



# TACKLE FOOTBALL COMMITMENT GUIDELINES FOR MULTI-SPORT ATHLETES

### Core Belief

We support and encourage **multi-sport participation**, especially at the youth level. However, tackle football is a **team-first, contact sport** that requires consistent practice and game attendance for both **individual safety** and **team success**.

### Purpose

To set clear and consistent expectations for players and families involved in **tackle football**, particularly those participating in multiple sports or activities during the season. These guidelines aim to balance flexibility for younger athletes with the increasing demands of safety, skill development, and team responsibility as players progress.

### Age-Based Commitment Expectations

Grade Level	Commitment Level	Attendance Expectation	Impact on Playing Time
3rd/4th Grade	Introductory / Flexible	Regular attendance is encouraged, but we understand occasional conflicts with other sports or activities.	All players will receive equal playing time regardless of attendance, especially early in the season.
5th Grade	Moderate	Consistent attendance expected. Families should communicate known conflicts in advance.	Players who regularly miss practices or games may see reduced playing time in competitive moments.
6th Grade	Strong	Players should treat football as a primary commitment during the season.	Playing time may be limited if practices or games are missed without prior communication.
7th Grade	High	Regular attendance is expected and necessary for team continuity and safe participation.	Players with repeated absences may not be eligible for starting roles or full participation.
8th Grade	Highest Commitment	Football should be a top priority during the season. Minimal absences permitted.	Playing time is based on attendance, effort, and performance. Missed practices will impact roles and game reps.

### Parent Guidance

- **Plan Ahead:** If your child is playing another sport in-season, notify the coach early.
- **Open Communication:** Coaches understand conflicts happen—early and honest communication is key.
- **Team First Mentality:** Football is a unique sport where each player impacts others' safety and success. Regular attendance helps everyone grow.

### Why These Guidelines Matter

1. **Safety:** Football is a contact sport that requires preparation and consistency. Missing practices impacts not just individual safety, but the safety of teammates.
2. **Development:** As players advance in age, consistent reps are critical to learning proper technique and game understanding.
3. **Team Success:** Attendance supports cohesive units, predictable roles, and effective team strategy.
4. **Fairness:** These guidelines ensure players and families understand what's expected and how it affects participation.

### Final Note

We want every athlete to have a positive and developmental football experience. These guidelines are designed to support fairness, safety, and clear communication as our players grow through the game.