



1. **Our Mission**

The Goldbacks Youth Football & Cheer (GYFL) League is devoted to making a difference in the community by encouraging the youth of the Newburgh Enlarged City School District, to strive for academic excellence while learning the sport of Football and Cheer. Everyone involved, coaches, board members and concession stand workers are volunteers. We strive to provide a safe and enjoyable experience for all our children, parents, and guests.

2. **Registration/Refunds**

Registration fees are **NON-REFUNDABLE**. This means that if your child quits, no longer can participate, or is asked to leave the team due to disciplinary reasons, the registration fee is **NON-REFUNDABLE**.

Open Registration will end on July 15th. All registrants that attempt to register after this date are subject to a **\$50** late fee up until the final day of registration August 1st. GYFL reserves the right to review and refuse any registration application of a child/adult based on disciplinary or unruly conduct in the past within the GYFL and OCYFL. The parent will have the right to appeal to the Executive Board of Directors in writing at which point the Executive Board of Directors will schedule a hearing so the applicant can be heard.

3. **Practice/Game Schedule**

First day of practice is August 1st. Practices will be scheduled Tuesday through Thursday. Practice starts at 6pm and goes for two hours depending on the Division. The opening of the season is normally the first weekend in September. We play our home games at NFA Academy Field. The season is 8 games (all divisions) with a 3-week playoff season (only Divisions 1-3) for teams that qualify for post-season play.

August 1st until First day of school-All Divisions can practice up to 7 days in a week (coach's discretion.)

Starting the first day of school practices can be up to 3 days a week for Mighty Mites and Division 1)

Division 2 and 3 can be up to four days a week (coach's discretion)

Special practices may be scheduled for Saturdays. All practices are typically 2 hours long.

Practice Requirements:

All forms (registration, medical, code of conduct) and payment in full must be completed and turned into the league before a player can begin practice.

- All football players need to wear athletic supporter/cup, cleats, and equipment assigned by the coaches for each practice session.
- All players must bring water or a drink for water breaks.
- All parents on behalf of the players must phone ahead if they cannot make practice.



- All players must be picked up immediately after practice. If children are not picked up on time, that child may have to be removed from the team, as it is a safety issue that cannot be ignored.

6. Equipment

GYFL provides protective equipment for every child that registers with the league. There is significant expense involved in acquiring and maintaining this equipment. It costs approximately \$300 to outfit each football player. **NO PLAYER WILL RECEIVE EQUIPMENT UNTIL THEY ARE PAID IN FULL.** All parents and Players are responsible for their equipment. It is imperative parents turn in all equipment immediately following the season. Any equipment that is not turned in within 2 weeks of the final equipment return date at the end of the season will be subject to a **\$100.00 late fee.** Parents will be billed for equipment if it is not returned.

Players are required to use equipment and uniforms provided by the league. Equipment will be used for GYFL activities and only GYFL activities. No alterations or modifications are to be made to any of GYFL's equipment. This includes the application of stickers or numbers on helmets (unless league approved) or replacement of facemasks.

Jersey Policy

We understand how important numbers are to our players and families. To avoid any confusion or disputes we have created a policy that clearly outlines the priority of jersey numbers. The priority is in the order below.

- I. Returning players of the same division automatically keep their number.
- II. A returning player of the same division who was forced to change their number the previous season has the right to reclaim it if no returning player in that division has that number.
- III. Returning player moving into a new division can keep their number if a returning player from that division does not have that number.
- IV. Returning player who are moving into a new division and is forced to change their number has choice of available numbers. If multiple players are in the same situation the player with the longest tenure in the league gets preference. If that is the same, then the older player by birthdate will get first choice.
- V. Returning player in the same division who wants to change his number may select new number.
- VI. Returning player moving into a new division who wants to change their number may select a new number.
- VII. For new players, the order in which they are paid in full in their division is the order in which they can choose from the available numbers.

7. Attendance Policy

Any practice that a coach is not notified prior to the absence is considered an unexcused absence (extraordinary circumstances, of course, excluded). All coach's phone numbers and contact information will be provided at the first practice.

There are many accepted reasons for absences: illness, vacations, baseball tournament games and logical circumstances that are beyond the parents' and the child's control. Non-school activities in the fall are not acceptable reasons for missing practices. We allow children to finish their summer time obligations like baseball, but do not want new fall activities to interfere. It is not fair to the children who attend all the practices to allow someone to miss practices for another sport or



organization. You will have to make a family decision on what fall sport your child will participate in.

We understand the difficulty of getting your child to practice. Please make arrangements with another family to get your child to practice when transportation is a problem.

Lateness is an issue that the coaches have to enforce in order to have the team ready to practice on time. Players that are late might have to do extra work at the coach's discretion to make up for the lateness. Also, repeated lateness may affect the child's playing time.

Goldbacks Youth Football League needs an attendance policy for several reasons:

- In fairness to the families that make sacrifices to get their children to practice.
- The physical requirement that your child attend practices to prevent injury.
- The physical risk that other children are put at because of a child missing practice.

Consequences:

The coaches will evaluate each situation and can recommend that the child does not dress for the next game or may miss time in the game (s) due to the absences. Each situation will be evaluated separately and the absences, even though they may be justified, can still lead to these consequences.

8. Playing Time in Games

Football is a very physical and mentally challenging game. The coaches evaluate the talent, to the best of their ability, and decide where each child will play. Some children are not ready physically, mentally, or emotionally ready to play certain positions. Others are not ready to be matched up against certain teams or players. The problem in football is that a player's lack of readiness can lead to the player or another player getting injured. All players must know what they are doing and can physically do, or another child may get hurt.

Football has a lot of learning and remembering for young children. That is why a child may not play a different position every week. It takes many weeks of repetition just to learn one position. Unlike other sports, the complexity and physical aspect of the sport needs children to practice and play the same position for most of the season.

The playing requirements, as stated in the OCYFL Rules, and that all parents agreed to when they signed their registration form are as follows:

- Roster of 30 or more players: Minimum of 6 plays per game.
- Roster of 25-29: minimum of 8 plays per game.
- Roster of 19-24: Minimum of 10 plays per game.
- Roster of 18 or less: Minimum of 12 plays per game



9. **Weigh-Ins**

All players will be weighed in before each game; it is imperative players show up to games at the appropriate time. Any player that misses the scheduled weigh-in time must remove their shoulder pads and wait on their team sideline until the end of the 1st half to be weighed in. Any player not making weight will be ineligible to play for that entire game and must also remove their shoulder pads. A player may remove clothes from the waist up, as well as socks and shoes only, to make the required weight. An allowance of three pounds will be given for pants, kneepads, hip pads, thigh pads, jock, and underwear.

10. **Game Day Rules**

Game days are very exciting and sometimes confusing days. Again, all parents and guests will stay behind the ropes, signs or appropriate tape at all times during games. This rule, as well as all others, will be strictly enforced. We are fortunate enough to use the High School for our Games, all School rules need to be enforced, No Littering and No Dogs on School Property.

All players are required to be at the field at least 1 hour and 15 minutes prior to the scheduled game time to be allowed to play in the game. This is to allow for proper stretching, warm-ups, and required weigh-ins.

On game days before and after games parents are responsible for the supervision of their own children. This is not a responsibility of the coaches and or the GYFL board.

Note-OCYFL Rules allow for games to start prior to scheduled start times if the prior game is completed early

A schedule will be distributed when finalized by the league. Players are only allowed on the field and bench area when their game is playing. No older or younger siblings or parents are allowed on the playing field of sideline during a game, this will be strictly enforced. Please do not distract or feed your children during any game. It is important for them to be focused and ready to enter a game at any time. Let the Coaches coach.

11. **Player Discipline Problems**

Any child that uses profanity, tries to intentionally harm another child, talks back to coaches in an inappropriate manner, verbally picks on another child, or refuses to cooperate in a team manner will be subject to discipline provided by the coaches, which can include but are not limited to; running, sitting out of practice(s) and or game(s), game or multi game suspension or season suspension. Any parent that has a concern about the actions/behavior of another player related to their child should first speak to the head coach. All incidents/concerns will be brought by GYFL Board by the head coach..



12. **Parent Behavior**

As many of you know, inappropriate conduct by parents and other spectators has become an increasing problem for youth sports organizations across the country. We require you to follow and sign a Code of Conduct as well as these rules.

- No parents are allowed on the fields/sidelines during any practices or games for any reason, except if they have been asked directly by a coach or league representative for assistance. The coach has direction to set the boundary of the playing field and the parents section at all practice section at all practices and games.
- Inappropriate yelling from the stands or sidelines will not be tolerated by GYFL or the OCYFL; minor first-time offenders will be asked to leave; excessive reoccurring offenders may be brought up to the league for additional action.
- All parents and guests will stay behind the yellow line, signs, or appropriate tape at all times during games. This rule will be strictly enforced at all fields.
- Parents will not coach their child during practices or games. Leave the coaching to the coaches, outside interference impeded with games and practices and may even confuse children.
- Parents should stay at least 100 feet away from all practice drills and use only positive comments when directed towards players.
- **No parent will verbally abuse any player, coach, or league official at any time.**
- **There is no need for verbal attacks on anyone.** Board members, coaches and officials are all volunteering their time and do not deserve the harassment. If you have a complaint about the coach or league official, please contact a member of the Executive Board.
- Any concern that is brought to the coach needs to be about the coach's treatment of the children and not a difference of opinion on their evaluation of talent and /or the position your child is playing. Any complaints or concerns will only be made by the parents or legal guardians of that child that is recorded on our registration forms, any other person (i.e. aunt, uncle, cousin, or family friend is not acceptable).

Consequences:

Violators will not be allowed to attend any league functions, including practices and games. If necessary, the child will have to leave the team due to his/ her parent's behavior. Any parent who verbally attacks, aggressively confronts, or harasses any coach, official, volunteer and/or another parent, guest, or visitor will force their child to leave the program. GYFL reserves the right to have any person or persons removed from any and all league functions, playing fields, and/or practice facilities that violate any league rules of the league codes of conduct any may also be subject to expulsion from GYFL and its activities. GYFL will review and refuse any registration application of any child/adult based on disciplinary or unruly conduct in the past. The parent will have the right to appeal to the Executive Board of Directors in writing at which point the Executive Board will schedule a hearing so the applicant can be heard.



13. **Parent Code of Conduct**

To participate in our league a Code of Conduct must be signed prior to your child's first practice. By signing this document, you take responsibility for the actions of yourself and any person that is your guest (including but not limited to spouse, relatives, friends, family) at all practices/games and league events.

The essential elements of character-building and ethics in sports are embodied in the concept of sportsmanship and six core principles: trustworthiness, respect, responsibility, fairness, caring, and good citizenship. The highest potential of sports is achieved when competition reflects these values.

I therefore agree;

1. I will not force my child to participate in sports.
2. I will remember that children participate to have fun and that the game is for youth, not adults.
3. I will inform the coach of any physical disability or ailment that may affect the safety of my child or the safety of others.
4. I will learn the rules of the game and the policies of the league.
5. I will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, officials and spectators at every game, practice or other sporting event.
6. I will not engage in any kind of unsportsmanlike conduct with any official, coach, player, or parent such as booing and taunting; refusing to shake hands; or using profane language or gestures.
7. I will not encourage any behaviors or practices that would endanger the health and wellbeing of the athletes.
8. I and or my family/friends will not place any derogatory statements about the youth football league, players, cheerleaders, coaches, board members (including all towns/members of the OCYFL) on any electronic communication device (examples – Facebook, Twitter, Snap Chat, GYFL website, YouTube, text messaging, emails and all forms of social media, etc.)
9. I will teach my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
10. I will demand that my child treat other players, coaches, officials and spectators with respect regardless of race, creed, color, sex or ability.
11. I will teach my child that doing one's best is more important than winning, so that my child will never feel defeated by the outcome of a game or his/her performance.
12. I will praise my child for competing fairly and trying hard, and make my child feel like a winner every time.
13. I will never ridicule or yell at my child or other participant for making a mistake or losing a competition.
14. I will emphasize skill development and practices and how they benefit my child over winning. I will also deemphasize games and competition in the lower age groups.
15. I will promote the emotional and physical well-being of the athletes ahead of any personal desire I may have for my child to win.
16. I will respect the officials and their authority during games and will never question, discuss, or confront coaches at the game or practice field.



17. I will NOT confront/challenge any coach on their decisions on discipline or any other matter in regard to my child or another player at practices/games until a 24-hour cool down period has elapsed.
18. I will demand a sports environment for my child that is free from drugs, tobacco, and alcohol and I will refrain from their use at all sports events.
19. I will refrain from coaching my child or other players during games and practices, unless I am one of the official coaches of the team.

I also agree that if I and any of my guests (as defined above) fail to abide by the aforementioned rules and guidelines, we will be subject to disciplinary action that could include, but is not limited to the following:

- Verbal or written warning by official, head coach, and/or town or league official.
- Parental games/practices suspension with written documentation of incident kept on file by town or league involved
- Parental season suspension
- Parental ban from all GYFL activities
- Player game or season suspension

Any Physical contact made by one person on another person at any OCYFL/GYFL event will result in an immediate suspension pending an investigation by the board. Assault will be defined as a punch, kick, slap, spit, or any physical contact upon another person.

14. **Fundraising**

The costs to properly conduct our football program are steadily increasing. The funds from our fundraising efforts, events, raffles and concession stand are needed to sustain our program at its current level. Each family is given \$100 of raffle tickets for football and \$50 for Cheer for each child who is registered.

15. **Award Ceremony**

At the end of the year GYFL provides an awards ceremony. The players and cheerleaders receive a trophy with their names to show their achievement.

16. **Photo/ Video Use Permission**

By registering your child, you give your permission to Goldbacks Youth Football League to use a photograph(s) or video(s) of your child on all league social media platforms.

17. **League Information and Meetings**

All league meetings and elections will be conducted in accordance with the GYFL By-Laws, which are available for anyone's review on the website. Any proposed change to the by-laws will be voted on in accordance to the current GYFL by-laws.

GYFL meetings are typically held on the 2nd Tuesday of each month at 7pm. OCYFL meetings are typically held the 3rd Wednesday of each month at 7pm. All meetings will have an agenda put forth by the Secretary. Meetings are subject to change.



A designated individual member of the Executive Board will attend all OCYFL meetings; only the highest- ranking member will speak on the behalf of the GYFL. Please remember, we attend the OCYFL meetings to represent children of GYFL and its best interests, not to voice our personal agendas. That is why only the highest-ranking GYFL Executive Board Member has the right to speak for GYFL for any new business or items that are not on the OCYFL agenda; this is in accordance with the GYFL By-Laws and OCYFL Rules.

If any individual disagrees with GYFL's Board of Director's decision (vote) and wishes to be heard they shall do so under the OCYFL policy which requires them to prior contact the OCYFL to receive permission to speak. Our policies will mirror the OCYFL rules on meetings, which include any person who has a presentation, complaint, or suggestion that is not a board member must prior contact the GYFL. We will gladly add you to the agenda and you will be given a chance to speak under new business. Any outbursts or unruly conduct you will be asked to leave.

The OCYFL's current policy on our League Meetings-Group, Parents, or Sales People must first contact the league at nyocyfl@gmail.com or call our league phone number posted on the website in order to speak at a meeting. We will gladly add you to our agenda; but to be heard your must be on the agenda. The change makes it easier for us to plan our meetings.

18. **Correspondence Address**

Goldbacks Youth Football League
PO Box 10221
Newburgh, NY 12551

19. **Online Information**

Goldbacks Youth Football League - <http://www.goldbacksyouthfootball.org>
Orange County Youth Football League OCYFL- <http://ocyflny.org>