

Football Season Details

Practice:

Practices usually begin the first week of August. Practices run from 5:45-8:00pm Monday-Thursday at Oak Middle School, each week until school starts. Once school starts, practices are held 2-3 times per week, until the season ends.

To protect the safety of our players American Youth Football (AYF) mandates that practice begin no later than the first week in August. This allows us to ensure that the players get the proper amount of training before going into their first game. There is a considerable amount to teach the athletes including stance, positions, plays, blocking, proper tackling technique, proper running technique, defensive schemes, etc...

In addition, American Youth Football mandates that we have 10 hours of practice without pads prior to the start of padded practice. The 10 hours is completed that first week. This means we typically only have 3 weeks to focus on blocking, tackling and scrimmaging before we meet our first opponent.

We HIGHLY recommend you not miss the first week of practice. Your child will not be able to practice in pads until they complete 10 hours of non-padded instruction. Any absences from practices need to be communicated and coordinated with the head coach.

Games:

Games will be held once a week typically on a Saturday or Sunday. All home games are played at Oak Middle School. Away game locations are determined based on the team we are playing.

Equipment:

SAYFCO Issued Equipment

- Football Helmet with Chin Strap
- Shoulder Pads
- Practice Pants with integral knee, thigh, hip, & tail pads
- Game Jersey and Pants with integral knee, thigh, hip, & tail pads

*** All items will need to be returned at the end of the season. If items are lost or damaged, the parent or guardian will be responsible for repaying the league.

Participant Equipment

- Mouthpiece
- Cleats (no metal spikes)
- Protective Cup & Athletic Supporter
- Practice jersey

Tentative 2022 Dates:

- Paperwork Hand In: Monday August 1st at 5:30pm
- Equipment Handout: TBD
- First Practice: Monday, August 1st
- Jersey Handout: TBD
- Last day to submit paperwork: Thursday, August 11th

- Jamboree/Player Certification Date: Saturday, August 20th
- First Regular Season Game: August 27th/28th
- End of Season: End of October/early November

Paperwork:

Our league is part of the Central Mass Youth Football and Cheer Conference (CMYFCC) which is affiliated with American Youth Football (AYF) League. AYF is the world's largest youth football and cheer league. Being part of this conference/league requires us to follow certain policies and procedures for insurance purposes. The following paperwork will need to be submitted to play:

- Birth Certificates: 1st time participants are required to submit a Birth Certificate with a raised seal to show proof of age.
- Player Packet: AYF forms that are needed to play (packet is available on player registration page)
- Physical/Medical: All participants should be medically cleared by a doctor to play any sport. All physical/ medical paperwork must be dated in the same year as the season.
- Report Card: A copy of the participants year ending report card. Academics should be the # 1 priority to our players and parents.