



## Youth Sports Foundation Principles and Policies

**MISSION STATEMENT:** The Youth Sports Foundation was created to help provide the opportunity and means by which any child at the 3<sup>rd</sup>-7<sup>th</sup> grade school age can actively participate in an organized sport that values personal integrity, team and leadership skills, in a fun and healthy environment.

**WINNING IS NOT OUR NUMBER ONE PRIORITY:** The Youth Sports Foundation focuses on personal and team growth and development.

**Mindful of these principles, the Youth Sports Foundation sets forth the following policies/safety guidelines:**

Recommended Team Size: 5<sup>th</sup>-6<sup>th</sup> Grade: 18-22 players when possible, with a maximum of 30 players per team.

Practices:

- Players will not be allowed to practice if the YSF office does not have the player's registration form, signed waiver, and payment.
- Practice Times:

**5<sup>th</sup>-6<sup>th</sup> Grade:**

**Week 1:** 8 hours maximum for the week with 2 hours maximum per day. The first 2 days must be in helmets and T-shirts only. Days 3-4 only 30 minutes of full contact after proper technique (Heads up tackling) has been taught.

**Week 2 until games start:** 8 hours maximum per week with 2 hours maximum per day. Only 30 minutes of full contact per day.

**Game week until end of season:** 6 hours maximum per week with 2 hours maximum per day. The 1<sup>st</sup> practice after a game you may not have full contact drills. Days 2-3 you may have 30 minutes each day of full contact.

Note: The YSF has specified the maximum practice time per week of the program and they can be padded (except first 2 days of practice must be unpadded) or unpadded practices. Each YSF community may decide how closely they follow these guidelines without exceeding the maximum practice time allowed.

- The first 2 days of practice must be in helmets and shorts for all players. If a player joins late, he/she must go two days in helmets and shorts before going full equipment.
- Practices should be scheduled around religious and school training.
- Water must be available at all practices (and games). Players may get a drink as needed.
- When the temperature reaches 90° or the humidity is at 85% or higher, teams must practice without equipment on. Practices must start after 5:30 PM. Town coordinators, Regional Directors, or the YSF office may cancel all practices at any given time due to high temperatures.

Games:

- The YSF is recommending that you have at least 2 adult officials (preferably 3) on the field at all times. The head official must be 21 years or older. YSF also recommends that one of these be high school certified. Every YSF official must know all current YSF rules and attend the officials meeting. It will be up to the coordinator to make sure these rules are available to all officials at least one week before the jamboree. The coordinator should also have a copy of the current rules at every game.
- The Jamboree host coordinator must turn in all players' weights to the YSF office by **Friday, September 2<sup>nd</sup>**. If a town does not attend a Jamboree, it is up to the town coordinator to get all players' weights in by the same day.
- Team rosters must also be turned into the YSF office **Friday, September 2<sup>nd</sup>**. They will be uploaded to each team's page on the YSF website. Coaches are recommended to check for the opposing team's roster on their page before each game.
- It is the responsibility of the host town coordinator to report scores to the YSF office on the Monday following each game.
- **All players must start on either offense or defense, and play on both sides of the ball throughout the game.**
- **Coaches should have a different starting lineup in the second half of each game.**

#### Weather/Cancellations:

- All coaches and parents should watch the weather situation. Practices and games are cancelled when lightning is spotted. Other conditions may also warrant practice or game cancellation. Coaches and coordinator must use good judgment. Visiting coordinators should check with the home team coordinator for weather situations.
- Half time is considered a completed game; in bad weather situations a game may be called at half and count as a completed game.
- In the event of rain, special game or other circumstances beyond our control, the game will be moved to either the practice field, another suitable field, or even cancelled. If a game is cancelled it may be rescheduled. All rescheduled games will be the responsibility of the home town coordinator and two head coaches to their approval and discretion; YSF is not responsible for the rescheduling. All rescheduled games should be arranged within a week of the cancelled game. Any rescheduled games must be completed before the final game. Dates and scores should be reported to the YSF office ASAP.
- Officials' pay for any cancelled, but not rescheduled games, must be returned to the YSF office by the end of the season.

#### Equipment/Gear:

- Hooded sweatshirts are not allowed under the uniform. All clothing worn under the uniform must not show except at the arms.
- All players must have a fitted mouthpiece to be eligible to play.
- Metal cleats are not allowed; players may wear rubber or hard plastic screw-in cleats. If the screw-in cleats become worn to where the metal is showing, the cleats must be replaced or the shoes changed.
- No jewelry can be worn during practices or games.
- All standard equipment worn by a player must be YSF approved.
- All players must use the helmet that was provided to them by YSF for all practices and games. They cannot borrow a helmet from any other player, parent, or coach in order to play; but coaches may utilize spare shoulder pads, pants, and jerseys to a player in need.
- Any player that wants to use his/her own personal helmet must be get it approved by the YSF office and town coordinator, and must sign a liability waiver.
- A player may play with a cast as long as the league has a written release from his/her doctor and parents before any practice or game. The layer must use a soft cast prescribed by the doctor or a hard cast with a ½" thick polyurethane foam covering as stated in the Iowa High School Football rules book. For further questions we will refer to the rules book.

#### Post-season Tournaments:

- Contact your Regional Director or the YSF office for the policy regarding post-season tournaments.