officials, shall remain on the bench for the remainder of the game or, if deemed necessary by the officials, ejected from the permitted facility and prohibited from any further contact, direct or indirect, with the Team during the remainder of the game. For failure to comply, the officials may forfeit the game.

2) Any Player allowed by game officials to return to a game shall not be considered as being ejected from a game.

3) Player removed from the game on the final play of the game shall be considered ejected from the game.

4) Game officials shall document any ejections at the conclusion of the contest. Player name and number shall be recorded and submitted to the League along with the Field Report.

5) Any Player disqualified in a League game shall be ineligible for the following game.

P.) Coach Ejections

1) Flagrant unsportsmanlike conduct by the Head Coach or any member(s) of the coaching or sideline staff shall result in disqualification of those involved. Any person so disqualified by the officials shall be ejected from the permitted facility and prohibited from any further contact, direct or indirect, with the Team during the remainder of the game.

2) Such conduct may include, but is not limited to, abusive, disrespectful, or profane language, intimidation, fighting, physical confrontations, or other unsportsmanlike acts before, during or after the game.

3) Any member of the Team’s coaching staff so ejected may not return to their coaching position without the permission of League Commissioner after a minimum of a one game suspension.

Q.) Spectator Ejections

Any spectator who uses abusive, disrespectful, or profane language or who otherwise exhibits unsportsmanlike conduct before, during or after any ball game shall be ejected from the permitted facility and could be subject to banning and or criminal prosecution. Directors are responsible to maintain control of all attending the event.

R.) Penalties

Penalties for the failure of team or coaches to follow the rules and regulations set forth herein shall include sanctioning of either the coach or the entire team as the infraction dictates. Specific sanctions may include fines, loss of League voting rights, suspension of teams, and expulsion from the league by the board.

**BEFORE
YOU
COMPLAIN...**

**...Have You
Volunteered Yet?**