



## **2009 CIYFL Tolono Unity Rocket Rules**

- **MUST HAVE MOUTH GUARD TO PLAY/PRACTICE**
- **NO SITTING ON HELMETS**
- **FOOTBALL PADS AND HELMETS SHOULD ONLY BE WORN (AND USED) AT TEAM PRACTICES AND GAMES**
- **NO HORSE PLAY**
- **SICK STAY AT HOME**
- **HYDRATION – BOYS NEED TO COME TO PRACTICE FULLY HYDRATED – BOYS SHOULD MAKE AND BRING A WATER BOTTLE. WATER OR ELECTROLYTE DRINKS (LIKE GATORADE) – NO CARBONATED OR FRUIT DRINKS BEFORE PRACTICE OR GAMES.**
- **BE ON TIME – ATTENDANCE AND EFFORT FROM EVERY PLAYER WILL DETERMINE THE SUCCESS OF OUR TEAM**
- **THIS YEAR**
- **SOME BOYS MAY CRY AT PRACTICE OR IN A GAME – PLEASE DON'T WORRY OR BE EMBARRASSED. DO NOT RUN OUT TO YOUR CHILD IF THIS HAPPENS. CRYING AT THIS AGE WITH CONTACT SPORTS IS NOT UNUSUAL. COACHES WILL ASSESS IF AN INJURY EXISTS – 99 TIMES OUT OF 100 NO INJURY HAS OCCURRED. WHERE NO**
- **INJURY EXISTS – THE COACH MAY ELECT TO IGNORE THE CRYING AND CONTINUE.**
- **NO PARENTS ON (GAME OR PRACTICE) FIELD UNLESS INVITED BY COACH. WATCHING FROM SIDELINES IS**
- **ENCOURAGED. WE MUST STAY 3YDS BEHIND GAME SIDELINE.**
- **NO INTERRUPTING COACHES**
- **NO WHINING OR COMPLAINING**
- **COME PREPARED TO PLAY/PRACTICE**
- **SHOULDER PAD STRAPS AND STRINGS SHOULD BE TIGHT**
- **MUST HAVE PADDED PANTS**
- **ATHLETIC SUPPORTER REQUIRED (NO CUP)**
- **NO JEWELRY**
- **NO GUM, SODA, OR CANDY**
- **NO SHOWBOATING, CELEBRATION, OR SPIKING FOOTBALL**
- **LIKE SIZED AND EXPERIENCED BOYS WILL BE MATCHED IN PRACTICE WHEN AVAILABLE**
- **DISCIPLINE WILL BE ENFORCED – EXAMPLES: BEING LATE OR ABSENT, NOT LISTENING, NOT HUSTLING, NO MOUTH GUARD AT THE SNAP OF BALL OR IN DRILLS, HORSEPLAY, ETC. EXCESSIVE DISCIPLINE PROBLEMS CAN RESULT IN REDUCED 'GAME TIME' PLAY.**
- **ASSUME SCHEDULED PRACTICE OR GAME IS GOING TO HAPPEN UNLESS**
- **EMAILED OR CALLED THAT IT IS HAS BEEN CANCELED (FOOTBALL IS PLAYED IN RAIN)**
- **ALL QUESTIONS OR CONCERNS MUST BE DIRECTED TO THE HEAD COACH(RICH FLESCH [RFLESCH1977@YAHOO.COM](mailto:RFLESCH1977@YAHOO.COM); [RFLESCH@WCIA.COM](mailto:RFLESCH@WCIA.COM); 649-6525).**