

# YOUTH FOOTBALL AND CHEER FEDERATION

## A Parent's Guide to the Federation



### INTRODUCTION

The Youth Football and Cheer Federation (The Federation) has quickly become one of the premier and most competitive youth football programs in the Houston metropolitan area. The league has member teams in Spring, North Houston, Tomball, Cypress, Humble/Atascocita, Channelview/North Shore, LaPorte, Pasadena/Southeast Houston, and Galveston County.

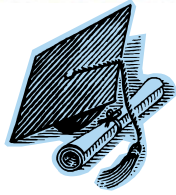
The Federation is an independent charitable, non-profit 501(c)(3) organization. The organization is run by a volunteer staff who dedicate many hours of their time for the betterment of our communities' youth. The Federation is recognized as the largest USA Football affiliated league in the entire South Region of the country.

Some like to refer to the Federation as a "Select" league, because of the competition level, but we are not. Most, if not all of our teams accept every child who signs up, and works with them all to comprise one of the most competitive leagues in the country.

### MISSION

The Federation is organized to further the competitive skills and the ideals of the game of Football; to inspire youth to exhibit good sportsmanship, teamwork, high moral standards, and the importance of education.

## "THE FEDERATION"



### IMPORTANT DATES

*[Dates are set annually by the Executive Team]*

Early February	Team Registrations Begin
Early March	Spring Camps Begin
Early June	Team Practices Begin (No Pads)
Mid-July	Full-Contact Practices Begin
Early August	CheerXtreme Summer Camp
Mid-August	Official Weigh-In Sessions Begin
Late October	CheerXtreme Competition
November	Championship Weekend

### OUR PROGRAMS

The Federation focuses its programs toward youth from ages 4 to 13 years old. Participation in the two main programs also brings access to many other competitive, social, and educational opportunities for our children.

#### Football

- Designed as a "competitive" sports activity with "Tackle Football" only.
- Base playing rules are NCAA with age-appropriate modifications.
- Practice emphasis on teaching the basic fundamentals of the game and incorporating various strategies in preparation for competitive game play.

#### Cheerleading (ages 4-13)

- Provides a chance to compete in events locally and nationally.
- A training camp for all participants is held during the summer.
- Attendance at a local high school or college competition, if available.
- End-of-year cheer competition...CheerXtreme

#### Coach Certification & Development

Though our partnership with USA Football, and the use of its vast training resources, the Federation endorses continuing education and certification in order to serve as a coach on any of our teams. We also facilitate coaching development through scholarships for our coaches to Glazier Clinics.

#### Academic Excellence

The Youth Football Federation encourages all of its member teams to emphasize the importance of academic excellence with its participants. The

### HOW DO I SIGN-UP MY CHILD(REN)? - HOW MUCH DOES IT COSTS?

1. Each of our member teams is independently operated and have varying facets to their programs along with different cost structures. Please visit the teams' linked pages on our website and select a team close to you or one you might feel comfortable.
2. Determine which team you would like to participate with. The available teams can be found on our website. Please be sure to check the team's practice location, pricing, and services provided.
3. Contact the team to arrange attendance at a registration drive, or camp/practice session.

You can always contact the Federation through available means for assistance with finding a team to become a part of in or near your area.

### CONTACT INFORMATION

You can contact Federation leaders for information by using their contact information as posted on our website or any of our social media pages.

**Website:** [www.FederationFootball.com](http://www.FederationFootball.com)  
**Facebook:** [www.facebook.com/FederationFootball](http://www.facebook.com/FederationFootball)  
**Twitter:** [www.twitter.com/FedFootball](http://www.twitter.com/FedFootball)  
**E-Mail:** [info@FederationFootball.com](mailto:info@FederationFootball.com)

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### NO WEIGHT RESTRICTIONS TO PLAY FOOTBALL

There is no weight limit restriction to play football on a Federation team. All kids, of any size may participate in our programs. For safety considerations, however, there are designated weights for ball-carrier positions and tight-ends on the Freshmen level due to their youth and newness to the game. These limits are re-evaluated annually by the Rules Committee, and any modification recommendations must be approved by the Governance Council.

Football Age Divisions	
As of July 31st	
Freshmen (6U)	4-6 year olds
Sophomore (8U)	7-8 year olds
Jr. Varsity (10U)	9-10 year olds
Varsity (12U)	11-12 year olds
Sr. Varsity (13U)	13 year olds
Cheerleading Ages	
As of July 31st	
Ages 4-13	



*Football players may participate in our program as well as their school-sponsored program (Dual Participation).  
Cheerleaders are allowed to participate at 13-years old due to the lack of active cheer programs in many middle schools.*

### REGISTRATION / WEIGH-IN VERIFICATION PROCESS

All football players and cheerleaders are required to be registered with the Federation in order to verify participation eligibility and to satisfy other additional requirements. This process is executed annually, and requires all participants to be registered prior to participating in any official, sanctioned competition.

All required documentation must be available for the official registration/weigh-in sessions. Any missing documentation will likely result in a delay in officially registering your child. No one can participate until the registration/weigh-in process is completed.

All requirements and instructions are on our website, at [www.FederationFootball.com/Registration](http://www.FederationFootball.com/Registration).

NOTE: Any concerns raised during official registration may result in a requirement to acquire a state-issued ID Card.

### GAME DAY INFORMATION

#### Gate / Entry Fees

<b>CheerXtreme Summer Camp</b>	No Admission Charge
<b>Regular Season</b>	Ages 5-Up - \$5.00 Ages 4-Under - Free
<b>CheerXtreme Competition</b>	Ages 5-Up - \$5.00 Ages 4-Under - Free
<b>Playoffs &amp; Super Bowl</b>	Ages 5-Up - \$5-\$10 Ages 4-Under - Free

\* All above-mentioned fees are subject to change at any time.

#### Postponements/Cancellations

If hazardous weather or other conditions exist, activities may be postponed or cancelled at the discretion of game officials, school district administrators, and/or League officials.

#### Food/Beverages

No outside food or beverages are allowed to be brought into the game and activity facilities.

In most cases, either one of the participating teams, the League, or the school district will be hosting concession sales.

#### Forbidden Items

Smoking, chewing tobacco, drinking alcohol and/or use of illegal drugs by anyone on the premises and/or facility parking areas is strictly prohibited. Anyone under the influence of drugs and/or alcohol may be removed from the facility and may also be suspended from all Federation activities until a review and decision by the Executive Board. No weapons are permitted on school premises in accordance with state and federal laws.

#### Security

The Youth Football Federation contracts licensed police officers to provide security at our games and other competitive events to help maintain the safety and security of all our participants and spectators. Member organizations/teams are also required to employ licensed officers for security.



### MEMBER ORGANIZATIONS/TEAMS

All Federation organizations/teams are independent entities, operated by its leadership. Most of them operate as non-profit organizations. They are responsible for the own business affairs, budgets, fundraising, participant recruiting, service levels, and parental relations. The league has no inherent authority over individual team policies and practices, unless explicitly stated in Federation rules, policy documents, or executive order.

Unlike "Recreation" leagues, the Youth Football Federation does not have "DRAFTS", where the league determines which team a child plays on. We have an open enrollment system that supports children from the same school or neighborhood, as well as family and friends, to play on the same team if they so choose. Our system also allows kids to grow up together as a team, and helps build lasting relationships amongst the youngsters and their parents.

For those organizations and teams that answer the challenge,  
There are many battles to be fought, we will fight together,  
many obstacles to overcome, we will work together,  
many detractors who say we can't, we will prove them all wrong together !!!

# "THE FEDERATION"



### USA FOOTBALL AFFILIATION

The Youth Football Federation is committed to ensure a positive youth football experience by providing new league-wide benefits for its players, parents and coaches through USA Football's Heads Up Program. USA Football is the sport's national governing body in the United States and is the official youth football development partner of the NFL and its 32 teams.

Every coach has access to USA Football's comprehensive collection of resources, programs, applications and promotions to create change and address the complex challenges of player health and safety in youth football.

### PROBLEM / ISSUE RESOLUTION

Concerns and issues within an organization should be addressed to the leadership of the team/organization for resolution. Any concerns and issues related to league operations should be directed to the responsible league official.

At all league-sanctioned events and activities, the League is the overriding governing body. As such, concerns and issues at these types of events should be raised with the appropriate League official.

No other sports governing body (USA Football, etc.) has any authority or jurisdiction to mandate any policies, procedures, etc. upon the Federation.

