

# WINCHESTER-FREDERICK COUNTY YOUTH FOOTBALL LEAGUE

REGISTRATION FORM FOR 2026 SPRING SEASON. See [WFYFL.org](http://WFYFL.org) for updates

Each person intending to play football or cheer this season must fill out the application/registration form below, which must be signed by the parent or legal guardian. Please bring the following application, and a copy of their birth certificate (if new to the program) to:

## On-Site:

To be announced

Or Register On-Line at [www.WFYFL.org](http://www.WFYFL.org)

**PARENT MEETING WILL BE MARCH 9, 2026 – 5:30PM – FESTIVAL FIELD**

### Cheer:

1. PeeWee Cheer can be ages 5, 6 and 7, practices will be 2 days a week and most games on Saturdays.
2. Sideline Cheer can be between the ages of 8-13, not turning 14 before August 1<sup>st</sup>, 2025.
3. Cheer practice will begin March 10<sup>th</sup> in the Jim Barnett Park in the field above Christianson Familyland.

**Football:** We have four (4) divisions of football teams. We have one division consisting of 6 and 7 year olds.

They will remain together for practices and scrimmage games. The next division is for 8 and 9 year olds.

Our 3<sup>rd</sup> division is for 10 and 11 year olds. Our last division is for 12 and 13 year olds this is considered our Competitive division.

1. There is no weight limit to play in the league.
2. Ball carrying weights will be: 100 lbs for 8-9 year olds and 135 lbs for 10-11 year olds.
3. Football practice will begin March 9<sup>th</sup> – coaches will inform you of the location.
4. If a player misses two practices during the week, excused or otherwise, they will not be allowed to play in that week's game. Once the season starts there are only 3 practice days before the game, if a child misses 2 of them they will not know the game plan. It is also unfair to start the child over another that has made every practice that week and knows the game plan. There will be no exceptions to this rule.
5. Equipment hand out will be on approximately Sunday, March 15, 2026. Any player not in attendance for the first game day will NOT participate in contact until weighed in by a non-league official. There will be only 1 weigh-in.
6. Cut-off date for Registration is March 14, 2026.

### 6 and 7-year-old Football Division (D Team):

7. Must be 6 by **August 1, 2025**
8. Players in the 6-7 year-old division will all practice together and will be divided into two teams.
9. Schedule of games for 6-7-year olds will be on Saturday mornings.
10. Ball carrying weight – 80 lbs.

### 8 and 9-year old Football Division (C Team):

11. Must be 8 by **August 1, 2025**
12. Maximum weight to carry the ball or play in a skill position is 100 lbs. Over 100 lbs. plays on the line of scrimmage.
13. Maximum weight for playing quarterback, running back, receiver, linebackers or defensive secondary in the 8 and 9-year-old division is 100 lbs.

### 10 and 11-year old Football Division (B Team):

14. Must be 10 years old by **August 1, 2025**.
15. Maximum weight to carry the ball or play in a skill position is 135 lbs. Over 135 lbs. plays on the line of scrimmage.
16. Maximum weight for playing quarterback, running back, receiver, linebackers or defensive secondary in the 10 and 11-year-old division is 135 lbs.

**Competitive Football Division (A Team):**

- 17. Must be in 7<sup>th</sup> or 8<sup>th</sup> Grade “on time” to graduate
- 18. 6<sup>th</sup> Graders not eligible for 10 – 11 year old division based on age are eligible.
- 19. There will be NO Ball carrying weight limit.

Age example:      If 9 now and 10<sup>th</sup> birthday falls on July 20 ... child will play with the 10's  
                             If 9 now and 10<sup>th</sup> birthday falls on August 2 ... child will play with 9's

**See us on Facebook at:**

Football:            <https://www.facebook.com/winchesterlittleleaguefootball/?fref=ts>  
Cheer:                <https://www.facebook.com/WFYFL-Cheer-282150891797754/?fref=ts>

Email:                [wfyfl@yahoo.com](mailto:wfyfl@yahoo.com)  
Website:             [www.wfyfl.org](http://www.wfyfl.org)

**We have read, understand completely, and will adhere to these rules above:**

Signatures Parents/Guardians

\_\_\_\_\_Date\_\_\_\_\_

\_\_\_\_\_Date\_\_\_\_\_

**WINCHESTER-FREDERICK COUNTY YOUTH FOOTBALL LEAGUE**

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NAME DATE OF BIRTH

WEIGHT PHONE NUMBER (H) (Cell)

EMAIL

PARENTS (GUARDIAN'S) NAME

ADDRESS

SCHOOL ATTENDING

GRADE IN SCHOOL Copy of Birth Certificate

FEES: CHEER \$100 FOOTBALL \$100  
☐ Cash ☐ Check # ☐ Cash ☐ Check #

**Please make all checks payable to:**

Winchester-Frederick County Youth Football League (WFYFL)  
 PO Box 2900  
 Winchester VA 22604

Interested in ☐  
 Coaching

**PLEASE READ AND COMPLETE THE FOLLOWING:**

I (we) herewith in giving my (our) consent for to enroll in the Winchester-Frederick County Youth Football Program sponsored by the Winchester-Frederick Youth Football League, Inc., assume all risks and hazards incidental to his participation in the program, and do waive and release, and do indemnify and hold harmless, the Winchester-Frederick County Youth Football League, Inc. against, employees, volunteers, sponsors, coaches, and participants, from all claims for injuries to him arising out of his participation in this program.

I (we) understand that a One-Hundred dollar (\$100.00) registration fee for football or cheerleading must accompany this registration form. I (we) agree that it is my (our) responsibility to return the uniform (if required to) promptly at the end of the season.

***I (we) further agree that if uniforms are not returned, I (we) shall be liable to WFYFL for \$300.00 per uniform issued to my (our) child (children). Any Returned Checks are subject to a \$30 Return Check Fee.***

Signatures Parents/Guardians Date

Date

**INSURANCE**

The Winchester-Frederick County Youth Football League, will provide secondary insurance coverage on every participant in the program. This insurance will go into affect, when a primary care insurance does not cover the full claim. If the individual does not have any insurance, this secondary insurance will become primary.

Signatures Parents/Guardians Date

Date