

I HAVE READ THE RULES OF THE ALLEGANY-LIMESTONE YOUTH FOOTBALL LEAGUE AND I FULLY UNDERSTAND THEM.

Player Signature _____

Parent/Guardian Signature _____

Allegany-Limestone Youth Football League Rules

1. Players/cheerleaders must be dressed and ready for practice at scheduled time.
2. A player or cheerleader missing 2 (two) practices in one week without proper excuse (sick, doctor, or dentist, etc.) may be suspended for the next game or scrimmage.
3. A player/cheerleader must notify the coach the day before a player is going to miss a practice for an appointment.
4. A player/cheerleader missing for a school related function will not be penalized for a missed practice as long as we are notified the day before. Missing a practice because of a detention is counted as a missed practice. Good behavior and discipline is a priority in this football league.
5. Equipment for one football player costs in excess of \$300. We charge nothing to the players including their mouthpiece and we expect this equipment to be taken care of and kept clean. Ask a coach for cleaning instructions. Any equipment lost or destroyed other than in practice or a game will be replaced and charged accordingly to the parent or guardian.
6. Uniforms for cheerleaders including pom poms cost in excess of \$150. Temporary alterations may be made at the cheerleader/parent's expense. Uniforms **must** be dry cleaned before turning in at end of season. A fee of \$8.50 will be collected before final game of season.
7. Each person is expected to work hard and pay attention in practice. Comparison is not made between each person and their teammates. Coaches look at the individual's abilities and how they work to improve their ability, knowledge and competitive spirit.
8. We as coaches love to see parents participate by coming to games and practices but we need the players/cheerleaders full attention in both, so we would appreciate it if the parents would not try to coach their children or talk to them while we are working with them. This can be distracting to them and the team. If you have any questions about your child's ability, playing time, or what they need to work on, please talk to the coaches before or after practice or game not during it!

9. Our league has a zero tolerance for the use of alcohol or tobacco by any player or cheerleader. Suspension will be enforced. Consumption of alcohol by parent/guardian at any game/practice will also not be tolerated. Use of alcohol by parent/guardian at game may result in forfeiture of that game by CCMFL.
10. The use of inappropriate language by a player/cheerleader will result in suspension from game. Inappropriate use of language by parent/guardian at a game/practice will result in the removal of such person from the premises.
11. **Weight and age limit for football players:**
Pee Wees: Age 8-10. 11 yrs old if birthday is after Sept 1st. Must be 8 yrs old as of Sept 1st. Weight: Line #115 and Back #100

Midgets: Age 11-13. 14 yrs old if birthday is after Sept 1st. Weight: Line #140 and Back #125.

Age limit for cheerleaders:
Pee Wees: Age 8-10. 11 yrs old if birthday is after Sept 1st.

Midgets: Age 11-13. 14 yrs old if birthday is after Sept 1st.