



**NEW OXFORD
COLONIALS
YOUTH
FOOTBALL AND
CHEERLEADING**

2026

PARENT **H**ANDBOOK

Table of Contents

A Message from our Board 3 Our Purpose 4 Executive Board: Officers and Directors 4 Stay Connected! 4 Organization History 5 A Note from Football

and Cheer 5 Important Dates 5 USA Football 6 Standing Rules 7

Basic Eligibility 7 Registration 7 Refund 9 Code of Conduct for all Athletes 10 Parent Rules
11 Filing Complaints (Chain of Command) 12 Fundraising Requirements 13 Sponsorship 14
Varsity and JV Placement 14 Athlete's Responsibilities 15 Equipment 16 Attire 18
Equipment Care Instructions 20 Practice/Game Locations 20 Game Participation 22
Volunteering 22 End of Season Awards 23 Health Regulations 23 Cleat Donation 23

Modification 23 Parent Rules 25

Revision 00 4 02/12/2026

A Message from our Board

2026 New Oxford Parents/Legal Guardians,

On behalf of the New Oxford Colonials Youth Football and Cheer organization, we would like to welcome you to the New Oxford family. New Oxford has a long history of teaching our athletes the aspects of working as a team and individual success. These are lessons that our athletes carry with them for the rest of their lives. The New Oxford Scramblers were first introduced in 1984 and rebranded the Colonials in 2019. We are entering our second season offering flag football. Last year was a huge success and we are excited to continue this opportunity for our youngest Colonials!

With us participating in the York County Youth Football Association league, we offer youth tackle football and recreational cheerleading to the entire Conewago Valley School District. We all look forward to a fun and great season. For all of us to enjoy and have a successful season and program, we must all work as a team. With this, we encourage you to follow the chain of command for addressing any concerns you may have. The first person should be your child's head coach. If you do not get a satisfactory resolution, we recommend you address it with the appropriate Director (FB/Cheer). The final option is a board member. Please note that if brought to the board level, the board will confer with the respective coach/director as well. Unless absolutely necessary, these should not be addressed on a game day, but rather should be withheld until the next practice. Please request the coach for a few minutes to talk with them before or after practice. Please feel free to send a private message to your coach via Game Changer App for FB and Band App for Cheer, or you can coordinate through the club's emails noycolonials@gmail.com (president), noyfootballdirector@gmail.com (direct link to FB director), or noycheerdirector@gmail.com (direct link to Cheer director) or noyflagfootball@gmail.com (direct link to flag director). Please cheer loudly and proudly for your athlete, but please refrain from "coaching from the stands" or directing any negative comments to coaches, officials, athletes, etc. Please understand that we are ALL unpaid volunteers at New Oxford and we are here to help teach your athlete to the best of our abilities. If you have a concern, we will welcome hearing it, and if possible, please offer a solution on how to make our organization better. Also, please keep all negative comments off social media. If you have a concern, please address it following the chain of command.

Please encourage your child to be coachable and take instructions from the coach. When a coach is talking to them, have the athlete look the coach in the eye and follow their instructions to the best of their ability. While you, your athlete, and the coach may or may not agree to a position or a squad they are on, the coach will do their best to put your athlete in the appropriate position that most benefits the entire team. Regarding position or team placement, encourage your athlete to discuss it directly with the coach. We assure you that if they talk to the coach in a respectful manner, they will earn even more respect from the coach.

As many of you are aware, there have been significant changes to the child abuse laws in Pennsylvania. All coaches, directors and board members who come into direct contact with your child, have all had criminal background, child abuse clearance, and FBI clearance (if applicable). ANYONE who crosses the barrier of the GAME field or enters the PRACTICE field MUST be an approved volunteer. This includes coaches, directors, board members, officials, photographers, videographers, and team parents. Please address any concerns about the approved clearance status of any individual on the game/practice fields with a board member and/or officer.

All Colonials members are welcome and encouraged to attend our monthly meetings to share your opinions and ideas and to have a voice in the decisions of the organizations. Please bookmark our website www.noycolonials.com and check it frequently throughout the season. You can also check out our Facebook page [@nocolonialsyouth](https://www.facebook.com/nocolonialsyouth). Just as a reminder, please keep the comments on social media positive. If you have a concern, please address it appropriately.

Thank you, and we look forward to a safe and successful 2026 season,

Our Purpose

The New Oxford Colonials Youth Football and Cheer (hereafter referred to as NOCYFC) is a goal oriented 501c3 non-profit organization that introduces both youth and parents/legal guardian (hereafter referred to as parent(s)) to a positive sports program while enriching family and community bonds.

The goal of the NOCYFC is to educate, train and condition young children for the sports of football and cheerleading. We are always concerned solely about the children and their goals, not necessarily the wins and losses. We are preparing these youth for future years of sports and community involvement; for this is but one very small step in their lives.

Executive Board: Officers and Directors

Officers and Board Members (hereafter referred to as Board)

President Cody Mobley (Board Member)
Vice President Derek Gingerich (Board Member)
Secretary Brittany Nicholas (Board Member)
Treasurer Amber Wherley
Football Director Phil Otto (Board Member)
Cheer Director Amanda Jackson (Board Member)
Flag Football Director Tyler Aldinger
Equipment Director Rob Grimes (Board Member)
Board Member Mandy Chrismer
Board Member Jason Warner
Board Member Erika Gonzalez

Contact the board via the club's email address: nocolonials@gmail.com

The Football Director can be reached at nocfootballdirector@gmail.com for all things pertaining to football.

The Cheer Director can be reached at noccheerdirector@gmail.com for all things pertaining to cheer.

The Flag Football Director can be reached at nocflagfootball@gmail.com for all things pertaining to flag football.



Get Involved; Join us at the
General Membership/Board Meetings

- o Once a month. Contact the club's email for more information.

Stay Connected!

Visit our webpage at <http://www.nocolonials.com> and our Facebook page by searching [@nocolonialsyouth](#) for important club information and updates. The FB

free for iPhone and Android devices <https://gc.com/>), and Cheer portion will use the “Band” app  (available free for iPhone and Android devices <https://band.us/en>). Both will allow you to get information, important notices, and reminders at your fingertips. These apps also provide you with a weekly practice and game schedule and is the primary method of communication during the season.

Organization History

The NOCYFC organization operated as the New Oxford Scramblers from 1984 through 2019. In 2018, the NOCYFC joined the York County Youth Football Association (YCYFA), and in 2019, in an effort to better align itself with the Conewago Valley School District (CVSD) middle school and high school football programs, the Scramblers rebranded to the New Oxford Colonials Youth Football and Cheer organization and with permission, adopted the CVSD logo.

A Note from Football and Cheer

We as coaches are here to teach your children the basics, as well as some advanced skills in football and cheerleading. As the season progresses, we will require their attendance and attention during practice. Horseplay and failure to listen to the coaches during practices or during a game will not be tolerated. The participants should treat the coaches, teammates and other teams with respect. We are a TEAM and our biggest goal is to have all the kids work together as a team and support one another. If we all follow these rules, we should have a lot of fun this year and learn a lot of new skills and develop as a team. We expect good sportsmanship out of parents, spectators, and your children throughout the season, regardless of a win, loss or tie.

The Coaches

Important Dates

(All dates are tentative and subject to change)

TBD – Off Season Work Outs— begin
TBD – Cheer uniform fitting June (TBD)
– Jersey Fitting June (TBD) – Helmet
handout July (TBD) – Remaining
Football
equipment/uniform
handout
TBD – Cheer uniform handout

TBD – Team Physical July
(TBD) –
Parent/Player/Coach
meeting
TBD – first official practice (Week of
Heat
Acclimation)
TBD – First practice with
equipment (given

Revision 00 5 02/12/2026

proper heat acclimation period
first)
TBD – 1st Game
TBD – Equipment/uniform turn in
TBD – End of season Party

Revision 00 4 02/12/2026



USA Football- At a Glance

USA Football, the National Football League and the Centers for Disease Control and Prevention are working to make this your best season. Coach members get the tools, resources, and certified education to help make football better and safer.

U

SA
Footb
all

As part of the YCYFA, NOCYFC is proud to be an organizational

member of USA Football.

Benefits of Membership

➤ Education

➤ Certification

Health & Safety Resources

A resource center loaded with the latest health and safety information.

Stay informed on health and safety with USA Football's resource center. Coaches can learn about concussions, hydration and more. All the information we provide helps keep players engaged in the game and healthy.

Concussion Awareness	Conditioning
How to Tackle	Heat Preparedness
USA Football App	Hydration
Equipment Fitting	Nutrition
Injury Prevention	NFLHealthandSafety.com



Certified Coaching Education Courses

The most affordable and respected coach certification courses in football.



USA Football is the national leader in football coach certification. Developed by both education and football industry leaders, our program is backed by National Football League.



The ONLY football coaching course certified by the National Council for Accreditation of Coaching Education.

Online Convenience

Get easy online access to courses.

Sign in to your account from anywhere to take certification course or pick up where you left off.

Age Based Certifications

Coach your players based on their physical and mental capabilities.



Learn proper coaching techniques with optimum player safety in mind.

➤ Excellent Resource

➤ Football Tools

➤ Insurance

Protect Yourself and Your Team

Affordable insurance for individual coaches for the peace of mind we all need.

Member coaches can be covered for up to \$1 million in general liability insurance coverage for youth and amateur coaching activities. This insurance eligibility is automatically included with the Coach's Membership purchased individually, through the Football for \$25 after passing either the Tackle or Flag Certification Course.

Tools designed to improve the game.

Coach members tools let you run better, safer practices, learn from award-winning coaches, watch videos, organize, communicate and a whole lot more.

 Drills Library 3D and 2D drills.	 Practice Planner Organize practices
 Film Room Access videos	 Online Playbook Build a playbook
 Print Center Roster, Depth Chart & more.	

7 02/12/2026

Revision 00

Standing Rules

The following Standing Rules will be enforced throughout the NOCYFC organization. These include:

- Basic Eligibility
- Registration Deadline
- Refund Option
- Code of Conduct for all athletes
- Parent Rules
- Filing Complaints (Chain of Command)
- Fundraising Requirements
- Squad Placement
- Athletes Responsibilities
- Equipment
- Attire (Practice/Game)
- Equipment Care Instructions

- Practice/Game Location(s)
- Game Participation
- Volunteering
- End of Season Awards

Basic Eligibility

A. Gender

Boys and Girls are eligible according to the YCYFA.

B. Eligibility

Any youth who is a member of a scholastic football team or cheer squad shall be ineligible to participate. An exception to this requirement is described below in the deadline section of the registration chapter. Approval must be received by the Board.

C. Weight

There is no weight restriction.

D. Ages and Divisions

To be eligible, a youth must be between the ages of five (5) and thirteen (13) as of August 31st of the current year and a Kindergarten through Seventh Grader. The different divisions are as follows: Flag Football K -2nd (5 -8 years old), Rink 3rd graders (8–9 years old), Pony 4th – 5th graders (10–11 years old), and Midget 6th – 7th graders (12–13 years old).

The Board may make exceptions to these requirements based on League Rules.

Registration

A. Deadline

Revision 00 8 02/12/2026

Online registration begins 3/1/2026 and ends on 5/31/2026. If registering after 5/31/2026 there will be a late fee added as explained in section C below.

An additional exception will be made for 7th graders who elected to participate in the CVSD middle school football program and whose age is not 14 years old on or before (August 31st) of the current year. If within the first three official weeks of the current NOCYFC season, an individual who meets the eligibility requirements

decides to voluntarily exit the CVSD program (given the voluntary withdrawal isn't to avoid disciplinary actions by the scholastic coach(s) and/or the CVSD AD), AND is academically eligible if they elected to stay on the CVSD team, may elect

to participate in the NOCYFC organization. Any student electing this option MUST provide sufficient evidence of their academic standing.

B. Documents

The following documents should be completed at Registration and is mandatory prior to receiving any NOCYFC owned equipment:

1. Registration Form (online only)
2. Physical Form ([available on NOCYFC website](#))
3. NOCYFC Code of Conduct ([available on NOCYFC website](#))
4. School record for proof of residency (ex: report card, school schedule, school ID, etc. – Must have student's name and Conewago Valley School District name and school year/grade level originally typed on same page)
5. A copy of the certified birth certificate or valid passport
6. Parent(s) will need to sign consent for both administering emergency medical treatment (part of physical form) and media release forms ([available on NOCYFC website](#)).
7. Parents will need to sign the League (YCYFA) Code of Conduct as a spectator ([available on NOCYFC website](#)).

C. Fees

All past due balances from previous seasons (including other family members who participated in the NOCYFC organization) must be paid prior to registering, and the Registration Fee for the current NOCYFC year must be paid at registration.

The registration fees are as follows:

Football registration fee is \$130 and cheerleading registration fee is \$80. Both football and cheerleading require an additional mandatory fundraiser of \$60 (explained in more detail in the Fundraising Requirements section on page). If two or more siblings are simultaneously participating in the NOCYFC organization, there will be a \$15 discount automatically applied to each additional child. If you complete a registration after 5/31/2026 there will be an automatic increase of \$25 as a late fee, so please register early.

Revision 00 9 02/12/2026

Flag Football registration fee is \$65. There is no mandatory fundraiser for Flag but you are encouraged to participate with it.

In addition, each player requiring a football jersey will need to pay for their jersey as identified during the scheduled jersey fitting. The jerseys are customized and are the property of the player but must remain in game ready condition throughout the season. The jersey fittings will occur on: date(s) TBD. Any player who purchased a jersey a previous year is encouraged to attend the fitting to verify the jersey still fits properly and is in game ready condition. For those players who are identified as requiring a new jersey, they will have to pay (amount to be finalized prior to fitting but is expected to be in range of \$60 – 90 dollars) prior to the jersey being ordered. This amount will be added to their online account and must be paid there. Notifications will be sent out indicating such additional balances due. Parents wanting additional jersey(s) for their child(ren) or purchase adult jersey(s) that are replicas of their child's jersey can indicate this at

the jersey fitting as well. This amount will be finalized prior to the fitting and will be added to the online account. This too must be paid in full prior to any replica jersey being ordered. NOCYFC does have a limited number of jerseys available for loan, but these are not the player's property and must be returned with all other NOCYFC owned equipment as directed.

All outstanding fees shall be paid in full prior to receiving any NOCYFC owned equipment and/or participation in official practices and/or games¹.

Upon return of NOCYFC owned football equipment, if the equipment is determined to not be in satisfactory cleanliness, the player can either clean the equipment themselves and return the equipment within 1 week of the scheduled turn-in date, or can make a cash payment of \$40 to NOCYFC for NOCYFC to clean the equipment. Failure to return the equipment could result in parent(s) being financially responsible for proper replacement.

Upon return of NOCYFC owned cheer equipment, if the equipment is determined to not be in satisfactory cleanliness, the cheerleader can either clean the equipment themselves and return the equipment within 1 week of the scheduled turn-in date, or can make a cash payment of \$10 to NOCYFC for NOCYFC to clean the equipment. Failure to return the equipment could result in parent(s) being financially responsible for proper replacement.

¹ Exceptions to this can only be granted by the Board if deemed necessary

Refund

The Board reserves the right to determine any eligible refund of registration fees on a case-by-case basis. Any Mandatory Fundraiser/Buy-Out monetary amount is NOT ELIGIBLE for a refund.

Full refunds will only be issued up to the Friday of the first week of official NOCYFC practices. A 50% prorated refund of the original amount will be issued up to the Friday of the second week of official NOCYFC practices. A 25% prorated refund of the original amount will be issued up to the Friday of the third week of official NOCYFC practices. No refunds will be issued following the Friday of the third week of official NOCYFC practices. The start of the official practice is noted in the Important Dates section above and refunds will only be issued following equipment return.

NOCYFC urges athletes and parents to completely discuss this option of quitting prior to requesting this, especially as the NOCYFC organization does not condone quitting and we understand the first few weeks can be difficult (both mentally and physically), but the practices and environment typically do improve as the season goes on as well. It is also recommended the parent(s) and athlete discuss this with

the coach prior to formally quitting.

Code of Conduct for all Athletes

The Board and Coaches of NOCYFC have instituted a player and cheerleader Code of Conduct and aligns with the YCYFA's Code of Conduct. This Code of Conduct must be signed by the athlete and a parent(s) prior to receiving any NOCYFC owned equipment and/or participation in practices and games. Our Code of Conduct is instituted to promote sportsmanship and team play, and to instill discipline in the players and cheerleaders within the NOCYFC organization throughout the entire season, regardless if the incident occurred at an NOCYFC event or not!

Violations of Conduct

- No fighting with anyone.
- No profanity.
- No destruction of property.
- No horseplay before or after practice, before or after a game, or during a game.
- No disrespect of any kind directed at coaches, opposing teams, officials and/or New Oxford Players or Cheerleaders.
- No obscene gestures directed at anyone. No taunting of opposing teams. ● Players and Cheerleaders are expected to attend all their squads scheduled practices and games and are expected to be on time for all practices and games, unless excused by their Head Coach.
- No actions towards anyone that can cause physical harm or injuries. No weapons of any kind that can cause harm to anyone or oneself.
- No drugs/alcohol.
No constant disruption during practice.

Revision 00 11 02/12/2026

Penalties

- 1st Offense – Coaches or Advisors discretion.
- 2nd Offense – Talk with parent(s) and written up
- 3rd Offense – Community Service Determined by Director/parent
- 4th Offense – 1 Game and 1 Week practice Suspension.
- 5th Offense – Removed from organization and forfeits awards for that year.

Game Penalties

- As determined by YCYFA's Code of Conduct, any athlete who physically assaults or with the intent to assault an official, player, or member of the opposing staff or team shall receive a (2) game suspension for their 1st offense. 2nd offenses will be reviewed by the Association Board of Directors and an appropriate punishment will be decided.

Depending on the nature and/or severity of the offense, later penalties can be assessed before the preceding offenses if deemed appropriate by the athlete's head coach/director and/or the Board. Removal from the organization will be determined by the appropriate director with Board approval.

Although NOCYFC is not a scholastic affiliated organization, violation of any CVSD

policy is also subject to disciplinary actions within the NOCYFC organization as well. This includes, but is not limited to, the performance in scholastic activities of any NOCYFC participant.

NOCYFC enforces a zero-tolerance policy regarding any acts of bullying, where bullying may be defined as any action of an individual(s) to purposely cause physical or mental harm to another individual(s) during any defined timeframe with the intention to make the recipient of any action feel unwelcomed and/or repeatedly inferior to anyone. Although the term bullying can assume various forms, the Board reserves the right to make final judgement of any reported and/or suspected case of bullying.

Parent Rules

In addition to ensuring your child is compliant with their code of conduct, each parent must also agree to certain terms outlined here to complete your child's eligibility to participate within the NOCYFC organization.

- Parent/Guest Responsibility – As a parent, I will ensure all guests of mine are aware of proper code of conduct and understand that I am responsible for my actions, the actions of my child(ren), and the actions of my guests. Anyone breaking the code of conduct may be excluded from the sidelines for the remainder of the season
- **No parent is allowed on the field during practices or games unless they are registered as Coaches, Directors, Board, and/or Team Parents.**

In the event of a medical situation, a parent may only come onto the field if so indicated by the appropriate director. Although you are concerned about your child's safety, in accordance with YCYFA, USA Football, and Pennsylvania state law, the NOCYFC organization has trained individuals available as first responders. Failure to abide by this can result in dismissal from NOCYFC organization events and/or the NOCYFC organization itself.

- **Only Coaches, Team Parents, Volunteers for the Chain Gang and Board Members are allowed on the sidelines during games.**
- **YCYFA requires that all persons in front of the rope line shall have a signed Code of Conduct and valid clearances.**

Acknowledgment of this code of conduct and parent rules is required by any participating athlete and their parent(s). A copy of this code of conduct and parent rules can be found on our website. Both the athlete and parent(s) must provide their acknowledgment. This acknowledgment is to be kept on file for the duration of the current NOCYFC year.

Filing Complaints (Chain of Command)

Parent(s) of registered NOCYFC participants are the only ones who can formally file a complaint and should be the only ones to address any concern with coaches and/or directors. Although a parent can file a formal complaint, it is recommended they first contact the Head Coach or associated director (football/cheer/flag), whoever the parent(s) feels comfortable talking to, to see if this issue can be resolved in this manner first.

What do I do when I have an issue with a coach?

GAME DAY ISSUES / CONCERNS

Coaches are NOT to be approached regarding issues before the start of a game, during half-time, or following the game. All issues are to be addressed at the next practice by following the Practice Day guidelines, which are outlined below. Failure to follow this will result in suspension from the next game and/or dismissal from the organization.

Although directors can be approached in lieu of the coach on a game day, this should only be exercised if absolutely necessary and as long as this DOES NOT remove the director from their required duties on game day.

PRACTICE DAY ISSUES / CONCERNS

Your coach will advise when they would like to be approached regarding your issue(s)/concern(s) at the parent/coaches meeting. Please follow those guidelines. If you are unaware of their specific guidelines, please wait until after practice is over and pull the coach aside to address your concerns. Please do not approach the coach in the presence of other children.

Please do not reach out to the League with any complaints about our organization. The League does not govern individual organizations, they will send the complaint to us as an organization to handle.

Revision 00 13 02/12/2026

No parent(s) is to walk out on the practice field during practices. This is not allowed and is particularly important due to the changes in the legal requirements for child safety and volunteer requirements.

GUIDELINES

1. Approach the Head Coach or Director and discuss your concerns.
2. If you have met with your child's Head Coach, and you believe your concern(s)/issue(s) is NOT resolved, please contact the applicable Director respectively, to mediate the conversation with the Head Coach.
3. If your concern/issue is still NOT resolved, please contact any Board Member. As mentioned in the message from the board, please refrain from posting negative comments on social media. It should be noted that Board Members might not regularly check social media posts, therefore the official communication method is email at noycolonials@gmail.com.

Fundraising Requirements

The Board may designate a Fundraising Director to be responsible for identifying possible fundraising events, implementing a mandatory fundraising event in the current year, and collecting the necessary funds from each child participating within the NOCYFC organization. If no person is identified as the Fundraising Director, the Board shall assume this responsibility. If a child does not participate in a fundraising event, the buy-out option is the required alternative.

MANDATORY FUNDRAISER

Each child in the NOCYFC organization must participate (either through the fundraising or the buy-out option) and is required to submit \$60. A minimum of 30

items must be sold to meet the requirement of the fundraiser. If 30 items are not sold, a \$2 charge for each item below 30 will be required to satisfy the mandatory fundraising requirement. If an individual chooses the buy-out option, a default \$60 charge will automatically be added to their account. Those who register following the final turn-in date of the mandatory fundraiser sale will automatically have the buy-out amount added to their account.

If two or more siblings who are registered under the same parent account, are simultaneously participating in the NOCYFC organization, the full \$60 is required for the first child, and each additional child within the same family will require an additional \$30 (or 15 items). The total family amount can be submitted in any combination of fundraising and buy-out finances.

ADDITIONAL VOLUNTARY FUNDRAISING ACTIVITIES

Although each child is required to submit the necessary finances equal to the appropriate mandatory fundraiser/buy-out amount for the current year, NOCYFC

Revision 00 14 02/12/2026

encourages each athlete to participate in any additional fundraising activities conducted throughout the year. Any amount raised during these other fundraising activities DOES NOT count towards the mandatory family fundraising amount, but these can possibly aid in reduction of future mandatory amounts.

Have other ideas for a fundraiser! Please send any suggestions to noycolonials@gmail.com.

Your help is sincerely appreciated!

Sponsorship

Please send an email to noycolonials@gmail.com if you or your company are interested in participating in our sponsorship program.

Varsity and JV Placement

FOOTBALL

Football players will be evaluated during the first two (2) weeks of the season. The football coaches will be assessing the players for aggressiveness, ability, leadership, and specific skill sets. The intention is to use the JV squad as a development program for the players who might be less aggressive and/or might need additional skill set maturity. This will also allow players to compete against other players of similar level/skillset throughout the season's games. Any player placed on the JV squad should NOT consider this as a punishment, but rather an opportunity to not only improve any area which the coaches feel might not be up to the level expected for the varsity squad. This allows the player to use this as motivation to want to improve and demonstrate his/her potential for playing at the varsity level.

CHEERLEADING

Cheerleaders will be evaluated during the first two (2) weeks of the season. The cheerleading coaches will be assessing the cheerleaders for ability, leadership, and all around exceptional performance.

Placement on a JV or Varsity squad is determined by the respective Head Coach. A parent may request that their child NOT BE on Varsity only, but this request must be made prior to the end of the first two (2) weeks of practice.

If at any time during the season an athlete is not meeting the coaches' expectation (i.e. behavior, attendance), the coach will issue a warning to the athlete and the parent(s).

Revision 00 15 02/12/2026

After sufficient warning has been given to a Varsity athlete, the coach reserves the right to move the athlete from Varsity to JV if the behavior doesn't improve, or if an athlete is not performing up to expectations.

Just as coaches reserve the right to move an athlete from Varsity to JV, likewise, the coaches also reserve the right to move an athlete from JV to Varsity. Either change requires consent from both the coaches and the respective director. A parent(s) is to be notified about any change and can request their athlete remains on the JV squad, but a parent must file a formal complaint for the Board to review if they believe their athlete should remain on the Varsity squad.

FLAG FOOTBALL

Teams will be formed after the first two weeks of preseason practice. Teams will be chosen as evenly as possible with respect to grade level and skill level. There will be between 12 and 15 players per team.

Athlete's Responsibilities

ATTENDANCE

All athletes must attend their respective practices and games in proper attire and any other such practices and games that their Head Coach/Director deems necessary.

Although not mandatory, they are encouraged to show support for teammates by attending their games as well when possible.

In the event that an athlete cannot attend a scheduled game or practice, their parent(s) is required to contact his/her Head Coach/Director before the scheduled game or practice to explain the situation and to seek excusable absence. Although verbal communication is valid, a digital method, (primary through the "Game Changer Team Manager" app as a private message, or secondary as text, phone message,

email, etc...) is preferred.

Family emergencies, doctor appointments, school, or religious events will be excused.

- Missing 1 practice

If an athlete fails to notify their Head Coach/Director of an absence from practice, coaches have the right to hold this athlete from participating in the first half of the next game. The player must still attend the game.

Revision 00 16 02/12/2026

- Missing 2 or more practices in the same week

If an athlete fails to notify their Head Coach/Director of two (2) or more absences from practice, coaches have the right to hold this athlete from participating in the next game. The player must still attend the game.

The Football Head Coach/Football Director has the right to impose additional football practice attendance requirements as the Cheerleading Head Coach/Cheer Director has the right to impose additional cheer practice attendance requirements.

Coaches/Directors of respective squads have the right to determine the penalty for being late to a practice/game or missing the entire game without prior notice.

Any athlete who participates in any alternate sport during the football season is to discuss this with their head coach as soon as possible. Although NOCYFC encourages an athlete to participate in multiple sports throughout the year, when doing so during the football season presents its own challenges. Each head coach will determine their own expected level of commitment, but it is to be noted that although an athlete chooses to participate in other sports during the football season, their game playing time and/or V/Jv placement can be reflective of this. Given the inherent dangers of football and cheerleading, athletes must make every effort to attend the scheduled practices and games, as unlike other sports where missing practices can result in not knowing the correct assignment on a specific play or something similar, the risk of injury (often to the athlete's teammates more so than themselves) is greater in the sports of football and cheerleading.

ATTITUDE

All athletes should maintain a positive attitude, including the following:

- Maintain acceptable academic progress
- Maintain good attendance
- Treat others with respect
- Display pride in the NOCYFC organization and the TEAM atmosphere
- Actively participating during practices and drills through willingness and enthusiasm
- Perform to the athlete's best ability
- Demonstrating an understanding of what is being explained
- Ask questions about anything that is not understood

If an athlete is removed from a squad due to misconduct in the prior season, said athlete will be under a 60-day probationary period for the following season. Any violation during the probation period will result in immediate dismissal from the

organization, without monetary refund. The probationary period begins on the first official day of practice.

Revision 00 17 02/12/2026

Equipment

Although NOCYFC will provide the necessary equipment for each registered athlete, some additional items are required for participation in either football or cheerleading. Upon receiving NOCYFC owned equipment, each athlete/parent is/are responsible for the care and condition of assigned equipment.

Athletes are responsible to ensure they have the necessary equipment for each practice/game. If any equipment is lost/forgotten, the athlete MUST notify their Head Coach prior to the start of the practice/game, and the Head Coach will determine any consequence. If your child has a piece of defective equipment, please report this to the Head Coach immediately. Any defect determined to be caused by abuse or misuse could result in parent(s) being financially responsible for proper replacement.

NOCYFC Owned/Provided Equipment

FOOTBALL

The following football equipment is provided by NOCYFC:

1. Helmet
2. Shoulder Pads
3. Rib Pads (optional as not required per YCYFA)
4. Girdle/Girdle Pads²
5. Thigh Pads²
6. Knee Pads²
7. Practice Pants
8. Game pants
9. Belt(s)
10. Practice Jersey
11. Game Socks (Provided by NOCYFC for a purchase price of TBD per pair)³

Parent(s) is responsible for providing the following:

1. Athletic supporter and cup (optional)
2. Football Cleats (no metal cleats or spikes) (sneakers are allowed, but not recommended)
3. Mouth Guard (Clear/White Not Allowed) (NOCYFC will have additional mouth guards onsite for a purchase price of TBD each)³

CHEERLEADING

The following cheerleading equipment is provided by NOCYFC:

² If a single item of the pair is lost, the incurred replacement fee will be for the complete pair as this is how NOCYFC purchases the new items.

³ These items ARE NOT to be returned at the end of the season with the other equipment.

Revision 00 18 02/12/2026

1. Cheer shell
2. Skirt

3. Pompoms
4. Bag (can be borrowed from NOCYFC or purchased if desired)

Parent(s) is responsible for providing the following:

THESE ARE TO BE PURCHASED THROUGH NOCYFC, BUT ARE NOT THE PROPERTY OF NOCYFC

1. Crop top
2. Bloomers
3. Bow
4. Shoes
5. No show white socks
6. Gray leggings
7. Gray gloves
8. A clear rain poncho
9. Bag (optionally personalized or non-custom can be borrowed through NOCYFC)

Cheerleaders may NOT use spray in color or chalk. These methods leave a residue on the uniform and could damage the uniform. Other methods of hair coloring are acceptable. Please see a Board member if you have questions.

We prefer that no makeup be worn. However, if a cheerleader decides to wear makeup and the coach feels it is excessive or distracting, the cheerleader may be asked to remove the makeup.

Equipment issued by NOCYFC must be returned at the conclusion of the season. This date will be advised by the Head Coach/Director of your respective team and/or the Equipment Director. If the athlete leaves NOCYFC either voluntarily or involuntarily,

all equipment issued by NOCYFC must be returned immediately. Failure to do so could result in parent(s) being financially responsible for proper replacement.

Upon return of NOCYFC owned football equipment, if the equipment is determined to not be in satisfactory cleanliness, the player can either clean the equipment themselves and return the equipment within 1 week of the scheduled turn-in date, or can make a cash payment of \$40 to NOCYFC for NOCYFC to clean the equipment. Failure to return the equipment could result in parent(s) being financially responsible for proper replacement.

Upon return of NOCYFC owned cheer equipment, if the equipment is determined to not be in satisfactory cleanliness, the cheerleader can either clean the equipment themselves and return the equipment within 1 week of the scheduled turn-in date, or can make a cash payment of \$10 to NOCYFC for NOCYFC to clean the equipment.

Revision 00 19 02/12/2026

Failure to return the equipment could result in parent(s) being financially responsible for proper replacement.

If equipment is lost, the parent(s) must purchase the replacement at that time. A record will be kept of all lost equipment. If you find it later and return it in good shape NOCYFC will issue you a refund.

Football equipment will be based on any lost/damaged specific items to be

replaced while lost/damaged cheer uniforms will require the purchase of a complete replacement uniform at a cost of \$180.00.

Attire

No Jewelry of any kind is to be worn. Cheer may wear stud earrings only.

Only NOCYFC approved decals may be placed on NOCYFC owned equipment.

FOOTBALL

Unless otherwise informed by the Head Coach, the following items are required for each practice/game: helmet, shoulder pads, girdle/girdle pads, thigh pads, knee pads, practice/game pants, practice/game belt, practice/game jersey⁴, socks (player's choice for design during practice, NOCYFC issued during game), mouth guard, and cleats/sneakers. Rib pads are optional.

Any player wanting to wear long sleeve shirts under their shoulder pads should wear tighter fitting shirts if practical, but sweatshirts are acceptable as well. No hoods should be exposed outside of the helmet or shoulder pads to allow another player to grab onto. Any long sleeve attire is preferred to be white but should try to match the NOCYFC uniform if possible. NOCYFC will only instruct what can and cannot be worn as under shirts based on the discretion of the game officials and/or YCYFA as applicable.

CHEERLEADING

Practice:

Cheerleaders should wear clothing that will not constrict their movement. Shorts and t-shirts are recommended, but no short shorts or crop tops (sleeveless is okay). No exposed sports bras. Sweatshirts and sweatpants are okay but please wear shorts and

⁴ Only authorized alterations to owned jerseys will be permitted for wear during NOCYFC activities.

Revision 00 20 02/12/2026

t-shirts underneath for stunting. NO denim shorts or pants may be worn. Sneakers must be worn, while flip flops, crocs, or sandals are prohibited.

Long hair must be worn in a secured ponytail with hair out of face. Pop barrettes may NOT be worn.

Fingernails should be kept short and clean.

If a cheerleader comes to practice without the proper attire, they will not be permitted to practice and will have to sit out. This is for the safety of each individual as well as the other cheerleaders.

Game:

Cheerleaders should arrive to games wearing their shell, skirt, bloomers, no-show socks, cheer shoes, and their hair should be in a ponytail. They should have their bow in their hair over their ponytail. Cheerleaders will be told prior to the game if they are to wear their crop tops or leggings. Due to rapidly changing temperatures, the girls should always keep their crop tops and leggings in their cheer bags, and their cheer bag is to be brought to every game.

FLAG FOOTBALL

Equipment

Players will be provided a dri-fit style shirt as a “jersey” to be worn for games. Players will be encouraged to purchase their own cleats. Flags will be provided by the organization.

Practice

Teams will practice two nights per week for approximately 90 minutes. Practices will focus on development of three main areas: athletic skill, football team/play concepts and competitiveness.

Games

Teams will compete in the YAFL Flag Football “league” held on Saturday mornings.

Equipment Care Instructions

Uniforms should be washed immediately after each use if possible (practice uniforms should be washed at least weekly). Turn garments inside out to preserve ink printing and twill. Use only cold water for all settings of the washing machine and do not wash with other items, such as towels.

DO NOT:

Revision 00 21 02/12/2026

- USE CHLORINE BLEACH
- USE FABRIC SOFTENER
- DRY CLEAN ATHLETIC UNIFORMS
- IRON

Heavily soiled garments should be pre-treated. Pre-treatment products that DO NOT contain bleach are acceptable for use. For blood stains, soak in cold water before washing. An oxygen-based laundry booster can also be used to wash garments. If possible, use a high-water level to minimize mechanical action on uniforms and do not overload washer. The sooner the garments are treated, the easier the removal of the stains.

Remove uniforms immediately after washing and hang dry all garments. If dryer is needed use a damp dry or air-dry setting low heat.

Pads and helmet should be wiped down with soap and water.

Practice/Game Locations

Unless otherwise informed by the Head Coach(s)/Director(s), all practices will be located at the open field at the New Oxford Elementary (NOE) School building. Home games will be a combination of the field behind the New Oxford Middle School building as well as the CVSD stadium.

Although NOCYFC has an agreement with CVSD for usage of their facilities, the NOCYFC organization is required to adhere to the CVSD restrictions or will be removed from such facilities. These restrictions include, but are not limited to:

1. No pets/animals on school property (with the exception of service animals when necessary)
2. No tobacco products of any kind (including e-cigarettes or vaping products) on school property
3. No parking on, or alongside grass areas that are on school property. Although these areas are generally roped off, this does not constitute as the sole requirement for this restriction
4. Sneakers are the only authorized footwear when using any indoor CVSD owned facility
5. Parking for practices should occur at the NOE parking lot as there isn't a dedicated crosswalk on Berlin Rd. between the high school parking lot and the practice field. As the season progresses, this can become increasingly dangerous as motorized vehicles travel this road frequently and the street lighting isn't adequate for pedestrian crossing.

Revision 00 22 02/12/2026

6. In accordance with ordinance no. 473 (enacted in 2021) of the New Oxford Borough, please be mindful that it is now illegal to stop alongside a borough road to load or unload persons from a vehicle.

Away games will be played on the home team's playing field. Directions and report times will be provided by the Head Coach(s)/Director(s) or can be found on the NOCYFC website or the YCYFA website <http://www.leaguelineup.com/welcome.asp?url=ycyfa>.

Based on the number of available JV teams throughout the league, JV games might differ in time and location from that of the three NOCYFC varsity teams.

Although a respective head coach/director will inform the athletes of report times, unless otherwise instructed, athletes should try to be at practice at least 5 minutes prior to the start of practice and football players should report to the designated game field approximately 1 hour to 1 hour and 15 minutes prior to the scheduled kickoff, and cheerleaders should report to the designated game field approximately 30 – 35 minutes prior to the scheduled kickoff.

As the season progresses, practices might start earlier due to reduced natural lighting, but the respective head coach/director will inform the athletes/parents of this decision. It should be noted that any individual who cannot make these earlier times will not be penalized, but any who can attend these earlier times are

encouraged as this allows the team to maximize the available practice time allotted.

Individual preparation prior to each practice/game is imperative as ensuring proper hydration levels begin at least 12 – 24 hours prior to physical activity. Water is the best option as drinks containing sugar can actually cause dehydration quicker. Immediately following any physical activity, replenishment of lost electrolytes and returning proper hydration levels should begin. Proper nutrition will prevent upset stomachs and allow athletes to operate at peak performance. Try to avoid sugary and greasy foods prior to physical activity.

In addition to proper hydration, proper diet can also allow an athlete to perform at their best. Baked, broiled, or cold meals which are high in protein but low in fat are the best options. Fried foods should be avoided when possible, especially before the practice(s)/game(s).

Game Participation

Although it is ultimately up to the respective Head Coach, an athlete's participation during a game is earned and generally based on the guidelines outlined in the

Revision 00 23 02/12/2026

ATTITUDE section above. Participation during a game can vary throughout the season due to various factors.

For Varsity Football, any player may start on offense, defense, and/or special teams depending on their earned playing time and ability.

For JV Football, coaches will strive to allow all players at least some playing time each game, however, if a player demonstrates a lack of interest, participation might be limited.

For any athlete who cannot attend a scheduled game for any reason, their participation during practices might be limited during that game week, as their replacement(s) needs to be as prepared as possible to give the team the best chance of success. This should not be viewed as a punishment for the athlete who cannot attend, but rather as a team focus. Upon return, the athlete should be able to resume normal participation.

Volunteering

As mentioned above, the NOCYFC organization is completely based on volunteers, and for this, NOCYFC would like to thank everyone who offers their time and services. NOCYFC would not exist without the various selfless individuals who dedicate countless hours and efforts for the continued success of this organization.

For any who wish to volunteer, there are numerous options for anyone (18 years or older) to provide varying levels of assistance. Each year, various positions within the NOCYFC organization need to be filled, and these can vary from coordinating additional volunteers from chain gang (on gameday) to serving on the Board. Some are mandated by YCYFA.

Any volunteer position with direct interaction to the registered athletes (including any position which requires on field access – minus chain gang) MUST receive a background check. In most cases, this is free or a low fee for completion. This is a state law and is enforced by the YCYFA and NOCYFC organizations. The information for these mandated checks can be found at www.compass.state.pa.us/cwis/public/home and <https://epatch.state.pa.us/Home.jsp>.

Please send an email to noycolonials@gmail.com or contact a Board member for any open position you would like to volunteer for, or any other ideas/suggestions you might have.

Revision 00 24 02/12/2026

End of Season Awards

End of season awards are intended to recognize TEAM and Individual achievements. This will take place at a TBD time and location, but for an athlete to participate in the end of season awards celebration, all fees must be paid and all NOCYFC owned equipment must be returned to the organization (time/place TBD). Failure for either of these two requirements will prevent an athlete from not only participating in the celebration, but also from being eligible to receive any end of season award. Failure to return NOCYFC equipment could also result in parent(s) being financially responsible for proper replacement.

Individual award categories will be determined by the Board, but the recipient of any individual award will be determined by the coaches.

Health Regulations

With the many different health concerns affecting many organizations and/or individuals, additional mandates might be enacted based on local guidelines and/or requirements. Please note that some of these guidelines/requirements are not the choice of NOCYFC, but NOCYFC might be required to adhere to these guidelines/requirements nonetheless, especially considering the authoritative power necessitating such guidelines/requirements. Any person participating in activities offered by NOCYFC or is on grounds occupied by NOCYFC for their activities is required to adhere to this policy or removal from activities and/or the NOCYFC organization might be the resultant action taken by the Board.

Cleat Donation

With kids growing quickly, they often wear their cleats single season. Because of this, NOCYFC gladly accepts cleat donations. Please consider donating your child's outgrown cleats to NOCYFC for additional use. If interested, please email noycolonials@gmail.com, contact a Board member, or bring the cleats to practice. Similarly, if in need of cleats, please contact NOCYFC for available sizes.

Modification

The Board reserves the right to modify the NOCYFC Bylaws and/or this Handbook

at any time without notification. An attempt shall be made to make any changes available to all affected individuals/parties as soon as possible through the most appropriate means.

Code of Conduct for all Athletes (NOCYFC Copy)

The Board and Coaches of NOCYFC have instituted a player and cheerleader Code of Conduct and aligns with the YCYFA's Code of Conduct. This Code of Conduct must be signed by the athlete and a parent(s) prior to receiving any NOCYFC owned equipment and/or participation in practices and games. Our Code of Conduct is instituted to promote sportsmanship and team play, and to instill discipline in the players and cheerleaders within the NOCYFC organization throughout the entire season, regardless if the incident occurred at an NOCYFC event or not!

Violations of Conduct

- No fighting with anyone.
- No profanity.
- No destruction of property.
- No horseplay before or after practice, before or after a game, or during a game. ● No disrespect of any kind directed at coaches, opposing teams, officials and/or New Oxford Players or Cheerleaders.
- No obscene gestures directed at anyone. No taunting of opposing teams. ● Players and Cheerleaders are expected to attend all their squads scheduled practices and games and are expected to be on time for all practices and games, unless excused by their Head Coach.
- No actions towards anyone that can cause physical harm or injuries. No weapons of any kind that can cause harm to anyone or oneself.
- No drugs/alcohol.

- No constant disruption during practice.

Penalties

- 1st Offense – Coaches or Advisors discretion.
- 2nd Offense – Talk with parent(s) and written up
- 3rd Offense – Community Service Determined by Director/parent
- 4th Offense – 1 Game and 1 Week practice Suspension.
- 5th Offense – Removed from organization and forfeits awards for that year.

Game Penalties

- As determined by YCYFA's Code of Conduct, any athlete who physically assaults or with the intent to assault an official, player, or member of the opposing staff or team shall receive a (1) game suspension for their 1st offense. 2nd offenses will be reviewed by the Association Board of Directors and an appropriate punishment will be decided.

Depending on the nature and/or severity of the offense, later penalties can be assessed before the preceding offenses if deemed appropriate by the athlete's head coach/director and/or the Board. Removal from the organization will be determined by the appropriate director with Board approval.

Although NOCYFC is not a scholastic affiliated organization, violation of any CVSD policy is also subject to disciplinary actions within the NOCYFC organization as well. This includes, but is not limited to, the performance in scholastic activities of any NOCYFC participant.

NOCYFC enforces a zero-tolerance policy regarding any acts of bullying, where bullying may be defined as any action of an individual(s) to purposely cause physical or mental harm to another individual(s) during any defined timeframe with the intention to make the recipient of any action feel unwelcomed and/or repeatedly inferior to anyone. Although the term bullying can assume various forms, the Board reserves the right to make final judgement of any reported and/or suspected case of bullying.

Parent Rules

In addition to ensuring your child is compliant with their code of conduct, each parent must also agree to certain terms outlined here to complete your child's eligibility to participate within the NOCYFC organization.

- Parent/Guest Responsibility – As a parent, I will ensure all guests of mine are aware of proper code of conduct and understand that I am responsible for my actions, the actions of my child(ren), and the actions of my guests.
- No parent is allowed on the field during practices or games unless they are registered as Coaches, Directors, Board, and/or Team Parents.
In the event of a medical situation, a parent may only come onto the field if so indicated by the appropriate director. Although you are concerned about your child's safety, in accordance with YCYFA, USA Football, and Pennsylvania state law, the NOCYFC organization has trained individuals available as first responders. Failure to abide by this can result in dismissal from NOCYFC organization events and/or the NOCYFC organization itself.
- Only Coaches, Team Parents, Volunteers for the Chain Gang and Board Members are allowed on the sidelines during games.

- YCYFA requires that all persons in front of the rope line shall have a signed Code of Conduct and valid clearances.

Athlete Code of Conduct Agreement

Athlete Name:

Date:

Parent/Legal Guardian Rules Agreement

Parent(s)/Guardian(s) Name:

Date: