



**HEADS UP  
FOOTBALL**



**KATY YOUTH  
FOOTBALL**



**HOUSTON  
TEXANS**

HOUSTON  
**Methodist**<sup>SM</sup>



Dear Team Parent:

Thank you for your commitment to serve as a Team Parent within Katy Youth Football®. We recognize our volunteers are our greatest asset, and we strive to provide you the tools and resources necessary to carry out your vital role. All of us at KYF® are volunteers, and we step up to support the children in our community, first and foremost, by ensuring they have a safe and healthy environment to learn and grow within the great game of football.

You hold a critical role in KYF®'s future, and in the future of the game. We believe it is important that your management style and knowledge will continue to evolve and progress with the latest trends. Therefore, we have partnered with USA Football and adopted the Heads Up Football Program.

USA Football's Coach Certification Program focuses on eight key areas:

- **Coaching education:** All coaches within Katy Youth Football® are required to complete the USA Football online certification, which will provide age-appropriate training in vital health and safety topics, the game's fundamentals, and the development of a coaching purpose statement.
- **Anti-Abuse:** Signs of Abuse & Reporting
- **Equipment fitting:** Particularly the proper fitting of the helmet and shoulder pads.
- **Concussion recognition & response:** Employing Centers for Disease Control and Prevention Protocols. Katy Youth Football® is also supported by the Houston Methodist Neurological Institute, and the Houston Methodist Concussion Center.
- **Heat preparedness and hydration:** Establishing approved protocols from the Korey Stringer Institute at the University of Connecticut.
- **Sudden Cardiac Arrest:** Having plans and procedures in place in case of cardiac events.
- **Shoulder Tackling** – Teaching the fundamentals of this all-player skill in a safer way.
- **Blocking & Defeating Blocks:** Teaching the fundamentals of contact for offensive players without the ball.
- **KYF® H&S Team:** Individuals appointed by Katy Youth Football®, who will ensure compliance with Heads Up Football player safety protocols, coach certification and continuing education with coaches, players and parents. 2022 KYF® H&S Teams Members are Dave Perez, Jim Rasco, John Blake, and Anthony Biello.

At Katy Youth Football® our expectation is that each of you as Team Parent will model our KYF® Mission and Core Values, and will strive to achieve our goals through a selfless player-first commitment. Our expectation is that each of you as Team Parent will fully adopt, support and implement the Heads Up Football components, and all other KYF® Health & Safety guidelines.

We greatly appreciate your leadership, dedication and passion to further strengthen our game for the betterment of our players and their families.

Regards,

Anthony P. Biello  
President & CEO



# 2022 Katy Youth Football® Team Parent Meeting

President Welcome  
**Introduction of Board Members**  
Conduct & Responsibilities  
**KYF® Field Security Discussion**  
KYF® Health & Safety Overview  
**Document Requirements**  
Uniform Information  
**Picture Day**  
Mandatory Background Check  
**Sponsorships**  
Raffle  
**KYF® Insurance and Practice Field Scheduling**

## Dates to Remember

- 📅 August 17 - KISD In-Person Classes Begin!!
- 📅 **August 21 (Noon) – Electronic Document Submission Deadline**
- 📅 **August 27 - Football Uniform Distribution – 9am – 4pm**
- 📅 **September 10<sup>th</sup> – Opening Ceremonies – Jordan Ranch Complex – All Day**
- 📅 **September 10<sup>th</sup> - Official 2022 KYF® Opening Game Day (TACKLE)**
- 📅 **September 10<sup>th</sup> - Official 2022 KYF® Opening Game Day (FLAG)**
  - 📷 Last Day to turn in picture Money to the team parent 9/17/22
  - 📷 September 25<sup>th</sup> - League Picture Day
- 📅 **September 25<sup>th</sup> - Turn in Sponsor money!**
- 📅 **October 1 2022 Spring 2022 7 on 7 Sign ups**
- 📅 November 12<sup>th</sup> - Mitey Mite Championship / 1<sup>st</sup>/2<sup>nd</sup> Flag Championship
- 📅 **November 20<sup>st</sup> - KYF 2022 Turf Bowl**

## RELEASE AND WAIVER OF LIABILITY

This Release is by the party signing below (herein referred to as "Releasor"), and is given to **Katy Football Association, Inc, AKA Katy Youth Football®, AKA KYF® or KYF**, USA Football, Inc., Harris County, Texas, City of Katy, Texas, Katy Independent School District and each of their respective subsidiaries, affiliates, divisions, owners, officers, agents, board members, employees, contractors, consultants, coaches, volunteers, grantors, sponsors, agents, legal representatives, administrators, assigns, heirs, executors, those for whom each is acting and those acting with any of their authority and permission (collectively as "Releasees").

Initial \_\_\_\_\_ **RELEASE OF ALL CLAIMS.** Releasor, being of lawful age (or, in the case of a minor, through his/her parent or guardian), in consideration of being permitted to participate in any KYF 7on7 program, Tackle Football Program, Flag Football Program or Cheer Program, including , but not limited to, cheer performances, football games, practices, workouts, camps and clinics, competitions, travel to/from competitions, jamborees, scrimmages, post-season competitions and tournaments (collectively and individually, the "Event"), hereby releases and discharges Releasees from all present and future liabilities, debts, obligations, costs, expenses, damages, losses, charges, judgments, executions, liens, claims, demands, actions or causes of action of whatever nature or description, in equity or at law, whether caused in whole or in part by the Releasees or any other person or thing during the Event while Releasor is present, which the Releasor or his/her child or ward (each a "child"), family, estate, heirs, representatives, executors, administrators, successors or assigns (collectively, "Related Parties") may have, whether known or unknown, suspected, asserted or not asserted, arising out of participation by the Releasor or his/her child in the Event, and agrees that Releasees are not responsible for any of the foregoing arising out of the Event, **EVEN IF CAUSED BY RELEASEES' OWN ORDINARY NEGLIGENCE TO THE FULLEST EXTENT PERMITTED BY LAW.** The Releasor understands, acknowledges and accepts that this Release and Waiver is intended to be binding on the Releasor and anyone related to Releasor. **RELEASOR EXPRESSLY INTENDS TO RELEASE FUTURE LIABILITY OF AND ANY AND ALL CLAIMS AGAINST RELEASEES, INCLUDING, BUT NOT LIMITED TO LIABILITY OR CLAIMS FOR NEGLIGENCE TO THE FULLEST EXTENT PERMITTED BY LAW BY ONE OR MORE OF THE RELEASEES AND FOR ANY AND ALL DAMAGES INCLUDING EXEMPLARY DAMAGES.**

Initial \_\_\_\_\_ **RISKS ACCEPTED; MEDICAL TREATMENT.** The Releasor further understands, acknowledges and accepts that participation in the Event involves certain inherent risks, including, but not limited to, property damage, economic loss, possible exposure to communicable infectious diseases, including but not limited to the **NOVEL CORONAVIRUS (SARS-COV-2) THAT CAUSES CORONAVIRUS DISEASE 2019 (COVID-19)** and other viral respiratory illnesses, all of which could result in **SERIOUS ILLNESS (INCLUDING DEATH) OR SERIOUS BODILY INJURY (INCLUDING DEATH),** and agrees that the Releasor or his/her child is voluntarily participating in the Event with full knowledge of the risks involved and accepts all risks of participation to the participant, as well as all risks to the Releasor or other family members of Releasor who are present at the Event. The Releasor declares that the Releasor or his/her participating child is physically fit and has the requisite skill level to participate in the Event. The Releasor authorizes but does not otherwise impose the obligation on, **Katy Football Association, Inc.** to provide medical treatment to the Releasor or his/her child, at the Releasor's cost, should the need arise. The Releasor understands, acknowledges and accepts that he or she must provide his/her own medical insurance for the participant and that all medical bills for care of Releasor or his or her minor are ultimately of Releasor.

Initial \_\_\_\_\_ **GRANT OF PUBLICITY RIGHTS.** The Releasor further grants the Releasees the right, but does not otherwise impose the obligation, to photograph, videotape and/or otherwise use the Releasor and/or his or her participating child's name, face, likeness, voice and appearance in connection with exhibitions, publicity, advertising, website and promotional materials, free of charge without reservation or limitation.

**The Releasor understands, acknowledges and accepts that this Release and Waiver of Liability is intended to be as broad and inclusive as permitted by the laws of the state of Texas in which the Event is taking place and agrees that if any portion of this Release and Waiver is invalid, the remainder will continue in full legal force and effect.**

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian Name (please print): \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Participant Name (please print): \_\_\_\_\_ Participant Age: \_\_\_\_\_

KYF® Division & Team Name: \_\_\_\_\_



# 2022 Katy Youth Football®

## Player/Cheerleader Health & Safety Packet: Information & Forms for Parents & Coaches

The health and safety of participants in KYF®-sponsored events is of paramount importance to the League. To that end, we annually review our policies and procedures to insure we are improving them each and every year. 2022 brings with it a continuation of the many improvements that are unique to KYF®, and that allow us to unequivocally state that our program stands head and shoulders above any other in the state of Texas and the country.

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*Sexual Harassment Policy*

### KYF Health & Safety Committee Members and Contact Information

Dave Perez, KYF® Director H & S  
Anthony Biello, KYF® President  
Jim Rasco, KYF® VP-Football  
John Blake, KYF® H&S Committee

Dave.Perez@katyyouthfootball.com  
Anthony.Biello@katyyouthfootball.com  
Jim.Rasco@katyyouthfootball.com  
John.Blake@katyyouthfootball.com



## COVID-19 Guidance

### Overview:

The SARS-COV-2 Virus that causes COVID-19 can infect people of all ages. While the risk of serious illness or loss of life is greatest in those 65 years of age or older with pre-existing health conditions, persons in every age group can become infected with COVID-19 and some may become seriously ill or even die.

**We should all be thankful that, with rare exceptions, COVID-19 is not claiming the lives of our children. However, we can never forget that a child with a mild or even asymptomatic case of COVID-19 can spread that infection to others who may be far more vulnerable.**

COVID-19 is spread from person to person through contact that is close enough to share droplets generated by coughing, sneezing, speaking, and even just breathing. COVID-19 can also be spread by touching objects where contaminated droplets have landed. Because of this easy manner of transmission, an infant, child or young person who is infected with COVID-19 can spread the infection to others they come in close contact with, such as members of their household, teachers, coaches, or other caregivers. We have learned that infected persons with mild or even no symptoms can spread COVID-19.

**These facts are vitally important when considering engaging in youth sporting activities.**

### Purpose:

This guidance provides recommendations for parents, student-athletes, coaches, officials, volunteers, spectators and other people who are associated with Katy Youth Football® sanctioned programs and events. It suggests actions that individuals and groups can take to reduce the risk of exposure to COVID-19. Katy Youth Football® (KYF®) does not sanction any activities that do not adhere to these guidelines. These guidelines were adapted from best practices and recommendations from the US Centers for Disease Control, The Texas Department of State Health Services, The University Interscholastic League, and USA Football.



## COVID-19 Guidance (cont')

### Information for Parents, Spectators, and Coaches – 2022 Season:

Katy Youth Football® will initiate a phased approach upon the initiation of practice activities. Teams and Cheer Squads may begin team gathering on the date announced by the league, in accordance with this guidance.

**Children participating in youth sporting events or practice should minimize in-person contact with any person 65 years of age or older, especially those with pre-existing health conditions, for a period of 14 days. This includes maintaining social distancing of at least 6 feet of separation from those individuals, wearing a face covering or mask, and avoiding sharing utensils or other common objects with those individuals.**

**Every adult who is responsible for providing care for youth in these settings must be aware of these facts and be willing to comply with the infection control measures that will be in place in these settings. Parents should monitor the health of their children and not send them to participate in KYF® sporting activities if they exhibit any symptom of COVID-19. They should seek COVID-19 testing promptly and immediately report results to Katy Youth Football® given the implications for other children, families, volunteers, and staff. Individuals aged 65 or older are at a higher risk of COVID-19. Parents should protect any vulnerable persons who are members of the same household or come into frequent, close contact with individuals who participate in youth sports, including KYF®.**

When this guidance requires notification/report to Katy Youth Football®, notification should be made in the following manner: ASAP email to [COVID@katyyouthfootball.com](mailto:COVID@katyyouthfootball.com), and to the Head Coach via immediate verbal notification via phone, talk to a person. Head Coach must immediately report to KYF® Division Director. The league will promptly respond with guidance

**NOTE: Per Governor Abbott's [Executive Order GA-36](#) : Face Coverings are not required for participants and spectators, but KYF recommends parents continue to observe social distancing from members not part of their household, as well as all other relevant CDC Guidance.**



## COVID-19 Guidance (cont')

### PREVENTIVE ACTIONS:

If you or your child are sick: **STAY HOME!** Be careful & consistent with cleaning your hands. Wash hands often with soap and water for at least 20 seconds. If soap and water is not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol (70% preferred). Avoid touching your eyes, nose, or mouth with unwashed hands. Wash/Sanitize hands after blowing your nose, or coughing/sneezing. Encourage social distancing when in public, and during all KYF® Activities. **Optional:** Wear a face covering (over the nose and mouth).

### Information for Head Coaches:

All coaches, team volunteers and players/cheerleaders **MUST** be screened for signs/symptoms of COVID-19 prior to participation in any KYF® Event (Practice, Game, or gathering of any kind). A KYF® Specific COVID-19 Screening Form (included in this guidance) must be completed prior to the start of each practice or game; late arrivals should be screened before participation. Any player suspected of possible COVID-19 must be immediately restricted from participation in the KYF® Event and not permitted to return to play until cleared by a physician, and approved by the KYF® Health & Safety Committee. In the event a player is restricted from play, due to suspected or known COVID-19, or if the player is a close contact of a confirmed positive case of COVID-19, the player's physician must complete the specific KYF® COVID-19 Return to Play form, and the form must be submitted to [COVID@katyouthfootball.com](mailto:COVID@katyouthfootball.com), and submitted to your KYF® Division Director. **Failure to do so may result in disciplinary action by the Board.**

### KYF® PHASED REOPENING APPROACH:





## COVID-19 Guidance (cont')

The KYF® Phased reopening guidelines for coaches, volunteers and athletes are outlined below for all KYF® Activities. Parent/Spectator Guidelines that follow apply to **ALL** Phases. For practice sessions – there is no gathering limit, but socially distancing from individuals not part of your household is highly recommended.

### PHASE I (8/1/2022 – 8/8/2022):



Team practice

- Maintain at least a six-foot for distance when practical.
- Tackle Football Players may wear shorts and helmets only
- Individual and team conditioning drills allowed per league communications.
- Non-Contact Practice allowed for all Tackle Teams.
- No Thud or Live contact drills allowed.
- **No Equipment allowed – Softshell helmet optional**

### PHASE II (8/9/2022 – 8/15/2022):



Team practice

- Maintain at least a six-foot distance when practical
- Tackle Football Players may wear shells (Helmets & Shoulder Pads, with shorts)
- Flag Football Practices may begin (Follow KYF® Heat Acclimatization Guidelines.
- Individual and team practice drills allowed, with air, bags, and light thud.
- Passing/Kicking Allowed, run individual drills against Air & Bags, and progressively incorporate light Thud into the drill sequence – See KYF® Levels of Contact Guidelines.
- All equipment, including footballs, should be sanitized as often as possible
- **Maintain six-foot of social distance when not conducting drills.**

### PHASE III (8/16/2022 – 9/5/2022):



Within-team competition

- Maintain six-foot distance between all participants & coaches except during drills
- Tackle Football Players may wear Full Pads and other equipment
- Individual and team practice drills allowed, with air, bags, thud, and live contact.
- All equipment, including footballs, should be sanitized as often as possible
- No special contact restrictions other than the limitations to normal Thud/Live contact allotments defined in the KYF® Levels of Contact section of this packet.
- Scrimmage play amongst KYF® Opponents in same division must be approved at the discretion of the KYF® VP-Football Operations and Program Director for tackle or flag.



## COVID-19 Guidance (cont')

### PHASE IV (9/6/2022 – Forward) Game Environment:



- Maintain six-foot distance between all participants & coaches except during play
- Players may participate in KYF® Sanctioned Games
- All equipment, including footballs, should be sanitized as often as possible
- **ALL** Practices during Phase IV must adhere to the Phase III Guidelines above

Competition with  
teams from your area

### PREVENTIVE ACTIONS (Practice Environment):

All group team-gathering activities **MUST** be conducted outdoors. No gathering limit. Spectators and parents should remain in their vehicles until sufficient space is observed on practice fields to allow adequate social distancing between all individuals. Parents and spectators must remain 10 feet away from players and coaches on the field during KYF® Practices & sanctioned games, and must remain six-foot away from other individuals not part of their household. Coaches/Staff must have face coverings (that cover the nose & mouth). See face-covering guidance below: (Practice Environments)

### PREVENTIVE ACTIONS (Sanctioned Game Environment):

All group team-gathering activities **MUST** be conducted outdoors. All individuals **MUST** pre-screen for any of the symptoms outlined below in the KYF® screening guidance before coming out to any KYF® Event. When arriving on KISD Premises for KYF® Sanctioned Games, parents and spectators should remain in their vehicle until previous team has cleared the sideline. Individuals should first verify sufficient space exists on the sideline they are traveling to, which will facilitate adequate social distancing between all individuals coming and going from the game fields. Parents and Spectators, and all individuals accessing KYF® Premises, must follow all applicable guidelines outlined in this packet (including the pre-screening requirements), and must follow the established travel paths and only enter through approved gate openings on campus. Frequent hand washing and use of hand sanitizer is highly encouraged while on property. Parents and spectators must remain 10 feet away from players and coaches on the field during KYF® sanctioned games, and must remain six-foot away from other individuals not part of their household.

### Face Covering Guidance for Coaches, Staff, and Volunteers: (Practice and Game Environment)

**Face coverings for coaches and staff are optional to cover the nose and mouth to contain respiratory droplets, and should not have an exhaust valve. Face coverings for the players and cheerleaders are also optional at parent discretion.**

**Team gathering in indoor settings is prohibited.**



## COVID-19 Guidance (cont')

### FURTHER PREVENTIVE ACTIONS (Practice and Game Environment):

- All coaches and student-athletes should be screened for signs/symptoms of COVID-19 prior to the start of any organized practice or game (see form and process later in this guidance).
- Head Coach should assign a parent/spectator monitor (White Hat) to enforce social distancing at Practices and Games, and enforce all guidelines in this packet for fans and spectators.
- Head Coach should designate an official coach (Blue Hat) to enforce all guidelines with players and other coaches during practices and games
- Hand sanitizer should be plentiful and available to individuals at all practices and games. Coaches, Volunteers and student-athletes must sanitize hands upon arrival and after all practices. Supervise student-athletes when they use hand sanitizer to prevent ingestion.
- All student-athletes should bring their own water bottle, and it should be clearly labeled with their name. Water bottles must not be shared & hydration stations should not be utilized
- Student-athletes should wear their own appropriate practice clothing, and individual clothing/towels should be washed and cleaned after every practice.
- The sharing of athletic equipment (towels or sports specific equipment) between student-athletes is prohibited
- Ensure rigorous, frequent sanitizing/disinfecting of all shared athletic equipment (bags, sleds, shields, footballs, etc.) before, during, and after all training sessions, practices, and games.
- Ensure all players are actively discouraged from removing and re-inserting mouth guards.
- **Shared snacks or Team snacks are not allowed during half-time or after practice/games**
- Upon completion of games teams and coaches should immediately leave the premises; no loitering around the game fields or watching other games is allowed
- Proper handling of Equipment after practices and games:
  - Parents/guardians should keep helmet, pads, gloves, uniforms in a plastic bag during the ride home and until they can follow cleaning and/or sanitizing instructions. Parents/Guardians should immediately wash all items upon returning home and use sanitizing products to wipe down any equipment that cannot be washed in a washing machine.
- Student-athletes must be encouraged to shower immediately upon returning home



## COVID-19 Guidance (cont')

### KYF® COVID-19 SCREENING GUIDELINES

- Head Coach should review all KYF® Physical forms for all team participants, and should ask about the underlying health of all potential assistant coaches.
- Vulnerable individuals (Those with severe underlying medical conditions & comorbidities) should be encouraged not to participate as a coach/volunteer during KYF® practices or games. Make sure all coaches/volunteers have discussed the risks of participation with their physician.
- Head Coach should speak to the parents of participants with health conditions to ensure that the participant's physician approves participation in the physical activities.
- All coaches/volunteers and participants **MUST** be screened for signs/symptoms of COVID-19 prior to any organized practice or game. Screening includes a self-temperature check where fever is a value of 100.4 degrees F or above. People should self-check before leaving home.
- Screener should ask the parent/guardian to confirm that the participant has not taken fever-reducing medication in the last 24 hours and has **NOT** had any of the following symptoms in the preceding 14 days:
  - Cough
  - Chills
  - Muscle / Joint Pain
  - Congestion/runny nose
  - Nausea / Vomiting
  - Loss of Smell / Taste
  - Head Ache
  - Diarrhea
  - Shortness of Breath
- Screener should ask the parent/guardian to confirm that the participant has not had close contact with, or cared for anyone, who is a confirmed positive case of COVID-19 in last 14 days
- Screener should make a visual inspection of all coaches and participants for signs of illness, which could include flushed cheeks, rapid breathing or difficulty breathing, fatigue, or, in young children, extreme or unusual fussiness
- Responses to screening questions for each coach/volunteer/participant should be recorded on the KYF® COVID-19 Screening Form (Included below), which **MUST** be retained by Head Coach
- Any person with a fever (100.4F or above), or with positive symptoms reported, or anyone who has been in close contact to a positive confirmed case of COVID-19 in the last 14 days should not be allowed to take part in practices or games, and should be referred to their physician and follow the KYF® COVID-19 RTP Protocol before being allowed to resume participation
- Head Coach must ensure all COVID-19 Screening forms are submitted to the league electronically within 24 hours to [COVID@katyouthfootball.com](mailto:COVID@katyouthfootball.com)
- Any participant or coach who gets sick away from KYF® Activities or tests positive for **MUST** notify their Head Coach immediately, and the Head Coach **MUST** immediately notify KYF® via email @ [COVID@katyouthfootball.com](mailto:COVID@katyouthfootball.com), and via verbal report to their KYF® Division Director





## KYF® COVID-19 – Removal and RTP Guidelines

### IN CASE OF SICKNESS DURING KYF® Event (Practices, Games, etc.)

It is vital to have a plan and establish a space to isolate any coach, volunteer, or participant who may become sick, as well as be prepared with a cleaning and disinfecting solution and process.

- Procure a suitable disinfectant solution rated to kill broad pathogens, including SARS-CoV-2
- Implement isolation measures if a coach, volunteer, or participant becomes sick. Ensure proper adult supervision of an isolated player/cheerleader in place based on age
- Immediately contact the parent/guardian or emergency contact listed in the registration system to get the sick coach, volunteer, or participant home as soon as possible
- Use gloves if required to touch the person who is sick
- If an emergency exists, activate the Emergency Medical System by dialing 911
- If a sick coach, volunteer, or participant has been isolated in a facility or vehicle, clean and disinfect surfaces in the isolation area after the sick person has been removed.
- Clean and disinfect all equipment previously used by the person who is sick before allowing usage again by any other participant.
- The person sick should immediately contact and follow the advice of their medical provider
- Be ready to consult with the local health authorities if there are cases at any activities or an increase in cases in the local area.
- Remember: **PEOPLE WHO FEEL SICK SHOULD STAY AT HOME**

In the event a coach, volunteer, or participant gets sick and is removed; or in the event a participant is restricted from play during the KYF® screening process, due to suspected or known COVID-19, they must follow the guidelines of the KYF® RTP Process outlined on the RTP form below, which must be completed by a licensed physician. Additionally, if team/coach is notified a coach/volunteer/participant gets sick away from KYF® Activity or tests positive for COVID-19, the league should be immediately notified by the Head Coach, and the person in question should not return to any KYF® Premises until approved by KYF®. The Person's physician must complete the specific KYF® COVID-19 RTP form, and the form must be submitted via email to [COVID@katyouthfootball.com](mailto:COVID@katyouthfootball.com). The Form will be reviewed and approved by the KYF® Health & Safety Committee, who will notify the Head Coach when the coach, volunteer, or participant has been approved cleared by KYF® to return to play.

KYF® RTP Certification Form is on the next page.

## Return to Play Certification COVID-19 Screening

**Background:**

Person was isolated from team/league as a precautionary measure due to potential COVID-19 Symptoms or positive test.

**Instructions:**

Complete the information below, obtain licensed physician signature, and email completed form to your coach and to [COVID@katyyouthfootball.com](mailto:COVID@katyyouthfootball.com) Please allow 48-72 hours for processing.

*CDC guidelines (last updated January 14, 2022) for leaving isolation / return to play for those with confirmed + COVID-19 include two options based upon local circumstances. Options include a symptom-based strategy or a time-based strategy. Additionally, if a participant develops COVID-19 symptoms physician clearance is required.*

*Consistent with the CDC, KYF® return to play guidelines for COVID-19 screening cases require that a licensed physician certify at a minimum that the participant either:*

*(1) meets Options 1 or 2 below for those with confirmed positive COVID-19; or  
(2) meets Option 3 below for those with COVID-19 symptoms that are determined NOT to be related to COVID-19 by a licensed physician, and the person does not have a pending COVID-19 test.*

1. *Symptom-based strategy (For symptomatic COVID+ Cases). Exclude from play until:*
  - o *At least 24 hours have passed since recovery; defined as resolution of fever without the use of fever-reducing medications, **and***
  - o *Other symptoms have improved (e.g., ALL COVID Symptoms apply); **and***
  - o *At least 5 days have passed since symptoms first appeared*
    1. ***Note: For severe cases/immunocompromised individuals, may take up to 20 days at LHCP discretion.***
2. *Time-based strategy (for asymptomatic COVID+ Cases)*
  - o *At least 5 days have passed since the date of the first positive COVID-19 test*
3. *Non-COVID-19 Symptoms determined by Licensed Physician (for cases where symptoms are not COVID related)*

\_\_\_\_\_  
Participant Printed Name (First M.I. Last)

\_\_\_\_\_  
Date of Birth

\_\_\_\_\_  
KYF® Team and Coach

***For Medical Professionals Only***

**Return to Play Certification:**

I certify that the named individual is cleared to return to play, including meeting the criteria outlined above.

Licensed Physician: (MD & DO Only)

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Printed Name: \_\_\_\_\_

License Number: \_\_\_\_\_

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

I \_\_\_\_\_ (Parent/Responsible Decision-Maker) certify that the participant has been evaluated by a treating physician selected by the participant, their parent or other person with legal authority to make medical decisions for the participant. And, the participant was evaluated by the treating physician above and received a written statement, that in the physician's professional judgement, it is safe for the player to return to play. I authorize release of this information to Katy Youth Football®.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_



## Medical Releases, Medical Histories & Physicals

### Overview:

This section is designed with the health and welfare of the student athlete in mind. The Annual Medical Release, Medical History and Pre-Participation Medical Evaluation are intended to determine if the player has developed any condition which would make it hazardous to participate in an athletic event.

All required forms must be completed in their **entirety** and returned to the athlete's head coach **before** participation in any practices or games. Completing these forms is an annual requirement.

### Information for Parents:

Prior to the start of practice each season, parents must complete and sign the Medical History Form and have their player undergo a Pre-Participation Medical Evaluation performed by a medical doctor or nurse practitioner. ***Please take the forms with you to the doctor's office.*** Both the medical release and the medical evaluation forms must be signed by the medical personnel completing the forms (no signature stamps). The Medical History Form and Physical Evaluation Form are included as Attachment A.

### Information for Head Coaches:

It is the responsibility of the Head Coach to collect a signed medical release and completed physical form for each player on the team. **Players cannot participate in practices or games without these the appropriate documents being in the Head Coach's possession.**



### PREPARTICIPATION PHYSICAL EVALUATION FORM – MEDICAL HISTORY

This **MEDICAL HISTORY FORM** must be completed **annually** by parent (or guardian) and participant in order for the player to participate in athletic activities. These questions are designed to determine if the student has developed any condition which would make it hazardous to participate in an athletic event.

Player's Name: (print) \_\_\_\_\_ Gender \_\_\_\_\_ Age \_\_\_\_\_ Date of Birth \_\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_

Grade \_\_\_\_\_ School \_\_\_\_\_

Personal Physician \_\_\_\_\_ Phone \_\_\_\_\_

**In case of emergency, contact:**

Name \_\_\_\_\_ Relationship \_\_\_\_\_ Phone (H) \_\_\_\_\_ (W) \_\_\_\_\_

**Explain "Yes" answers in the box below\*\*. Circle questions you don't know the answers to. Any Yes answer to questions 1-6 requires further medical evaluation which may include a physical examination. Written clearance from a physician, physician's assistant, chiropractor, or nurse practitioner is required before any participation in KYF practices, games, or matches**

	Yes	No		Yes	No
1. Have you had a medical illness or injury since your last check up or sports physical?	<input type="checkbox"/>	<input type="checkbox"/>	13. Have you gotten unexpectedly short of breath with exercise?	<input type="checkbox"/>	<input type="checkbox"/>
2. Have you been hospitalized overnight in the past year?	<input type="checkbox"/>	<input type="checkbox"/>	Do you have Asthma?	<input type="checkbox"/>	<input type="checkbox"/>
Have you ever had surgery?	<input type="checkbox"/>	<input type="checkbox"/>	Do you have seasonal allergies that require medical treatment?	<input type="checkbox"/>	<input type="checkbox"/>
3. Have you ever passed out during or after exercise?	<input type="checkbox"/>	<input type="checkbox"/>	14. Do you use any special protective or corrective equipment or Devices that aren't usually used for your sport or position (for example: knee brace special neck roll, foot orthotics, retainer on your teeth, hearing aid)?	<input type="checkbox"/>	<input type="checkbox"/>
Have you ever had chest pain during or after exercise?	<input type="checkbox"/>	<input type="checkbox"/>	15. Have you ever had a sprain, strain, or swelling after injury?	<input type="checkbox"/>	<input type="checkbox"/>
Do you get tired more quickly than your friends do during exercise?	<input type="checkbox"/>	<input type="checkbox"/>	Have you broken or fractured any bones or dislocated any joints?	<input type="checkbox"/>	<input type="checkbox"/>
Have you ever had racing of your heart or skipped heartbeats?	<input type="checkbox"/>	<input type="checkbox"/>	Have you had any other problems with pain or swelling in muscles, tendons, bones, or joints?	<input type="checkbox"/>	<input type="checkbox"/>
Have you had high blood pressure or high cholesterol?	<input type="checkbox"/>	<input type="checkbox"/>	If yes, check appropriate box and explain below:	<input type="checkbox"/>	<input type="checkbox"/>
Have you ever been told you have a heart murmur?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Head	<input type="checkbox"/> Elbow	<input type="checkbox"/> Hip
Has any family member or relative died of heart problems or of sudden unexpected death before age 50?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Neck	<input type="checkbox"/> Forearm	<input type="checkbox"/> Thigh
Has any family member been diagnosed with enlarged heart (dilated cardiomyopathy), hyperrophic cardiomyopathy, long QT syndrome or other ion channelopathy (Brugada syndrome, etc.), Marfan's syndrome, or abnormal heart rhythm?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Back	<input type="checkbox"/> Wrist	<input type="checkbox"/> Knee
Have you had a severe viral infection (for example, myocarditis or mononucleosis) within the last month?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Chest	<input type="checkbox"/> Hand	<input type="checkbox"/> Shin/Calf
Has a physician ever denied or restricted your participation in sports for any heart problems?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Shoulder	<input type="checkbox"/> Finger	<input type="checkbox"/> Ankle
4. Have you ever had a head injury or concussion?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Upper Arm	<input type="checkbox"/> Foot	
Have you ever been knocked out, become unconscious, or lost your memory?	<input type="checkbox"/>	<input type="checkbox"/>	16. Do you want to weigh more or less than you do now?	<input type="checkbox"/>	<input type="checkbox"/>
If yes, how many times? _____			Do you lose weight regularly to meet weight requirements for your sport?	<input type="checkbox"/>	<input type="checkbox"/>
When was the last concussion? _____			17. Do you feel stressed out?	<input type="checkbox"/>	<input type="checkbox"/>
How severe was each one? (Explain below)	<input type="checkbox"/>	<input type="checkbox"/>	18. Have you ever been diagnosed with or treated for sickle cell trait or sickle cell disease?	<input type="checkbox"/>	<input type="checkbox"/>
Have you ever had a seizure?	<input type="checkbox"/>	<input type="checkbox"/>			
Do you have frequent or severe headaches?	<input type="checkbox"/>	<input type="checkbox"/>	<b>Females Only:</b>		
Have you ever had numbness or tingling in your arms, hands, legs, or feet?	<input type="checkbox"/>	<input type="checkbox"/>	19. When was your first menstrual period?	_____	
Have you ever had a stinger, burner, or pinched nerve?	<input type="checkbox"/>	<input type="checkbox"/>	When was your most recent menstrual period?	_____	
5. Are you missing any paired organs?	<input type="checkbox"/>	<input type="checkbox"/>	How much time do you usually have from the start of one period to the start of another?	_____	
6. Are you under a doctor's care?	<input type="checkbox"/>	<input type="checkbox"/>	How many periods have you had in the last year?	_____	
7. Are you currently taking any prescription or non-prescription (over the counter) medication or pills or using an inhaler?	<input type="checkbox"/>	<input type="checkbox"/>	What was the longest time between periods in the last year?	_____	
8. Do you have any allergies (for example, to pollen, medicine, food, or stinging insects)?	<input type="checkbox"/>	<input type="checkbox"/>			
9. Have you ever been dizzy during or after exercise?	<input type="checkbox"/>	<input type="checkbox"/>	<b>An individual answering in the affirmative to any question relating to a possible cardiovascular health issue (question three above), as identified on the form, should be restricted from further participation until the individual is examined and cleared by a physician, physician assistant, chiropractor, or nurse practitioner.</b>		
10. Do you have any current skin problems (for example: itching, rashes, acne, warts, fungus, or blisters)?	<input type="checkbox"/>	<input type="checkbox"/>	<b>**Explain "Yes" ANSWERS HERE (attach additional sheet, if necessary:</b>		
11. Have you ever become ill from exercising in the heat?	<input type="checkbox"/>	<input type="checkbox"/>	_____		
12. Have you had any problems with your eyes or vision?	<input type="checkbox"/>	<input type="checkbox"/>	_____		

It is understood that even though protective equipment is worn by the athlete, whenever needed, the possibility of an accident still remains. Katy Youth Football does not assume any responsibility in case an accident occurs. If, in the judgment of any representative of the league, the above participant should need immediate care and treatment as a result of any injury or sickness, I do hereby request, authorize, and consent to such care and treatment as may be given said participant by any physician, athletic trainer, nurse, or trained league representative. I do hereby agree to indemnify and save harmless the league and any league or team representative from any claim by any person on account of such care and treatment of said participant.

**I hereby state that, to the best of my knowledge, my answers to the above questions are complete and correct. Failure to provide truthful responses could subject the participant in question to penalties determined by KYF. I, as parent/guardian of said KYF player/cheerleader hereby give permission for said child to participate in any and all activities sponsored by Katy Youth Football.**

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_



**PREPARTICIPATION PHYSICAL EVALUATION – PHYSICAL EXAMINATION**

Player's Name: (print) \_\_\_\_\_ Gender \_\_\_\_\_ Age \_\_\_\_\_ Date of Birth \_\_\_\_\_  
 Height \_\_\_\_\_ Weight \_\_\_\_\_ % Body Fat (optional) \_\_\_\_\_ Pulse \_\_\_\_\_ BP \_\_\_\_\_ / \_\_\_\_\_ (\_\_\_\_\_/\_\_\_\_\_, \_\_\_\_/\_\_\_\_\_)  
 Vision R 20/\_\_\_\_ L 20/\_\_\_\_ Corrected: Y N Pupils: Equal Unequal

As a minimum requirement, this **Physical Examination Form** must be completed prior to participation in any KYF® sport **annually**.

	NORMAL	ABNORMAL FINDINGS	INITIALS*
<b>MEDICAL</b>			
Appearance			
Eyes/Ears/Nose/Throat			
Lymph Nodes			
Heart-Auscultation of the heart in the supine position			
Heart-Auscultation of the heart in the standing position			
Heart-Lower extremity pulses			
Pulses			
Lungs			
Abdomen			
Genitalia (males only)			
Skin			
Marfan's stigmata (arachnodactyly, pectus excavatum, joint hypermobility, scoliosis)			

**MUSCULOSKELETAL**

Neck			
Back			
Shoulder/Arm			
Elbow/Forearm			
Wrist/Hand			
Hip/Thigh			
Knee			
Leg/Ankle			
Foot			

\*station-based examination only

**CLEARANCE**

Cleared

Cleared after completing evaluation/rehabilitation for: \_\_\_\_\_

Not Cleared for: \_\_\_\_\_ Reason: \_\_\_\_\_

Recommendations: \_\_\_\_\_

*The following information must be filled in and signed by either a Physician, a Physician Assistant licensed by a State Board of Physician Assistant Examiners, a Registered Nurse recognized as an Advanced Practice Nurse by the Board of Nurse Examiners, or a Doctor of Chiropractic. Examination forms signed by any other health care practitioner will not be accepted.*

Name (print/type) \_\_\_\_\_ Date of Examination: \_\_\_\_\_

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Signature: \_\_\_\_\_

**Must be completed before a student participates in any practices or games.**



## **Injury Reporting Procedure**

### **Overview:**

The reporting of injuries during practice and games is an important part of KYF's® intent to run football and cheerleading programs that emphasize safety and minimize incidents. Injury reporting allows the KYF® Health & Safety Committee to analyze injury patterns and to take steps to implement procedures that minimize those incidents in the future.

To that end, every injury beyond the normal day-to-day “bumps and bruises” must be reported by the Head Coach to the Health & Safety Director within 24 hours of the incident occurring on the proper form as included here.

Should there be any questions concerning this policy, please reach out to Jim Rasco, KYF® Vice President, or any of the members of the Health & Safety Committee.

### **Submit KYF Injury Form to KYF Insurance Email Address:**

You must report all injuries, no matter how minor, via the KYF® Injury Report form. The form must be completed by the head coach or Player Safety Mom in its entirety, and then submitted to the KYF® Insurance email address within 24 hours of any injury.

Each head coach is also required to maintain a log of all injuries sustained during the season. This list should be on-hand and available for any KYF® Board Member to review. The required form for this log is also attached in this section.

KYF Insurance Email: [insurance@katyouthfootball.com](mailto:insurance@katyouthfootball.com)



# Injury Report Form

Please Complete All Fields

Date:		Date of Incident:		Time of Incident:		AM	PM
Event:		Head Coach:		Coach Ph:		Coach Email:	
Location of Incident:			Address:		City/State/Zip:		
Division/Team:				Team Mom:		Team Mom Ph:	
Participant Name:				DOB:		Age:	
Home Address:				Phone:		Sex:                    M        F	
City-State-Zip:				SSN:			
Allergies:						Weight:	
Medications:						Height:	
Past Medical History:							
Parent/Guardian Name:				Phone:		Email:	
Parent/Guardian Name:				Phone:		Email:	
Body Part Injured & Nature of Injury/Incident:							
Events Leading to Illness/Injury: Describe what happened and How; Include Exact Location (Be Specific):							
Date/Time Reported to Head Coach:				Reported By:			
First Aid Treatment: (Include Whom Administered By and When)							
Professional Medical Care: (On-Site Paramedic/EMT, Doctor, Ambulance Transport, Emergency Room, etc. - Be Specific) - Diagnosis:							
Witness:				Phone:		Email:	
Witness:				Phone:		Email:	
I declare and affirm under penalty of perjury that the statements made herein are true and correct to the best of my knowledge, information and belief.							
Head Coach		Print:		Signature:		Date:	



## USA Football Coach Certification – KYF® 2022

### Overview:

This season KYF® is continuing USA Football's Coach Certification Training Curriculum for all teams at all levels of the league. Each and every coach will undergo this evolving training, which is a live and in-person clinic including live drills for the coaches. USA Football and KYF® are dedicated to developing a better, safer game.

The Curriculum is composed of multiple pillars:

- 1) **Football Development Model Overview**
- 2) **Health & Safety (Head, Heart, and Heat Lessons)**
- 3) **Emergency Action Plans**
- 4) **Coach 101 – Building a Coaching Purpose Statement**
- 5) **Anti-Abuse – Signs of Abuse & Reporting**
- 6) **Equipment Fitting**
- 7) **Levels of Contact**
- 8) **Blocking and Defeating Blocks**
- 9) **Youth Tackling Model**
- 10) **Bonus Resources (Player Progression, Practice Planning, etc.)**

Each pillar reinforces one another. The combination of coaching education, properly fit equipment, proper training, heat and hydration awareness, and proper technique is designed to make play safer than ever before.

If you would like more information on USA Football's Coach Certification, please visit:

<https://usafootball.com/development-training/certification/middle-high-school/>



# THE COMPONENTS OF HEADS UP FOOTBALL

## KEY FEATURE

### Coaching Certification

USA Football's coaching certification gives you access to nationally accredited courses with content created from leading football experts and health professionals. Coaches with valid USA Football certification become eligible for coaching insurance benefits.

## KEY COMPONENTS

### Concussion Recognition & Response

Education is the first step to help protect players from concussion. Heads Up Football provides coaches and parents with resources developed by the CDC to know what to look for on the field and how to respond to concussion symptoms.

### Heat Preparedness & Hydration

Keeping athletes hydrated and prepared to play in the heat is important. Receive targeted education on prevention, recognition, and treatment on all aspects of heat and hydration.

### Sudden Cardiac Arrest

Sudden cardiac arrest is the No. 1 cause of death for children and teens during exercise, Heads Up Football prepares your program with how to create plans and procedures in case an event happens.

### Proper Equipment Fitting

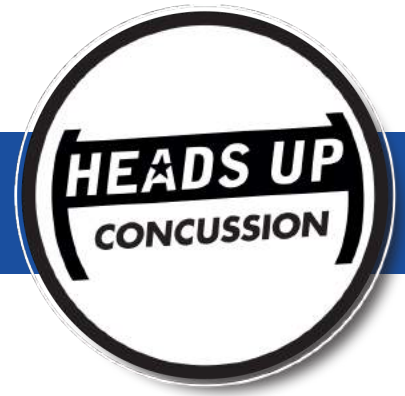
Improperly fitted equipment can place players at a greater risk for injury. Receive proper instruction on how to fit helmets and shoulder pads.

### Shoulder Tackling, Blocking & Defeating Blocks

Teaching the proper fundamentals of blocking and tackling is essential to making football better and safer. USA Football's tackling and blocking progressions deliver consistent terminology and a series of drills to teach youth players to play with their head and eyes up and reduce helmet contact.



# CONCUSSION FACT SHEET FOR COACHES



## WHAT IS A CONCUSSION?

Concussion, a type of traumatic brain injury, is caused by a bump, blow, or jolt to the head. Concussions can also occur from a blow to the body that causes the head and brain to move rapidly back and forth—literally causing the brain to bounce around or twist within the skull.

This sudden movement of the brain causes stretching and tearing of brain cells, damaging the cells and creating chemical changes in the brain.

## HOW CAN I RECOGNIZE A POSSIBLE CONCUSSION?

Concussions can result from a fall or from athletes colliding with each other, the ground, or with an obstacle, such as a goalpost. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.

As a coach you are on the front line in identifying an athlete with a suspected concussion. You know your athletes well and can recognize when something is off—even when the athlete doesn’t know it or doesn’t want to admit it.

So to help spot a concussion, you should watch for and ask others to report the following two things:

1. A forceful bump, blow, or jolt to the head or body that results in rapid movement of the head.

**AND**

2. Any concussion signs or symptoms, such as a change in the athlete’s behavior, thinking, or physical functioning.

Signs and symptoms of concussion generally show up soon after the injury. But the full effect of the injury may not be noticeable at first. For example, in the first few minutes the athlete might be slightly confused or appear a little bit dazed, but an hour later they can’t recall coming to the practice or game.

You should repeatedly check for signs of concussion and also tell parents what to watch out for at home. Any worsening of concussion signs or symptoms indicates a medical emergency.

## SIGNS AND SYMPTOMS

Athletes who experience one or more of the signs and symptoms listed below, or who report that they just “don’t feel right,” after a bump, blow, or jolt to the head or body, may have a concussion.

### SYMPTOMS REPORTED BY ATHLETE:

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not “feeling right” or is “feeling down”

### SIGNS OBSERVED BY COACHING STAFF:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can’t recall events prior to hit or fall
- Can’t recall events after hit or fall



## WHAT ARE CONCUSSION DANGER SIGNS?

In rare cases, a dangerous blood clot may form on the brain in an athlete with a concussion and crowd the brain against the skull. Call 9-1-1 or take the athlete to the emergency department right away if after a bump, blow, or jolt to the head or body the athlete exhibits one or more of the following danger signs:

- One pupil larger than the other
- Is drowsy or cannot be awakened
- A headache that gets worse
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Cannot recognize people or places
- Becomes increasingly confused, restless, or agitated
- Has unusual behavior
- Loses consciousness (even a brief loss of consciousness should be taken seriously)

### FACTS

Sometimes people wrongly believe that it shows strength and courage to play injured. Some athletes may also try to hide their symptoms.

Don't let your athlete convince you that he or she is "just fine" or that he or she can "tough it out." Discourage others from pressuring injured athletes to play. Emphasize to athletes and parents that playing with a concussion is dangerous.

## WHAT SHOULD I DO IF A CONCUSSION IS SUSPECTED?

No matter whether the athlete is a key member of the team or the game is about to end, an athlete with a suspected concussion should be immediately removed from play. To help you know how to respond, follow the Heads Up four-step action plan:

### 1. REMOVE THE ATHLETE FROM PLAY.

Look for signs and symptoms of a concussion if your athlete has experienced a bump or blow to the head or body. When in doubt, sit them out!

### 2. ENSURE THAT THE ATHLETE IS EVALUATED BY AN APPROPRIATE HEALTH CARE PROFESSIONAL.

Do not try to judge the severity of the injury yourself. Health care professionals have a number of methods that they can use to assess the severity of concussions. As a coach, recording the following information can help health care professionals in assessing the athlete after the injury:

- Cause of the injury and force of the hit or blow to the head or body
- Any loss of consciousness (passed out/knocked out) and if so, for how long
- Any memory loss immediately following the injury
- Any seizures immediately following the injury
- Number of previous concussions (if any)

### 3. INFORM THE ATHLETE'S PARENTS OR GUARDIANS.

Let them know about the possible concussion and give them the Heads Up fact sheet for parents. This fact sheet can help parents monitor the athlete for sign or symptoms that appear or get worse once the athlete is at home or returns to school.

### 4. KEEP THE ATHLETE OUT OF PLAY.

An athlete should be removed from play the day of the injury and until an appropriate health care professional says they are symptom-free and it's OK to return to play. After you remove an athlete with a suspected concussion from practice or play, the decision about return to practice or play is a medical decision.



## WHY SHOULD I BE CONCERNED ABOUT CONCUSSIONS?

Most athletes with a concussion will recover quickly and fully. But for some athletes, signs and symptoms of concussion can last for days, weeks, or longer.

If an athlete has a concussion, his or her brain needs time to heal. A repeat concussion that occurs before the brain recovers from the first—usually within a short time period (hours, days, weeks)—can slow recovery or increase the chances for long-term problems. In rare cases, repeat concussions can result in brain swelling or permanent brain damage. It can even be fatal.



### DID YOU KNOW?

- Young children and teens are more likely to get a concussion and take longer to recover than adults.
- Athletes who have ever had a concussion are at increased risk for another concussion.
- All concussions are serious.
- Recognition and proper response to concussions when they first occur can help prevent further injury or even death.

## HOW CAN I HELP ATHLETES TO RETURN TO PLAY GRADUALLY?

An athlete should return to sports practices under the supervision of an appropriate health care professional. When available, be sure to work closely with your team's certified athletic trainer.

Below are five gradual steps that you and the health care professional should follow to help safely return an athlete to play. Remember, this is a gradual process. These steps should not be completed in one day, but instead over days, weeks, or months.

### BASELINE:

Athletes should not have any concussion symptoms. Athletes should only progress to the next level of exertion if they do not have any symptoms at the current step.

### STEP 1:

Begin with light aerobic exercise only to increase an athlete's heart rate. This means about 5 to 10 minutes on an exercise bike, walking, or light jogging. No weight lifting at this point.

### STEP 2:

Continue with activities to increase an athlete's heart rate with body or head movement. This includes moderate jogging, brief running, moderate-intensity stationary biking, moderate-intensity weightlifting (reduced time and/or reduced weight from your typical routine).

### STEP 3:

Add heavy non-contact physical activity, such as sprinting/running, high-intensity stationary biking, regular weightlifting routine, non-contact sport-specific drills (in 3 planes of movement).

### STEP 4:

Athlete may return to practice and full contact (if appropriate for the sport) in controlled practice.

### STEP 5:

Athlete may return to competition.

If an athlete's symptoms come back or she or he gets new symptoms when becoming more active at any step, this is a sign that the athlete is pushing him or herself too hard. The athlete should stop these activities and the athlete's health care provider should be contacted. After more rest and no concussion symptoms, the athlete should begin at the previous step.

## HOW CAN I HELP PREVENT CONCUSSIONS OR OTHER SERIOUS BRAIN INJURIES?

Insist that safety comes first. To help minimize the risks for concussion or other serious brain injuries:

- Ensure that athletes follow the rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.
- Make sure the athlete wears the right protective equipment for their activity. Protective equipment should fit properly, be well maintained, and be worn consistently and correctly.
- Wearing a helmet is a must to reduce the risk of severe brain injury and skull fracture. However, a helmet doesn't make an athlete immune to concussion. There is no "concussion-proof" helmet.

Check with your league, school, or district about concussion policies. Concussion policy statements can be developed to include:

- The school or league's commitment to safety
- A brief description of concussion
- Information on when athletes can safely return to school and play.

Parents and athletes should sign the concussion policy statement at the beginning of the season.



▶ **“WHEN IN DOUBT,  
SIT THEM OUT!”**

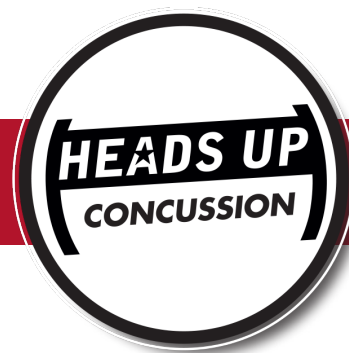


JOIN THE CONVERSATION AT [www.facebook.com/CDCHeadsUp](https://www.facebook.com/CDCHeadsUp)

TO LEARN MORE GO TO [WWW.CDC.GOV/CONCUSSION](http://www.cdc.gov/concussion)

Content Source: CDC's Heads Up Program. Created through a grant to the CDC Foundation from the National Operating Committee on Standards for Athletic Equipment (NOCSAE).

# HEADS UP CONCUSSION ACTION PLAN



## IF YOU SUSPECT THAT AN ATHLETE HAS A CONCUSSION, YOU SHOULD TAKE THE FOLLOWING STEPS:

1. Remove the athlete from play.
2. Ensure that the athlete is evaluated by a health care professional experienced in evaluating for concussion. Do not try to judge the seriousness of the injury yourself.
3. Inform the athlete's parents or guardians about the possible concussion and give them the fact sheet on concussion.
4. Keep the athlete out of play the day of the injury. An athlete should only return to play with permission from a health care professional, who is experienced in evaluating for concussion.

▶ **"IT'S BETTER TO MISS ONE GAME, THAN THE WHOLE SEASON."**



## CONCUSSION SIGNS AND SYMPTOMS

Athletes who experience one or more of the signs and symptoms listed below after a bump, blow, or jolt to the head or body may have a concussion.

### SYMPTOMS REPORTED BY ATHLETE

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not "feeling right" or is "feeling down"

### SIGNS OBSERVED BY COACHING STAFF

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can't recall events prior to hit or fall



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# HEADS UP

TO LEARN MORE GO TO >> [WWW.CDC.GOV/CONCUSSION](http://WWW.CDC.GOV/CONCUSSION)



## Concussion Awareness & Management

### Overview:

Concussions received by participants in all sports activities are an ongoing concern at all levels of play, and as a result, numerous state agencies throughout the U.S. have developed or revised their guidelines for concussion management. This includes the University Interscholastic League and the Katy Independent School District guidelines on the same.

The KYF® Health & Safety Committee is committed to maintaining the highest level of standards designed to keep our athletes safe while playing, and so the purpose of this document is to update KYF® requirements for concussion management, and to also provide information on Return to Play Protocol as adopted by the league this year.

In addition, KYF® continues to utilize the USA Football Heads Up Football™ Player Safety Training Curriculum. This is a new methodology for tackling that is designed to minimize the potential for concussions while maximizing safe play. Every coach in KYF® is required to take this mandatory training. More information on “Heads-Up” is included in the last section of this packet.

### Information for Parents, 2022 Season:

On the next two pages, please find an awareness guide produced by the Centers for Disease Control regarding concussion awareness and treatment. This document serves as a basic overview to explain what concussions are, how they occur, how they can be prevented, and how they are treated. If your child is suspected (by you or the coaches) of suffering a concussion during the season, we have implemented a new Return to Play Protocol that is included in the Coaches Section of this document.

### Information for Head Coaches:

Any player even suspected of suffering a concussion during the season must be put through the Return to Play Protocol (form and guidelines attached). In addition, please remember that a concussion is an injury that is beyond a “normal bump or bruise” and so the Injury Reporting Form must also be filled out. ***Failure to do so may result in disciplinary action by the Board.***



## Concussion Awareness & Management (cont')

**Definition of Concussion** - means a complex pathophysiological process affecting the brain caused by a traumatic physical force or impact to the head or body, which may: (A) include temporary or prolonged altered brain function resulting in physical, cognitive, or emotional symptoms or altered sleep patterns; and (B) involve loss of consciousness.

**Prevention**

- Teach and practice safe play & proper technique
- Follow the rules of play
- Make sure the required protective equipment is worn for all practices and games
- Protective equipment must fit properly and be inspected on a regular basis

**Signs and Symptoms of Concussion** – The signs and symptoms of concussion may include but are not limited to: Headache, appears to be dazed or stunned, tinnitus (ringing in the ears), fatigue, slurred speech, nausea or vomiting, dizziness, loss of balance, blurry vision, sensitive to light or noise, feel foggy or groggy, memory loss, or confusion.

**Treatment of Concussion** - The athlete-athlete shall be removed from practice or competition immediately if suspected to have sustained a concussion. Every athlete-athlete suspected of sustaining a concussion shall be seen by a physician before they may return to athletic participation. The treatment for concussion is cognitive rest. Athletes should limit external stimulation such as watching television, playing video games, sending text messages, use of computer, and bright lights. When all signs and symptoms of concussion have cleared and the athlete has received written clearance from a physician, the athlete-athlete may begin Return to Play Protocol as determined by the Health & Safety Committee.

**Return to Play** - A player removed from a practice or competition may not be permitted to practice or compete again following the force or impact believed to have caused the concussion until:

- (1) the athlete has been evaluated, using established medical protocols based on peer-reviewed scientific evidence, by a treating physician chosen by the athlete or the athlete's parent or guardian or another person with legal authority to make medical decisions for the athlete;
- (2) the athlete has successfully completed the progressive steps of the return-to-play protocol as outlined below;
- (3) the treating physician has provided a written statement indicating that, in the physician's professional judgment, it is safe for the athlete to return to play; and
- (4) the athlete and the athlete's parent or guardian or another person with legal authority to make medical decisions for the athlete:
  - (A) have acknowledged that the athlete has completed the requirements of the return-to-play protocol necessary for the athlete to return to play;
  - (B) have provided the treating physician's written statement to the person responsible for compliance with the return-to-play protocol and the person who has supervisory responsibilities; and
  - (C) have signed a consent form (included below)



## Return to Play Protocol

- The athlete shall be symptom-free for 24 hours prior to initiating the return to play progression.
- Progress continues at 24-hour intervals as long as the athlete is symptom free at each level.
- If the student-athlete experiences any post-concussion symptoms during the return to activity progression, activity is discontinued and the student-athlete must be re-evaluated by a licensed health care professional.

**Phase 1:** No physical activity until student-athlete is symptom free for 24 hours and receives written clearance from a physician and submission of the required documentation following the concussion injury.

**Phase 2 (each step completed in 24 hours, if athlete is symptom-free):**

- Step 1:** When the athlete completes Phase 1, begin light aerobic exercise – 5 – 10 minutes on an exercise bike, or light jog; no weight lifting, resistance training, or any other exercise
- Step 2:** Moderate aerobic exercise - 15 to 20 minutes of running at moderate intensity in the gym or on the field without a helmet or other equipment
- Step 3:** Non-contact training drills in full uniform; may begin weight lifting, resistance training, and other exercises
- Step 4:** Full contact practice or training
- Step 5:** Full game play

Any subsequent concussion requires further medical evaluation, which may include a physical examination prior to return to participation. Written clearance from a physician is required as outlined in this section of KYF® Policy and Procedures before any participation in practices or games.



## Return to Play Protocol Form

This form must be completed and submitted to the **team's Division Director & the KYF® Health & Safety Director** who are responsible for compliance with the Return to Play Protocol established by KYF®.

Player Name (Please Print) \_\_\_\_\_

Team Name and Head Coach (Please Print) \_\_\_\_\_

\_\_\_\_\_ (Parent Initials) The player has been evaluated by a treating physician selected by the player, their parent or other person with legal authority to make medical decisions for the player.

\_\_\_\_\_ (Parent Initials) The player has completed the Return to Play Protocol established by KYF.

\_\_\_\_\_ (Parent Initials) KYF has received a written statement from the treating physician indicating, that in the physician's professional judgment, it is safe for the player to return to play.

\_\_\_\_\_ (Parent/Responsible Decision-Maker) has been informed and consents to the player participating in returning to play in accordance with the return to play protocol established by KYF. Understands the risks associated with the player returning to play and will comply with any ongoing requirements in the return to play protocol. Consents to the disclosure to appropriate persons of the treating physician's written statement for the return to play recommendations by the treating physician. Understands the immunity provisions under Section 38.159 of the Texas Education Code.

\_\_\_\_\_  
Parent/Guardian (printed)

\_\_\_\_\_  
Parent/Guardian (signature)



## Achieving Heat Acclimatization

### Overview:

Safely participating in practices and games in the Texas heat requires advance preparation and on-the-spot knowledge and management of how an athlete's body reacts to physical exertion in hot, humid weather. To insure that KYF® athletes are able to perform safely at their highest level, the following information is provided.

### Information for Parents & Coaches:

The first step in achieving a safe practice environment for players and coaches, is acclimating the body to the heat of summer. KYF® encourages coaches to hold conditioning-only practices in July to help in this regard. These practices can be no longer than 90 minutes, twice each week, and no football-specific training or coaching may be performed. These sessions are to be used solely to help athletes get in shape for the season, and to help achieve heat acclimatization prior to donning full pads. Please refer to the KYF® Rules & Administrative Guidelines for more information on conditioning practices.

When official practices begin in August, all Coaches should follow the 2022 KYF® Heat Acclimatization Guidance. All coaches must follow these guidelines to insure player safety and to achieve heat acclimatization. Coaches may restrict practice further at their discretion, but may never practice beyond the limitations outlined in these guidelines.

- *Practice is defined as time on the football field (including warm-up, stretching, break time, cool down, and any conditioning, and should never exceed two hours*
- *During the first two days, practices must be limited to 90 minutes. Practice should never exceed 2 hours on any day.*
- *Heat acclimatization days should be continuous, if possible, meaning few days off. However, if your practice schedule is only a few days a week, then remember that the days between your practices (the days off) do NOT count toward acclimatization days. It will take longer to acclimatize in situations like this.*



## Heat & Hydration

### Overview:

The second step in achieving a safe practice environment for players and coaches, is proper hydration before, during, and after practices and games.

(please visit <https://ksi.uconn.edu/> for more information).

### Information for Parents & Coaches:

Hydration, or fluid replacement, plays a crucial role in physiological functioning, athletic performance and heat illnesses. Numerous research studies state that increased dehydration levels elevate the risk for heat illness. Other factors that increase fluid loss include intensity of exercise, inappropriate work-to-rest ratios, inaccessible fluids or inadequate fluid sources, acclimatization to heat and fitness level.

Dehydration can lead to increased heart rate and overall strain on the heart. It will also increase the core body temperature to a level higher than if an individual is optimally hydrated. This cardiovascular strain combined with a higher core body temperature puts an athlete at increased risk for heat illness. To avoid heat-related illnesses, it is imperative that athletes minimize core body temperature increases, and decrease cardiovascular strain during exercise. **Proper hydration is one way to accomplish this.**

### ***Maintaining Hydration***

- Encourage your child to stay well hydrated before, during, and after practice sessions.
- Encourage your child to drink both water and fluids containing sodium (for example sports drinks), especially for heavy or salty sweaters.
- Drinking water throughout the day is also important, especially when having multiple practices.
- One way to determine how much fluid your child needs to drink during a workout is by measuring his or her sweat rate.



- Participate in adequate water breaks throughout practice sessions. These sessions should be every 15-20 minutes, and they should allow athletes to drink as much as they wish.

***\*As the temperature increases, rest/water breaks should be taken more frequently\****

- Water and rest breaks should be in shaded/cooler areas, if possible.
- To make sure your child is hydrated, have him or her observe the color of their urine, which should be a “straw” yellow or the color of lemonade and NOT the color of apple juice.
- Your child should never be denied or discouraged from drinking water/fluids. Fluids should be readily accessible throughout practice. Your child should NOT be punished by withholding water/fluids.

### ***Sports Drinks***

Exercise in warm, humid environments increases core body temperature and can cause heat storage in the body. Heat storage increases sweat rate, which may induce dehydration. Fluid ingestion is a strategy that minimizes dehydration and slows the rise in core temperature by sustaining blood flow for heat dissipation. Ingesting sufficient fluid to minimize dehydration during exercise optimizes heat dissipation.

Intense endurance exercise promotes dehydration and depletion glucose and electrolytes. Fluid-energy-electrolyte replacement beverages (i.e., sports drinks) improve endurance because they satisfy these needs, particularly in hot and humid environments with exercise lasting over one hour. Electrolytes also stimulate thirst and promote absorption in the gastrointestinal (GI) tract.

Any fluid deficit that is incurred during one exercise session can potentially compromise the next exercise session if adequate fluid replacement does not occur. Therefore, it is important to replace fluid and electrolyte losses, and replenish energy stores in order to achieve recovery before the next bout of exercise.

Ingestion of non-caffeinated sport drinks containing vital nutrients such as water, electrolytes and carbohydrate during exercise may help enhance performance and reduced physiological stress on an athlete’s cardiovascular, central nervous and muscular systems.



Both the volume of the drink and its composition are critical. Carbohydrates improve the rate of intestinal uptake of sodium, which in turn favors the retention of water. When proper hydration status is maintained, including carbohydrates in the sports drink delays the onset of fatigue during a the next bout of intense exercise in a warm environment. Even modest (up to 2% of body weight) exercise-induced dehydration decreases aerobic performance capacity and compromises cognitive capability.

### *Tips to Stay Cool*

Staying cool in the heat when exercising is important. Increased body temperature when exercising can lead to heat illnesses such as exertional heat stroke, heat exhaustion, and heat syncope. Body temperature can increase for many reasons besides exercise alone. They include:

- Illness
- Lack of acclimatization to the heat
- Dehydration
- Long-term lack of sleep
- Poor physical fitness
- Amount of equipment being worn in heat
- Certain medications (ADHD medications, Sudafed, Ephedra, recreational drugs)

It is not hard to stay cool when exercising if you take the proper steps beforehand such as:

- Avoid practicing during the hottest part of the day
- Take time to adapt to hot environments over the course of 10-14 days (acclimatization)
- Take frequent breaks (every 20 minutes or so)
- Stay hydrated before, during and after practice
- Maintain a minimum level of physical fitness even when not practicing
- Avoid practicing when you are sick
- Make sure you practice where there is a shaded or cool area nearby
- Don't use full heavy gear until you have acclimatized to the heat
- Have ice towels available to use during rest breaks
- Have accurate temperature monitors available to prevent exertional heat stroke
- Monitor body temperature more closely if using medications that increase body temperature



- Avoid recreational drugs
- In a competition scenario, minimize warm-up or warm up in cool or air conditioned environment

### *Prevention of Heat Illnesses*

Before your child starts playing a sport, he or she should have a physical examination by a medical doctor that includes specific questions about any history of exertional heat illness (EHI).

- Tell your child's coach about any history of EHI.
- Make sure your child is properly hydrated before he or she heads to practice or a game.
- Be sure your child feels comfortable with expressing if they do not feel well to others, especially coaches.
- Give your children their own water bottles to take to practice everyday.
- Make sure your child's coach has your emergency contact numbers.
- Check that your child's league/team has an emergency action plan (EAP).
- Make sure your child is acclimatized to the heat by gradually phasing in the amount of activity they are performing in the heat, over the course of 10–14 days, especially when wearing equipment.
- Be aware of the intrinsic factors (mostly your child's control / items (s)he can adjust) and extrinsic factors (mostly outside of your child's control) that cause EHI.
- To aid in preventing EHI, proper hydration should be monitored and encouraged along with other preventive methods.

Exercise extra caution if your child has any of these intrinsic factors or you are concerned regarding any of the extrinsic factors.

#### **Intrinsic Factors:**

- History of heat illness
- Inadequate heat acclimatization
- Low fitness level
- Overweight or obese
- Inadequate hydration
- Lack of sleep
- Fever



Stomach illness

Highly motivated/ultra-competitive

Pre-pubescent

Extrinsic Factors:

Wet Bulb Globe Temperature (WBGT)

Intense or prolonged exercise with minimal breaks

High temperature/humidity/sun exposure & over multiple days

Inappropriate work/rest ratios based on intensity

Clothing

Equipment

Fitness

No or limited access to fluids or breaks during practice

Delay in recognition of signs and symptoms associated with EHS



## **Hot Weather Policy**

### **Overview:**

Practice or competition in hot and humid environmental conditions poses special problems for athletes. Heat stress and resulting heat illness is a primary concern in these conditions. Although deaths from heat illness are rare, constant surveillance and education are necessary to prevent heat-related problems. The following practices should be observed.

### **General Considerations for Risk Reductions**

1. Encourage proper education regarding heat illnesses (for athletes, coaches, parents, medical staff, etc.) Education about risk factors should focus on hydration needs; acclimatization, work/rest ratio, signs and symptoms of heat illnesses, treatment, dietary supplements, nutritional issues, and fitness status.

### **General Guidelines:**

1. An initial complete medical history and physical exam (see section on Medical Release and Physicals, elsewhere in this packet)
2. Gradual acclimatization of the athlete to hot/humid conditions is a must. We advise that athletes should gradually increase exposure to hot and/or humid environmental conditions over a period of seven to 10 days to achieve acclimatization.
3. Clothing and protective gear can increase heat stress. Dark colors absorb solar radiation, clothing and protective gear interfere with the evaporation of sweat and other avenues of heat loss. During acclimatization process, athletes should practice in T-shirts, shorts, socks and shoes. Rubberized suits should never be worn.
4. To identify heat stress conditions, regular measurements of environmental conditions will be taken daily.
5. Players who miss practice for extended periods MUST repeat the acclimatization procedure upon their return.



## **Specific Guidelines**

### **Heat index of less than 100:**

- No restrictions

### **Heat index of 100-105:**

- Workouts limited to 1 1/2 hours, 10 minute break every 30 minutes.
- Conditioning should take place without helmets/shoulder pads.
- Athletes allowed to remove helmets if not actively participating

### **Heat index of 105-110:**

- Workouts limited to 1 1/2 hours, 10 minute break every 30 minutes
- Unrestricted access to water at all times
- A 10 minute break should precede all conditioning
- Conditioning should take place without helmets/shoulder pads
- Conditioning should not exceed 10 minutes
- Decrease repetitions and practice for overweight individuals
- Asthmatic athletes may remove themselves from workout without penalties or repercussions

### **Heat Index of 110-115**

- Shorts and T-shirts, no helmets for practice
- Practice shortened to 1 hour
- Unrestricted access to water at all times
- 10 minute break every 20 minutes
- Conditioning should take place indoors
- Decrease repetitions and practice for overweight individuals
- Asthmatic athletes may remove themselves from workout without penalties

### **Heat index of greater than 115:**

- No outdoor workouts



# SUDDEN CARDIAC ARREST

While other injuries receive more attention, sudden cardiac arrest (SCA) is the No. 1 cause of death<sup>1</sup> for youth and teen athletes during sports. With proper preparation and training, school and league administrators can greatly reduce tragic outcomes when an incident occurs.

Sudden cardiac arrest is not the same as a heart attack. It is the result of structural or electrical disorders in the heart that lead to a lethal arrhythmia. Structural disorders can be heart muscle diseases such as hypertrophic cardiomyopathy, where the heart muscle becomes unnaturally thick, making it more prone to arrhythmias and harder to pump blood. Sometimes the heart is structurally normal, but electrical impulses in the heart become abnormal, leading to SCA.

Through preseason medical checks and regular doctor's visits, parents and coaches sometimes have advanced knowledge of an athlete's heart disorder. However, one of the main challenges for parents and the medical community is that the majority of young athletes who suffer sudden cardiac arrest on the playing field have no warning symptoms. The first sign of their heart condition could be collapse during exercise and the cardiac arrest itself.

## What can parents and leagues do to help prevent sudden cardiac arrest?

It is important to recognize that no screening program is perfect. Screening certainly can identify some individuals at risk, and because of that it is recommended that young athletes be examined by a doctor before participating in sports. At the high school and college levels, athletes are required to have a pre-participating sports physical. Ideally, a comprehensive cardiac screen aimed at detecting heart disorders at risk of SCA should contain:

- ☑ Comprehensive physical evaluation
- ☑ Comprehensive symptom and family heart health history such as:
  - Passing out with exercise
  - Heart related death(s) in a relative before the age 40
- ☑ Electrocardiogram (EKG) screening
  - Performed by qualified medical professionals knowledgeable in modern standards for EKG interpretation in athletes

It also is of paramount importance that adults supervising youth athletes during sports be prepared to respond to someone who collapses in sudden cardiac arrest.

## Why is it important to have a defibrillator available at all athletic events?

Putting an automated external defibrillator (AED) in schools and youth sports settings is a public safety measure. You may use it to save a child's life, but these devices also can be used to save the life of an adult – a coach, teacher or spectator. USA Football recommends that all youth practice and game fields have an AED available nearby and accessible to team personnel. Members of your team or league staff should receive formal training on how to operate the device.

When AEDs become more accessible, it becomes safer for everyone. While formal training is recommended, just having access to an AED increases the likelihood of bystander CPR and response. Eventually, defibrillators should be like fire extinguishers. We only use them in emergencies, but we know there is one close by if we need it.

## How can coaches and parents tell the difference between sudden cardiac arrest and a player collapsing because of exhaustion or other causes?

Any child who collapses and is unresponsive on the playing field should be assumed to be in cardiac arrest until proven otherwise. About 50 percent<sup>2</sup> of young athletes with sudden cardiac arrest will have brief seizure-like activity with arm or leg jerking movements. People think it's just a seizure, but it's really SCA.

An athlete passing out during exercise is not normal. If an athlete collapses while running and is unconscious without any recent trauma, you have to assume cardiac arrest. Some athletes may have warning symptoms of a heart condition, such as:

- Chest pain
- A racing heart when it shouldn't
- Prior episodes of passing out
- Shortness of breath that is disproportionate to the level of exertion

A child who normally has no problem keeping up with his or her peers but is suddenly struggling could be showing warning signs.

**REMEMBER:** The majority of SCA cases occur with no warning signs. That is why assuming SCA first in a downed athlete is of vital importance.

## PLAN AHEAD

Every youth football organization should develop an emergency action plan, including these steps to address sudden cardiac arrest:

- ☑ The location of AEDs at your practice and game fields
- ☑ A mechanism to call 9-1-1 in case of an emergency during football activities
- ☑ Training in CPR and AED use for designated coaches
- ☑ Defining emergency routes to practice and game facilities and designating personnel to meet and direct emergency responders from the entrance to the individual
- ☑ Designate personnel to stay with the child to the hospital if a parent or guardian is not present
- ☑ Player/parent phone numbers should be available and personnel designated to contact the parents if one is not present

It is critical to practice and review your emergency response during the preseason with all personnel who may be involved in the emergency action plan.

## TREATMENT

### What should coaches and parents do if they suspect sudden cardiac arrest?

Call 9-1-1.

Then as soon as possible, begin hands only CPR with chest compressions and have someone close by get the AED if there is one available. Apply the AED as soon as possible and follow the voice prompts and instructions.

Treatment of SCA begins with early recognition. The American Heart Association outlines four steps in a “Chain of Survival” for SCA emergencies:

- Early recognition of the emergency and calling 9-1-1
- Early CPR
- Early defibrillation with an AED
- Early life support and cardiovascular care at a hospital

AEDs are safe, easy to use and provide voice and visual instructions so anyone can use them effectively if needed.

If you do these things, you have drastically improved your chance of saving someone who is in a life-threatening situation.

**NOTE:** If football shoulder pads are present, they can be cut and opened or removed to expose the chest.

It is also important to minimize interruptions in chest compressions both before and after defibrillation. This is why one adult is assigned to start CPR while a second person retrieves the AED.

Planning ahead can be the difference between life and death, so please train and practice the steps in your plan and ensure access to a defibrillator.

<sup>1</sup> Harmon KG, Asif IM, Klossner D, Drezner JA. Incidence of sudden cardiac death in national collegiate athletic association athletes. *Circulation*. 2011;123:1594-1600

<sup>2</sup> Drezner JA, Rao AL, Heistand J, Bloomingdale MK, Harmon KG. Effectiveness of Emergency Response Planning for Sudden Cardiac Arrest in United States High Schools With Automated External Defibrillators. *Circulation* 2009; 120: 518-525.



## Weekly Equipment Checks

### Overview:

Properly fitted and maintained equipment is an essential component of playing safe football. Unlike other sports, where equipment plays a secondary role in the activity, the helmet, mouth guard, shoulder pads, and leg pads play a critical role in keeping a player safe.

It has been a longstanding requirement in KYF® for coaches to check players' equipment for wear & tear and proper fit. It will now be a requirement that coaches document these checks (at minimum) on a weekly basis.

### Information for Parents:

On the following pages are the specification sheets used by Katy ISD Football Players regarding the helmet checks they are required to do as part of participating in the sport. Please become comfortable with the particulars of how the different aspects of your player's helmet are intended to work. Regular helmet checks are highly required by the league, and we encourage you to teach your player how to do the same- it is a skill they will have to learn at higher levels of play, and teaching this to them when they're young develops good habits for later.

### Information for Head Coaches:

It is the responsibility of each team's coaching staff to document, at minimum, that each player's equipment has been checked weekly. The form to document this process is included in this section. League officials may ask to see your equipment check log sheet at any time, and you are required to have it on your person at every KYF® practice or game. Failure to produce a sheet at a Board Member's request may result in disciplinary action.



## Football Helmet Information Sheet

### 1. Warning Label

Your helmet should have a warning label in it. Whether the label has been removed or covered up, you should be aware of it and what it says:

#### Warning

Do not use this helmet to butt, ram, or spear an opposing player. This is in violation of the football rules. Such use can result in severe head or neck injury, paralysis, or death to you, as well as possible injury to your opponent. No helmet can prevent all head or neck injuries a player might receive while participating in football.

### 2. N.O.C.S.A.E. Standards

All helmets must have a N.O.C.S.A.E. sticker inside or stamped on back of helmet.

### 3. Shell

- No visible cracks in shell.
- Fixtures or velcro to hold protective parts are intact and functional.
- All chin strap snap fixtures are in place and functional.

### 4. Mask

- Not bent out of shape.
- No excessive metal showing.
- Properly installed with correct hardware and hangers.
- No bolts, screws, nuts used other than type designed for this purpose.

### 5. Protective Parts

- No signs of cracks, deterioration, or compressed out of original shape.
- No alterations from original design.

- All securely fastened to shell with fixtures designed for this purpose.

### 6. Air Liners

Will hold air and is properly installed and inflated.

### 7. Alterations

- Only original manufactured parts are used when replacements are needed.
- No alterations from original manufacturers design permitted.

### 8. Jaw Pads

- Should have proper thickness to hold helmet firm against face.
- Snaps are intact and hold the pads securely.

### 9. Chin Straps

- Should be properly adjusted to give a firm pressure on the chin.
- All snaps in place and each snapped properly.

### 10. Paint and Touch Up

- No helmet shall be painted or touched up with any paint other than recommended by the manufacturer.
- No spray can substance, paint, polish, clear lacquer, or cleaner should be used on helmet unless approved by the manufacturer.

#### Warning

*Paints, lacquers, or cleaners other than those approved by the manufacture may damage the helmet shell, causing it to crack or shatter on contact*

### Helmets should be checked:

- **Daily by the player**
- **Weekly by the coach (and documented!)**
- **As needed by the parent**





# FOOTBALL HELMET

## FITTING GUIDE



### 1. CHECKING HEAD SIZE



- Wrap a cloth measuring tape around the circumference of head
- Measure with tape approximately 1" above the player's eyebrows
- Record measurement
- Use the Riddell® circumference chart below to select proper helmet size
  - If measurement falls between helmet sizes, choose the smaller size

### 2. PUTTING ON / TAKING OFF HELMET



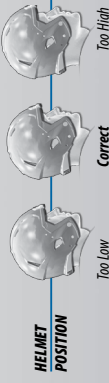
- Putting on helmet:**
- Hold helmet with thumbs over bottom of jaw pads
  - Place index fingers into ear holes
  - Pull helmet down into position
- Taking off helmet:**
- Unbuckle chin strap from bottom snaps
  - Place index fingers into ear holes
  - Press thumbs into bottom of jaw pads
  - Lift helmet up and off the head

### 3. ADJUSTING HELMET HEIGHT



\* Use glycerin to lubricate needle

- Adjust inflatable pads using a Riddell inflation bulb and a well-lubricated Riddell inflation needle
- Insert needle
- Pump Riddell inflation bulb to achieve proper height
- Remove needle
- Front of helmet should be approximately 1" above the player's eyebrows



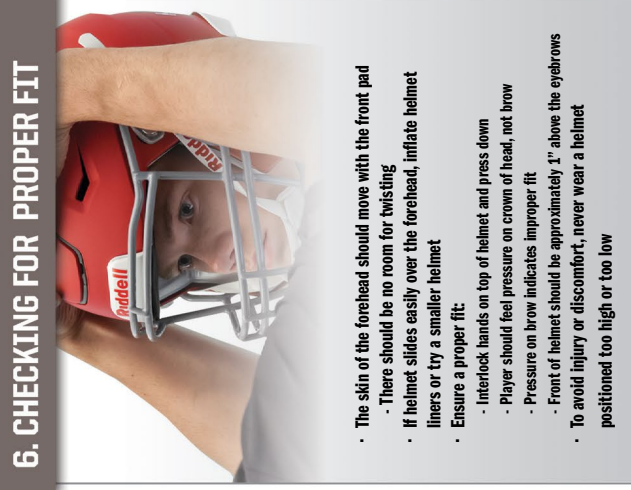
- Inflate for snug, comfortable fit front-to-back and side-to-side

\* Use glycerin to lubricate needle



- Jaw pads should feel firm against the face
- Insert needle into valve at exterior jaw flap
- Inflate jaw pad
- If non-inflatable jaw pads feel loose, change to a thicker size
- If non-inflatable jaw pads feel tight, change to a thinner size

\* Use glycerin to lubricate needle



### 6. CHECKING FOR PROPER FIT

- The skin of the forehead should move with the front pad
  - There should be no room for twisting
  - If helmet slides easily over the forehead, inflate helmet liners or try a smaller helmet
- Ensure a proper fit:
  - Interlock hands on top of helmet and press down
  - Player should feel pressure on crown of head, not brow
  - Pressure on brow indicates improper fit
  - Front of helmet should be approximately 1" above the eyebrows
- To avoid injury or discomfort, never wear a helmet positioned too high or too low



### 7. ENSURE COVERAGE IN BACK

- To adjust chin straps:**
- Buckle top and bottom of chin strap into the snaps above and below ear holes
    - Cup should be centered and snug over chin
  - Adjust chin strap until cup is firmly pressed against chin
  - When buckled, helmet should feel comfortable and snug
  - Chin straps are available in multiple sizes & styles

#### Varsity & Youth: Riddell Edge, Victor

HELMET SIZES	Small	Medium	Large	X-Large
HAT SIZE	up to 6 1/2	6 1/2 - 7	7 - 7 1/2	7 1/2 and up
CIRCUMFERENCE	up to 20 3/8"	20 3/8" - 22"	22" - 23 1/2"	23 1/2" and up

#### Youth: Riddell Edge, Victor

HELMET SIZES	2X-Small	X-Small	Small	Medium	Large	X-Large
HAT SIZE	6 1/8 - 6 1/4	6 3/8 - 6 1/2	6 5/8 - 6 3/4	6 7/8 - 7	7 1/8 - 7 1/4	7 3/8 - 7 1/2
CIRCUMFERENCE	19 1/4" - 19 5/8"	20" - 20 3/8"	20 3/4" - 21 1/4"	21 5/8" - 22"	22 3/8" - 22 7/8"	23 1/8" - 23 1/2"

#### Youth: Riddell Victor-I

HELMET SIZES	XS/NS	SM/MD	LG/XL
HAT SIZE	6 1/8 - 6 1/2	6 5/8 - 7	7 1/8 - 7 1/2
CIRCUMFERENCE	19 1/4" - 20 3/8"	20 3/8" - 22"	22 3/8" - 23 1/2"

For further helmet fitting guidelines, videos and in-depth details go to: [RIDDELL.COM](http://RIDDELL.COM)



# SHOULDER PAD FITTING GUIDE



## 1. MEASURE CHEST



- Wrap measuring tape around upper torso
- Record measurements

## 2. MEASURE SHOULDERS



- Stretch tape over contour of shoulders (As shown above)
- Measure from tip of left humerus to tip of right humerus
- Record measurements

## 3. SELECT PADS / PUT ON PADS



- Select pads:**
- Identify player position and select corresponding Riddell® pad style
  - Use the Riddell® pad chart below to select proper pad size

**Put on pads:**

    - Bring pads down over head
    - Be careful of eyes and nose

## 4. SECURE STRAPS



- Buckle belts and connect elastic straps (if applicable)
- Establish tight fit in chest and back area

## 5. CHECK FOR PROPER FIT



- Ensure there is no pinching in collar

## 6. ENSURE COVERAGE IN FRONT



- Pads should cover sternum
- Pads should cover front-upper shoulders

## 7. ENSURE COVERAGE IN BACK



- Confirm coverage
- Confirm optimal range of motion

FLAT PADS: Professional / College / Varsity

PAD SIZES	Small	Medium	Large	X-Large	2X-Large	3X-Large	4X-Large	5X-Large	6X-Large
SHOULDER WIDTH	17" - 18"	18" - 19"	19" - 20"	20" - 21"	21" - 22"	22" - 23"	23" - 24"	24" - 25"	25" - 26"
CHEST CIRCUMFERENCE	38" - 40"	42" - 44"	46" - 48"	48" - 50"	50" - 52"	52" - 54"	54" - 56"	56" - 58"	58" - 60"

FLAT PADS: Junior Varsity

PAD SIZES	X-Small	Small	Medium	Large	X-Large
SHOULDER WIDTH	14" - 15"	15" - 16"	16" - 17"	17" - 18"	18" - 19"
CHEST CIRCUMFERENCE	30" - 32"	34" - 36"	36" - 38"	38" - 40"	40" - 42"

FLAT PADS: Youth

PAD SIZES	X-Small	Small	Medium	Large	X-Large	2X-Large	3X-Large
SHOULDER WIDTH	10" - 11"	11" - 12"	12" - 13"	13" - 14"	14" - 15"	15" - 16"	16" - 17"
WEIGHT RECOMMENDATION	40 lbs.	60 lbs.	80 lbs.	100 lbs.	130 lbs.	150 lbs.	170 lbs.

\* These charts are only guides. Athletes' measurements, shoulder pad sizes, and actual fit may vary.

For further helmet fitting guidelines, videos and in-depth details go to: [RIDDELL.COM](http://RIDDELL.COM)



# CONTACT PSYCHOLOGY

Some players are instinctively aggressive and eager for contact. Many more may have some initial reservations.

- This initial fear is real

Overcome this fear by:

- Gaining players' trust
- Speak on their level
- Be positive, enthusiastic and encouraging
- Build them up at every opportunity

Confidence comes through repeated successes

- Drills they are developmentally ready for
  - Age, skill, ability
  - Space, distance, speed, complexity
- Proper matchups
  - Size, temperament, skill level
- Levels of Contact

Look for behavior signs in youngsters who lack confidence

- Head down
- Lack of eye contact
- Skipping to the back of line or avoiding a particular matchup
- Lack of enthusiasm for contact drills

# LEVELS OF CONTACT

## 0 AIR

Players run a drill unopposed without contact.



## 1 BAGS

Drill is run against a bag or another soft-contact surface.



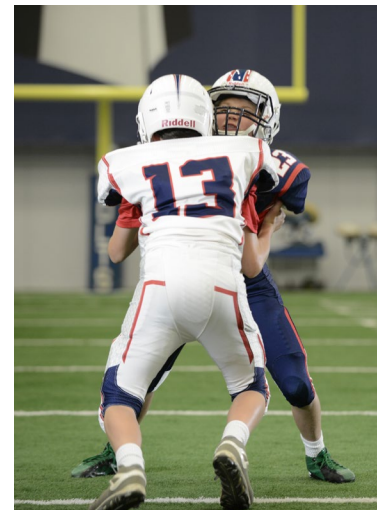
## 2 CONTROL

Drill is run at assigned speed until the moment of contact. One player is pre-determined "winner" by the coach. Contact remains above the waist and players stay on their feet.



## 3 THUD

Drill is run at full speed through the moment of contact. No pre-determined "winner." Contact remains above the waist, players stay on their feet and a quick whistle ends the drill.



## 4 LIVE ACTION

Drill is run in game-like conditions and is the only time that players are taken to the ground.





# NATIONAL PRACTICE GUIDELINES FOR YOUTH TACKLE FOOTBALL



## BACKGROUND

USA Football is committed to advancing player safety to protect the health and well-being of every child. In addition to coaching education, a key element of player health and safety is the responsibility of all coaches to conduct organized practices and teach proper fundamentals in a safer environment. There are approximately 9,300 youth tackle football organizations in the United States. Within these are approximately 2.5 million young athletes who play and 400,000 adults who coach.

## PURPOSE

The purpose of these guidelines is to provide youth football organizations (players age 6 to 14) with recommendations to establish consistent methods designed to limit the chance for injury during structured practice sessions. This document provides youth football commissioners and coaches with heat acclimatization guidelines, clear definitions of contact and recommendations on the number of practices per week and time limits on player-to-player full contact.

There is much to be learned about helmet impacts in youth sports. We remain committed to adopting the best evidence-based practices. We recognize that even with the latest research available, there is no clear consensus in this area. Accordingly, we will update these recommendations and guidelines in accordance with the evidence. Ideally, this emerging data will help us understand the potential for long-term adverse cognitive, emotional and/or neurological effects from concussions and/or other repeated head contact without associated symptoms. Based on what is known about concussions today, the guiding principles in developing these recommendations were to reasonably limit head contact and thus concussion risk.

# GUIDELINE 1

## Implementing a preseason youth football heat acclimatization period

Reported cases of exertional heat stroke (EHS) currently rank among the top-three causes of sport participation fatalities. Setting mandatory guidelines for heat acclimatization provides a vital standard to protect athletes against exertional heat illnesses and possibly save lives. The majority of EHS cases occur during summer workouts when athletes are unprepared to cope with environmental conditions and physiological demands placed upon them. Heat acclimatization guidelines recommend that athletes be introduced slowly to environmental stresses during practice sessions, resulting in a lowered risk for EHS. These guidelines call for a two-week period (10-14 days) when coaches gradually increase the length and intensity of practice and the amount of equipment that can be worn. At all times, athletes should have access to fluids and have periods of rest throughout a practice.

### Recommendations include:

1. At no time throughout the preseason or regular season should teams practice more than once per day (No two-a-day practices). Teams should be allowed to practice a maximum of four times per week during the preseason.
2. During practice days 1 and 2 of the heat-acclimatization period, no more than 90 minutes of practice are allowed, a helmet should be the only protective equipment permitted. No form of player-to-player contact should occur during the first two practices.
3. During practice days 3 and 4, two hours of total practice time is allowed. Only helmets and shoulder pads should be worn. No full-contact drills should be allowed. USA Football defines full-contact as drills being run at “Thud” and “Live” tempo. Coaches are encouraged to limit player-to-player contact up to “Control” using USA Football’s Levels of Contact.
4. On practice days 5 and 6, two hours of practice time is allowed which would occur within the second week of a youth organization’s preseason schedule according to these guidelines. Teams have the option to wear full pads and full contact drills can begin and should be utilized within the recommended time allocation discussed below.
5. If a practice is interrupted by inclement weather or heat restrictions on any of the practice days, the practice should resume once conditions are deemed safe.
6. On days when environmental conditions (heat index or WBGT) are extreme, modifications should be made to the work-to-rest ratio (to allow for cool-down periods and rehydration) or rescheduled to cooler parts of the day (i.e. before 10 a.m. or after 6 p.m.).

## GUIDELINE 2

### **Ensure all youth coaches understand the definition of “full contact”**

Full-contact drills should be limited during the preseason and regular season as the number of exposures may increase the chance for injury to youth players. For purposes of these guidelines, full-contact consists of both “Thud” and “Live Action” using USA Football’s definitions of Levels of Contact.

Rationale: By definition, “Thud” involves initiation of contact at full speed with no predetermined winner, but no take-down to the ground. Initial contact, particularly with linemen, is just as physical with “Thud” as with “Live Action.” USA Football recognizes that “Live Action” likely carries a higher injury risk to the body than does “Thud.” The first three levels of USA Football Levels of Contact “Air,” “Bags,” and “Control” are considered no or controlled-contact, and thus no limitations are placed on their use in practice.

## GUIDELINE 3

### **Recommended number of team practices and amount of “full contact” drills per week**

#### **Preseason Recommendation**

Following the preseason acclimatization period, it is recommended youth teams conduct no more than four practices per week. Coaches are to limit the amount of full-contact to no more than 30 minutes per day and no more than 120 minutes per week. No two-a-day practices should be allowed at any point throughout the preseason.

Rationale: USA Football recognizes preseason practices may require more full-contact time than practices occurring in the regular season to allow for teaching fundamentals with sufficient repetition to prepare for the season. Coaches are encouraged to introduce contact through a progressive manner to ensure they are using proper technique before full-contact (Thud & Live Action) drills are allowed.

#### **Regular Season Recommendation**

Once the regular season begins and games commence, USA Football recommends the number of practices per week is decreased to three to account for the weekly game. Coaches are to limit the amount of full-contact to no more than 30 minutes per day and no more than 90 minutes per week.

Rationale: At this point in the season, games have begun and full-contact exposure rates have increased on a weekly basis for players. To account for this, the recommendation to eliminate one practice per week and decrease the amount of time dedicated to full-contact drills decreases the number of exposures per week.

## GUIDELINE 4

### Coaches need to use a practice plan and assign a “level of contact” for every drill according to USA Football’s Level of Contact chart

USA Football defines contact using its Levels of Contact chart (see below) to help coaches assign a level of resistance for each drill period within their practice plan.

Properly employing the levels of contact during a football practice is an important skill for youth coaches to learn. This is completed by adjusting the distance between players, the speed at which they conduct a drill and modifying the “winner” of a drill. In doing this, coaches can better accomplish specific teaching objectives during practices and decrease the chance for injury.

Planning when to teach, when to compete and when to adjust contact promotes a better experience for players and coaches. Proper usage of the Levels of Contact system will help players perform their contact skills at a high level while instilling confidence. Employing the Levels of Contact system also helps reduce player fatigue, which can advance player safety.

#### Explaining Levels of Contact

Levels of Contact focuses on varying intensity levels throughout practices to build player confidence, ensure their safety and prevent both physical and mental exhaustion.

CONTACT	DESCRIPTION
Air	Players run a drill unopposed without contact.
Bags	Drill is run against a bag or another soft-contact surface.
Control	Drill is run at assigned speed until the moment of contact; one player is pre-determined the ‘winner’ by the coach. Contact remains above the waist and players stay on their feet.
Thud	Drill is run at assigned speed to competitive speed through the moment of contact; no pre-determined “winner.” Contact remains above the waist, players stay on their feet and a quick whistle ends the drill.
Live Action	Drill is run in game-like conditions and is the only time that players are taken to the ground.

## References

1. Armstrong LA, Casa D, Millard-Stafford MMS, Moran DM, Pyne SP, Roberts WR. "Exertional Heat Illness during Training and Competition." *Med. Sci. Sports Exerc.* 556-572, 2007.
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3. Casa D, Guskiewicz K, Anderson S, Courson R, Heck J, Jimenez C, McDermott B, Miller M, Stearns R, Swartz E, Walsh K, "National Athletic Trainers' Association Position Statement: Preventing Sudden Death in Sports." *Journal of Athletic Training*; 96-118, 2012.
4. Broglio SP, Martini DN, Kasper L, Eckner JT, Kutcher JS. "Estimation of Head Impact Exposure in High School Football: Implications for regulating contact practices." *Am J Sport Med* 41 (12): 2877-2884, 2013.
5. Martini DJ, Eckner JT, Kutcher JS, Broglio SP, "Sub concussive Head Impact Biomechanics: Comparing Differing Offensive Schemes." *Med. Sci. Sport Exerc.* 45 (4): 755-761, 2013.
6. National Federation of State High School Associations Recommendations and Guidelines for Minimizing Head Impact Exposure and Concussion Risk in Football <http://www.nfhs.org/media/1014079/2014-nfhs-recommendations-and-guidelines-for-minimizing-head-impact-final-october-2014.pdf>



## Practice Guidelines – Levels of Contact

### Overview:

As part of our comprehensive coaching education program, KYF® believes practice guidelines are essential in lowering injury potential. We believe limiting the amount of contact time during practice will lower the overall exposure time, and thereby reduce the overall risk potential for injury. Therefore, we have adopted the following Levels of Contact guidelines and requirements.

### Guidelines and Requirements:

KYF® Head Coaches must submit an initial practice plan to the KYF® Health & Safety Director utilizing the USA Football Online Practice Planner Tool. Plan must be submitted by deadline communicated via league operations. This tool contains a built in Player Contact Meter that calculates Full Contact. KYF® recommends all coaches utilize the online practice planner to develop practice plans for all practices throughout the season.

Review Sample Practice Plans Here: <http://www.katyyouthfootball.com/wp-content/uploads/KYF-Practice-Plan-Samples.xlsx>

Please review the sample practice plans and take note of the Player Contact Meter - KYF® defines "Full Contact" as "Thud" work or "Live" work to the ground.

USA Football Practice Planner: <https://usafootball.com/resources-tools/coach/practice-planner/>

When contact is permitted to start per the KYF® COVID-19 Guidelines, KYF® recommends no more than 60 minutes of Full Contact (Thud / Live) practice per week. Under no circumstance should any team exceed 90 minutes of Full Contact (Thud / Live) practice in any week. KYF® recommends no more than 30 minutes of Full Contact (Thud / Live) time during any single practice.

# PRACTICE GUIDELINES

## Guideline 1

- Follow the KYF® heat acclimatization guidelines

## Guideline 2

- All KYF® coaches must understand the definition of “full contact”  
KYF® Defines Live (to the ground) and Thud as “full contact”

## Guideline 3

- KYF® Rules specify the amount of team practice time and amount of “full contact” time allowed per week

## Guideline 4

- Allocate a level of contact for each drill period in practice. Use Levels of Contact within the daily practice plan

**SUNDAY PRACTICE IS STRICTLY FORBIDDEN**

# PRACTICE GUIDELINES

- For the 2022 Season – Under no circumstance should any team exceed 90 minutes of Contact (Thud / Live) practice in any week, and no more than 30 minutes of Full Contact time in any single practice
- KYF® is recommending all head coaches utilize the USA Football Online Practice Planner to plan ALL practices
- All head coaches **MUST** submit an initial practice plan, utilizing the online USA Football Practice Planner, outlining a typical practice week to the KYF® Health & Safety Director, Dave Perez. You must submit an electronic copy from the online tool
  - **DEADLINE TO SUBMIT IS ON OR BEFORE JULY 28, 2019!**  
To: [Dave.Perez@KatyYouthFootball.com](mailto:Dave.Perez@KatyYouthFootball.com)

# Katy Youth Football®

## Team Mom / Parent Checklist

Every team must have at least one Team Mom or Parent; they are critical to the success of the league.

- 🏈 Contact Coach and request 30 minutes before next practice to conduct parent education meeting.
- 🏈 Uniforms: Verify athletes vs. roster. Contact VP of Uniforms *only* if -
  - Children are not listed
  - Names incorrectly spelled
  - Child has not attended practice or has indicated will not participate
- 🏈 Establish Deadlines for Events: See Dates to Remember
- 🏈 Establish Snack guidelines (See COVID Guidelines)
- 🏈 Distribute Roster to Parents (carpools, etc)
- 🏈 Establish date/location for end of season team party
- 🏈 Create a communication channel to notify parents of practice/changes.
- 🏈 Work with coaching staff on Team Page.
- 🏈 Ensure parents are aware of KISD and KYF® Field rules:
  - No pets, weapons, tobacco, alcohol, or profanity are allowed on KISD property.
  - Make sure your team cleans up your sideline- YOU are responsible! If garbage cans are full, please alert the nearest BOD member.
  - All tents, chairs, and spectators must remain 4 yards from the sidelines at all times.
  - Only coaches, players and cheerleaders are permitted within the 20 yard line markers during the play of the game.
  - Only radio edit music will be permitted and only before kickoff, halftime, and after the game. Keep the music at a reasonable level - be mindful of the other games.
- 🏈 Most Important...Have Fun! Thank You!



National Association for  
Sport and Physical Education

NASPE Sets the Standard

## Sexual Harassment in Athletic Settings

A Statement from the National Association for Sports and Physical Education  
(NASPE) Fall 2000

### Overview:

It is the position of KYF® that sexual harassment in all its forms has no place on the playing fields of our league. While some parents and coaches may be more familiar with sexual harassment in the work place, what follows is a statement regarding sexual harassment as it relates to athletic settings.

### Information for Parents & Coaches:

#### *Background*

Sexual harassment may be defined as unwanted sexual attention that would be offensive to a reasonable person and that negatively affects the work or school environment. The critical element in almost all definitions of sexual harassment is unwanted sexual attention. Sexual harassment includes a wide range of behaviors from verbal innuendo and subtle suggestions, to overt demands and abuse, including rape and child sexual abuse.

However, even as the courts continue to clarify the nature of sexual harassment; educational institutions are well advised to follow the Office for Civil Rights (OCR) and the Equal Employment Opportunity Commission (EEOC) definitions of sexual harassment and to be in compliance with title IX of the Education Amendments of 1972 and Title VII of the Civil Rights Act of 1964

Generally, there is agreement as to what constitutes the most blatant forms of sexual harassment, yet viewpoints often differ regarding more subtle circumstances.

The social interaction is frequently very complicated and may invite different interpretations. Whether behavior is considered sexual harassment depends to some extent on the subjective experience of the recipient. The same behavior might be enjoyed by one recipient and unwanted by another. The Subjective aspect contributes to the possibility of misunderstanding and miscommunication.



National Association for  
Sport and Physical Education

NASPE Sets the Standard

## *Types of Sexual Harassment*

### **Quid Pro Quo Harassment**

Quid pro quo harassment occurs when a school employee or coach causes a student athlete to believe that he or she must submit to unwelcome sexual conduct (sexual advances; requests for sexual favors; or other verbal, non-verbal, or physical conduct that is sexual in nature) in order to participate in a school program or activity, regardless of whether the student athlete submits to the demands.

This category of sexual harassment often involves a power relationship such as that between a supervisor and an employee or between a teacher and a student.

### **Hostile Environment Harassment**

Hostile environment harassment applies when unwelcome sexual conduct causes the environment to become hostile, intimidating, or offensive, and unreasonably interferes with an employee's or student's work. It can occur when the unwelcome sexual conduct is so severe, persistent, or pervasive, that it affects a student's ability to participate in the educational program or activity.

### *The Issue of Power*

Sexual harassment is not an exclusively sexual issue, but may be an exploitation of a power relationship. Like any other power struggle, many instances of sexual harassment are initiated and negotiated by a person in a position of authority and are sustained at the expense of another who cannot counter demands without risk of reprisal (as a teacher vs. student or coach vs. player)

Sexual harassment often is experienced as a hostile act that may be intended to dis-empower and subjugate the person harassed.

Evidence suggests that individuals employed in nontraditional work settings for their gender, are somewhat more likely to be harassed.



National Association for  
Sport and Physical Education

NASPE Sets the Standard

### *Initiated by the Athlete*

Coaches cannot absolve themselves of the responsibility of avoiding intimate sexual relationships with athletes, simply because the intimacy may be initiated by the athlete. Because of the superior-subordinate relationship, the coach must realize that the subordinate is not in a position of taking responsibility for eliminating the sexual harassment, especially if the athlete is a minor. The nature of the coach/athlete relationship requires that the coach is always responsible for maintaining the professional relationship. Intimacy initiated by the subordinate must be anticipated, discouraged, and avoided by the coach.

### *Guidelines for Coaches*

- Use discretion when alone with an athlete, and when coaching a student, try to have another coach or supervisor present
- Don't touch an athlete outside of necessary touching to teach a skill
- Don't drive alone with an athlete, or sit in parked vehicles
- Stay in separate sleeping quarters when traveling to athletic events
- Educate your athletes about sexual harassment and encourage them to talk to you and their parents, if anyone makes them uncomfortable
- Document any behavior by students, directed toward you, which is sexual in nature. Include witnesses, how you dealt with the situation, and who you talked to about the situation.
- Immediately notify your division director regarding any accusations.



# Katy Youth Football® Documentation Requirements

## ALL PLAYERS/CHEERLEADERS: Waiver Forms and Medical Release Forms

ALL PLAYERS & CHEERLEADERS must provide a completed physical form and medical waiver prior to the first practice and will not be issued uniforms until it is received by the league.

ALL PLAYERS & CHEERLEADERS (new and returning) must provide a signed liability waiver prior to the first practice and will not be issued uniforms until it is received by the league.

## ALL FOOTBALL PLAYERS:

ALL PLAYERS are required to submit both their final report card from the prior school year AND a copy of their birth certificate PRIOR to uniforms being issued. Players who do not submit both required documents will not receive uniforms until they do. *Pre-K/K players are only required to provide a birth certificate.*

## FOOTBALL PLAYERS HELD BACK IN SCHOOL:

Players who are retained in their prior grade must provide documentation from the school to that effect. *These players are still subject to the age restrictions as listed in the KYF® rules.*

## DOCUMENT SUBMISSION:

### Waiver Forms & Medical Release Forms:

Team Moms should collect a signed Waiver/Hold Harmless form from the parent or legal guardian for every player on the team. Team Moms should also collect the Medical Release (Two pages) for required players on the team. The Waiver and Medical Release forms (Collectively three pages) should be assembled, separately, in alphabetical order and uploaded to KYF®. KYF® will check and retain all Waivers and Medical Release Forms submitted via the upload portal.

### Birth Certificates and Report Cards:

Team Moms should collect birth certificates for ALL players on the team, as well as report cards for ALL players (Except Pre-K/K Kids) and retain copies in a documentation book throughout the season. Report Card and Birth Certificate should be placed in book in Alphabetical Order by player last name. This book will be inspected by KYF, and KYF® will verify each player's eligibility for division registered. Cleared players/cheerleaders will receive uniforms at Uniform Distribution. After the Birth Certs/Report cards are uploaded to KYF®, those should be retained in your documentation book for the remainder of the season for all players. This book should be with you at any KYF® Game or Event.

**PLEASE NOTE: IF PROPER DOCUMENTATION IS NOT SUBMITTED, THE PLAYER COULD BE REMOVED FROM CURRENT TEAM AND PLACED WITHIN HIS SCHOOL MATRIX AT THE PARENTS EXPENSE, OR HE MAY BE ALLOWED TO PLAY WITH CURRENT TEAM BUT WILL NOT BE GRANDFATHERED BACK TO THAT TEAM THE FOLLOWING YEAR, AT THE DISCRETION OF KYF®**

# Katy Youth Football® Document Check

Electronic Submission

Submission Deadline  
Noon – August 21, 2022



## [DOCUMENT CHECK Electronic Submission \(All Football Players\):](#)

### [Liability Waiver and Medical Evaluation Physical Forms:](#)

1. Please separate the Liability Waiver forms and sort into alphabetical order by player last name. These forms should be obtained for every player on the team, and from every coach/volunteer. Note: Liability Waiver is a single page. Check to make sure you have the most current form, included in this packet, which releases SARS-CoV-2 and COVID-19. Scan all Waiver forms into a single PDF document. Use the Team Parent Document Upload Portal linked below to upload.
2. Please separate the Medical Release and Physical form, which is a two (2)-page document. Sort the forms into alphabetical order by player last name. Scan the forms into a single PDF Document. Upload using the Team Parent Document upload portal linked below.

**NOTE: For any player or cheerleader who is missing a signed Liability Waiver, or any player missing a completed Medical Evaluation and Physical form signed off on by an appropriate licensed healthcare provider, the PLAYER IS NOT AUTHORIZED TO PARTICIPATE IN ANY PRACTICE OR CONDITIONING SESSION. PLEASE HELP THE HEAD COACH ENFORCE THIS BY MAINTAINING GOOD RECORDS**

### [Birth Certificates and Report Cards:](#)

1. Please collect all Birth Certificates for all players and sort into alphabetical order by player last name, and scan into a single document. Upload to KYF® using the Team Parent Upload Portal linked below.
2. Please collect all Report Cards for all players and sort into alphabetical order by player last name, and scan into a single document. Upload to KYF® using the Team Parent Upload Portal linked below (Not applicable to Junior Flag).
3. Please place Birth Certificate and Last Report Card of the previous school year (showing Promoted or retained) into an Eligibility book in Alphabetical Order for every player on roster. The league may periodically verify each Birth Certificate and Report Card and make note on league documents. You will need to keep your eligibility book and have it available for review at all league games and events.

**NOTE: IF YOU ARE MISSING BIRTH CERTIFICATE OR REPORT CARD FOR ANY PLAYER ON TEAM, JERSEYS WILL BE HELD. PLEASE NOTE REASON DOCUMENT IS NOT AVAILABLE ON ROSTER SHEET.**

**[CLICK HERE TO ACCESS TEAM PARENT DOCUMENT UPLOAD PORTAL](#)**



# Katy Youth Football®

## Uniform Distribution

Date/Time: Thursday 8/27/2022

Location: TBD



Division	Time
Junior Flag \ 1 <sup>st</sup> /2 <sup>nd</sup> Flag	9:00am
Mitey Mites \ 3 <sup>rd</sup> /4 <sup>th</sup> Flag	10:00am
PeeWee	11:00am
Rookie \ 5 <sup>th</sup> /6 <sup>th</sup> Flag	12:00am
Junior Varsity	1:00pm
Varsity	2:00pm
Senior Varsity	3:00pm

- Team Mom, Coach, or Asst. Coach will be allowed to pick up uniforms. If Team Mom cannot be present, please send Coach or Asst. Coach. **There may be no alternate pick up dates.**
- **Submit any required documentation which was not previously submitted. Upload electronically via the [Team Parent Document Upload Portal](#):** Birth Certificates, Report Cards (Grade), Medical Release Forms and Release and Waiver of Liability. **\*Please have your documents separated and uploaded by player last name in alphabetical order** Proceed to designated location (Signage will be posted directing traffic), and proceed to check Table -.
- You will be given uniforms for all players that have been certified. Non-certified player's uniforms will be held until appropriate documentation is provided, and sufficient time has been given to be reviewed by KYF®. We will not have time to thoroughly review submissions during uniform distribution, so please ensure all forms are uploaded to KYF® by the Document Submission Deadline. (August 21, 2022)
- Please check box/bag contents against player checklist. List all missing/incorrect items, sign and return sheet.
- All known missing items will be available at the KYF® tent on a game day. Please make arrangements to pick up prior to your game. **This will include uploading necessary documentation to certify player.**
- All uniform issues (misspellings, duplicate numbers and mismatch sizes) must be submitted by September 17<sup>th</sup>, however it may not be until Game 4 or beyond that a corrected uniform will be available, if possible. There may be additional cost to the parent for corrections that are not at fault of KYF®.
- Please attempt to swap pants within team to correct any pants fitting issues. Pant exchanges must be submitted by 9/17. **Jersey swap-outs are not possible.** If child no longer fits in jersey and parent is requesting new jerseys, an additional \$100 will need to be collected for a jersey order. Remember – Uniforms should be TIGHT fitting. The tighter the better, the looser the worser ☺.

If you have any questions, please contact Cindy Fox at [Cindy.Fox@katyouthfootball.com](mailto:Cindy.Fox@katyouthfootball.com)

## JERSEY CARE- WASHING INSTRUCTIONS

**TIP 1:** WHEN WASHING YOUR KYF JERSEYS NEVER WASH WITH JEANS OR OTHER CLOTHES, HOWEVER YOU CAN WASH OTHER JERSEYS WITH IT. ONLY COLORED, (NOT WHITE JERSEYS) ALL COLORED JERSEY CAN BE WASHED TOGETHER.

**TIP 2:** ALWAYS TURN JERSEYS INSIDE OUT BEFORE WASHING, AND WASH ON COLD. TO DRY, TURN RIGHT-SIDE OUT.

**TIP 3:** YOU CAN WASH THEM ON REGULAR CYCLE, IF THERE A LITTLE MORE DIRTY THAN NORMAL, BUT IF NOT WASH THEM ON CASUAL TO PREVENT A HARDER WASH ON THEM FROM USING THE REGULAR CYCLE.

**TIP 4:** NEVER DRY YOUR JERSEYS! ALWAYS HANG DRY. MOST JERSEYS ARE MADE OUT OF A MATERIAL THAT WILL DRY QUICKLY SO THROW THEM ON A HANGER AND LET THEM AIR DRY. IF YOU NEED IT DRIED QUICKER, IF YOU DO DECIDE TO PUT IT IN THE DRYER, MAKE SURE IT'S ON LOW HEAT, NEVER DRY ON COTTONS HIGH EVER!

**TIP 5:** DO NOT USE FABRIC SOFTNER PRODUCTS. THIS HELPS THE JERSEYS TO RETAIN THEIR MOISTURE WICKING PROPERTIES.



Cindy Fox – VP OF UNIFORMS

[CINDY.FOX@KATYYOUTHFOOTBALL.COM](mailto:CINDY.FOX@KATYYOUTHFOOTBALL.COM)



**Katy Youth Football®**  
**Picture Day – Sunday, September 25<sup>th</sup>, 2022**  
**(Rain date: Sunday, October 2<sup>nd</sup>, 2022)**



Time: 12 pm to 6 pm  
Location: TBD

Please instruct your team (football and cheer) to be at the school at least 30 minutes before your scheduled time. Please stress to the team (including Coaches and Assistant Coaches) **to be on time!** You will be notified as soon as the time grid is complete for September 25<sup>th</sup>

Football Props: Two Footballs; Two Helmets. Coach or Team Parent can choose who will be responsible for these items.

Cheer Props: All cheerleaders can bring their buckets and poms.

KYF® picture vendor is William and Mary (WAM) Photography. WAM is new to KYF® this year, but has worked with us in the past, and they provide a great service. This year's pictures will be taken outside on a Competition field.

Each parent will receive one picture order form per child. WAM accepts cash, personal checks, money orders, and credit cards. **These hard forms will be distributed at uniform distribution.**

### **Forms and Payment Deadlines**

Forms and payments need to be turned in to the Team Parent on/by Saturday, September 17<sup>th</sup>, 2022. This will allow you time to verify all information on the forms along with payments. Please pay special attention to credit card information (make sure it is legible). Try to discourage parents waiting until September 25<sup>th</sup> to turn in their forms/payments. This will avoid the entire team (football and cheer) waiting for one member to be checked in and delaying the picture process. Payments (cash/check) should be clipped or folded to form, please do not staple. **DO NOT SEPARATE MONEY FROM THE FORM.** WAM staff will do on-spot verifications.

**WAM Offers an Online Payment Option. Please encourage families to pay online in advance, which will speed up the process!!**

On September 25<sup>th</sup>, all forms and payments are to be turned in by the Team Parent at check in. If a Team Parent does not feel she/he can be at picture day on time, he/she needs to delegate to the Coach or someone else who will definitely be there with forms/payments. There will be a table at the front gate of the Competition Field with KYF® directors who will check you and your team in. You will then be directed to turn in your forms and payments to WAM Photography staff.

**NOTE: Parents are NOT allowed onto the field with the children while pictures are being taken. However, restroom facilities will be available on the grounds of the approved field.**

### **Pictures of siblings together:**

Please notify WAM staff if two or more siblings will be taking pictures together.

- **Brothers with Brothers:** Put name of *both siblings on ONE form.* Make note that parent wants picture of siblings. If boys are in different divisions, WAM staff/Team Parent needs to be made aware by team parent.
- **Sisters with Sisters:** Put name of *both siblings on ONE form.* Make note that parent wants picture of siblings. If girls are in different divisions, WAM staff/Team Parent needs to be made aware by team parent.
- **Brothers with Sisters:** Put the *sister's name on brother's form.* If siblings are on different teams and/or different divisions, WAM staff/Team Parent needs to be made aware by team parent.

It is the policy of KYF® that **ALL** teams show up on picture day, and utilize the KYF® approved team/personal picture vendor. We need all teams to come on September 25<sup>th</sup> to be photographed. Why? KYF®, during the Turf Bowl and off-season, utilizes these pictures for promotional venues – Turf Bowl programs, advertising in the Katy Times and other media, marketing publications, etc. If a team does not have photographs taken by WAM and that team makes the playoffs, we **will not** include any photos of said team in our programs or advertisements. KYF® stresses the importance of **ALL TEAMS** being in attendance for pictures. Additionally, the league receives a percentage of sales from WAM Photography, and these funds help offset our cost and provide additional resources to our parents and players. It's important all KYF® teams support the league by utilizing WAM Photography for team and individual pictures.

**Team Parents:** You will be asked to be in the picture with your team/cheer squad so please look your best, too!

### **Picture Pick Up: TBD**

Location: KYF® Football Fields/ KYF® Board Tents

\*Only the Football Team Parent, Cheer Team Parent, or Coach is able to pick up photos (signature needed).

### **Picture Retakes: Saturday, October 22<sup>nd</sup>, 2022**

Time: 9:00 am to 11:00 am

Location: Jordan Ranch High School Competition Field

### **Sponsor Plaques**

Per our contract, WAM Photography will provide the following as part of their package (no additional charge):

- One Football Team Sponsor Plaque
- One Cheer Squad Sponsor Plaque
- One Football Team Coach Plaque
- One Cheer Coach Squad Plaque

If teams have multiple sponsors, the Team Parent has the following choices:

- Purchase additional plaques, at the Team's expense, price and size appropriate to the sponsorship.
- If the Team does not want to spend additional money, create a nice certificate for multiple sponsors.

WAM has a separate form for the Team Parent to fill out for the additional sponsor plaques. These forms can be filled out along with the Picture forms and turned in on September 25<sup>th</sup>. There will also be additional Sponsor Plaque forms on site.

If there are questions or concerns that you do not feel comfortable answering, please contact [Delonia.Cooley@katyouthfootball.com](mailto:Delonia.Cooley@katyouthfootball.com) or [Robert.Cortez@katyouthfootball.com](mailto:Robert.Cortez@katyouthfootball.com)

If you have problems with your order, please contact William and Mary Photography at [wamphoto@sbcglobal.net](mailto:wamphoto@sbcglobal.net)

# WILLIAM & MARY PHOTOGRAPHY

14300 Northwest Freeway Suite C3  
Houston, TX 77040  
713-526-5448  
wamphoto@sbcglobal.net

## Katy Youth Football

<b>PLEASE PRINT ALL INFORMATION</b>		Roll	
<b>Childs Name</b>		Film #	
	Age	Jersey #	
Address		Phone	
City/State/ZIP			
Team/Division		EMAIL	

Value Packages	Mark the box for the package you chose	Novelty Items	QTY	TOTAL
<b>Package A</b> 1 - Photo Statuette (IND) 1 - 8x10 Team Photo 1 - 8x10, 2 - 5x7, 8 - Wallets (IND) 1 - Magazine Cover 8 - Game Tickets	<b>\$100.00</b>	1 - Photo Statuette 2 - Photo Key Chains 2 - Photo Buttons 2 - Photo Magnets 1-Sports Bottle (16 oz.) 1-Travel Mug (16 oz.)		
<b>Package B</b> 1-Memory Mate Plaque 1 - 8x10, 2 - 5x7(IND) 4 - 3x5, (IND) 8 - Wallets (IND) 1 - Magazine cover	<b>\$100.00</b>			
<b>Package C</b> 1 - 8x10 Team Photo 2 - 5x7, 4 - 3x5 (IND) 8 - Wallets (IND) 2 - Magnets, 2 - Key Chains	<b>\$69.00</b>	<b>Novelty MUST FILL OUT Form Below</b> *NEW* Individual Banner 1 FT x 2 FT *NEW* Individual Banner 2 FT x3 FT Photo Ball Circle 1 - Baseball Softball Photo Ball Circle 1 - Basketball 50"x 60" Fleece Throw 50"x 60" Woven Throw		
<b>Package D</b> 1 - 8x10 Team Photo 2 - 5x7 (IND) 4 - 3x5 (IND) 8 - Wallets (IND) 2 - Buttons	<b>\$61.00</b>	Playing Cards MVP Mouse Pad MVP License Plate MVP Trading Cards (set of 12) FILL OUT FORM		
<b>Package E</b> 1 - 8x10 Team Photo 2 - 5x7 (IND) 4 - 3x5 (IND) 8 - Wallets (IND)	<b>\$46.00</b>			
<b>Package F</b> 1 - 8x10 Team Photo 1 - 5x7 (IND) 2 - 3x5 (IND) 8 - Wallets (IND)	<b>\$32.00</b>			

Item	Price	Qty	Total
1 - 8x10 Team Photo	\$19.00		
1 - 5x7 Team Photo	\$19.00		
1 - 8x10 Individual Photo	\$19.00		
2 - 5x7 Individual Photos	\$19.00		
4 - 3x5 Individual Photos	\$19.00		
8 - Wallets Individual Photos	\$19.00		
1 - Game tickets	\$26.00		
1 - Magazine Cover	\$29.00		
1 - 8x10 Photo Calendar	\$26.00		
8x10 Memory Mate	\$32.00		
Memory Mate Plaque	\$40.00		
1 - Photo USB (Gr.& Ind.)	\$55.00		

FORM FOR TRADING CARDS	
Child's Name	
League	
Team Name and Division	
Primary Position	
Age	
Weight	
Height	
Jersey Number	
Coach/Manager	Home Town
BB SB FB SOC MGP MP LP TC PC FT WT	
<b>Total</b>	

**WE ACCEPT CASH, CHECKS AND CREDIT/DEBIT CARDS.**  
**MAKE CHECKS PAYABLE TO :**  
**WILLIAM & MARY PHOTOGRAPHY**

**If paying online you MUST bring the PRINTED FORM the day of the shoot.**

Should there be an issue with your order please email us at  
[wamphoto@sbcglobal.net](mailto:wamphoto@sbcglobal.net)  
Office hours are Monday - Friday 8-4  
We are closed on Saturdays and Sundays

# Pre Pay Online

WAMPHOTO.NET



SCAN ME

**The ability to do online payments will be UNAVAILABLE the DAY OF PHOTO SHOOT**

## **BACKGROUND CHECK MANDATORY FOR ALL COACHES**

Please see the information on the following page regarding the process for completing the required background check. All KYF® coaches and volunteers **MUST** complete this check. Each volunteer is responsible for the cost – which is \$21.25 and is good for two (2) years

### **Mandatory Background Check**

Dear Registrant:

Katy Football Association is pleased to announce its partnership with National Center for Safety Initiatives, through which we will engage in a comprehensive background screening of our staff and volunteers.

Katy Football Association has taken important steps to ensure the highest level of safety within our programs. One of these steps is the implementation of a standardized approach to background screening for our staff and volunteers.

This includes a comprehensive background screening program using NCSI's Full Service product and a simple "Red Light/Green Light clearance report issued in accordance with the criteria chosen by Katy Football Association.

### **[CLICK HERE FOR KYF® BACKGROUND SCREENING](#)**

The "Red Light/Green Light" Results will be sent to Katy Football Association. National Center for Safety Initiatives will contact you directly if there are any questions, problems or issues related to your specific information. An email address is required when completing the background check as our contact with you will largely be electronic. Please be sure to add @ncsisafe.com to your list of acceptable domains in your email program to receive notifications from us.

It is important when entering your name, that you use your **full legal name** as written **on your birth certificate** or **driver's license**. Please also verify that your social security number was typed correctly. Using nicknames or failing to type a correct social security number may delay or invalidate your background check.

If you have any questions or problems submitting your information, please call the National Center for Safety Initiatives at (866) 833-7100.

Once you have submitted your information you will receive a confirmation page. The background check generally takes 10 business days to complete and you may check your status on our website under the "Check Your Background Screening Status" link at [www.ncsisafe.com](http://www.ncsisafe.com).

Thank you for your continued participation and your cooperation in this important process. We are excited to offer world-class programs, working with world-class people!



**Date:** August 10, 2022  
**TO:** Team Parent  
**FROM:** 2022 KYF ® Board of Directors  
**Subject:** 2022 KYF® Football and Cheerleading Season - Sponsorships

We would like to sincerely thank each of you for participating in this all-parent volunteer program where everyone plays and everyone is part of something special. Our mission is to provide a positive sports experience to our community's children; promote competition, sportsmanship and teamwork; encourage each child to be a confident, happy and successful member of a team in an effort to develop his/her sense of discipline and responsibility; and to ensure that every member of our league and his/her family have a positive experience. As you can see, your role is vital to the success of this league, therefore, your cooperation and enthusiasm will determine how successful our program can be for our community children.

In order to continue to improve our program, it is necessary to ask for financial participation in the form of a sponsorship from each team. We have enclosed a sponsorship form outlining the different sponsorship levels. These sponsorships can be accomplished by soliciting the company you work for, a Houston/Katy area business, or from financial contributions from each parent on the team or squad.

Sponsorships help the league defray the incurred costs of equipment, referees, EMT's, security, uniforms, field maintenance, scholarships, Turf Bowl, etc. It is crucial that each team make every effort possible to collect the sponsorship money required. Just as the league cannot thrive without your personal participation, the league cannot meet its fiscal responsibilities without team sponsorships. Please have the sponsor make checks payable to Katy Youth Football or KYF. Please submit sponsorship form with check to your team parent or mail directly to Katy Youth Football®, ATTN: Robert Cortez – VP - Finance, P.O. Box 5543, Katy Texas, 77491. Katy Youth Football® is an IRS-recognized 501-c(3) organization and 509(a)(2) Charitable organization. Generally, sponsorships are tax deductible. Please have the sponsoring company refer to a tax expert on the tax rules related to their sponsorship. Additionally, please refer to the sponsorship form for detailed information and giving levels. Also – Please share the enclosed partnership form with any businesses who may seek to partner directly with Katy Youth Football® to meet mutually exclusive goals.

Katy Youth Football® is a non-profit all-volunteer organization, we ask that every coach, team mom, and parent from each team or squad work toward attaining 100% contribution towards sponsorships. This is the only way we can grow and still provide each child with the same high quality and safe youth football and cheerleading program we have all come to expect.

In the meantime, if you have any questions and/or need additional information, please do not hesitate to contact us at [support@katyyouthfootball.com](mailto:support@katyyouthfootball.com) or by visiting our website at [www.katyyouthfootball.com](http://www.katyyouthfootball.com)

As always, we look forward to another great season as Katy Youth Football® celebrates its 43<sup>rd</sup> season in the Katy Community.

Regards,

Anthony P. Biello  
President



Katy Youth Football®  
P.O. Box 5543  
Katy, Texas 77491  
Office 713.331.1907

[www.katyyouthfootball.com](http://www.katyyouthfootball.com)

Dear Sponsor:

On behalf of Katy Youth Football®, we would like to sincerely thank you for your generous 2022 donation. Your league sponsorship this year will provide over 2,000 children the opportunity to participate in America's sport while creating memories that will last a lifetime. Please expect an official receipt from our VP-Finance before 12/31/2022.

Katy Youth Football® proudly celebrates its 43<sup>rd</sup> Anniversary, serving the community of Katy and surrounding areas with one of the nation's premier football and cheerleading programs. Our success is directly linked to the dedication of the parents, coaches, children and community.

Your tax deductible contribution will subsidize and defray the costs of the KYF® 501(c) programs which are not covered by player registration fees and fundraisers such as the following:

*Scholarships*  
*Advertising*  
*EMS*

*Certified Referees*  
*Utilities*  
*Insurance*

*Field Upkeep*  
*Field Security*  
*Game Equipment*

Once again, thank you for sharing our passion in making a difference in the lives of our youth as they grow and develop to become the next leaders of our community.

#### ***Katy Youth Football® 2022 Officers***

***Anthony Biello***

President & CEO

***Wendi Phelps***

Secretary

***Jim Rasco***

VP Football Operations

***Robert Cortez***

VP Finance

***Vandrea Grant***

VP Cheer Operations

***Cindy Fox***

VP Uniforms

***Dr. Delonia Cooley***

VP Registration

***Dennis Carbajal***

VP Marketing/Communications

***Ken Fitzhenry***

Past President



# 2022 Sponsorship Form

(Football Sponsor or Cheer Sponsor)

\*(Separate form needed for each sponsor)

Sponsor's Name: \_\_\_\_\_

(Name as it will appear on KYF® Website and Turf Bowl Program)

Sponsor's Address: \_\_\_\_\_ City \_\_\_\_\_ Zip: \_\_\_\_\_

Sponsor's Phone: \_\_\_\_\_ Contact Name: \_\_\_\_\_

Circle: Jr. Flag 1<sup>st</sup>/2<sup>nd</sup> Flag 3<sup>rd</sup>/4<sup>th</sup> Flag 5<sup>th</sup>/6<sup>th</sup> Flag Mitey Mites Pee Wee Rookie Jr. Varsity Varsity Sr.Varsity

KYF® Team Name: \_\_\_\_\_ Head Coaches Name & Phone: \_\_\_\_\_

## Sponsorships (levels include football players and cheerleaders combined):

### Team Sponsorship – Minimum \$800 (\$500 Football Team + \$300 Cheer Squad)

Sponsor name listed in Turf Bowl Program and on the KYF® Website. Each team receives one free plaque for football and one for cheer. Extra plaques may be purchased at Picture day.

### Bronze Team Sponsorship – Minimum \$1,200

Sponsor name listed in Turf Bowl Program and on the KYF® Website. Each team receives one free plaque for football and one for cheer. Extra plaques may be purchased at Picture day. This sponsorship includes a Team party (value up to \$250 based on team size).

### Silver Team Sponsorship – Minimum \$1,600

Sponsor name listed in Turf Bowl Program and on the KYF® Website. One plaque for every \$500 contribution (maximum 3 plaques per team). Extra plaques may be purchased at Picture day. This sponsorship includes a Team party (value up to \$300 based on team size).

### Gold Team Sponsorship – Minimum \$2,000

Sponsor name listed in Turf Bowl Program and on the KYF® Website. One plaque for every \$500 contribution (maximum 4 plaques per team). Extra plaques may be purchased at Picture day. This sponsorship includes a Team party (value up to \$400 based on team size).

### Platinum Team Sponsorship – Minimum \$3,000

Sponsor name listed in Turf Bowl Program and on the KYF® Website. One plaque for every \$500 contribution (maximum 6 plaques per team). Extra plaques may be purchased at Picture day. This sponsorship includes a Team party (value up to \$500 based on squad size).

Your tax deductible contribution will help defray the costs of the KYF® program which are not covered by player registration fees and fundraisers such as the following:

*Scholarships*

*Names on Jerseys*

*Utilities*

*Field Upkeep*

*Certified Referees*

*Maintenance of Equipment*

*Security at Fields*

*Play & Practice Equipment*

*EMS at Fields*

*Advertising*

*Awards and Trophies*

*Insurance*

Turned in by: \_\_\_\_\_ Received by: \_\_\_\_\_ Date: \_\_\_\_\_



**Become a Partner Today**

## **Katy Youth Football®** *Partnership Opportunities*

### **Our Mission**

Our mission is to prepare our student athletes for life beyond the playing field. We teach the fundamental building blocks for success in life by providing a sound, structured environment for our youth to participate in football and cheer programs that focus on safety, and that promote sportsmanship.

### **Our Foundation & Core Values**

Katy Youth Football® is a relationship-based and mission-driven organization that exists to promote youth and family development, education, social interaction, and active & healthy living in an atmosphere that harbors the development and sustenance of lifelong friendships. Through football and cheer, we strive to teach our student athletes teamwork, courage, honor, sacrifice, persistence, discipline and respect for authority. We expect our board members, coaches and volunteers to model these values and to lead by example.

- KYF® is a pillar of the Katy Community. For more than 43 years we've been "Doin' it for the Kids" and positively impacted the lives of countless families.
- KYF® brings children and families together. We connect people of all ages, ethnicities and backgrounds through the experience of playing American Football.
- KYF® fosters development. We teach our coaches to nurture the skills, confidence, and courage of all participants to help them realize their full potential.

### **Our History**

As Katy's oldest youth football program, KYF® has always existed as a nonprofit organization, and is committed to helping people and bringing Families together. KYF® works closely with the Katy Independent School District to insure alignment of our league's goals with the best practices for teaching our student athletes fundamental techniques with a core focus on scholastic education. KYF® has a rich history of serving the Katy community, and as we look back on our many achievements over the last 42 years, we are inspired to continue on to even greater success by continuing to instill proper values in the communities we are privileged to serve.

## Become a Partner Today

**MVP: \$10,000:** Partner name listed in Turf Bowl Program and logo prominently displayed on the KYF® Website. Partner Banner will be displayed at every KYF® event. One plaque for every \$500 contribution (maximum 3 plaques per team). Extra plaques available for purchase. MVP Partners will also have one football field named after their company and have the ability to distribute material to families at all KYF® games for the fall of 2022, including the Turf Bowl Championship Games at Legacy Stadium. Additional opportunities can be tailored to your business and made available via discussion.

**Hall Of Fame: \$5000:** Partner name listed in Turf Bowl Program and logo prominently displayed on the KYF® Website. Partner banner will be displayed at all KYF® regular season games. One plaque for every \$500 contribution (maximum 3 plaques per team). Extra plaques may be purchased. Hall of Fame Partners will also have one football field named after their company.

**All Star: \$2500:** Partner name listed in Turf Bowl Program and logo displayed on the KYF® Website. One plaque for every \$500 contribution (maximum 3 plaques per team). Extra plaques may be purchased.

**Rookie: \$1000:** Partner name listed in Turf Bowl Program and listed on the KYF Website. 2 Sponsor Plaques.

Thanks for you for being a Katy Youth Football® Partner.

## Partnership Info

Package Selection: MVP \_\_\_\_\_ Hall Of Fame \_\_\_\_\_ All-Star \_\_\_\_\_ Rookie \_\_\_\_\_

Name \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Credit Card Info

Name on Card:

\_\_\_\_\_

Billing address: \_\_\_\_\_

\_\_\_\_\_

Credit Card Number \_\_\_\_\_ Exp. Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

CVC Code: \_\_\_\_\_ Signature: \_\_\_\_\_

### Memberships



Official Youth Football Development Partners

## KYF® Supplemental Insurance

Nobody likes to have a child injured, but we recognize that football and cheerleading is inherently a physical collision sport. Even with proper equipment and training, injuries can occur. Realizing our responsibilities to our parents and players, and given the cost of medical care, KYF® provides supplemental medical coverage for all of our football players and cheerleaders.

We believe we provide a simple process for submitting a timely claim and knowing the importance of an efficient process, the league has designated a point of contact for all injury claims. Below are important details of our process and the steps a coach should adhere to in the event of an injury.

### Supplemental Medical Insurance:

- Supplements family's medical insurance
  - Injuries or claims must have occurred during a KYF® recognized practice or game to be eligible for coverage under the plan
- \$250 deductible
- Coach must contact or email KYF®
  - Refer to Health & Safety information contained within this packet
- KYF® will submit completed form to insurance company

**Point of Contact: KYF® Health & Safety Director: Dave Perez:**  
**[insurance@katyyouthfootball.com](mailto:insurance@katyyouthfootball.com)**

Katy Youth Football®  
Attn: Insurance – Dave Perez  
PO Box 5543  
Katy, TX 77491  
[insurance@katyyouthfootball.com](mailto:insurance@katyyouthfootball.com)

## **PRACTICE FIELD SCHEDULING**

Please email practice field requests to [KYF.fields@katyyouthfootball.com](mailto:KYF.fields@katyyouthfootball.com). We are required to submit a list to KISD outlining where our teams are practicing. Please include three location choices, as practice locations are first-come, first-served. We will need the location, as well as the exact day and time you wish to utilize any field. Please be cordial with other KYF® teams or outside groups who may be sharing the practice field space. Remember, no one party is entitled to any practice space. Whatever group arrives first is able to utilize any KISD open fields. Remember – **ALL High School Fields are Off-Limits at ALL times.**

**If you are not practicing on KISD property – Please ensure you notify us @ [KYF.fields@katyyouthfootball.com](mailto:KYF.fields@katyyouthfootball.com) so we can insure your practice location is listed as an additional insured on our league insurance policy. Please also copy VP Football and President on this communication.**





**Date:** August 10<sup>th</sup>, 2022  
**TO:** Team Parent  
**FROM:** 2022 KYF® Board of Directors  
**Subject:** **Parent Meeting Outline**

A parent meeting is held during the first week of practice for setting the ground rules for your football team/cheerleading squad and selecting a Team Parent. The Team Parent is to attend a **mandatory** meeting on **Monday, August 10 from 7-8:30pm**. If she/he is unable to attend, please plan on having another individual available to represent the team at the meeting. The information distributed is critical to your success. Once the team parent returns from the meeting he/she will request time to speak to the parents, along with the Head Coach, and distribute additional information.

The following is a guideline for you to follow at your meeting with the parents. You **MUST** cover all of these topics

- 1. Introduction – Who’s who. Identify coaches, team parent, etc.**
- 2. KYF® Health & Safety – Including All COVID-19 Reopening Guidelines**
  - a. Designate COVID-19 Screening Volunteer
  - b. Designate COVID-19 Spectator Monitor
  - c. Designate COVID-19 Player Monitor
  - d. Cover – Concussion awareness – When in doubt, sit them out!
  - e. Cover – Proper Equipment Fitting – Actually demonstrate for parent proper fit.
  - f. Cover – Heat & Hydration – Identify who will monitor heat and break periods
  - g. Cover – Sudden Cardiac Arrest – Focus on an emergency plan
  - h. Cover – Youth Tackling and Blocking & Defeating Blocks
  - i. Encourage parents to review USA Football parent/player membership
  - j. Encourage all players to sign up for a USA Football player membership
- 3. Expectations from Players/Cheerleaders**
  - a. On time for practices and games; ready to play or cheer
  - b. Notify Head Coach if absent or late
  - c. Bring water to practices and games
  - d. Complete homework. Remember we are student athletes!
  - e. Review KYF® Code Of Conduct with all parents and players
- 4. Expectations from Parents**
  - a. Bring player or cheerleader to practices and games on time
  - b. Pick up player or cheerleader from practices and games on time
  - c. Inspect equipment and uniforms
  - d. Help clean fields after each game and at practices
  - e. Standards of Conduct
- 5. Referees**
  - a. Be professional and show respect
  - b. Referees have full authority to remove coaches, players, cheerleaders and parents from fields
  - c. No yelling or questioning calls. **Only the Head Coach may confer with referee.**



#### 6. Head Coach

- a. Final decision on playing positions and all play calls
- b. Responsibility to ensure 12 Play minimum rule is upheld (6 plays per half)
- c. Must come to practices and Games – Must support League Sponsorship and Fundraisers
- d. Communicate concerns to Divisional Director
- e. First line of contact for parents

#### 7. Sponsorships & Fundraisers

- a. Registration fees cover only a small part of what is required to operate the league. Sponsorships assist the league to maintain minimal registration fees. Fundraisers allow the league to cover expenses not covered by registration fees and sponsorships. KYF® puts all money raised directly back into the program to support the kids. All KYF® board members are volunteers and receive absolutely no compensation. Please help us to raise funds from corporate sponsors, and please encourage all parents to help support our fundraiser programs. KYF® is a community organization, and all of us are part of this league. This league exists for the betterment of the children and families who participate. So – Please help us raise as much funds as possible to support all of our programs

#### 8. Fields

- a. All games are played on Katy ISD Fields
- b. Home team responsibility includes providing two (2) members of the chain crew, visiting team will provide one (1) member.
- c. All debris should be cleaned before leaving all practice and game fields

#### 9. Team Parent Selection

- a. Each football team and cheerleading squad must select a Team Parent
- b. The Team Parent should not be the coach. Multiple Team Parents may be selected
- c. The Team Parent must attend the mandatory meeting on August 10<sup>th</sup>.
- d. If the Team Parent cannot attend due to conflict, another representative must be present
- e. Team Parents **MUST** have email access

#### 10. Communication – Chain of Command – Parents – Assistant Coaches – Team Parent - Head Coach – Division Director – Executive Director Tackle / Flag - KYF® VP Football / VP Cheer – KYF® President

**Your League Contacts: 1. Team Parent Coordinator, 2. Division Director, 3. VP-Football/Cheer, 4. KYF® President**

Katy Youth Football®  
P.O. Box 5543  
Katy, Texas 77491

[www.katyouthfootball.com](http://www.katyouthfootball.com)  
[support@katyouthfootball.com](mailto:support@katyouthfootball.com)

If you have any questions, suggestions or concerns, please do not hesitate to contact us.

Anthony P. Biello  
President



# 2022 Katy Youth Football®

## The Rules of the Game

### Official Playing Rules, Administrative Guidelines, and Code of Conduct

This document contains the official playing rules for Katy Youth Football® that are in effect for the 2022 Fall season. Katy Youth Football® follows the current version of the National Collegiate Athletic Association (NCAA) Football Rules as adopted and amended by the University Interscholastic League (UIL) for High School Football in the State of Texas, with the additions, exceptions and clarifications as enumerated herein. Flag rules specifically defined.

This document also describes the administrative guidelines for how KYF® expects teams to be governed. These rules are in place to insure a level playing field for all teams that participate in the league, and to support a competitive, developmental environment for all. KYF® reserves the right to update these rules at any time and for any cause when determined by KYF® to be in the best interest of the league.

#### Table of Contents

*Playing Rules*

*Administrative Rules & Guidelines*

*Player, Coach, & Parent Code of Conduct*

#### KYF® Rules Committee Members and Contact Information

Anthony Biello, KYF® President

Jim Rasco, KYF® VP Football Ops

Robert Cortez, KYF® VP Finance

Casey Stunkard, KYF® Tackle Director

Rory Robertson, KYF® Flag Director

Dave Perez, KYF® Director H & S

Division Directors for each KYF® Division

Anthony.Biello@katyyouthfootball.com

Jim.Rasco@katyyouthfootball.com

Robert.Cortez@katyyouthfootball.com

Casey.Stunkard@katyyouthfootball.com

Rory.Robertson@katyyouthfootball.com

Dave.Perez@katyyouthfootball.com

<http://www.katyyouthfootball.com>

# Official Playing Rules – Tackle Football

## I. PRACTICE

1. The Board mandates that no practice be held until a player or cheerleader has had a physical examination. Each head coach is responsible for ensuring players submit KYF® PREPARTICIPATION PHYSICAL EVALUATION FORM signed by an appropriate medical provider, as outlined on the form, before being allowed to participate in any practice.
2. Practices for players and cheerleaders will begin upon announcement by the Board as per the League calendar. Organized full equipment team practices cannot be held from the first date of registration until after the pre-season coach's meeting, and not until on or after the date specified by the league calendar. Coaches that engage in organized practices during this time will not coach that year. Any type of practice or conditioning consisting of Three (3) or more players from any KYF® Team with one or more coaches, or with a paid coach, could be a violation of this rule. No conditioning or practice of any kind is permitted until authorized in the rules and announced by the board. The Head Coach will be penalized for violations of this rule, up to and including removal of Head Coach. **For 2022: KYF® COVID-19 Guidelines must be followed for all practices.**
3. Each player and cheerleader will be limited to a maximum of eight (8) hours of team gatherings per calendar week prior to the week of the first game or the first week of KISD school, whichever comes first. Beginning the Monday prior to the first game or the Monday of the first week of KISD School, teams are limited to Six (6) hours of team gatherings per calendar week, which will remain in effect for the remainder of the season. Games equal two hours. The Board must approve any exception in advance. Three (3) or more players with one or more coaches, a paid coach/trainer constitutes a gathering.
4. No contact practice session shall **EVER** exceed a two (2) hour time limit and practice may not be held on the same day as a scheduled game. **Only one single practice period per day is allowed.**
5. Levels of Contact: KYF® defines "Full Contact" as "Thud" work or "Live" work to the ground. See KYF® Health & Safety Packet. KYF® will allow no more than 90 minutes of Full Contact (Thud / Live) practice per week, **once contact is permitted per the 2022 COVID-19 Guidelines.** KYF® recommends no more than 60 minutes of Full Contact (Thud / Live) practice per week. **Under no circumstance should any team exceed 90 minutes of Full Contact (Thud / Live) practice in any week.** KYF® recommends no more than 30 minutes of Full Contact (Thud / Live) time during any single practice.

6. Players and cheerleaders will not be called upon to be present more than one (1) hour prior to game time, head coaches should ensure COVID-19 Guidelines are followed by all coaches, parents, volunteers and team participants.
7. Sunday practice or play is forbidden without the explicit, advance permission of the board; and approved in writing by the KYF® VP-Football Operations or President
8. Conditioning only practices for all teams may begin the Weekday after the 4<sup>th</sup> of July

Conditioning practices are defined as:

- Strictly conditioning & agility training (Sparqs, Skilz Training, Agility Rings, etc). No blocking/tackling sleds or dummies, footballs, helmets, shoulder pads, etc.
- No position specific training
- Workouts are 2 days/week and the duration for each session will be no more than forty five (45) minutes.
- No offensive, defensive, or special teams play implementation during these workouts will be allowed.
- ***Coaches, this is strictly to get your kids in shape for the start of practice. If you are caught breaking these guidelines, the first offense is suspension for 3 games(including practices/coaches meetings) and if there is a second infraction you will be suspended for the season! If your assistant coaches or anyone affiliated with your team breaks the rules, the head coach will still be held responsible!*** You will need to forward to your Division Director your dates, times, and location for workouts. Also, remember all KISD high school fields are off limits for workouts!

## II. GAMES

- All games will be played by NCAA rules as adopted by the University Interscholastic League (UIL), except as noted herein.
  - All tackle divisions will play 10-minute quarters with a minimum of 10 minutes for half time. Flag division game times noted in division specific flag rules
- All games will be played according to the schedule prepared by the Board. The Board draws up team schedules in advance of the season beginning, according to the number of teams in each division.
- The board will prepare the final games schedules at a date after the coaches meeting, and then communicate the schedule to the league.
- Any tackle team failing to field the required number of players (10) within ten minutes of scheduled game time will forfeit said game and in that instance the game will be recorded as a game of record. Any team or coach that plans or orchestrates a pre-meditated forfeiture of any game will suffer the following consequences: 1. forfeiture of all season and post-season team wins, 2. disciplinary action against the head coach, up to and including removal of head coach.
- The head football coach is responsible for ensuring each player will play 6 downs per half for a total of 12 downs during each game.

ALL exceptions to the minimum play rule must be determined by the head coaches and monitors PRIOR to the start of the game, and must be shared with the referee and opposing coach and shall be initialed by all parties on the monitor sheet. Acceptable exceptions include: illness, ejection, disciplinary action due to missing practice during the preceding week. Disciplinary action can include not starting individuals; withholding play for several downs; series of downs, or entire quarters of play; or conditions warranting, suspending the individual from play for the entire game.

Consequences are as follows: 1st Offense – 15 yard penalty, 2nd Offense – 1 game suspension of the Head Coach and removal from KISD property or other KYF® premises, 3rd Offense – Removal of Head Coach. The consequence for this infraction in a playoff or championship game is forfeiture.

- If a team is losing by greater than or equal to 18 points, the losing head coach will determine whether or not there will be a running clock for the 4th quarter. Once the

coach informs the referee of his election and the quarter starts, he cannot change his decision.

When the point spread is equal to or more than 24 points, the league **STRONGLY** recommends liberal substitution of players by the leading team to promote fair play. Note: If the point spread drops below 24 points, this restriction will be removed unless the point spread later increases to 24 or more.

If a team has greater than, or equal to, a 24 point lead they cannot recover a kick-off that they kick. If they do recover the kick-off, then the receiving team gets the ball at the point of recovery. This does not include a fumble once the receiving team takes possession of the kick-off.

- All scheduled and rescheduled games must be played. The Board will reschedule rainouts if feasible.
- Absolutely no drones may be flown over or around any KYF® Games or scrimmages, or on any KYF® Premises during KYF® Activities unless approved by the league.
- All teams are required to play each game until conclusion unless authorized by the President, VP-Football or Division Director after consultation with the referees.

Referees, coaches, and the Board may call a game upon mutual agreement due to weather or other circumstances. If games already in progress are called due to weather, those games may be rescheduled by the Board and played to their conclusion later in the season, but usually only if the game has impact on team standings for playoff participation at the season's end. If this situation exists, the game will be restarted at the point from which it was halted previously, with scores and field position reestablished according to the monitor sheets and referee cards for each team, as marked by the referees.

- Teams will not play two (2) League games within one week unless agreed upon by the coaches involved and authorized by the KYF® President.
- All games, scrimmages or practice games with a team inside or outside the program must be submitted in writing to and approved by the KYF® VP-Football prior to the contest. Any interaction with another football team (practice, scrimmage, etc.) must be approved in writing by the Program director, VP-Football, and President in advance.
- At least one official will be used in all league games. The Board will provide TASO Certified Game Officials for all games.

- Only Mitey Mite/1st, Pee Wee/2<sup>nd</sup> and Rookie/3<sup>rd</sup> football coaches are allowed on the field of play, per the list below. When on the field, coaches cannot diagnose plays or call adjustments. When on the field, coaches must be silent after the offense breaks the huddle and until the play is over. Referees will warn the coach of the first offense. Referees will impose a team unsportsmanlike conduct penalty on the second and all subsequent offenses.
  - Mitey Mites/1<sup>st</sup>: 2 coaches from each team
  - Pee Wee/2<sup>nd</sup>: 1 coach from each team
  - Rookie/3<sup>rd</sup>: 1 coach from each team for the first three regular season games only. Rookie coaches must coach from the sideline beginning the fourth week of the season.
  - In Junior Varsity/4th, Varsity/5th, and Senior Varsity/6th coaches are not permitted to be on the field except during timeouts
  - During timeouts – Coaches are **NOT** permitted on the field past the hash marks, unless specifically called out by a game official. In divisions where coaches are permitted on the field during game play, only those coaches may remain on the field during a timeout. Any additional coach(s) who enters the field may not go past the hash marks unless specifically called out by a game official. Any coach in violation of this rule is subject to an unsportsmanlike foul at the judgement of the referee.
  - Injury Timeouts: When a game official declares an injury timeout coaches are **NOT** permitted to enter the field, or touch an injured player, unless specifically called out by the referee. Any coach who violates this rule will be subject to an unsportsmanlike foul. Any coaches who habitually violate this rule will be subject to additional disciplinary action, up to and including removal from coaching for the remainder of the season.
- Coaches are allowed to have water on the field for players, as long as it does not slow down or interfere with normal play. Water from the sidelines cannot be brought out between plays unless a time-out has been called or the referees have stopped play specifically for that reason. **Due to COVID-19, all participants must have their own labeled water container per the KYF® COVID-19 Guidelines.**
- For football players: game jersey, game pants, and flags (when needed) will be furnished by the League. For the cheerleaders: shells/skirts, socks and pompoms will be furnished by the league. With the exception of socks, all players must wear the furnished uniform for each game. Failure to wear the League furnished uniform will result in player disqualification for that game. No outside alterations are to be made on any League provided uniform item, unless specifically approved by the KYF® VP-Uniforms and the KYF® President.

- In the interest of safety, no ladders will be allowed on KISD property, or any other KYF® premises, during games.
- All games will be played on fields of the following lengths:

DIVISION	FIELD LENGTH
Mitey Mites	70 yards in length and 30 yards in width
Pee-Wee	80 yards – Full Width
Rookie	80 yards – Full Width
Junior Varsity	100 yards – Full Width
Varsity	100 yards – Full Width
Senior Varsity	100 yards – Full Width

- All kickoffs shall occur at the following positions on the field of play:

DIVISION	KICKOFF POSITION
Mitey Mites	No Kickoff - Ball is put in play 20 yards from the offensives team’s goal line at the beginning of each half and after each score, unless altered by penalty.
Pee-Wee	10 yards from midfield
Rookie	10 yards from midfield
Junior Varsity	10 yards from midfield
Varsity	10 yards from midfield
Senior Varsity	10 yards from midfield

- Scoring (Per UIL Rule, unless clarified herin)
- Touchdown: 6 Points
- Safety: 2 Points
- Extra points are awarded as follows:

Run	1 point
Forward Pass (1 <sup>st</sup> – 5 <sup>th</sup> Grade)	2 points
Forward Pass (6 <sup>th</sup> Grade)	1 point
Kick (All Divisions)	2 points

***The defense can score on an PAT: 2 points will be awarded.***

- Defense
  - 6 defensive linemen (1<sup>st</sup> level) may be used at any time within the tackle divisions, except for Mitey Mites. Mitey Mites are allowed a **MAX** of 4 Defensive Linemen. More than 4 defensive linemen in Mitey Mites, or more than 6 defensive linemen in all other tackle divisions, is a foul. **The penalty for illegal formation is 5 yards from previous spot and replay of down**
  - Any Defensive Lineman who lines up from outside shoulder on the OT to outside shoulder on the opposite OT must have at least one hand on the ground prior to,

and at the time of the snap. Any Defensive Lineman who aligns wider than this may use a 2-, 3- or 4-point stance.

- No Defensive player may line up on the line of scrimmage (LOS) wider than three yards outside of the last down offensive lineman to their side.
- **For Pee Wee and Rookie Divisions only:** Defensive Ends lined up on outside shoulder of last offensive lineman, **no wider than three yards from last down offensive lineman to their side, must play run contain defense and rush straight up field to a point parallel to the ball carrier (square-in path)**. They are not allowed to take a direct route to the quarterback. Defensive Ends playing head-up or gap alignment on last offensive lineman may take a direct route to the quarterback.
- **For Junior Varsity Division thru Senior Varsity (4<sup>th</sup> grade and higher)** the restriction on defensive end play does not apply. Defensive Ends may be lined up no more than three yards outside the shoulder of the last down offensive lineman, and may take a direct route to quarterback.
- Head-up, gap- and shade- alignments are all legal alignments. See additional clarifications below for Mites Mites Division.
- Head-up over the center is not allowed in the Mitey Mites, Pee Wee, or Rookie divisions
- Linebackers must align at least three yards deep, prior to, and at the time of the snap. If they align any closer to the line of scrimmage than three yards, they will be considered 1<sup>st</sup> level Defensive Linemen and be subject to the above-mentioned rules regarding same. If this results in more than 4 defensive linemen in the Mitey Mites Division, or more than 6 defensive linemen in all other tackle divisions, it is a foul: **The Penalty for illegal formation is 5 yards from previous spot and replay of down.**
- Cornerbacks and other defensive backs must line up 3 yards off the line of scrimmage. If lined up closer than three yards it is a foul: **The penalty for illegal formation is 5 yards from previous spot and replay of down.**
- No blitzing is allowed. **The penalty for blitzing is 10 yards from previous spot and replay of down.**

- Offense

- Katy Youth Football® will observe the guidelines established by the NCAA and UIL regarding offensive holding. In summary, offensive holding is allowed as long as the offensive player: (A) keeps his hands within the “cylinder” of his body, and (B) does not reach out to grab, or extend his arms to grab, a defensive player. An offensive player may not wrap his arms around a defensive player while in the act of blocking. Under no circumstance will an offensive player be permitted to grab or hold any part of a defensive player’s helmet, facemask, chin strap or mouth piece.

- **For MM thru Junior Varsity:** the center must snap the ball with a rapid and continuous motion between his/her legs to a player in the backfield, and the ball must completely leave his/her hands.
  - Team A (Offense) may not use a split end, flanker or any back split out at the snap to block back toward the ball against the 1<sup>st</sup> level of Team B (Defense). 1<sup>st</sup> level is defined as the DE positioned on the LOS, or within 3 yards from the LOS, or any other defensive lineman positioned on the LOS or within 3 yards from the LOS. **The penalty is 10 yards from previous spot and replay down.** This rule does not apply to the 2<sup>nd</sup> level or beyond of Team B (i.e. LB, SS, Defensive Secondary who are positioned at least 3 yards off the LOS at time of snap).
  - Blocking below the waist outside the tackle box is a foul. **The penalty is 10 yards from previous spot and replay down.**
- Scrimmage Kicks: Punting, Field Goal and PAT Kicks –Pee Wee, Rookie and Junior Varsity Divisions
    - When a team declares a scrimmage kick (Punt, Field Goal or PAT Kick), no one on defense is allowed to line up over the center. The long-snapper cannot be hit until after the ball is kicked away.
    - When a team declares a punt, the team must punt. Fake punts are **NOT** allowed.
    - Rushing by the defense is not allowed on a punt (a free kick).
    - Neither the offense nor the defense may cross the line of scrimmage until the ball is kicked
    - If the snap from center to the punter is dropped or mishandled and touches the ground, the punter is able to pick up the ball and continue with his kick. The free kick rule is still in effect.
    - Snaps must be made between the legs.
    - For PeeWee and Rookie divisions: coaches may elect to “default punt” in lieu of running a 4th down play and will turn over the ball to the defense after a 20 yard punt “walk off” by the referee (or half the distance to the goal line if inside Team B 30 yard line ).
      - i. Field Goal & PAT Kick, **NOT** allowed in Miteys Mites, PeeWee and Rookie.
    - Junior Varsity/4<sup>th</sup> Division must actually punt the football on a declared punt (a free kick). Rushing the punter is **NOT** allowed. All punting rules noted above, except “default punt”, apply.
      - i. Field Goal & PAT kick is allowed. Rushing is also allowed for Field Goal & PAT kicks. Only defensive down-linemen in a 3 or 4-point stance (no more than six) can rush a Field Goal or PAT Kick. A returned PAT kick, fumble or interception that crosses the Team A end line: 2 Points.
- Scrimmage Kicks: Punting, Field Goal and PAT Kicks – Varsity/5<sup>th</sup> and Senior Varsity/6<sup>th</sup>

- When a team declares a scrimmage kick (Punt, Field Goal or PAT Kick), no one on defense is allowed to line up over the center. The long-snapper cannot be hit until after the ball is kicked away. If a scrimmage kick is not declared, the center may be covered.
  - Fake punts/Field Goals ARE allowed. If during a fake punt/field goal the punter returns under the center, the center can be covered.
  - Rushing on scrimmage kicks is allowed
  - Only defensive down-linemen in a 3 or 4-point stance (no more than six) can rush a field goal or punt. A returned PAT kick, fumble or interception that crosses the Team A end line: 2 Points.
- During the regular season, teams will play one (1) overtime period per NCAA rules starting from the 10-yard line. Games that remain tied after one (1) overtime will remain a tie.
  - Ball size is according to division:
    - 1) Mitey Mites, PeeWee and Rookie: a full grain leather K2 will be the game ball
    - 2) Junior Varsity and Varsity: a full grain leather TDJ will be the game ball
    - 3) Senior Varsity: a full grain leather TDY will be the game ball

Teams found to be using an illegal ball (Incorrect size, composite ball, or any unapproved ball) will suffer the following consequence: 15-yard Unsportsmanlike foul on the Head Coach. This penalty is **MANDATORY** not discretionary. Head coach **MUST** ensure Team A (Offense) does not put an unapproved ball in play.

- Helmet visors must be clear; player's eyes must be visible
- All players must use mouthpieces on the field of play and during practice at all times. In the Junior Flag divisions, players are not permitted to wear lanyards or any other items around the neck during games or practices.
- Every player is expected to maintain a sportsmanlike manner at all times. Fighting will not be tolerated. Unsportsmanlike conduct by a player is subject to review and could result in a one or more game suspension. Any player ejected from a game by a referee will be automatically suspended for the next game. Players may appeal any suspension to the Division Director, VP Football Operations and President, within 48 hours of occurrence. (see Appeals and Protests section), within 48 hours of occurrence.
- Once an injured player receives assistance, or if the official has designated an injury timeout, the player must sit out for at least one play.
- Each player's football helmet must be NOCSAE approved.

### III. Rules Pertaining Specifically to the Mitey Mite Division (8-On-8)

#### 1. Teams

- There should be a minimum of 10 players to start the game so that there will be enough players for substitution, especially in extreme weather conditions. If the minimum cannot be met then forfeiture may be declared. Any exceptions must be approved by a KYF® Executive Board Member.
- Each team will consist of 8 players on the field
- A team will have 45 seconds to put the ball in play after the ready signal is given.

#### 2. Playing Fields

- The games will be played on a 70 – yard field, 30 yards wide, with 10 yard end zones at each end.
- A down marker will be used to indicate the number of the down.
- A chain team will operate on the home team’s sideline. 2 volunteers from the home team and one from the visiting team will be utilized to work the chains.

#### 3. Referees

- There must be at least 1 referee on each field. Any exceptions to this rule must be approved by an executive board member

#### 4. The Rules of the Game

##### ➤ Players and Coaches

1. Players must play a minimum of 12 plays per game, 6 plays per half, as outlined in Item 20 under Duties of Coaches and Teams in the administrative rule book.
2. 2 coaches from each team are allowed on the field of play during the game. Coaches on the field are not allowed to talk, use hand signals or touch a player after a huddle break.

##### ➤ Equipment =

1. Game Ball – A full grain leather K2 Game Ball will be used.

Teams found to be using an illegal ball (Incorrect size, composite ball, or any unapproved ball) will suffer the following consequence: 15-yard Unsportsmanlike foul on the Head Coach. This penalty is **MANDATORY** not discretionary. Head coach **MUST** ensure Team A (Offense) does not put an unapproved ball in play.

##### ➤ Game Times

1. There will be four quarters lasting 10 minutes each, with a 10 minute half time break between 2<sup>nd</sup> and 3<sup>rd</sup> quarters.

2. There will be a mandatory 1 minute water break at the 5 minute mark of each quarter.
  3. Each team will have 3 timeouts per half.
- Kick Offs: (**NONE**)
1. A coin flip will determine which team starts with the ball for the first possession of the first half. Team winning toss may elect the ball, or defer.
  2. The ball will be placed at the offensive team's (Team A) **20**-yard line with an exception in the case of penalties. In the event of a penalty exceeding 10 yards – Half the distance to the goal line will be marked off and the ball will be placed at the **10**-yard line.
  3. After any score and PAT, as well as the start of the second half, the ball will be placed at the offensive team's (Team A) **20**-yard line with an exception in the case of penalties. In the event of a penalty exceeding 10 yards – Half the distance to the goal line will be marked off and the ball will be placed at the **10**-yard line.
- Play Time
1. The offensive team has 45 seconds to put the ball in play or else a delay of game penalty will be assessed
1. Offense
    1. Eligibility: Five players will be eligible, consisting of two ends and three backs. Offensive Guards **CANNOT** be the end man on LOS. Both Offensive Guards **MUST** be covered.
    2. Offensive Line **MUST** be balanced with one Offensive guard and one end on each side of Center. Every play must have five (5) Offensive Linemen
    3. Offensive Linemen **MUST** be lined up no wider than one arm's length apart in gap. (Shoulder to arm gap). **Gaps wider than arm's length will result in 5-yard penalty for illegal formation.**
    4. All Offensive players, **EXCEPT** the Center, must be in a 2-point stance. The center may be in a 3-point stance to allow the ball to be snapped.
    5. Offense (Team A) may lineup with a **MAX** of two receivers on the same side of the ball. (Twins Formation). Team A **MAY NOT** line up with three receivers (Trips Formation) on the same side of the ball. Note: A tight end lined up as a lineman counts as one (1) of the two (2) allowed eligible receivers on one side of the ball. **A foul under this rule will result in a 5-yard penalty and replay of down.**
    6. The center must snap the ball with a rapid and continuous motion between his/her legs to a player in the backfield, and the ball must completely leave his/her hands.

7. Any player who receives a direct snap from the Center **CANNOT** run between Guard and Center in either direction (A Gaps). **A foul under this rule will result in a 5-yard penalty and replay of down.**

## 2. Defensive Line Play (1<sup>st</sup> Level)

1. All Defensive Players **MUST** be in a two (2) point stance.
2. Defense **MUST** have a minimum of three Defensive Linemen and a max of 4 Defensive Linemen, and they are required to be within arm's reach of the Offensive Linemen. **Violation of this rule will result in a 5-yard penalty for illegal formation.**
3. Defensive Linemen **MAY NOT** line up inside the Offensive Guards (A-Gaps), and **MAY NOT** line up Head Up on the Center. The Center will be uncovered at all times. **Violations of this rule will result in a 5-yard penalty for illegal formation.**
4. No Defensive player may line up on the LOS wider than three yards outside of the last offensive lineman to their side.

## 3. Linebacker Play

1. Linebackers must align at least three yards deep, prior to, and at the time of the snap. If they align any closer than 3 yards to the LOS, they will be considered 1<sup>st</sup> level Defensive Linemen and subject to the above-mentioned rules regarding same. If this results in more than 4 Defensive Linemen, or a Defensive Lineman not in arms reach of the Offensive Linemen, it is a foul: **The penalty for illegal formation is 5 yards from previous spot and replay of down.**
2. Linebackers may not move toward the line of scrimmage until after the ball is snapped. **The penalty for illegal procedure is 5 yards from previous spot and replay of down.**
3. No blitzing is allowed. **The penalty for blitzing is 10 yards from previous spot and replay of down.**

## 4. Defensive Back Play

1. Cornerbacks and other Defensive Backs must line up 3 yards off the line of scrimmage. If lined up closer than three yards it is a foul: **The penalty for illegal formation is 5 yards from previous spot and replay of down.**
2. Defensive Backs may not move toward the line of scrimmage until after the ball is snapped. **The penalty for illegal procedure is 5 yards from previous spot and replay of down.**
3. No blitzing from this position is allowed. **The penalty for blitzing is 10 yards from previous spot and replay of down.**

## 5. Scrimmage Kicks: Punting: –Mitey Mites Division

- When a team declares a scrimmage kick (Punt only , Field Goal or PAT Kicks are **NOT** allowed in Mitey Mites Division), no one on defense is allowed to line up

over the center. The long-snapper cannot be hit until after the ball is kicked away.

- When a team declares a punt, the team must punt. Fake punts are **NOT** allowed.
- Rushing by the defense is **NOT** allowed on a punt (a free kick).
- Neither the offense nor the defense may cross the line of scrimmage until the ball is kicked
- If the snap from center to the punter is dropped or mishandled and touches the ground, the punter is able to pick up the ball and continue with his kick. The free kick rule is still in effect.
- Snaps must be made between the legs.
- For Mitey Mites coaches may elect to “default punt” in lieu of running a 4th down play and will turn over the ball to the defense after a 20 yard punt “walk off” by the referee (or half the distance to the goal line if inside Team B 30 yard line ).
  - i. Field Goal & PAT Kick, **NOT** allowed in Miteys Mites

➤ Misc. Rules

1. Coaches are encouraged to substitute liberally when there is more than an 24 point lead
2. Once an injured player receives assistance, or if the official has designated an injury timeout, the player must sit out for at least one play.

➤ Penalties

All penalties will be enforced according to UIL rules. Unless otherwise stated below:

1. Holding (5 yds. from the spot of the foul).
2. Leaving feet to block (5 yds from the previous spot).
3. Cross body or roll blocking (5 yds from the previous spot).
4. Clipping or blocking in the back (5 yds from the previous spot).
5. Team A (Offense) may not use a split end, flanker or any back split out at the snap to block back toward the ball against the 1<sup>st</sup> level of Team B (Defense). 1<sup>st</sup> level is defined as the DE positioned on the LOS, or within 3 yards from the LOS, or any other defensive lineman positioned on the LOS or within 3 yards from the LOS. **The penalty is 10 yards from the previous spot and replay of down.** This rule does not apply to the 2<sup>nd</sup> level or beyond of Team B (i.e. LB, SS, Defensive Secondary who are positioned at least 3 yards off the LOS at time of snap).
6. Blocking below the waist outside the tackle box is a foul. **The Penalty is 10 yards from previous spot and replay down.**
7. **Unsportsmanlike Foul: 15 yard penalty per NCAA/UIL Rules**
8. **Flagrant Personal Foul: 15 yard penalty per NCAA/UIL Rules – Player subject to ejection per NCAA/UIL Rules at discretion of Referee.**

# Official Playing Rules – Flag Football

## I. PRACTICE

1. The Board mandates that no practice be held until a player or cheerleader has had a physical examination. Each head coach is responsible for ensuring players submit KYF® PREPARTICIPATION PHYSICAL EVALUATION FORM signed by an appropriate medical provider, as outlined on the form, before being allowed to participate in any practice.
2. Practices for players and cheerleaders will begin upon announcement by the Board as per the League calendar. Organized team practices cannot be held from the first date of registration until after the pre-season coach's meeting, and not until on or after the date specified by the league calendar. Coaches that engage in organized practices during this time will not coach that year. Any type of practice or conditioning consisting of Three (3) or more players from any KYF® Team with one or more coaches, or with a paid coach, is a violation of this rule. Not conditioning or practice of any kind is permitted until authorized in the rules and announced by the board. The Head Coach will be penalized for violations of this rule, up to and including removal of Head Coach.  
**For 2022: KYF® COVID-19 Guidelines must be followed for all practices.**
3. Each player and cheerleader will be limited to a maximum of eight (8) hours of team gatherings per calendar week prior to the week of the first game or the first week of KISD school, whichever comes first. Beginning the Monday prior to the first game or the Monday of the first week of KISD School, teams are limited to Six (6) hours of team gatherings per calendar week, which will remain in effect for the remainder of the season. Games equal two hours. The Board must approve any exception in advance. Three (3) or more players with one or more coaches, a paid coach/trainer constitutes a gathering.
4. No contact practice session shall **EVER** exceed a two (2) hour time limit and practice may not be held on the same day as a scheduled game. **Only one single practice period per day is allowed.**
5. Players and cheerleaders will not be called upon to be present more than one (1) hour prior to game time. **Head coaches should ensure COVID-19 Guideleins are followed by all coaches, parents, volunteers and team participants.**
6. Sunday practice or play is forbidden without the explicit, advance permission of the board; and approved in writing by the KYF® VP-Football Operations or President

## II. GAMES

- All games will be played according to the following rules, clarifications and exceptions.
  - Junior flag will play 10-play quarters. A team will have possession of the ball for continuous 10 plays which will designate one (1) quarter. Other flag divisions game times will be specified in the division specific rules.
- All games will be played according to the schedule prepared by the Board. The Board draws up team schedules in advance of the season beginning, according to the number of teams in each division.
- The board will prepare the final games schedules at a date after the coaches meeting, and then communicate the schedule to the league.
- Any team failing to field the required number of players within ten minutes of scheduled game time will forfeit said game and in that instance the game will be recorded as a game of record. Any team or coach that plans or orchestrates a pre-meditated forfeiture of any game will suffer the following consequences: 1. forfeiture of all season and post-season team wins, 2. disciplinary action against the head coach, up to and including removal of head coach.
- Absolutely no drones may be flown over or around any KYF® Games or scrimmages, or on any KYF® Premises during KYF® Activities unless approved by the league.
- The head football coach is responsible for ensuring each player will play 6 downs per half for a total of 12 downs during each game.

ALL exceptions to the minimum play rule must be determined by the head coaches and monitors PRIOR to the start of the game, and must be shared with the referee and opposing coach and shall be initialed by all parties on the monitor sheet. Acceptable exceptions include: illness, ejection, disciplinary action due to missing practice during the preceding week. Disciplinary action can include not starting individuals; withholding play for several downs; series of downs, or entire quarters of play; or conditions warranting, suspending the individual from play for the entire game.

Consequences are as follows: 1st Offense – 15 yard penalty, 2nd Offense – 1 game suspension of the Head Coach and removal from KISD property or other KYF® premises, 3rd Offense – Removal of Head Coach. The consequence for this infraction in a playoff or championship game is forfeiture.

- If a team is losing by greater than or equal to 18 points, the losing head coach will determine whether or not there will be a running clock for the 4th quarter. Once the

coach informs the referee of his election and the quarter starts, he cannot change his decision.

When the point spread is equal to or more than 24 points, the league **STRONGLY** recommends liberal substitution of players by the leading team to promote fair play. Note: If the point spread drops below 24 points, this restriction will be removed unless the point spread later increases to 24 or more.

- All scheduled and rescheduled games must be played. The Board will reschedule rainouts if feasible.
- All teams are required to play each game until conclusion unless authorized by the President, VP-Football or Division Director after consultation with the referees.

Referees, coaches, and the Board may call a game upon mutual agreement due to weather or other circumstances. If games already in progress are called due to weather, those games may be rescheduled by the Board and played to their conclusion later in the season, but usually only if the game has impact on team standings for playoff participation at the season's end. If this situation exists, the game will be restarted at the point from which it was halted previously, with scores and field position reestablished according to the monitor sheets and referee cards for each team, as marked by the referees.

- Teams will not play two (2) League games within one week unless agreed upon by the coaches involved and authorized by the KYF® President.
- All games, scrimmages or practice games with a team inside or outside the program must be submitted in writing to and approved by the KYF® VP-Football prior to the contest.
- At least one official will be used in all league games. The Board will provide TASO Certified Game Officials for all games.
- Coaches on the field cannot diagnose plays or call adjustments. When on the field, coaches must be silent after the offense breaks the huddle and until the play is over. Referees will warn the coach of the first offense. Referees will impose a team unsportsmanlike conduct penalty on the second and subsequent offenses.
  - Junior Flag/K: 2 coaches from each team
  - 1<sup>st</sup>/2<sup>nd</sup> Flag: 2 coaches from each team – Must return to sideline prior to snap
  - 3<sup>rd</sup>/4<sup>th</sup> Flag: 1 coach from each team – Must return to sideline prior to snap
  - 5<sup>th</sup>/6<sup>th</sup> Flag: coaches are not permitted to be on the field except during timeouts

- Durring timeouts – Coaches are **NOT** permitted on the field past the hash marks, unless specifically called out by a game official. In divisions where coaches are permitted on the field during game play, only those coaches may remain on the field during a timeout. Any additional coach(s) who enters the field may not go past the hash marks unless specifically called out by a game official. Any coach in violation of this rule is subject to an unsportsmanlike foul at the judgement of the referee.
- Injury Timeouts: When a game official declares an injury timeout coaches are **NOT** permitted to enter the field, or touch an injured player, unless specifically called out by the referee. Any coach who violates this rule will be subject to an unsportsmanlike foul. Any coaches who habitually violate this rule will be subject to additional disciplinary action, up to and including removal from coaching for the remainder of the season.
- Coaches are allowed to have water on the field for players, as long as it does not slow down or interfere with normal play. Water from the sidelines cannot be brought out between plays unless a time-out has been called or the referees have stopped play specifically for that reason.
- For football players: game jersey, game pants, and flags (when needed) will be furnished by the League. For the cheerleaders: shells/skirts, socks and pompoms will be furnished by the league. With the exception of socks, all players must wear the furnished uniform for each game. Failure to wear the League furnished uniform will result in player disqualification for that game. No outside alterations are to be made on any League provided uniform item, unless specifically approved by the KYF® VP-Uniforms and the KYF® President.
- In the interest of safety, no ladders will be allowed on KISD property, or any other KYF® premises, during games.

- All games will be played on fields of the following lengths:

<b>DIVISION</b>	<b>FIELD LENGTH</b>
Junior Flag	50 yards in length and 30 yards in width
1 <sup>st</sup> /2 <sup>nd</sup> Flag	70 yards in length and 30 yards in width
3 <sup>rd</sup> /4 <sup>th</sup> Flag	70 yards in length and 30 yards in width
5 <sup>th</sup> /6 <sup>th</sup> Flag	100 yards – Full Width

### III. Rules Pertaining Specifically to the Junior Flag Division – Pre-K/K (8-on-8)

#### 1. Teams

- There should be a minimum of 10 players to start the game so that there will be enough players for substitution, especially in extreme weather conditions. If the minimum cannot be met then forfeiture may be declared. Any exceptions must be approved by a KYF® Executive Board Member.
- Teams will be allowed to field no less than 8 players with 2 substitutes, unless approved by the Division Director, AND VP Football or President prior to the game.
- A team will have 45 seconds to put the ball in play after the ready signal is given.

#### 2. Playing Fields

- The games will be played on a 50 – yard field with 10 yd end zones at either ends. 70 yard total field.

#### 3. Referees

- There must be at least 1 referee on each field. Any exceptions to this rule must be approved by an executive board member.

#### 4. Equipment

- A mouthpiece must be worn at all times while on the field. No lanyards
- Game Ball: a leather K2 will be the Game Ball
- Flags
  1. Each player will wear a belt with the number of flags designated by KYF® (2)
  2. The flags will be attached to the belt and extend from each side of the players body.
  3. Flag belts issued by league **MUST** be worn. No outside flag belts or flags
  4. The belt must fastened tight so to avoid the rotating of the belt when an attempt to capture the flag is being made.
  5. Jersey must be tucked in at all times so as not to cover flags during an attempt to capture.
  6. If a player's flag is inadvertently lost then he is ineligible to handle the ball.
  7. The entire team will have their flags checked by the referee before the start of the game and before the start of the 2<sup>nd</sup> half.
- Uniforms
  1. All team members must wear KYF® sanctioned jerseys.
  2. All jerseys will be numbered on front and back.
  3. Jerseys will be tucked in at all times.
  4. All players must wear shoes. Molded rubber-cleated shoes and detachable or screw-in cleats will be allowed. Metal cleats of any kind, open heel and/or toe shoes are prohibited.

5. Players may tape their forearms, hands and fingers. Players may wear gloves, elbow pads and knee pads. Braces with exposed metals are not allowed.
6. Players must remove all jewelry, hats and do-rags. Winter beanies are allowed.
7. Players' jerseys must be tucked into shorts or pants if they hang below the belt line.
8. We recommend players wear shorts or pants that do not have pockets. Shorts or pants with belt loops or pockets must be taped. Games will not be delayed for a player to tape up pockets.
  - **Flag belts cannot be the same color as shorts or pants.**

## 5. The Rules of the Game

### ➤ Players and Coaches:

1. Players must play a minimum of 12 plays per game, six plays per half, as outlined in Rule 20 under Duties of Coaches and Teams in the administrative rules.
2. **All players must have the opportunity to carry the ball throughout the course of the season. Player exemptions will be allowed and must be notated on the game monitor sheet. Acceptable exemptions will include parent or player request to not run the ball. Coaches must promote ball carrying responsibilities for all players. At least 4 different players should carry the ball in each game.**
3. 2 coaches from each team are allowed on the field during game play.

### ➤ Game Times

1. There will be four 10 play quarters, with a 10 minute half time break between the 2<sup>nd</sup> and 3<sup>rd</sup> quarters.
2. Each team will have 3 timeouts per half.

### ➤ Kick Offs: (none)

1. A coin flip will determine which team starts with the ball for the first possession. The winner of the coin toss has the choice of offense or defense. The loser of the coin toss has the choice of direction. Possession changes to start the second half to the team that started the game on defense.
2. The ball will be placed at the offensive team's 5 yard line with an exception in the case of penalties.

### ➤ Scoring

1. Scores will not be maintained.

### ➤ Punting: There is no punting in Junior Flag

### ➤ Live Ball/Dead Ball

1. The ball is live at the snap of the ball and remains live until the official whistles the ball dead.
2. The official will indicate the neutral zone and line of scrimmage.

- a. It is an automatic dead ball foul if any player on defense or offense enters the neutral zone. In regard to the neutral zone, the official may give both teams a “courtesy” neutral zone notification to allow their players to move back behind the line of scrimmage.
3. A player who gains possession in the air is considered inbounds as long as one foot comes down in the field of play.
4. The defense may not mimic the offensive team signals by trying to confuse the offensive players, while the quarterback is calling out signals to start the play. This will result in an unsportsmanlike conduct penalty.
5. Substitutions may be made on any dead ball.
6. Any official can whistle the play dead.
7. Play is ruled “dead” when:
  - a. The ball hits the ground.
    - i. If the ball hits the ground as a result of a bad snap, the ball is then placed where the ball hit the ground.
  - b. The ball-carrier’s flag is pulled.
  - c. The ball-carrier steps out of bounds.
  - d. A touchdown or safety is scored.
  - e. The ball-carrier’s knee or arm hits the ground.
  - f. The ball-carrier’s flag falls out
  - g. The receiver catches the ball while in possession of one or no flag(s).
  - h. The 7 second pass clock expires.
  - i. Inadvertent whistle.

**NOTE: There are no fumbles. The ball is spotted where the ball-carrier’s feet were at the time of the fumble. A muff is the same as a fumble. If the ball hits the ground it is dead.**

1. In the case of an inadvertent whistle, the offense has two options:
    - a. Take the ball where it was when the whistle blew, and the down is consumed.
    - b. Replay the down from the original line of scrimmage.
  2. A team is allowed to use a timeout to question an official’s rule interpretation. If the official’s ruling is correct, the team will be charged a timeout. If the rule is interpreted incorrectly, the timeout will not be charged and the proper ruling will be enforced. Officials should all agree upon any controversial call in order to give each team the full benefit of each call.
- Downs:
1. Each team will have the ball for a 10 play period in which to score a touchdown. If offensive team scores they will be permitted to keep the ball and attempt to score again. Ball switches teams when the 10 play period is completed. If Defensive team scores (by way of safety, or interception), the offensive team retains the ball until the 10 play period is completed.
  2. If the team with possession does not score during their 10 play quarter then the possession shifts to the opposing team.

3. The ball is then placed at the opposing team's 10 yard line and they begin their 10 play quarter.
  4. Play Time: the offensive team has 45 seconds to put the ball in play or else a delay of game penalty will be assessed.
- Tackling and De-flagging
1. There shall be no tackling of the ball carrier, passer or receiver (see penalties section). Defenders can dive to pull flags but cannot tackle, hold or run through the ball-carrier when pulling flags.
  2. A legal flag pull takes place when the ball-carrier is in full possession of the ball. The player carrying the ball or having possession of the ball is down when the flag is removed from his waist. The defensive player shall hold the flag above his head and stand still or drop the flag where de-flagged.
  3. The defensive player cannot hold or push the ball carrier to remove his flag. An accidental touch of the body or shoulder while reaching for the flag shall not be considered a penalty; however touching the head or face shall be considered a penalty.
  4. It is illegal to attempt to strip or pull the ball from the ball-carrier's possession at any time.
  5. If a player's flag inadvertently falls off during the play, the player is down immediately upon possession of the ball and the play ends. The ball is placed where the flag lands.
  6. A defensive player may not intentionally pull the flags off of a player who is not in possession of the ball.
  7. Flag guarding is an attempt by the ball-carrier to obstruct the defender's access to the flags by stiff arming, dropping the head, hand, arm or shoulder or intentionally covering the flags with the football jersey. Flag Guarding is prohibited.
  8. All slides are expressly prohibited.
- Blocking is allowed
1. A blocker must stay on his feet at all times.
  2. Cross blocking and roll blocking are not permitted.
  3. Butting, elbowing or knee blocking is not permitted.
  4. Blocking a player from behind is not permitted.
6. Offensive alignment and formation:
1. Eligibility: Five players will be eligible, consisting of two ends and three backs. Offensive Guards **CANNOT** be the end man on LOS. Both Offensive Guards **MUST** be covered.
  2. Offensive Line **MUST** be balanced with two Offensive Linemen on both sides of Center

3. Offensive Linemen **MUST** be lined up no wider than one arm's length apart in gap. (Shoulder to arm gap). **Gaps wider than arm's length will result in 5-yard penalty for illegal formation.**
4. All Offensive players, **EXCEPT** the Center, must be in a 2-point stance. The center may be in a 3-point stance to allow the ball to be snapped.
5. Offense (Team A) may lineup with a **MAX** of two receivers on the same side of the ball. (Twins Formation). Team A **MAY NOT** line up with three receivers (Trips Formation) on the same side of the ball. **A foul under this rule will result in a 5-yard penalty and replay of down.**
6. Any player who receives a direct snap from the Center **CANNOT** run between Guard and Center in either direction (A Gaps). **A foul under this rule will result in a 5-yard penalty and replay of down.**
7. All Offensive players, **EXCEPT** the Center, must be in a 2-point stance. The center may be in a 3-point stance to allow the ball to be snapped.

➤ Ball Carrier & Running

1. The ball carrier cannot use his hands or arms to protect his flags (flag guarding).
2. The ball carrier cannot lower his head to drive or run into a defensive player
3. Stiff-arming is not permitted.
4. If the ball carrier losses his/her flag during a play, the play is over and the ball will be placed at that spot for the next play to begin, barring any penalty.
5. The ball is spotted where the runner's feet are when the flag is pulled, not where the ballcarrier has the ball. Forward progress will be measured by the player's front foot.
6. The quarterback cannot directly run with the ball. The quarterback is the offensive player who receives the snap.
7. Only direct handoffs behind the line of scrimmage are permitted. Handoffs may be in front, behind or to the side of the offensive player but must be behind the line of scrimmage. The offense may use multiple handoffs.
  - **"Center sneak" play is NOT allowed. The QB is not allowed to handoff to the center on the first handoff of the play.**
8. Absolutely NO laterals of any kind.
9. Any player who receives a handoff can throw the ball from behind the line of scrimmage.
10. Runners may not leave their feet to advance the ball. Diving, leaping or jumping to avoid a flag pull is considered flag guarding.
11. Spinning is allowed, but players cannot leave their feet to avoid a flag pull.
  - a. Players spinning out of control will be called for flag guarding.
12. Runners may leave their feet if there is a clear indication that he/she has done so to avoid collision with another player without a flag guarding penalty enforced.

13. Offensive players without the ball must stop their motion once the ball has crossed the line of scrimmage. No running with the ball-carrier.
14. Flag obstruction – All jerseys **MUST** be tucked in before play begins. The flags must be on the player's hips and free from obstruction. Deliberately obstructed flags will be considered flag guarding.

➤ Passing

1. All passes must be from behind the line of scrimmage, thrown forward and received beyond the line of scrimmage
  - a. All passes that do not cross the line of scrimmage, whether received or not, are illegal forward passes.
  - b. The quarterback may throw the ball away to avoid a sack. Pass must go beyond the line of scrimmage.
2. Shovel passes are allowed but must be received beyond the line of scrimmage.
3. The quarterback has a seven-second "pass clock." If a pass is not thrown within the seven seconds, the play is dead, the down is consumed and the ball is returned to the line of scrimmage. Once the ball is handed off, the 7-second rule is no longer in effect.
  - a. If the QB is standing in the end zone at the end of the 7-second clock, the ball is returned to the line of scrimmage (LOS).

➤ Receiving

1. Five players are eligible to receive passes (including two ends and three backs, which includes the quarterback if the ball has been handed off behind the line of scrimmage).
2. Only one player is allowed in motion at a time. All motion must be parallel to the line of scrimmage and no motion is permitted toward the line of scrimmage.
3. A player must have at least one foot inbounds when making a reception.
4. In the case of simultaneous possession by both an offensive and defensive player, possession is awarded to the offense.
5. Interceptions change the possession of the ball at the point of interception. Interceptions are the only changes of possession that do not start on the 5-yard line.
6. Interceptions are returnable but not on conversions after touchdowns.

➤ Fumbles

1. Fumbles are a dead ball and cannot be advanced, or recovered by the defense. The ball is dead at the spot of the fumble.

7. Defensive Play

1. All Defensive Players **MUST** be in a two (2) point stance.
2. Defense **MUST** have a minimum of three Defensive Linemen and a max of 4 Defensive Linemen, and they are required to be within arm's reach of the Offensive Linemen. **Violation of this rule will result in a 5-yard penalty for illegal formation.**

3. Defensive Linemen **MAY NOT** line up inside the Offensive Guards (A-Gaps), and **MAY NOT** line up Head Up on the Center. The Center will be uncovered at all times. **Violations of this rule will result in a 5-yard penalty for illegal formation.**
  4. No Defensive player may line up on the LOS wider than three yards outside of the last offensive lineman to their side.
  5. Linebackers must align at least three yards deep, prior to, and at the time of the snap. If they align any closer than 3 yards to the LOS, they will be considered 1<sup>st</sup> level Defensive Linemen and subject to the above-mentioned rules regarding same. If this results in more than 4 Defensive Linemen, or a Defensive Lineman not in arms reach of the Offensive Linemen, it is a foul: **The penalty for illegal formation is 5 yards from previous spot and replay of down.**
  6. Linebackers may not move toward the line of scrimmage until after the ball is snapped. **The penalty for illegal procedure is 5 yards from previous spot and replay of down.**
  7. No blitzing is allowed. **The penalty for blitzing is 10 yards from previous spot and replay of down.**
- Misc. Rules
1. Coaches are encouraged to substitute liberally.
  2. Once an injured player receives assistance, or an official declares an injury timeout, the player must sit out for at least one play.

➤ Penalties

1. **Unsportsmanlike Conduct Fouls:**

- a. If a field monitor or referee witnesses any acts of intentional tackling, elbowing, cheap shots, or any unsportsmanlike act, the game will be stopped and the player will be ejected from the game. The decision is made at the referee's discretion. No appeals will be considered. **FOUL PLAY WILL NOT BE TOLERATED!**
  - b. Offensive or confrontational language is not allowed. Officials have the right to determine offensive language. If offensive or confrontational language occurs, the referee will give one warning. If it continues, the player or players will be ejected from the game.
  - c. Players may not physically or verbally abuse any opponent, coach or official.
  - d. Ball-carriers **MUST** make an effort to avoid defenders with an established position.
  - e. Defenders are not allowed to run through the ball-carrier when pulling flags.
  - f. Fans must also adhere to good sportsmanship as well:
    - i. Yell to cheer on your players, not to harass officials or other teams.
    - ii. Keep comments clean and profanity free.
    - iii. Compliment **ALL** players, not just one child or team.
  - g. Fans are required to keep fields safe and kids friendly:
    - i. Keep younger kids and equipment such as coolers, chairs and tents a minimum of 10 yards off the field in the end zone area.
    - ii. Stay in approved areas of sideline only.
    - iii. Dispose of **ALL** trash in designated trash cans.
  - h. Unsportsmanlike conduct penalties:
    - i. **Defense + 10 yards from line of scrimmage and automatic first down**
    - ii. **Offense - 10 yards from line of scrimmage and loss of down**
2. Leaving feet to block (5 yards from the previous spot).
  3. Cross body or roll blocking (5 yards from the previous spot).
  4. Clipping or blocking in the back (5 yards from the previous spot).
  5. Stiff arming (5 yards from the spot of the foul).
  6. Lowering head (5 yards from the spot of the foul).

## 7. General

- a. The referee will call all penalties.
- b. Referees determine incidental contact that may result from normal run of play.
- c. All penalties will be assessed from the line of scrimmage, except as noted. (Spot fouls)
- d. Only the team captain or head coach may ask the referee questions about rule clarification and interpretations. Players may not question calls.
- e. Games may not end on a defensive penalty unless the offense declines it.
- f. Penalties are assessed live ball then dead ball. Live ball penalties must be assessed before play is considered complete.
- g. Penalties will be assessed half the distance to the goal yardage when the penalty yardage is more than half the distance to the goal.

## 8. Defensive spot fouls

Defensive pass interference	Automatic first down
Holding	Automatic first down
Stripping	+10 yards and automatic first down

## 9. Offensive spot fouls

Screening, blocking or running with the ball	-10 yards and loss of down
Charging	-10 yards and loss of down
Flag guarding	-10 yards and loss of down

## 10. Defensive penalties

Defensive unnecessary roughness	+10 yards and automatic first down
Defensive Unsportsmanlike conduct	+10 yards and automatic first down
Offside	+5 yards from line of scrimmage and automatic first down
Illegal rush	+5 yards from line of scrimmage and automatic first down
Illegal flag pull (Before the receiver has the ball)	+5 yards from line of scrimmage and automatic first down
Roughing the passer	+5 yards from line of scrimmage and automatic first down
Taunting	+5 yards from line of scrimmage and automatic first down

## 11. Offensive penalties

Offensive unnecessary roughness	-10 yards and loss of down
Offensive unsportsmanlike conduct	-10 yards and loss of down
Offside/false start	-5 yards from line of scrimmage and loss of down
Illegal forward pass (Any pass received or lands behind the line of scrimmage or throwing a pass after crossing the line of scrimmage)	-5 yards from line of scrimmage and loss of down
Offensive pass interference	-5 yards from line of scrimmage and loss of down
Illegal motion (More than one person moving)	-5 yards from line of scrimmage and loss of down
Delay of game	-5 yards from line of scrimmage and loss of down
Impeding the rusher	-5 yards from line of scrimmage and loss of down
Illegal Procedure	-5 yards from line of scrimmage and loss of down

## IV. Rules Pertaining Specifically to the 1<sup>st</sup> thru 6<sup>th</sup> Grade Flag Divisions (8-On-8)

### 1. Teams

- There should be a minimum of 10 players to start the game so that there will be enough players for substitution, especially in extreme weather conditions. If the minimum cannot be met then forfeiture may be declared. Any exceptions must be approved by a KYF® Executive Board Member.
- Each team will consist of 8 players on the field
- A team will have 45 seconds to put the ball in play after the ready signal is given.

### 2. Playing Fields

- The games will be played on:
  - 1<sup>st</sup> thru 4<sup>th</sup> Divisions: 70 – yard field, 30 yards wide, with 10 yard end zones at each end. 90 total yards of field space.
  - 5<sup>th</sup>/6<sup>th</sup> Division: Full field (100 yards x 53.3 yards) with 10 yard end zones at each end.

### 3. Equipment

- A down marker will be used to indicate the number of the down.
- A chain team will operate on the home team's sideline. 2 volunteers from the home team and one from the visiting team will be utilized to work the chains.
- Flags
  - 1. Each player will wear a belt with the number of flags designated by KYF® (2)
  - 2. The flags will be attached to the belt and extend from each side of the players body.
  - 3. Flag belts issued by league **MUST** be worn. No outside flag belts or flags
  - 4. The belt must fastened tight so to avoid the rotating of the belt when an attempt to capture the flag is being made.
  - 5. Jersey must be tucked in at all times so as not to cover flags during an attempt to capture.
  - 6. If a player's flag is inadvertently lost then he is ineligible to handle the ball.
  - 7. The entire team will have their flags checked by the referee before the start of the game and before the start of the 2<sup>nd</sup> half.
- Uniforms
  - 1. All team members must wear KYF® sanctioned jerseys.
  - 2. All jerseys will be numbered on front and back.
  - 3. Jerseys will be tucked in at all times.
  - 4. All players must wear shoes. Molded rubber-cleated shoes and detachable or screw-in cleats will be allowed. Metal cleats of any kind, open heel and/or toe shoes are prohibited.

5. Players may tape their forearms, hands and fingers. Players may wear gloves, elbow pads and knee pads. Braces with exposed metals are not allowed.
6. Players must remove all jewelry, hats and do-rags. Winter beanies are allowed.
7. Players' jerseys must be tucked into shorts or pants if they hang below the belt line.
8. We recommend players wear shorts or pants that do not have pockets. Shorts or pants with belt loops or pockets must be taped. Games will not be delayed for a player to tape up pockets.
  - **Flag belts cannot be the same color as shorts or pants.**

#### 4. Referees

- There must be at least 1 referee on each field. Any exceptions to this rule must be approved by an executive board member

#### 5. The Rules of the Game

**All games will be played by NCAA rules as adopted by the University Interscholastic League (UIL), except as noted herein.**

**NOTE: There are no fumbles. The ball is spotted where the ball-carrier's feet were at the time of the fumble. A muff is the same as a fumble. If the ball hits the ground, it is dead.**

#### ➤ Players and Coaches

1. Players must play a minimum of 12 plays per game, 6 plays per half, as outlined in Item 20 under Duties of Coaches and Teams in the administrative rule book.
2. Up to one (1) coach from each team will be allowed on the field to direct players and line players up. **Coaches must move to the sideline prior to snap.** Once on sideline coach may talk to player(s) on field.

#### ➤ Equipment =

1. A mouthpiece must be worn at all times while on the field. No lanyards
2. Game Ball:
  - i. 1<sup>st</sup> thrh 4<sup>th</sup> Divisions: A full grain leather K2 Game Ball will be used.
  - ii. 5<sup>th</sup>/6<sup>th</sup> Divison: A full grain leather TDJ Game Ball will be used.

Teams found to be using an illegal ball (Incorrect size, composite ball, or any unapproved ball) will suffer the following consequence: 15-yard Unsportsmanlike foul on the Head Coach. This penalty is **MANDATORY** not discretionary. Head coach **MUST** ensure Team A (Offense) does not put an unapproved ball in play.

#### ➤ Game Times

1. There will be four quarters lasting 10 minutes each, with a 10 minute half time break between 2<sup>nd</sup> and 3<sup>rd</sup> quarters.
  2. There will be a mandatory 1 minute water break at the 5 minute mark of each quarter.
  3. Each team will have 3 timeouts per half.
- Kick Offs: (**NONE**)
1. A coin flip will determine which team starts with the ball for the first possession of the first half. Team winning toss may elect the ball, or defer.
  2. The ball will be placed at the offensive team's (Team A) **20**-yard line with an exception in the case of penalties. In the event of a penalty exceeding 10 yards – Half the distance to the goal line will be marked off and the ball will be placed at the **20**-yard line.
  3. After any score and PAT, as well as the start of the second half, the ball will be placed at the offensive team's (Team A) **20**-yard line with an exception in the case of penalties. In the event of a penalty exceeding 10 yards – Half the distance to the goal line will be marked off and the ball will be placed at the **10**-yard line.
- Scoring: Per NCAA/UII Rules
1. Touchdown: 6 points
  2. Safety: 2 Points
- Extra points are awarded as follows: (NCAA/UII PAT)
- |              |          |
|--------------|----------|
| Run          | 1 point  |
| Forward Pass | 2 points |
- Play Time
1. The offensive team has 45 seconds to put the ball in play or else a delay of game penalty will be assessed
8. Offense
1. Eligibility: Five players will be eligible, consisting of two ends and three backs. Offensive Guards **CANNOT** be the end man on LOS. Both Offensive Guards **MUST** be covered.
  2. Offensive Line **MUST** be balanced with one Offensive Linemen on each side of Center – Each play **MUST** have a minimum of three (3) offensive linemen.
  3. Offensive Linemen **MUST** be lined up no wider than one arm's length apart in gap. (Shoulder to arm gap). **Gaps wider than arm's length will result in 5-yard penalty for illegal formation.**
  4. All Offensive players, **EXCEPT** the Center, must be in a 2-point stance. The center may be in a 3-point stance to allow the ball to be snapped.

5. Offense (Team A) may lineup with a **MAX** of two receivers on the same side of the ball. (Twins Formation). Team A **MAY NOT** line up with three receivers (Trips Formation) on the same side of the ball. Note: A tight end lined up as a lineman counts as one (1) of the two (2) allowed eligible receivers on one side of the ball. **A foul under this rule will result in a 5-yard penalty and replay of down.**
6. Any player who receives a direct snap from the Center **CANNOT** run between Guard and Center in either direction (A Gaps). **A foul under this rule will result in a 5-yard penalty and replay of down.**

➤ Blocking is allowed

1. A blocker must stay on his feet at all times.
2. Cross blocking and roll blocking are not permitted.
3. Butting, elbowing or knee blocking is not permitted.
4. Blocking a player from behind is not permitted.

➤ Tackling and De-flagging

1. There shall be no tackling of the ball carrier, passer or receiver (see penalties section). Defenders can dive to pull flags but cannot tackle, hold or run through the ball-carrier when pulling flags.
2. A legal flag pull takes place when the ball-carrier is in full possession of the ball. The player carrying the ball or having possession of the ball is down when the flag is removed from his waist. The defensive player shall hold the flag above his head and stand still or drop the flag where de-flagged.
3. The defensive player cannot hold or push the ball carrier to remove his flag. An accidental touch of the body or shoulder while reaching for the flag shall not be considered a penalty; however touching the head or face shall be considered a penalty.
4. It is illegal to attempt to strip or pull the ball from the ball-carrier's possession at any time.
5. If a player's flag inadvertently falls off during the play, the player is down immediately upon possession of the ball and the play ends. The ball is placed where the flag lands.
6. A defensive player may not intentionally pull the flags off of a player who is not in possession of the ball.
7. Flag guarding is an attempt by the ball-carrier to obstruct the defender's access to the flags by stiff arming, dropping the head, hand, arm or shoulder or intentionally covering the flags with the football jersey. Flag Guarding is prohibited.
8. All slides are expressly prohibited.

9. Defensive Line Play (1<sup>st</sup> Level)

1. All Defensive Players **MUST** be in a two (2) point stance.

2. Defense **MUST** have a minimum of three Defensive Linemen and a max of 4 Defensive Linemen, and they are required to be within arm's reach of the Offensive Linemen. **Violation of this rule will result in a 5-yard penalty for illegal formation.**
3. Defensive Linemen **MAY NOT** line up inside the Offensive Guards (A-Gaps), and **MAY NOT** line up Head Up on the Center. The Center will be uncovered at all times. **Violations of this rule will result in a 5-yard penalty for illegal formation.**
4. No Defensive player may line up on the LOS wider than three yards outside of the last offensive lineman to their side.

#### 10. Linebacker Play

1. Linebackers must align at least three yards deep, prior to, and at the time of the snap. If they align any closer than 3 yards to the LOS, they will be considered 1<sup>st</sup> level Defensive Linemen and subject to the above-mentioned rules regarding same. If this results in more than 4 Defensive Linemen, or a Defensive Lineman not in arms reach of the Offensive Linemen, it is a foul: **The penalty for illegal formation is 5 yards from previous spot and replay of down.**
2. Linebackers may not move toward the line of scrimmage until after the ball is snapped. **The penalty for illegal procedure is 5 yards from previous spot and replay of down.**
3. No blitzing is allowed. **The penalty for blitzing is 10 yards from previous spot and replay of down.**

#### 11. Defensive Back Play

1. Cornerbacks and other Defensive Backs must line up 3 yards off the line of scrimmage. If lined up closer than three yards it is a foul: **The penalty for illegal formation is 5 yards from previous spot and replay of down.**
2. Defensive Backs may not move toward the line of scrimmage until after the ball is snapped. **The penalty for illegal procedure is 5 yards from previous spot and replay of down.**
3. No blitzing from this position is allowed. **The penalty for blitzing is 10 yards from previous spot and replay of down.**

#### 12. Scrimmage Kicks: Punting:

- When a team declares a scrimmage kick (Punt only , Field Goal or PAT Kicks are **NOT** allowed), no one on defense is allowed to line up over the center. The long-snapper cannot be hit until after the ball is kicked away.
- When a team declares a punt, the team must punt. Fake punts are **NOT** allowed.
- Rushing by the defense is **NOT** allowed on a punt (a free kick).
- Neither the offense nor the defense may cross the line of scrimmage until the ball is kicked
- If the snap from center to the punter is dropped or mishandled and touches the ground, the punter is able to pick up the ball and continue with his kick. The free kick rule is still in effect.

- Snaps must be made between the legs.
  - 1<sup>st</sup>/2<sup>nd</sup> & 3<sup>rd</sup>/4<sup>th</sup> Flag Divisions: Coaches may elect to “default punt” in lieu of running a 4th down play and will turn over the ball to the defense after a 20 yard punt “walk off” by the referee (or half the distance to the goal line if inside Team B 40 yard line ).
  - 5<sup>th</sup>/6<sup>th</sup> Flag Divisions: Coaches may elect to “default punt” in lieu of running a 4th down play and will turn over the ball to the defense after a 30 yard punt “walk off” by the referee (or half the distance to the goal line if inside Team B 50 yard line ).
  - Field Goal & PAT Kick, **NOT** allowed in the Flag Divisions
- Misc. Rules
1. Coaches are encouraged to substitute liberally when there is more than an 24 point lead
  2. Once an injured player receives assistance, or if the official has designated an injury timeout, the player must sit out for at least one play.
- Penalties
- All penalties will be enforced according to UIL rules. Unless otherwise stated below:
1. Holding (5 yds. from the spot of the foul).
  2. Leaving feet to block (5 yds from the previous spot).
  3. Cross body or roll blocking (5 yds from the previous spot).
  4. Clipping or blocking in the back (5 yds from the previous spot).
  5. Team A (Offense) may not use a split end, flanker or any back split out at the snap to block back toward the ball against the 1<sup>st</sup> level of Team B (Defense). 1<sup>st</sup> level is defined as the DE positioned on the LOS, or within 3 yards from the LOS, or any other defensive lineman positioned on the LOS or within 3 yards from the LOS. **The penalty is 10 yards from the previous spot and replay of down.** This rule does not apply to the 2<sup>nd</sup> level or beyond of Team B (i.e. LB, SS, Defensive Secondary who are positioned at least 3 yards off the LOS at time of snap).
  6. Blocking below the waist outside the tackle box is a foul. **The Penalty is 10 yards from previous spot and replay down.**
  7. **Unsportsmanlike Foul: 15 yard penalty per NCAA/UIL Rules**
  8. **Flagrant Personal Foul: 15 yard penalty per NCAA/UIL Rules – Player subject to ejection per NCAA/UIL Rules at discretion of Referee.**

## Judgment Calls, Protests, Infractions and Penalties (Tackle and Flag Divisions)

1. Referees shall be the final determiner of all actions and behavior on the field of play. All judgment calls shall reside totally with the referees and are not subject to Board review.
2. Referees assigned to a game or any Board member may cause the removal or ejection of any person from KISD property or other KYF® premises for violation of any of these codes of behavior. Upon removal or ejection, that person must leave the field and premises immediately, may not remain in the proximity of the field, and possibly may not return for the following game or longer, subject to Executive Committee review.
3. Protests can be made only on rules violations. No protest will be considered which is submitted over a referee's judgment call.
4. All protests must be submitted in writing to the Division Director within 48 hours from game's end. Each point of protest and corresponding rule must be cited in the written protest.
5. A review board of five (5) non-affected Executive Committee members shall render the final decision on the validity of any protest. If this condition cannot be met with (5) non-affected Executive Directors the President will appoint additional directors to complete a (5) person independent review panel for the specific protest.
6. Once a game is declared final by the referee, the game is final and will be recorded as a game of record.
7. Any coach, player, cheerleader or spectator found in violation of KYF® rules are subject to the following penalties: (NOTE: violations of KYF® COVID-19 Guidelines may result in removal of the Head Coach, and/or other involved coaches).

### Recruitment Violation

Recruitment violations will result in penalties up to and including permanent suspension of the head Coach and player(s) or cheerleader(s) found in violation.

### Unsportsmanlike Conduct

Any player or cheerleader ejected from a game will be automatically suspended the remainder of the game in question, and the next week's game. Said player or cheerleader must immediately leave the KISD property, or other KYF Premises. Any player or cheerleader who is suspended cannot practice with their team during the week they are suspended. Players may appeal any suspension to the Division Director, VP Football Operations and President, within 48 hours of occurrence. Cheerleaders may appeal any suspension to the Division Director, VP Cheer Operations and President, within 48 hours of occurrence. A review board of five (5) non-affected Board members, including the President, VP-Football Operations and Division Director shall render the final decision on the validity of any appeal. The President will appoint any additional members needed to complete a 5 person review committee for each case.

Any coach ejected from a game will be suspended for the remainder of that game and a minimum of the next three games, with additional length of suspension - if any - to be decided upon by the Executive Committee. Any coach suspended by the league for other reasons is subject to the same rules of suspension. Said coach must immediately leave the KISD property, or other KYF® premises, and is not allowed on KISD property, or other KYF® Premises, until reinstated by the league. Said coach cannot practice with their team during suspension. Said coach must supply a written letter to the Board with explanation before reinstatement may begin. Appeals to the suspension may be presented in writing to the VP of Football Operations for football coaches or the VP of Cheer Operations for cheer coaches. All appeals under this rule will be reviewed and adjudicated by a review board of five (5) non-affected Board members, including the President, VP-Football Operations/VP Cheer Operations and Division Director, plus two additional appointed directors, who shall render the final decision on the validity of any appeal.

Anyone on the sideline that displays unsportsmanlike conduct will be warned by the referee AND the head coach will be informed of the warning at the first incident. If the conduct does not improve or if the conduct continues, the referee will eject the person(s) from KISD property, or other KYF® premises. As an alternative, referees may also impose a Sideline Unsportsmanlike penalty on the team resulting in a 15 yard penalty

Every player is expected to maintain a sportsmanlike manner at all times. Fighting will not be tolerated. Unsportsmanlike conduct by a player is subject to Board review and could result in a one or more game suspension. Any player ejected from a game by a game official will be automatically suspended for the remainder of the game in question, as well as the next game. Any player who receives a second ejection by a game official in the same season will be automatically suspended for the remainder of the game in question, as well as the next TWO games. Any player who receives a third ejection by a game official in the same season will be automatically suspended for the REMAINDER OF THE SEASON AND ALL POST-SEASON PLAY. Players may appeal any suspension to the Division Director, VP Football Operations and President (as defined above) within 48 hours of occurrence. All appeals under this rule will be reviewed and adjudicated by a review board of five (5) non-affected Board members, including the President, VP-Football Operations/VP Cheer Operations and Division Director, plus two additional appointed directors, who shall render the final decision on the validity of any appeal.

Players who are called for four (4) or more personal fouls or unsportsmanlike fouls during the same season will undergo Executive Committee review and may be suspended for a single game, multiple games or the REMAINDER OF THE SEASON, AND ALL POST-SEASON GAMES, subject to Executive Committee Review. Players may appeal any suspension under this rule to the KYF® President.

# Administrative Rules & Guidelines

## I. Definitions

1. **“New Player” or “New Cheerleader”** – A Player or Cheerleader that has NEVER been registered for a KYF® Fall Season program will be considered a New Player or Cheerleader to KYF®.
2. **“Returning Player” or Returning Cheerleader”** – Any Player or Cheerleader who participated with KYF® during the previous season, and who is listed in League record in good standing on an official KYF® Roster for the previous KYF® season, will be considered a Returning Player or Cheerleader to KYF®. This includes any Returning Player or Cheerleader who chooses to “Opt-Out” from returning to their previous team or squad from last season.
3. **“Previous Registered Player”** – Any Player that has previously registered for a KYF® Fall Program at some point in the past, but did not register or participate with KYF® in the previous season, will be considered a Previous Registered Player.
4. **“Invited Player”** – Any New Player who is recruited and invited by a KYF® Head Coach, where roster spots exist, to participate on a specific KYF® Team. To be considered an Invited Player to a specific KYF® Team, open roster spots, not filled by Returning Players, must exist to accommodate any Invited Player up to the maximum rosters size per age division, as per Administrative Rules & Guidelines section VI. 8. Any Returning Player who chooses to “Opt-Out” from returning to their previous team from last season MAY NOT be considered an Invited Player under any circumstance. Any Previous Registered Player that at some point registered with KYF® for a past Fall Season Program MAY NOT be considered an Invited Player under any circumstances.

## II. COACHES

1. Any person wishing to be considered for a head coach role or assistant coach role must submit an application of intention to coach to the KYF® Board. All coaches must submit and pass a background check thru NCSI. Each coach must complete this process online and receive authorization to coach from the KYF® President or VP-Football Operations before participating in any KYF® activity.
2. The KYF® President and VP-Football Operations will approve all head coaches. The league reserves the right to interview all new applicants who wish to be considered for head coaching positions. The division director will conduct all coaching interviews and collaborate with Discipline Director, the VP-Football Ops and President.
3. All KYF® Coaches (Head Coaches and assistant coaches) must complete online Level I Certification with USA Football for their division (Tackle or Flag). KYF® will pay for this

certification, and will provide a link for all coaches to utilize. This must be completed on or before the Head Coaches Meeting for all Head Coaches and no later than the date of the first game for all assistant coaches.

4. All KYF® Head Coaches must attend a mandatory Coaches meeting, as communicated by the league. All coaches must receive USA Football Certification for their coaching level.
5. All Head Coaches and assistant coaches must conduct themselves in a sportsmanlike manner at all times and must teach clean, sportsmanlike football and cheerleading. The Board reserves the right to remove or replace any Head Coach or assistant coach at any time for any cause upon majority vote by the Board. The KYF® VP-Football Operations and President, in collaboration with the KYF® Division Director, may also suspend or remove any Coach for a certain period or indefinitely, at their sole discretion, for any violation of the KYF® Code of Conduct, or for acts deemed detrimental to the Mission or Core Values of KYF®. Coaches may appeal any suspension as described in the Official Playing Rules Section V.
6. Assistant coaches will be chosen after players and cheerleaders are assigned to teams. These coaches can be either parents of team members or unassociated coaches. Transfer of players or cheerleaders out of their assigned team area for assistant coaches will not be permitted.
7. Coaches are prohibited from promising any prospective player or cheerleader that he/she will be assigned to a specific team. Invited Players may be invited to a KYF® team, but placement to that team is subject to Board review and will be governed per Administrative Rules & Guidelines section VI.4.
8. At the discretion of the head coach, after receiving final approval from the KYF® VP-Football Operations, each team in the tackle division may choose to have up to 5 official coaches, including the Head Coach. The coaches must be identified at the beginning of the year. Teams will not be allowed to add coaches right before the Turf Bowl.
9. There will be a maximum of 5 registered official coaches per team or squad, as defined above. Only the official coaches will be allowed inside the coach's box on the sidelines during all football games. One of the official registered coaches must be a monitor and complete the KYF® board approved play monitor sheet during games. The KYF® Monitor Sheet can be downloaded from [www.katyouthfootball.com/forms](http://www.katyouthfootball.com/forms) Parents (including Team Mom) and all other spectators are forbidden from completing the play monitor sheet. Monitor sheet must be turned in to KYF® Board Tent immediately after game.
10. Each coach must wear a KYF® Board issued coach's badge around their neck.

### III. FOOTBALL PLAYERS

1. Players are to include students residing in the Katy or surrounding area and attending any public, private or home school at the time of registration. A player may not participate if the player is in a grade level above sixth grade.
2. All players must be registered through the office of the KYF® Board to be assigned by the Board in accordance with the following rules. All applications must be signed by a Board member, and approved by the KYF-VP Registration prior to the player beginning practice sessions.
3. All players must pay registration fees. The KYF® board will review hardship cases.
4. Players will be assigned to a division according to their grade as follows:

<b>DIVISION</b>	<b>GRADE</b>	<b>GAME</b>
Junior Flag	Pre-K / K	Flag – Non-Competitive (No Scoring)
Mitey Mites/1 <sup>st</sup> Flag	1 <sup>st</sup>	Tackle – 1 <sup>st</sup> Year
Pee-Wee/2 <sup>nd</sup> Flag	2 <sup>nd</sup>	Tackle
Rookie/3 <sup>rd</sup> Flag	3 <sup>rd</sup>	Tackle
Jr. Varsity/4 <sup>th</sup> Flag	4 <sup>th</sup>	Tackle
Varsity/5 <sup>th</sup> Flag	5 <sup>th</sup>	Tackle
Sr. Varsity/6 <sup>th</sup> Flag	6 <sup>th</sup>	Tackle

5. At no time shall players be allowed to play down to a lower division. Flag divisions may be combined at the discretion of the league.
6. Starting in 3<sup>rd</sup> Grade players can select to play up to the next grade division. After receiving approval from the Operations Group players will be placed accordingly. Only players in 3<sup>rd</sup> grade or higher may select to play up, and they may only play up one division above grade level. Players in Pre K through 2<sup>nd</sup> grade must play at grade level, unless specifically approved by the President to play up. The Executive Committee will render final decision on any disputes that arise regarding requests to play up out of division.
7. An "Age Cap" per grade for placement of football players is in effect for all divisions. All players are placed based on grade for the current season, with the exception of a player that exceeds their grade age cap. Any player exceeding their grades age cap must play "up" in the next division:

#### **Age Cap by Grade for Placement of Football Players ONLY**

<b>Junior Flag</b>	Pre-K & Kindergarten	Player cannot turn 7 years old before September 1 of current season. Player must be 4 on or before 9/1 of current season
<b>Mitey Mite / 1<sup>st</sup> Flag</b>	1 <sup>st</sup> Grade	Player cannot be turn 8 years old before September 1 of current season
<b>PeeWee / 2<sup>nd</sup> Flag</b>	2 <sup>nd</sup> Grade	Player cannot turn 9 years old before September 1 of current season
<b>Rookie / 3<sup>rd</sup> Flag</b>	3 <sup>rd</sup> Grade	Player cannot turn 10 years old before September 1 of current season
<b>Jr. Varsity / 4<sup>th</sup> Flag</b>	4 <sup>th</sup> Grade	Player cannot turn 11 years old before September 1 of current season
<b>Varsity / 5<sup>th</sup> Flag</b>	5 <sup>th</sup> Grade	Player cannot turn 12 years old before September 1 of current season
<b>Sr. Varsity / 6<sup>th</sup> Flag</b>	6 <sup>th</sup> Grade	Player cannot turn 13 years old before September 1 of current season

**\*PLAYERS THAT EXCEED THE AGE CAP MUST MOVE UP TO THE NEXT DIVISION**

8. No player shall be younger than four (4) years old by September 1<sup>st</sup>.
9. Seventh (7<sup>th</sup>) graders shall not be allowed to participate in KYF® football.
10. All players must be completely uniformed for all contact practices and games – both flag and contact. A tackle division uniform consists of helmet, mouthpiece, jersey, shoulder pads, pants with hip pads, thigh pads, kneepads and shoes. A Flag division uniform consists of jersey, pants/short (league issued), flag belt, and shoes. Shoes may be baseball, soccer, or football shoes with canvas or leather tops. All players must wear shoes. Molded rubber-cleated shoes and detachable or screw-in cleats will be allowed. Metal cleats of any kind, open heel and/or toe shoes are prohibited.
11. Helmet visors must be clear; player's eyes must be visible.
12. All players must use mouthpieces on the field of play and during practice at all times. In the Flag divisions, players are not permitted to wear lanyards or any other items around the neck during games or practices.
13. No player will practice or play with any other fall football team or any other fall football league (tackle, flag, or 7on7) than his assigned KYF® team. Under no condition shall any player practice or play with two or more fall football teams (tackle, flag, or 7on7) after opening day. **The consequence of violating this rule may result in forfeiture of all games in which an ineligible player participated.**
  - For players selected for post-season tackle programs recognized by KYF®, such as FBU or USA Football National teams, special approval to practice for these

post-season teams during the KYF® Season, must be granted by the KYF® Executive Committee before any such practice is permitted to take place.

14. No refunds will be given unless approved by the KYF® VP-Finance and KYF® President.
15. Any Player who quits before the season starts, or does not show up to participate with their assigned KYF® team, will not receive a KYF® uniform. No refunds will be granted for Players who are placed to a KYF® team. KYF® has a strict no refund policy, as outlined on the Player Application and within the KYF® online registration pages. Once a person registers the league begins to immediately incur cost, and our overall cost per player is well in excess of the registration fee. As a non-profit organization KYF® must adhere to our no refund policy in order to sustain ongoing operations.
16. Each Tackle player's football helmet must be NOCSAE approved.

#### IV. CHEERLEADERS

1. Cheerleaders are to include students residing in the Katy or surrounding area and attending any public and/or private school at the time of registration. A cheerleader may not participate if the cheerleader is in a grade level above seventh grade.
2. All cheerleaders must be registered through the office of the KYF® Board to be assigned in accordance with the following rules. All cheerleaders must be registered prior to the cheerleader beginning practice sessions.
3. All cheerleaders must pay registration fees. The KYF® board will review special needs cases.
4. Prior to August 1<sup>st</sup> cheerleaders may choose to be placed to any KYF® team, which is able to form a cheer squad. After August 1<sup>st</sup>, all cheerleaders are placed to teams at the discretion of the KYF® VP-Cheer.
5. Siblings of football players shall be assigned to teams at the discretion of the Cheerleader Directors. All cheerleaders will be assigned to a division with minimum and maximum squads according to their grade as follows:

DIVISION	GRADE	MINIMUM/MAXIMUM
Junior Flag	Pre-K / K	4 / 12
Mitey Mite	1 <sup>st</sup>	4 / 12
Pee-Wee	2 <sup>nd</sup>	4 / 12
Rookie	3 <sup>rd</sup>	4 / 14
Junior Varsity	4 <sup>th</sup>	4 / 16
Varsity	5 <sup>th</sup>	4 / 16
Senior Varsity	6 <sup>th</sup>	4 / 16

6. Minimum age for a cheerleader is four (4) years old. A parent or guardian MUST be present for all activities with children younger than six (6) years old.
7. No cheerleader shall be older than fourteen (14) years old on or before September 1 of the current season.
8. A copy of a birth certificate or acceptable proof of age and a report card will be required. The only exception regarding a report card is when a child is being home schooled or has not entered kindergarten.
9. All cheerleaders must be completely dressed in KYF® provided uniforms to participate in performances/games.
10. During games, all cheerleaders are to stay within the KYF® designated area on the sidelines, remaining within the 20-yard line markers. The KYF® Board recommends that all cheer squads set up between the 30 and 40 yard line makers, next to the football players. The Head Football Coach is responsible for insuring the cheer squad is able to set up in this area if that is the desire of the Head Cheer Coach.
11. During halftime, all cheerleading activities will be limited to five (5) minutes, after which each cheerleading team will greet their opponents. The home team shall initiate these activities.
12. Every cheerleader is required to maintain a sportsmanlike manner at all times. Fighting will not be tolerated. Unsportsmanlike conduct of a cheerleader is subject to Board review and could result in a one or more game suspension.
13. The cheerleader coach(s) will be responsible for conducting all cheerleader practices.
14. No refund will be given unless a cheer squad cannot be formed for a sibling's football team.
15. Any cheerleader who quits before the season starts, or does not show up to participate with their assigned KYF® team, will not receive a KYF® uniform. No refunds will be granted for cheerleaders who are placed to KYF® teams. KYF® has a strict no refund policy, as outlined on the Player Application and within the KYF® online registration pages. Once a person registers the league begins to immediately incur cost, and our overall cost per player is well in excess of the registration fee. As a non-profit organization KYF must adhere to our no refund policy in order to sustain ongoing operations.
16. Cheerleaders performing stunts — under their coach's supervision and at their own risk — such as a pyramid should not exceed a height of 2 person(s) tall. NOTE: The league

strongly recommends and promotes safety for all players/cheerleaders registered in Katy Youth Football.

## **V. DUTIES OF COACHES AND TEAMS**

1. All coaches must have a meeting with parents before the season starts. A Board member will be available for the meeting, if desired. Make sure six-foot of social distancing is maintained, and cover all KYF® COVID-19 Reopening Guidelines.
2. As part of the meeting, coaches shall discuss topics as outlined in KYF® Parent Meeting Guidelines posted on the "forms" page of the KYF® website.
3. Upon a date to be determined by the Board, all coaches will collect current report cards, progress reports, or class schedules from players to verify that the school they currently attend and the grade they are in are the same as what was stated on their league registration form. Varsity and Senior Varsity coaches will also collect birth certificates to verify that no player is 13 years of age as of September 1 of the current season. These documents will be retained by coach and team parent for review. After review, said documents will be held in team's possession and on hand during all games for review as needed. After the season team will return documents to the player. Any player that does not turn in the necessary documents will not be allowed to play. Coaches found to either not have these documents, or to be playing an illegal player, will be subject to punishment up to a lifetime suspension from participation in KYF® activities. A team found in violation will be subject to punishment up to a forfeiture of all of the current season's team victories.
4. No coach is allowed to practice any player or cheerleader with his/her team that is not assigned to his/her team or squad.
5. There shall be no smoking, tobacco chewing, or drinking of alcoholic beverages on the field of play during practice or games. Tobacco, alcoholic beverages and drugs are not permitted on any KISD premises at any time per KISD policy. KYF® agrees with and supports KISD policy in this matter. This policy also applies to other KYF® events, or any premises in which official KYF® activity is conducted.
6. ANY PERSON SUSPECTED TO BE UNDER THE INFLUENCE OF ALCOHOL OR DRUGS WILL BE REQUIRED TO LEAVE THE KISD PROPERTY OR OTHER KYF® USED PREMISES. Any coach who is suspected to be under the influence of alcohol or drugs at any game or practice shall be subject to Board disciplinary action up to and including removal as coach.
7. All coaches and fans are expected to exhibit appropriate behavior while at KYF® games, i.e. no cursing, obscenities, or otherwise unsportsmanlike conduct. Vulgar language is

strictly prohibited. Coaches are expected to encourage and enforce this behavior among their players, cheerleaders and parents.

8. Unsportsmanlike conduct of a coach or spectator is subject to review by the President, VP Football Operations, and the Division Director responsible for that division. Disciplinary action may result in a one or more game suspension.
9. No pets are allowed anywhere on KISD property or other KYF® premises.
10. Coaches, players, and cheerleaders shall remain within the 20-yard line markers during the playing of games. All fans must stay behind the line or cones marking 4 yards back from the sideline. No one other than Flag, Mitey Mite, PeeWee, and Rookie coaches that are on the field of play and no one will be allowed in or around the end zone area. This rule applies to all spectators, players and coaches — not just those associated with the game in progress.
11. All head coaches have the responsibility of ensuring any and all assistant coaches, players, cheerleaders, and fans do not bring discredit to their team by word or action, such as use of foul language, playing dirty football, or participating in unsportsmanlike cheers.
12. The Head Football Coach is responsible for ensuring that NO music is to be played during a game. Music may be played before the start of a game, during halftime and at the conclusion of the game. “Radio edit” music only. Absolutely no explicit lyrics are allowed.
13. Loud speaker/megaphone announcements and/or play-by-play of any sort during any game are prohibited.
14. It is recommended that all coaches inspect players or cheerleaders equipment to be sure it is of sufficient quality to be safe and protective.
15. All coaches shall assume their share of responsibility of the football and cheerleading program and assist in acquiring sponsors, or any fundraising project approved by the Board. **Head coaches who do not secure team sponsorship or meet satisfactory fundraising requirements may be removed at the discretion of the VP-Football Ops and KYF® President.**
16. Home teams of the first scheduled game for each Saturday are responsible for setting up yard markers, first down chains, and garbage cans for their respective fields. Home teams are listed *last* on all game rosters and the game day boards.

17. Home teams of the last scheduled games are responsible for collecting all yard markers, first down chains, and garbage cans and positioning on the sideline near the 50 yard line. All teams are responsible for cleaning their respective sidelines at the conclusion of their games.
18. Each team will provide personnel to staff a three-person chain and down marker crew for the game. The three-person crew will consist of two members from the home team and one from the visiting team. The chains and down markers will be run from the home team's sideline, unless professional video services are employed by the league. In this case, the chain and down marker crew will function on the sideline opposite the camera. During championship games league volunteers may staff chain crew.
19. Coaches, referees, and Board members are responsible for enforcing all standards of conduct.
20. Only Jr. Flag, Mitey Mite, Pee-Wee and Rookie football coaches are allowed on the field of play. Two coaches are allowed on the field in Jr. Flag and Mitey Mites, one coach is allowed on the field in Pee-Wee & Rookie. Rookie coaches must coach from the sideline beginning the third week of the season. When on the field, coaches **cannot** diagnose plays or call adjustments. When on the field, coaches **must** be silent after the offense breaks the huddle and until the play is over. Referees will warn the coach of the first offense. Referees will impose a team unsportsmanlike conduct penalty on the second and all subsequent offenses.
21. Use of cellular phones, hand held radios, "walkie-talkies", or any other personal portable communications devices to communicate with coaches or individuals either on the field, on the sidelines, or in the stands is prohibited.
22. The head coach is responsible for having a representative of his/her team attend each coaches meeting or team mom meeting that is called by the Board. Football and cheer meetings may be held separately. Attendance is required. Head Coach must attend the annual coaches meeting in July. Each head coach is responsible for having a representative of his/her team attend each parent advisory meeting called by the board. Attendance at this meeting is mandatory.
23. The head football coach is responsible for ensuring each player will play 6 downs per half for a total of 12 downs during each game. Consequences are as follows: 1<sup>st</sup> Offense – 15 yard penalty, 2<sup>nd</sup> Offense – 1 game suspension of the Head Coach and removal from KISD property or other KYF® premises, 3<sup>rd</sup> Offense – Removal of Head Coach. The consequence for this infraction in a playoff or championship game is forfeiture. ALL exceptions to the minimum play rule must be determined by the head coaches and monitors PRIOR to the start of the game, and must be shared with the opposing coach and initialed by all parties on the monitor sheet. Acceptable exceptions include:

- Illness
- Disciplinary action due to missing practice during the preceding week. Disciplinary action can include not starting individuals; withholding play for several downs; series of downs, or entire quarters of play; or conditions warranting, suspending the individual from play for the entire game.

24. One coach must be assigned to complete the game's KYF® board approved play monitor sheet. The form can be downloaded from [www.katyouthfootball.com/forms/MonitorSheet.doc](http://www.katyouthfootball.com/forms/MonitorSheet.doc). Only the top section (with exception of score), player names and numbers, and game notes/comments are allowed to be filled in prior to game start. The team must have the KYF® board approved monitor sheet available at all times for review by league officials or referees. Each team must have the signature of an attending referee, opposing team Head Coach, and opposing team Monitor Coach and the final score after each game. Completed monitor sheets must be turned into the board tent at end of each game. Failure to have the monitor sheet readily available, turned in after the game, or the sheet being pre-populated with play time could result in forfeiture of the game, or disciplinary action against the head coach, up to and including removal of head coach.

25. The league chain of communications should be followed for all issues requiring resolution. The chain is as follows:

<b>Step</b>	<b>Football Players</b>	<b>Cheerleaders</b>
Step 1	Parents	Parents
Step 2	Coaches	Coaches
Step 3	Head Coach	Head Coach
Step 4	Division Director	Division Director
Step 5	Director Tackle/Flag	VP Cheer
Step 6	VP Football Operations	President
Step 7	President	

## **VI. TEAM ASSIGNMENTS**

1. All team assignments for New Players, with the exception of Returning Players or Invited Players, are based on the area the player resides in and the school they attend, as per the current KYF® Team/School Matrix. Private schooled and home schooled children, with the exception of Returning Players and Invited Players, will be placed on teams according to the public school they would attend, as per the KYF® Team/School Matrix.
2. Returning Players and Cheerleaders have the option to return to their previous season team, as per Administrative Rules & Guidelines section VI.4. If a Returning Player or Cheerleader was placed completely out of their Matrix area during the previous season, they also have the option to “opt out” and return to their normal area for convenience. In this case, if a parent elects to “Opt Out” and move to their normal area, Returning Players will be placed according to existing team placement rules for New Players in the order of registration. These Players may not be considered Invited Players. KYF® believes strongly in the unity created when Players and Cheerleaders return to their existing team each year and play together over several seasons. KYF® believes this creates cohesion and sets the optimum atmosphere for positive Player and Cheerleader development. KYF® encourages all Players and Cheerleaders to stay loyal to their existing team each year.
3. Opting out of team from previous year if already placed on a roster for current year: If child was on the roster in good standing for the previous year, that child may opt out of going back to that team and can opt to be placed according to the KYF® Team/School matrix for purposes of being placed on another team. At the time of officially notifying the KYF® VP of Registration, by email only, the decision to opt out, the child’s time stamp for purposes of priority placement is reset to the time of notification. The parent (or legal guardian) is the only one who can choose to have the child opt out. If the

child’s uniform is already ordered, parent / guardian will be responsible for the new uniform cost.

4. Placement priorities are as follows:

- A. Returning Players and Cheerleaders are protected to return to their original team until the end of the third physical (walk-in) registration date. The Board reserves the right to extend this deadline as it sees fit to facilitate registration. Any extension will apply league-wide and the new deadline will be issued as a public announcement.
- B. A KYF® Head Coach may Recruit and invite New Players only, who will be considered “Invited Players”, onto their team, from any area outside of their team’s respective PRIMARY matrix school. Head Coaches may NOT invite any Returning Players, or any players who “Opt-Out”, onto their team. All Opt-Out Players and Returning Players will be placed in accordance with league rules. Each KYF® Head Coach will have a limited number of Invited Players that they can invite into KYF® each season, subject to the limitations below:

**For the 2022 season: the number of returning players and roster capacity will determine the limit of available invited players per team. The Head Coach may invite players up to the roster capacity, less the number of returning players. Returning players should be encouraged to register prior to the end of the recruiting period in order to guarantee placement back to the team. Roster capacity is as follows:**

2.

Tackle Divisions:						Flag Divisions:			
SV	V	JV	R	PW	MM	5 <sup>th</sup> /6 <sup>th</sup>	3 <sup>rd</sup> /4 <sup>th</sup>	1 <sup>st</sup> /2 <sup>nd</sup>	JF
24	24	24	22	22	18	18	18	18	16

NOTE: A KYF® Head Coach may only invite Players up to the maximum roster space available as defined per Administrative Rules & Guidelines section VI. 8. for his/her age division. All Returning Players to a specific KYF® Team, who participated in good standing on that KYF® Team in the previous season, will have priority over any Invited Players. This could further limit the number of Invited Players allotted above for each division. (i.e., if a Rookie coach has 21 Returning Players sign up to Return to his/her team, within the timeframe allotted for Returning Players per Administrative Rules & Guidelines section VI. 4. i., only 1 spot will be available for Invited Players. If a Rookie coach has 22 or more Returning Players sign up to Return to his/her team, within the timeframe allotted for Returning Players per Administrative Rules & Guidelines section VI.4.i., zero spots will be available for Invited Players)

- c. All other Players and Cheerleaders, who are not defined as Returning Players or Invited Players, will be considered New Players or Previously Registered Players and will be assigned to a team in the order in which their completed application is

received, in accordance with league placement rules as per the KYF® Team/School Matrix.

- D. Returning Players and Cheerleaders lose priority status after the third official walk-in registration date, or other date determined and communicated by the Board, and will be assigned according to team member and division requirements.
  - E. Considerations will be given to families consisting of players and cheerleaders with every effort being made to place children on the same team, with the division of the football Player taking precedence.
5. Players will be assigned to a team by the league in accordance with the League team assignments as outlined herein.
  6. A Returning Player may change teams, or “Opt-Out”, prior to the start of the season. Returning Players who “Opt-Out” will be placed according to existing team placement rules for New Players and Previously Registered Players in the order of registration. These Players **will not** be allowed to choose the team they are assigned. Additionally, these players will not be eligible for consideration as Invited Players.
  7. Requests by New Players, Previously Registered Players or Returning Players to be placed on specific teams will not be honored, **unless designated as an Invited Player, per Administrative Rules & Guidelines Section VI.4. i-v.** All other placements will be governed by existing League rules. Specifically, carpooling and the player’s parent volunteering to be an assistant coach will not be accepted as reasons for team placement.

8. All teams in any division shall have a minimum number of players including if applicable, the expansion team, before a new team can be formed. The suggested minimum and maximum number of players per team shall be as follows

**Tackle Divisions:**

<b>DIVISION</b>	<b>MINIMUM</b>	<b>MAXIMUM</b>
<b>Mitey Mite</b>	12	18
<b>Pee-Wee</b>	14	22
<b>Rookie</b>	16	22
<b>Junior Varsity</b>	16	24
<b>Varsity</b>	16	24
<b>Senior Varsity</b>	16	24

**Flag Divisions:**

<b>DIVISION</b>	<b>MINIMUM</b>	<b>MAXIMUM</b>
<b>Junior Flag</b>	8	16
<b>1<sup>st</sup> Grade Flag</b>	10	18
<b>2<sup>nd</sup> Grade Flag</b>	10	18
<b>3<sup>rd</sup> Grade Flag</b>	12	18
<b>4<sup>th</sup> Grade Flag</b>	12	18
<b>5<sup>th</sup> Grade Flag</b>	12	18
<b>6<sup>th</sup> Grade Flag</b>	12	18

9. Administrative Rules & Guidelines Section VI, rule 2 (“grandfather clause”) and other circumstances, except Invited Players, may take precedence over team maximums as long as these situations are in effect and approved by the VP-Registration and the President. Under NO CIRCUMSTANCE will Invited Players be allowed on a team that meets or exceeds team maximums as per Administrative Rules & Guidelines section VI. 8.



## 2022 Katy Youth Football®

### Junior Flag thru 6th grade TACKLE Whole Team

#### Registration Process

Continuing this season, KYF® is pleased to invite grade and age-appropriate teams to join the league in the Junior Flag Division thru the 6<sup>th</sup> grade tackle division. This invitation is provided to teams with coaches and no more than division maximum players, and is intended to allow groups of kids formed outside of KYF® to continue to play football together. This process is permissible for all KYF® grade levels.

To initiate this process, potential head coaches should contact the Division Director for an explanation of the process. The Division Director will provide the roster template (attached) for the head coach to complete. The head coach should return the completed roster to: the Division Director, the VP Football, and the VP Registration. The Division Director will verify grades and ages of the proposed players, and will direct the head and assistant coaches to begin their certification and background screening processes.

Once the VP Football, VP Registration, and Division Director receive the roster, a meeting may be scheduled between the Division Director, President and members of the KYF® Executive Committee, and the proposed team's coaching staff. The purpose of this meeting is to provide the coaching staff an opportunity to meet the KYF® leadership, and to allow the Board to understand the motivation for why the team was formed.

Following the meeting, the Division Director, President and Executive Committee members who were present will review the roster and will vote on whether the team will be allowed in, and/or determine if any stipulations for joining the league should be put in place. The head coach will then be notified as to the decision.

Upon being approved to join the league as a whole team, the VP Registration will insure the team members are placed on the same team as per the roster submitted by the head coach and verified by KYF®.

In cases where the team does not come in "whole" i.e., with a complete roster, KYF® may, at the league's sole discretion, assign additional players per the guidelines established in the Team Assignment Matrix.

**Assignments made as a result of this process are final, and cannot be changed after they are made. Further, no refunds will be made for players who do not play for the assigned team.**



## VII. DIVISION STRUCTURE

***Please note: Conference formation is at the discretion of the KYF® Board of Directors including as it relates to playoffs and scheduling.***

1. 10 Teams or less: One conference will be formed.
2. 11–14 Teams: Two conferences will be formed.
3. 16–22 Teams: Two conferences will be formed.  
(Each conference will be further divided into two sub-conferences)

## VIII. PLAY-OFF STRUCTURE

***Please note: Conference formation is at the discretion of the KYF® Board of Directors including as it relates to playoffs and scheduling.***

1. The winner of tie games during playoffs will be determined as follows:
  - A. Coin toss to determine ball possession or field position. The team that receives field position will select which end of the field will be used for the match up. The same end of the field will be used by both teams for the duration of the tiebreaker play (both teams will run plays at the same end of the field).
  - B. Referees will place the ball on the 10 yard line. The team with possession gets four (4) downs to score. The opposing team will then get four (4) downs to score. This rotation will continue until someone scores, with both teams having equal opportunity to score.
  - C. Sudden death is NOT in effect. If the team that was awarded first possession scores, the opposing team then has the opportunity to score. If the opposing team does score, play continues in this fashion.
  - D. Attempts for extra points after scoring are the same as regular play and are not against the four play rule.
  - E. All penalties will be assessed under the same rules of regular play.
2. Playoff structure will be determined by the total number of teams in each age division. (As outlined in the following sub-sections A, B, C and D.)

**A. 7 teams or less- One conference will be formed.**

**All Tackle & Flag Divisions, excluding Mitey Mite and 1<sup>st</sup>/2<sup>nd</sup> Flag**

1. Six teams will make the playoffs.

2. The top two seeds will receive a bye for round 1. The round 1 playoff games will have the third seed play the sixth seed and the fourth seed play the fifth seed. The highest surviving seed after the round 1 games will then play the second seeded team and the lowest surviving seed will play the first seeded team in round 2. The winners of the round 2 games will meet in the championship game. The board reserves the right to cancel the round 1 games if that week is needed to complete rained out regular season games. If Round 1 is cancelled, only the top four seeds will make the playoffs.
3. Seeding will be determined by the best won-lost-tied percentage in the single conference.
  1. Best won-lost-tied percentage
  2. 2<sup>nd</sup> best won-lost-tied percentage
  3. 3<sup>rd</sup> best won-lost-tied percentage
  4. 4<sup>th</sup> best won-lost-tied percentage
  5. 5<sup>th</sup> best won-lost-tied percentage
  6. 6<sup>th</sup> best won-lost-tied percentage

***Note: Tie games count as one-half win and one-half loss for both teams.***

#### **Mitey Mite Division & 1<sup>st</sup>/2<sup>nd</sup> Flag Divisions**

1. Four teams will make the playoffs.
2. The round 1 playoff games will have the first seed play the fourth seed and the second seed play the third seed. The winners of the round 1 games will meet in the Championship Game. The board reserves the right to cancel the round 1 games if that week is needed to complete rained out regular season games. If round 1 is cancelled, only the top two seeds will make the playoffs and they will meet in the Championship Game.
3. Seeding will be determined by the best won-lost-tied percentage in the single conference.
  1. Best won-lost-tied percentage
  2. 2<sup>nd</sup> best won-lost-tied percentage
  3. 3<sup>rd</sup> best won-lost-tied percentage
  4. 4<sup>th</sup> best won-lost-tied percentage

***Note: Tie games count as one-half win and one-half loss for both teams.***

If, at the end of the regular season, two or more teams finish with identical won-lost-tied percentages, the following steps will be taken to determine seeding:

**Two Teams:**

1. Head-to-head (best won-lost-tied percentage in games among the teams)
2. Strength of victory (the combined won-lost-tied percentage of all the teams that a club has defeated)
3. Strength of schedule (the combined won-lost-tied percentage of all the teams that a club has played against)
4. Coin toss

**Three or more teams:**

*Note: If two teams remain tied after third or other teams are eliminated during any step, tie breaker reverts to step 1 of the two-team format*

1. Head-to-head (best won-lost-tied percentage in games among the teams)
2. Strength of victory (the combined won-lost-tied percentage of all the teams that a club has defeated)
3. Strength of schedule (the combined won-lost-tied percentage of all the teams that a club has played against)
4. Coin toss

**B. If a division has 8-10 teams then the division will have only one conference.****All Tackle & Flag Divisions, excluding Mitey Mite and 1<sup>st</sup>/2<sup>nd</sup> Flag**

1. Eight Teams will make the playoffs
2. The top 8 teams from the division are selected by best won-lost-tied percentage.
3. The board reserves the right to cancel round 1 games if that week is needed to complete rained-out, regular season games. If round 1 is cancelled, only the top four teams from the division will make the playoffs.

1 seed will play 8 seed

2 seed will play 7 seed

3 seed will play 6 seed

4 seed will play 5 seed

4. Winner of 1 vs. 8 will play winner of 4 vs. 5  
Winner of 2 vs. 7 will play winner of 3 vs. 6
5. Winners of second round will meet in Turf Bowl

*Note: Tie games count as one-half win and one-half loss for both teams*

At the end of the regular season, if two or more teams finish with identical won-lost-tied percentages, the following steps will be taken to determine seeding:

**Two teams:**

1. Head-to-head (best won-lost-tied percentage in games among the teams)
2. Strength of victory (the combined won-lost-tied percentage of all the teams that a club has defeated)
3. Strength of schedule (the combined won-lost-tied percentage of all the teams that a club has played against)
4. Coin toss

**Three or more teams:**

*Note: If two teams remain tied after third or other teams are eliminated during any step, tie breaker reverts to step 1 of the two-team format*

1. Head-to-head (best won-lost-tied percentage in games among the teams)
2. Strength of victory (the combined won-lost-tied percentage of all the teams that a club has defeated)
3. Strength of schedule (the combined won-lost-tied percentage of all the teams that a club has played against)
4. Coin toss

**Mitey Mites Division & 1<sup>st</sup>/2<sup>nd</sup> Flag Division**

1. Four teams will make the playoffs.
2. The round 1 playoff games will have the first seed play the fourth seed and the second seed play the third seed. The winners of the round 1 games will meet in the Championship Game. The board reserves the right to cancel the round 1 games if that week is needed to complete rained out regular season games. If round 1 is cancelled, only the top two seeds will make the playoffs and they will meet in the Championship Game.
3. Seeding will be determined by the best won-lost-tied percentage in the single conference.
  1. Best won-lost-tied percentage
  2. 2<sup>nd</sup> best won-lost-tied percentage
  3. 3<sup>rd</sup> best won-lost-tied percentage
  4. 4<sup>th</sup> best won-lost-tied percentage

*Note: Tie games count as one-half win and one-half loss for both teams.*

At the end of the regular season, if two or more teams finish with identical won-lost-tied percentages, the following steps will be taken to determine seeding:

**Two teams:**

1. Head-to-head (best won-lost-tied percentage in games among the teams)
2. Strength of victory (the combined won-lost-tied percentage of all the teams that a club has defeated)
3. Strength of schedule (the combined won-lost-tied percentage of all the teams that a club has played against)
4. Coin toss

**Three or more teams:**

*Note: If two teams remain tied after third or other teams are eliminated during any step, tie breaker reverts to step 1 of the two-team format*

1. Head-to-head (best won-lost-tied percentage in games among the teams)
2. Strength of victory (the combined won-lost-tied percentage of all the teams that a club has defeated)
3. Strength of schedule (the combined won-lost-tied percentage of all the teams that a club has played against)
4. Coin toss

**C. 11-14 teams: Two Conferences (e.g. AFC/NFC) will be formed.**

1. 11 teams: Two conferences of 6 and 5 teams each will be formed.
2. 12 teams: Two conferences of 6 teams each will be formed.
3. 13 teams: Two conferences of 7 and 6 teams each will be formed.
4. 14 teams: Two conferences of 7 teams each will be formed.

**All Tackle & Flag Divisions, excluding Mitey Mite and 1<sup>st</sup>/2<sup>nd</sup> Flag**

1. Eight Teams will make the playoffs - 3 teams from each conference and two wild card teams from either conference. The 2 wild card teams can come from any conference and will be awarded to the top two teams that did not win one of the top 3 spots in their conference.
2. The top 3 teams from each conference are selected by best won-lost-tied percentage.
3. Wild card teams can come from either conference are selected by best won-lost-tied percentage.
4. The board reserves the right to cancel the round 1 games if that week is needed to complete rained out regular season games. If round 1 is cancelled, only the top two teams from each conference will make the playoffs.
5. These 8 play-off qualified teams will then be seeded by overall record.

- 1 seed will play 8 seed
- 2 seed will play 7 seed
- 3 seed will play 6 seed
- 4 seed will play 5 seed

- 6. Winner of 1 vs. 8 will play winner of 4 vs. 5  
Winner of 2 vs. 7 will play winner of 3 vs. 6
- 7. Winners of second round will meet in Turf Bowl

***Note: Tie games count as one-half win and one-half loss for both teams.***

At the end of the regular season, if two or more teams finish with identical won-lost-tied percentages, the following steps will be taken to determine the seeding (1-8):

**Two teams:**

- 1. Head-to-head (best won-lost-tied percentage in games among the teams)
- 2. Strength of victory (the combined won-lost-tied percentage of all the teams that a club has defeated)
- 3. Strength of schedule (the combined won-lost-tied percentage of all the teams that a club has played against)
- 4. Coin toss

**Three or more teams:**

***Note: If two teams remain tied after third or other teams are eliminated during any step, tie breaker reverts to step 1 of the two-team format***

- 1. Head-to-head (best won-lost-tied percentage in games among the teams)
- 2. Strength of victory (the combined won-lost-tied percentage of all the teams that a club has defeated)
- 3. Strength of schedule (the combined won-lost-tied percentage of all the teams that a club has played against)
- 4. Coin toss

**Mitey Mites Division & 1<sup>st</sup>/2<sup>nd</sup> Flag Division**

- 1. Four teams will make the playoffs.
- 2. The round 1 playoff games will have the first seed play the fourth seed and the second seed play the third seed. The winners of the round 1 games will meet in the Championship Game. The board reserves the right to cancel the round 1 games if that week is needed to complete rained out regular season games. If round 1 is cancelled, only the top two seeds will make the playoffs and they will meet in the Championship Game.

3. Seeding will be determined by the best won-lost-tied percentage in the single conference.
  1. Best won-lost-tied percentage
  2. 2<sup>nd</sup> best won-lost-tied percentage
  3. 3<sup>rd</sup> best won-lost-tied percentage
  4. 4<sup>th</sup> best won-lost-tied percentage

***Note: Tie games count as one-half win and one-half loss for both teams.***

If, at the end of the regular season, two or more teams finish with identical won-lost-tied percentages, the following steps will be taken to determine seeding.

**Two teams:**

1. Head-to-head (best won-lost-tied percentage in games among the teams)
2. Strength of victory (the combined won-lost-tied percentage of all the teams that a club has defeated)
3. Strength of schedule (the combined won-lost-tied percentage of all the teams that a club has played against)
4. Coin toss

**Three or more teams:**

***Note: If two teams remain tied after third or other teams are eliminated during any step, tie breaker reverts to step 1 of the two-team format***

1. Head-to-head (best won-lost-tied percentage in games among the teams)
2. Strength of victory (the combined won-lost-tied percentage of all the teams that a club has defeated)
3. Strength of schedule (the combined won-lost-tied percentage of all the teams that a club has played against)
4. Coin toss

**D. 16-22 teams- Two Conferences will be formed. Each conference will be subdivided into two separate divisions, North and South, creating a total of four divisions. There will be a minimum of 4 teams per division.**

- 16 teams
  - Two Conferences- 8 teams each (8, 8)
  - Four Divisions- 4 teams each (4, 4 and 4, 4)
- 18 teams

- Two Conferences- 9 teams each (9, 9)
- Four Divisions- two with 5 teams, two with 4 teams (5, 4 and 5, 4)
- 20 teams
  - Two Conferences- 10 teams each (10, 10)
  - Four Divisions- five teams each (5, 5 and 5, 5)
- 22 teams
  - Two Conferences- 11 teams each (11, 11)
  - Four Divisions- two with 6 teams, two with 5 teams (6, 5 and 6, 5)

**Example:**

Number of total Teams formed	# Teams in NFC North	# Teams in NFC South	# Teams in AFC North	# Teams in AFC South
16	4	4	4	4
18	4	5	5	4
20	5	5	5	5
22	5	6	6	5

At the end of the regular season, if two or more teams finish with identical won-lost-tied percentages, the following steps will be taken to determine seeding:

**Two teams:**

1. Head-to-head (best won-lost-tied percentage in games among the teams)
2. Strength of victory (the combined won-lost-tied percentage of all the teams that a club has defeated)
3. Strength of schedule (the combined won-lost-tied percentage of all the teams that a club has played against)
4. Coin toss

**Three or more teams:**

*Note: If two teams remain tied after third or other teams are eliminated during any step, tie breaker reverts to step 1 of the two-team format*

1. Head-to-head (best won-lost-tied percentage in games among the teams)
2. Strength of victory (the combined won-lost-tied percentage of all the teams that a club has defeated)
3. Strength of schedule (the combined won-lost-tied percentage of all the teams that a club has played against)
4. Coin toss

## Additional Games (Runner-Up Rounds and Consolation Rounds)

1. Runner-Up Round (Applies only to divisions with 10 or more teams, and runner up games may be scheduled at the discretion of the Board.)
  - Possible games may be played by the lower seeded teams during the first round of playoffs. For instance, seed 9 will play seed 10, seed 11 will play seed 12, etc. Only one game will be played by any of these teams. For odd numbered divisions the lowest seed may not play a game. The board reserves the right to not schedule or cancel any of these games.
6. Consolation Round (Applies to the 4 teams who lose during round 1 of playoffs)
  - Possible games may be played during round two of the playoffs. The two highest seeded losers from round one of playoffs will play each other. The two lowest seeded losers from round one of playoffs will play each other. Only one game will be played by these teams. The board reserves the right to not schedule or cancel any of these games.

## IX. SPONSORSHIPS

Please see the KYF® Sponsor Sheet handout for details.

## X. CONTACTING KATY YOUTH FOOTBALL

Questions about league activities, rainouts, or information requests should be directed to the league website – [www.katyyouthfootball.com](http://www.katyyouthfootball.com). We offer a staffed phone system to leave message and receive pre-recorded information (713) 331-1907.

# Katy Youth Football®

## Parent/Spectator/Coach/Player

### Code of Conduct

Katy Youth Football believes that: participation in any sports program plays an important role in promoting the physical, social, and emotional development of our youth. It is essential for KYF® to provide a positive and enjoyable learning experience for our children; teaching sportsmanship, fair play, integrity, honor, respect, loyalty, personal courage, and dedication through the game of football and cheer. Furthermore, parents, coaches, spectators, and officials involved in youth sports events should be models of such statements and should lead by example by demonstrating fairness, respect, and self-control. Listed below are behaviors that are expected by our parents, spectators, coaches and players:

- Encourage all players and praise great plays from both teams.
- Keep all comments positive and support the efforts of the coaches, officials, and the league.
- Only players and coaches are allowed on the field. **No exceptions.**
- Leave the coaching to the coaches.
- Criticizing the officials, coaches, opponents, or fans will not be tolerated.
- Only coaches and players shall speak to the officials.
- Understand that all officials do their utmost to be impartial; they try their best to provide a safe and suitable environment so that the game is well played.
- Profanity, drug, alcohol, or tobacco use during any Katy Youth Football event is prohibited and offenders will be immediately removed from the field.
- Children who are spectators and are not participating at that time are the responsibility of the parent or guardian. The child needs to be supervised at all times and remain within close proximity of their parent or guardian. Parents must supervise and prevent behaviors which interfere with game play or damage the property of Katy Youth Football or Katy ISD.
- **Ejection of a parent or spectator from a game for inappropriate behavior by a game official or a KYF® board member will result in parent/spectator being removed from property. Parent/Spectator will also receive an automatic 1-week suspension by rule, including the next scheduled game for their team. Parent/Spectator will not be allowed on KYF® Premises during the suspension. The player will not be affected by the parent's suspension.**
- **Any parent or spectator that threatens an official or coach will be suspended for the season immediately. The parent may return the following season but will be placed on probation for that season.**
- If an issue arises during the game, please locate a KYF® board member to discuss your concerns or you can speak with the coach following the game. Arguments or discussions should be addressed with the coach following the completion of the game.
- Katy Youth Football expects **ALL** coaches and parents to create a fun, positive, and secure environment for the players and cheerleaders.