



**Glastonbury  
Youth  
Football  
Association**

**2010 FOOTBALL & CHEER SIGN-UPS**  
**THURSDAY, April 8, 6:30-8:30pm**  
**FRIDAY, April 9, 6:30-8:30pm**  
**Hebron Avenue School Cafeteria**

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**Registration Fees**

\*FOOTBALL PLAYERS: \$225 each participant

\*\*CHEERLEADERS: \$140 each participant

There will be a maximum registration fee per family of \$450.00.

**Parent/guardian must be present at sign-ups.** Please bring the following to sign-ups:

- All **new** players must bring a nonreturnable **photo copy** of your birth certificate.
- A valid drivers license for the parent/guardian who is signing the contract.
- Registrations will only be accepted with full payment.

**IMPORTANT NOTES:**

- \* Conditioning camp for Football will start on Monday, August 2nd. 5 days of conditioning are required prior to receiving equipment or participation in contact drills.
- \* No late football registrations will be accepted after July 31st without Executive Board approval. An additional fee of \$25 will be charged for any participant registering between April 9 and July 31, 2010.
- \* If registered for football, you must be present during one of the first two weeks of practice or you will not be allowed to participate this season.
- \*\* Cheer practices will begin on August 16, 2010. It is mandatory that you participate in at least one full week of practice prior to the start of school.
- \*\* Cheer registration is on a first come - first serve basis. Returning cheerleaders will be given priority, and then siblings. All others will be put on a wait list and will be notified of changes before the start of the practice season. There will be a limit of 20 girls per squad, with a waitlist for the squads that exceed that number of registrants. **Please keep in mind that the more volunteer coaches we have, the more girls and squads we are able to accomodate. Please volunteer!**

**Payment for any participant must be received no later than July 31 in order to participate in the 2010 season. Any payment received after July 31 will need league approval in order to participate. Registrations will not be accepted without payment in full.**

**2010 Board of Directors**

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Please see the back of this sheet for other important/required information.

Questions can be directed to Jeff Kretzmer - [pres@gyfa.com](mailto:pres@gyfa.com)

**Visit our website: [www.gyfa.com](http://www.gyfa.com)**

# GLASTONBURY YOUTH FOOTBALL ASSOCIATION

## Important Information

### • THE CONNECTICUT YOUTH FOOTBALL LEAGUE (CTYFL)

CTYFL is a multi-town football/cheerleading league which play a normal 8 game schedule, 4 games at home and 4 games away. Practice schedules begin the week of August 1, with the first official game to be played on or around the first weekend in September. The CTYFL along with GYFA promote an instructional yet competitive atmosphere where all of the children learn the values of good character and teamwork. The towns currently affiliated with the CTYFL are: South Windsor, Windsor, East Hartford, Vernon, Bloomfield, Farmington Valley, Rocky Hill, Wethersfield, Berlin, Haddam/Killingworth, Durham/Middlefield, Glastonbury.

### • APPROVAL TO PARTICIPATE:

1. Written/signed permission by parent/guardian – Registration and Release Forms.
2. Current year physicians or nurse practitioners approval dated after January 1, 2010.  
Forms can be found at: [www.gyfa.com/2009CTYFLMedicalReleaseForm.pdf](http://www.gyfa.com/2009CTYFLMedicalReleaseForm.pdf)
3. A copy of player's birth certificate. These are mandatory for all candidates prior to their first practice session each season.
4. All "A" Squad players (Football) must submit a copy of their 4th term report card, or other form of proof, indicating that they will not be in High School during the playing year. All player registration rules must be complied with.

### • AGES & WEIGHTS

#### Cheerleader ages:

1. Mighty Mites: Cheerleaders must be at least seven (7) years of age on or before December 31 of the current year and cannot turn nine (9) years of age on or before December 31 of the current year.
2. C Squad: Cheerleaders must be at least nine (9) years of age on or before December 31 of the current year and cannot turn eleven (11) years of age on or before December 31 of the current year.
3. B Squad: Cheerleaders must be at least eleven (11) years of age on or before December 31 of the current year and cannot turn thirteen (13) years of age on or before December 31 of the current year.
4. A Squad: Cheerleaders must be at least thirteen (13) years of age on or before December 31 of the current year and cannot turn fifteen (15) years of age on or before December 31 of the current year with the exception that a fifteen year old entering freshman year of high school or a lower grade may cheer as long as the cheerleader does not turn sixteen (16) on or before December 31 of the year.

#### Football weights and ages:

1. Mighty Mites: Players must be at least seven (7) years of age as of December 31st of the playing year and cannot turn nine (9) years of age prior to December 31st of the playing year.  
The maximum weight shall be one hundred and ten (110) pounds at game time.
2. C Squad: Players must be 10 years of age, or under, as of Dec. 31st of the playing year.  
The maximum weight shall be one hundred and thirty (130) pounds at game time.
3. B Squad: Players must be 12 years of age, or under, as of Dec. 31 of the playing year.  
The maximum weight shall be one hundred and fifty-five (155) pounds at game time.
4. A Squad: Players must be 14 years of age, or under, as of Dec. 31st of the playing year and may not be enrolled in High School. The maximum weight shall be one hundred and eighty-five (185) pounds at game time. No players shall be allowed to play outside of these weights.

### • OVER-UNDER RULE (FOOTBALL):

A player that meets the criteria below, may at his/her option, choose to play down one squad.

Ages below are based on CTYFL playing ages.

13 years old but less than 100 lbs., may play on 'B' squad.

11 years old but less than 80 lbs., may play on 'C' squad.

9 years old but less than 60 lbs., may play on the 'MM' squad.

### • MANDATORY PLAY (FOOTBALL)

Each player is required by CTYFL mandatory play rules to have participated in a minimum number of plays in each game.

Free substitutions and all A-B-C-MM players must play in at least six (6) plays per game.

This structure is only a minimum standard, your child can gain more playing time based on his maturity, attitude, participation and progress in practice.