

- Practice & Game Jerseys

- Practice & Game Pants

Mandatory Conditioning Hours

Per league safety protocols, players must complete a two-phase acclimatization period before participating in full-contact scrimmages:

1. **Phase I:** Minimum of 10 hours of non-padded practice.
2. **Phase II:** Minimum of 10 hours of padded practice.

Eligibility & Registration

All documentation must be submitted prior to the **PRE-SEASON** start date. Players with incomplete files will not be permitted to practice.

Player Requirements

- **Age Cutoff:** July 1st. (Example: An 11U player cannot turn 12 prior to 7/1/2026).
- **Required Documents:**

- Original or certified copy of Birth Certificate.
- Copy of the previous year's report card.
- Medical Clearance Form (signed and stamped by a physician).
- Standard AYF registration forms.

Coaching Requirements

- **Staffing:** Maximum of 8 credentialed coaches per team.
- **Compliance:** All coaches must pass a background check and complete the annual AYF online training (1–2 hours) prior to the season.
- **Field Access:** Only credentialed coaches are permitted on the field during practices and games.

Playoffs

Post-season play is available for divisions **9U and above**. Please note that playoff berths are earned based on performance; participation in the regular season does not guarantee a playoff spot