

SMA FOOTBALL HANDBOOK 2019

Parents and Players,

Welcome back to all of our returning families and welcome to the program to our new families. Listed below are some of the basic guidelines of our program. IT IS IMPORTANT TO NOTE that there may be changes to the schedule and each team/coach may have additional policies of their own. At the moment, we do not know the status of the youth dances; therefore, there may be a change in fundraising from year's past. As soon as we find out that information, it will be relayed to you.

Note: JV refers to 4th, 5th, and 6th grade while Varsity refers to 7th and 8th.

Changes for 2019:

- Registration fee will be paid online. Volunteer and Equipment checks will not be handed in until equipment pickup in August.
- There is a developing plan for each player to buy a “spirit pack”—shorts, tee shirt—and we are working Under Armour on cost.
- JV weights have been changed again. 94.9lbs and below are backs and 104.9lbs(down from 109.9) are ends.

Important Dates:

- April 29—registration begins
- Week of June 10th—Summer workouts begin
- August 11th—Equipment handout
- August 12th—1st practice (Plan to practice Monday to Friday the weeks of August 12th and 19th). THERE ARE NOT TRYOUTS; ONCE SIGNED UP, PLAYER IS PART OF THE PROGRAM
- *September 7th—tentative date for weigh-ins for all backs and ends
- *September 8th—tentative date for 1st games

CYM Handbook

The following are CYM rules that must be followed. This is not the full set of policies; practice policy, weight rules, and position rules are highlighted. A link to the full handbook is provided at the bottom.

Practice

- August Practices

- First 4 days are non-contact and helmet/shoulder pads only.
- 5th day—permitted to wear full pads BUT no full contact until 6th practice.
 - Attendance will be taken to ensure that all players hit the 5 day requirement before contact
- There must be 10 practices before a scrimmage
- Practice should begin and end in a 2 hour time period
- Regular Season practice
 - Completed by 8:30pm
 - JV is limited to 3 practices a week.
 - Varsity may choose to practice 4x a week but must cut to 3x after the 4th Sunday in September
 - Any Saturday practice is required to be HELMETS only
- Weight Rules
 - JV
 - Below 94.9lbs=can play any position
 - 95 to 104.9lbs=end or lineman
 - Above 105=lineman
 - Varsity
 - Below 134.9lbs=can play any position
 - 134.9 to 139.9=end or lineman
 - Above 140lbs=lineman
 - Varsity players are weighed again before playoffs and there is a 5lb increase to the end and lineman weight.
- Single vs Double Striped
 - Single stripe=eligible to be a receiver and run after a catch
 - Double stripe=Must line up as either a Tackle, Guard, or Center on offense and over a Tackle, Guard, or Center on defense.
 - If Double Stripe touches the ball, play is dead once ball is secure

For full explanation of rules, go to <http://policymanual.cdowncym.org/commentary/athletics/football/>

Playing Time

The most important policy of this program is that we create the next generation of high school football players. Our goal, first and foremost, is to have your son enjoy football so that he continues to play as a 9th grader. With that said, there are a few details to stress.

1. If there are enough players, both the JV and Varsity teams will have an A and a B team.
 - a. Both the JV-A and Varsity-A teams will compete to win on Sundays so playing time will not be equal.
 - i. If there is not a B team, every player will receive playing time on Sundays. *Note: it is up to the discretion of the coach as to how much and when the playing time occurs. There are safety and experience factors to weigh in with football.*
 - b. B games will be on Saturdays and everyone will play; again, playing time may not be equal but playing time should be at least 1 quarter of the game.
2. St. Mary Coaches should discuss how they will determine playing time with parents prior to the beginning of the season.
3. A "B" player can be moved up to play in "A" games and an "A" player who does not play more than ½ the game on Sundays may play in "B" games. *Note: this rule may change if the "A" player is needed to play B games in order to have enough players.* However, B game should not be used as practice for "A" players and the focus of these games is for those B players to get experience.

Parent and Player Conduct:

Each player's parent will sign a copy of the SMA Parent Code of Conduct. Each Coach will establish specific team rules during August practices and will conduct a short parent meeting to review them. Violations of the SMA Parent Code can result in parents not be allowed to attend practices or games.

All players are expected to attend every practice; if a practice is going to be missed, the coach should be notified as soon as possible.

Coach-Parent Communication

The method of communication (team communication app, email, text chain) will depend on the coach but each head coach is required to communicate practice and game schedule and any changes to the schedule as soon as possible.

- Weather-related cancellations—decision to cancel practice will be made by 5pm if weather is a factor. Once practice is cancelled, it will stay cancelled.

24-hour rule

Games can be tense, exhilarating, and, unfortunately, frustrating experiences for players, parents, and coaches alike. St. Mary's has a 24 hour policy which means that any issues that may arise in relation to playing time or another similar issue should wait until Monday to contact the coach. PLAY CALLING OR OTHER COACHING DECISIONS (DECLINE/ACCEPTING A PENALTY, USE OF TIMEOUTS, ETC.) ARE NOT FOR DISCUSSION.

If there is a parent issue, please follow the chain of command and contact the head coach first. If a resolution cannot be reached, contact the Athletic Director.