



To Our CFYFL Families and Community:

To put on a program of this magnitude involving hundreds of athletes and their families, we have come to realize that there are many questions that are asked over and over. This means that our community is involved and excited to be with an organization such as The Central Florida Youth Football & Cheer program. In order to streamline responses, please review the following list of FAQ's and if you are still looking for answers direct it to your football player / cheerleader's Area Director or coaching staff.

#### Pre-season FAQ's

1. When is registration this year? Answer: Fall League registration begins February 15<sup>th</sup> of each season. Spring league registration begins in December of current season. PLEASE CHECK LEAGUE WEB SITE FOR UPDATES AND LOCATIONS. There are also local association registration, (Please check the league calendar for details). You can register online with credit card or mail in your registration. Note you will need to get fitted for equipment (see league calendar for details)
2. What do we need to bring to registration? Answer: Participants birth certificate, Wallet size photo, player physical dated after January 1<sup>st</sup> of current season, Football & Cheer Registration (all forms can be downloaded from this website). Lastly, your checkbook! Or you can register online and all forms are due first day of practice
3. How much does it cost? Answer: \$195. For New Participant / \$175 for returning football participants. New Cheer Participants \$195. / \$175. For returning cheer. All fees due at registration for all football players / cheerleaders. Cheerleader's shoes need to be purchased as they are not supplied. Football players will need to purchase practice pants, pad sets, and spare mouthpieces, as they are not provided by the league. These items will be available for purchase on equipment pick up day at extreme discount. Note: Football gets to keep their personalized game day jersey. Returning participants can pre-register at end of season at discounted rate \$150 (deadline December 10<sup>th</sup>)
4. When do we need physical forms completed? Answer: The original CFYFL physical is available for download on the website (Documents) and needs to be dated AFTER January 1, of current season. This must be turned in before any equipment will be issued.
5. Who signs up at registration? Answer: All participants are required to sign up during registration, even if you pre-registered last fall. This is also the day for new players / cheerleaders to sign up to be part of CFYFL family!
6. Can I sign up early or late? Answer: Due to demand, you are encouraged to sign up ASAP. Pre-registered football applicants from the previous season are required to make final payments by February 1<sup>st</sup> of current season. If you are submitting information after registration and are missing paperwork you will be placed on a waiting list. Every child that



wishes to play football or cheer will get the chance the opportunity. We do not turn anyone away based on race, financial status, size or weight. We offer Football & Cheer ages 5yr-14yrs.

7. When is equipment pick-up? Answer: CFYFL League equipment hand out mid July. YOU MAY NOT PICK UP EQUIPMENT EARLY. You will "NOT" receive your equipment unless all paperwork is completed and your account is paid in full. If you have a conflict, your head coach will have an alternate date and location for equipment pick up during the first week of practice.

8. What paperwork do I bring to Equipment Pickup? Please refer to the **Equipment Day Forms Page** on this website. At this time all practice gear will be offered at a discount.

9. What is the cut off for league age? Answer: Our Football & Cheer league is grade based and age protected. Teams are determined by grade – Bobble Head: K-2<sup>nd</sup> grade, 3<sup>rd</sup> & 4<sup>th</sup> grade division (10u), 5<sup>th</sup> grader division (11u), 6<sup>th</sup> grader division (12u), 7<sup>th</sup> grade division (13u) and 8<sup>th</sup> grade division (14u) \*Player can turn 15yrs after 7/31. "No Ninth graders"

10. What are the age – weight requirements for tackle football: Answer: Please refer to the chart located on this website ([www.CFYFL.com](http://www.CFYFL.com))

11. Can I help Coach? Answer: We interview our head coaches before the season starts and are selected based on several different criteria. Each head coach has the responsibility to choose his / her own assistant coaches. If you are interested in a coaching position, please fill out a coach's application located under the forms section on our website. Some coaching staffs may be full. We require all new and returning coaches to be certified each season.

12. Where do we practice? Answer: All practices take place at local schools or parks that the CFYFL secures. You can expect five practices per week until school begins and three practices per week and a game on Saturday thereafter.

13. When is the first practice? Answer: CFYFL 1<sup>st</sup> Official Practice Last week of July.

14. How long is the season? Answer: The regular season runs from August through the November. 4<sup>th</sup> Grade Division (10u) through 8<sup>th</sup> Grade Division (14u) football players can count on extending their season with playoffs, AYF Regional and AYF National tournament games. Competitive cheer teams (8u through 15u) can expect American Youth Football's ([www.AYF.com](http://www.AYF.com)) competition at the end of the season and if they place either 1<sup>st</sup> or 2<sup>nd</sup>, will continue to Regional's. If placing 1<sup>st</sup> or 2<sup>nd</sup>, will compete at AYF National Championship series in Orlando, FL during the 2<sup>nd</sup> week of December. If teams place 3<sup>rd</sup> or beyond, they will have an opportunity to compete in November, as well.

15. Where are the games played? Answer: Games are played at local High Schools in the Central Florida area. Limited travel is required.



16. Are there certifications required to volunteer for a position with the league? Answer: Yes. All coaches attend a certification class conducted by CFYFL, Local HS coaches, Nike & USA Football. Parents who volunteer and are on the field and any other volunteers need to fill out a background check application. All coaches and volunteers need to take the CDC concussion training and exam. CPR training is also required.

17. I missed registration, so now what? Answer: Due to high demand you will be placed on the next available team in your area. Please contact either the cheer coordinator or the football coordinator for further details.

18. When will there be another registration day? Answer: Please check the website ([www.CFYFL.com](http://www.CFYFL.com)) for dates and times. You can register online and pay with credit card

19. Are there off-season programs to prepare my child for the upcoming season? Yes. There are various programs hosted and endorsed by the CFYFL. Please check league calendar for details.

20. What if we are relocating to Central Florida and want to participate? Answer: Teams are formed based on High School districts. Again, this would be based on available slots for players / cheerleaders.

#### **In Season FAQ's**

1. When will we receive our game schedules? Answer: Game schedules are created by CFYFL the governing body for our program. We usually receive our schedules in late July and your head coaches will coordinate getting them to you. Please refer to the [Schedule Page](#) of this website.

2. When is picture day? Answer: We will post specific times on the website when it is determined.

3. If I have an issue with a coach, player, parent or league official, how should I handle my concern? Answer: WE ARE A ZERO TOLERANCE PROGRAM. First, realize that any issue contains several factors. Be sure to address any concerns in a controlled and respectful manner. If you have team related issues, the first person you should contact is your head coach. Please do so after practice, or if the coach has designated a specific time that they have parent meetings, this may be your best bet. Some parents are leery to speak to their child's coach as they're afraid that the coach may then take their son down to minimum play, move a cheerleader from a coveted position, etc. Please understand that we have selected these coaches with the understanding that they have nothing but the best interest and safety of your child in mind and will handle your concerns in an adult manner. If you have a league related issue, talk to your head coach in the same format and he / she will bring the issue to the attention of the Area Director / Cheer coordinator. A league official will be in contact with you to resolve the issue or deliver further context. If you do not follow the formal escalation process that will be handed out at the beginning of the season,





your issue will not be handled.

4. What rights do we have as parents and players? Answer: A safe place to play football / cheer with fundamental instruction. Per the CFYFL parent code of conduct any verbal abuse, constant disruption to the team or the experience of other parents will not be tolerated. The Executive Board of the CFYFL reserves the right to warn a parent or athlete one time, and then suspend privileges / participation for one year or permanently, depending on the offense.

5. What is the lightning / natural disaster warning policy for practice and games? Answer: The Teams Area Director / cheer coordinator and League Official will assess weather and playing conditions. If for whatever reason conditions do not allow for practice or games, we will sound a loud horn with one long blast, which means immediately clear the field and parents are to proceed to their cars. The coaching staff will take responsibility of the team during this time. Once conditions are safe, there will be another blast to return to the playing field. Once the horn has been sounded and the field is cleared, you are at your own risk if you choose not to take cover. If the horn is blasted twice, practice is canceled and you will be expected to attend the next scheduled practice. In cases of hurricane warning or events pending of / after natural disasters, CFYFL will follow the same course of action as Seminole / Orange County Schools. If school is closed for weather conditions there will not be practice on that given day. Games and other activities relating to weather will be determined based on availability.

6. What should I expect if my son / daughter don't make it to practice during a given week? Answer: Football is a game of synergy, consistency and preparation. Given these characteristics it is very important to stay on course with practice and all season commitments. If your child inexcusably misses practice during a given week, his head coach will not be required to play him more than the minimum during the next game. Judgment on this issue lies at the team level. On the cheer side, if girls aren't at practice, stunt groups don't work and routines have to be redone.

7. Can I use pictures or the CFYFL or Team name for mass media? Answer: No, not without the express written consent of the CFYFL President and Executive Board.

8. What are the qualifications of league officials responsible for my child's football / cheer experience? Answer: Our philosophy is to conduct a rigorous process to select the best possible volunteer candidates. Most or all coaches have some football / cheer experience and / or coaching experience. All head coaches usually have multiple years experience coaching youth athletics. Some have been dedicated to our program in the past and have a good grasp of the fundamentals. All football and cheer coaches need to obtain the required certification training each season in order to coach on a team. Additionally, all coaching volunteers are required to complete certification courses conducted by CFYFL and are background checked.

9. What is the general purpose of the CFYFL Football & Cheer? Answer: To fundamentally embrace children in the areas of academics and sports. Our main objective is to provide a



safe place for your child to be challenged both as an athlete and a person.

10. Who benefits from the money that goes into the program? Answer: Only you! All fees penny that are collected by the CFYFL is invested back into the growth, safety of our program for the long term. Fees pay for New equipment, up-keep of equipment, storage, practice fields, games fields, referees, insurance, uniforms, team & player tournament fees for tournaments, events. We are a non-profit organization that relies on great people that volunteer their time and knowledge. Please respect this fact and consider volunteering as it can only help all of us.

11. What do I need to do to volunteer at CFYFL? Answer: At registration, you will be presented with a number of opportunities to choose from that will help out your child's team. Please look carefully and know that our parents are expected to perform a minimum of 2 hours of volunteer time per child enrolled in the organization. With that being said, if you have two participants, then you are looking at 4 hours of volunteer time. Make it a fun experience by choosing a volunteer opportunity that interests you. During the course of the season, there will be many jobs available. Game day is the time where we need most of our volunteers. We thank you in advance for contributing to the CFYFL program and insuring the quality of the experience for your child and their team mates.

12. How do I get directions to away games? Answer: All directions to games are listed or linked on our website, [www.CFYFL.com](http://www.CFYFL.com) Your head coach or team mom will also have this information.

14. What is minimum play? Answer: It is a requirement of the CFYFL that all football players, regardless of skill level must play a minimum amount of plays during each game. The actual number of plays is "8" active plays.

15. What if my son wants to play a certain position? Answer: Position assignments are conducted at the team level. We encourage all coaches to tryout each child for different positions early in the season. All children are evaluated equally and will have the opportunity to prove they can play different positions. Each head coach will have an evaluation form, which will list the needed skills for a given position and an evaluation for each player. Position assignments are entirely up to the head coach and his staff.

16. What if I think my son should be playing more? Answer: We recommend asking yourself if your son has done his best to prepare himself to succeed and worked as hard as the rest. Then we ask that you try and be as objective as possible when considering your son's ability compared to his group. The next step is to have a planned conversation with the head coach of your team to get background on his perspective relative to YOUR son. This conversation is not intended to turn his opinion or even create a preferential move for your son. You can only expect a forth right response that will allow you to understand decisions that are made. The information you collect will help you in further influencing your child to work on aspects that will help him. We recommend that you work together with the coaching staff to improve your son's opportunities. If you continue to not be satisfied with your son's playing time, please realize your opinion has been heard and the head coach will



only do what he sees best for the team.

17. What if my daughter wants to be a flyer / base / tumbler? Answer: Much of the same goes for cheerleading as it does for football. While everyone on the team may want to be a flyer, obviously that just is not possible. The coaching staff does its best to evaluate each girl, her talents and abilities and then make the judgment to determine where she will be placed to best serve the team. While your child may have been a certain position the previous season does not necessarily mean that she will retain that position this season due to many factors (the makeup of the current team and their abilities, growth spurts, willingness, etc). Routines are not built around one or two cheerleaders and their abilities, but what will be in the best interest for the entire team to be successful.

18. What are the scholastic characteristics needed of my athlete? Answer: All football players and cheerleaders are expected to sustain a 2.3 grade point average or higher to continue to participate throughout the course of the season.

19. Who is Central Florida Youth Football & Cheer League affiliated with? Answer: American Youth Football & Cheer. The nation's largest football and cheer program with over 1Million+ participants in 50 states. Please visit [www.ayf.com](http://www.ayf.com)

