

Benefits of Playing American Youth Football

American Youth Football, founded in 1996, is the fastest growing youth football organization in America for numerous reasons!

- Now the Nation's largest youth football & cheerleading organization.
- Non-intrusive organization allowing local leagues to make their own rules.
- AYF is ALL-INCLUSIVE by NOT excluding participants based on superficial factors (such as weight).
- Programs in 44 States.
- 250,000 participants & growing say that non-intrusive & all-inclusive works.
- 3 Divisions of AYF Championships

Benefits of Playing RCYFL

Additional Benefits of the RCYFL

- Mandatory play Requirements
- Age & Weight Structure.
 - Lineman Eligible players can play with their classmates, as in high school.
 - Limits on ball carrier weights.
 - Younger big kids get to play.
 - Background checks on Volunteers & Coaches to protect children.
- Use of 5th Quarter so less experienced players gain valuable minutes & experience.

Benefits of Playing SYFA

- Where grades matter – 2.0 GPA average must be maintained to play. Coaches & BOD will verify report cards.
- Scholar Athlete Awards – rewards members for outstanding academic performance.

Donations

Want to give local kids the opportunity to play youth football? Please consider providing a donation to the SYFA. Simply visit the SYFA website at <http://www.syfanc.org> for donation details. Thank you for your support of Stokesdale Youth Football.

Football Divisions

Flag Football

| Division | Ages | Weights |
|--------------|------|---------|
| Ankle Biters | 5-6 | N/A |

Tackle 1 Football

| Limit | Ages | Weights |
|-------------------------|------|---------------------------|
| Ball Carrier Maximum | 7-9 | 95 lbs. max. |
| Older/ Lighter Maximum | 10 | 95 max. for OL or DL only |
| Younger/Heavier Minimum | 6 | 60 min. |

Tackle 2 Football

| Limit | Ages | Weights |
|-------------------------|-------|---------------|
| Ball Carrier Maximum | 10-12 | 125 lbs. max. |
| Older/ Lighter Maximum | N/A | N/A |
| Younger/Heavier Minimum | 9 | 80 min. |

- Sept. 15th is the cutoff date for above ages.
- All older-lighter participants must be above ages by Sept. 15th of season.
- SYFA, RCYFL, & CCAYFL offer a Lineman Eligible (LE) program where Lineman are eligible to play with their classmates.

Cheerleading

- Grades 1st-3rd cheer for Tackle 1 (ages 7-9) and 4th-6th cheer for Tackle 2 (ages 10-12).

For additional information visit us at

www.syfanc.org

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Stokesdale Youth Football Association

Affiliated with

American Youth Football & Cheer

powered by Under Armour

The largest youth football and cheer organization on earth.

“Where character & leadership are developed & football is fun.”



- 2009 Tackle 2 RCYFL Runner-Up
- 2008 & 2009 RCYFL Tackle 1 Football Champions
- 2007, 2008, & 2009 RCYFL Flag Football Champions



Stokesdale

American Youth Football

The Revolution

2010

Registration

About the SYFA

SYFA is an association of parents, coaches, & volunteers and operates entirely as a non-profit organization. The SYFA Board and all members are non-paid volunteers. Our program is designed to teach the fundamentals of the game, enhance the physical conditioning, & promote sportsmanship for youth. We believe youth football promotes respect, courage, teamwork, & ethics among young people more effectively than any other sport. SYF will be tailored to the kids' level & inspire the youth participants. The SYFA is "Where Character & Leadership are Developed & Football is Fun."

About the RCYFL

Objective –

The Rockingham County Youth Football League desires to provide an opportunity for youngsters to experience the benefits of playing football. We hope to provide an environment whereby participants learn not just fundamentals conducive to winning football games, but also acquire character traits and personal skills which will be useful in future life situations.

History –

Began play in Sept 2003 with total number of participants-approx 150.

In 2004, added Flag football & Tackle 2 programs. Total participants were then 250.

In 2005, grew to over 300 youth participants.

In 2006, RCYFL affiliated with American Youth Football (AYF). A trio of RCHS coaches divided the duties of director. They form an executive board of directors. (EBD) The EBD will continue to work with school representatives (SR's) to insure that league operations run as smoothly as possible.

In 2007, Stokesdale played in the RCYFL with as many as 82 additional participants.

Practice Restrictions

Location - Practices will be held at Malachi Field &/or another field which is TBD.

Preseason - Unlimited # and days except no Sunday practices. SYFA will also not practice on Wednesday evenings. 2 hour time limit per practice. First 2 practices should be in helmets only. Practices 3 & 4 should be shells only. No body to body contact in these first 4 practices.

Regular Season - All teams in all leagues will be limited to 4.5 hours of practice per week and on no more than 3 separate days. Coaches will be responsible for honoring the integrity of this rule. Any violations with regard to this rule should be reported to the respective school representative to be reported to the league director.

Rationale - Young players should be acclimated to football and football practices in a similar fashion to that of a high school player. Preseason practices should allow for this.

Practice Philosophy - The RCYFL, SYFA and it's leadership recognize the demands on families today. 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 high school football team.

Registration Information

- 2010 registration will be implemented only by mail.
 - o Download & complete a registration form from <http://www.syfanc.org>,
 - o attach payment,
 - o attach a copy of your child's birth certificate,
 - o & mail to
 - PO Box 131.
 - Stokesdale, NC 27357
- Please make check or money order payable to Stokesdale Youth Football Association.
- A Measurement Day will be held & is TBD.

Registration Fees

| AYF Team | Regular Registration Fee | Additional Child Discount |
|-----------------|--------------------------|---------------------------|
| Tackle Football | \$100 | \$10 Tackle Only |
| Flag Football | \$65 | \$5 Cheer or Flag |
| Cheerleading | \$60 ** | \$5 Cheer or Flag |

Scholarships available. Inquire at 880-3091.

Certification

- Complete an application and pay any required fees and be assigned to a team.
- Proof of a physical by a medical doctor is required.
- Be weighed in on the first playing date or sooner by an authorized RCYFL representative. Weigh-in will occur in pants w/pads. (1 lb will be deducted for pants).
- Participant must be officially recorded on roster.
- A copy of the participant's birth certificate must be filed with a league official no later than weigh-in day.

Refund Policy –

- Notification prior to June 15th = 80% refund.
- Notification from June 16th - July 31st = 50% refund.
- No refunds on or after Aug. 1.

Game Day Information

Last year's RCYFL season consisted of 8 weekends from Sept. – early November. Games for the 2010 season will occur at either Rockingham County High School, McMichael High School, &/or Western Rockingham Middle School.

Other pre or post season tournaments may be included.



<http://www.syfanc.org>

