



Springfield South County Youth Club

**FOOTBALL**

**PROGRAM GUIDE**

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## Table of Contents

OVERVIEW .....	4
PURPOSE .....	5
ORGANIZATION .....	5
FOOTBALL COMMISSIONER.....	5
FOOTBALL ADVISORY BOARD (FAB) .....	5
DEPUTY COMMISSIONER.....	5
COMMISSIONER OF COACHES.....	5
DEPUTY COMMISSIONER OF COACHES .....	5
COMMISSIONER OF PLAYERS .....	5
FINANCIAL MANAGER .....	5
EQUIPMENT MANAGER.....	6
FIELD DIRECTOR .....	6
CONCESSION STAND MANAGER.....	6
SPONSORSHIP MANAGER.....	6
SECRETARY .....	6
COMMUNICATIONS AND MEDIA MANAGER.....	6
PRE-SEASON CAMP MANAGER.....	6
PRESEASON SCRIMMAGE MANAGER .....	6
COACHES CLINIC MANAGER.....	7
MERCHANDISE MANAGER.....	7
FLAG FOOTBALL COMMISSIONER .....	7
TEAM PARENT LIAISON.....	7
MEMBERS AT LARGE .....	7
COACHES .....	7
GENERAL.....	7
RESPONSIBILITIES .....	7
WEIGHT CLASS DIRECTOR .....	8
COACH SELECTION PROCESS .....	8
COACHING ABILITY AND DESIRE .....	9
VOLUNTEERISM .....	9
FUNDRAISING .....	9
ORGANIZATIONAL ABILITY AND PARENT RELATIONS.....	9
SENIORITY.....	9

FAIRFAXCOUNTYYOUTH FOOTBALL LEAGUE (FCYFL) .....	9
AMERICAN CONFERENCE .....	10
CENTRAL CONFERENCE .....	10
NATIONAL CONFERENCE .....	10
ANKLEBITERS .....	10
ROOKIES .....	10
EQUIPMENT.....	11
REQUIRED EQUIPMENT .....	11
OPTIONAL EQUIPMENT (Provided by the Player) .....	11
EQUIPMENT ISSUE.....	11
EQUIPMENT TURN-IN.....	11
INJURIES .....	12
PLAYER EVALUATION WEEK .....	12
PLAYER DRAFT.....	12
GENERAL .....	12
DRAFT SUPERVISION .....	12
CONFERENCE WEIGHT CLASSES .....	13
VETERAN PLAYER SELECTION .....	14
ANKLEBITER DRAFT .....	14
TEAM SIZE .....	14
PRACTICES .....	14
PLAYER PARTICIPATION.....	15
GAMES .....	15
TROPHIES AND AWARDS .....	17
VOLUNTEERS .....	17
FOOTBALL PROGRAM VOLUNTEER ACTIVITIES .....	17
SYC GENERAL VOLUNTEER ACTIVITIES .....	18
COMPLAINT PROCESS.....	18
REFUNDS .....	18
DEVELOPMENTAL TEAMS.....	18
CODE OF CONDUCT.....	19
SYC CODE OF CONDUCT & DISCIPLINARY POLICY.....	19
FAIRFAXCOUNTYYOUTH FOOTBALL LEAGUE CODE OF CONDUCT .....	20
SYC FOOTBALL COACH-PARENT CODE OF CONDUCT .....	21
ADMENDMENTS TO THIS GUIDE .....	22

## OVERVIEW

Built on years of experience, we continue to host a program every year that is fun, exciting, and instructional. After over 50 years in existence, we can assure our returning and new SYC players and families that they will get the attention and stability necessary to enjoy a successful season. The SYC football program is one of the largest in Fairfax County, fielding 23 teams in 2011. Our program is open to anyone in Fairfax County, ages range from 6 to 16 years old. We have players from the West Springfield, Lee, Hayfield and South County High School boundaries and the program is open to anyone in Fairfax County. Teams are divided by a combination of age, weight, and experience. The Football Program is designed to provide fundamental instruction in the game of football, in addition to providing for the physical, mental, and emotional development of each child who participates. This is accomplished through emphasis on sportsmanship, team play, self-discipline, maximum effort, integrity, and maximum participation.

We want everyone to play and feel that fees should not be a barrier to participation. SYC does have a Financial Need-based Scholarship program in place, visit <http://www.sycva.com/page/show/462533-syc-scholarship> opportunities for more information or contact the SYC Office.

We offer a developmental program for 6 to 7-year-old. Our Rookie program is designed for those young players ready to hit the fields!

Our football program participates in the [Fairfax County Youth Football League \(FCYFL\)](#) along with approximately 24 other individual youth clubs that field teams in the various weight classes from Anklebiter through 150 pounds and approximately 7000 participants. Teams are divided up by a combination of age, weight, and experience. This is a no-cut program, where everyone is selected for a team and each player must play a significant portion of every league game.

## **PURPOSE**

The purpose of this program guide is to explain the organization and general rules and procedures of the Springfield South County Youth Club (SYC) Football program.

## **ORGANIZATION**

SYC football participates in the Fairfax County Youth Football League (FCYFL) and as such, the SYC Football Program must operate within the rules of the FCYFL. The FCYFL rules or any changes to those rules shall be considered an addendum to these rules and shall take precedence if in conflict with these rules. In order for the SYC Football Program to accomplish its purpose and operate within the FCYFL guidelines, the following responsibilities are set forth:

### **FOOTBALL COMMISSIONER**

The Football Commissioner is charged with the overall responsibility and authority to organize and operate a youth football program in accordance with the general policies of both SYC and FCYFL.

### **FOOTBALL ADVISORY BOARD (FAB)**

The FAB shall act as an advisory body to the Football Commissioner to further a successful football program. Specifically, it shall monitor the progress of the program and provide information and recommendations to the Football Commissioner to enhance the success of the football program. The Football Commissioner shall appoint members of the FAB. The members will represent a broad cross section based on service to youth, time available, previous youth football experience and a desire to support the betterment of the SYC Football Program as a whole. The Commissioner shall be the chairman of the FAB. FAB responsibilities are as follows:

### **DEPUTY COMMISSIONER**

The Deputy Commissioner will assist the Commissioner in the overall day-to-day operations of the program. The Deputy Commissioner will assume the duties of the Commissioner in his absence and will, along with the Commissioner, represent the SYC Football Program at various county and other meetings.

### **COMMISSIONER OF COACHES**

The Commissioner of Coaches is responsible for the coaches' training and holding periodic coaches' meetings. In coordination with the Field Director he schedules practice fields.

### **DEPUTY COMMISSIONER OF COACHES**

Assist the Commissioner of Coaches with coaches' training, holding periodic coaches' meetings and the scheduling of preseason scrimmages. Assist in coordination with the Field Director to schedule practice fields.

### **COMMISSIONER OF PLAYERS**

The Commissioner of Players is responsible for the player's placement and safety.

### **FINANCIAL MANAGER**

The Financial Manager monitors the day-to-day financial status of the program. He will establish the

annual budget for approval by the FAB. Additionally, he will provide a monthly statement to the FAB of disbursements, outstanding obligations, and progression to budget goals.

### **EQUIPMENT MANAGER**

The Equipment Manager will keep the inventory on all items related to the football program. He will issue and receive equipment from program participants. He will order (in coordination with the FAB and approval by the Commissioner) supplies and equipment, will insure the repair of broken equipment and will handle all other matters pertaining to the management of SYC's football equipment.

### **FIELD DIRECTOR**

The Field Director will organize the work efforts necessary to maintain the game (Lee & West Springfield HS) fields. These include the set up and tear down after each game. The Field Director will also prepare the coaches schedules for field maintenance each week during the season. The Field Director will assist the Commissioner of Coaches in scheduling practice fields.

### **CONCESSION STAND MANAGER**

The Concession Stand Manager is responsible for all Concession Stand Operations. This includes ordering food and supplies, setting prices, and the supervision of the volunteer work force in the concession stand.

### **SPONSORSHIP MANAGER**

The Sponsorship manager will develop a program through fundraising, which enables SYC Football to maintain low player registration fees. The Sponsorship Manager will work with the Weight Class Director's to raise funds.

### **SECRETARY**

The Secretary assumes the role of initiating and tracking all correspondence to and from the FAB. The Secretary will notify board members/coaches of all scheduled meetings and keep the minutes of FAB meetings. The Secretary will assist the FAB members with administrative functions on an as required basis.

### **COMMUNICATIONS AND MEDIA MANAGER**

The Communications and Media Manager will; manage the Club's official web site and other media used to convey information concerning the Club; assign administrative rights on the web site to volunteers; ensure that Club's news is updated on a regular basis; collect, post and distribute important information on Club activities to the public, Club participants, and the media; supervise the publishing of the Club's end of season Yearbook.

### **PRE-SEASON CAMP MANAGER**

Coordinate all requirements to run the Pre-season Football Camp.

### **PRESEASON SCRIMMAGE MANAGER**

The Preseason Scrimmage Manager will coordinate with other Clubs for pre-season scrimmage games and confirm game times and locations with Weight Class Directors.

## **COACHES CLINIC MANAGER**

Coordinate for off-season clinic opportunities and hold an SYC Football clinic in late June for all SYC Coaches.

## **MERCHANDISE MANAGER**

Establish and maintain a SYC Football merchandise system that provides all SYC Football fans an opportunity to purchase SYC Football fan gear.

## **FLAG FOOTBALL COMMISSIONER**

Coordinate Flag Football season with coaches, referees, and players.

## **TEAM PARENT LIAISON**

Establish and maintain communications with identified individual team parents to ensure information is disseminated as quickly as possible for the enhancement of SYC Football support operations.

## **MEMBERS AT LARGE**

Other FAB positions may be established and filled as required by the Commissioner. Members at Large can only be appointed if all other SYC FAB positions are filled by a single person.

## **COACHES**

### **GENERAL**

Aside from the players themselves, the most important people in the program are the coaches. These are the people who volunteer to spend a minimum of ten hours a week at practices, coordinating efforts on the phone (scrimmages, etc.) and attending mandatory coaches' meetings. They work "in the trenches" with the children and deal with parents daily. Coaches must provide the fundamental instructions of the game and provide positive leadership in the areas of sportsmanship, team spirit, self-discipline and integrity.

### **RESPONSIBILITIES**

The coaches shall operate within the parameters of the rules below and are responsible to the Commissioner of Coaches. Specific responsibilities for coaches and their staffs shall include:

- Provide leadership and instruction in the fundamentals of the sport.
- Ensure physical conditioning of players.
- Provide maximum participation of players as required by the Participation Policy.
- Treat each player as an individual and ensure all criticism is constructive.
- Provide for the safety of all players and exercise good judgment and common sense in contact situations.
- Instill a winning spirit and the ability to win with grace and lose with dignity.
- Teach teamwork and instill a personal sense of responsibility for each player.
- Encourage a spirit of cooperation and communication with the players' parents.

- Participate in the various administrative functions (to include fund raising, field maintenance, equipment issue and maintenance etc.) to ensure a successful program and perform as the liaison with team parents to communicate the FAB's policies and procedures.
- Participate in training and policy formulation activities as directed by the commissioner of coaches. This includes attending a minimum of one football coaches' clinic each year and meet USA Football education requirements as set by FCYFL.
- Set an example for youth players on the practice and playing fields by not engaging in activities which promote physical or psychological harm; this includes the use of tobacco products, alcohol or inappropriate language.
- Ensure end-of-season requirements are promptly conducted such as: turning in all-star player names, submitting hall of fame nominations for deserving players, and ensuring all players' and coach's equipment is returned.

## WEIGHT CLASS DIRECTOR

The Commissioner will appoint a Weight Class Director for each weight class. Ordinarily this will be the lead ankle biter coach and the American coaches for all other weight classes. Responsibilities include:

- Serve as primary communications link between Commissioner, Commissioner of Coaches, and weight class coaches.
- Organizing and running evaluation week for his/her weight class.
- Hold initial meeting with parents and keep them informed up until teams are drafted.
- Oversee player draft.
- Maintaining an accurate roster for all players in the weight class until player selection is completed.
- Collecting and turning in equipment for all players that quit prior to being drafted.
- Determine practice site at fields with other weight class directors.
- Ensuring all head coaches in his/her weight class are prepared for the FCYFL weigh-in.
- Coordinate with the Sponsorship Manager to raise funds and meet SYC goals.
- Other duties as the Commissioner may direct.

## COACH SELECTION PROCESS

For our league to thrive it is critical that we select the correct personnel to be our coaches. All coaches will file a coaching application with the Commissioner and be approved by the Coaches Selection Committee (CSC) as described below. Additionally, SYC requires all coaches to submit to a background check. A third-party vendor will conduct the back ground check for SYC. Failure to submit to a check will exclude the individual from consideration for coaching for SYC. The Coaches' Selection Committee (CSC) consists of the Commissioner, Deputy Commissioner, Commissioner of Coaches, Deputy Commissioner of Coaches and other FAB members selected by the Commissioner. The CSC will select the head coaches for



the upcoming season. Coach selection is a multifaceted subjective decision and win/loss record alone is not sufficient to be a head coach at SYC. The CSC will consider the following factors when selecting coaches:

### **COACHING ABILITY AND DESIRE**

This is an objective and subjective assessment of the coach’s ability and desire. Factors considered include win/loss record at SYC, total coaching experience, coaches’ meeting attendance, coaches’ clinic attendance and the CSC’s observation of the coaches on field performance both in practice and games.

### **VOLUNTEERISM**

This is an objective assessment of how much volunteering the coach does. It includes equipment maintenance and issue, game field set up and tear down, game day field commissioner, routine field maintenance. American level coaches must play a very active role in the program, attendance at SYC functions is mandatory.

### **FUNDRAISING**

This is an objective assessment of how much money the coach raised with his team sponsorship program.

### **ORGANIZATIONAL ABILITY AND PARENT RELATIONS**

This is a subjective assessment considering the following factors: Weigh-In execution, try-out/draft execution, practice efficiency and organization, end of season equipment return, Hall of Fame Nomination, parental feedback to the CSC, and direct observation.

### **SENIORITY**

Coaches with many years of support to SYC Football rightfully get preferential treatment when making team assignments. However, seniority alone will not guarantee a coach a team.

Note: Coaches selected as assistants by the head coach must provide coaching assistance. The practice of naming coaches for the sole purpose of obtaining a particularly gifted athlete, without receiving assistance from that coach, is strictly forbidden. See draft procedures for more details.

### **FAIRFAX COUNTY YOUTH FOOTBALL LEAGUE (FCYFL)**

The FCYFL is structured to establish various levels of competition based upon a player’s ability, age, and weight. There are seven weight classes identified as Anklebiter, 75 Pound, 85 Pound, 95 Pound, 110 Pound, 125 Pound, and 150 Pound. Weights listed are the maximum that a player may weigh for the specific weight class. Players are assigned to the weight classes based upon the following age/weight matrix:

Fairfax County Youth Football League Age/Weight Matrix										
Age is Determined by Player’s Age on October 1 <sup>ST</sup> of the Given Year.										
AGE WEIGHT	7	8	9	10	11	12	13	14	15	16

<b>AB</b>	UNLIMITED	90	55							
<b>80LB</b>		100	90	85	80					
<b>90LB</b>			110	100	95	90				
<b>100LB</b>				120	110	105	100			
<b>115LB</b>					UNLIMITED /135*	125	120	115		
<b>130LB</b>						UNLIMITED/ 150*	140	135	130	
<b>155LB</b>							UNLIMITED/175*	165	160	155

### AMERICAN CONFERENCE

The American Conference is structured with youths of the greatest ability and most experience in comparison to their peers; therefore, we will only field one American Conference team in each weight class.

### CENTRAL CONFERENCE

The Central Conference is a mid-level competition group structured to include both single entry Club teams which may not be able to compete equally in the American Conference and multiple entry Club teams with some experience. Generally, we will not field a Central Conference team unless there are enough players in the specific weight class to support four or more teams.

### NATIONAL CONFERENCE

The National Conference is designated as a conference for multi-entry teams with youth of limited ability and experience in comparison to the other conferences.

### ANKLEBITERS

The Anklebiter Instructional Group is one conference, divided into several divisions, dependent on the number of teams enrolled. Since these are the youngest players in an instructional group with special competition rules, no distinction between levels of experience is warranted. For the remainder of the weight classes there are three established conferences to provide three different levels of ability and experience for the players.

### ROOKIES

See page 11 for more information. The Rookie Program is mandatory for 6-year-olds and is an option for 7-year-olds under 55lb. The Rookie program will have practice only 3 days a week in August and then 2 days a week once school starts. Players will be outfitted in full pads including helmets. Practices will focus on the very basics of football skills, introduction to positions and general concepts of the game. As the season progresses and our young players are ready, we will introduce live scrimmages within our house teams,

and then expand to other area leagues (6/7yr olds) as appropriate.

ROOKIE PLAYERS		
AGE	6	7
WEIGHT	UNLIMITED	55

## EQUIPMENT

### REQUIRED EQUIPMENT

The following is a list of required equipment. Parents and players will not modify this equipment in any way. All uniforms and equipment will be provided by SYC, except as noted:

- Helmet (with approved face guard and chin strap).
- Shoulder Pads.
- Game Pants (integrated).
- Game Jersey.
- Practice Jersey.
- Shoes - either molded or removable cleats are allowed - (provided by the player).
- Tooth and Mouth Protector (intraoral/fitted) – (provided by the player).
- Socks – (provided by the player).

### OPTIONAL EQUIPMENT (Provided by the Player)

Athletic Supporter (with cup insert) and other personal protection devices are recommended, but must be in compliance with the National Federation of State High Schools Associations (NFHS) Rules. If in doubt check, with a Head Coach or Commissioner prior to purchasing optional equipment.

### EQUIPMENT ISSUE

Equipment issue takes place at the SYC warehouse by weight class in accordance with Football Calendar published online. Every effort is made to insure proper fitting during equipment issue, but it is the responsibility of the head coach to ensure players have all the required equipment and that the equipment fits properly. Parents who are unsure of the fit of their child's equipment are encouraged to talk to his/her head coach.

### EQUIPMENT TURN-IN

The Equipment Manager will announce turn in dates/times, by team, well in advance. Head coaches will insure that their players' equipment is all accounted for and ready for turn-in on the assigned date. Any decals put on the helmets during the season will be removed before the helmet is turned in. Game jerseys are included in the registration fee and are not to be turned in along with all other issued equipment at assigned turn in dates. Parents/Legal Guardians will be charged for any equipment items missing at equipment turn in. Failure to promptly return equipment will result in the elimination of the player's

eligibility to participate in any SYC activity until this obligation is satisfied and may result in refusal to accept registration for subsequent football seasons and even legal action. Individuals that have a history of late equipment return may be levied with an equipment deposit equivalent to the cost of a complete uniform.

## INJURIES

Safety of the players takes precedence over all other situations, including continuation of a scheduled game or practice. Medical release forms are required for each participant and will be present at all practices, scrimmages, and games. The head coach is responsible for ensuring that, an injured player receives immediate medical attention. If the parents are not present when an injury occurs; the player's parents will be notified as soon as possible; however, immediate medical attention for the injured player takes priority. Coaches will become familiar with the injuries (and appropriate treatment), which are most likely to occur. When any doubt exists relative to the nature or extent of the injury, immediate medical assistance shall be obtained.

## PLAYER EVALUATION WEEK

Player evaluation is conducted during the first week of practice and will be organized by weight class. The Weight Class Director oversees evaluation week for his weight class. It is critical that all players attend the player evaluation – this week will greatly affect their football experience for the entire year. It is strongly recommended that families schedule their summer vacations around evaluation week. All players will be evaluated to determine their conference placement based on their skills and abilities in relation to their peers. Players must have three (3) days of non-contact drills before they may engage in hitting drills. For most players this will begin on Thursday. Once hitting drills start, this will be the coaches' focus; players who do not have the required three days of non-contact drills may only perform non-contact activities.

**Note:** If there is a rain- out day during this week it will be made up on Saturday.

## PLAYER DRAFT

### GENERAL

Each player will be evaluated and placed on a team in accordance with the best interests of the player and the SYC Football Program. SYC Football believes that assignment of players to teams through a draft by experienced coaches is the best process for ensuring that players are assigned to the appropriate level of competition. Requests from parents for particular team selection based on carpooling arrangement, a preference for playing with friends or neighbors, or similar non-football reasons is not reason enough to place a player on a specific team.

### DRAFT SUPERVISION

The draft will be supervised by the Commissioner, Deputy Commissioner, Commissioner of Coaches, and/or Deputy Commissioner of Coaches with one of the above designated as the Draft Supervisor. Not all situations can be predicted in these Draft Procedures; therefore, the Draft Supervisor has the authority to modify or establish procedures, when required, due to an unanticipated situation.

## CONFERENCE WEIGHT CLASSES

The American conference team will draft its roster players at the conclusion of the last day of Player Evaluation Week. The Central team(s) will fill out their roster or hold an equitable draft after the American team drafts its roster. The National team(s) will fill out their roster or hold an equitable draft after the Central team(s) draft its roster.

If more than one team is in a conference, the drafting order will be decided by a coin toss. Drafting of players is subject to coaches' options and veteran players discussed below.

- A. As required by FCYFL rules, the equitable draft must be structured to assure that teams in the same conference distribute the available player talent equally. The SYC Commissioner may close registration for any weight class with high-roster teams in accordance with FCYFL rules. As noted in the FCYFL rules, each member organization's draft process must be established to assure a balance of talent and abilities throughout the registering and roster process.

It is expressly prohibited for anyone to manipulate or manage a player's registration to cause placement on a particular team. In the case of players that register or begin practice late, the American team shall evaluate and determine whether to keep the late registrant on its roster by that player's 5<sup>th</sup> day of practice (Note: the American Coach can release a player to the Central coach prior to the 5<sup>th</sup> practice if it is obvious that the player will not be competitive at the American level).

If the American team determines not to keep the late registrant, the team with the next pick in the Central Conference has the option to select the player. If no Central team selects the late registrant by the 6<sup>th</sup> day of practice, the late registrant will be placed on the National conference team with the next draft choice.

**If a player is selected by a team in accordance with these draft procedures, but refuses placement on that team (including refusing placement on a higher conference team) the player may lose the opportunity to participate.**

A late registrant may displace a player previously selected by an American or Central coach to ensure that team size goals are maintained. The Club will take all reasonable steps to ensure that players are not moved once placed on a team, even though this may occur in accordance with these procedures.

- B. Multiple-Entry Teams in Same Conference

Multiple teams in a conference will conduct a serpentine draft (subject to coaches' options discussed below) to establish teams that are as equal as possible in terms of talent.

- C. Coaches' Option

Designating an assistant coach for the sole purpose of optioning the assistant coach's son/daughter is strictly prohibited. The intent for assistant coaches' option is to give Central and National Head Coaches the same predictability that American coaches have with respect to the stability of their assistant coaching staff for preseason planning and preparation. **An assistant coach option must be reported by the head coach to the Commissioner of Coaches and approved**

**by the Commissioner prior to the start of Evaluation Week.** Individuals designated as an assistant coach option must commit to and thereafter provide substantive coaching assistance to the team.

Head coaches for the Central and National conferences will be allowed to exercise “options” for players that are children of (a) the head coach; and (b) no more than two (2) declared assistant coaches. Such optioned players will be included in the draft procedure for their conference. All protected (coaches’ option and veteran selection players) players will be that head coach’s first picks.

## VETERAN PLAYER SELECTION

It is the goal of SYC Football to keep players together on a team and with former coaches as they progress through the club’s weight classes. At the Anklebiter, Central (when there are two teams) and National conferences (when there are two or more teams) the Head Coaches may make a “pre- draft” agreement on selection of veteran players for a maximum of 6 players per team. All protected (Coaches’ Option and Veteran Player Selection) players will be that head coach’s first picks. **The pre-draft agreement cannot be used to “protect” a player from being selected by a head coach at a higher level (American or Central).**

## ANKLEBITER DRAFT

In accordance with Fairfax County rules, the Anklebiter team draft must ensure a balance of talent and abilities between the teams. Therefore, an “equitable” pool draft will be conducted. The lead Anklebiter Coach will provide a roster of players not eligible for the draft (less than 5 days practice). The draft supervisor will randomly determine the order of the draft. Coaches will select players in a serpentine draft (1, 2, 3, 3, 2, 1, 1, 2, 3 etc.) until the roster is filled. Players not eligible for the draft will continue to be evaluated by all the Head Anklebiter coaches during subsequent practices. They will be drafted after their 5<sup>th</sup> day of practice.

## TEAM SIZE

The number of players on each team in a weight class is a function of the number of players available and the number of teams we field in that weight class. In accordance with FCYFL Rules, teams must have at least 14 and no more than 22 players. In SYC every effort will be made to have between 16-18 players on a team. The goal is for no team to have more than four players than other teams in a weight class. The Weigh Class Director will recommend team size for the draft. The Commissioner of Coaches will approve the team size prior to the draft.

## PRACTICES

Practice fields are assigned by weight class and will be posted online. Additionally, when it gets dark too early, we will do our best to move our practices to lighted fields. A maximum of five practices and one scrimmage per week are authorized prior to the start of the school year. Once school starts, a maximum of three practices and one scrimmage/game are authorized. Practices are limited to two hours with water breaks every 15-20 minutes, depending on weather conditions. The level of activity during the summer months may be limited by the Commissioner supervising practice based on the temperature and humidity conditions. Helmets and shoulder pads may be removed, and practice may be stopped until conditions improve. Practices will conclude no later than dusk except for practice held on lighted fields.

## PLAYER PARTICIPATION

FCYFL Player Participation Rule: Players who attend practices and expend a sincere effort, regardless of talent, deserve to have their efforts recognized by participation in scrimmages and games. We expect SYC coaches to follow the spirit and letter of the participation rule. The SYC Football Program shall conform to the FCYFL Player Participation rule which states:

“The player participation policy of the American Division is that each player shall participate in every game for a significant portion of the total game time. Although specific play numbers or time requirements are not required in this division, it is the spirit and intent of the League that all Players participate fully. Teams participating in this Conference shall not select players that will not play a significant portion of each game.

The player participation policy of the Central and National Divisions as well as the Anklebiter Group is that each player shall play the entire game, either on offense or defense, except in case of an injury. The purpose of this rule is to allow every rostered participant to play the entire game. The basics of the rule are:

1. The maximum number of player per team is 22.
2. Should a team (other than Anklebiter) apply for a waiver on roster size, they will automatically be placed in the American Conference.
3. The offense team may choose to play 12 players while running their offense, using the 11th and 12th players to shuttle plays to the huddle. Only 2 players may be used to shuttle offensive plays into the huddle, each play alternating on subsequent downs. If a coach chooses to use this method; then those players used to shuttle plays must play defense and cannot be substituted unless injured or sick.
4. At the change of any possession, all players on the sideline must enter the game.”

## GAMES

Our home game fields are Lee High School and West Springfield High School (synthetic turf field). As a member of the Fairfax County Youth Football League (FCYFL), SYC is one of 24 clubs participating in this League. To make this year’s football season a positive experience for you and your child, we would like to provide you with some important information as it pertains to the FCYFL game schedules so that you are fully informed of League expectations prior to registering and making the commitment to participate in SYC and in the FCYFL.

- A. Game schedules are NOT finalized until after the last weigh-in. The League needs to first understand how many teams are participating before a schedule can be completed.
- B. Approximately 85% of FCYFL games are scheduled on Saturdays.
- C. Approximately 10% of FCYFL games are scheduled on Sundays.
- D. Approximately 5% of FCYFL games are scheduled on weeknights (Mon-Fri).
- E. All game scheduling is done regardless of outside factors such as community events; the Washington Redskins home game schedule, etc.

- F. Weekend games are scheduled without deference to religious denominations. The potential exists that conflicts may occur and the FCYFL will go ahead and play scheduled games. Please be aware that the possibility exists for a conflict and personal decisions must be made by the family whether to participate or not.
- G. All game scheduling is done by the FCYFL based upon allocated space available to each individual member club.
- H. When games are postponed due to inclement weather, they must be made up as soon as possible because of the limited facilities (fields) available, the short seven-week regular season; unpredictability of weather, play- off and championship games, and the Thanksgiving Holiday. This means games could be rescheduled as quickly as the day after a postponement!
- I. With the introduction of the new turf fields coming on line around the county, FCYFL will schedule and reschedule games on these weatherproof sites in the best interests of finishing the season on time and not canceling any games! This scheduling pattern takes precedent over the “home” game concept experienced in the past. When possible, we will continue to schedule home games as in the past, however, “playing the game” is the most important goal we desire. In the next few years, sport fields in our region will undergo a MAJOR renovation to synthetic turf surfaces and we must be flexible and adjust ahead of the curve.
- J. The availability of game officials and the weather are the primary reasons for the initial schedule and subsequent schedule changes.
- K. Please keep in mind that the FCYFL has (24) member clubs from Gainesville to Alexandria, from Woodbridge to Loudoun County. The FCYFL tries to “look” at weekly match-ups, time and location of games when schedules are developed. However, the availability of facilities (lighted) or lack of lighted fields, significantly impacts “convenient” geographical scheduling. Teams are matched by draw, not by geography, so the possibility exists in each weight class that all clubs may play any other club, anywhere in the county. We are cognizant that traffic, early morning, and late-night games, are considered an inconvenience by some people.
- L. The bottom line is that the FCYFL is an organization that has almost 7,000 players, a limited number of officials; limited number of lighted and turf fields, and trying to schedule all these games in a 7-week regular season is a challenge, to say the least, so we appreciate your patience when inclement weather causes everyone’s schedule to change.
- M. Field Set up/Tear Down. For home games the first team scheduled to play will arrive at the field at least 30 minutes early to set up the field. The team scheduled to play the last game of the day will “tear down” the field which includes picking up all litter and emptying all trash receptacles. The Head Coaches are responsible to ensure the fulfillment of these obligations. Sideline Personnel. Unauthorized personnel are not allowed on the playing field sidelines during the game. The FCYFL rules shall apply as to the number of coaches and support personnel allowed on the field sidelines. Game tapers/photographers are specifically prohibited. The head coach is charged with the responsibility of enforcing this rule. At all games at Lee and West Springfield HSs, fans are not permitted on the track.



- N. Field Marshal. All games at Lee and West Springfield HS will have an assigned Field Marshal (generally a head coach who does not have a game at the same time). The Field Marshal is responsible for maintaining the official score book, picking up litter, insuring trash cans are emptied as needed and resolving any disputes that may occur.
- O. Chain Gang. The home team must provide three operators for the ten-yard and down markers. In accordance with FCYFL rules the minimum age is eighteen (18). The visiting team may provide one member for the chain crew if they so desire.
- P. Game Rosters. FCYFL rules require that coaches provide two rosters prior to each league game. The roster will be the “official” team roster annotated with any changes. Rosters will be given to the opposing coach and the game day field marshal.
- Q. Game Results. Coaches will report their results no later than 24 hours after the game. The field marshal with duty on Sunday will ensure the weekend’s official results are reported to FCYFL in accordance with the instructions located in the field marshal’s notebook.
- R. Post Season Games. Post season games (Turkey Bowls etc.) will not be scheduled without prior approval of the football commissioner.

## TROPHIES AND AWARDS

The policy of the SYC Football Program is that significant accomplishments should be rewarded. In keeping with that policy, the players on all SYC Football Teams reaching the County Playoffs will receive individual trophies if the budget allows.

## VOLUNTEERS

The volunteer efforts of parents, legal guardians and friends are the heart of the SYC football program and ensure its success. These volunteers act in a variety of roles year-round and are the football programs most valuable resource. In keeping with the established SYC volunteer program, football accepts a minimum of four hours to fulfill the volunteer participation requirement. Many volunteers provide much more, but all should strive to meet the minimum noted. Quality football volunteer activities include (but are not limited to):

## FOOTBALL PROGRAM VOLUNTEER ACTIVITIES

- A. Coaching Positions (Head coaches, Assistant coaches, etc.)
- B. Football Advisory Board Positions
- C. Team Parents
- D. Field Maintenance and Preparation
- E. Equipment Room Maintenance
- F. Concession Stand Operations
- G. Chain gang participation

## SYC GENERAL VOLUNTEER ACTIVITIES

- A. Activity Registration
- B. Automation/Computer Support/Input
- C. Facility Building Maintenance
- D. Publicity and Signage Maintenance
- E. General Membership Meeting (Set up and take down)
- F. Board of Directors Positions

## COMPLAINT PROCESS

The purpose of this section is to provide guidance for Springfield Youth Club (SYC) Football Program Members who wish to voice or file a complaint related to SYC football operations. This section is not intended to address issues related to SYC Refund Policy. It is the philosophy of the SYC Football program that every effort should be made to address any complaints related to the SYC Football Program at the lowest level possible. Head coaches should be the focal point for the majority of complaints. However, we ask that you bring these complaints to the coach after practice is complete – they are extremely busy before and during practice. If the head coach is unable to satisfactorily resolve the issue then it should be elevated to the Deputy Commissioner or Commissioner. Complaints that cannot be satisfactorily addressed by the Commissioner will be processed in accordance with the SYC complaint procedure explained on the SYC home page ([www.sycva.com](http://www.sycva.com)).

## REFUNDS

The SYC Refund Policy for the football program is as follows:

Participants who submit the [Refund Request Form](#) prior to the close of on-time registration will receive a full refund of the registration fee minus a \$15.00 administrative fee. Participants who submit the [Refund Request Form](#) during the late registration period and prior to the DRAFT will receive a 50% refund of the registration fee. NO REFUNDS will be issued to participants who submit the [Refund Request Form](#) after the DRAFT. NO REFUND will be considered until all issued equipment has been verified as returned.

Pre-Season Camp – Participants who submit the [Refund Request Form](#) prior to the start of the camp will receive a full refund of the registration fee minus a \$15.00 administrative fee.

Note: Under extenuating circumstances, the individual sport commissioners and/or members of the Executive Committee of the Board of Directors may approve any deviations to the official SYC refund policy.

## DEVELOPMENTAL TEAMS

- A. (Ages 6-7) – Rookie Program (All 6-year-olds & 7-year-olds 55 lbs or lighter)
- B. (Ages 7-9) – Anklebiter Program
- C. League age is determined by player's age on October 1, 2011.
- D. SYC Football is expanding its program to provide an extra level of learning for our youngest players. In addition to the Anklebiter Division, this season we will offer an option for seven-year-

olds to participate in our new Rookie Program. This also allows us to expand participation to six-year-olds who cannot participate in Fairfax County Football League because of the league age minimum of 7.

1. League age 6-year-olds must register for the rookie league.
2. League age 7-year-olds 55 pounds or lighter can register for the Anklebiter league.

E. Rookie Program

*(6 year olds any weight, 7 year olds under 55lbs)* The Rookie Program is mandatory for 6 year olds and is an option for 7 year olds under 55lb. The Rookie program will have practice only 3 days a week in August and then 2 days a week once school starts. Players will be outfitted in full pads including helmets.

Practices will focus on the very basics of football skills, introduction to positions and general concepts of the game. As the season progresses and our young players are ready, we will introduce live scrimmages within our house teams, and then expand to other area leagues (6/7yr olds) as appropriate.

F. Anklebiter Teams

*(7-year-olds any weight, 8-year-olds under 90lbs, 9-year-olds under 55lbs)* Anklebiter teams will compete in the Fairfax County Football League as a part of SYC. 6-year-olds are prohibited from playing in the Anklebiter Program. The SYC Anklebiters division is also developmental but will progress at a faster pace.

Practices are 5 days a week in August and 3 days a week once school starts. Teams will have full scrimmages by the end of August followed by a seven game schedule vs. other Fairfax County Football Teams for the season. Top teams progress to a playoff for a County Championship. For more information, visit [www.fcyfl.com](http://www.fcyfl.com).

G. Evaluation Week

If you are undecided or uncertain of where your child should play, all players in the Rookie Program and Anklebiter Divisions will be grouped together during evaluation week. Coaches will be available to help determine the best fit for your child.

H. SYC Football is excited to provide this extra level of instruction and looks forward to your child's participation in our program!

## CODE OF CONDUCT

### SYC CODE OF CONDUCT & DISCIPLINARY POLICY

All participants in SYC activities (administrators, players, coaches, officials, and spectators) are expected to conduct themselves in accordance with the principles of good sportsmanship and appropriate behavior and will comply with all SYC policies, rules, and procedures.

This Code of Conduct applies at practices, games, and all other SYC-sanctioned activities. Participants will:

- a. Exemplify behavior that reflects good sportsmanship, respect, courtesy, and a positive attitude.
- b. Maintain self-control.
- c. No use of abusive language or profanity, making humiliating remarks, gestures of ill temper, verbal or physical threats, and/or physical assault upon another player, coach, official, or spectator.
- d. No behavior which would endanger the health, safety, or wellbeing of any player, coach, official, or spectator.
- e. Treat players, coaches, officials, and spectators with respect regardless of race, creed, color, national origin, sex, sexual orientation, religion, or ability.
- f. Follow field/facility rules and regulations, respecting the property of others.
- g. No use of alcohol, illegal drugs, or tobacco products, or carry any firearm or weapon during any event in which SYC is a participant.

Anyone who violates this Code of Conduct is subject to immediate dismissal from any SYC event and disciplinary action up to and including being expelled from all SYC activities. Alleged violations of the Code of Conduct shall be referred to the Commissioner for investigation, to include interviewing the parties involved.

In the event of a violation of the Code of Conduct, disciplinary action shall include, but not be limited to, the following, in any order or combination:

- a. Verbal warning issued by a SYC Commissioner, Deputy Commissioner, Commissioner of Coaches, or Deputy Commissioner of Coaches.
- b. Written warning issued by a SYC Commissioner, Deputy Commissioner, Commissioner of Coaches, or Deputy Commissioner of Coaches.
- c. Suspension or immediate ejection from a sports event issued by a SYC Commissioner, Deputy Commissioner, Commissioner of Coaches, or Deputy Commissioner of Coaches with written documentation of the incident kept on file.
- d. Suspension from multiple sports events issued by the SYC Commissioner, with written documentation of the incident kept on file.
- e. Season suspension or multiple season suspension issued by the SYC Commissioner, with written documentation of the incident kept on file.
- f. Permanent suspension from all Club activities issued by the SYC Commissioner, with written documentation of the incident kept on file.

Appeals of disciplinary actions will be to the FAB.

## **FAIRFAX COUNTY YOUTH FOOTBALL LEAGUE CODE OF CONDUCT**

SEE FCYFL Coaches Code of Conduct. <http://www.fcyfl.org/>

## SYC FOOTBALL COACH-PARENT CODE OF CONDUCT

Communications to expect from your child's coach:

- a. Team/Squad requirements (i.e. special equipment/uniform).
- b. Game/practice schedule and updates.
- c. Team/Squad rules, guidelines, and consequences for any infractions.
- d. Team/Squad selection process.
- e. Injuries occurring at practice/games

Communications coaches expect from athletes/parents:

- a. Any concerns are expressed DIRECTLY to the coach.
- b. Advanced notification of any schedule conflicts.
- c. Advanced notification of any illness or injury – when possible.

Appropriate Concerns to Discuss with Coaches:

- a. Treatment of your child.
- b. Ways to help your child improve.
- c. Concerns about your child's behavior.

Inappropriate Concerns to Discuss with Coaches:

- a. Playing Time.
- b. Player Position.
- c. Team/Squad Strategy and Plays/Stunts.
- d. Football team/Cheer selection.
- e. Other athletes.

If you have a concern with a coach, here are the procedures and order to be followed:

- a. Contact the Head Coach outside of normal practice time.
- b. Please do not attempt to confront the coach before or after a game. These can be emotional times for both the parent and the coach. Meetings of this nature usually do not promote positive resolution.

What can a parent or coach do if the discussion did not provide a satisfactory resolution:

- a. Call and discuss the situation with the Weight Commissioner and Commissioner of Coaches.
- b. The appropriate next step then can be determined.

Seven expectations of Good Sportsmanship:

- a. Taunting, trash talk and intimidating behavior have no place in youth sports.

- b. Treat others as you want to be treated.
- c. Be a positive role model
- d. Control your emotions at practices and games
- e. Make sure your child understands that win or lose, you love him or her.
- f. Respect your child's coaches. Communicate with them in a positive way.
- g. Sportsmanship begins with the parent.

## **ADMENDMENTS TO THIS GUIDE**

All recommendations for changes or additions to this guide shall be made in writing to the commissioner or deputy commissioner. The recommended change should be concise and clearly written with reasons supporting the proposed change or addition. These shall be reviewed by the FAB and recommendations made to the football commissioner. The requestor shall be advised of the disposition of the request, and, if approved, the addition or change shall be distributed to all interested parties.