



Central Illinois Youth Football League

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Athlete / Parent Handbook

www.ciyfl.com

History

The first meeting to organize a tackle football program for 5th through 7th grade was held on February 23, 1960. After several meetings and a tremendous amount of work on the part of many individuals, a charter was secured from the State of Illinois for Pee Wee Football, Inc. of Champaign-Urbana, a not-for-profit corporation. At that point, a drive was launched to secure the sum of \$6,000 needed for uniforms, equipment and insurance. Through the contributions of local businesses, labor unions, and private individuals, this goal was quickly reached. Equipment was purchased, practices were held and the first games were played in September of 1960. To date, all Head Coaches and Assistant Coaches are strictly on a volunteer basis.

The league began with four teams in 1960, expanded to five teams in 1967, and to six teams in 1970. In 1977, the league experienced further expansion by adding 8th graders to the teams and including Urbana players to the mix. At that point, the teams were divided into Junior Varsity (5th and 6th graders) and Varsity (7th and 8th graders). Also in that year, the organization became known as the Champaign-Urbana Youth Football League. The next surge of expansion started in 2002 with the addition of a Mahomet JV team, a final name change to Central Illinois Youth Football League, and in 2003 with the addition of a Mahomet Varsity team and with Rantoul's JV and Varsity teams joining as an out-of-district member of CIYFL.

Football games have been held at various football fields over the years until 1999, when league supporters and the Champaign Park District came together to create CIYFL's home football field at Zahnd Park. In the past, CIYFL has graciously been given the opportunity to play the final games of the season at the University of Illinois Memorial Stadium.

League Philosophy

The Central Illinois Youth Football League was organized to provide the youth of Champaign-Urbana and surrounding communities with an opportunity to play competitive full contact football in a supervised environment. The League's goal is to familiarize the players with the fundamentals of football and to teach them, that academics and athletics should be a joint, communal effort. We will strive to instill concepts of good sportsmanship and teamwork while building confidence, respect for ones self and ones opponent, and discipline. These value propositions are expected from not only the players, but also from the parents, families, and spectators.



Player Eligibility

Junior Varsity (JV)

Fifth and sixth-grade boys and girls who are at least ten (10) years old before September 1st, but are not thirteen (13) before September 1st of the current season. Those who are, or will be, over thirteen (13) before September 1st of the current season will be moved up to varsity. Players may not exceed two seasons at this level and must meet both grade and age requirements to participate.

Varsity

Seventh and eighth grade boys and girls who are, or will be at least, 12 but not fifteen (15) years of age before September 1st of the current season. Players may not exceed two seasons at this level and must meet both grade and age requirements.

Academic Eligibility

The CIYFL recognizes the importance of both academic and athletic excellence. Players must remain in good academic standing in their respective schools in order to participate. Because the CIYFL is not directly affiliated with any school district, it must rely on the integrity of the players and parents to identify situations where players become ineligible for academic shortfalls. Unless directly notified by parents or guardian, the CIYFL has no ability or responsibility to monitor a player's academic status. Players are required to follow CIYFL and team rules.

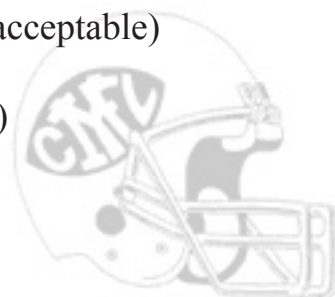
Registration

All players must be registered with the CIYFL on or before Helmet Day (which is the Saturday before the first practice) of each season. CIYFL registrations will occur in April, May, June and/or July on pre-determined dates. Pamphlets are distributed to all school districts within the participating area and advertisements are run in the local newspaper and other media outlets. Late registrations will be considered by the Executive Committee only in instances of relocation within 30 days of Helmet Day and then only during the first two weeks of the season. Acceptance will be based upon the number of players already signed up and concurrence by the coach. These decisions are solely at the Executive Committee's discretion. All players must get CIYFL clearance before they are permitted to practice. A parent or legal guardian must sign all registration forms. All fees must be paid at the time of registration. The following documentation must be submitted prior to equipment distribution.

Original or Certified Birth Certificate (copies are not acceptable)

Most Recent Report Card

Sports Physical (Within same calendar year as season)



Forged or misleading documents will result in disciplinary actions to be taken.

The registration fee is \$125. In communities where the CIYFL establishes a new team, players from those communities will be surcharged an additional \$25.00 per season for the first three years to compensate the CIYFL for the cost of outfitting and equipping the new team. Allowance will be made for those families who need financial assistance if they can provide evidence that they are receiving state or federal assistance under lunch subsidy programs or provide such other evidence satisfactory to the Executive Committee. Determination of these facts will be at the sole discretion of the Executive Committee. Reduced fees are typically one-half of the normal registration fees. Returned checks will be brought to the attention of the parent or player who will have three (3) days to resolve the issue via a cash payment. Following such time, the equipment will be returned and the player will be ineligible for the current and all future seasons.

Refunds

Parents will be eligible for a refund of 75% of the registration fees up to the day helmets are received. After that day up to but not including the day of the Jamboree, parents can receive 50% of the registration fees provided all of the equipment is returned to the coach in good condition. The day of the Jamboree, and the subsequent season, no refund will be given.

Team Assignments

Players are assigned to teams based upon the player's home address. Home address is the address of the parent or legal guardian. At the beginning of each season, the first 25 junior varsity and 30 varsity players in each area will be assigned to that area's respective team, on a first come, first serve basis. Additional players from that area will be put on a waiting list based upon when their registration information is completed. The Executive Committee will equalize team sizes by first utilizing players from the waiting lists, then assigning players to teams (other than their geographic location) until all of the teams in each division have an equal number of players. Players are not permitted to pick their teams, however parents may petition the Board for approval to change teams. Players will be permitted to change teams only if there are valid reasons. Transfers must be approved by both coaches involved, and then cleared by the Executive Committee.



Equipment

The CIYFL provides each player with the following equipment, clean and in good working condition:

- Game pants & jersey
- Practice pants & jersey
- Helmet with chin strap
- Belt
- Shoulder pads
- Girdle
- Thigh (2), Hip (2), Knee (2), and Butt pad
- First mouthpiece

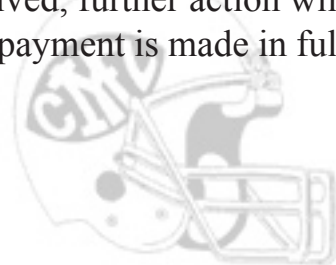
For safety reasons only CIYFL supplied items are allowed with the exception of mouthpieces. The CIYFL requires that all equipment, at the end of the players season, be cleaned**. If equipment isn't cleaned there will be a \$10.00 cleaning fee.

***Suggested cleaning instructions: Do not use bleach. Bleach will break down the fibers in the clothing and may turn yellow. Oxy-Clean is a suggested alternative to getting whites whiter. Washing should be done with like color clothing. Please do not dry clothing on high heat. Medium or low heat is suggested.*

Parents are expected to provide T-shirts, shorts, socks, athletic supporters, and any other undergarments as well as additional rib protectors if needed. Parents are also required to provide shoes with rubber football cleats. Only 100% rubber cleats are acceptable by IHSA rules. Any cleats containing metal will not be allowed. Players will be required to purchase additional mouthpieces, if the provided mouthpiece is lost.

Safety is a foremost issue. Players are required to wear all equipment while participating in games and full contact practice sessions. Coaches may vary practice requirements based upon weather conditions and the level of contact anticipated. When helmets are worn, players are required to wear chinstraps and mouthpieces. Failure to bring necessary equipment to a game will disqualify the player for that game. Failure to wear necessary equipment during a game may result in a penalty for the team.

Players are required to turn in equipment on the date of equipment hand-in. If equipment isn't turned in you will be billed. After 30 days, if equipment or payment received, further action will be taken. The player will not be allowed to register the next season until payment is made in full or equipment is turned in.



Practices

IHSA rules require that all players must practice at least ten (10) practices with the first three (3) mandatory helmets only. CIYFL requires 5 practice sessions with only helmets, then participation in another five (5) practice sessions in full equipment before playing in their first game. The only exception to this rule is extreme weather conditions that would prohibit either of these regulations to be met.

Most teams typically practice Monday through Friday. Practices last between 1.5 and 2 hours. Coaches are required to provide a break every thirty (30) minutes. Practice schedules are set by the coaches and approved by the Executive Committee. Without prior Executive Board approval, no practices can be scheduled for Sundays. Teams are not permitted to practice more than five times per week. In order to be eligible for games, players must participate in the head coaches specified number of practices during the week immediately prior to the game. The CIYFL minimum, to be eligible to play, is three (3) practices in one week. The following is a tentative listing of teams' practice fields. Times are determined by each coach, but usually run from 5:00pm to 7:00pm.

Varsity

Champaign Broncos	Powell Park
Champaign Stallions	Morrissey Park
Champaign Colts	Johnston Park
Urbana Tigers	Chief Shemauger Park
Mahomet Bulldogs	13 Acres

Junior Varsity

Champaign Wildcats	Powell Park
Champaign Blue Devils	Morrissey Park
Champaign Panthers	Johnston Park
Urbana Golden Bears	Chief Shemauger Park
Mahomet Bulldogs	13 Acres



Games

Days and Times

All games are played on Sundays with the possible exception of holiday weekends. With prior notification, holiday weekend games have been rescheduled during the evenings of the week following the holiday weekend. Games will be played at 1:00pm and 3:00pm. Generally JV games are held at earlier times with Varsity games held at the later time slots.

Game Locations

CIYFL games are played at Zahnd Field, Centennial Field, and Bill Seeber Complex. Zahnd Field is located on the west side of Champaign, just south of the intersection of Staley and Windsor roads. Parking is not allowed on Staley Road. Centennial Field is located at 1115 Crescent Dr. behind Jefferson Middle School. Bill Seeber Complex (also known as Camp Rantoul) is located on Rte. 45 in Rantoul.

Parents and fans are requested to park in assigned parking areas. Visit our website for printable directions.

Jamboree

Each year prior to the start of the regular season, the CIYFL and other affiliated teams hold a combination fundraiser and controlled scrimmage. The Jamboree location will be voted on and determined by the Board based upon the number of teams participating between the CIYFL and the other affiliated teams.

In a controlled scrimmage, each team starts from the 30 yard line and is given 5 offensive plays. No official scores are kept during the scrimmage. Teams will alternate offensive series until a 25 minute time limit expires. Unlike regular season games, two coaches are permitted on the field and can correct mistakes as they are occurring. Because of the format, no time-outs are permitted. The field is setup so that two scrimmages are simultaneously occurring during each 30 minutes session.



Rules

The CIYFL utilizes all IHSA, which falls under the NFHS, rules with the following exceptions:

Length of Quarters

Varsity - 10 minutes start / stop clock; 10 minute halftime

Junior Varsity - 8 minute start / stop clock; 10 minute halftime

Points After Touchdowns

Varsity - kicking = 2 points / running or passing = 1 point

Junior Varsity – kicking or running = 1 point / passing = 2 points

Punts & Extra Points

Varsity - Players are not permitted to be positioned directly over the center on punts or extra kicks, however rushing from all other positions is allowed.

Junior Varsity - No rushing the punter or kicker is permitted. When punting, there is no forward movement allowed until after the ball is kicked.

Weight restrictions on advancing the ball

Varsity - Players who weigh over 150 lbs. cannot advance the ball.

150 lbs. and below qualify as skill positions – quarterback, running backs, ends and receivers.

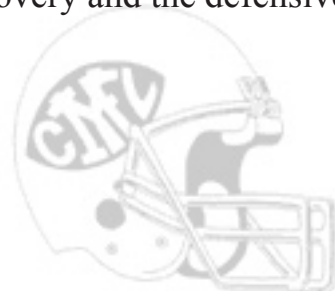
JV - Players who weigh over 120 lbs. cannot advance the ball.

120 lbs. and below qualify as skill positions – quarterback, running backs, ends and receivers.

All players will be weighed on Helmet Day. Players over the limit by five (5) pounds or less can be reweighed at the Jamboree. Weigh-ins must be supervised by at least two Board Members. Following the Jamboree, all head coaches will receive weights of all players on each team. The listed weights remain the playing weight for each player the entire season.

All players INELIGIBLE to advance the ball must place a 3” strip of tape horizontally on the back of their helmets. Kickers and punters are excluded from the weight restrictions, provided that they do not attempt to advance the ball. If an attempt is made to advance the ball, the ball immediately becomes a dead ball and the play is over.

Defensively, in the event a player over the weight restriction recovers a fumble or intercepts a pass, the ball is dead. The play ends at the point of the interception or recovery and the defensive team retains possession. *No forward progress is permitted.*



Minimum Playing Time

All players, who are not on either academic ineligibility (by their parent or guardian) or disciplinary suspension by the coach or CIYFL, are eligible to participate in at least six (6) plays per half. Special teams (punts, punt returns, kicks, kick-offs) are considered in the minimum play rule.

Parents need to be cognizant that players sometimes voluntarily avoid insertion into a game. Players need to be attentive during the game and practice sessions and coaches are not responsible if players don't respond when their unit is called. Coaches, at their sole discretion, may suspend or remove players from their rosters when players become disruptive or refuse to participate in any practice session. Suspension from practice sessions may result in decreased playing time in games.

Overtime

In the case of a tie, overtime will be played according to IHSA rules except there will be a maximum of two (2) overtime periods. Overtimes will begin at the ten yard line for each team. If a second overtime occurs, teams must attempt a 2-point conversion. After two (2) overtime periods, the game will be considered a final score.

Game Cancellations

The officials or any Board Member in attendance may cancel or postpone a game due to weather conditions, or extenuating circumstances, with games being rescheduled from the point of the delay at the earliest possible non-game day available. At the discretion of the Board, games may be cancelled.

Running Clock

Under the following situations, the game clock will continue to run. The clock will not stop for first downs, incomplete passes, change of possessions, but will stop during extra point attempts, and time outs, (injury, official, and team). Coaches have no option to override this rule in either half.

1. When a team is ahead by 24 or more points in the first half, the clock will run until the end of the half.
2. When a team is ahead by 40 or more points in the second half, the clock will run until the end of the game.

When this rule is in effect, the team ahead may not place any of its starting offensive backfield or receivers into the game. No restrictions on the composition of the defensive units will be instituted. Coaches are encouraged to use non-starting players and to allow for equal playing time.



Game Officials

CIYFL requires a minimum of three officials per game, of which, one (1) is a registered IHSA official. The other two officials may be in training as approved by the CIYFL Executive Committee. It is the Board's responsibility to ensure that provisions have been made for the officials. If three officials are not available for a game between teams within the CIYFL, the game(s) will be rescheduled or a solution to resolve will be agreed upon before game time. In the case that one of the CIYFL teams is hosting a game with an affiliate team, the host CIYFL team will forfeit the game. Similarly, if another league hosts a regular season game and does not have the necessary number of officials, the CIYFL team shall not play the game and shall consider the game a forfeit by the opposing team.

Athletic Trainers

CIYFL requires that there be medical personnel on site at ALL times during each CIYFL game. In the case that medical personnel is not available for a game between teams within the CIYFL, the game(s) will be rescheduled. In the case that one of the CIYFL teams is hosting a game with an affiliate team, the host CIYFL team will forfeit the game. Similarly, if another league hosts a regular season game and does not have medical personnel, the CIYFL team shall not play the game and shall consider the game a forfeit by the opposing team.

Coaches Responsibility and Authority

All coaches must be approved by the CIYFL and must have a general knowledge of the game of football. Coaching assignments are for one year only and coaches must reapply for coaching positions annually. Head coaches must be at least 21 years of age. Assistant coaches must be at least 18 years of age and have graduated from high school. The entire coaching staff (assistants, volunteers and parent reps) will be under the direction and supervision of the head coach. Head coaches are in complete charge of their players. Coaches are responsible for their own actions, their assistant's actions and the actions of their players. Head coaches are required to be certified through available training programs sponsored by the CIYFL. The CIYFL may also make these seminars available for assistant coaches.

Coaches must represent the best in football and leadership. Coaches' conduct is always under scrutiny. They must, at all times, be a role model for their players. Their actions effect their players, parents and fans. In line with this, the CIYFL requires the following standard of conduct from all of its coaches:



1. Coaches will always keep the health and welfare of players foremost and will remove from a game or practice any injured player whose health is questionable.
2. Coaches will always strive to set an example for his players on and off the field.
3. Coaches will not use tobacco products or alcoholic beverages on the practice field or during games.
4. Coaches will not berate a player at anytime. The coach will not berate or criticize game officials and will accept their decisions as fair.
5. Coaches will not run-up the score on a weaker opponent.
6. Coaches will not incite fans or spectators into actions unbecoming the game of football.
7. Coaches will reinforce the importance of scholastic as well as athletic achievements.
8. Coaches will not use ineligible players and will bring to the attention of the CIYFL any information, which affects the eligibility of players.
9. Coaches will make sure that all players are given an opportunity to play the required number of plays under CIYFL and team rules.
10. Coaches will follow IHSA and CIYFL rules and regulations at all times.

Failure of the coach to adhere to IHSA or CIYFL policies and procedures will result in disciplinary action by the Executive Committee.

MVP Awards

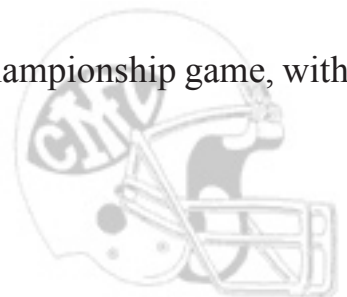
The MVP award is given to a varsity and junior varsity participant, which shows sportsmanship, leadership and athletic ability. Each team's head coach nominates this award weekly. The head coach nominates the MVP of the game for both home and visiting teams as well as offense and defense. Each nominee is based on performance, sportsmanship, and leadership each week. At the completion of the regular season, nominations are tallied and the participant with the most nominations will be named CIYFL MVP.

Coach Kropp Award

The Coach Kropp award is given to one participant that is an eighth grader and that has been in the league for four years. This award is given to the participant that displays the following criteria: hardworking, energetic, dependable and attentive, behaves, always gives their best, never gives up, and doesn't complain. This is not necessarily the best athlete, but an all around great kid. The Coach Kropp award is awarded to the type of individual that all coaches would like to coach. The Coach Kropp Award is nominated by head coaches and voted on by the Executive Committee.

Varsity All Star Game

On a year to year basis, a Varsity All-Star game may be played after the championship game, with teams to be determined by coaches.



Parent's Responsibilities and Participation

Parents must recognize that the CIYFL functions on a volunteer basis. As a result parents are required to participate in CIYFL activities. Participation can come in any of the following ways:

Mandatory Parent Meeting

At least one parent or guardian new to the organization will attend a meeting to be announced.

CIYFL Fundraisers

Registration fees only cover part of the funds required to support the CIYFL activities. The CIYFL may have two major fundraisers each year. These are:

1. Sale of "Varsity Gold" Cards

Each parent / player are required to participate in the CIYFL fundraiser. The CIYFL recommends that you sell at least five (5) cards per player or seven (7) cards per family with multiple players. The cards will be distributed at either Helmet or Equipment Day or the CIYFL will utilize pre-sale sheets. Players are encouraged to sell more than the minimum five cards and prizes will be given out for players selling the most cards. You may make a flat donation to the CIYFL of \$40 for one player or \$60 for two or more if you choose not to participate in the fundraiser.

2. Jamboree Day Concessions

The CIYFL is permitted to run concessions only on the Jamboree day. The CIYFL will either purchase or find donors for the items to be sold at the concession stand. Parents will be needed to prepare the items and attend to the concession stand. Assignments will be rotated so that parents can still watch their children participate in the controlled scrimmage. Affiliated programs will be given an opportunity to host the Jamboree based upon the number of their teams to the total teams in the CIYFL. The affiliated program is responsible for all costs and proceeds of the event, and must comply with the CIYFL's standard safety rules regarding officials, facilities, and medical staff.

Parents Reps

Each team is recommended to have at least two parent reps who will act as a liaison between the coach, the team's parents and the CIYFL. The parent reps will also attend special CIYFL meetings in preparation for fundraisers and, in general, to express any concerns that the team or its parents may have. Parent reps are also responsible for assigning parent volunteers for game day activities as further outlined below. Finally, at the option of each team, parent reps will be responsible for organizing postseason banquets, etc.



Game Day Duties

At each game one team will be designated as the “home” team. The CIYFL will attempt to equalize the number of “home team” designations as much as possible. Home teams will be responsible for providing four parent volunteers to perform certain jobs that make the games run more smoothly. CIYFL requires that individuals be at least 18 years of age. These tasks and the number of volunteers needed are as follows:

chain crew - 3 volunteers

50/50 raffle ticket sales person - 1 volunteer

clock operator and announcer - 1 volunteer or Board Member

A Board Member serving in the capacity of site supervisor will set up and close the field for each game weekend. The Board Member will have the yard markers, down marker, chains, sound system, and scoreboard controls out and in working condition prior to the first game.

Protests

The CIYFL shall have complete jurisdiction over protests concerning games and players within its programs. Protests on matters of judgment rendered by any game official will not be heard. Protests regarding the eligibility of players must be documented and will be heard by the CIYFL Board. All protests must be in writing and submitted to CIYFL officials no later than 24 hours after completion of the game in question.

Problem Resolution Procedure

If a player or parent believes that their respective coach is not following CIYFL procedures or has unfairly treated their athlete, the complaint must be filed in writing through one of the parent reps that is responsible for immediately contacting one of the CIYFL Board Members.

Disciplinary Actions

In addition to the authority given to game officials by the IHSA, the CIYFL can impose the following penalties:



Players

1. Any player inciting or joining a fight during practices or games will be removed from the game or practice session. Subsequent violations will result in expulsion from the CIYFL.
2. Any player who disrespects any coach, game and / or team officials will be immediately removed from the game or practice session. Subsequent incidents will next result in suspension for one week (including practice and the next game) then expulsion from the CIYFL.
3. Players engaging in verbal badgering of opponents with the express purpose of intimidating them will be removed from the game. If this occurs a second time, the player will be suspended from one week's games and practices and if it continues the player will be expelled from the CIYFL.

Team Offenses

1. Failure on the part of the coaches, parent reps and team parents to control team parents or fans may result in the team forfeiting the game. Recurring outbursts from team parents and / or fans will result in the suspension of the team for the remainder of the season. At the sole discretion of the CIYFL Executive Committee, specific parents or fans may be barred from all CIYFL activities.
2. Failure of the parents and coaches to collectively keep the health, safety and welfare of the players foremost will result in suspension of the entire team for the remainder of the season.

CIYFL Board of Directors

The Board of Directors of the Central Illinois Youth Football League is volunteers. The Board consists of head coaches (mandatory) plus other individuals. It is anticipated that Board appointments will last between two to four years so that Board Members have an opportunity to learn about the CIYFL and its operations. Board Members should consider that commitment. Board Officials are elected at the annual meeting. The Board Officers will be President, Vice President, Secretary, Treasurer and Intermediate Past President. The Vice President is assumed to be the next President and will be trained to fill that capacity. In addition the Board will seek to appoint individual members to supervise specific activities such as fund-raising, field operations, registrations, and equipment. For this year, the following Board Officers (Executive Committee) were elected:



President:	Rob Washburn	ciyfl1@gmail.com
Vice President:	Ken Hauser	kjhauser@sbcglobal.net
Secretary:	Susan Williams	dssw106@aol.com
Treasurer:	Debbie Stumph	herriottsparty@insightbb.com

Intermediate Past Presidents: Brian Stumph and Travis Ashmore

The Board of Directors meets once a month from January through November. All interested parties are encouraged to participate on the Board. The Board of Directors is responsible for ensuring that CIYFL rules are enforced and that the CIYFL creates an atmosphere for the youth of the community to participate in a program of organized, competitive football. Because the CIYFL is a volunteer organization the Board relies upon the coaches, parents, and other individuals to provide input and guidance in its activities.

Current Board Members

Travis Ashmore, Randy Baker, Richard Barnett, Todd Brady, Jeff Corley, Scott Day, Jennifer Glass, Bill Harmon, Ken Hauser, Donna Hendrickson, Steve Hillard, David Hubbs, Micky Johnson, Jerry Justice, Chris Logan, Rick Malinowski, Jim Martinie, Rick Matteson, Ed Ogle, Regina Parnell, Jared Peterson, Jerry Ramshaw, Matt Stringer, Brian Stumph, Debbie Stumph, Tim Turner, Tana Ward, Rob Washburn, Estella White, Ken White, Emery Williams, Susan Williams.

****All items listed in this handbook are subject to change by the CIYFL Board.****

