



## 2009 Rules and Regulations

1. Disrespect to staff, players, fans, refs, and other League officials will not be tolerated.
  - First offense - Warning (If offense too serious 1 game suspension)
  - Second offense - 1 game Suspension
  - Third Offense - Dismissal from team for Current Season
  
2. **Practice**
  - Practices are Tuesday and Thursdays and are **MANDATORY!**
  - Practices start **PROMPTLY** at 6:00 P.M beginning of season 7 P.M end of season. Players should be geared up and ready to stretched at this time.
  - Players should notify team staff or a player rep before practice if they are going to be late. Players should give **AT LEAST A 2 HOURS notice** if they are not going to make practice.
  - Minor Injuries (that restricts you from practicing) does not exclude you from attending practice. You still need to attend even if you can't participate in drills. Not attending will result in a missed practice.
  - Players are responsible to have all the necessary gear for practice (i.e. spikes, pads, helmet, etc.).
  - Players **MUST** wear football pants and practice Jersey
  - Players who are disruptive may be asked to go home.
  - Practices before the season are just as important as practices during the season. **Missing practices will count against you when it comes time to make the roster and the starting line up.**
  - Too many unexcused or missed practices can result in being cut from the team.

### **Practice: During season (June 6-end of season)**

- Starters will be picked on talent and commitment (ATTENDANCE). Starters will be named Thursday before the game (Changes may occur before game time).
- Players that miss **ONE** of the mandatory practices may forfeit their chances to be a starter in that week's game.
- Players that miss **BOTH** practices will not start for that week's game and may forfeit their chances for dressing. (Coaches Discretion)

### 3. **Games**

- Players and staff are to conduct themselves in a professional manner
- Players and Staff need to be Uniformed at all games as requested by Staff
- Players are required to show up to games 2 hours prior to kickoff. Failure to do so **MAY** result in loss of starting position or playing time for that game.
- (2) Hours prior to a game
  - A valid ID will be collected to receive your game jersey. After the game, uniforms will be collected and ID's will be returned.
  - Suit up (helmet, jersey, football pants, socks, belt, pads, spikes, etc.)
  - Stretch (as a team)
  - Do warm-ups (with your teammates).
- **BESIDES CAPTAINS AND COACHES, NO ONE** talks to the refs. Anyone who does will be benched until coaching staff sees fit to put you back in the game.
- No **UNRULEY** behavior (i.e. throwing helmets, kicking over benches, etc.). You will be benched until coaching staff sees fit to put you back in the game.
  - Half-time: meet up with coaches Stretch (as a team)
  - Offense, defense, and special teams meet before second half begins.
- No cheap shots allowed, no fighting, an absolutely no leaving the sidelines if there are any issues like fighting. Fighting may get you cut from the team. **NO WARNINGS**
- Players that don't suit up are still required to attend the game and help support your teammates, and work the sidelines.
- Minor injuries (that restrict you from playing) do not exclude you from attending the games. You must come and support your team and help work the sidelines.
- Players who miss (2) games because they couldn't suit up may risk being CUT from the team.

### 4. **Community Involvement / Volunteers**

- Players and staff are to volunteer for community events planned by the Leyden Lions Staff
- Players that do not volunteer will be assigned an event
- Players not showing up for their Volunteer / Assigned events may not dress on that week's game.
  - Early notice should be given to team staff if player cannot attend an event (1-2 days preferred)
  - Events are for team publicity and helping the community, be it children or parents, Lions have done this since the Inaugural season and many players enjoy it.

### 5. **Leyden Lions Team EVENTS**

- Leyden Lions will set up many events for team involvement and fundraising. Players are asked to attend to spend time as a team and enjoy yourself
- Some Events are, Candle Light Bowling, Paintball Competitions and many more. If any players are interested in organizing an event please speak with one of the staff members.



## Team Fees

6. \$250 Team fees are to be paid before the Regular season begins
- Any player owing fees from the 08 season may not be allowed to practice until all fees are paid in full, players not paying will be turned in to the league and not allowed to play for any MSFL team in 09.
  - \$25 Camp Sign up fee for all new players that did not attend the 2009 Combine
  - \$250 must be paid in full before July, Players not paid in full may not be allowed to practice or play. **Fees paid will not be refunded.**
- Payment methods
1. Payment in full
  2. Payment plan of
- |       |                  |       |
|-------|------------------|-------|
| April | 23rd             | \$100 |
| May   | 21st             | \$50  |
| June  | 20 <sup>th</sup> | \$50  |
| July  | 11 <sup>th</sup> | \$50  |
- Specific dates will be assigned each month, players not paying on that day will not be allowed to practice until fee is paid, (ALL FEES ARE NON REFUNDABLE)
7. Fees Owed
- Any Players that Owe Fees or Equipment from the previous season will not be allowed to participate in any practices until all money owed is paid in full.
  - Players owing fess also will have to pay this season's fee on time.

### History

2004 TSFL Champions 11-0 (15-4) Semi-Finals in National Tournament

2005 MSFL 5-5 (8-6) MSFL Western Conference Championship

2006 MSFL 4-5 (6-7) MSFL First Round Playoffs

2007 MSFL 7-2 (10-3) MSFL First Round Playoffs

2008 MSFL 8-2 (10-3) MSFL Runner up

5 yrs    49 Wins    23 Losses    .680 %