

TOURNAMENT REGISTRATION FEES

FOOTBALL TEAM: \$350.00 per team

To Make Payments, qualifying teams can use the following link for PayPal

https://www.paypal.com/cgi-bin/webscr?cmd=_s-

OR visit <http://www.atlanticregionayf.com/> and click on Football registration button.

TEAM CONTACT/CONDUCT: The Head Coach will be responsible for all contact and conduct issues.

AYF TEAM ROSTERS: The Atlantic Region will require a copy of each competing team's official AYF membership roster from the national office. Only players listed on the National AYF provided roster are eligible to play in this Regional tournament, players not listed on the National AYF provided roster will not be eligible to play. **ALL PLAYERS ARE REQUIRED TO HAVE A PHOTO ID CARD.** Teams may go to www.MyAYF.com to print rosters and MPR's.

Players enter tournament venues on game day for free and each team will be provided up to 9 sideline passes per team only. Sideline passes will only be issued for coaches that are listed on the official roster, (6) coaches, (1) team admin, and (2) MPR Personnel.

CHECK-IN SCHEDULE – FRIDAY, NOVEMBER 9, 2018

- **Virginia:** 5:00 pm - 6:00pm
- **Maryland:** 6:00 pm - 7:00pm
- **Delaware:** 7:00 pm - 8:00pm
- **North Carolina/South Carolina:** 8:00 pm - 9:00pm

LOCATION: HH Poole 800 Eustace Road, Stafford, VA 22554

WEIGH IN PROCEDURES (National Division): Players may come to scale and check their weight prior to their scheduled weigh-in time. Only designated personnel are allowed in the weigh in area. Players will receive up to 1 pound as a variance in their designated division (*i.e. Pee Wee OBL weight 119, player can weigh 120, if scale goes to 120.1 player will be disqualified from the tournament*). The entire team must be present with the head coach to weigh; an absentee form is required for any player on the certified roster NOT participating in the Regional Tournament.

WEIGH IN ATTIRE: Players must weigh-in with the following equipment: **Game jersey, shorts and flip flops (or some form of foot wear).** **Players will NOT be allowed to step on the scale in bare feet or just socks.** Weights below reflect total player weight with required equipment. Players who do not come to the scale with the required equipment will not be weighed and will not be allowed to participate in the tournament. **NO EXCEPTIONS.**

AGE/WEIGHTS: Ages are as of July 31, 2018. The weights in the chart below include maximum authorized body weight and the equipment allowance.

CHECK IN PROCEDURES (All American Division): Only designated personnel will be allowed at the check in area. The entire team must be present with the head coach in order to check in; an absentee form is required for any player on the certified roster NOT participating in the Regional Tournament.

CHECK IN PROCEDURE:

- Each team must have **ALL players present prior to the beginning of check in.**
- **All teams, both National and All American Divisions, MUST have 16 players in order to be eligible to play. National Division must have 16 players cross the scales and make weight.**
- Each player must check in with a valid picture ID and in the prescribed football equipment
- **Coaches will bring official rosters and 2 MPR sheets to the scale**
- All national division players will be weighed in accordance with the age/weight chart below
- A scale will be made available for player's to check their weight prior to the official weigh-in
- **The Atlantic Regional Tournament Chairman has the final call on a player's eligibility.**
- After the check-in, MPR sheets will be collected by tournament staff.
- **All American Division teams will be required to check in with jerseys, ID cards, and MPRs.**

**Any "Sweat Down" or "Extreme" weight loss used by a player to make weight will be grounds for immediate suspension for the players own safety. Any coach, Administrator or Team Personnel found to have advised, encouraged, or tolerated and "Sweat Down" or "Extreme" weight loss techniques will be grounds for immediate suspension. Suspension will be anywhere from one year to permanent depending on severity. Head Coaches will be held responsible for the actions of all personnel



AYF AGE AND WEIGHT STANDARDS

INSTRUCTIONAL DIVISIONS OF PLAY UNLIMITED WEIGHT & WEIGHTED NON- COMPETITIVE DIVISIONS

DIVISIONS OF PLAY	AGE CUTOFF AS OF 7/31	WEIGHT
7U Division	7 YEARS OLD & UNDER AS OF 7/31	UNLIMITED WEIGHT
8U Division	8 YEARS OLD & UNDER AS OF 7/31	UNLIMITED WEIGHT
9U Division	9 YEARS OLD & UNDER AS OF 7/31	UNLIMITED WEIGHT
AGE DIVISIONS CAN BE COMBINED		
DIVISION OF PLAY	AGE CUT-OFF 7/31	STRIP WEIGHT + EQUIPMENT ALLOWANCE
TINY MITE	7 YEARS OLD OR YOUNGER AS OF 7/31	85lbs + 5lbs= 90lbs
MIGHTY MITE	9 YEARS OLD OR YOUNGER AS OF 7/31	100lbs + 5lbs= 105lbs

ALL -AMERICAN DIVISIONS OF PLAY AGE PROTECTED UNLIMITED WEIGHT COMPETITIVE DIVISIONS

DIVISIONS OF PLAY	AGE CUTOFF AS OF 7/31	WEIGHT
8U DIVISION 1 ONLY	8 YEARS OLD & UNDER AS OF 7/31	UNLIMITED WEIGHT
9U DIVISION 1 ONLY	9 YEARS OLD & UNDER AS OF 7/31	UNLIMITED WEIGHT
10U Division D1 & D2	10 YEARS OLD & UNDER AS OF 7/31	UNLIMITED WEIGHT
11U Division D1 & D2	11 YEARS OLD & UNDER AS OF 7/31	UNLIMITED WEIGHT
12U Division D1 & D2	12 YEARS OLD & UNDER AS OF 7/31	UNLIMITED WEIGHT
13U Division D1 & D2	13 YEARS OLD & UNDER AS OF 7/31	UNLIMITED WEIGHT
14U Division D1 & D2	14 YEARS OLD & UNDER AS OF 7/31	UNLIMITED WEIGHT
15U Division -LOCAL PLAY	15 YEARS OLD & UNDER AS OF 7/31	UNLIMITED WEIGHT
AGE DIVISIONS CAN BE COMBINED		

NATIONAL DIVISIONS OF PLAY AGE & WEIGHT COMPETITIVE DIVISIONS

DIVISIONS OF PLAY	AGE CUT-OFF AS OF 7/31	STRIP WEIGHT + EQUIPMENT ALLOWANCE
MIGHTY MITE D1	9 and Under (NO Older Lighter)	100lbs + 5lbs =105lbs
CADET D1	9 and Under	124lbs + 5lbs= 129lbs
	10 Older Lighter	109lbs + 5lbs =114lbs
JUNIOR PEE WEE D1	10 and Under	139lbs + 5lbs= 144lbs
	11 Older Lighter	119lbs + 5lbs = 124lbs
PEE WEE D1	11 and Under	154lbs + 5lbs= 159lbs
	12 Older Lighter	134lbs + 5lbs = 139lbs
JUNIOR MIDGET D1	12 and Under	169lbs + 6lbs= 175lbs
	13 Older Lighter	149lbs + 6lbs = 155lbs

GAME INFORMATION

Game Ball:

Each team must bring their own game ball. AYF logo Wilson balls are the recommended game ball for all tournament play. Balls must conform to the standards set in the AYF Rule Book according to the division.

Official Game Rules:

- All games will be officiated under AYF National/National Federation High School Rules.
- National and All American Division games will have at least 4 officials.
- Clock operation will be staffed by officials.

Games will start IMMEDIATELY following the prior game so it is important to have your teams at the field and ready to play 1 hour BEFORE your scheduled game time.

Mandatory Play Roster. During the game, each team shall provide a representative (not a coach of the team playing) to serve as “monitor” and stand on the opposing team’s sideline and count and mark playing time of the opposing team’s players.

Each team shall also provide a representative (not a coach of the team playing) to serve as “spotter” and stand on that team’s sideline to assist the marker in counting players’ playing time.

The field marshal will have both teams MPR and will give them you the team admin prior to the start of the game.

Chain Crew: Chain crew is the responsibility of the home team and will be conducted on the home side. Reminder- No phones or tablets permitted to be in use on the sideline.

AYC Sideline Cheerleaders:

Cheerleaders are welcome to attend the Regional Championship games to cheer on their teams. For free admission they must be in uniform and be accompanied by certified cheer coach. All certified cheer coaches (with roster and proper ID) will need to check into the gate with team to be admitted by gate personnel. All National AYC rules apply to the sideline.

*****Only coaches listed on the official AYF roster or properly badged will be allowed on the team sideline. NO EXCEPTIONS!!! *****

GAME SCHEDULE

FIELD LOCATION

Fields	Address
Potomac High School	3401 Panther Pride Drive, Dumfries, VA 22026
Freedom High School	15201 Neabsco Mills Road, Woodbridge, VA 22191
Brooke Point High School	1700 Courthouse Stafford, VA 22554
Stafford High School	63 Stafford Indian Ln Fredericksburg, VA 22405

SATURDAY	Potomac High School	Freedom High School
8:30 a.m.	TM vs TM	TM vs TM
10:00 a.m.	JPW vs JPW	JPW vs JPW
11:30 a.m.	D2- 10U vs. D2- 10U	D2- 10U vs. D2- 10U
1:00 p.m.	D2- 11U vs. D2-11U	D2- 11U vs. D2-11U
2:30 p.m.	D2- 12U vs, D2- 12U	D2- 12U vs, D2- 12U
4:00 p.m.	D2-13U vs. D2-13U	D2-13U vs. D2-13U

SATURDAY	Stafford High School	Brooke Point High School
8:30 a.m.	7U vs 7U	7U vs 7U
10:00 a.m.	8U vs 8U	8U vs 8U
11:30 a.m.	9U vs 9U	9U vs 9U
1:00 p.m.	6U CHAMPIONSHIP	D1-10U vs D1-10U
2:30 p.m.	D1- 10U vs D1- 10U	D1-11U vs D1-11U
4:00 p.m.	D1-11U vs D1-11U	D1-12U vs D1-12U
5:30 p.m.	D1-12U vs D1-12U	D1-13U vs D1-13U
7:00 p.m.	D1-13U vs D1-13U	

SUNDAY	Freedom High School
9:00 a.m.	10U D2 Championship
10:45 a.m.	11U D2 Championship
12:30 p.m.	12U D2 Championship
2:15 p.m.	13U D2 Championship

SUNDAY	Stafford High School	Brooke Point High School
9:00 a.m.	TM Championship	10U D1 Championship
10:45 a.m.	JPW Championship	11U D1 Championship
12:30 p.m.	7U Championship	12U D1 Championship
2:15 p.m.	8U Championship	13U D1 Championship
4:00 p.m.	9U Championship	

CONTACT INFORMATION



Tournament Email Address: NOVAAYF@GMAIL.COM

Tournament Hosts Staff:		
NOVA AYF President	Eric Heltzel	703-926-6212
NOVA AYF Vice President	Michael Smith	540-841-8946
NOVA AYF Football Commissioner	Sterling Collins	540-446-1009
NOVA AYF Secretary	Toria Smith	703-659-7630
NOVA AYF Treasurer	Jennifer Jordan	540-295-0205
NOVA AYF Cheer Commissioner & Tournament Operations	Kelly Frazier	703-728-0310



Atlantic Regional Staff:		
Atlantic Regional Chairman	Travis Scott	571-225-0280
Atlantic Regional Cheer Commissioner	Kelly Frazier	703-728-0310
Atlantic Region Vice Chair	Kim Cherry	240-432-1643
Atlantic Commissioner	Rodney Cooper	336-408-3373
Atlantic Commissioner	Sterling Collins	540-446-1009
Regional Certifier	Danyel Lewis	540-845-1944
Regional Certifier	Sequoia Jackson	336-587-9373
Regional Membership Liaison	Ralph Moore	757-537-6241

HOTEL INFORMATION

Hotel Name	Address	Phone	CODE	Rate
Hilton Garden Inn	2500 Neabsco Common Place Woodbridge, VA 22191	(703) 590-2500	AYF	\$159.00
Homewood Suites	2650 Neabsco Common Place Woodbridge, VA 22191	(703)-590-0100	AYF	\$169.00 Suite
Holiday Inn Express	Quantico-Stafford 15 Salisbury Drive Stafford, VA 22554	(540) 659-3600	AYF	\$109.00
Wingate by Wyndham	20 Sanford Drive Fredericksburg, VA	(540) 368-8000	AYFREGION	\$ 89.00

Local hotel information is provided as a courtesy
and you are not required to stay in them to play.

6U, 7U, Tiny Mite Rules

1. The playing field will consist of 100 yards.
2. **NO KICKOFFS!**
3. The time of the game will be four 10 (ten) minute quarters. Half time will be 3 (three) minutes. All **timeouts** (30sec) stop the clock. Each team gets three times per half.
4. The team that wins the coin toss has the option to Receive, Kick or defer to second half. Receiving team will begin play on the (20) yard line on their side.
5. The offense has (25) seconds to call their play and snap the ball. All infractions of this will be a delay of game call and the offensive team will be assessed a (5) yard penalty.
6. All fumbles are live
7. On fourth down (4th), the offense team can declare a walk-off punt of (25) yards unless the offensive team chooses to go for it on fourth down (4th).
 - a. **No Punting - A walk off punt of 25 cannot advance beyond the opposing team (20) yard line.**
8. Defensive player **CANNOT** lineup over the center and **MUST** be head up over the offensive Guards and can be head up over Tackles or Tight Ends on the line.
9. Only 6 players in the box (3 or 4 point stance on the line). Line is defined as between the tackles, players outside of the offensive tackles can stand.
10. No QB Sneak
 - a. **The Quarterback cannot run the ball in the "A" gap, or run behind center.**
 - b. **The Quarterback can hand the ball off to the Running back and he can run behind the center or in the A gap after the hand off.**
11. There is **NOblitzing** of any sort. **Blitzing is defined as Linebackers or Cornerbacks moving forward before the snap of the ball. Linebackers must begin the play a minimum of 5 (five) yards from the line of scrimmage.**
12. There are up to two (2) coaches allowed on the field for offense and defense. Once the offense is set, all coaches must remain at a minimum of ten (10) yards behind their deepest player on that side of the ball.
13. No coach on the field can talk or give signals to players once the offense is set and until the officials blow the play dead.
14. The scores will be as such: touchdowns= six (6) points, **Running** extra points= one (1) point, **Passing** extra points = two (2) points.
15. **OVERTIME.**
 - a. Overtime will start from the 10 yard line, each team will have the opportunity to score.
 - b. If both teams score, the ball will be moved to the 5 yard line. Each team will have the opportunity to score again.
 - c. If both teams score, the ball will be again placed at the 5 yard line until a winner is declared.