



Welcome to CYFL!

Carrollton Youth Football League (CYFL) is a non-profit organization delivering athletic programs for the children of our community and surrounding areas that develop teamwork, physical conditioning, goal setting, sportsmanship, self-esteem, competitive spirit, and other positive attributes to enable them to achieve greater gains in school, and in life. It is our hope that the volunteers involved with our organization set positive examples of how to give back to the community — and in doing so, set the stage for the children we serve to one day carry on the tradition of service through involvement with youth sports. CYFL provides youth football, cheerleading & drill programs for ages 5-12. CYFL carries a proud 28-year history heading into our 2010 season. The program accommodated 400+ boys and 150+ girls spread across 21 teams in the 2009 season.

We are excited about our upcoming season and we are even more delighted that you have chosen the Carrollton Youth Football League as your son/daughter's youth football program. We want to welcome each one of you to the CYFL family. We want to ensure you that as an organization we are dedicated to making sure that our organization is one of the best in the city. Our program is committed to having our children excel not only on the playing field, but also in the classroom. It is our goal to teach, mentor and develop each and every child that comes through our program to be leaders of tomorrow.

Our volunteers and board members are comprised of individuals who love their community and want to give back along with a coaching staff who have a great deal of playing and coaching experience. As a program each individual is dedicated to giving your child the best experience of their life. We are striving to help them become better athletes and even more importantly happy and productive citizens within the community.

It has been said, "that taking part in activities beyond the normal school day may boost children's self-esteem, confidence, team-building skills and increased their circle of friends". Which is only one reason why you, as a parent, have decided to have your child participate in football and/or cheerleading this year. Congratulations for taking on this huge commitment with your child and family!

There is another side that you may not realize is as important; if not one of the most important reasons to play football. **Education!** Your child will receive an education on the field specific to football and team sports from our trained coaches and mentors. There is still the education that they receive at your local school or from being home schooled. This education is very vital to your child's success on and off the field. We want to make sure that the children understand that book smart is going to help them achieve their goals on the field and off.

Please talk with your child about how education will help them when it comes to football & cheer, or any sport, and their goals for the future (i.e. memorizing, visualizing, communicating, and delivering different plays in the football game).

As we embark on an exciting season, know that we can make the CYFL even better with your continued support. Parents we encourage you to get involved and be a part of CYFL.

Thank you for allowing your child to be a part of a wonderful program and we'll see you on the field!!

Respectfully Yours,

CYFL Board of Directors

Dates of Interest:

Sat. July 31**

Sun. August 22**

Friday, August 27**

Saturday, August 28**

Equipment Assignment

Opening Ceremony at Dallas Cowboys Stadium

CYFL Celebrity Golf Tournament

First Game of Season

Season Opener @ Cowboys Stadium!



On Sunday, August 22nd, we will have our Season Opener event at Cowboys Stadium in Arlington!

All CYFL Player and Cheerleaders will receive their uniforms in the Cowboys and Cowboy Cheerleaders locker rooms. We have lots of exciting events planned for this special day and there will be plenty of opportunities for pictures!

The best part, the players and cheerleaders do not have to pay to attend this event! The Season Opener is free to all registered players and cheerleaders.

Parents, sibling, grandparents, aunts, uncles, friends and neighbors are all invited to attend this event. You can enjoy a discounted admission to tour the stadium. [Download the order form](#) and send payment directly to the Cowboys. Anyone else attending must pay to enter the stadium. \$15 for adults and \$10 for other children and seniors.

If you have any questions about this event, please contact Chanda Stegall by emailing publicity @ cyfleague.org (without the spaces).

Times will be announced later – teams will be given a time slot by division with flag first and varsity last.

See you at the stadium!

Celebrity Golf Tournament



On Friday, August 27th at 1:30 pm we will host our Inaugural CYFL Celebrity Charity Golf Tournament. The tournament will be held at Riverchase Golf Club in Coppell. This will be a Best Ball Scramble. The tournament is limited to the first 144 players or 36 paid teams.

The tournament fee is \$80.

The fee includes:

- Cart, greens fees and range golf balls
- Gift bags and raffle prizes
- Logo Golf Cap
- Free Green Fee Pass to River Chase & Ridgeview Ranch

We will have a Closest to the Pin Contest, Longest Drive Contest and More.

Trophies will be awarded to 1st, 2nd and 3rd place teams.

[Download the Golfer Registration and Sponsorship Form.](#)

For additional information, contact our Tournament Director, Juan Weaver at 214-240-7514 or golf@cyfleague.org

Pay the Tournament Fee online via paypal:

Parent Orientation

All parents are asked to attend one of two scheduled parent orientations. These meetings allow the board to communicate directly with parents about important league issues. The meetings will be held in the stands on Josey Field.

Please mark your calendar and make plans to attend one of the meetings.

Thursday, July 29, 6:30 pm or Tuesday, August 2, 6:30 pm.

*****Separate Schedule or Information Attached.**

Coaches:

Our coaches are selected for their ability to effectively communicate and motivate youth and for their knowledge of football including their experience coaching and playing the game. Each Head Coach has the final decision in selecting assistant coaches and in choosing positions. The ultimate safety of your child is stressed in the workouts and during a game, but please be aware there is also a chance for injury to occur, especially where a collision sport is involved.

Each team has a limit of 16 to 20 players to a squad. We *appreciate* the parents being involved. Our coaches are always open to suggestions and are always happy to answer your questions. However, *during practice, please let them coach your children*. This will only serve to help your children by not creating confusion on techniques, etc. The coaches will get to know what each child can do and where they want them to play. If you want to pass information on, please do so before or after practice, *not during practice and not during a game*.

Classes and Weight Restrictions:

Question: FOOTBALL -- Does your league have a ball carrying weight limit? **Answer:** Yes, in the tackle divisions (ages 7-9) there is a weight limit for those that will be carrying the ball, playing in the backfield or lining up as a wide receiver. This limit is determined based on the average weight of the division. The players official weight that is used is the weight recorded at weight-in the first week of practice. Players over the limit will have a patch on the front of their jersey indicating as such.

Question: What is the point of the ball carrying weight limit? **Answer:** The majority of the reason the rule is in place is for fair play among the younger divisions. While these young 7, 8 and 9 year olds are learning their football fundamentals, we want to be sure that the playing field is as level as possible. Football is a contact sport and we want all our younger players to get a comfort level with the contact while ensuring their safety and building their confidence. The Safety of our CYFL players is our utmost concern, however, limiting the size of players on offense does not ensure the overall safety of our participants. The safety of our players is ensured by our coaches whom we implore to teach proper fundamentals, by our officials who officiate our games and lastly by the players who play the game within the confines of the fundamentals they are taught and the rules of the game. As our players progress through the CYFL we stair step our rules. Early on, we have many restrictions and then lessen the restrictions as they get older and have developed their fundamental football base.

CYFL sets the classes and weight restriction.

Age Eligibility. The age limit for each division within the Carrollton Youth Football, Inc. (CYFL) league will be as follows: (1) Varsity Division - Ages 11 & 12. Child must not be 13 years old prior to August 1st of the current playing season. (2) Jr. Varsity Division - Ages 9 & 10. Child must not be 11 years old prior to August 1st of the current playing season. (3) Freshman Division - Ages 7 & 8. Child must not be 9 years old prior to August 1st of the current playing season. (4) Flag Division - Ages 5 & 6. Child must have reached 5 years old but not be 7 years old prior to August 1st of the current playing season.

Weights.

Weigh-in. Weigh-ins will be scheduled before the first regularly schedule league football game. The objective of the weigh-in is to determine players' eligibility to advance the ball. The weigh-in must be accomplished on a weigh scale authorized for use by the Board (without gear if need be), and witnessed by the applicable Division Director and at least one other CYFL Board member. Without exception, once a player has been weighed-in and his weight has been certified by the applicable Divisional Director as his official weight, there will not be any other weigh-ins for that player.

Weight loss. Any weight loss by a child to make weight eligibility should be under a doctor's supervision. Weight limits to advance the ball. This weight limit applies to the offensive skilled positions and the offensive ends. If a player's official weight is less than the limit for that division, they will be considered eligible to advance the ball for the entirety of the playing season. If the player's official weight is above the limit for that division, the player is not eligible to advance the ball for the entirety of the playing season. The following divisional limits apply:

- (A) Varsity Division. - 150 pounds
- (B) Junior Varsity Division. - 125 pounds
- (C) Freshman Division. - 95 pounds

(D) Flag Division. - There are no specific weight limits applicable to the Flag Division regarding players eligible to advance the football, but, any player in Flag Division that turns 7 years old prior to August 1st of the year of the playing season will not be allowed to carry or advance the ball.

Footballs:

Official Footballs. The CYFL will furnish the game balls at each home game. Ball utilized will be:

- (1) Varsity Division.....Wilson TDY
- (2) Jr. Varsity Division.....Wilson TDJ
- (3) Freshman Division.....Wilson K-2.
- (4) Flag Division.....Wilson K-2

or approved manufacturer's equivalent balls.

Practice and Games:

Due to weather and/or injuries, CYFL **strongly urge** a parent or guardian remain present throughout the practices and games. Practice begins promptly at 6:00pm. Children should be at the practice field no later than 6:15pm. Please bring your child to practice even if it is raining. In the case of rain, please remain at the practice field with your child in case practice is cancelled. A coach may child can be benched or dismissed for an unexcused absence from any practice.

****If there are extenuating circumstances and you must leave the practice field during practice, please make sure you or someone is at the field at 7:45 pm to pick up your child. If your child is not picked up at the scheduled pick up time of 7:45 pm, or earlier in the case of rain, a Board Member or Coach will have to remain at the field with your child until they are picked up.**

1st Week

League rules do not allow us to practice in pads the first week

Players will “Dress Out” in:

- T-Shirt
- Shorts
- Socks
- Cleats
- Mouth Guard

2nd Week & Thereafter

First workout in full pads begins on Monday of the second week. Your son will **NOT** be able to participate in contact drills (blocking, tackling, running plays, etc.) without proper pads **AND** mouth guard.

*****It is the responsibility of each parent to provide water for his or her child. The coaches will provide ample breaks as needed. We recommend at least 1 liter per practice.*****

Equipment:

Equipment will be distributed on Saturday, July 31, 2010. Equipment will be distributed by the equipment assignment schedule that is a part of this packet.

CYFL supplies each player with the following:

| | |
|-------------------------|--------------|
| Helmet (with face mask) | Game pants |
| Shoulder pads | Game jerseys |

All equipment must be turned in immediately after the last game of the season or parents will be billed for replacement equipment.

Parents supply the following equipment:

| | |
|--------------------------------|---|
| Practice Jersey | Practice Socks |
| Football Shoes (rubber cleats) | Protective athletic supporter (advised) |
| Water for practice | Practice pants |
| Hip, thigh and kneepads | Game socks |
| Mouthpiece | Chinstrap |

Rules for Carrollton Youth Football

Carrollton Youth Football has a set of rules governing the continuing operation of the league that includes the playing rules for the flag and tackle divisions. These rules are not included in this packet. The [Carrollton Youth Football Rules](#) are reviewed prior to each season and changes made as deemed warranted by the Board of Carrollton Youth Football. The basic framework upon which the CYFL rules are based is the NCAA rules. A link to those rules is listed below:

http://www.ncaa.org/library/rules/2007/2007_football_rules.pdf

Bad Weather:

League Hotline (972) 738-9595

The City of Carrollton determines if we have access to the playing fields and not the Carrollton Youth Football League. To determine whether we can practice on the fields or not, use the CYFL League Hotline (number listed above) to get the most up-to-date information. However, if we are not able to use our normal practice fields, there are alternatives to make sure we are still able to practice.

When the League Hotline says that **practice is cancelled**, practice is canceled.

Refund Information for 2010:

The refund schedule is as follows:

Before June 14th – full refund
June 14-July 24 - Football \$100; Cheer \$100
After July 24 – no refunds
To request a refund, send an e-mail to treasurer@CYFLLeague.org.

UNIFORMS

All parents have the opportunity to be present when my child is fitted for a uniform. The parent must sign the uniform verification before a uniform is ordered for the player. The jersey numbers for the player's uniforms are chosen by the coaches not the parents or players. The uniform numbers for the All-Star team are chosen by the sponsor of the All-Star teams. If your player is a late registrant, there is a possibility that the uniforms will not be available for the first game.

PICTURES, T-SHIRTS and OTHER VENDORS

Carrollton Youth Football League is not responsible for any errors or policies and procedures regarding refunds etc. by any vendors supported by Carrollton Youth Football League.

CONCESSION STAND REQUIREMENT/SIDELINES/BADGES FOR EACH TEAM:

QUESTION: There are too many people on the sidelines and who is in charge of the issues on the sidelines? ANSWER: In the past, the board members have had to work the concession stand in order to provide extra income to the league to cover unexpected expenses. This year the board passed a motion that required each team to work the concession stand for the minimum of 2 hours for each team during the entire season. The volunteers for each team can be anyone. The volunteers would only be responsible for taking orders or anything that the concession stand coordinators require and not handling the food. We have certified concession stand coordinators to handle that. The other option for each team is to "buyout" their 2 hour requirement by paying as a team \$40.00 for the league to pay a concession stand employee for those 2 hours. With 16 to 20 players per team divided into the \$40.00 that only ends up being an additional 2 to 3 dollars per player. This concession requirement by each team allows for board members to be present on the fields and the sidelines.

SIDELINES and BADGES: There is no limit to the number of assistant coaches the head coaches may have per team. However, those coaches will have had to submitted their application, gone thru a criminal background check and taken the coaches certification. Once they have been approved, then they will receive a "badge" to wear so that they are allowed to be on the sidelines. As an example: Only the coaches for the "Giants" team can be on the sideline during the "Giants" game.

Carrollton Youth Football League Code of Conduct-Parent Copy

I, the parent/guardian of the named registrant, do hereby agree to the following Code of Conduct to insure a positive environment for all youth and adults of Carrollton Youth Football League:

1. I will promote good sportsmanship through leading by example and being supportive of all participants, coaches, league and game officials at all games and practices.
2. I will not personally address game officials.
3. I will refrain from making negative statements or using profanity at Carrollton Youth Football League activities.
4. I will address my concerns privately with my child's coach or league officials, not in an open forum involving the children.
5. I will ask my child to treat all participants, coaches, spectators, and league and game officials in a good sportsmanlike and respectful manner.
6. I will help my child, his/her team and coaches and the Carrollton Youth Football League by volunteering where I can.
7. I will help Carrollton Youth Football League promote a drug, tobacco and alcohol free environment by refraining from their use at organization activities.

Parent/Guardian Responsibility:

We encourage all parents/guardians/family members to get involved with CYFL. If you see something that can be improved upon, please contact any Board Member with your suggestions. We ask that you do not voice any complaints or concerns towards coaches, referees, or league officials in front of the children. This especially includes the time when you are a spectator at a game. During practices and on game days, we ask that you support ALL teams. Applaud good plays, congratulate and encourage ALL teams. It is our responsibility to set an example of good sportsmanship and behavior not only for our children but for the other teams as well.

Again, WELCOME to CYFL!!!!!!!!!!!!!!

2010 CYFL BOARD INFORMATION

| NAME | POSITION | NUMBER/EMAIL |
|---------------------|-------------------------------|--|
| Karen Brooks* | Acting President* | 214-435-4199 Kdbrooks79@yahoo.com |
| Tarryance Blanchard | Secretary* | Tnb1202@yahoo.com |
| Francine Ly | Treasurer* | Francinely1104@gmail.com 214-228-8444 |
| Allison Martin | Player Agent* | 469-321-325 CYFLregister2010@hotmail.com allison@thewrightlawyers.com |
| Jacqueline Bridges | Cheer Director* | 972-746-1831 Bridges23@msn.com |
| Bryan Sanders | Varsity Director | sandersbryan38@yahoo.com |
| Herman Shelton | JV Varsity | hermanshelton@yahoo.com |
| Juan Weaver | Freshman Director | jnelweaver@yahoo.com / jweaver@chipotle.com 214-240-7514 |
| Brooke Watson | Flag Director | 214-477-0708 Brooke.watson@yahoo.com |
| Tony Martin | Field & Equipment Director | 469-328-0764 Hooligan88@hotmail.com |
| Brian Howell | Sponsorship Director | Brianhr2000@aol.com |
| Chanda Stegall | Publicity Director | chandastegall@gmail.com 972-786-2356 |
| | Concession Director | |
| Fresnell Previlon | Volunteer Director | fresnellprevilon@yahoo.com |

* Represents Executive Board Positions



PRACTICE FIELD ASSIGNMENT

| <u>MONDAY</u> | <u>TUESDAY</u> | <u>THURSDAY</u> |
|---|---|---|
| <u>THOMAS</u> | <u>THOMAS</u> | <u>THOMAS</u> |
| VARISTY TEXANS | VARISTY TEXANS | VARISTY TEXANS |
| FRESHMAN PANTHERS | FRESHMAN PANTHERS | FRESHMAN PANTHERS |
| FLAG COWBOYS | FLAG COWBOYS | FLAG COWBOYS |
| | | |
| FRESHMAN TEXANS | FRESHMAN TEXANS | FRESHMAN TEXANS |
| JV FALCONS | JV FALCONS | JV FALCONS |
| <u>JOSEY</u> | <u>JOSEY</u> | <u>JOSEY</u> |
| | FLAG TEXANS | FLAG DOLPHINS |
| JV TEXANS | JV TEXANS | JV TEXANS |
| JV PANTHERS | JV PANTHERS | JV DOLPHINS |
| JV DOLPHINS | VARISTY FALCONS | VARISTY FALCONS |
| FRESHMAN COWBOYS | FRESHMAN COWBOYS | FRESHMAN COWBOYS |
| JV COWBOYS | JV COWBOYS | JV COWBOYS |
| | | |
| <u>PORTER #1 & #2</u> | <u>PORTER #1 & #2</u> | <u>PORTER #1 & #2</u> |
| JV STEELERS-#1 | JV STEELERS-#1 | JV STEELERS-#1 |
| | | |
| <u>THOMAS BASEBALL #1 & #2</u> | <u>THOMAS BASEBALL #1 & #2</u> | <u>THOMAS BASEBALL #1 & #2</u> |
| FLAG TEXANS-#2 | FLAG DOLPHINS-#2 | FLAG TEXANS-#2 |
| FLAG DOLPHINS-#2 | JV DOLPHINS-#1 | JV PANTHERS-#1 |
| VARISTY FALCONS-#1 | | |
| <u>JOSEY BASEBALL FIELD #6</u> | <u>JOSEY BASEBALL FIELD #6</u> | <u>JOSEY BASEBALL FIELD #6</u> |
| VARISTY COWBOYS | VARISTY COWBOYS | VARISTY COWBOYS |
| FLAG FALCONS | FLAG FALCONS | FLAG FALCONS |
| FRESHMAN DOLPHINS | FRESHMAN DOLPHINS | FRESHMAN DOLPHINS |
| | | |
| <u>THOMAS POOL-</u> | <u>THOMAS POOL-</u> | <u>THOMAS POOL-</u> |
| VARISTY PANTHERS | VARISTY PANTHERS | VARISTY PANTHERS |
| | | |

*****REMINDER NO PARENTS MAY PARK AT CONCESSION STAND.**

FAQ's FOR PRACTICE AND PRACTICE FIELDS:

QUESTION: How many practices a week are allowed for both the flag and tackle divisions?

Answer: For the Flag Division and Tackle Divisions, a maximum of 3 practices per week are allowed until the season begins which can be held on Monday, Tuesday or Thursday.

QUESTION: When and where are practices, how many times per week and when do they begin?

Answer: FOOTBALL -- Practices are held up to 3 times a week. Each team is assigned a practice location and days of the week for practice. All CYFL practice locations are shared by multiple CYFL teams and other youth sports organizations in Carrollton. The practices will be at Josey Ranch Complex, unless the coach finds another location and petitions the board for a practice location change. The practices will be from 6:00 p.m. until 7:45 p.m. Practices begin July 26, 2010. **CHEER** -- Practices will vary by squad and is at the discretion of the head coach or cheer director.

QUESTION: When and where are the games played? Answer: Games are played on Saturdays at either the Josey football field or Thomas football field located at the Josey Ranch Complex.

QUESTION: How many players/cheerleaders are on a team? Answer: Numbers depend on the registration numbers. This number is not determined until after late registration.

QUESTION: How long is the season? How many games are played? Are there playoffs? Do all teams

qualify for playoffs? ANSWER: Practices for the season begins in July 26, 2010, games begin on August 28, 2010 and bowl games. There are no playoffs. Every team plays a ten (10) game regular season as allowed.

QUESTION: Why is my team assigned in the place it is in? Why do we never practice on an actual football

field? ANSWER: If your team is practicing on a baseball field or another area and never practices on a football field, it is because that was requested by your coach. The CYFL Board wants everyone to have at least one practice on the football field during the week.

Why is there only 5 teams on the Josey Field and 6 teams on the Thomas Field? ANSWER: The Josey is field in better condition than the Thomas field. Also, you will notice that on Mondays the Josey field has only 5 teams on the field and the team that is added on Tuesday and Thursday are a flag team. The flag team does not take up space and this is the first year that we have had the opportunity to allow the Flag teams to practice on the football field. In the past, the flag teams practiced on the baseball field all season and never saw the football field until game time.

Why does one team have the same area everyday and my team has to move around? ANSWER: Certain teams are placed together because we have the same coaches coaching in different divisions and those teams need to be together, or you may have one Varsity coach mentoring and helping a Freshman coach. Also, there are board members that are a part of almost every team in the league. There is a board member on every practice field during practice, so in case something happens, there is a board member there.

Why is this the first year that Flag has practiced on a football field? ANSWER: The City of Carrollton controls these fields and controls when CYFL may use the fields. This year the City of Carrollton designated the 2 Thomas baseball fields for CYFL use.

Why are we using the baseball fields for practice areas? ANSWER: The City of Carrollton controls these fields and controls when CYFL may use the fields. The reason for using the baseball fields is because the later the season gets and with the time change, then almost around 7:00 p.m. is when the football practice will need lights and the baseball fields have lights. Also, remember that besides middle schools, these are the only 2 football fields for the City of Carrollton.

Is the concession stand open during practice? ANSWER: The softball league is allowed to run the concession stand during the week. So if the concession stand is open, it is because the girls' softball league is running and having the concession stand open on days that they want.



THOMAS FOOTBALL FIELD

**** Field locations need to viewed as if you are standing at the concession stand and facing the field.**

| | |
|---------|---|
| ENDZONE | MON.-VARSITY TEXANS TUES.-VARSITY TEXANS THURS.-VARSITY TEXANS |
| 10 | |
| 20 | |
| 30 | MON.-FRESHMAN PANTHERS TUES.- FRESHMAN PANTHERS THURS.- FRESHMAN PANTHERS |
| 40 | |
| 50 | MON.-FLAG COWBOYS TUES.-FLAG COWBOYS THURS.-FLAG COWBOYS |
| 50 | |
| 40 | MON.-Freshman Texans TUES.-Freshman Texans THURS.-Freshman Texans |
| 30 | |
| 20 | MON.-JV Falcons TUES.-JV Falcons THURS.-JV Falcons |
| 10 | |
| ENDZONE | |



JOSEY FOOTBALL FIELD

**** Field locations need to viewed as if you are standing at the concession stand and facing the field.**

| | |
|---------|--|
| ENDZONE | MON.- TUES.-FLAG TEXANS THURS.-FLAG DOLPHINS |
| 10 | |
| 20 | |
| 30 | MON.-JV TEXANS TUES.-JV TEXANS THURS.-JV TEXANS |
| 40 | |
| 50 | MON.-JV PANTHERS TUES.-JV PANTHERS THURS.-JV DOLPHINS |
| 50 | |
| 40 | |
| 30 | MON.-Freshman Cowboys TUES.-Freshman Cowboys THURS.-Freshman Cowboys |
| 20 | |
| 10 | MON.-JV COWBOYS TUES.-JV COWBOYS THURS.-JV COWBOYS |
| ENDZONE | |

