



## DEER LAKES YOUTH FOOTBALL

### Rules and Regulations for Children, Coaches, Staff, and Parents

- I. Authority
  - The authority of the President and Executive Board to direct the operation of the Deer Lakes Youth Football program is established within the by-laws of the organization
- II. Purpose
  - The purpose of this document is to establish Rule and Regulations for the orderly operation of Deer Lakes Youth Football and Cheerleading
    - Including coaches, staff and parents
- III. Applicability
  - This policy is applicable to all children, coaches, staff and parents within Deer Lakes Youth Football
- IV. Policy
  - It is the policy of Deer Lakes Youth Football to develop and implement Football and Cheerleading instruction to the youth of our community under the established procedures as set.
- V. Procedures
  - The following regulations are adhered to regarding football, cheerleading and operations within Deer Lakes Youth Football
  - Any violation of established Deer Lakes Youth Football rules and regulations may result in disciplinary action
- VI. Rights Under This Document
  - These regulations do not create rights in any person, nor should they be interpreted or applied in such a manner as to abridge the rights of any individual
  - This document should be interpreted to have sufficient flexibility to be consistent with the law and to permit the accomplishment of the purpose of the rules of Deer Lakes Youth Football

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-----The rules and regulations governing Deer Lakes Youth Football (DLYF) may be amended and updated by the Executive Board as deemed necessary.-----

- **Mission Statement and Code of Conduct**

- DLYF Mission Statement
  - The sole purpose for which Deer Lakes Youth Football operates is to provide organized athletic instructional opportunities for the youth of our community, while emphasizing competitiveness and good sportsmanship
  - Participation in the DLYF program is open to all boys and girls in the Townships of West Deer, East Deer, and Frazier.
  - Our belief is in developing children to their fullest potential both on and off the field, while promoting school spirit and community pride along the way

- **Deer Lakes Youth Football Code of Conduct**

- As a DLYF member, I will
  - Contribute to the wellbeing of our community
  - Avoid harm to others
  - Be honest and trustworthy
  - Be fair and ensure not to discriminate
  - Respect the privacy of others
  - Honor confidentiality
- Additionally, as a DLYF member, I will
  - Know and respect existing by-laws and operating rules
  - Accept and provide criticism in an appropriate and professional manner
  - Honor contract agreements and assigned responsibilities
  - Manage personnel and resources in a way that enhances the quality of the organization

- Acknowledge and support proper and authorized uses of the organization's funds
- Articulate responsibilities of all members to respect each other and promote unity amongst the organizational units
- Finally, as a DLYF Member, I will
  - Uphold and promote principles of this Code
    - Both on and off the field
    - In and out of a meeting room
    - Treat violations of this Code as inconsistent with membership in DLYF.

## **B. General Regulations for All Participants**

### **• Attendance Policy**

- **Excusable Absences:**
  - Absence due to illness,
  - School functions,
  - Religious,
  - Family emergency
  - One calendar week of vacation
    - A call to the team coach prior to practice time is necessary.
    - If you do not contact a coach prior to the absence, it will be unexcused.
    - Scheduling conflicts must be present in written form prior to start of the season to the appropriate director to be reviewed by the DLYF Board
  - Cheer camp dates and other dates deemed appropriate by the Directors are mandatory with NO exceptions
    - Mandatory cheer week is typically the last week of July each year; however, it will be determined on DLYF's yearly calendar in advance
  - Participants must attend all games
  - Participants must arrive prior to the start of the game as directed by their coaches
  - If a cheerleader is absent from a game for any reason other than medical, they may need to be worked out of halftime routine
  - In the event of a medical absence, a doctor's excuse may be necessary before the participant can resume participation
- **Unexcused Absences for Football:**
  - We do not expect any issues with attendance; however, if a participant exceeds either one calendar week or one game the consequences are as follows
    - After the 3<sup>rd</sup> unexcused absence, a conference will be held with parents/guardian, appropriate Director, and Executive Board members to revisit the attendance policy and review the consequences for a 4<sup>th</sup> unexcused absence
    - After the 4<sup>th</sup> unexcused absence, the participant may be removed from the team without any refunds
  - Any tardiness greater than 30 minutes past the set arrival time will be considered an unexcused absence
- **Unexcused Absences for Cheerleading**
  - Failing to report an absence or not showing for a practice or game will result in the following consequences
    - 1<sup>st</sup> offense- a verbal warning and reminder of the rules and regulations
    - 2<sup>nd</sup> offense- the cheerleader will sit on the sidelines for the first half of an upcoming game

- 3<sup>rd</sup> offense- the cheerleader will sit on the sidelines for the (1) entire upcoming game
- 4<sup>th</sup> offense- a conversation with eh board and Cheer Director with consideration of possible removal from the team without a refund
- Governing rules may be amended on the parental consent/signature page, agreed upon by the parties each year
  - Any tardiness greater than 30 minutes past the set arrival time will be considered an unexcused absence
  - Frequent missing may result in a spot change in the formation of the halftime routine or removal from a stunt
  - **Cheerfest** is a mandatory event
    - Notice of a conflict must be presented at the start of the season to the Cheer Director for an excused absence due to a prior engagement

**\*Consequences or disciplinary actions will be at the discretion of the Executive Board\***

• **Unfavorable Weather**

- Practice may be cancelled due to the weather
  - However, games may be played in unfavorable weather conditions
- Parents should always assume that practice is being held, unless notified by Director or Coaches
- Parents are responsible for their child's transportation to and from the fields

• **Zero Tolerance**

- Tobacco, drugs and alcohol are forbidden and result in immediate expulsion
  - The only exception is that is an adult function for the DLYF program (i.e. adult dance/fundraiser etc.) Legal alcohol and tobacco are permitted at these functions if no child is present
    - This in no way will change the rules and regulations on alcohol and tobacco procedures that are in place when there are minors attending any of the functions
- Parents are prohibited from interfering at practices or games
  - Coaches are not to be bothered from the sidelines
  - Siblings of participants must always be under parental supervision
  - There will be a 24-hour cool-off period between coaches and parents after games or practices
  - Any immediate or urgent concerns may be directly addressed to a board member

• **Practices**

- Practice times will be announced in advance.
- Practice updates and/or additional details will be posted through app communications, e-mails, our Facebook page, and website.

• **Insurance**

- DLYF provides secondary insurance for injuries
- All parents/guardians must provide primary insurance for their participating minors

• **Football Participants**

- At no time will jewelry be allowed to be worn.

- Chewing gum or eating candy is prohibited during practice and games

### • Discipline Procedures Football

- There are 3 classes of discipline:
  - **Class 1 – Minor**
  - **Class 2 – Major**
  - **Class 3 – Immediate Expulsion**
    - **Class 1** – consists of minor offense to include but not limited to:
      - Forgetting to bring or wear issued equipment or uniform.
      - Late for practice or game
      - Teasing or bullying another person
      - Horseplay, fooling around, or not paying attention.
      - FOOTBALL – late hits (after whistle has blown) and cheap shots.
      - Insubordination with coaches, staff and adult committee members
      - Chewing gum or candy during practices or games
      - Any other minor offense(s) as defined by Director.
    - **First Offense** – Verbal
    - **Second Offense** – Written
    - **Third Offense** – One (1) Game Suspension
    - **Fourth Offense** – Expulsion from the program. Participants will not be allowed back and will not receive any compensation for the year’s participation nor refund of registration or related fees.

**\*\* NOTE: The appropriate Director will notify the Executive Board, in writing, when a Third Offense has been issued. \*\***

- **Class 2** – consists of major offenses to include but not limited to:
  - Lying and cheating
  - Profanity
  - Unsportsmanlike conduct, on or off the field
  - Abuse or loss of equipment
  - Any player, cheerleader, Coach, or Volunteer Staff ejected from a game
  - Any player or cheerleader wearing any part of a uniform at any time other than their scheduled game or approved DLYF or school district activity.
- **First Offense** – One (1) game suspension
- **Second Offense** – Expulsion from the program. Participants will not be allowed back and will not receive any compensation for the year’s participation nor refund of any registration or related fees.

**\*\* NOTE: The appropriate Director will notify the Executive Board, in writing, when a First Offense has been issued. \*\***

- **Class 3** – Offenses result in immediate expulsion from DLYF and include but are not limited to:
  - Drugs
  - Alcohol
  - Tobacco (any form)
  - Fighting (Players and cheerleaders involved in a physical altercation will be reviewed and disciplinary action will be decided upon by the Board.)
  - Weapons (any type: knife, gun, etc.)

- **Discipline Procedures (Cheer)**

- DLYF Cheerleaders are expected to treat others with kindness and respect on an off-the-field.
- As a member of DLYF Cheer Squad, you represent the league and community.
- Inappropriate behavior of foul language, verbal cruelty, and physical altercations will not be tolerated.
- In accordance with the Rules and Regulations, the system below has been developed so that coaches will follow in the occurrence that a rule or expectation has been violated.
  - Please note that a physical altercation will immediately move to the consequence of a 3<sup>rd</sup> offence.
  - The board will also be notified.
  - Depending on the incident, immediate expulsion could occur or future expulsion if the incidence occurs again.
    - **1<sup>st</sup> Offense:** Verbal Warning-
      - The coaches will document the incident and have a discussion with the cheerleader about the behavior and expectations.
    - **2<sup>nd</sup> Offense:** Discussion with Parents-
      - The coaches will document the incident and have a discussion with the cheerleader and parents about behavior and expectations moving forward.
    - **3<sup>rd</sup> Offense:** Discussion with Parents and Consequence-
      - The coaches will document the incident and have a discussion with the cheerleader and parents.
      - The cheerleader will sit half of the next game on the sideline.
    - **4<sup>th</sup> Offense:** Discussion with Parents and Consequence-
      - The coaches will document the incident and have a discussion with the cheerleader and parents.
      - The cheerleader will sit the entire next game on the sideline.
    - **5<sup>th</sup> Offense:** Discussion with Board –
      - The coaches will document the behavior.
      - All documentation will be presented to the board with discussion about possible consequences or removal from the team.

**\*\* NOTE: The appropriate Director shall have the power to dismiss the person(s) doing or causing an infraction immediately from the game and/or from the field for any class 2 or class 3 listed. NO written warning would be required. An appeal filed by the dismissed person(s) will be heard by the DLYF Board of Directors within 96 hours (4 days) of the infraction, and the appropriate Director's decision to act in class 2 and class 3 offenses. \*\***

## • Volunteer/Fundraising

- All families will be required to volunteer during home game days and/or post-season games and participate in fundraising.
- Game Day requires a lot of help, and every family has a responsibility to participate in league activities.
- We require each family to volunteer for an amount of time, to be determined by the Volunteer Director.
- Various duties can qualify to fulfill the volunteer times, some are on a game-by-game basis, and others require a FULL season commitment.
- Further details will be provided at the parent meetings regarding what qualifies
  - All families are required to submit a postdated check (11/01/2026)
  - Check payable to DLYF
  - \$400.00 total
  - The organization will return the check at the determined uniform return date, provided your volunteer time obligations and fundraising have been completed.
    - If a family does not fulfill these requirements, their check will be cashed at the conclusion of the season.
    - If the check is cancelled, you will be subject to the \$400.00 volunteer fee along with an additional administrative fee.

**(This check must be provided prior to participation and uniform distribution).**

- If you do not wish to participate in volunteering, except for the mandatory fundraiser at the time of registration, there will be an opt-out fee.
  - The opt-out fee is \$400.00.
- Parents/guardians are required to participate in fundraising.
  - Parents/guardians with problems related to participating in fundraising activities must contact the Fundraising Director for alternative solutions.
  - If the volunteer, fundraising and equipment turn in requirements are not completed, your child will not be welcomed back to play or be invited to attend the end of the year celebration.

## C. Director of Football Operations

- Administratively responsible for the coordination and implementation of the following:
  - Recruitment of coaches for Executive Board approval
  - Maintenance of team rosters for league, gameday weigh-ins and announcers
  - Creation of practice schedules and field availability and maintenance schedules
  - Scheduling of controlled scrimmages
  - Compile and distribute playbooks
  - Game Day field preparations with the Equipment manager
  - Recruitment of announcer
  - Oversee Equipment Manager position
  - Game day weigh-ins for football players (along with any representative from DLYF)
  - Perform all related duties as deemed appropriate by Executive Board
  - Facilitate clinics and training for coaches and equipment personnel
  - Function as DLYF league representative
  - Inventory, maintain and purchase football equipment
  - Organize and assist with equipment handout and turn-in
  - Maintain gameday football electronics (VEO or other recording device, headsets, power pack)
  - Organize voluntary training and conditioning clinics during preseason

#### **D. Director of Cheer Operations**

- Administratively responsible for the coordination and implementation of the following:
  - Recruitment of coaches/assistant director for Executive Board approval
  - Registration of cheerleaders
  - Tryouts with independent judges, if deemed necessary
  - Distribution and collection of uniforms
  - Perform all related duties, as deemed appropriate by Executive Board
  - Facilitate clinics and training for cheer coaches

#### **E. Cheer Director**

- Assist Director of Cheer Operations with all assigned tasks and responsibilities

#### **F. Volunteer Director**

- Administratively responsible for the coordination and implementation of volunteer schedule
  - If there is an issue with spots being filled, the Volunteer Director will notify the Secretary so that communications can be made to fill the spots needed.
    - This must be done within at least 48 hours of Game Day.
  - If volunteer spots are not filled, the Volunteer Director is to help assist and fill any gaps.
    - Must be present at shift changes on game days or at events to ensure slot coverage
    - Must appoint someone to fill in and provide coverage if unable to be present
  - Will monitor family's obligations and communicate with Treasurer who's checks with need cashed at end of season

#### **G. Fundraising and Sponsorship Director**

- Administratively responsible for the coordination and implementation of the following
  - Merchandise sales
  - Tracking/distributing registered players and cheerleaders mandatory fundraising items
  - Additional fundraising activities
  - Yearly sponsorship efforts
    - Reach out to local businesses and community members for annual sponsorships with packages determined by the board
    - Follow up with sponsorship leads
    - Collect details and payment of sponsorships and ensure Treasurer receives all proceeds
    - Facilitate ordering of banners and other package requirements for sponsors
    - Maintain positive relationship with sponsors throughout the season
    - Ensure that any social media package requirements are communicated to the Social Media Director for timely scheduling and posting throughout the season

#### **H. Events Director**

- Administratively responsible for the coordination and implementation of the following:
  - Fundraising event
  - Pep rally
  - End of year celebration
  - Other events as required/or requested

## **I. Concession Director**

- Administratively responsible for the coordination and management of concession operations at DLYF practices (as needed), games and scheduled events
- The Concession Director may appoint two assistant directors (subject to board approval) for assistance with kitchen/volunteer management on game days and event preparations
  - Assist in the management of all concession volunteers and utilize volunteer template
  - Assist in the management of all concession operations at DLYF practices, games and scheduled events
  - Assist Concession Director in opening and/or closing and cleaning the concession stand
- The duties of a Concession Director shall include, but are not limited to:
  - Maintain concession operations budget and report thereon at the regular board meeting
  - Maintain a cost management plan and all concession accounts
  - Engineer and/or maintain a fiscally responsible menu
  - Calculate food requirements for practices/home games and scheduled events
  - Conduct a weekly inventory and restock prior to next game
  - Purchase and facilitate delivery of food items, supplies and equipment to the facility
    - The Executive Board shall approve unbudgeted concession equipment purchases over budget before any purchase may be made
- Coordinate set-up/tear-down of concessions for practices, games and scheduled events
- Organize and oversee all scheduled volunteers to work concession involving
  - The proper safe handling and preparation of food
  - Sales of food and merchandise
  - Restroom maintenance during home games and scheduled events
- Clean and inspect the concession room and appliances at the start and end of each season
  - Reporting any issues with inspection to Executive Board
- Prepare the concession stand, paper products and appliances for storage in the off season
- Implement the transfer of proceeds to the Treasurer (as specified by Executive Board) as needed throughout game days and at the end of each team's game
  - Control and safeguard concession's capital assets
- Communicate any issues concerning concessions with the Executive Board prior to game day

## **J. Equipment Manager**

- Manage all uniform and equipment inventories for football
- Distribution of equipment and uniforms
- Submission of new equipment, reconditioning equipment and uniforms to Executive Board
- Practice session equipment needed
- Game day equipment needed
- Ensure and check accuracy of scale for weigh-ins
- Game day preparation
- Yard and endzone markers
- Goal post covers
- Field benches
- 10-yard chains and down marker
- Coordinate with Volunteer Director to recruit volunteers to operate chain and down markers
- Equipment bag and water with ice on field
- Rain gear, if needed
- Any other tasks assigned by Director of Football Operations

## **K. Football Coaches**

- Criteria
  - Must be 18 year of age or older
  - Must have necessary clearances (as required by DLYF) and provide when applying to coach
  - Must make full time commitment
  - Previous coaching experience preferred
    - Or has equivalent experience as deemed appropriate by the Director of Football Operations and Executive Board
  - Must attend coaches' clinics when offered
  - Must assist in fundraising activities
  - Must follow all rules, regulations and by-laws of DLYF
  - Must follow established practice agenda
    - Board approval is needed for additional practice time, and advance notice must be given to players' families
  - All head coaches are responsible for the actions of the assistant coaches on their team
    - The league by-laws also apply to this rule, meaning that any league punishment applies as well
  - Any individual wishing to coach must re-apply every year
    - Coaches are not grandfathered in nor have seniority over any team
  - Head coaches will be picked prior to registration and the season at a coach appreciation event
  - Coach applicants will be notified by the President if a vote is necessary
    - These applicants must present their experience, credentials et cetera during the March general membership meeting
    - Voting will take place at the April general membership meeting
  - Head football coaches pick their staff
    - All coaches are required to apply each year
    - The board will approve the pool of candidates from which head coaches may select their teams' staff
    - Each team may have a maximum of 8 coaches
  - Director of Football Operations and Director of Cheer Operations and Cheer Director select Junior coaches (pending Executive Board Approval)

## **L. Cheerleading Coaches**

- Criteria
  - Cheerleading head coaches will be selected by the Cheerleading Director
  - Cheerleading head coaches will pick their assistant coaches.
    - All coaches are required to apply each year.
    - The Executive Board will approve the pool of candidates from which the head coaches may select their coaching staff
    - Each team will have a maximum of 4 coaches (apart from the Bucks)
    - Additional changes may need to be made at the Cheer Directors discretion based on squad numbers or staffing needs
  - Cheerleading coaches must obtain the approval of the Cheer Director for all gymnastics and stunts, including approval for any gymnastics or stunts during unfavorable weather and/or field conditions
  - All communication between coaches and cheerleaders should be through email to parents of the board approved communication app
  - Head coach selects music with consideration of the other coaches and junior coaches
    - Music must be submitted to the Director of Cheer Operations by May 1<sup>st</sup>

## **M. Junior Coaches**

- Criteria
  - Must be at least 13 years of age
    - Not a 12U cheer coach
  - Must be at least one year from their senior year of the DLYF
  - Must be a graduate of DLYF and/or have equivalent experience or training as deemed appropriate by the Cheer Director and Executive Board
  - Will return on a seniority basis, pending Executive Board approval
  - Under the direct supervision of adult coaches
    - These positions are for assistance
    - Any disrespect toward adult coaches will not be tolerated
  - Will assist in all game day and practice activities
  - If one cannot make a practice or game, they must contact an adult coach directly via phone call
    - Text messages will not count as notification
  - Will perform all related duties as deemed appropriate by their respective adult coaches
  - Work with new players and cheerleaders, supervised by adult coaches
  - Disciplinary action applies to both Junior Coaches and Coaches
  - Junior coaches will adhere to mandatory attendance rules
  - All electronic devices are prohibited during practice and games unless the device is used for an emergency or to provide music for cheer
  - All junior coaches will be assigned by the Cheer Director
- Responsibilities for Junior Cheerleading Coaches
  - Create cheer and dance for halftime routines
  - Assist in teaching cheerleaders with sideline cheer
  - Video of cheer and dance needs to be sent to the Director of Cheer Operations one week before start of practice so that changes can then be made for the first practice at the head coach's discretion

## **N. Football Players and Cheerleaders**

- Criteria for participation
  - Must be a resident of Deer Lakes School District
    - Ages 6-12
    - Or approved by the Northern 28 Youth Football League
  - Must follow the established rules and regulations contained in this policy
  - Must follow the care of uniform and equipment handout
  - Must follow an established uniform dress code
  - Any cheerleader or player may move up
    - Must be pre-approved by the Director of Cheer Operations and Executive Board
- Football only
  - Weight rules
    - DLYF follows all Northern 28 League weight rules
    - Any player that cannot make weight by the second game of the season can move up to the next team (if not on the Chiefs/with parental consent) or remain on the sidelines until weight is met

- Senior Eligibility
  - If it is determined that a player will not be able to safely and/or realistically make weight as a 12-year-old, that player may be graduated as an 11-year-old player (with parental/Executive Board consent)
  - This agreement will be binding; the player must move on to the school program as a 12-year-old
- Dress code
  - As players in the DLYF program, you are given practice and game uniforms, shoulder pads, knee pads, belts and helmet
    - Keep uniform clean
    - Clean helmet as instructed
    - Game shirts tucked in
    - MUST HAVE MOUTHGUARD OR WILL NOT BE ABLE TO PLAY
    - **PLEASE FOLLOW THESE SIMPLE RULES AS WE WANT TO BE AS PROFESSIONAL AS POSSIBLE**
    - **IT IS THE RESPONSIBILITY OF THE PLAYER TO BRING ALL THEIR GAME EQUIPMENT** (We carry only enough equipment to comply with PIAA rules and to replace damaged equipment during games)
- Uniform Care
  - DO NOT BLEACH OR MIX COLORS WHEN WASHING
  - Helmets should be cleaned for every game
    - Mild soap and water are sufficient
  - No youth will participate in a torn game of practice uniform
    - If this problem arises, contact the Director of Football Operations
  - All participants are strictly prohibited from running round the stands or fields in their uniforms
    - A change of clothes must be brought with player
    - Players may remain in uniform while sitting in stands viewing other games
  - Strict maintenance and regular inspection of uniform and equipment are needed by parents
  - Parents/guardians must turn in a post-dated check (November 1<sup>st</sup> 2026) to the amount of \$250.00 payable to DLYF prior to receiving any uniform/equipment
  - An itemized bill for payment will be given for missing or damaged part of the uniform upon turn in (normal wear and tear are understandable)
  - Dates will be announced for equipment to be returned at the end of the season
    - Anyone who fails to return equipment on the designated return date will have their \$250.00 post-dated check cashed at the conclusion of the season
    - All equipment must be available for any necessary reconditioning during the off-season
  - **NO ONE** other than a registered DLYF football player shall wear **ANY** part of the practice or game uniform at any time

- Cheer Only
  - The number of cheerleaders on each squad will be capped at 35 cheerleaders
    - Subject to change by Executive Board
  - In case of injury, illness or leaving the program after August 1<sup>st</sup> for longer than 1 week period resulting in the need to replace a cheerleader, the replacement will be done at the Cheer Director's discretion, pending Executive Board approval
  - Uniform care
    - Please wash them in cold water and hang them to dry
      - Do not dry clean uniforms
      - Wash with similar colors
      - DO NOT BLEACH OR MIX COLORS WHEN WASHING!
      - No youth participant will participate in torn uniform
        - If this problem arises, contact Equipment Manager
    - Before and after games
      - All participants are strictly prohibited from running around the stands or fields in their uniforms
      - They MUST bring a change of clothes
      - Cheer leaders are not permitted to eat in their uniforms
    - Strict maintenance and regular inspection of uniform and equipment are needed by parents
    - Parents/guardians must turn in a post-dated check (dated week after uniform return) to the amount of \$250.00 payable to DLYF prior to receiving any uniform/equipment.
    - At the end of the season, uniforms must be returned clean and, on a hanger,
    - An itemized bill for payment will be given for missing or damaged parts of the uniform upon return
      - Normal wear and tear are understandable
    - Dates will be announced for equipment to be returned at the end of the season
      - Anyone who fails to return equipment on the designated return date will have their \$250.00 post-dated check cashed at the conclusion of the season
      - All equipment must be available for any necessary reconditioning during the off-season
    - **NO ONE** other than a registered DLYF cheerleader shall wear **ANY** part of the practice or game uniform at any time

## O. Team Criteria

- **Bucks Football**
  - Comprised of 6,7- and 8-year-old players
  - Must be 6 years old and no older than 8 years old on June 1<sup>st</sup> cutoff date
  - Game weight does not exceed 115 lbs. (on all games)
- **Bucks Cheer**
  - Comprised of 2<sup>nd</sup> and 3<sup>rd</sup> graders
  - Captains will be 3<sup>rd</sup> grade cheerleaders in good standing and will rotate throughout the season
  - Rotating schedule at the head coach's discretion
- **Braves Football**
  - Comprised of youths aged 9 and 10
  - Must be at least 9 and no older than 10 on June 1<sup>st</sup> cutoff date
  - Game weight does not exceed 140 lbs. (on all games)
  - Team captains will be chosen by coaches on a rotating schedule
  - The rotating schedule is at the head coach's discretion

- **Braves Cheer**
  - Comprised of 4<sup>th</sup> and 5<sup>th</sup> graders
  - Captains will be 5<sup>th</sup> grade cheerleaders in good standing and will rotate throughout the season
  - Rotating schedule will be at the head coach's discretion
- **Chiefs Football**
  - Comprised of youths aged 12 or under
  - No older than 12 on the June 1<sup>st</sup> cutoff date
  - Game weight does not exceed 165 lbs. (on all games)
  - Team captains will be chosen by coaches on a rotating schedule
  - The rotating schedule is at the head coach's discretion
- **Chiefs Cheer**
  - Comprised of 6<sup>th</sup> and 7<sup>th</sup> graders
  - Captains will be 7<sup>th</sup> grade cheerleaders who have previously been with the DLYF for one or more years in good standing and will rotate throughout the season
  - The rotating schedule will be at the head coach's discretion
- **Tomahawks Football**
  - The Tomahawks team designation will be reserved solely for flag football
  - These would be the youngest players in the organization
  - There is no guarantee that there will be a flag football team each season
  - Rules and regulations are decided upon by the DLYF Executive Board
  - Typically, the registration fees for flag players would be less
- **Tomahawks Cheer**
  - Comprised of 1<sup>st</sup> grade cheerleaders
  - Practice 1 day a week
  - Registration for 1<sup>st</sup> grade cheerleaders is typically at a discounted rate
  - Cheerleaders are expected to cheer half of a home game
    - Alternating between 1<sup>st</sup> and 2<sup>nd</sup> half
    - Changes may be made at the Director of Cheer Operations, Cheer Director and coach's discretion

(Revised 2/9/2026)