

WELCOME TO THE AYFL

This year marks the 26th year of operation for the Ashburn Youth Football League. We thank you for choosing us to play tackle football or cheer with this season!

Please refer to this manual throughout the season for protocols, information, and expectation for this season's events. If you have any questions or concerns with the information presented in this manual, please email cheer@ayfl.org. Note: the AYFL reserves the right to expand upon, change, or correct all information within this packet throughout the season. If this happens, parents will be sent an updated version.

All in-person board meetings and uniform distribution/return will take place at the AYFL Equipment Shed: **44642 Guilford Dr., Suite 111, Ashburn, VA 20147.**

Please follow us on Facebook (@AshburnFootball), Instagram (@ashburn_youth_football_league), and Twitter (@AYFL) for the most up to date information and highlights from the season!

Last Updated: 03/22/2026

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OUTLINE OF 2026 FALL TACKLE SEASON

Date	Event
July 29th, 2026	Team Announcements
End of July - Date TBD	Uniform Pick Up**
August 3rd, 2026	Practices Start
August 15th, 2026	Picture Day
August 22nd, 2026	Jamboree
August 29th, 2026	Week 1 Games
September 5-7th, 2026	Labor Day Weekend (No Practices/Games)
September 12th, 2026	Week 2 Games
September 19th, 2026	Week 3 Games
September 26th, 2026	Week 4 Games
September 27th, 2026	Week 5 Games
October 3rd, 2026	Week 6 Games
October 10th, 2026	Week 7 Games
October 17th, 2026	Week 8 Games
October 31st, 2026	Week 9 Games
November 1st, 2026	Rain Day/Play-In Game Hold
November 7th, 2026	LYFA Playoffs: Round 1***
November 14th, 2026	LYFA Playoffs: Round 2***
November 21st, 2026	LYFA Championships
December 8th, 2026 5:30pm	Last Chance Uniform Return**

**This date is subject to change. Information on equipment return will be forthcoming.

***Only teams that win these games will advance to the next round of the playoffs.

The AYFL Cheer Director retains the right to change, add, or remove events to this schedule as the season approaches.

LYFA PARTNERSHIP

The AYFL is in a partnership with other house leagues in Loudoun County known as the Loudoun Youth Football Association (est. 2016). This partnership allows for a competitive schedule of approximately 5-9 football teams per age division. At the end of the season, each team is seeded into the playoffs and compete for the LYFA championship.

The leagues in the partnership include Central Loudoun Youth Football League from the Leesburg area (www.clyfl.org), Upper Loudoun Youth Football League from the Purcellville area (www.ulyfl.com), and Lower Loudoun Youth Football League from the Sterling area (llbfl.org).

Each league holds home games at fields in their area, meaning that games can be located anywhere in Purcellville, Leesburg, Ashburn, and Sterling. Previous game locations have included:

- Bill Allen Memorial Field - Sterling, VA (home field for LLYFL)
- Stone Bridge High School - Ashburn, VA (home field for AYFL)
- Briar Woods High School - Ashburn, VA (home field for AYFL)
- Loudoun Valley High School - Purcellville, VA (home field for ULYFL)
- Woodgrove High School - Purcellville, VA (home field for ULYFL)
- Scott Jenkins Memorial Park - Hamilton, VA (home field for ULYFL)
- Franklin Park - Purcellville, VA (home field for ULYFL)
- Fireman's Field - Purcellville, VA (home field for ULYFL)
- Freedom Park - Leesburg, VA (home field for CLYFL)
- Heritage High School - Leesburg, VA (home field for CLYFL)
- Tuscarora High School - Leesburg, VA (home field for CLYFL)

Items that are determined by/under the supervision of the LYFA partnership:

- Game schedule
- Game rules
- Referees
- Sick policy* [*from the guidance of the VA Health Department*]

Items that are determined by/under the supervision of the AYFL:

- Home field rules
- Registration fees
- Weather policy for practices and **home** games
- Coach Assignments
- Players' and Coaches' Equipment

AYFL CHEER GUIDELINES AND INFORMATION

Please read and review the following information below. Please sign the form at the end and provide it to your coach on the first day of practice.

GAME DAY

1. The game schedule is AYFL football schedule. **Squads are assigned** where possible after the football draft has been completed.
2. Cheerleaders must arrive at the field at the time designated by the Coach – at least a half hour before the game. **(NOTE: As Coaches, we cannot control the delay in games, games starting early, field accommodations and parking.)**
3. Cheerleaders should arrive for the game dressed in their uniform. Clean uniforms, bra straps hidden (if applicable), shoes, white socks, bloomers and bows must be worn. Any cheerleaders arriving to cheer in the **non-AYFL approved uniform** (wrong socks, shoes, bow, etc.) **will not be permitted to cheer, no exceptions.**
4. Cheerleaders should have breakfast or lunch before they arrive at the field. Eating at the last minute may cause illness or stomach cramps. Eating during the game (unless prior approval by the Coach is granted). Chewing gum is not permitted.

SPECIAL EVENTS

AYFL Cheerleaders will also participate in special events, as invited and/or come available, throughout the season. Please be aware that we are sometimes invited to special events at the last minute. Please make every effort to attend last minute **AYFL Cheer events** for a successful season.

UNIFORMS

Uniforms are rented to each cheerleader at the beginning of the season. The rental fee is included in the registration fee. The following items are provided by **AYFL Cheer** and are required to be returned at the end of the season **clean and in good condition:**

- Shell Top
- Skirt
- Mock Turtle Neck
- Pom-Poms

If you do not return the items identified, you will be charged \$220. Your cheerleader will not be permitted to cheer for **AYFL Cheerleading or participate in any other AYFL sport until this fee is collected or the uniform pieces are returned**

Bloomers and hair bows are yours to keep at the end of the season.

It is your responsibility to keep up with these items.

**** Extras may be available for purchase.**** Get with your coach!

Care: It is important that we care for our uniforms as we use them from year-to-year. Please remember to turn them inside out and wash them separately in cold water with a mild detergent, air dry them, and never put them in the dryer or take them to the cleaners. Please label each piece with your cheerleader's name on a piece of tape.

Never use a permanent marker on the material.

Additional Expenses: In addition to the **AYFL Cheerleader uniform**, each cheerleader is required to purchase and wear approved cheerleading shoes as part of their uniform to all games and **AYFL events**. These cheer shoes should be all white with no sparkle, color or flashy feature.

Cheer shoes may be purchased at Payless Shoe Source, Wal-Mart, Target or online at sites such as <http://www.omnicheer.com> for a reasonable cost. Also, for girls wearing bras, you will need to provide your cheerleader with a criss cross strapped bra or an apparatus that will hold the straps in place (such as "The Strapper") for when they wear just the shell. No bra straps are allowed to show.

1. Complete uniforms shall be worn at all AYFL sponsored events during the season. Uniforms (including sneakers and socks) shall be clean and in good condition at all times.
2. Uniforms will be returned at the end of the season. Parents will be financially responsible for the replacement costs of uniforms not returned, lost, or damaged in any way.
3. Any cheerleader who decides to leave the program will be required to return their complete uniform immediately.
4. Remember – you represent the Ashburn community at all times when wearing your cheerleading uniform.

OUR COACHES

Please always remember that our Coaches are volunteers. Many of them are parents, and they all have family responsibilities of their own. Coaches give a tremendous amount of their personal time to help build a cheer team that the cheerleaders can all participate in and be proud of. Our Coaches also strive to teach our cheerleaders good sportsmanship along the way.

Coaches should be given the opportunity to do their "Coaching" job with minimal disruption from parents. Your patience, support, understanding and cooperation are absolutely necessary if we are to have a successful season. If you are interested in

volunteering your time as a Coach, Assistant Coach, or Team Mom, please contact the AYFL Cheerleading board.

STUNTS & PYRAMIDS

Stunts and pyramids are an important part of cheering as well as a dangerous part if not performed correctly. Each year stunt positions are determined based on the participants and their abilities. It is important that parents and children understand that **no child will be put in harm's way in an effort to complete a stunt. All stunts will be age appropriate and based on the cheerleaders' abilities.**

VOLUNTEERING

Volunteering is the key to a successful program. Parents are a big help to all of our cheer squads.

Volunteers help with fundraising, scheduling parent duties, as well as bring the parents together for informational purposes.

We value our **Parent Volunteers** as they are an instrumental part of our program. AYFL is always looking for volunteers for our cheer program. We encourage each squad to designate several volunteers to assist throughout the season. These can include a Team Mom/Dad, Fundraising Coordinator, Events Coordinator, Party Coordinator or even Squad Photographer. Each squad will determine the type of volunteers that they need.

All parents are encouraged to help the team and Coaches in any way possible. Some of the volunteer duties may be as follows:

- Assist the Coach with the squad contact lists and making telephone calls.
- Coordinate snack schedules and/or dispersement.
- Coordinate any fundraising efforts that the squad participates in.
- Organize car pools to games and practices.
- Organize the Team for the Homecoming Parade or other Special Events..
- Organize the end-of-year Team party.
- Serve as squad photographer.

FUNDRAISING

AYFL is a non-profit organization and needs the support of sponsors and parents for donations in order to keep registration fees to a minimum; while providing the most successful cheer program we possibly can. We need to continue to grow our funds for the future success of our program.

Fundraising is mandatory for each girl. You were given an "opt out" during registration. Should your child(s) not raise \$100, you will be responsible for the difference.

PICK UP RELEASE FORM

If you decide to carpool with other parents or find yourself unable to pick up your child after a practice or game, you will be required to sign a Pick Up Release form before your child will be released to anyone other than a parent. Please ask the person picking up your child to be prepared to present an ID if the Coach does not know the individual. This is to protect your child against someone picking up your child without your authorization.

QUESTIONS & CONCERNS

Any questions or concerns you have regarding your cheerleader's squad should be discussed with the squad's Coach **FIRST**. Please call or email the Coach to schedule a convenient time for this meeting; and keep the discussions away from the cheerleaders, and off the fields. If you feel that you are unable to resolve the issue with your coach, you may contact the Cheer director for assistance at cheer@ayfl.org

RULES AND REGULATIONS

Purpose:

- To promote and uphold team spirit and squad unity.
- To maintain a sense of good sportsman-like conduct at all times among team members and visiting players.
- To strive to uphold the highest personal, as well as cheerleading, standards.
- To help young girls develop moral character and self-discipline through proper adult guidance. All AYFL cheerleaders in game or practice uniforms shall act politely and respectfully at all times and must abide by the rules and regulations set forth by AYFL. This also applies to all AYFL sponsored functions.

Practice

- Practices are held a minimum of twice a week during the season. Additional practices may be scheduled at the beginning of the season, as well as for special events throughout the season.
- Practice days and times are to be scheduled based on space availability., You are responsible for the transportation of your cheerleader.
- Please drop off your cheerleader and pick them up at the appropriate time. We find we are able to have our cheerleaders' full attention during practices if the parents are not on site and/or in the immediate area.
- Parents are absolutely prohibited from PARTICIPATING in practice, unless approved by the Coach in advance.
- Parents must bring their cheerleader to practice on time!
- Repeated tardiness at the start or end of practice, or continued early pick-ups, will result in the cheerleader not being able to perform at designated AYFL games and events.
- Each cheerleader is required to bring the following items to each practice:
 - Water or sport drink (absolutely no soda permitted)
 - Bug repellent or sunscreen as needed

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- Extra hair ties
 - Other items as designated by the Coach
- Cheerleaders are required to wear the appropriate practice outfits to each practice. Proper practice clothes would be athletic shorts, t-shirts (no crop tops!) and athletic shoes (no flip flops, sandals or Crocs!).
- Failure to wear the appropriate top/shorts/shoes will result in the cheerleader not participating in the practice. The following rules also apply:
 - Cheerleading uniforms should NEVER be worn to practice unless specified by the Coach.
 - Jewelry of any sort must not be worn to practice, games, performances, or special events - this includes earrings.
- Cheerleaders and/or their parents must call their Coach in advance if they will be absent from practice. This will count as an excused absence.
- Cheerleaders are allowed three (3) excused absences from practice during the cheer season. If a call is not received at least one (1) hour before practice is scheduled, this will count as an unexcused absence and the cheerleader may be asked to sit out during a portion of the next game and/or during the half-time cheerleader performance.
- If a cheerleader will be absent from a game, notice must be given to the Coach AS SOON AS POSSIBLE, or at the very least at the practice before that scheduled game. This will give the team the opportunity to make the necessary adjustments to cheer routines.
- Failure to attend a game without prior notice to the Coach will result in the cheerleader's nonperformance at the next scheduled game.
- Repeated absences from practices/games will result in the cheerleader not performing at designated games and events.
- All practices and games will be held outside with no indoor access. Restroom facilities will not be accessible at practice locations and sometimes not easily accessible during games. It is the cheerleader and parents' responsibility to ensure that their cheerleaders use the restroom prior to coming to practices and games. If a cheerleader needs to use the restroom during a game, the parent of that child must escort her to the restroom (in order to allow the Coach to remain with the squad).
- Please be aware of weather reports and predictions. Your coach will contact you in the event a practice or game is canceled or the squad will not be cheering due to the bad weather.
- During practices/games, any cheerleader reporting illness or non-ability to cheer will be asked to sit on the sidelines until the game is completed. Cheerleaders must first report this to the Coach; and the Coach will then bring the child to their parent or contact the parent to have them come pick their child up from the event. Special circumstances will be discussed with the parent on a case-by-case basis.
- Stunt routines are to be performed only with the supervision of the Coaches. Any cheerleader(s) found performing stunts without Coach supervision will be counseled by the Coach.
- It is the parents' responsibility to provide/arrange transportation for his/her child to and from all games and practices.

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- Parents will be asked to provide support in different aspects of the cheerleading program throughout the season. We are a 100% volunteer program.
- Cheerleading is a TEAM SPORT and requires that all team members be present at all games and all practices. Other activities should not interfere with the cheer schedule.

2026 AYFL Cheer Rules And Regulations

I have read, understood and agreed to the 2026 Ashburn Youth Sports League Cheerleading PARENT HANDBOOK.

Cheerleader's Name _____

Parent/Guardian PRINT SIGN DATE _____

Parent/Guardian PRINT SIGN DATE _____

This signed portion must be returned to your child's coach by the first day of practice.

ZERO TOLERANCE POLICY

AYFL's purpose is to promote a safe environment to help young girls develop moral character and self-discipline through proper adult guidance.

- to promote and uphold team spirit and squad unity.
- to maintain a sense of good sportsman-like conduct at all times.
- to strive to uphold the highest personal, as well as cheerleading, standards

Therefore, AYFL has adopted a zero tolerance policy for any type of harassment, discrimination or bullying.

Harassment is defined as behavior offensive in nature, intended to disturb or upset, and is the intentional threatening or disturbing of others.

Discrimination is defined as the unjust or prejudicial treatment of different categories of people or things, especially on the grounds of race, age, or sex.

Bullying is defined as abusive treatment, the use of force or coercion to affect or intimidate others. The abuse can occur mentally, physically or emotionally in an attempt to gain power over another individual.

AYFL Coaches and Board of Governors of Cheer will investigate any claim of the above behavior and the Board of Governors will pass a binding decision on the incident which may include a conference with the parent and child, suspension of the cheerleader or the cheerleader being permanently removed from the AYFL Cheer program.

I have read, fully understand and agree to abide by AYFL s Zero Tolerance Policy.

Cheerleader's Name _____

Parent/Guardian PRINT SIGN DATE _____

Parent/Guardian PRINT SIGN DATE _____

PICK UP RELEASE FORM

Date: _____

My Cheerleader, _____ will be picked up after practice/game (circle one) by:

_____ (parent/guardian)

_____ (parent/guardian)

or _____ (other).

If carpooling, please provide the name of all possible.

Parent Name: _____

Parent Signature: _____

Coach Received: _____

Coach Verified ID: _____

PHOTOGRAPHY AND VIDEO RELEASE FORM

AUTHORIZATION TO USE PHOTOGRAPHS AND/OR AUDIO-VISUAL

I, _____, hereby authorize Ashburn Youth Sports League (AYFL) to use, reproduce, and/or publish photographs and/or video that may pertain to my child--including image, likeness and/or voice without compensation. I understand that this material may be used in various publications, public affairs releases, recruitment materials, broadcast public service advertising (PSAs) or for other related endeavors.

This material may also appear on the AYFL Cheer Internet or social media Page. This authorization is continuous and may only be withdrawn by my specific rescission of this authorization.

Consequently, AYFL or project sponsor may publish materials, use my child's name, photograph, and/or make reference to them in any manner that AYFL deems appropriate in order to promote/publicize service opportunities.

Signature: _____

Printed Name: _____

Date: _____

GAME DAY EXPECTATIONS

Game schedules are determined by the LYFA board of directors. Each league may run game day differently, so rules may vary depending on the hosting league.

Rules that are consistent across leagues:

- Parents are expected to always remain in the stands or at the outside perimeter of the field. Parents/families are **never** allowed on the football field.
- Video equipment that may be distracting to players is not permitted (i.e., drones).
- **NO** pets or dogs allowed.
- Families are expected to clean up their trash before they leave the stadium. *The hosting league is not responsible for personal items that are left behind, lost or stolen.*
- If at a school, **NO** parking in bus lanes or roundabouts/drop off areas
- The AYFL reserves the right to remove spectators for inappropriate, disrespectful, or disruptive behavior.

Equipment that is allowed at the fields:

- Tents (so long as they are not on the running track)
- Extra water jugs
 - If water needs to be refilled, please locate a board member for access to a trainers' room to refill the water jug. If games are taking place at a recreational field, this may not be possible. **Please bring extra water.**
- Spray bottles
- Cold towels in coolers
- Portable space heaters
- Portable fans
- First aid kits (coaches will have a first aid kit provided to them in their coach's bag)
 - NOTE: These items (except for coach's first aid kit) are **not** provided by the league but can be organized by the parents of each team.

Volunteers allowed on the field

- Registered Coaches
- Team Parent if helping out with water or equipment
- Play Count Keeper
- **ONE** photographer/videographer per team
- Board Members
- Home teams are expected to find **THREE** volunteers to hold the first down chains at each home game. These volunteers must sign up for the position via DIBS prior to the game.
 - Referees reserve the right to remove excess volunteers from the sidelines

Admission fees at away games

- Some leagues have admission fees to watch the football game. AYFL is **not** one of those leagues.
 - Games at **LLYFL** home field require spectators to pay **\$3** to enter the stadium; **\$2** for senior citizens.

LEAGUE-WIDE PARENTS' CODE OF CONDUCT

The following code of conduct was agreed to upon registering with the AYFL.

Breaching the AYFL Parent Code of Conduct will be reviewed on a case-to-case basis by the AYFL Board of Directors and may result in dismissal from the league without a refund.

The AYFL Cheer Program requires additional code of conduct provisions (see previous pages). This code of conduct will be distributed by the Director of Cheer prior to the start of the season.

All coaches have the right to communicate additional provisions for their team's parents code of conduct policy at any time during the season. Football and cheer coaches also reserve the right to enforce an attendance policy and behavioral expectations for their players and cheerleaders.

Parents shall:

- Return all equipment, including shoulder pads and helmets, at the end of the season.
 - Cheer parents are required to return all poms and uniforms at the end of the season.
- Not use abusive or profane language at any time.
- Not criticize players, cheerleaders, coaches, referees, or board officials in front of teammates, spectators, or on online platforms.
- Not criticize an opposing team's players, parents, cheerleaders, fans, or coaches by word of mouth, gesture, or on online platforms.
- Accept the decisions of game officials as being called to the best of their ability, fair and final.
- Not smoke, use tobacco, or consume alcohol on any fields during/before/after practices and games.
- Maintain the prescribed parent-to-team barrier during practices and games.

Unusual circumstances in question that may be seen as unprofessional, unsportsmanlike, unacceptable, inappropriate or harassment will be reviewed by the AYFL Board of Directors on a case-to-case basis.

The Ashburn Youth Football League reserves the right to adjust, expand, or clarify the above provisions at any time before/during/after a season.

COACHES' CODE OF CONDUCT

All football and cheerleading coaches have agreed to abide by the following Code of Conduct provisions. If any of these provisions are violated, the League shall have the authority and obligation to impose a penalty, including up to dismissal from coaching duties and the league. **Coaches shall:**

1. Complete HeadsUp Football concussion training [for football] as well as Child Safety training courses [both football and cheer] prior to the start of the season.
2. Not at any time lay a hand upon, push, shove, or be guilty of physical contact upon any official, participant, coach, board member or any spectator.
3. Not use abusive or profane language at any time.
4. Not verbally abuse any game officials, participants, coaches, spectators, or board members. Bait or be guilty of objectionable demonstration or dissent at any officials.
5. Not criticize players/ cheerleaders in front of teammates and spectators but reserve constructive criticism for a later time for all to benefit.
6. Not criticize an opposing team's players, cheerleaders, coaches, or fans by word of mouth or by gesture at any time before, during or after a game.
7. Accept the decisions of game officials as being called to the best of their ability, fair and final.
8. Together with League officials, be jointly responsible for the conduct of team fans, spectator, and parents.
9. Exhibit sportsmanlike conduct regarding scoring.
10. Not permit an ineligible player or cheerleader to participate in a game.
11. Promote sportsmanlike conduct from players, subordinates, and parents.
12. Always put a players / cheerleader's health and safety before all other issues and concerns.
13. Not recommend or distribute any prescribed or over the counter medication.
14. Not receive any payment, in cash or compensation, for services as an AYFL coach.
15. Under NO circumstance can a coach dismiss a player or cheerleader from a team. All dismissals must be brought to the AYFL board for a review and vote by elected board officials. This includes excluding a child's family from team group chats and email chains.
16. Not use tobacco, alcohol, or illegal narcotics in front of participants during practices or games or be present during practices or games under the influence of alcohol or illegal narcotics.
17. Not distribute or communicate confidential information concerning players, coaches, or parents inclusive of code of conduct and any issues or incidents under investigation or review.
18. Not use social media for AYFL communications except team scores and positive accolades.
19. Not post individual player facial pictures without parental consent.
20. Not share or distribute any AYFL League documents (Player Registration sheets or emails) without authorization of the board.
21. Ensure all players on their teams abide by the league rules reference to player participation. (Play count)



BETTER ATHLETES
BETTER PEOPLE



As a youth-serving organization, the Ashburn Youth Football League considers the safety and well being of the youth in our programs a top priority. We prohibit abuse and strive to proactively address reports of this type of conduct, even if it means that someone will be embarrassed or upset. We want to hear about problems or concerns, and we will strive to act on them in a fair way in accordance with our policies.

We will report suspected abuse to the Loudoun County Sheriff's Office

Policy and Procedures:

Ashburn Youth Football League has adopted the following Policy and Procedures in an effort to provide a safe environment for our coaches, athletes, and their families.

- The **Coach Recruitment and Training** process shall include the following:
 - Volunteer application: Every coach and volunteer interacting with the youth players and cheerleaders of the AYFL must submit their application by registering online at AYFL.org. By registering to coach, all coaches consent to being subject to a background check to disclose to prior claims or allegations of sexual abuse or other inappropriate conduct.
 - Screening: A designated representative(s) of the organization will interview and meet each prospective coach/volunteer.
 - Background Check: All current and potential coaches will be subject to a background check, including inquiries regarding any previous record of sexual abuse or unlawful activity. This background check will be updated at least every year for each coach.
- An **Abuse Prevention Orientation and Training** shall be conducted annually.
 - For the 2026 seasons, every head and assistant coach will be required to complete the Child Safety Training through *Protect Youth Sports*.
 - All coaches will be distributed handouts related to the signs of abuse and preventive measures required of our coaches including mandatory reporting.
 - All coaches, parents and volunteers will be provided with resources and video modules for review at the beginning of the season, created and provided by *Kid Power*.
- **Prohibited Behavior**
 - Use of degrading language or behavior. Coaches are also responsible for stopping disrespectful behavior between team members, including sexual harassment.
 - Threatening or intentionally inflicting physical injury upon anyone, especially a minor. Coaches are also responsible for stopping threatening behavior by players.
 - Committing any sexual offense against a minor, or engaging in any sexual contact with a minor.

- Making any sexual advance, or engaging in other verbal, or physical conduct of a sexual nature with a minor--including behaviors related to grooming.
- Non-related one-adult/one-child interaction except in an emergency where following this policy would be dangerous to the child. In an emergency situation, the coach or volunteer must contact a representative of the organization to inform him or her of this contact and the reason for it. If a child is receiving individual instruction or working with a private coach, this activity must be in a public setting rather than behind closed doors.

● **Reporting of Suspected Child Sexual Abuse**

- A member of the Board of Directors or other official representative will be designated to receive reports of sexual abuse or other inappropriate conduct. This representative will promptly notify the proper law enforcement agencies.
- All coaches, volunteers, parents and program participants are directed to report any incident of abuse or suspected abuse that they witness or that is reported to them to the designated representative of the Board of Directors. Note: This does not preclude individuals from reporting abuse or suspected abuse to the proper law enforcement authorities.
- The designated representative will keep other Board members fully informed.
- Should a suspected incidence of abuse be reported, the coach/volunteer in question may be temporarily suspended from duties while an investigation takes place.
- The Board of Directors, when appropriate, shall communicate reports of child sexual abuse to the league members. The confidentiality of any who makes such a report will be protected.

I, _____, understand that any inappropriate or prohibited behavior with the players and/or cheerleaders of the AYFL will result in my suspension and/or expulsion from the league without a coaches' reimbursement. Additionally, the AYFL will make a report of suspected abuse to the Loudoun County Sheriff's Office.

_____ (initial)

I will follow the AYFL Anti-Sexual Abuse policy and will report suspected abuse to players or cheerleaders by coaches, assistant coaches, parents, and/or spectators to the AYFL Board immediately (president@ayfl.org, vp@ayfl.org, secretary@ayfl.org, and safety@ayfl.org). _____ (initial)

PRINT NAME

SIGNATURE

DATE



Protecting Youth Athletes from Sexual Abuse Key Actions for Parents and Coaches

Child predators tend to avoid children who have vocal adults looking out for them. This document and accompanying video, at www.kidpower.org/youth-sports/, provide practical ways to protect your children from sexual abuse.

You can't identify child predators by how they look. The key is to pay attention to behavior.

Common warning signs of sexual abuse by coaches:

- Giving individual players special gifts
- Spending extra time (by phone/email/text/in person) with individuals outside of official practices/games
- Telling players to keep secrets such as not sharing their conversations or activities with their parents

What can you do as a parent?

- Ask your organization's leadership for its policy on protecting athletes from abuse. If it doesn't have one, share this information sheet with them and tell them about the Youth Sports Child Abuse Prevention policy at <http://www.kidpower.org/youth-sports/child-abuse-prevention/>.
- A major key to child protection is "No secrets." Tell your children that any problems, favors, gifts, or touch should never be a secret.
- Give your children language to use if someone is making them feel uncomfortable. Teach them to say, "*Please stop! This makes me feel uncomfortable.*"
- Encourage kids to tell you any time someone's behavior makes them feel unsafe. Even if you feel concerned about what a child has told you, act calm and ask open-ended questions like, "*Tell me more about this.*"
- Tell your children you want them to tell you any time they have a safety problem even if it's uncomfortable to talk about, even if someone might get upset. Assure them you will do everything you can to keep them safe.
- If your child is receiving individual instruction or working with a private coach, make sure you can drop in any time, that your child knows personal safety skills, and that activities happen in public settings.
- If something makes you uncomfortable, address the coach calmly and respectfully. If you don't get a satisfactory response, take your concerns to organizational leadership, or perhaps the police if appropriate.
- Listen to your gut feelings. If anything seems wrong, even if you can't prove anything, have the courage to ask questions and to be persistent until you are satisfied. Potential abusers look for youth who do not have strong advocates, so your speaking up can help protect your child!

What can you do as a coach?

- Recognize that you are part of a network of people committed to protecting kids in youth sports!
- Give this sheet to all your parents. Tell them that you want them to approach you immediately if they are ever concerned about anything during the season.
- Avoid being alone with an athlete, except in the case of an emergency.

Other Resources

- Learn more about child protection and teaching kids personal safety skills from [Kidpower \(www.kidpower.org\)](http://www.kidpower.org).
- Learn more about how youth sports can increase kids' emotional safety from [PCA \(www.positivecoach.org\)](http://www.positivecoach.org).
- To make an official report or for information, contact a children's advocacy center such as The National Children's Alliance at www.nca-online.org or call 1-800-239-9950.
- For coach and volunteer background checks, visit www.KidSafePlus.com

Thank you to Malachite Strategies, Green Bay Packers and SportsSignup Online Sports Management Solutions for support of this project.

TEMPERATURE POLICY

Heat Index (or "Feels Like" Temp)	Provisions
100° and above	Game/practice canceled
95° to 100°	No helmets and shoulder pads, increased water breaks
90° to 94°	Increased water breaks, ability to remove equipment
36° to 89°	Play as normal
11° to 35°	Extended warmups. Players must wear long sleeves and pants. Reduce practice length.
10° and below	Games/practice cancelled

The AYFL follows the LCPS weather guidelines. The Board will send a league-wide email if practices must be cancelled due to heat or cold. **Is your LCPR field closed for today? Find out here:** <https://rainoutline.com/search/dnis/7034540011/>

LIGHTNING POLICY

1. When thunder is heard or lightning is seen, the leading edge of the thunderstorm is close enough to strike your location. **Suspend play for at least 30 minutes and vacate the outdoor activity to the previously designated safer location immediately.**
2. 30-minute Once play has been suspended, wait *at least* 30 minutes after the last thunder is heard or lightning is witnessed prior to resuming play.
3. Any subsequent thunder or lightning after the beginning of the 30-minute count will **reset the clock** and another 30-minute count should begin.

AIR QUALITY INDEX POLICY

The **Air Quality Index** is a measurement of air quality that is calculated from ozone and fine particle pollution measurements over the past few hours. A higher AQI indicates a higher level of air pollution, and consequently, a greater potential for health problems.

Level	Color	Description
**	White	Air quality information is unavailable.
0-50	Green	Good air quality. Little or no health risk.
51-100	Yellow	Moderate air quality. People who are unusually sensitive to air pollution may be mildly affected. Proceed with caution.
101-150	Orange	Unhealthy for sensitive groups. These groups may experience health problems due to air pollution. Warn families of the potential risks.
151-200	Red	Unhealthy. The general public may experience mild health effects. Sensitive groups may have more serious health problems. Warn families of the potential risks.
201-300	Purple	Very unhealthy. Everyone is susceptible to more serious health problems. Cancel games or practices.

AYFL SICK POLICY

COVID-19 RETURN TO PLAY

The AYFL follows the guidance of several agencies. The CDC, VDH and VHSL all provide detailed explanations in regard to COVID-19. Below is a summarized version of our current (as of 08/15/2022) return to play plan.

If you are exposed to COVID-19:

- If a player or cheerleader is exposed to COVID-19 vaccinated or unvaccinated they do not have to quarantine under the new CDC guidelines.

If you receive a positive COVID-19 test:

- If the player or cheerleader is symptom free, the player can return to play 5 days after being diagnosed with COVID-19.

Here are some links for further research:

- <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- <https://www.vdh.virginia.gov/coronavirus/>

NON-COVID-19 SICK POLICY

To prevent the spread of other colds and illnesses, we ask parents to do abide by the following stay-at-home protocols:

If your child is experiencing the following symptoms, please refrain from bringing them to practice:

- Fever
- Chills
- Vomiting
- Cough
- Prolonged Runny Nose and Congestion
- Prolonged Diarrhea
- Prolonged Headache
- Other cold and flu-like symptoms

Rule of thumb: if a child is unable to attend or is sent home from school, they should not attend football or cheer practice.

AYFL football and cheer coaches have the discretion to create additional absence policies and protocols.

HYDRATION

It can make or break performance. Keep your athletes from getting dehydrated, here is what they need to know.

WHAT GOES OUT MUST COME BACK IN

Depending on intensity, athletes can lose between 1 and 4 pounds of water per hour when working out.



Drink 12 fluid ounces of water 30 minutes before working out



Drink water throughout the day to keep hydrated prior to practices or games



Drink water every 20 minutes during the first hour after working out



Replenish electrolytes

THE PERFORMANCE KILLER

Dehydration symptoms to watch out for:

Headache	Dry mouth and thirst	Decreased output of urine	Dry skin	Lightheadedness, dizziness, sleepiness	Exhaustion	Disorientation and lack of focus	Fever	Hyperventilation	Diarrhea, vomiting	Loss of consciousness
MILD								SEVERE		

WHAT AND WHEN TO HYDRATE

- ☑ **BEFORE** - Cold water
- ☑ **DURING** - Electrolyte-packed sports drink or water
- ☑ **AFTER** - Chocolate milk or protein shake

DID YOU KNOW?

Painful muscle cramps can be prevented by staying hydrated.



5 HACKS TO PERFORM BETTER IN HEAT

Don't let the heat affect the intensity of your athlete's performance, or worse, lead to something more serious such as heat stroke.



WHAT TO TELL YOUR PLAYERS:



REALIZE WHEN IT'S TIME TO BREAK

If you feel dizzy, weak or exhausted, take 20 and slowly build your intensity back up.

★ PRO TIP:

Want to cool down quickly? Rest in the shade and try placing a cold towel on your head.



WATCH OUT FOR YOURSELF AND YOUR TEAMMATES

HEAT SYNCOPE:

Getting lightheaded or fainting during exercise

HEAT EXHAUSTION:

Inability to continue exercise because of weakness or fatigue

EXTERNAL HEAT STROKE (EHS):

Central nervous system dysfunction and body temperature of more than 104 degrees



IT'S IN WHAT YOU WEAR

Stay cool by wearing loose fitting, light colored clothing and minimize the amount of equipment worn during a workout.

★ PRO TIP:

Get outside conditioning earlier (before 10 a.m.) or later in the day (after 5 p.m.).



SPORTS DRINK VS. H2O

Drink water *before* your workout and sports drink *during* intense exercise.

★ PRO TIP:

When conditioning outside, keep drinks in a cooler so they can be nice and cold for when you need them.



TRAIN EARLY IN THE SEASON

Acclimating to hot temperatures is important if you want to make sure your performance is all-star ready.

★ PRO TIP:

Get out of the air conditioning and into the heat. Slowly build the intensity of your workouts as the summer progresses to get you in prime condition for the start of the season.

HOW TO RECOGNIZE AND TREAT THE VARIOUS EXERTIONAL HEAT ILLNESSES

	HEAT SYNCOPE	HEAT CRAMPS	HEAT EXHAUSTION
RECOGNITION	Refers to a fainting or lightheadedness episode	Painful, localized muscle cramps and may feel like they are “wandering” throughout the cramping muscle Usually visible and the muscle will feel hard	The inability to continue exercise in the heat from either weakness or exhaustion May feel hot, tired, sweating a lot, weak, dizzy and don’t feel able to continue exercise
CAUSES	Lack of heat acclimatization and poor fitness Blood pools in the lower extremities, reducing the heart’s ability to provide enough circulation	Combination of fatigue, dehydration and electrolyte losses through sweat Lack of heat acclimatization and poor fitness	Caused by either excessive fluid losses or electrolyte losses Dehydration causes less blood to be available for the working muscles and the skin to give off heat
TREATMENT	Lay the athlete on the ground and raise the legs about 12 inches This helps blood go back to the heart to normalize blood pressure	Rehydration with water and sport drinks Some light stretching or massage with ice on the cramping muscle	Remove the athlete from activity and put him or her in a shaded/cool area Lay the athlete on the ground and raise the legs about 12 inches Replenish lost fluids Moderate cooling methods, such as ice towels, misting fans or cold water immersion
PREVENTION	Heat acclimatization	Arrive to practice well-hydrated and having consumed some salt with the last meal Minimize fluid losses during exercise and replace lost fluids post exercise Heat acclimatization	Heat acclimatization Arriving to practice/competition well-hydrated Minimizing fluid losses during activity and replace fluid losses after exercise
RETURN TO PLAY	The athlete should feel better within a few minutes, and full recovery is usually quick (within hours) Return to activity once the athlete feels better and is adequately hydrated	Once cramps resolve Without replacing lost fluids, risk of additional cramps is high	Should not return to activity on the same day Complete recovery usually takes 24-48 hours and must focus on rehydration and rest

IMPORTANT

If athletes need to go to the hospital, have them cool off first and transport them second. Rapid cooling onsite while waiting for transport to the hospital is a key to survival of an exertional heat stroke without medical staff.

EXERTIONAL HEAT STROKE (EHS)

What is exertional heat stroke (EHS)?

Exertional heat stroke occurs when the body reaches temperatures above 104°F and there is obvious central nervous system (CNS) dysfunction. CNS dysfunction can include any of the following: dizziness, collapse, confusion, irrational behavior, hysteria, aggressiveness, combativeness, disorientation, seizures and coma. It is a medical emergency.

What is the cause of EHS?

When the body is unable to give off heat fast enough, heat is stored and core body temperature continues to rise.

How do I treat someone suspected of EHS?

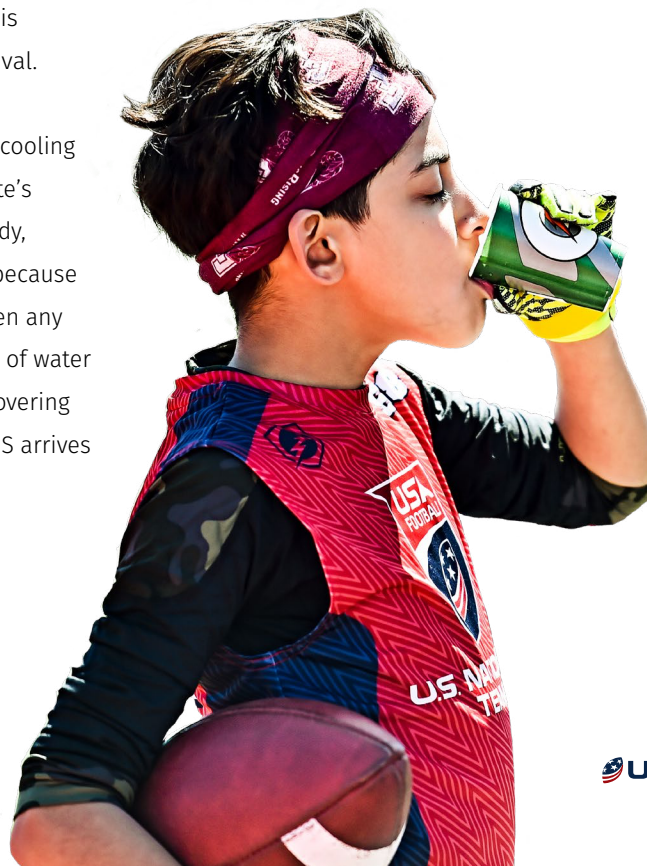
If EHS is suspected in an athlete, immediate action is imperative in order to maximize the chance of survival.

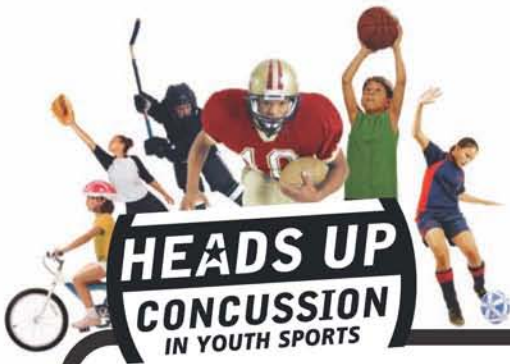
EMS (9-1-1) should be called immediately. Aggressive cooling of the entire body should be done to lower the athlete's core body temperature as fast as possible. Whole-body, cold-water immersion is the best treatment for EHS because it cools the body the fastest. If this is unavailable, then any attempts to cool the body through continual dousing of water (shower, running a hose over the entire body while covering the body with iced towels) should be done before EMS arrives to take the athlete to the hospital.

How do I prevent EHS?

There are multiple ways in which you can help prevent the occurrence of EHS:

- Having your athletes undergo a period of heat acclimatization
- Encouraging athletes to come to practice hydrated
- Allowing athletes unlimited access to hydration during activity
- Modifying practice when environmental conditions become extreme (allowing additional rest/hydration breaks, reducing the intensity of practice, reducing the time of practice and reducing the equipment worn during practice)
- Practicing at an intensity that is appropriate for the fitness level
- Encourage your athletes to speak up when they do not feel well - create a culture where this is considered smart





HEADS UP CONCUSSION IN YOUTH SPORTS

A Fact Sheet for PARENTS

WHAT IS A CONCUSSION?

A concussion is a brain injury. Concussions are caused by a bump or blow to the head. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.

You can’t see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If your child reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.

WHAT ARE THE SIGNS AND SYMPTOMS OF A CONCUSSION?

Signs Observed by Parents or Guardians

If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs and symptoms of a concussion:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Can’t recall events prior to hit or fall
- Can’t recall events after hit or fall

Symptoms Reported by Athlete

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Does not “feel right”

HOW CAN YOU HELP YOUR CHILD PREVENT A CONCUSSION?

Every sport is different, but there are steps your children can take to protect themselves from concussion.

- Ensure that they follow their coach’s rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.
- Make sure they wear the right protective equipment for their activity (such as helmets, padding, shin guards, and eye and mouth guards). Protective equipment should fit properly, be well maintained, and be worn consistently and correctly.
- Learn the signs and symptoms of a concussion.

WHAT SHOULD YOU DO IF YOU THINK YOUR CHILD HAS A CONCUSSION?

- 1. Seek medical attention right away.** A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to sports.
- 2. Keep your child out of play.** Concussions take time to heal. Don’t let your child return to play until a health care professional says it’s OK. Children who return to play too soon—while the brain is still healing—risk a greater chance of having a second concussion. Second or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.
- 3. Tell your child’s coach about any recent concussion.** Coaches should know if your child had a recent concussion in ANY sport. Your child’s coach may not know about a concussion your child received in another sport or activity unless you tell the coach.

It’s better to miss one game than the whole season.

If you think your athlete has sustained a concussion:

- Take him/her out of play
- Contact your physician

CALL 202-476-2429



www.childrensnational.org/score

SIGNS OBSERVED BY COACH/PARENT

- Appears dazed or stunned
- Is confused about assignments or position
- Forgets sports plays
- Is unsure of game, score or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall

SYMPTOMS REPORTED BY ATHLETE

- Headache or "pressure" in head
- Nausea or vomiting
- Balances problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Does not "feel right"



202-476-2429



Concussion

RECOGNITION & RESPONSE™
COACH & PARENT VERSION

Suspect a Concussion?

Let the Concussion Recognition & Response™ App help you decide how to proceed . . .

Assess whether an individual is exhibiting/reporting signs and symptoms of a suspected concussion with the Concussion Recognition & Response app. In less than 5 minutes, coaches and parents can go through a checklist of possible signs/symptoms to determine whether to remove the child from play and the need for further medical examination. The app also provides home symptom monitoring for post-injury follow up.

Developed by concussion experts Gerard A. Gioia, PhD, and Jason Mihalik, PhD, the app is based on information from the CDC's "Heads Up: Concussion in Youth Sports" program. Guiding the user through a list of possible symptoms, the app helps coaches and parents make informed decisions about next steps following a suspected concussion.

Concussion Recognition and Response. Guided questions help determine the likelihood of a suspected concussion based on observations by the parent or coach and/or symptoms reported by the athlete. A GPS records where the incident took place; a camera enables you to photograph the injured party; email allows you to forward accurate information and documentation to a health care provider.

Home Symptom Monitoring (HSM). After follow-up with health care providers, the app enables a parent or caregiver to record a child's symptoms through periodic evaluations, which are tracked during the hours, days, or weeks following an injury. This information can be emailed to the health care professionals, providing an update on the athlete's recovery.

Return-to-Play Guide. Based on information provided by the CDC, the Return-to-Play Guide helps to protect children and athletes from further injury by guiding them through a daily exercise routine that assists in their ability to return to play. Through a five-step, tiered workout routine and in collaboration with the child's health care provider, parents and coaches can ensure that the child is able to handle added exercise without further injury or discomfort.

ACE Post-Concussion Home/School Instructions. The app's concussion information section provides general information about concussions along with targeted answers to Frequently Asked Questions for parents and coaches.

Customized themes. Through an in-app purchase, you can customize the look-and-feel of the app with sport-related themes. Currently available for purchase are hockey, football, and lacrosse—*with more coming soon!*

For your iPhone®, iPad®, iPod® Touch, Android device or tablet!

Must have iOS version 4.0 or higher on your iPod® Touch, iPhone®, iPad® or Android version 2.1 or higher for your mobile device or tablet.

Available soon at the Apple® App StoreSM or Android Marketplace!

See screenshots →



Gerard A. Gioia, Ph.D., Director of SCORE Program
 15245 Shady Grove Rd. Suite 350
 Rockville Maryland 20850
 202-476-2429

Concussion Resources for Coaches & Parents

The following resources are aimed at helping and educating coaches and parents of youth and high school level athletes about concussions. Other useful and informative resources can be found on the **SCORE website**: <http://childrensnational.org/score/>.

CDC Concussion Resources: <http://cdc.gov/concussion/>

Heads Up: Youth Sports: <http://www.cdc.gov/concussion/HeadsUp/youth.html>

Heads Up: High School Sports: http://www.cdc.gov/concussion/HeadsUp/high_school.html

Video Resources:

Name:	Organization	Sports Orientation	Video Length	Link:
Heads Up Online Training Course	CDC	Youth Sports- includes variety of sports	~40 min (total with tests)	http://cdc.gov/concussion/HeadsUp/online_training.html
Concussion Awareness	USA Football, CDC	Football	12 min	http://videos.usafootball.com/video/Concussion-Safety
Concussions in Football: Signs, Symptoms and Playing Safe	NAN, NATA, NFL	Football	12 min	http://www.nanonline.org/NAN/Home/Home/FootballVid eo.aspx
Concussions in Hockey: Signs, Symptoms and Playing Safe	NAN, NATA, NHL, NHLPA	Hockey	12 min	http://www.nanonline.org/NAN/Home/Home/HockeyVid eo.aspx
Concussions in Lacrosse: Signs, Symptoms and Playing Safe	NAN, NATA, US Lacrosse	Lacrosse	12 min	http://www.uslacrosse.org/UtilityNav/AboutTheSport/Hea lthSafety/ConcussionAwareness/Video.aspx
ACTIVE: Athletic Concussion Training for Coaches	Oregon Center for Applied Science	Youth: Multiple sports	20 min	http://activecoach.orecasinc.com/
Youth Sports- Head Injury Guidelines and Procedures	WIAA, Harborview Medical Center, UW Medicine, Seattle Children's, BIAWA	Youth: Multiple sports	14 min	http://www.mywiaa.org/lystedt/default.htm
Concussion in Sports- What you Need to Know	NFHS, CDC	High School; multiple sports	~25 min	http://www.nfhslearn.com/electiveDetail.aspx?courseID=15000
Play Smart; Understanding Sports Concussion	Brain Injury Assoc- Massachusetts	Multiple sports	2 separate videos (Students and Adults): 12 min each	http://www.biama.org/playsmart.html

If you think your athlete has sustained a concussion...don't assess it yourself.

Take him/her out of play, and seek the advice of a health care professional.

WHEN IN DOUBT, SIT THEM OUT!

CONTACT INFORMATION

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Director of Registration	Meaghan Tracy	registration@ayfl.org
Director of Fundraising	Jeff Phongphouthai	sponsors@ayfl.org
Volunteer Coordinator	Brandon Bryant	volunteers@ayfl.org

*board@ayfl.org emails the entire AYFL Board of Directors.

We are looking for parents who are interested in becoming active volunteers for the Ashburn Youth Football League. **All board members get their child's registration fees reimbursed when elected into a position.**

If you are interested in taking on roles that include organizing coaches, referees, trainers, fundraisers, fields, game announcers, or are interested in roles such as LYFA representative, secretary, etc., please email us at president@ayfl.org!

Board meetings are held every second Tuesday (unless there is a conflict with a holiday) at 44642 Guilford Dr., Suite 111, Ashburn, VA 20147

IMPORTANT ADDRESSES

AYFL EQUIPMENT SHED

44642 Guilford Dr., Suite 111, Ashburn, VA 20147

STONE BRIDGE HIGH SCHOOL

43100 Hay Rd., Ashburn, VA 20147

BRIAR WOODS HIGH SCHOOL

22525 Belmont Ridge Rd., Ashburn, VA 20148

BRAMBLETON EAST PARK

22376 Belmont Ridge Rd., Ashburn, VA 20148

EAGLE RIDGE MIDDLE SCHOOL

42901 Waxpool Rd., Ashburn, VA 20148

MILL RUN ELEMENTARY SCHOOL

42940 Ridgeway Dr., Ashburn, VA 20148

CEDAR LANE ELEMENTARY SCHOOL

43700 Tolamac Dr., Ashburn, VA 20147

TUSCARORA HIGH SCHOOL (Home of CLYFL)

801 N King St., Leesburg, VA 20176

FREEDOM PARK (Home of CLYFL)

101 Colonel Grenata Cir., Leesburg, VA 20175

BILL ALLEN MEMORIAL FIELD (Home of LLYFL)

22281 S Sterling Blvd., Sterling, VA 20164