

March 20, 2014

2014 N.C.F.L. BYLAWS



Attached is a copy of the
2014 N.C.F.L. (NORTHERN CONNECTICUT FOOTBALL LEAGUE) BYLAWS
As voted by the League membership on March 20, 2014.

**NORTHERN
CONNECTICUT
FOOTBALL LEAGUE, INC.**

CERTIFICATE

OF

INCORPORATION AND BYLAWS

Originally issued January 19, 1987

As amended through March 20, 2014

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N.C.F.L. 2014 OFFICERS AND EXECUTIVE BOARD

BOARD POSITION	TOWN	EXECUTIVE MEMBER	PHONE	E-MAIL
COMMISSIONER	TOLLAND	Rick Perryman	726-8304	Rick@bamtrans.com
DEPUTY COMMISSIONER	COLCHESTER	David McDowell	798-0277	Dave1417@aol.com
TREASURER	COVENTRY			
SECRETARY	RHAM	Ken Kron		kkron@mahoneysabol.com
PRESIDENT	STAFFORD	Nathan Stebbins	462-5737	nstebbins@cox.net
FIRST VICE PRESIDENT	ENFIELD	Sharon Smith		
SECOND VICE PRESIDENT	SUFFIELD	Randy Raine	997-3915	Raine95@cox.net
OFFICIAL COORDINATOR	CROMWELL	Randy Philbrick		
NORTH & SOUTH FIELD INSPECTOR	WPTP	Geoff Schimmelpfemming	420-9744	geoffschimm@gmail.com
WEBMASTER	ELLINGTON	David Race	576-9204	dsrace@gmail.com
CHEERLEADER COORDINATOR	COLCHESTER	Paula McDowell	798-4353	papiggybank@aol.com

TOWN: Colchester Cougars

EXECUTIVE MEMBER	Name: David McDowell	Home:
NCFL Position: Deputy Commissioner	Address:	Cell: 860 798-0277
		Email: Dave1417@aol.com
LEAGUE REPRESENTATIVE	Name: Paula McDowell	Home:
NCFL Position: Cheer Coordinator	Address:	Cell: 860 798-4353
		Email: papiggybank@aol.com
ALTERNATE REPRESENTATIVE	Name: Dominic Lombardo	Home:
	Address:	Cell: 860 367-22447
		Email: Lombardo.dominic@yahoo.com
PRESIDENT	Name: Paula McDowell	Home:
	Address:	Cell: 860 798-4353
		Email: papiggybank@aol.com
VICE PRESIDENT	Name: Erin Rowlins	Home:
	Address:	Cell: 860 237-1932
		Email: erin_rowlins@att.net
A SQUAD HEAD COACH	Name: Mike Murray	Home:
	Address:	Cell: 860 324-4570
		Email: mmurray0480@sbcglobal.net
B SQUAD HEAD COACH	Name: David McDowell	Home:
	Address:	Cell: 860 798-0277
		Email: dave1417@aol.com
C SQUAD HEAD COACH	Name: Will Malz	Home:
	Address:	Cell: 860 985-5238
		Email: will@crossfitplayground.com
D SQUAD HEAD COACH	Name: David Rodegher	Home:
	Address:	Cell: 860 508-0808
		Email: rodidi7997@hotmail.com
CHEERLEADING COORDINATOR	Name: Meghan McDowell	Home:
	Address:	Cell: 860 303-3933
		Email: mghn1027@aol.com

TOWN: Coventry

EXECUTIVE MEMBER	Name: Ross Pease	Home:
NCFL Position: Treasurer	Address:	Cell: 860 202-4640
		Email:
LEAGUE REPRESENTATIVE	Name: John Legrand	Home:
	Address:	Cell: 860-982-9508
		Email: steelerjl@aol.com
ALTERNATE REPRESENTATIVE	Name: Ross Pease	Home:
	Address:	Cell: 860-202-8867
		Email: Pease.ross@yahoo.com
PRESIDENT	Name: Amanda Hawkins	Home:
	Address:	Cell: 860-268-4640
		Email: hawkins161@hotmail.com
VICE PRESIDENT	Name: Bob Dube	Home:
	Address:	Cell: 860-982-9957
		Email: duberobert@att.net
A SQUAD HEAD COACH	Name: Mike King	Home:
	Address:	Cell: 860-982-9957
		Email: michaelcc111@att.net
B SQUAD HEAD COACH	Name: Dave	Home:
	Address:	Cell:
		Email:
C SQUAD HEAD COACH	Name: Ross Pease	Home:
	Address:	Cell: 860-268-4640
		Email: Pease.ross@yahoo.com
D SQUAD HEAD COACH	Name: Mark Carilli	Home:
	Address:	Cell: 860-617-4045
		Email: markneasa@hotmail.com
CHEERLEADING COORDINATOR	Name: Alanna Anderson	Home:
	Address:	Cell: 860-315-0000
		Email: alannaanderson815@hotmail.com

TOWN: Cromwell

EXECUTIVE MEMBER	Name: Randy Philbrick	Home:
NCFL Position: Official Coordinator	Address:	Cell:
		Email: warriorfb36@yahoo.com
LEAGUE REPRESENTATIVE	Name: Peter Stergos	Home:
	Address:	Cell:
		Email: tas95xo@gmail.com
ALTERNATE REPRESENTATIVE	Name:	Home:
	Address:	Cell:
		Email:
PRESIDENT	Name: Peter Stergos	Home:
	Address:	Cell:
		Email: Tas95xo@gmail.com
VICE PRESIDENT	Name: Heather Cook	Home:
	Address:	Cell:
		Email: heathercook96@gmail.com
A SQUAD HEAD COACH	Name: Joe Ramirez	Home:
	Address:	Cell:
		Email: jramirez02@snet.net
B SQUAD HEAD COACH	Name: Jeff D'Angona	Home:
	Address:	Cell:
		Email: coachdan7564@hotmail.com
C SQUAD HEAD COACH	Name: Randy Philbrick	Home:
	Address:	Cell:
		Email: warriorfb36@yahoo.com
D SQUAD HEAD COACH	Name: Darren Getex	Home:
	Address:	Cell:
		Email: dgetek@hotmail.com
CHEERLEADING COORDINATOR	Name: Heather Sylvestro	Home:
	Address:	Cell:
		Email: marvinmar@comcast.net

TOWN: Ellington

EXECUTIVE MEMBER	Name: Dave Race	Home:
NCFL Position: Webmaster	Address: PO Box 501 Ellington, CT 06029	Cell: (860) 992-5933
		Email: dsrace@gmail.com
LEAGUE REPRESENTATIVE	Name: Andy Morgan	Home:
	Address:	Cell: (860) 508-6503
		Email: morgan444@sbcglobal.net
ALTERNATE REPRESENTATIVE	Name:	Home:
	Address:	Cell:
		Email:
PRESIDENT	Name: Dave Race	Home:
	Address:	Cell: (860) 992-5933
		Email: dsrace@gmail.com
VICE PRESIDENT	Name: John Hintze	Home: (860) 870-5809
	Address:	Cell:
		Email: hintze@educ.umass.edu
A SQUAD HEAD COACH	Name: Brian Skeels	Home:
	Address:	Cell: (860) 209-2359
		Email: brian.skeels@rexelusa.com
B SQUAD HEAD COACH	Name: Jeff Morgan	Home:
	Address:	Cell: (860) 508-4241
		Email: jmorgan144@att.net
C SQUAD HEAD COACH	Name: Steve Russotto	Home:
	Address:	Cell: (860) 623-1582
		Email: stevenrussotto@att.net
D SQUAD HEAD COACH	Name: Shane Davis	Home:
	Address:	Cell: (860) 741-3223
		Email: shane.j.davis@cox.net
CHEERLEADING COORDINATOR	Name: Toni Martucci	Home:
	Address:	Cell: (860) 209-8115
		Email: tonimartucci@snet.net

TOWN: Enfield

EXECUTIVE MEMBER	Name: Sharon Smith	Home: 860-746-4221
NCFL Position: 1 st Vice president	Address:	Cell: 860-280-7215
		Email: sharebear66@gmail.com
LEAGUE REPRESENTATIVE	Name: Charles Fields	Home:
	Address:	Cell: 860-614-8013
		Email: fieldss@msn.com
ALTERNATE REPRESENTATIVE	Name: Craig Pelkey	Home:
	Address:	Cell: 860-899-7250
		Email:
PRESIDENT	Name: Pat Crowley	Home:
	Address:	Cell: 860-202-1974
		Email: enfieldrambles@sbcglobal.net
VICE PRESIDENT	Name: Pablo Diaz	Home:
	Address:	Cell: 860-810-8886
		Email: Pdiaz1112cox.net
A SQUAD HEAD COACH	Name: Pat Debarber	Home:
	Address:	Cell: 860-712-9446
		Email: pdebarber@cox.net
B SQUAD HEAD COACH	Name: Craig Pelkey	Home:
	Address:	Cell: 860-849-4568
		Email: cpelkey94@gmail.com
C SQUAD HEAD COACH	Name: Lou Kopacz	Home:
	Address:	Cell: 860-899-7250
		Email: Coach.Lou.k.football@gmail.com
D SQUAD HEAD COACH	Name: Tom Cassio	Home:
	Address:	Cell:
		Email:
CHEERLEADING COORDINATOR	Name: Becky Niewola	Home:
	Address:	Cell: 860 712-5782
		Email: rjniewola11@yahoo.com

TOWN: Granby

EXECUTIVE MEMBER	Name: Bill Hogan	Home:
NCFL Position:	Address:	Cell: 860 716-5124
		Email: William.hogan@cigna.com
LEAGUE REPRESENTATIVE	Name:	Home:
	Address:	Cell:
		Email:
ALTERNATE REPRESENTATIVE	Name:	Home:
	Address:	Cell:
		Email:
PRESIDENT	Name: Bill Hogan	Home:
	Address:	Cell: 860 716-5124
		Email: William.hogan@cigna.com
VICE PRESIDENT	Name: Jennifer Rome	Home:
	Address:	Cell: 860 670-6656
		Email: jfrome147@gmail.com
A SQUAD HEAD COACH	Name:	Home:
	Address:	Cell:
		Email:
B SQUAD HEAD COACH	Name: Scott Flebotte	Home:
	Address:	Cell: 860 459-7947
		Email: flebotte@att.net
C SQUAD HEAD COACH	Name: Mark Selander	Home:
	Address:	Cell: 860 597-8141
		Email: selander@cox.net
D SQUAD HEAD COACH	Name: Thomas Anderson	Home:
	Address:	Cell: 860 805-5411
		Email: tjduck@cox.net
CHEERLEADING COORDINATOR	Name: Brooke Medina	Home:
	Address:	Cell: 253 970-0088
		Email: brookebuehne@yahoo.com

TOWN: Portland

EXECUTIVE MEMBER	Name: N/A	Home:
NCFL Position:	Address:	Cell:
		Email:
LEAGUE REPRESENTATIVE	Name: Adam Kohl	Home:
	Address:	Cell: 860-262-2523
		Email: akohlct@comcast.net
ALTERNATE REPRESENTATIVE	Name: Barry Lockwood	Home:
	Address:	Cell: 860-748-2870
		Email: bearlockwood@sbcglobal.net
PRESIDENT	Name: Jeff Graves	Home:
	Address:	Cell: 860-796-1671
		Email: jeff@heavydutyfloors.com
VICE PRESIDENT	Name: Barry Lockwood	Home:
	Address:	Cell: 860-748-2870
		Email: bearlockwood@sbcglobal.net
A SQUAD HEAD COACH	Name: Craig Franklin	Home:
	Address:	Cell: 860-398-0046
		Email: redskins112000@yahoo.com
B SQUAD HEAD COACH	Name: Adam Kohl	Home:
	Address:	Cell: 860-262-2523
		Email:
C SQUAD HEAD COACH	Name: Chris Damiani	Home:
	Address:	Cell: 860-550-4069
		Email: cdamiani@hotmail.com
D SQUAD HEAD COACH	Name: TBD	Home:
	Address:	Cell:
		Email:
CHEERLEADING COORDINATOR	Name: Becki Graves	Home:
	Address:	Cell: 860-614-3657
		Email: bgraves25@comcast.net

TOWN: RHAM

EXECUTIVE MEMBER	Name: Ken Kron	Home:
NCFL Position: SECRETARY	Address:	Cell: 860.343.7949
		Email: kkron@mahoneysabol.com
LEAGUE REPRESENTATIVE	Name: Todd Boehler	Home:
	Address:	Cell: 860.919.9599
		Email: todd.boehler@gmail.com
ALTERNATE REPRESENTATIVE	Name:	Home:
	Address:	Cell:
		Email:
PRESIDENT	Name: Ken Kron	Home:
	Address:	Cell: 860.343.7949
		Email: kkron@mahoneysabol.com
VICE PRESIDENT	Name: Brian Cruess	Home:
	Address:	Cell: 860.604.7927
		Email: brian@cruessfamily.com
A SQUAD HEAD COACH	Name: Andy Bordick	Home:
	Address:	Cell: 860.999.1505
		Email: abordick@comcast.net
B SQUAD HEAD COACH	Name: Rob McLaughlin	Home:
	Address:	Cell: 860.306.1028
		Email: robjuliemac@yahoo.com
C SQUAD HEAD COACH	Name: Brian Cruess	Home:
	Address:	Cell: 860.604.7927
		Email: brian@cruessfamily.com
D SQUAD HEAD COACH	Name: Jason Plourde	Home:
	Address:	Cell: 860.982.6523
		Email: rJplourdel@hotmail.com
CHEERLEADING COORDINATOR	Name: Carrie Truscinski	Home: 860.228.7547
	Address:	Cell:
		Email: ctruscinski@ymail.com

TOWN: Stafford

EXECUTIVE MEMBER	Name: Nathan Stebbins	Home:
NCFL Position: President	Address:	Cell: 860 462-5737
		Email: nstebbins@cox.net
LEAGUE REPRESENTATIVE	Name:	Home:
	Address:	Cell:
		Email:
ALTERNATE REPRESENTATIVE	Name:	Home:
	Address:	Cell:
		Email:
PRESIDENT	Name: Nathan Stebbins	Home:
	Address:	Cell:
		Email:
VICE PRESIDENT	Name: Kurt Vail	Home:
	Address:	Cell:
		Email:
A SQUAD HEAD COACH	Name:	Home:
	Address:	Cell:
		Email:
B SQUAD HEAD COACH	Name:	Home:
	Address:	Cell:
		Email:
C SQUAD HEAD COACH	Name:	Home:
	Address:	Cell:
		Email:
D SQUAD HEAD COACH	Name:	Home:
	Address:	Cell:
		Email:
CHEERLEADING COORDINATOR	Name: Jennifer Poirier	Home:
	Address:	Cell: 860 869-7905
		Email: Jenpoirer0611@gmail.com

TOWN: Suffield

EXECUTIVE MEMBER	Name: Randy Raine	Home:
NCFL Position: Second Vice President	Address:	Cell: 860.997.2848
		Email: raine95@cox.net
LEAGUE REPRESENTATIVE	Name: Randy Mansur	Home:
	Address:	Cell: 860.752.2214
		Email: jmansur4@hotmail.com
ALTERNATE REPRESENTATIVE	Name: Randy Raine	Home:
	Address:	Cell: 860.997.2848
		Email: raine95@cox.net
PRESIDENT	Name: Dino Puia	Home: 860.668.7476
	Address: PO Box 411 Suffield, CT 06078-0411	Cell: 860.573.7008
		Email: dndpuia@aol.com
VICE PRESIDENT	Name: Craig Schoner	Home: 860.668.5610
	Address:	Cell: 860.306.2613
		Email:
A SQUAD HEAD COACH	Name: Anthony Bergin	Home:
	Address:	Cell: 860.416.9937
		Email:
B SQUAD HEAD COACH	Name: Randy Raine	Home:
	Address:	Cell: 860.997.2848
		Email: raine95@cox.net
C SQUAD HEAD COACH	Name: Steve Smith	Home:
	Address:	Cell: 860.573.5186
		Email: nutty124@cox.net
D SQUAD HEAD COACH	Name: TBD	Home:
	Address:	Cell:
		Email:
CHEERLEADING COORDINATOR	Name: Mary-Helen Smith	Home:
	Address:	Cell: 860.573.2660
		Email: nutty124@cox.net

TOWN: Tolland

EXECUTIVE MEMBER	Name: Rick Perryman	Home:
NCFL Position: Commissioner	Address:	Cell: 860 726-8304
		Email: rperryman44@gmail.com
LEAGUE REPRESENTATIVE	Name: Dan D'Amato	Home:
	Address:	Cell: 860 978-0563
		Email: sddamato@comcast.com
ALTERNATE REPRESENTATIVE	Name:	Home:
	Address:	Cell:
		Email:
PRESIDENT	Name: Dan D'Amato	Home:
	Address:	Cell: 860 978-0563
		Email: sddamato@comcast.com
VICE PRESIDENT	Name:	Home:
	Address:	Cell:
		Email:
A SQUAD HEAD COACH	Name: Kevin Eklund	Home:
	Address:	Cell:
		Email: 0395ek@gmail.com
B SQUAD HEAD COACH	Name: Darren Lebel	Home:
	Address:	Cell:
		Email: Darrenlebel@gmail.com
C SQUAD HEAD COACH	Name: Rick Perryman	Home:
	Address:	Cell:
		Email: rperryman44@gmail.com
D SQUAD HEAD COACH	Name: Bob Howe	Home:
	Address:	Cell:
		Email: Rhowe76@sbcglobal.net
CHEERLEADING COORDINATOR	Name: Val Eklund	Home:
	Address:	Cell:
		Email: vkeklund@aol.com

TOWN: WPTP

EXECUTIVE MEMBER	Name: Geoff Schimmelpfennig	Home: 860 974 3367
NCFL Position: North South Field Inspector	Address:	Cell: 860 420 9744
		Email: geoffschimm@gmail.com
LEAGUE REPRESENTATIVE	Name: Geoff Schimmelpfennig	Home: 860 974 3367
	Address:	Cell: 860 420 9744
		Email: geoffschimm@gmail.com
ALTERNATE REPRESENTATIVE	Name: Mark Caswell	Home: 860 928 0761
	Address: 73 East Putnam Road Putnam Ct 06260	Cell: 508 962 2103
		Email: mark.caswell@genzyme.com
PRESIDENT	Name: Mark Caswell	Home: 860 928 0761
	Address: 73 East Putnam Road Putnam Ct. 06260	Cell: 508 962 2103
		Email:
VICE PRESIDENT	Name: Geoff Schimmelpfennig	Home: 860 974 3367
	Address:	Cell: 860 420 9744
		Email: geoffschimm@gmail.com
A SQUAD HEAD COACH	Name: Cliff Renshaw	Home:
	Address:	Cell: 860 933 5846
		Email: cliffrenshaw@gmail.com
B SQUAD HEAD COACH	Name: Chris Green	Home:
	Address:	Cell: 860 377 6720
		Email: jet33@yahoo.com
C SQUAD HEAD COACH	Name: Jeff Morissette	Home:
	Address:	Cell: 860 315 2022
		Email: jkemorissette@sbcglobal.net
D SQUAD HEAD COACH	Name: Jason Verraneault	Home:
	Address:	Cell: 860-377-2341
		Email: jverraneault@lagroup.com
CHEERLEADING COORDINATOR	Name:	Home:
	Address:	Cell:
		Email:

ADDRESSES OF PLAYING FIELDS

TOWN DIRECTIONS:

Colchester

310 Old Hartford Road

From Hartford: Route 2 East to Exit 17. Turn left at end of ramp. Bear right at end of Old Hartford Rd. Follow road approx. ¼ mile to football field on left. (Directly after veterinarian/across BP Gas Station.)

From Hebron: Route 85 south through Amston into Colchester. At light turn right. Bear left at fork (near Police station) onto Old Hartford Rd. Football field on right at the Public Works plow.

Coventry

Miller Richardson Field

Route 31

From Hartford: Route I-84 east to route 384. 384 to the end, stay in left lane and follow 44 to Coventry. At 4th traffic light (by Highland Park Market) take a right onto rte 31. Stay on 31 approx. 5 miles through town. The new field is on the right before baseball fields.

Cromwell

Pierson Park

Route 372

From Hartford and North: Take I-91 South to Exit 22S, Rt-9 South, (Left hand Exit). On Rt-9 South take Exit-19, Rt-372 West Street. At the light take a LEFT onto Rt-372 heading east. Follow for approx 1.5 miles. Pierson Park is on the Right, just before the Police Station.

Ellington

Brookside Park

25 Hatheway Road

From Hartford: Rt. I-84 East to exit 64. Follow Rt. 83 north to Ellington. Take left onto Rt. 140 West. Brookside Park is approx. 2 miles on right.

From Mansfield/Tolland: Take Rt. 74 West to Rt. 83 North to Ellington. Take left onto Rt. 140 West. Brookside Park is approx. 2 miles on right.

Note: Parking Entrance address 55 Sadds Mill Road

Enfield

Enfield High School

1264 Enfield Street

From the South:

- 91N towards Springfield, Mass
- Take Exit (46) King St, Enfield
- At top of the ramp take a right. (Rt. 5 North)
- Follow Rt. 5 approx. 2 miles passing straight through 5 lights.
- At the 5th light, the Enfield Congregational Church (big white church) will be on your right.
- Enfield High School's driveway will be two houses up on the left
- As you drive down the driveway take the first right and follow around the school continuing down to the fields.

From the Northeast:

- Follow 190 West, through Stafford, Somers, and Hazardville.
- Continue on 190 past the I-91 intersections
- Take the US-5 ramp toward Enfield (immediately past the entrance to 91 South)
- At the top of the ramp, go straight onto Franklin St, following to the end.
- Take a left onto Pearl St and follow to the end
- Enfield High School's parking lot is in front of you.

Granby

Ahrens Park

Hungary Road

From Hartford and North: Route 91 take Route 20 West (exit 40) until about 50 yards prior to the intersection of Route 10 & 202. Park is on Hungary Road, which will be a right hand turn before 10 & 202 intersection. Proceed down Hungary Road for approximately 1.0 mile. Park is on the left. No parking is allowed on the street per the Town of Granby.

Portland

Portland Football Field

From Rte 9 South to the Arrigoni Bridge exit. Take this exit and remain in the right lane. Bear right and go over the bridge and follow this road straight through 3 lights. At your fourth light take a left. The field is on the right.

RHAM

East Street Sports Complex (Burnt Hill)

150 East Street, Hebron

From Hartford: Take Route-2 East to Exit 13. Turn LEFT off Exit (Rt-66). Follow Rt-66 for approx. 5.3 miles. Turn LEFT on Rt-85. Stay on Rt-85 for approx. 1.3 miles. Take slight RIGHT onto East Street. Facility is approx .7 miles on your right. There is a blue house just after the driveway. Follow the drive way into the back area of the complex.

From Hebron: Take Rt-85 to East Street. Facility is approx .7 miles on your right. There is a blue house just after the driveway. Follow the drive way into the back area of the complex.

BYLAWS OF NORTHERN CONNECTICUT FOOTBALL LEAGUE, INC.

Article I - Meetings

- A. Regular League meetings shall be held on the third Thursday, (unless otherwise noted), of the following months: January (Annual Meeting); March (Rules); April (Rules Vote); June (Declaration of Teams to play in current year); July; August (Exchange Roster Books); September; October and November (General Meetings). See Attachment A for basic calendar year agenda outline.
- B. A Special Meeting shall be held on the first Tuesday of September to return roster books and review weigh-in day assignments.
- C. The Commissioner may call a special Meeting, by a majority of the members of the League, or by a minimum of three members of the Executive Committee. Notice of Special Meeting must be given by telephone or in person within 48 hours before such meeting and must clearly set forth the purpose of such meeting.
- D. A quorum shall consist of half plus one of all representative towns of the League. No meeting shall be held without a quorum being present.
- E. In all matters not covered by the Bylaws of the League, Robert's Rules of Order shall govern.
- F. The agenda for each meeting is noted on Attachment-A Annual Calendar Year Agenda. If there is an important issue any member of the Executive Committee feels needs to be discussed, that member will call the Commissioner by the Tuesday before the league meeting to request that a meeting of the Executive Committee take place one hour before the league meeting on Thursday to discuss the special issue. The Commissioner will then advise the Executive Committee of the executive committee meeting.
- G. Regular League cheerleading meetings shall be held on the second Thursday of the following months: January, February, April, May, June, July, August (Exchange Roster Books), September, October, November and December. If necessary, they may schedule a Special Meeting at any other time during the season. Cheerleader Coordinators and/or one Town Representative from all member towns shall attend.

Article II - Officers - Executive Committee- Town Representatives

- A. Officers: Officers of the League shall consist of the Commissioner, Deputy Commissioner, Secretary, Treasurer, President, First Vice President, Second Vice President, Official Coordinator, North Field Inspector, South Field Inspector, Cheerleader Coordinator and Webmaster. The term of each officer shall be one (1) year. An Officer will be nominated from each participating town. An election of Officers shall be conducted at the Annual meeting in January of each year. Any town can request, in writing to the Commissioner that the Executive Committee member from their town no longer represents their interests and may submit a new nominee for the position. Any vacancy created by the resignation of a member of the Executive Committee or at the request of a town in the circumstance described above must be voted on by the Town Representatives.

- B. Executive Committee: The Executive Committee shall consist of all of the officers of the League. No Executive Committee member will be allowed to have any of the rights of the League Representative as provided for in the Certificate of Incorporation. The Executive Committee will set the agenda for the town's representative meeting and function as the administrative body for the League. Any member of the Executive Committee that does not make a good faith effort to perform their assigned duties can be removed from their position by majority vote of the League Representatives.
- C. League Representatives and Alternate League Representatives shall be designated in writing to the NCFL Secretary and Commissioner by the town President noting name, address and phone number. If a League Representative and Alternate League Representative cannot attend a League meeting, then any member of that town's Board of Directors may represent the town as League Representative. The Board Member must provide their name and position on the Board to the NCFL Secretary and Commissioner at the meeting. An NCFL Executive Board Member who is also a Town Board Member cannot act as League Representative.

Article III - Duties of Officers

- A. Commissioner: The Commissioner shall preside at all meetings of the League and shall be an Ex-officio member of all committees. Appointment of all committees, except the Executive Committee, shall be the responsibility of the Commissioner. The Commissioner shall direct the policies of this league, oversee the duties of other members of the Board of Directors, and perform other duties as may be deemed necessary by the league for its proper and efficient administration.
- B. Deputy Commissioner: The Deputy Commissioner shall assist the Commissioner in the execution of his duties, create the game schedule for the year, distribute the game schedule at the April meeting, receive regular season and playoff game results, and prepare championship game results for local newspapers.
- C. Secretary: The Secretary shall record the minutes of all meetings of the League. A copy of the minutes shall be mailed to each league representative, town president and executive committee members within ten (10) days after the league meeting, track attendance of all league representatives and notify Treasurer of any fines per Article V.A.2 and 3, and shall perform such other duties as may be delegated to him/her.
- D. Treasurer: The Treasurer shall receive all monies of the League and shall maintain an accurate record of all receipts and expenditures and shall present a statement of account at each Executive Committee and regular League meeting. The Treasurer shall maintain such bank accounts as required. A copy of the written monthly report to the Secretary is to be distributed to each town representative. The Treasurer will prepare a calendar year income statement for review at the annual meeting held in January. The Treasurer will develop a budget for the championship game, which will be approved annually by the NCFL board of directors. The Treasurer will develop a budget for the league, which will be approved annually by the NCFL board of directors. The league will operate within the approved budgets.

- E. President: The President shall be responsible for the coordination and documentation of the eligibility of all players and team rosters. He/She shall inspect all approved team rosters for discrepancies and make sure that all towns receive a copy of approved rosters from each member town.
- F. First Vice President: The First Vice President shall coordinate and oversee all aspects of the Championship games to include but not be limited to procurement of championship trophies and plaques, procurement of championship game footballs, filming and televising on public access channels of local cable TV of championship games, and coordination of all advance publicity of the game.
- G. Second Vice President: The Second Vice President shall be responsible for the coordination and documentation of the eligibility of all coaches. He/She shall inspect all copies of NYSCA certifications and background checks to assure the league that all coaches have met the established requirements set forth by the league.
- H. Official Coordinator: The Official Coordinator shall set up the annual preseason meeting with the league and the Head Official, procure and distribute the schedule of officials to all towns before the start of the season, be the league liaison to the head official, supply the head official with a copy of the League bylaws and handle any official concerns that may arise during the season.
- I. North & South Field Inspectors: There shall be a field inspector responsible in each, North & South, Conference that shall inspect all playing fields in their conference in the spring and report any deficiencies in the playing fields to the appropriate town to be repaired before the start of the season. They shall also inspect the playing fields prior to the start of the season, approve or reject them for game playing, and inspect and approve all weigh-in scales according to the requirement of these bylaws.
- I. Cheerleader Coordinator: The Cheerleader Coordinator shall preside over league cheerleader rep meetings as scheduled per the NCFL Bylaws and oversee all functions of the Cheerleader Rep Committee, including the cheerleading competition. The Cheerleader Coordinator will act as a liaison between the Cheerleader Rep Committee and the NCFL Board.
- K. Webmaster: As of the 2010 by-laws, the Webmaster shall be responsible for minimal upkeep of the NCFL Website, www.ncfl-ct.org. At this time minimal requirements would include maintaining links to all NCFL towns and posting current by-laws, including all NCFL forms. Further functions within the website can be performed based on the skill set of the current Webmaster.

Article IV - Fees

- A A \$1,000.00 initiation fee shall be charged to each new representative town (representing a specific geographic area) voted into the League as a member. Said fee must be paid in full along with the annual membership fee before such new representative town can exercise any right or prerogative granted by membership in the League. Payments shall be paid with a bank or certified check. Upon completion of 2 years in the NCFL, the new member

town would receive a refund of \$700. If the new member town did not complete 2 full seasons, the \$700 would be kept by the league and used to offset any expenses of the league or specific towns affected by the early departure of a new member town.

- B. The annual membership fee shall be \$200.00 and shall be due and payable at the start of the April League meeting. Failure to pay said dues by the start of the April League meeting shall result in suspension of said representative towns voting rights until paid and a mandatory late fee of \$50.00 shall be charged. Failure to pay said dues and late fee by the July League meeting will automatically result in forfeiture of the non-paying representative towns voting rights in the League as well as possible membership expulsion by the Executive Committee.

Article V - Penalties

- A. Any fines incurred by a representative town must be paid to the League at the next regular meetings. Said fines will be applied to operating expenses. Failure to pay said fine by the second regular meeting may result in further discipline action by the Executive Committee.
1. The Executive Committee may fine a representative town \$50.00 for each team that a representative town represents it will field at the June meeting but fails, without good reason to field in September, as determined by a majority vote by the Executive Committee. Upon such action by the Executive Committee, such fine shall be paid over to the League and applied to operating expenses of the League.
 2. The Executive Committee shall levy a mandatory \$50.00 fine for each regular or Special Meeting and Cheerleading regular or Special Meeting in a calendar year that a representative town fails to attend, provided, however, that such town may miss one meeting in such calendar year without being subject to said fine.
 3. The Executive Committee may, by majority vote, levy fines and/or penalize and/or remove any individual from further League activity immediately, as the Executive Committee deems necessary, against any representative town whose players, coaches and/or spectators are found to be in violation of good sportsmanship or is willfully negligent in his/her actions on/off the field as determined by the majority of the members of an ad hoc committee. Said fines and/or penalties shall be based on, but not limited to, Article IX, E, 1., 2., 3., 4 and 5.

Article VI - Insurance Committee

An Insurance Committee shall be appointed by the Commissioner. The Insurance Committee shall be responsible for setting medical and liability insurance guidelines. Such guidelines will be presented to and acted upon by the League at the June meeting. Any town not providing the Treasurer with a \$2000.00 payment by check for insurance at the regular April League meeting will be subject to a mandatory \$50.00 fine. Any overage paid by this \$2,000.00 payment will be returned to the towns by the regular June meeting.

Article VII - Provision for Insurance Coverage

- A. Medical Insurance: The League shall provide medical insurance coverage in accordance with the guidelines adopted at the June meeting and each representative town shall be responsible for paying for said coverage no later than the Regular June League meeting.

- B. Liability Insurance: Unless provided by the League, each representative town shall be responsible for obtaining its own liability coverage. Such coverage shall, at minimum, meet the standards of coverage adopted at the June meeting. In the event the League provides such coverage, each representative town shall be responsible for paying for said coverage in the same manner and at the same time that payment of the medical insurance is required.

Article VIII - Auditing Committee

An Auditing Committee shall be appointed by the Commissioner and shall examine the accounts of the Treasurer for the prior year and prepare a statement noting the propriety of the Treasurer's actions during the prior year to be reported at the March meeting. The Treasurer cannot be on Auditing Committee.

- 1. The Auditing Committee and the Treasurer may employ the use of a CPA or other Tax Professional to process appropriate non-profit organization paperwork requirements for the IRS

- 2. The treasurer will maintain a PO Box in the Town of the current NCFL Treasurer for Tax purposes and other appropriate NCFL Business

Article IX - Regulation of Play

The following rules and regulations shall govern the playing of football in the Northern Connecticut Football League:

- A. Registration of Players:
 - 1. Date of Conference Registration: Registration for teams may begin at any time on or after January 1 of the current year.
 - 2. Practice: No practice of any form shall begin until 6 weeks prior to the first game of the season. Contact drills may not begin before a player has participated in five (5) organized sessions of conditioning. Practice or drill within a 24-hour period constitutes one (1) organized session.
Cheerleaders: Must participate in five (5) organized practices before they can participate in an NCFL event or game. Cheerleaders may practice at any point during the year. League registration forms and physicians statement MUST be completed by each participant in order to be eligible.
 - 3. Squad Size:
 - a. A, B, C & D Squad - not to exceed 40 eligible players in uniform for each squad. Cheerleader squads shall not exceed 30 members in uniform for each squad.

- b. Draws- A Base Town may freely draw a player from an adjacent town that is NOT included as part of another towns base. Draws however must still meet the requirements listed in item (7) only of the next paragraph, 3.c.(7).
 - c. Draw from a “non-adjacent town” must be approved by a majority vote of the Executive Committee after consideration of the following factors:
 - (1) Preliminary registration reports given at regular June meeting;
 - (2) Number of students available to participate in program in base town;
 - (3) Competing youth programs;
 - (4) A showing of concerted effort to recruit in schools, scouts and similar organizations and youth activities;
 - (5) A showing that such draws will not weaken the base town program;
 - (6) A showing of substantial effort to obtain and increase adult participation in the base town;
 - (7) Each squad must have one-half (½) base town players with one-half (½) possible draws. If after Squad registration acceptance, a player in the home base percentage is no longer a member of that squad (for whatever reason), their leaving should not affect that town’s squad percentage of home base players. However, no new players can be added to that squad except to maintain home base percentage first. (Notice to be given to the NCFL regarding these changes.)
 - d. No cuts of players from base town will be permitted if a town receives draws.
 - e. Presentations regarding draws to the Executive Committee will not be permitted prior to July 1.
 - f. If a representative town can not meet the minimum number of players to field a squad, such representative town must go in front of the Executive Committee for a majority approval before the players are allowed to play for another N.C.F.L. representative town.
4. Grandfather Clause:
- a. A draw having completed playing two (2) consecutive years in the same town will no longer be considered a draw.
5. Population Qualifications:
- a. The population of a town applying to join the NCFL must be equal to or less than the population of the largest town currently in the NCFL
 - b. A town applying to join the NCFL requires a majority vote of the current NCFL towns
 - c. Base Towns shall be defined as:

Colchester	Colchester
Coventry	Coventry
Cromwell	Cromwell
Ellington	Ellington
Enfield	Enfield

Granby	Granby
Portland	Portland, East Hampton
RHAM	Hebron, Andover, Marlborough
Stafford	Stafford
Suffield	Windsor Locks, Suffield, East Granby
Tolland	Tolland
WPTP	Woodstock, Putnam, Thompson, Pomfret

- d. Exceptions to these rules must be submitted for approval by the League at any regular or special meeting before the September meeting. Such approval requires a simple majority vote of the representative towns attending the meeting at which time such vote is taken.
- e. There shall be no more than twelve (12) towns allowed in the N.C.F.L.
- 6. Approval to Play: Written permission by parent or legal guardian, league medical form or doctor’s physical form signed by an MD, APRN or RN stating that the child is physically fit to participate in either cheerleading or the contact sport of football is compulsory for all candidates prior to the first practice session each season. Physicals must have been taken after January 1 of the current season.
- 7. League Registration:
 - a. Registration paperwork for football players and cheerleaders must be turned in to selected Executive Board Members for review and approval no later than the August League meeting with a minimum of 80% of the total first game roster. The registration paperwork includes the following:
 - (1) An official league registration form with parental permission to participate or a reasonable facsimile thereof, if the registration was submitted online, online registration information must include all data found on the official league registration form (Appendix B)
 - (2) A completed official league medical form or doctor’s physical form signed by an MD, APRN or RN (Appendix C)
 - (3) A signed Parent Code of Ethics (Appendix D) and a signed Player Code of Ethics (Appendix E) must be kept on file, but doesn’t need to be submitted with Registration Paperwork for verification. If the town unitizes online registration, a reasonable facsimile of the above listed forms, or system-generated report showing “electronic signatures” of these forms shall be deemed acceptable.
 - (4) Copy of an official birth certificate or passport
 - b. A mandatory fine of \$50 per squad (A, B, C, D for football and cheerleading) will be levied if the 80% is not met.

- c. The Registration paperwork will be kept by the selected Executive Board Member for review and will be returned at the Special September meeting. The selected Executive Board Member shall be defined each year as the Executive Board Member of the Town's first scheduled opposing team.
- c. Approved league team rosters (Appendix G) must be completed for each football and cheerleading squad and football rosters must be turned in with the registration paperwork at the August League meeting.
- d. At weigh in, the Head Coach of the Town's first scheduled opposing team and the Executive Board Member present shall assure that all players fall within the appropriate weight and age requirements of the league. The Head Coach will sign the official team roster indicating their approval of the player's qualifications. They will also sign the official team roster indicating that all required registration paperwork is complete and appropriately signed. Only when a player has been approved for both registration paperwork and weight will they be considered an eligible player on the official team roster.
- e. After weigh in (Saturday before the first game of the season) EACH TOWN will make copies of the approved rosters. One copy will be given to the President of the town you are playing first. Another copy will be handed out on the second game day to that Town's President and the rest will be handed out at the regular September League Meeting. Copies of rosters with NEW PLAYERS ADDED must be sent to all towns as soon as possible.
- f. The Selected Executive Board Member shall approve and sign each registration form for each player and shall approve each team roster and may disallow any player whose registration paperwork is not in compliance with the League rules until such paperwork is brought in compliance therewith.
- g. Any roster changes after the regular September League meeting must be copied and mailed to the President of each town for distribution. After Weigh-in Day, (Saturday before the first game of the season), the President shall not allow any additions or deletions to the rosters of any teams. The President shall allow additions up until the 3rd game of the season for first year NCFL players only, to bring a squad size up to 25 players and with the approval of the Executive Committee. To approve the addition or deletion the vote by a quorum of the Executive Committee must be a majority decision.
- h. No player shall be permitted to play in any game unless the registration form for such player is brought to and approved by the opposing team's Executive Board Member.
- i. Player registration forms and birth certificates or passport must be provided for inspection upon request of a League Representative, Town President or Executive Board member at any game. They shall also be made available upon 24 hour notice made to Town President by any of the aforementioned people.
- j. Exceptions to the weight and/or age restrictions will be NOT be granted.

B. Player Qualification:

1. Age: League age -- A player's League age is determined by their age as of July 1st of the current year.
 - a. D-Squad (6-7): Must be at least 6 years of age and cannot turn eight (8) years of age on or before July 1 of the playing year.
 - b. C - Squad (8-9): Must be at least seven (7) years of age and cannot turn ten (10) years of age on or before July 1 of the playing year.
 - c. B - Squad (10-11): Must be at least nine (9) years of age and cannot turn twelve (12) years of age on or before July 1 of the playing year.
 - d. A - Squad (12-13): Must be at least eleven (11) years of age and cannot turn fourteen (14) years of age before July 1 of the playing year. High school students are prohibited from playing in the NCFL.
 - (1) Football and Cheer Exception
 - a. A first year D-Squad player can turn six on September 1st of the playing year.
 - b. A-Squad 14 yr-old Cheerleader may not turn fifteen (15) years of age before December 31st of the playing year and must be in 8th grade or lower during the playing year.
2. Weight:
 - a. As used herein, all weights shall be determined by stripped weight wearing only necessary street clothing to permit player to be in public view.
 - b. D-Squad: Weight shall be one hundred five (105) lbs.
 - c. C-Squad: Weight shall be one hundred twenty (120) lbs.
 - d. B-Squad: Weight shall be one hundred forty-five (145) lbs.
 - e. A-Squad: Weight shall be one hundred seventy-five (175) lbs.
 - 1) A-Squad player weighting (176-185) not to exceed (185) lbs. will be allowed with the following guidelines:
 - a) Must be a down lineman in a 3 or 4-point stance
 - b) Must be positioned between the offensive tackles. May not be offensive ends.
 - c) May not "Pull" as an offensive down lineman on any running play designed to go outside the last down lineman; may pull on inside traps or passing plays
 - d) Defensive linemen can shade the outside shoulder of the offensive tackles, but cannot be lined outside the last down offensive lineman.
 - e) May not be a kicker or punter
 - f) May not be on the kick-off or kick return teams

- g) May advance the ball as a result of a fumble recovery or interception. Any other touching of the ball will result in a "dead ball" foul
- h) Must wear a "Halo" of contrasting color tape visible 360 degrees around the helmet
- i) Highlighted on roster to identify player
- j) If an official does not catch a violation and the result has an impact in the outcome of a game the opposing coach may bring the violation to the commissioner for review
- k) Any repeated violation or coach not keeping with the spirit of these rules may be identified by the opposing coach, and brought to the commissioner for review and possible disciplinary action subject to the degree of the violation

3. Transfer of Players between Teams:

- a. No player may play in more than one game on any one weekend. No player in High School may play on an N.C.F.L. team. Failure to comply with this will cause the forfeiture of all N.C.F.L. games that this player was on the field for. Participating in one play in a game shall constitute playing in that game.
- b. Any player who qualifies to play on more than one team from the same representative town on a particular weekend may only play for one team on that weekend and, so long as he qualifies for two teams for such representative town, may play on a different team on a subsequent weekend, provided however that he plays only for one team each weekend. Participating in one play in a game shall constitute playing in that game.
- c. No transfer of any player from one squad to another is permitted for a playoff or championship game unless necessary to bring the squad size up to 14 players and such transfer is approved by the majority vote of the Executive committee. For the purpose of determining whether a player has been transferred in a playoff or championship game, any player who played more than half his regular season games with another squad shall be deemed a player subject to these transfer limitations.

C. Equipment:

- 1. Player:
 - a. Required: Intramural mouth guard, NOC-SAE approved helmets with NOC-SAE approved face guard, shoulder pads, hip pads with tailbone protector, thigh pads, knee pads, shoes, jersey, pants which cover the knees and protective cups to be worn by both males and females.
 - b. Any belt must be standard football equipment without metal buckle.
 - c. Four point chinstraps and football shoes. Shoes may have molded sole, non-detachable cleats OR, detachable cleats may be used as long as there are no ex-

posed metal parts of ANY kind AND as long as the cleats do not exceed ½" in length.

- d. Rib pads, flack jackets, hand, wrist, forearm, elbow pads and neck rolls will be considered optional equipment.
 - e. Any town considering changing uniform colors needs to receive NCFL approval before changes are made. Exception: for the month of October Town's may choose to wear pink socks to support Breast Cancer Awareness.
 - f. Guardian caps or any like products are not allowed in the game.
2. Ball:
- a. D Squad: Pee Wee or equivalent.
 - b. B & C-Squad: Spalding J5J or equivalent.
 - c. A -Squad: Spalding J5Y or equivalent.
 - d. Home team supplies football.
3. Field:
- a. A regulation high school field with regulation goal posts shall be used for all games.
 - b. The home team must rope the field off completely with the exception of the end zones. The rope must be at least fifteen (15) feet outside the playing area.
 - c. The player's area and coaching box must be clearly marked.
 - d. Goal post protection padding must be at least three (3) inches thick.
 - e. Cheerleaders; "Stunting" is only permitted on mats, grass or artificial turf.
4. Helmets:
- a. Each helmet and face guard to be used by a town in N.C.F.L. play must be NOC-SAE recertified by an accepted outside vendor/supplier at least once every two (2) years. The Presidents of League towns must provide written confirmation to the League Commissioner each year that helmets have been inspected and certified in accordance with guidelines above.
5. Cheerleading:
- a. Cheerleader uniforms, sneakers and practice attire / dress code will be at the discretion of each town's local board.
- D. Game Regulations:
1. Playing Time:
- a. D-Squad: Fixed Time Schedule; Refer to D-Squad Guidelines
 - b. C-Squad: Four (4) ten (10) minute quarters stop time.
 - c. B-Squad: Four (4) ten (10) minute quarters stop time.
 - d. A-Squad: Four (4) ten (10) minute quarters stop time.
 - e. All games shall be timed in accord with the National Federation rules as they pertain to high school football.

2. Game Rosters:
 - a. Each head coach must prepare for each game, in duplicate, an official league game roster (Appendix G) completed properly of his team for that game, listing the name and number of each player.
 - b. No team will be allowed to play a player whose name and number does not appear on the official team roster or team roster update, unless that player is approved by weigh-in per the NCFL by-laws before the game. If the player is not approved that day by weigh in and no team roster update has been given to the opposing town that player is ineligible to play that day.
 - c. If a number change is necessary due to a damaged jersey an updated official team roster must be sent to all Town Presidents noting the number change prominently. If the number change happens the day of a game, the opposing coach must be notified before or during the game.
 - d. Game rosters are to be exchanged at least one half (1/2) hour before game time and must be updated if new players are approved by the league.
 - e. Failure to comply with this will be a mandatory \$25.00 fine to the town who is noncompliant upon receipt of noncompliant documents by the Commissioner.
3. Substitutions:
 - a. D-Squad: Free substitutions and all players must play in at least four (4) plays per game.
 - b. C-Squad: Free substitution and all players must play in at least four (4) plays per game.
 - c. B-Squad: Free substitution and all players must play in at least four (4) plays per game.
 - d. A-Squad: Free substitution and all players play in at least four (4) plays per game.
 - e. Any Head Coach may limit a player's playing time for disciplinary reasons with the prior knowledge and approval of the town's President and/or Vice President.
4. Additional Rules of Play

These rules will apply to all squads (A, B, C, and D) unless specifically stated

- a. Players between tackles should not be moving within two yards of the line of scrimmage at the snap. All players between tackles on the line of scrimmage must be in a down position.
- b. Tackles and all linemen inside the tackles must be in a down position. Penalty will be illegal formation.
- c. Defensive ends (line up outside of the tackle box) and any player lined up outside of the defensive end may be in an upright position on the defensive line of scrimmage.

- d. Mandatory pre-season Head Coach's meeting for all Squad level. If the Head Coach can't make the meeting then the President must attend or the Head Coach can't take the field.
 - e. At any point in the game can the score be more than 50 points.
5. Bench Conduct:
- a. Seven (7) coaches and three (3) support staff will be allowed on the sidelines/coaching area, excluding EMT and assistant, for A & B squads.
 - b. Seven (7) coaches and three (3) support staff will be allowed on the sidelines/coaching area, excluding EMT and assistant, for the C and D squads.
 - c. All coaches and professional people must stay within the coaching area, on the sidelines between the 25-yard lines on either side of the midfield stripe. Referees may impose a 15-yard penalty for any infraction of this rule. Except for C-Squad and D-Squad no more than two coaches may be outside the coaching area to act as instructors during the time of play.
 - d. Any player or coach ejected from a game must be reported to the Commissioner within twenty-four (24) hours by the Town President of the Town the player or coach represented. Failure to comply will result in a mandatory fine of \$50.00.
 - e. Extreme negative behavior by a parent or guardian proven credible can result in the expulsion of the player from the NCFL program.
 - f. Cheerleading: Other than C or D squad, coaches are not allowed on the field for any reason other than an emergency.
 - g. No communication devices, radio, cell phone, etc, will be allowed on the sidelines during any game, (unless it is being used to notify emergency personnel).
6. Game Officials:
- a. State Board Officials will be supplied a complete set of the League rules one month prior to opening games by the League.
 - b. The League shall provide at least two state board officials for A, B and C Squad games including play-offs and championships. A Referee Representative will be in charge of ensuring that Referees are supplied for all towns with games each week and will coordinate with the league's Official Coordinator.
 - c. Officials must always have foremost in mind the welfare of the players.
 - (1) May stop play at any time to explain doubtful points to the players.
 - (2) May bench tired, winded or injured players at their discretion.
 - (3) May advance the clock to meet schedules, protect players or avoid letting a one-sided game get out of hand, provided that approval of both coaches prior to or during the game is obtained.
 - d. Officials shall enforce bench conduct rules by inflicting penalty according to rules under Article IX D. 5.

- e. Game referees are not responsible for determining player eligibility disputes. Such matters shall be handled by a protest under the Bylaws as noted in Section E, Paragraphs 1 and 2 of this Article.
 - f. Use of an official field clock is mandatory. This clock will be used to keep “official game time” and will be operated by an official. A fourth official should be used but it is not mandatory. This clock may be operated by remote on the field.
 - g. All game officials are required to sign-in at the announcer’s booth in order to collect payment for the day. The hometown president will retain the sign-in sheet (Appendix N) for future use by the Commissioner or Officials Coordinator.
 - h. The visiting team has first responsibility to personnel the chain crew. If the visiting team cannot provide a chain crew then it falls to the home team to provide the chain crew. The chain crew will not be allowed to speak to any coaches, cheer for anyone on or off the field, and can not use any electronic devises at anytime during the game.
7. First Aid:
- a. Home team must provide a currently certified E.M.T or E.M.S. at all games. Such person must investigate every injury as seen fit at once on the field or as soon thereafter as possible.
 - b. All teams shall have readily available a suitable medical kit.
 - c. It is mandatory to have an emergency vehicle or communication to an emergency vehicle available at every game.
 - d. The home team shall automatically forfeit any game for which no E.M.T. or E.M.S. is available (at the start of and during the entire game). An automatic fine of \$25.00 will also be levied against the home team.
8. Weigh-in Procedures:
- a. The Commissioner and members of the Executive Board will oversee the weigh-in procedures on the Saturday prior to the opening day game. All head coaches, (or their representative,) will witness the weighing in of each NCFL player of their respective squads, A, B, C & D. The weigh-in will be conducted to include players per Article IX, Section B, Player Qualification. Numbers 1 & 2. The location and times of the weigh-in will be determined as follows...
 - 1. A, B & C squad weigh-in will be held at the location of the previous seasons champion. In the event a host town had multiple champions, that town will decide which squad they will host. The town with the next BEST record will be the host for the squad not chosen by the champion town.
 - 2. D squad weigh-in will be held at the prior year’s D-Team Jamboree Host Town.

3. Weigh-in will begin at 8: AM with Colchester and will continue alphabetically every 10 minutes until all players have been weighed.

8:00- Colchester	9:00- Portland
8:10- Coventry	9:10- RHAM
8:20- Cromwell	9:20- Stafford
8:30- Ellington	9:30- Suffield
8:40- Enfield	9:40- Tolland
8:50- Granby	9:50- WPTP

- b. All players will be weighed in at this time. The weight will be verified and signed off by the first game opponents head coach and overseen by an Executive Board member present.
 1. Any player that does NOT PASS this central weigh-in will have their actual weight recorded on the NCFL Roster Sheet to be used for future weight change comparison. The following criteria must be met before a player is declared eligible for the season.
 - a. The Executive Board member of both towns will weigh in this player at their NEXT and/or subsequent available games. Each weigh-in will be recorded on the NCFL Roster Sheet. The player will not be eligible to play until he reaches the maximum weight for their division.
 - b. Upon reaching their maximum allowable weight, the players Executive Board member will submit to the NCFL President, the team, squad, name, number and weight of the player being signed off by the following Tuesday for distribution to the rest of the league. The President will forward the updated list of passing players to the rest of the rest of the league by Thursday. A \$50 fine will be issued to the player's town for information not presented in this time frame.
 - c. An Executive Board member present at the central weigh-in will keep a complete list of all players NOT PASSING the weigh-in at this time. This list will be delivered, faxed or E-mailed to the NCFL President by 5:00 pm on this Saturday and it will include the player's team, squad, name, jersey number and weight. This list will also include players NOT ATTENDING the weigh-in.
 - d. The NCFL President will forward the information gathered on weigh-in day, along with the information received on the following Tuesday to the rest of the league by Thursday. The individual coaches, in conjunction with their town presidents, will be responsible to monitor information gathered on weigh-in day, through the first game of the season.
 2. Any player NOT ATTENDING and signed off at this central weigh-in must meet the following criteria.
 - a. The Executive Board member of both towns will weigh in this player at their FIRST available game. Their weight will be recorded on the NCFL Roster Sheet. This player will not be eligible to play in this game.

- b. The Executive Board member of both towns will weigh in this player again at their NEXT and/or subsequent available games until he reaches the maximum weight for his division. Each weigh-in will be recorded.
 - c. Upon reaching their maximum allowable weight, the players Executive Board member will submit to the NCFL President, the team, squad, name, number and weight of the player being signed off by the following Tuesday for distribution to the rest of the league. The President will forward the updated list of passing players to the rest of the rest of the league by Thursday. A \$50 fine will be issued to the player's town for information not presented in this time frame.
3. Any player registering after this weigh-in is required to meet the maximum allowable weight standard for that particular team at the time of their weight certification and must meet the same criteria as any player not attending the central weigh-in.
 4. For purpose of weigh-in each player must have his game jersey, with number, on.
- c. Yearly certified counterbalance type scales shall be used for the weigh-in. Said scale shall be certified between July and August 15. Scales will be examined by the league's Field Inspectors prior to the weigh-in.
 - d. Yearly certified digital type scale may also be used. (Scale must display weight increments in 10ths) Said scale shall be certified between July and August 15. Scales will be examined by the league's Field Inspectors prior to the weigh-in.
 - e. Counterbalance Scale- During weigh-in, a player will be deemed ineligible to play for reasons of excess weight if the balance beam of the scale, preset for the maximum weight of that player rises and, at rest, is in continuous contact with the upper limit stop of the scale.
 - f. Digital Scale- During weigh-in, a player will be deemed ineligible to play for reasons of excess weight if the scale, registering weight in tenths, displays the next highest full pound over the legal weight. (This serves the same function as a counterbalance scale "coming to rest with the upper limit stop")
 - g. Any squad found in known violation of these rules by a majority vote of the Executive Committee will forfeit any standing, and will not be eligible for playoff participation.
 - h. An executive board member found in known violation by signing off an ineligible player will be removed from the NCFL board and that town will lose that executive position for the remainder of the season.

- i. A player found in known violation of the age or weight standards will not be eligible to play on any squad for the remainder of the season.
 - h. Any player meeting these requirements will not be required to weigh in for the remainder of the season.
9. Game Results
- a. D-Squad will not keep score during any game.
 - b. Standings for A, B, and C teams, as well as game scores for A, B, and C games are to be provided by all town Presidents to the Deputy Commissioner by Tuesday of the week following play. Said requirements may be met by verbal, mail, email, or fax by mutual consent of the Deputy Commissioner and each President.
10. Cancellation of Game:
- In case of inclement weather, the President of the home team town will call the President of the visiting team town two hours before the start of the scheduled game to cancel that game and/or any other games that day. The canceling of a game does not necessarily cancel play of any remaining games for that day. Once a game is within 2 hours of its starting time, this game can only be cancelled by the Town Presidents or the Officials ON SITE.
11. Game Changes:
- Sunday games can be changed to Saturday if the request form is signed by both Town Presidents and returned to NCFL Official at least two (2) weeks prior to the date requested. The date is not officially changed until the form is returned to the NCFL Coordinator. Either Town backing out after the game is officially rescheduled would result in the Town cancelling paying the officials for the date they would not play.
12. Time-outs:
- a. A & B Squads- During time-outs up to two (2) coaches from each team may enter the playing field for consultation with players. They may be accompanied by one (1) non-coach for the distribution of water to players.
 - b. C & D Squads- During time-outs a maximum of three (3) coaches from each team may enter the playing field for consultation with players. They may be accompanied by one (1) non-coach for the distribution of water to players.
13. Coin Toss:
- Team captains as authorized in National Federation Football Rules will be accompanied by their Head Coach for the coin toss ceremony, as well as before the start of the second half. This is for the purpose of exchanging handshakes with the opposing team captains and coach in demonstration of good sportsmanship.
14. Tie Games:

Ties during regular season games will result in the 10-yard overtime rule being used as outlined in this Article, Section F, 3.f. With the exception that there will be only one round of overtime, each team getting one possession of 4-downs. If only one team scores, they are declared the winner. If both teams score OR if no teams score, the game ends in a tie.

15. Forfeitures

If an A, B or C team can not field a team in a given week, the President of the town forfeiting the game must call the Commissioner to advise as soon as possible. The Commissioner will in turn notify the President of the affected town. This will be the only recognized procedure to forfeit a game, other than an on the field forfeit. The town forfeiting the game is subject to a mandatory \$25.00 fine payable to the league, loss of the game and is responsible for payment of game officials if the game officials are to be paid for the forfeited game.

E. Enforcement of Rules:

1. Protest, Disputes, Misconduct Issues:

All protests, disputes or misconduct issues concerning games, players, coaches, spectators or board procedures must be filed verbally with the Deputy Commissioner of the Executive Committee within twenty-four (24) hours following the conclusion of the incident, and followed up in writing, postmarked, e-mailed or faxed within twenty-four (24) hours of the verbal notification. All protests, disputes or misconduct issues concerning games, players, coaches, spectators or board procedures must be filed by the President of said town. The Deputy Commissioner will render a decision (based on the interpretation of League rules) within twenty-four (24) hours, including fines and/or penalties.

2. Referral/Appeal to Commissioner:

Any appeal to the Deputy Commissioner's ruling must be made in writing, within twenty-four (24) hours of said ruling, outlining reasoning for the appeal based on the interpretation of league bylaws. The Commissioner, Deputy Commissioner, and President will review said appeal within twenty-four (24) hours of receipt, and render a decision to: 1) Submit to an Ad Hoc Committee comprised of a quorum of Executive Committee member, who will render a decision on the appeal, or 2) Deny the appeal.

The Ad Hoc review will be completed either via conference call or live meeting, at the Commissioner's discretion. Parties not subject to the appeal will not be allowed to attend the Ad Hoc Committee meeting.

3. Ad Hoc Committee Action

a. The Commissioner must appoint an ad hoc committee within 48 hours of the referral of the issue if a standing ad hoc committee has not been established by the Executive Committee. The ad hoc committee shall consist of two League Representatives, two members of the Executive Committee, and one member of the association providing referees for conference games. All members of the ad hoc

committee must agree that all other participants have no determined conflict of interest with the alleged infraction or appeal.

- b. All parties involved will be allowed to present their facts at the ad hoc committee meeting. In the course of their investigation of the events surrounding the alleged infraction or appeal, the ad hoc committee will be allowed access to any league or town records held by any party involved and any other information that may be determined to add clarification to the decision.
- c. The ad hoc committee must advise the Executive Committee within seven (7) days of their appointment or referral of the issue as to their findings. In the event of a protest involving a player eligibility issue, the ad hoc committee must notify the Commissioner no later than three (3) days from the date of appointment or referral of the issue as to their findings. In every case possible, the ad hoc committee should attempt to render their findings prior to the next scheduled game of the team being protested.
- d. The Commissioner will notify the parties involved of the findings of the ad hoc committee immediately or as soon as practical following notification.
- e. In the event that the ad hoc committee finds a player to be ineligible, that player will not be allowed to participate in any game pending receipt of additional information that may substantiate the player's eligibility.

4. Executive Committee Actions:

The Executive Committee will review the findings of any ad hoc committee action involving a protest or appeal. Determination of any fines or penalties that may be assessed will be left to the discretion, by majority vote, of the Executive Committee. Consequences up to and including forfeiture of game are possible for any known violation of NCFL by-laws.

5. Ejections

Any player who is ejected from a game shall automatically be ineligible to participate in their next league game. The coach of the ejected player must notify the Commissioner within 24 hours of the ejection in order to initiate an appeal process to the ad hoc committee or to initiate the ad hoc committee procedure.

The ejection of any coach from a game is a mandatory suspension from the next two (2) games in current season or following season if ejection was the last season game.

6. No Filming:

No Coach, Coaching Staff or Football Squad will be allowed to watch a tape, CD, DVD, of any NCFL game other than a game that their Town has played in. Breaking of this rule will result in the Head Coach to be suspended for six (6) games within that current season or rolled over to next season depending on the timing of suspension. To be determined by an ad hoc committee were as they can find evidence to lead them to believe this happened.

7. Social Media Violation for Players and Coaches:

Any use of foul language, sexual harassment or sexual misconduct directed at a teammate, coach or a member of the NCFL program should receive a written warning and suspension from a game, after that a two (2) day suspension and 3rd violation removal from the squad.

8. Failure to play a player the standard play time other than any disciplinary actions will result in first offense of a written warning, 2nd offense one game suspension, and 3rd offense is removal from the squad.

9. Failure to keep the game score within 50 points will result in first offense of a written warning, 2nd offense one game suspension, and 3rd offense is the Head Coach will be removed from the squad.

10. Allow online paperwork or reports directly from League Athletics or equivalent vendor with electronic signature.

1) Allow online binder document sharing (paperless) across the N.C.F.L. via League Athletics or equivalent vendor.

11. All By-laws changes for player ages and/or weights must be in effect for a minimum of two (2) years.

12. Any town not attending at least 2 out 3 by-laws committee meetings will not be allowed to vote on by-laws changes.

F. Scheduling and Determination of Champions:

1. Schedules:

a. The NCFL schedule shall consist of an 8-week regular season beginning the first Sunday after Labor Day, followed by a 3-week post season. Since the 8-week regular season does not allow all towns to play one another, the following applies:

(1) The schedule will be created by the Deputy Commissioner using the Schedule Making Worksheet, By-Law Appendix J.

(2) The schedule as constructed will account for a 6-Town Northern Conference and a 6-Town Southern Conference. Each town will play all towns within their conference and 3 towns out of conference in a given year, Out of conference games are "weighted" per the previous season's total win/loss standing as recorded on the Schedule Making Worksheet, Appendix J.

b. The league schedule for all teams must be approved by the League, and towns that do not meet a scheduled game will be subject to an automatic \$25.00 fine, loss of one game and payment of game officiating costs to home team

c. During the regular season play, rankings in each division shall be determined and published (by any means) as follows:

(1) Win/Loss record

(2) If equivalent Win/Loss Record: Head to Head record. If the teams have not played (regardless of schedule) they are considered tied (end of season rankings are determined in IX.F.3.e)

d. Any town with any scheduling conflicts **must** make arrangements with the opposing team and notify the NCFL of the change.

2. Limit on Number of Games:

No team shall participate in more than the regularly scheduled games; play off games, championship game and two additional Pre or Post-season games in any one season. This limitation shall not apply to scrimmages.

3. Play-offs:

a. **Round-1-** The top (4) ranked Towns in each Conference, as determined by regular season play, will be in the playoffs with games determined by the following...

1st. Vs 4th, 2nd Vs 3rd, Northern Conference

1st. Vs 4th, 2nd Vs 3rd, Southern Conference

The hosting first place team will host all, A, B & C, 1st vs. 4th games. The second place team will host all, A, B & C, 2nd vs. 3rd games. Any town with outstanding fines or fees due the NCFL will be deemed ineligible to participate in the playoffs.

The fifth and sixth place team in each conferences season is concluded at this time.

b. **Round-1** home field will be based on a rotating yearly schedule, (A, B, C, A, B, C) where the team in turn will host an A-game, B-game and a C-game. The highest ranked team will be considered the home team.

c. **Round-2, Conference Championship-** would be held between the (2) remaining, winning teams from Round-1 in each conference. The higher ranked team will be considered the home team. This game will be hosted by the highest remaining ranked team based on the rotating schedule described in F-3-b. This town would host the A, B & C Conference Championship games.

d. **Round-3, NCFL Championship-** would be held between the (2) remaining, winning teams from each conference. The higher ranked team will be considered the home team. The game will be hosted per vote at the September NCFL Meeting.

e. **TIEBREAKERS:** For the purpose of rankings, if at the end of the regular season there are any ties the method to be used to determine positions for playoffs will be:

- (1) First tiebreaker is the winner of the head to head game between said teams.
- (2) Second tiebreaker is the teams' record within the Conference. Better record being the higher seed.
- (3) Third tiebreaker would be a coin flip by the Commissioner.
- (4) In the event of the same town having the top team in multiple divisions, preference would go to the A-division, the B, and then C. In this event the next ranked team would host the second round

- f. In the event of a tie game at the end of regulation of a playoff game the 10-yard Overtime procedure will be used.

Ball is placed on the 10-yard line, side of field as agreed to by each Head Coach. All play will remain on this side of the field for the duration of overtime. If no agreement can be reached as to the side of the field to be used, the referees on the field will determine the side to be used.

Each team is given one (1) set of downs (4 attempts) to score 6 points only. There will be no field goal attempts, extra point attempts, or 2-point conversions. If a team scores a touchdown in less than 4 attempts this constitutes 1 set of downs, unused downs are not cumulative.

A coin toss will determine which team plays offense first. The coin toss will be at center field.

No timeouts granted during play. 30 seconds granted each team after coin toss. 30 seconds granted each team between unit changes (offensive unit to defensive unit and vice versa.)

All other rules apply.

If, after each team has had 1 set of downs to score, and no score is made, then play continues until 1 team scores 6 more points than the other, each team having an equal set of downs.

- g. Only A, B and C Squads will participate in the play-offs.
- h. Play-off Round-1, Round-2 and Championship game times will be as follows:

C Squad at 10:00 am
 A Squad at 12:00 pm
 B Squad at 2:00 pm

4. Championship:

- a. The member that hosts the championship game shall be responsible for the following:

- (1) Approved playing field.
- (2) Certified and approved scale.
- (3) Minimum of four sanitary units.

- (4) Adequate segregated parking area to facilitate the collection of gate donations and personnel to collect gate donations and direct parking.
 - (5) Any requirements set forth by the town and or parks and recreation department.
 - (6) Currently certified E.M.T. with emergency vehicle or communication to an emergency vehicle.
 - (7) Adequate power supply to facilitate the filming of the game by a television crew.
- b. All towns wishing to host the championship game will submit their request by the September Executive Board meeting. The Executive Board will decide on the site of the championship game using the town request forms. No town will host the championship game two consecutive years.
 - c. For the purpose of Rule procedures the determined highest ranked squad at the end of the regular season making it to the championship shall be considered Home while the opponent shall be considered Visitor.
 - d. IN CASE OF A TIE AT THE END OF THE REGULATION GAME:
In the event of a tie game, the 10-yard overtime procedure will be used. See definition in IX F3f.
5. Gate Donations
- a. Each League Championship shall be self-financing. The participating squads shall have the choice of equally sharing the costs of the game.
 - b. The League will use the gate donations to pay for the following provided by the league for the championship games:
 - (1) 4 referees
 - (2) Game balls
 - (3) Championship trophies
 - (4) Championship programs
 - c. The Host Town shall collect the donation at the Championship game and shall turn over to the Executive Committee proceeds to cover expenses pertaining to the game as above set out in section F,5,b. The Host Town shall retain all gate donations collected to cover local expenses after these League expenses have been paid.
 - d. Any deficit for any championship game shall be made up equally by all towns in the league.

G. "D" Team Guidelines

- a. TIME OF PLAY:
- | | |
|-------|---|
| 8:45 | Introduction of Players |
| 9:00 | Coin toss and Kickoff to begin first half |
| 9:40 | 5 minute warning |
| 9:45 | First half ends |
| 10:05 | Second half begins |
| 10:35 | 5 minute warning |
| 10:40 | End of game |
- b. Timeouts will be allowed and DO NOT stop the clock, 3 per half and cannot be carried over. Timeouts are limited to 1 minute long. A timeout does NOT extend the time remaining in the half or the game. No timeouts in the last two (2) minutes of a D team game.
- c. Game clock- Field clocks will be set to 9:45 (end of first half) and 10:40 (end of game). No exceptions.
- d. Field Coaches- Only two (2) coaches will be allowed onto the field to act as instructors during the time of play. The Field Coaches must be 10 yards back from the deepest player at the snap of the ball.
- e. Two Touchdowns Rule- On the possession immediately following the second touchdown, the team down by 2-scores will have 2-series of 4-downs on offense, (a potential of 8-plays). If they get a first down in that first series, the game continues on as normal. If the offense DOES NOT get a first down on the first series, they retain the ball for another 4-downs. The offense can declare a punt on the 4th-down of the second series. OR, if no first down is made after the 8th play, the ball is turned over to the defense. If the ball is lost by the offense, either on the ensuing kickoff or on a play from scrimmage within these 8-plays, (before a first down is made), the offense gets the ball back at the previous line of scrimmage. This team would not get the benefit of the 2-TD rule again unless there is another score AND they are still down by 2-scores. Any unused plays cannot be carried over after a touchdown or halftime.
- f. Scoring- At no time shall the reporting of scores be mentioned. No D team standings will be kept. D team is an instructional league.
- g. Play-clock- No play clock has been adopted by the NCFL. However, the referee will be responsible for reminding coaches to move it along 45 seconds after the ball is whistled ready to play. A concerted effort should be made by both teams to keep play calling to no more than 1 minute.
- h. Kickoffs- Are governed by rule 6, section 1-5. (This is the same as the A, B & C team's use).

- i. Declared punts- Per NCFL vote, a “Declared Punt” may be called by the offensive team ONLY inside their-own 50-yard line. If a Declared Punt is called, the ball will be advanced 30 yards and a change of possession will occur.
- j. Referees- Must be a documented Town Coach or Board Member. Referees must be verified by their Town’s President to have a clear understanding of the NCFL D-Team guidelines. Only Town Presidents & NCFL Executive Board Member will be allowed to enter the field to clarify a rule/ruling with the referees and Head Coaches. In the case of disputes, the final decision hierarchy will follow: Home Team President/Executive, then (if they are not present), Visiting Team President/Executive, then (if neither are present) the Home Team Referee.
- k. Penalties- All penalties that result in a gain or loss of yardage will be 5-yard penalties from the spot of the foul. During the first half, only penalties that affect player safety will be called: Facemask, flagrant block in the back/clipping, unsportsmanlike fighting or late hit after the whistle. In the second half, yardage penalties will be expanded to include additional infractions that, in the opinion of the referee, affect the outcome of the play, i.e., holding, offside, pass interference. Examples of infractions that will not be called (but may be re-set before the snap) include: 6-men on the line of scrimmage, lining up in the neutral zone and motion penalties.
- l. Guidelines- All Presidents, Referees and D-Squad Head Coaches must attend a rules training session at the August NCFL meeting.

H. D Team Jamboree

- a. All “D” Teams will participate in a jamboree at the conclusion of the regular game season to be hosted by a town electing to do so.
- b. Any town wishing to host the jamboree will submit in writing to the Commissioner their request to do so no later than the June board meeting. The Executive Board will decide on the location of the D team jamboree at the June board meeting.
- c. The hosting town will keep all revenues from sales of concessions for their town.
- d. The hosting town will be responsible for the following:
 - (1) Supplying the jamboree plaques, medals or trophies.
 - (2) Minimum of four sanitary units.
 - (3) Certified EMT with emergency vehicle per NCFL guidelines
 - (4) Approved playing fields
- e. The host town will receive money from the NCFL treasury to help cover the costs of the jamboree. This amount will be determined yearly by the board of directors.

I. Cheerleading Competition

- a. All Cheerleading squads are eligible to participate in a Competition to be hosted by the NCFL.
 - 1. There can be no more than 30 cheerleaders on all squads for competition. Final rosters are to be turned in to the Head Cheerleading Coordinator at the September Cheerleading meeting.
 - 2. Only cheerleaders that are on the active roster by week 3 of the regular season are eligible for the competition
 - 3. A cheerleader must compete at the level, A, B or C that they participated in for the majority of the regular season and D-Squad will be exhibition and the NCFL competition.
 - 4. In the event a town only has a limited amount of cheerleaders they may combine two squads not to exceed 30 cheerleaders. The Team must compete at the age level of the oldest cheerleader.
- b. This Competition will be governed by AACCA Safety Guidelines and the National Federation of State High School Spirit Regulations. NCFL will follow the Rules and Regulations, for Middle School & Youth/Rec. Guidelines. It is each participating towns responsibility to acquire the updated version each season. As outlined in the NCFL By-Laws.
- c. Scoring for the competition will be done using the NYSCA format, attached as APPENDIX I of the by-laws.
- X. THIS SECTION WILL BE USED TO LIST INDIVIDUALLY, ANY EXCEPTIONS OR ADDITIONAL RULES THE NCFL WILL USE THAT ARE OUTSIDE THE NFSH and AACCA RULES. Cheerleader by-laws listed in other sections of the by-laws apply to competition.
- d. All towns will be required to have a minimum of (4) four Volunteers to aid in the facilitation of the NCFL Competition.
- e. The proceeds from the NCFL Competition will be disbursed amongst all towns that participated in the competition and had the minimum (4) four Volunteers participate in the NCFL Competition. The hosting town will keep all revenues from sales of concessions for their town.
- f. NCFL Cheer committee will provide the following:
 - 1. Supplying the Championship plaques, medals or trophies.
 - 2. Minimum of four sanitary units.
 - 3. Certified EMT with emergency vehicle per NCFL guidelines

4. Approved playing fields
- g. The Cheerleading Committee will submit the budget for the event to the NCFL Cheer Coordinators by the September meeting and the NCFL League Coordinator will submit the budget to the Board at the October meeting

Article X – Coaches Certifications

1. All head coaches of each squad (A, B, C & D) must be certified by the N.Y.S.C.A. in their appropriate sport prior to his/her coaching. The N.C.F.L. strongly endorses the policy that all town coaches and other administrative personnel be N.Y.S.C.A. certified prior to their assuming their duties with town programs. At least one coach of each squad (A, B, C & D) must complete either the NFHS concussion-training course or the CIAC concussion-training course.
2. Copies of current NYSCA and NFHS or CIAC concussion certifications must be submitted to the Second Vice President at the August league meeting
3. Coaches Code of Conduct: Every coach must sign a Code of Conduct as specified by the NYSCA, a copy of which is attached to the Bylaws as Appendix H. Copies of such must be maintained by each town.
4. At least one Cheerleading Coach/representative from each Town will be AACCA Certified by August 1st of the playing season.
5. All coaching personnel must undergo and pass an online background check mandated by the league. The background check will minimally consist of a statewide check for sex offenses against youth and sex offenses against any persons. On-line background checks results for all league coaches' will return to the Town President and League Commissioner. Coaches will not be allowed to take the field or participate with any registered NCFL athlete until their background check has been cleared.
6. Any coach that has not met the above requirements will not be allowed to participate in any league sponsored event, practices, or games. If a coach that has not met the above requirements is placed on the coaching roster or is participating on the sidelines during a game, that game may be forfeited and the town will be fined \$50.00.

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ANNUAL CALENDAR YEAR AGENDAS APPENDIX-A**JANUARY:**

1. Cheerleading meeting on the 2nd Thursday of the month.
2. Election of officers.
3. Appoint Bylaw Committee; to review bylaws and make recommendations for rule changes for coming season. Committee should agree to meet as soon as necessary to begin the review process.
4. Appoint Audit Committee. To be reported in March.
5. Distribute copies of player registration forms, team roster and game roster for review.
6. Treasurer to present calendar year income statement.

FEBRUARY:

1. By-law committee meeting(s) as required, throughout the month.
2. February Regular Meeting: Review rules changes, if necessary, and establish final change proposals for vote at MARCH meeting. No new by-law changes can be proposed after the FEBRUARY meeting.
3. Cheerleading meeting on the 2nd Thursday of the month.
4. Submit requests to host Cheerleading Competition to Head Cheerleading Coordinator.

MARCH:

1. Treasurer should send out dues notices. (Payments due by April League meeting)
2. Appoint Insurance Committee. To be reported in June.
3. Report from Audit Committee.
4. Reading of proposed rules changes. Vote on proposed rules changes.
5. Revise By-Laws based on the March vote and distribute the current By-Laws.

APRIL:

1. Cheerleading meeting on the 2nd Thursday of the month.
2. Review dues payments.
3. Review insurance premium payments.
4. Start arrangements for certification of coaches.
5. Solicit town to host the league wide D Team Jamboree. The determination will be made by vote at the June meeting and included on the official league schedule of games.
6. Review and coordinate locations of A, B & C team weigh-ins.
7. Distribute game schedule for the year.

MAY:

1. Cheerleading meeting on the 2nd Thursday of the month.
2. Final requests to host Cheerleading Competition due.
3. No regularly scheduled NCFL meeting.

JUNE:

1. Cheerleading meeting on the 2nd Thursday of the month.
2. Declaration of teams from each member town. Football teams, if a Town fails to field a squad at any level, it will require the Town to reapply to the league for the next playing season. Reapplying fees for the next season will be waived. Football squad minimum will be 13.
3. Preliminary registration figures from each member town.
4. Each town must acquire High School Federation rulebooks and provide to head football/cheerleading coaches prior to coaches/referees meeting or the first game of the season whichever comes first.
5. Report from Insurance Committee. Any overages paid for insurance at the April meeting will be returned to the towns. Coverage ends JULY 1.
6. The Official Coordinator will contact the referee's representative (Head referee) to review schedule, referee game rates, and arrange coaches/referees meeting for late August.
7. League representatives will pick by vote the towns to host the D-Team Weigh-in and the "D" Team Jamboree.

JULY:

1. Cheerleading meeting on the 2nd Thursday of the month.
2. No regularly scheduled NCFL meeting.
3. Town(s) may hold a preseason clinic-no pad, no contact not to exceed five (5) days during the first three (3) weeks of July; attendees must be registered NCFL players.
4. Training may begin six weeks prior to the first game (may be in July or August)

AUGUST:

1. Cheerleading meeting on the 2nd Thursday of the month. (Exchange/review cheer books).
2. Copies of Head Coaches NYSCA Certification must be presented at meeting.
3. Announcement by Commissioner of date, time and place of coaches/referees meeting.
4. Vote for Host Town for D Team Jamboree.
5. Football and Cheerleading Registration rosters are due by the August League meeting. Exchange Roster Books with week one opponent
6. Remind towns that request to host the championship games due by the Meeting in September.
7. Helmet certifications due to the Commissioner.

SEPTEMBER:

1. Special Meeting held first Tuesday to review and approve/disapprove all draws; return original registration forms, (Roster Books) to towns. Review weigh-in day assignments.
2. Executive Committee Meeting (generally weekly) to handle problems.
3. Requests for hosting the championship games due and will be voted on.
4. Distribute complete Rosters to all opposing member towns.
5. Cheerleading meeting on the 2nd Thursday of the month; turn in final rosters for Cheer Competition to Head Cheerleading Coordinator.

OCTOBER:

1. Review Championship game preparations.
2. Set up Nominating Committee/procedure for election of League Executive Committee for next Year.
3. Cheerleading meeting on the 2nd Thursday of the month.

NOVEMBER:

1. Cheerleading meeting on the 2nd Thursday of the month.
2. NCFL meeting - Finalize all business for the year.

DECEMBER:

1. Cheerleading meeting on the 2nd Thursday of the month.
2. No regularly scheduled NCFL meeting.

NORTHERN CONNECTICUT FOOTBALL LEAGUE

Registration/Parental Consent Form

Football Player *Cheerleader*

PLAYER'S NAME:	TEAM: A B C D
BIRTHDATE:	LEAGUE AGE as of JULY 1st:
	GRADE AS OF 9/1:
<small>*D Squad Players and Cheerleaders may turn 6 by September 1st of the current season</small>	
ADDRESS:	TOWN:
CITY/TOWN:	ZIP:
MOTHER'S NAME:	Primary Phone:
MOTHER'S EMAIL:	Mother's Cell Phone:
FATHER'S NAME:	Father's Cell Phone:
FATHER'S EMAIL:	Other Phone:

PERSON TO CONTACT IN CASE OF EMERGENCY

NAME: _____ RELATIONSHIP: _____

PHONE: (H) _____ (W) _____ (CELL) _____

I authorize the LEAGUE FIRST AIDERS/COACH or EMT to act for me according to their best judgment in an emergency requiring medical attention.

HOSPITAL PREFERENCE: _____ I/We, the undersigned, parent(s) of the above child hereby consent and give my/our approval to his/her full participation in any and all **Northern Connecticut Football League (NCFL)** activities. I/We hereby assume all risks and hazards incidental to such participation including transportation to and from such activities. I/We hereby waive, release, absolve and agree to indemnify and hold NCFL, all its officers, participants, members and any organization, person and/or municipality or other governmental body sponsoring any team in or other activity of the NCFL harmless from any and all claims by an injury to the above named participant arising out of participation in such activities including transportation to and from such activities.

Media Waiver:

I/We hereby grant the NCFL unrestricted permission to use, and/or publish in its own or in external publications in print or on line, photographs, pictures, film, video or other similar media (collectively, "Photographs") taken of the above child in whole or in part, individually or as part of a group for any purpose whatsoever; including, but not limited to, illustration, promotion, art, editorial and advertising. I/We also grant the League (which includes all member organizations of the league) permission to release any associated explanatory and identification information associated with the Photographs, including: full name (as listed above), jersey number, age group and identification of the child as the League's Football player or Cheerleader.

I/We hereby release and discharge the League and its officers, agents and assigns from any and all claims and demands arising out of or connection with the use of any media and associated explanatory information, including without limitation, any and all claims for libel or violation of any right of publicity or privacy. I/We understand we will not be compensated for such materials and waive any right to edit, inspect or approve the finished product which includes any media and associated explanatory information. This release shall be binding on me and my heirs, legal representatives and assigns and shall inure to the benefit of the League, its officers, agents and assigns.

Signature of Parent/Guardian _____ **Date** _____

BIRTH CERT _____	MEDICAL _____	REGISTRATION _____	PARENT _____	PLAYER _____
PAID CASH _____	CHECK _____	CHECK# _____		

Appendix-C

**NORTHERN CONNECTICUT FOOTBALL LEAGUE
PHYSICIAN STATEMENT FORM**

I have examined or know _____
First Name Last Name

to be in good health and is able to participate in the normal activities of Youth Football (a contact sport) and/or Cheerleading.

Parent(s) and/or Doctor, please list all known conditions/illnesses/allergies or prior injuries which would/could affect Emergency Medical Treatment.

ILLNESSES	ALLERGIES	PRIOR INJURIES
CURRENT MEDICATIONS		

Physician Name: _____

Address: _____

Telephone Number: _____

Physician/APRN/RN Signature _____ Date _____

NOTE: THIS STATEMENT MUST BE COMPLETED AND DATED AFTER JANUARY 1 OF THE CURRENT SEASON. League Physician Statement must be signed by parent along with Doctor's Form if Doctor did not sign off on the NCFL Form.

I/We hereby represent that the league medical form is complete, up to date and accurate with my child's medical history, and that my child has been deemed physically fit to play the contact sport of football or cheerleading by their personal physician (MD), APRN or RN.

Signature of Parent/Guardian _____ Date _____

Appendix-D**Parents' or Guardians' Code of Ethics**

I hereby pledge to provide positive support, care and encouragement for my child participating in youth sports by following this Code of Ethics:

- 1) I will encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every game, practice of other youth sports event.
- 2) I will place the emotional and physical well-being of my child ahead of any personal desire to win.
- 3) I will insist that my child plays in a safe and healthy environment.
- 4) I will provide support for coaches and officials working with my child to provide a positive, enjoyable experience for all.
- 5) I will demand a drug, tobacco and alcohol-free sports environment for my child and agree to assist by refraining from their use at all youth sports events.
- 6) I will remember that the game is for children and not for adults.
- 7) I will do my very best to make youth sports fun for my child.
- 8) I will ask my child to treat other players, coaches, fans, and officials with respect regardless of race, sex, creed or ability.
- 9) I will promise to help my child enjoy the youth sports experience within my personal constraints by assisting with coaching, being a respectful fan, providing transportation or whatever I am capable of doing.
- 10) I understand that if I am not a respectful fan that my child's right to play in the NCFL could be at risk of expulsion for the season and that my towns league could be heavily fined.
- 11) I will not use any foul language, sexual harassment or sexual misconduct directed to players/cheerleaders, coach or a member of the NCFL program.
- 12) I will not display any unsportsmanlike conduct to the opposing team, fellow players/cheerleaders, coaches or any league representatives on any social media (i.e. face book, internet etc.)

Parent or Guardian Signature

Date

Appendix-EPlayers' Code of Ethics

I hereby pledge to provide a positive attitude and be responsible for my participation in Youth Sports by following this Code of Ethics:

- 1) I will encourage good sportsmanship from fellow players, coaches, officials and parents at every game and practice.
- 2) I will attend every practice and game that is reasonably possible and notify my coach if I cannot.
- 3) I will expect to receive a fair amount of playing time.
- 4) I will do my very best to listen and learn from my coaches.
- 5) I will treat my coaches with respect regardless of race, sex, creed or abilities and I will expect to be treated accordingly.
- 6) I deserve to have fun during my sports experience and will alert parents or coaches if it stops being FUN!
- 7) I deserve to play in a alcohol, tobacco and drug free environment and expect adults to respect that wish.
- 8) I will encourage my parents to be involved with my team in some capacity because it's important to me.
- 9) I will do my very best in school.
- 10) I will remember that sports are an opportunity to learn and have fun.
- 11) I will not use any foul language, sexual harassment or sexual misconduct directed to players/cheerleaders, coach or a member of the NCFL program.
- 12) I will not display any unsportsmanlike conduct to the opposing team, fellow players/cheerleaders, coaches or any league representatives on any social media (i.e. face book, internet etc.)

Players' Signature

Date

Appendix-F

NORTHERN CT FOOTBALL LEAGUE

COACHES' CODE OF ETHICS

I hereby pledge to live up to my certification as an NYSCA coach by following the NYSCA Coaches' Code of Ethics.

- 1) I will place the emotional and physical well-being of my players ahead of a personal desire to win.
- 2) I will treat each player as an individual, remembering the large range of emotional and physical development for the same age group.
- 3) I will do my best to provide a safe playing situation for my players.
- 4) I will promise to review and practice the basic first aid principles needed to treat injuries of my players.
- 5) I will do my best to organize practices that are fun and challenging for all my players.
- 6) I will lead by example in demonstrating fair play and sportsmanship to all my players.
- 7) I will provide a sports environment for my team that is free of drugs, tobacco, and alcohol, and I will refrain from their use at all youth sports events.
- 8) I will be knowledgeable in the rules of each sport that I coach, and I will teach these rules to my players.
- 9) I will use those coaching techniques appropriate for each of the skills that I teach.
- 10) I will remember that I am a youth sports coach and that the game is for children and not adults.
- 11) I will not use any foul language, sexual harassment or sexual misconduct directed to players/cheerleaders, coach or a member of the NCFL program.
- 12) I will not display any unsportsmanlike conduct to the opposing team, fellow players/cheerleaders, coaches or any league representatives on any social media (i.e. face book, internet etc).

Name of Coach

Signature of Coach

Date

Appendix-H
NORTHERN CT FOOTBALL LEAGUE
OFFICIAL GAME ROSTER

TEAM: _____

DATE: _____

SQUAD: _____

	NO.	NAME		NO.	NAME
1			21		
2			22		
3			23		
4			24		
5			25		
6			26		
7			27		
8			28		
9			29		
10			30		
11			31		
12			32		
13			33		
14			34		
15			35		
16			36		
17			37		
18			38		
19			39		
20			40		

HEAD COACH: _____

ASSISTANT COACHES: _____

Appendix I

NCFL CHEERLEADER COMPETITION SCORE SHEET

(As per NYSCA Format)

TOWN NAME _____

SQUAD _____

Category	Max. Points	Score	Comments
Expression and Showmanship *Enthusiasm *Spirit *Naturalness *Crowd Appeal	10		
Voice *Volume *Clarity *Naturalness *Tone	10		
Motions *Sharpness *Placement *Synchronization	10		
Jumps *Pointed Toes *Clean Landings *Height *Variety *Spacing *Synchronization	10		
Dance *Creativity *Movement Fits Music *Spacing *Synchronization	10		
Gymnastics *% of Team Involvement *Execution *Synchronization	10		
Partner Stunts & Pyramids *% of Team Involvement *Technique *Stability *Spacing *Synchronization	10		
Perfection of Routine *Successful Execution	10		
Construction of Routine *Flow *Transitions *Formations *Practicality *Appropriateness	10		
Difficulty *Partner Stunts & Pyramids (4) *Gymnastics (2) *Dance (2) *Jumps (2)	10		
TOTAL	100		

Appendix-K

2014 NCFL Schedule

WEEK / DATE	Home	Visitor
WEEK-1 9/7/14	Enfield	Coventry
	Ellington	Colchester
	Stafford	RHAM
	Cromwell	WPTP
	Portland	Tolland
	Suffield	Granby
WEEK-2 9/14/14	WPTP	Enfield
	Ellington	Tolland
	Granby	Stafford
	Colchester	Portland
	Suffield	RHAM
	Coventry	Cromwell
WEEK-3 9/21/14	Enfield	Colchester
	RHAM	Ellington
	Stafford	Coventry
	Portland	WPTP
	Tolland	Suffield
	Cromwell	Granby
WEEK-4 9/28/14	Stafford	Enfield
	Ellington	Granby
	WPTP	Tolland
	Coventry	Colchester
	RHAM	Cromwell
	Portland	Suffield
WEEK-5 10/5/2014	Enfield	Granby
	WPTP	Ellington
	Tolland	Stafford
	Colchester	Cromwell
	Portland	RHAM
	Suffield	Coventry
WEEK-6 10/12/2014	Enfield	Ellington
	Stafford	WPTP
	Granby	Tolland
	Colchester	RHAM
	Coventry	Portland
	Cromwell	Suffield
WEEK-7 10/19/14	Tolland	Enfield
	Ellington	Stafford
	Granby	WPTP
	Suffield	Colchester
	RHAM	Coventry
	Cromwell	Portland
WEEK-8 10/26/14	RHAM	Enfield
	Coventry	Ellington
	Colchester	Stafford
	WPTP	Suffield
	Tolland	Cromwell
	Granby	Portland

Appendix L

2014 NCFL ELIGIBILITY

Date of Birth	2000		2001		2002		2003		2004		2005		2006		2007		2008	
	JUNE	JULY	JUNE	JULY	JUNE	JULY	JUNE	JULY	JUNE	JULY	JUNE	JULY	JUNE	JULY	JUNE	JULY	JUNE	JULY
League Age	1	30	1	30	1	30	1	30	1	30	1	30	1	30	1	30	1	30
	13		12		11		10		9		8		7		6		5	
Squad	A		B		C		D										Not eligible for the NCFL if born September 1, 2008 or later	
Max Weight	175/185*		145		120		105										"Play-downs" are no longer eligible in the NCFL	

* A-Team player weighing 176-185lbs on weigh-in day are limited to playing on the line, from Tackle-to-Tackle only.

**A-Team 14yr-old cheerleader ONLY is eligible if born January 1st 2000 or later AND is in 8th grade. 14yr-old high school cheerleaders are not eligible.

*** A-Team football No 14 year old 8th Grader and No Freshman of any age

OR (in other words)

A	12-13 yrs	Player born on 7/1/2000 up through 6/30/2002	185lbs*
B	10-11 yrs	Player born on 7/1/2002 up through 6/30/2004	145lbs
C	8-9 yrs	Player born on 7/1/2004 up through 6/30/2006	120lbs
D	6-7 yrs	Player born on 9/1/2006 up through 6/30/2008	105lbs
Cheer	A	Player born on 1/1/2000 up through 6/30/2002	No 14yr-old Freshman

Appendix M

NCFL Night Game Request

rev. 2011

Home Team President Signature

Print Name

Email address

Cell phone

Visiting Team President Signature

Print Name

Email address

Cell phone

Location of Game

(include directions/address if different than the field that appears in the bylaws)

Head Officials Approval

*Saturday game is not on the official schedule until signed by the Home team President, Visiting Team President, and Head Official.

*Head official MUST receive this request **2 weeks** prior to the requested date.

*See NCFL Bylaws for further information

***After Signing, return to NCFL Officials Coordinator...**

NCFL Officials Coordinator _____

Email address _____

Cell phone _____

Fax (if available) _____

Appendix N

NCFL OFFICIALS

Please sign in

DATE: / / _____

HOME TEAM: Colchester _____

VISITING TEAM: _____

OFFICIAL-1:		
	Print	Signature

OFFICIAL-2:		
	Print	Signature

OFFICIAL-3:		
	Print	Signature

OFFICIAL-4:		
	Print	Signature

OFFICIAL-CLOCK:		
	Print	Signature

OFFICIAL'S COMMENTS:

LEAGUE COMMENTS:
