

York Adams Elementary Football League

Parent/Player Guide – 2015



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1. The League



What is the York Adams Youth Elementary Football League - YAEFL for short!

The YAEFL is an organization that coordinates the play between the individual youth football associations in the York/Adams Area. We provide the rules, the schedules, and the officials for the 15 teams and more than 800 players. For more information visit our website at www.YAEFL.com.

Mission

Our mission is to provide a safe and enjoyable environment for area youth to learn the fundamentals of tackle football. We want to develop our players into outstanding student athletes while emphasizing good sportsmanship and good fundamentals.

League By Laws – are available on the website.

Introduction

We are happy to welcome all players and parents to the YAEFL Youth Football program. We are hopeful that this will be the most exciting and rewarding football season you've ever experienced. Our goal is to develop well-rounded young men and women who learn not only the fundamentals of football, but also the importance of education and teamwork, in an atmosphere conducive to developing sound mind, body and character - and having a good time along the way. We practice the ideals of sportsmanship, scholarship and physical fitness. Our program stresses learning lessons of value far beyond the playing days, such as self-discipline, teamwork, concentration, friendship, leadership, and, good sportsmanship.

Traits of a good football player

Desire: Desire is the determination to overcome an opponent, whether by delivering a solid block or by shaking off the block attempt of an opponent and going on to make the tackle. Desire is a state of mind, an abandonment of self, a form of courage, the joy of mixing it up. It is doing one's best, calling up whatever reserve power is available and never quitting. It is playing both for oneself and for the team's interest. It is the exercise of a determined will. It flows from your competitive spirit and drives you to achieve your goal. Desire is available to all kids, not just to a gifted few. We firmly believe that the size of the heart is more important than the size of the body. Desire is 100% effort, 100% of the time.

Confidence: The belief that they can do what they have been asked to do. Football is a sport that builds it. The coaches will yell and bark a lot, kind of like the military, but the idea is not to humiliate or hurt the players, it's to get the kids to realize that they are part

of a team, and their actions affect their teammates. Some kids will get yelled at and be upset by it. Parents will be worried by it and begin to feel protective. The coach is just trying to motivate the player, to prepare them, and to get them excited enough to put forth the effort needed to play football. Sometimes the coaches will need to bark at a player who is not paying attention. They don't do it because they like to yell, and they certainly don't do it to make the player feel bad. They do it because all team sports require team effort. A player who is doing their own thing, talking, or not paying attention while the coaches are teaching is risking possible injury to themselves or a teammate, and is setting them self up for failure. Remember, as the great Woody Hayes once said, "Discipline is something you do *for* someone, not *to* them."

The Love of the Game: This is an important part of any football player. A good football player enjoys the competition of a depth chart, and is willing to work his way up the ladder to starter. They have the willingness to play any position. They have the motivation to study the playbook and be responsible to their teammates.

2. Registration and Participation

What is the time commitment?

Compared to most other youth sports, ***a lot!*** Most teams practice about ten hours of practice per week. During school year there is one game per week. (See the sections on Games and Practices for more information.)

Who can participate?

Any child in grades 4 through 6 who lives in, or attends a public or private school in, the York-Adams County school districts.

York- Adams teams are organized by boundaries. Please go to the York Adams web site to find the contact information for the team that supports youth in your area.

Can girls play?

Yes! Many girls have played for several YAEFL teams!

I have a medical condition or disability, can I still play?

Probably. If your doctor is willing to sign your medical release and you are willing to work hard and play your best, you can generally have a good football experience. However, we would recommend contacting the Director of your team to discuss specific details and any concerns you might have.

Do I have to start playing in the 4th grade?

No! We have successful first time players at every grade level including 6th.

How late can I sign up?

You can sign up for a team at anytime as long as they have not closed their roster. Once a team closes their roster, you may sign up for any other team. The League requires several forms before a player can participate.

Medical Release Form
Registration Form
Conduct Forms (Parent, Participant)



When do I turn in my Medical Release form?

Forms should be turned in during registration. **All forms must be turned in before you can begin practice.**

How are different grades grouped?

Players are assigned to a division based on their school grade level and ability
6th grade – Varsity
4th and 5th grades - Junior Varsity.

A player may play up or down a division if the coaches feel doing so is in the best interests of the player.

How are players assigned to teams?

The head coaches, coaches, and directors meet to select the teams and positions. League rules and policies are always followed.

Can I request a specific coach?

No, see above.

How are coaches picked?

Applicants for head coaching positions are reviewed and selected by each team's board. Assistant coaches are selected by the head coach. All coaches are subject to a background check.

Do I have to try out?

No! As long as your registration is complete and paid, and you are not on a waiting list, you will be placed on a team.

3. Practice

Every week practices are different. New skills are learned, problem areas are corrected, and new plays are taught. Your child will be at a disadvantage by not making practice on time and regularly.

When do practices start?

Practices typically start the first week in August.

How long are practices?

Most practices begin around 6:00 and last about 2 hours. Practice usually ends about 8:00pm from August to Day Light Savings time. Specific practice times should be available from your director.

How many practices are there per week?

Most teams practice three days a week. Practices may be held on Saturdays to accommodate changes in the schedule. After the start of school, some teams may change their schedule to accommodate children's studies.

Why are practices so late?

Most of our coaches have regular jobs and they find it hard to be at a practice before 6:00 PM.



What about the vacation I have scheduled?

Go and enjoy yourself. Football will still be here when you get back. Please tell your coach as soon as you can. If you are sick, contact your coach immediately. We understand illnesses can't be avoided.

Home Conditioning

Proper nutrition and hydration is very important to a young football player. Players need to drink as much water as possible every day; at least four to six glasses. Heat stroke is always a danger, despite cooler weather during fall, so it is very important to stay hydrated at all times. It is also recommended that players wear a tee shirt under their pads and jersey to help keep them warm during the colder practices and games.

Players need a high-carbohydrate diet, with plenty of fruits and vegetables and few fats and sugars. We will not be teaching any form of weight lifting other than standard calisthenics like pushups and sit-ups

4. Games

What rules are used?

In general we use modified PIAA rules as defined by the league. For a summary of these please visit our website at YAEFL.com and the YAEFL Rule Book.

How long are the games?

Games are made up of four 8 minute quarters. With clock stoppages, half time, moving the chains, etc., most games last nearly two hours. Players are expected to be at the field at least an hour before the game to warm up. You should expect to spend about 3 hours at a game.

How many games are there?

See our Schedule page at YAEFL.com for this year's scheduled game dates. Typically there are eight games per season. Scrimmages may be scheduled by your Director.

Where are games played?

See the website at YAEFL.com for more details and driving directions.

Why do I have to get to the game so early?

Most players are expected to get to the game site at least an hour before game time. This ensures that there is adequate time to warm up and go over game day plans. It is important to be on time to the game site. Being late for warm ups can increase your chance for injuries.

How much will I get to play?

The YAEFL league has a minimum 10- play rule. This means that you will play in at least 10 active plays per game. Depending on your position, your skill, and especially your willingness to work hard, you may play more.

What position will I play?

Probably several. Many players will play both on offense and defense. And most players will play several positions during the season. Your coaches will observe and work with you to find the best locations for you. We want you to be successful!

Keeping Score.

The YAEFL is an instructional league. We will keep score during the game to teach sportsmanship and the rules of football. **We will not keep standings nor have a league championship.**

The league will not tolerate the posting of scores in the local media or on team or individual websites. Any team found to have posted scores or standings will be subject to consequences as deemed appropriate by the league.

5. Equipment –

Teams may use many manufacturers and types of equipment. Below is a guide to types available.

Mouth Guards

There are 3 kinds of mouth guards. All levels of play require that a mouth guard is worn, but the style is up to the individual player. The "basic mouth guard" protects the teeth and is attached to the facemask by a strap. The "boxer style mouth guard" is strapless and fits into the mouth to protect the teeth. Kids prefer this style so that they can wedge their mouth guard between the facemask and helmet (like the pros do) when they are not using it. The "lip guard" provides protection for the teeth as well as the lips, and is also attached by a strap to the facemask.

Mouth guards must be a solid color. This ensures officials see that you have the proper equipment.

Football Helmet

There are two types of football helmets: the "air helmet" and the "suspension helmet". Both helmets provide adequate protection for the head and are required at all times during practice and games. The air helmet utilizes an inflatable device that adjusts specifically to the shape and size of the player's head. The fit can be adjusted by inflating or deflating the helmet with a pump and/or by the chinstrap. The suspension

helmet is made with a thick padded material that makes up the inner lining of the helmet. The chinstrap adjusts the fit of this helmet. Whichever helmet is available, make sure that it fits snugly on the player's head.

Face Mask

A facemask is used to protect the player's face from injury caused by contact from another player. Facemasks resemble cages on the front of the helmet, and are made of steel covered in plastic. The kind of facemask used is generally determined by position. The "box cage" is a basic two-bar facemask. Quarterbacks, defensive backs and wide receivers usually choose this style of facemask. The "four bar" facemask has a "closed cage," giving the player more protection for hitting and blocking. Running backs, tight ends and linebackers prefer the four bars. The "full mask" has six bars, giving the face maximum protection, but also limiting vision to a certain extent. However, offensive and defensive linemen like the six bars because of the close, hard contact they encounter on almost every play.

Shoulder Pads

Shoulder pads vary in size and style to accommodate the size and position of the player. When choosing shoulder pads, make sure that they are both comfortable and non-restrictive. It is essential that they are fitted correctly, and strapped on properly every time - all straps and buckles must be fastened. If there are any additions such as neck rolls, cowboy collars or shock pads, they too must be worn properly to prevent injury. If these additional pads are not properly secured to the shoulder pads they could in fact lead to serious injury.

Football Cleats

The style of football shoe worn should be comfortable, sturdy and appropriate for the level of football being played. There are basically three types of football shoes: high tops, mid highs and low tops. **Molded cleat bottoms are mandatory.**

Screw-in or steel tip cleats are not permitted.

Footballs

The style of football used is greatly related to the age range of the players. Make sure to use the kind of football certified for a level of play. The YAEFL use TDJ for Varsity and a K-2 for Junior Varsity, either leather or composite.

What equipment is provided?

Each team provides most of the equipment that you will need to play--helmet, mouth guard, all needed pads, practice and game jerseys, practice and game pants.

What equipment do I have to provide?

Football shoes (a.k.a. "cleats").

Mouth Guard Mouth If you chew on your mouth guard, you will need to replace it. If you have braces, please consult your Orthodontist for proper mouth protection.

You may want to have other personal equipment such as gloves, braces, etc. We recommend that you discuss your need for equipment with your coach before actually purchasing it.

Athletic supporters and cups are optional.

Where do I get the equipment you don't provide?

Football shoes and other equipment can be purchased at any major sporting goods store.

What if there is a problem with my equipment?

Many problems can be corrected. Contact your coach for immediately for any assistance. If they cannot resolve the issue, then they will arrange to get you a replacement.

My helmet hurts, can I get a different one?

It is extremely common for your helmet to hurt your head for the first couple of weeks. They must be tight fitting in order to protect the head, and this tightness can result in some discomfort. We recommend wearing your helmet as soon as you receive it-- before practice starts. This break in time will allow you to get comfortable with your helmet. And remember to pull it all the way down when you put it on your head.

When and where do I get my equipment?

Each team will decide on a day. Contact your Director for more information. Equipment is usually handed out in late July or early August.

What if I can't make it to the equipment hand outs?

The hand out dates is selected to cover most families. However, if you find it impossible to attend either session, let your director know as soon as possible, and they will work with you.

How do I take care of my equipment?

Follow any directions provided by your Director. **General instructions are below:**

Practice jersey and pants - remove pads and belt (if any) and wash in warm water. These can be washed in hot if particularly dirty. Do not bleach. Air dry or use low heat in a dryer.

Game jersey and pants - remove pads and belt (if any) and wash in cool water with like colors. Pre-treat stains if necessary. Do not bleach. Air dry if possible as name lettering may come off otherwise. Do not wear game jersey or pants to practice in. Game socks can be washed in cold or warm water follow manufacturer suggestions.

Shoulder and other pads – wipe off with clean, damp cloth. Allow to air dry. Baking soda may be used for odor.

Helmet - Hand wash off dirt and clean interior pads with clean, damp cloth. Allow to air-dry. Parents have your child take responsibility for keeping track of all of the equipment and keeping it clean.

6. Sponsorships

It costs almost \$400 to outfit a child to play youth football as well as other fees such as insurance, officials, EMTs, etc. While much of the equipment can be reused over several years, the registration fees that we charge do not cover the full cost of each child's participation. Some of the difference is made up through concessions sales. Each team looks forward to individual and corporate sponsors to assist with equipment costs.

We offer several ways to thank our sponsors for their support.

The League website is visited by thousands per season. This creates market exposure that is attractive to many businesses. Please ask if they would like to sponsor the League.

Individual Sponsors

If you believe in your team, make a donation to show your support? A gift of \$25, \$50, or \$100 can make a big difference to the program.

Corporate Sponsors

Does your company manufacture or distribute sporting goods? Would you like an additional exposure channel? If so, then please consider an in-kind donation to the YAEFL.

If your company is not in sporting goods, please do not let that stop you from showing your support! Cash donations of \$50, \$100, or more can ensure that our children can have the high quality and safe program they deserve.

7. Website

The YAEFL has a website which can be found at www.yaefl.com. The website will provide schedule information as well as directions to the playing fields and much more. Please visit the site and see what is going in on around the league.

