

Central Virginia Football Association

fall 2012 flag football League
Information and Registration Packet

CVFA
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Registration Information

This should provide teams with all the information needed to assemble your championship squad, and get registered. If you have further questions, please call 804.349.3220.

Games will begin on September 8th. Games will be played Saturdays and Sundays starting at 9 am and Monday and Tuesday nights.



FEES:

Men's 8 on 8- \$750 per team

Women's 8 on 8- \$650 per team.

coed- \$550 per team

A deposit of \$200 is due by the deadline date to secure your spot.

REGISTRATION:

Step 1: Register your team. Registration is a non refundable \$200. You can register on the website <http://cvfa.vffa.com/league/registration> you will need to create a team name. If you have any schedule requests enter them at this time. You will receive an email with instructions on how to get your players to register.

Step 2: Upload your roster. Click the link in your email after registration to set up your team page and enter your roster then print out the roster and have your players sign the waiver and bring it to the first game.

Step 3: Pay your Balance. Your team balance is due week one unless a payment plan is entered into

CVFA League Standards

Rosters

- * Roster Deadline: The deadline to add new players is the end of games Week 3, players may be added at the registration tent or online.
- * Injured Reserve: A player who is out for the season may be placed on IR, what this means is that he may be replaced BY A PLAYER NOT CURRENTLY ON ANOTHER ROSTER (or a trade if before the deadline). The player on IR may not be rostered for the remainder of the season on any team.
- * Players on multiple teams: Players may be rostered on multiple teams if they wish in different leagues (A, B, C) but may not play the same role on the team, IE– no A league QBs can play QB in the B. One player MAY NOT be on two rosters within the same league
- * Borrowed Players: **teams are no longer allowed to “borrow” players due to individuals abusing this policy.**

Forfeits

- FORFEIT FINE: if your team does not give 24 hours notice of forfeit, you must pay a \$50 forfeit fine which will go to the other team for their inconvenience. You must pay this fine before taking the field again.
- If a team forfeits two games in a season, you will be removed from the schedule with no refund.
- Forfeited games will not be rescheduled, so please make sure you fill out the schedule constraints section of your registration to avoid this issue

Rosters

- Captains must upload their roster by week 1; see instructions at the end of this.
- Players must be 18 years old or above or have parental waiver signed IN PERSON
- ALL PLAYERS must sign the waiver before being allowed to participate
- Touchdown celebrations are allowed provided no taunting of the other team occurs
- No pockets No Pockets No Pockets.
- No hard-billed hats or sunglasses will be allowed unless they are “sport specs”
- no metal spiked cleats will be allowed



League Structure

Playoffs:

less than 8 teams: everyone makes the playoffs

8 or more teams: teams will make the playoffs in groups of four.

Season format:

Less than 6 teams:	one division	6 game regular season	double elimination tournament
6-8 teams:	one division	8 game regular season	single elimination playoff bracket
9-12 teams:	two divisions	8 game regular season	single elimination playoff bracket
more than 12 teams:	A and B levels will be instituted, then see above per league		

State Bids

There will be 4-6 bids to the state tournament, two of which are paid bids (the CVFA will cover the team's entry fee, not expenses). The other entrants will be responsible for their own entry fees (\$200). The bids will be earned as follows: (paid bids are A league only)

*League playoff champion will get the #1 seed (paid)

*Regular Season Champion will get the #2 seed (half paid)

*Championship game runner up will get the #3 seed

*Regular Season runner up will get the #4 seed (if available)

Jerseys and Flags

Teams must use their own jerseys and everyone on the team must have a unique number for the 8 on 8n league, for other leagues must wear shirts/jerseys of a somewhat uniform color. Tshirts with marked on numbers are acceptable.

We have an exclusive contract with Dixie Sporting goods which allows us a 20% discount on all merchandise, so traditional jerseys are also available at a substantial discount. We also offer league reversible jerseys for \$20 a piece and may be ordered at team registration and paid in full at this time. The league gets one-off surplus jerseys from time to time at a SUBSTANTIAL discount, inquire about availability.

Flags— Teams are now required to provide their own flags.

Flags can be purchased through the league- \$60 per doz/\$10 per

Inclement Weather

The CVFA will play its games in most weather unless there is lightning or other safety issues. Different fields are more particular about gameplay in bad weather. Watch the update box on the right side of the homepage for any weather-related updates.



IF NOTHING POSTED TO THE WEBSITE OTHERWISE, GAMES ARE ON.

Gameday texts are rarely received until much later.

Game Play— All Leagues

RULE CHANGES FOR 2012:

- * **If a player is pulled down or knocked out of bounds on a “breakaway” play (like a pick 6 or long TD run) by the last player between them and the endzone (like many teams do now, taking the penalty instead of the TD), the team on offense will be awarded the ball on the goal line and an automatic 1st down. If the play occurs at the end of the half (or on an XP play) where there is no opportunity to get afresh set of downs, the offense will receive the score attempting to achieve.**

The CVFA will be adopting the VFFA rulebook for the 8 man semi-contact league which can be found at <http://www.usffa.org/rulebook.htm>. Highlights of the CVFA-specific rules are as follows (it is the team’s responsibility to read and be knowledgeable of the rules, please call 804.349.3220 with ANY rule questions):

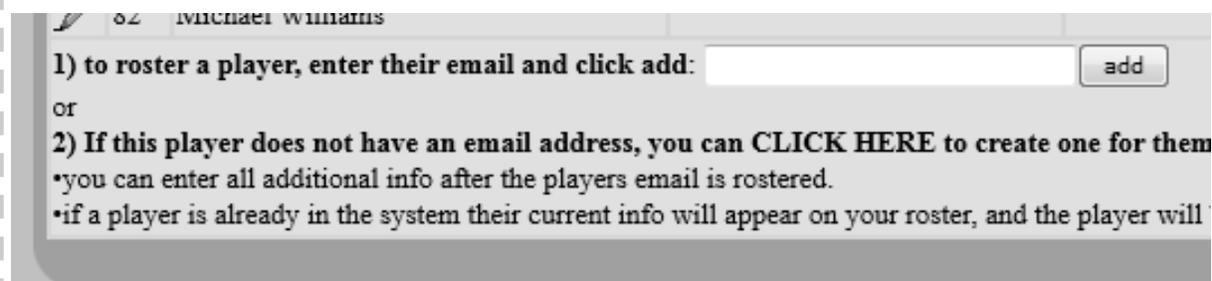
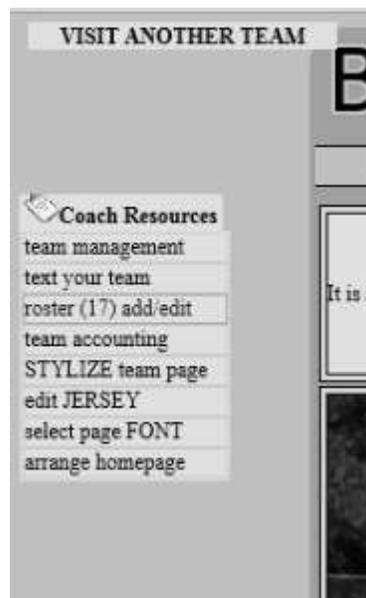
- Games will be played 8 on 8, teams can play with a minimum of 6 (or 6/4) If one team does not have the minimum at game time, the game will be held up for 5 minutes of GAME TIME while waiting for the deficient team to have enough to play. If the game has to be held up for participation, the team ready to go will start with the ball in BOTH HALVES.

Rostering Instructions

Step 1: Register your team. When you register you will select a password. Write it down

Step 2: Log onto the team page and log in.

- i. Input this in your browser: <http://www.cvfa.vffa.com/indexc/teamlist>
- ii. Click your team (if it is not there, check back later)
- iii. Upper right hand side enter your email and the password you selected
- iv. **On the left hand side, click “coaches’ resources”**
- v. Click Roster add/edit (here you can also track who has paid, send a mass text, change the appearance of your page, etc.)
- vi. **Enter your player’s email to add them once** the email is added you can edit their name, jersey number etc. Rosters are only needed to be added once, they can just be edited from season to season.
- vii. After the email is added, click the pencil to add additional information



viii. Make sure the team waiver is complete. Only players that did not register online must sign the waiver.

Rosters lock week 3, so make sure you make any necessary changes by then.

These are the rosters that the head ref will have on site. If a player is not on your roster but playing with you, your team will forfeit the game and be subject to the forfeit fine.

