

## EXECUTIVE ORDER

### Executive Order 0003 of May 26, 2010

#### Addendum to Executive Order 0002, "Practice Schedule of Team"

Amendment to Executive Order 0002, Practice Schedule of Team.

Under and by virtue of the authority vested in me as Commissioner of the Metro Atlanta Youth Football League, Inc., and by the By-laws and Conference Rules of the Metro Atlanta Youth Football League, Inc. ("MAYFL), it is ordered as follows:

**Part I, "Practice Schedule of Team"**, is Deleted in its entirety and Replaced with the following:

Except as stipulated below, no team that is affiliated with a MAYFL League Member or under the management and control of a MAYFL League Member, and is to be certified as a team participant in MAYFL's football program shall engage in any practice, camp, or conditioning session where helmets, shoulder pads, or other football equipment are to be worn.

However, commencing with the first official day of practice, July 12, 2010, as designated by the Commissioner, and pursuant to the practice hours defined in the MAYFL Conference Rules, no practice shall exceed ten (10) hours per week. The first ten (10) hours of practice shall be devoted entirely and exclusively to conditioning and fundamental drill work. No pads will be allowed, however, helmets may be included after the first six (6) hours of practice. The fourth and fifth practices will be with helmet and mouthpiece while the sixth through ninth practices will be with helmet, mouthpiece, and shoulder pads only. Starting with the tenth practice during the first two-weeks after the official opening day of practice may be with full pads. No player to player contact will be allowed until after twenty (20) hours of practice time have been completed.

No practice shall exceed more than two (2) hours per day total practice time. At least one 10-minute break per hour will be provided with this time. During extreme heat, 15-minute breaks, or on demand, will be encouraged.

The terms and conditions of Executive Order 0002 in all other respects remain unmodified and in full force and effect.

This Order shall become effective on May 26, 2010.



Commissioner - MAYFL