

League Reps,

In preparation for the 2023 season, please review the following instructions. Note that all players registered and rostered for your respective programs must be residents of your community, OR, must be residents of programs that are 2023 members of the NJ-SYFL, with advance league board permission. Players that are not residents of 2023 NJ-SYFL programs are not permitted to participate. Violations of this requirement will result in disciplinary action and potential game forfeitures.

**1. The Roster form that should be used for the 2023 Season is attached.**

**PLEASE USE THIS FORM (attached to this email). This form is also available on the NJ-SYFL website ([www.njsyfl.com](http://www.njsyfl.com)), under "Downloads", "Forms for Coaches".**

-Please prepare a separate roster form for each of your teams, A-F levels. Ensure that when you begin to prepare a roster for your "A" level team, that you select the "A" level tab in the file to use for that team/level only, and so forth. For 2023, each tab, (A-F), is programmed specifically for each level.

-Indicate the "Community", "Coach" & "Asst. Coach" Names and Cell #s, at the top of the first page of each roster.

-In the main body of the form, provide Uniform #, Player Name, DOB and Grade for each player, **in jersey number Order.**

-All other columns to the right of "Grade" should be left blank prior to weigh-ins on 9/9-9/10, 2023, except the "Safe Football Trained" columns, please fill them in with y/n, date and PSC initials prior to 9/1/23.

-All weights will be collected and recorded on the form at the 9/9-9/10, 2023 Game Day Weigh-In.

-This form is in MS-Excel format so that team and player information may be typed in, saved and printed.

-Once all player information, for each team, has been initially entered on the form prior to weigh-ins (Late August Timeframe), save the form to a location on your individual computer system.

-The next step, new for the 2023 Season, is to email the MS-Excel file to the League HQ **by 9/1/23** via the following email:

(do not convert this file to PDF format)

[billhonora@aol.com](mailto:billhonora@aol.com)

**2. Please review all the birth dates of your players, prior to submitting rosters by the 9/1/23 deadline.**

-Any player DOB that exceeds the age maximum for their team/level, must be identified on an Age Waiver form

-Age Waiver forms must then be presented and approved by a league rep vote on 9/6/23, if not already on 7/27/23.

-Players that exceed the age limit for their level, that are not identified on an Age Waiver form by their league rep by 9/6/23, will be required to play "up" at the next level for the season.

-Players that can not play up, **may** be restricted from playing at all, if they are already playing at "A" level.

-Ball Carrier Limits (ERBs), Birthdate Cutoffs and Age limits, by level, are listed below.

-The Age Waiver form is attached to this email as well.

**3. Opening Day Weigh-In Procedures:**

-New for 2023...Each League Rep shall print each roster for their teams and their Opening Day Opponents, and, insure that they are made available for each of their team's weigh-ins on Opening Day. All rosters will be available for printing on **Thursday 9/7/23**, at the following secured League website location:

-Printed Rosters shall be presented by the respective coach & used to record the official Opening Day player weights (9/9-9/10, 2023).

- Coaches/Reps are to record the weights on the forms and sign & exchange them, prior to each game, this first week, for all levels, both copies!

-The opposing league rep or coach shall collect and deliver all opposing rosters for his/her games to the League Central office

via scanned PDF file emailed to [billhonora@aol.com](mailto:billhonora@aol.com). On Opening Day...all rosters are to be "**cell-phone photo-ed**", by both coaches

following each weigh-in and prior to the start of their respective game.

-Signed rosters are due in the League Central office on Monday, 9/11/23...email them to [billhonora@aol.com](mailto:billhonora@aol.com)

-All Rosters with weights will then be loaded and made available to all league reps for their review, for the remainder of the season via the secured website indicated above, prior to Week 2, on or @ 9/15/23.

**4. Weigh-In Requirements:**

-All players that wish to be qualified as eligible ball handlers at A-F levels, for the season, must be weighed on 9/9-9/10.

-All players must wear a "**minimum**" of...their game jersey & gym shorts for their weigh-in.

-Players that do not "make ERB weight" on 9/9-9/10, will not be qualified as eligible ball handlers for the entire 2023 season.

-Qualified Ball Handlers must "make ERB weight" each week for the remainder of the season, in order to be permitted to play each game as an ERB.

-Ball Handler max weights for the 2023 season are listed below and in the Online Rule Book Appendix D.

Again, Email signed rosters, with 9/9-9/10 weigh-in weights, are due on 9/11/23 to the League Central Office at:

[billhonora@aol.com](mailto:billhonora@aol.com)

Bill Harvey  
League Secretary  
908-230-4808

**NJSYFL 2023 Weight and Age Cutoff Chart:**

<b>Level</b>	<b>3-Stripe</b>		<b>DOB Cutoff Date *</b>	<b>Max Age Yrs/Mos.</b>
	<b>ERB LBS.: LT or =</b>	<b>Waiver LBS: GT or =</b>		
A - 8th	160.9	N/A	2/1/2009	14.6
B - 7th	135.9	N/A	2/1/2010	13.6
C - 6th	120.9	N/A	2/1/2011	12.6
D - 5th	105.9	N/A	2/1/2012	11.6
E - 4th	95.9	N/A	2/1/2013	10.6
F - 3rd & 2nd	90.9	N/A	2/1/2014	9.6
Flag - 2nd & 1st	N/A	N/A	2/1/2015	8.6

**NOTES:**

\* If DOB is earlier than the Cutoff Date, then player is "Age Waiver Status"

If DOB is later or = to the Cutoff date, then player is **NOT** "Age Waiver Status"

**ERB** = Eligible Running Back