

The Niagara Erie Youth Sports Association, Inc.
(NEYSA)

2016 Frequently Asked Questions (FAQ)

1. **Who is NEYSA?**

NEYSA is a newly formed organization that is made up of former member organizations of the Niagara Youth Football League (NYFL) including: Grand Island; Lewiston-Porter; Niagara Falls Jr.; Niagara Wheatfield; Pendleton; Tonawanda Football and Wilson.

2. **What is the number of players for each team?**

For football teams, the maximum number of player is thirty-five (35). The minimum number of players is fourteen (14) except for the Mini football teams. For cheerleading squads, there is no maximum however there is a minimum number for cheerleading which is five (5).

3. **What are the weight limits for football players?**

NEYSA has a defined weight and age limit for each division of the teams. The following is a breakdown of those limits:

DIVISION	WEIGHT	STRIPER	AGE ON JULY 31st of CURRENT YEAR
Mini	90 lbs.	>90 - Unlimited	6 & 7
Freshman	110 lbs	>110 - Unlimited	8 & 9
Junior Varsity	135 lbs.	>135 - Unlimited	10 & 11
Varsity	160 lbs.	>160 - Unlimited	12 & 13

4. **What is the Striper rule?**

A player who is designated a Striper will remain a Striper for the remainder of the season for which they are participating, unless they can make the lower weight by Game 4. If so, they will be allowed a single weigh-in at that fourth game to re-align their status. A Striper may only play on the offensive or defensive line and may only line up between the tackles on offense and between the defensive ends on defense. Striper players are not allowed on kickoff or kick receive teams and are not allowed to advance the ball on offense, defense or special teams. A maximum of three (3) Striper players are allowed on either side of the ball at any one play.

The Striper rule was instituted to allow the larger youth the opportunity to play football and by instituting the above requirements also allows for a competitive balance for each member organization by restricting the Striper player's ability to generate significant force (ie: running the ball or blitzing from a linebacker position).

5. How are weigh ins performed?

Official weigh ins shall occur at the first game only. At that weigh in, the player must meet the weight requirements of their respective divisions including Striper weights. If a player is absent for the first game weigh in, due to a legitimate reason, they can be officially weighed in at the second game. All games other than the Official weigh ins shall be performed by checking in prior to the game and having the opposing coaching staff reviewing the Team Book and verifying the player is valid to participate on the Game Roster.

6. What is a Team and/or Game Book?

Each member organization shall have a Team and /or Game Book for each of their teams within their respective divisions. The Team and/or Game Book will have a photograph of each player with their pertinent information to verify they are valid to participate. These photographs will be created during the preseason by the NEYSA photographer and Statistician and provided to each member organization for inclusion into the Team and/or Game Book.

The Team and/or Game Book will contain the following and shall be made readily available for review by the opposing team and/or a NEYSA official representative:

The Team and Game Roster

The Player contact sheet

Photographs of all Coaches

NEYSA Coaches Code of Conduct

Any other information necessary to comply with NEYSA's Rules and Regulations

7. Is there a minimum play rule?

NEYSA has established a six (6) play minimum play rule for those players who attend practice regularly and are not restricted to play due to health or disciplinary reasons. Each member organization must keep a record of the minimum six (6) plays for all regular and post season games and must make the documentation readily available for review by the opposing teams and/or a NEYSA official representative.

8. What are the requirements for coaches?

All coaches must have a minimum Coaching certification from the National Youth Sports Coaches Association (NYSCA), USA Football or equivalent. All football coaches must be participating in USA Football's "HEADSUP" tackling program. Each coach (football and cheerleading) must sign and comply with the NEYSA "Coaches Code of Conduct".

Each coach (football and cheerleading) must undergo a confidential background check to ensure they are in good standing and that there are no serious (felonious) charges against them.

Only certified and authorized individuals for each member organization are allowed on the sidelines during any game (preseason, regular or postseason). Failure to comply with this requirement could result in significant penalty against the violation team and/or organization.

9. What are you doing about concussions?

NEYSA has a Concussion Management requirement that each team must have a Concussion Management Program (CMP) which includes the medical removal of a participant who is suspected of sustaining a concussion for that activity. The participant must have a written approval to return from a healthcare professional. Each member organization's CMP will address the training and education of the coaching staffs to ensure the signs and symptoms of concussion are recognized and evaluated properly.

10. What is a Player Safety Coach (PSC)?

A Player Safety Coach is a person from each organization who has successfully completed a USA Football HeadsUp Tackle 1 Certification course and has attended a USA Football HeadsUp Player Safety Coach Clinic. Their responsibility is as follows: to train all of the coaches within that organization in the proper HeadsUp tackling, concussion awareness, heat stress, equipment fitting and other safety issues; to educate Parents in all of the above topics and to continually ensure that the HeadsUp tackling techniques are being taught on the practice field throughout the season.