

# New Parents to the FFL

*“Everything you  
might want to  
know”*



# League Facts

- The FFL started in 1998.
- The FFL is a non-profit, non-paid volunteer organization.
- The FFL does not have a store front. Should you need to contact a board member, all e-mail addresses and descriptions are posted on the website under “FFL Board”.
- The FFL does not own any fields The league works with FISD and the City of Frisco Parks and Rec for all practice and game fields.
- You can purchase FFL merchandise at Frisco Sports



# League Communication

- **E-mail**
  - The FFL sends reminders and informational e-mails through the database. Always be sure that your e-mail address is current so that you do not miss important information, as well as check your e-mail often.
  - Be Sure and check your Spam Folder
- Website ([www.friscofootballleague.com](http://www.friscofootballleague.com))



# 2010 Statistics

- 600+ Coaches
- 2,400 participants (cheer & football)
- 100 football teams
- 65 cheer squads
- 170+ team managers
- 60+ scholarships were awarded



# What does the registration fee include?

- Overall
  - Referees
  - Field maintenance
  - Scoreboards/ maintenance
  - Insurance
  - Awards
  - Operation costs
- Football
  - Game day jersey
- Cheer
  - Cheer uniform (top, skirt, bloomers, bow, poms)
  - Cheer Camp, Stunt Clinic
  - Cheer Extravaganza



# Are there other expenses we may incur after registration?

- Yes. Each team head coach/team manager will set up a budget for the team for the season. Additional items for purchase may include some items below; however, a team may not request MORE THAN \$75 for flag football or \$125 for tackle football and for cheer.
  - Game pants, socks, etc.
  - Helmet decals
  - Equipment (i.e., dummies, footballs, shoes, megaphones, etc.)
  - Cheer camp attire
  - Gift exchange
  - Ad in FFL Program
  - Award Stickers
- These additional fees are optional; however, it is NOT the team's responsibility to pay for the additional costs.

**NOTE: Spirit items are not part of a team's budget and are considered optional purchases.**



# Player Participation Rule

- Coaches are required to play or cheer all participants.
- The FFL is an instructional league. All football players must have at all times, a starting position on either offense or defense. (This means if a player is not playing on an offensive series, the he must take the field when the defense goes out, and vice versa for players not on defense when the offense takes the ball). All cheerleaders will cheer for entire game and participate in any halftime shows.
- Practice Participation Requirement: Flag=50% Tackle=75% Cheer=75%
- If a child should miss practice, a Player Participation Form will be turned in to the VP of Football or VP of Cheer 24 hours before the event. Once a form is turned in, it is the coach's discretion as to when the player enters the game (i.e., 1st series, 1<sup>st</sup> quarter, etc.) and/or event. However, once the player enters the game and/or event, from that point forward, the player is considered a starter and must maintain his starting position and/or status for the remainder of the game or event.

For more information, see the Policies & Procedures located on the FFL website.

## Is there a ball carrying weight? Why?

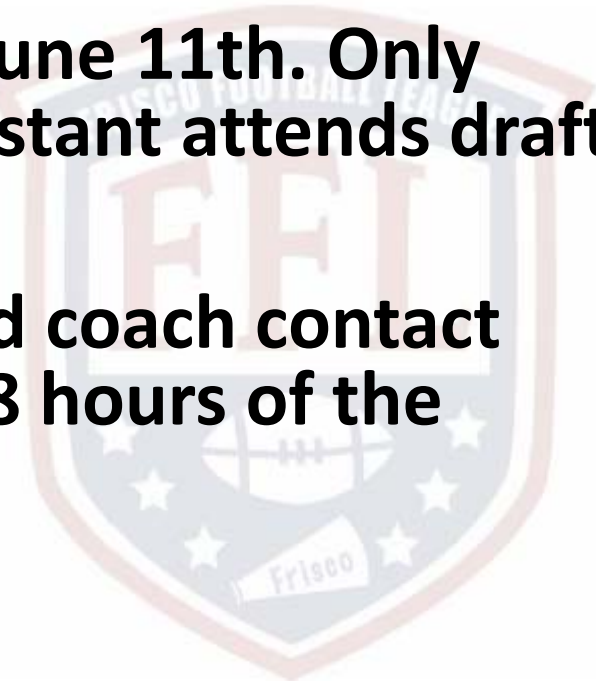
- In the tackle divisions (ages 7-9) there is a weight limit for those that will be playing certain defensive positions, carrying the ball, playing in the backfield or lining up as a wide receiver. This limit is determined based on the average weight of the division. The players official weight that is used is the weight recorded at registration. Players over the limit will have a sticker on the back of their helmet indicating such.
- **REASON:** The rule is in place for fair play among the younger divisions. They are learning their football fundamentals and we want to be sure that the playing field is as level as possible. Football is a contact sport and we want all our younger players to get a comfort level with the contact while ensuring their safety and building their confidence.

# What is skills evaluation?

- Participants are tested in various speed, power and agility drills in order to determine physical prowess.
- The information is objective and is used by the league to provide a basis to rank the athletes, which in turn assists in our goal of providing parity in teams.
- This information combined, with DOB, height and weight is used by the coaches in their selection of players during the draft process.

## **Football - How will I know what team my child is on?**

- **Each team, returning or new, attends a draft, typically 3-4 weeks after final registration.**
- **Draft is on Saturday, June 11th. Only head coach and 1 assistant attends draft.**
- **We ask that each head coach contact their players within 48 hours of the draft.**



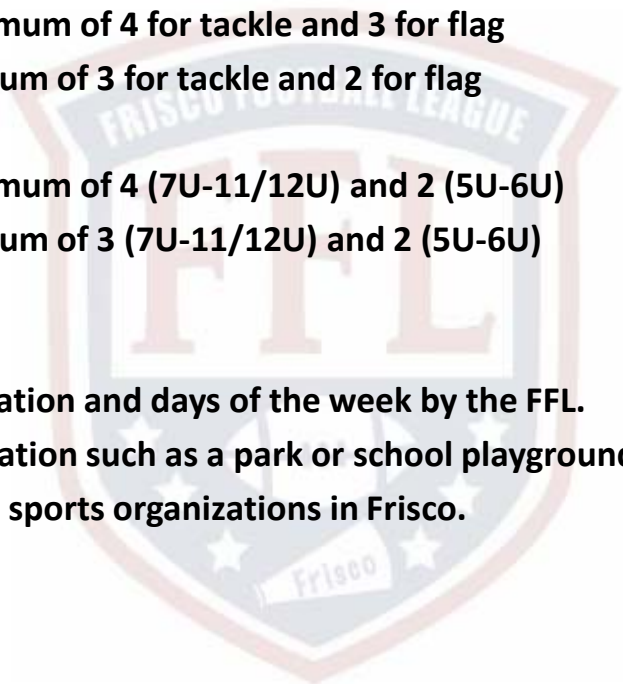
# Cheer - How will I know what team my child is on?

- On June 18<sup>th</sup> Head Coaches will receive their rosters
- The Head Coach will then contact their cheerleaders within 48 hours
- All requests for squad assignments are considered but not guaranteed
- Consideration will be given to the school they attend or potentially attend as of 2011
- Teams are assigned by age and/or grade level
- FFL will accept requests to allow girls to cheer up one age level
- FFL will not accept requests for girls to cheer down one age level



# Practices

- **First AVAILABLE practice for ANY team (football or cheer) is Saturday, August 13th.**
- **First Full pads practice is August 20<sup>th</sup> assuming four non pads practices have been held**
- **How many practices a week are allowed?**
  - **Football**
    - **Before the season begins – a maximum of 4 for tackle and 3 for flag**
    - **After the season begins – a maximum of 3 for tackle and 2 for flag**
  - **Cheer**
    - **Before the season begins – a maximum of 4 (7U-11/12U) and 2 (5U-6U)**
    - **After the season begins – a maximum of 3 (7U-11/12U) and 2 (5U-6U)**
- **Practice Locations (Football and Cheer)**
  - **Each football team is assigned a practice location and days of the week by the FFL.**
  - **Cheer practice should be held in a public location such as a park or school playground.**
  - **Practice locations are shared by other youth sports organizations in Frisco.**



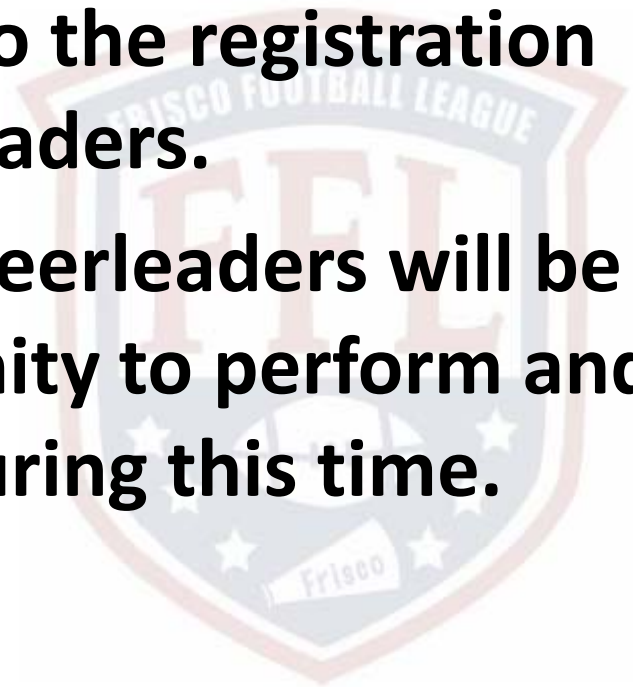
# Games

- Games are played on Saturday's at various locations
  - Bacchus
  - Warren Sports Complex
  - North County
  - Shawnee
  - BF Phillips (Potential site for 2011)
  - FISD high school practice fields
- Typical length of a game
  - Flag games = 1 hour
  - Tackle games = 1.5-2 hours
- How many games
  - Regular season = 8 games



# Cheerleaders

- **Not all football teams have cheerleaders. This is due to the registration numbers of football players compared to the registration numbers of cheerleaders.**
- **At half time, the Cheerleaders will be giving the opportunity to perform and the field is theirs during this time.**



## Play offs

- The top 4 teams from each conference (Red or Blue) in each age division advance to a single elimination play-off format.
- Those who did not qualify for the playoffs will play one consolation game during the first week of play-offs.



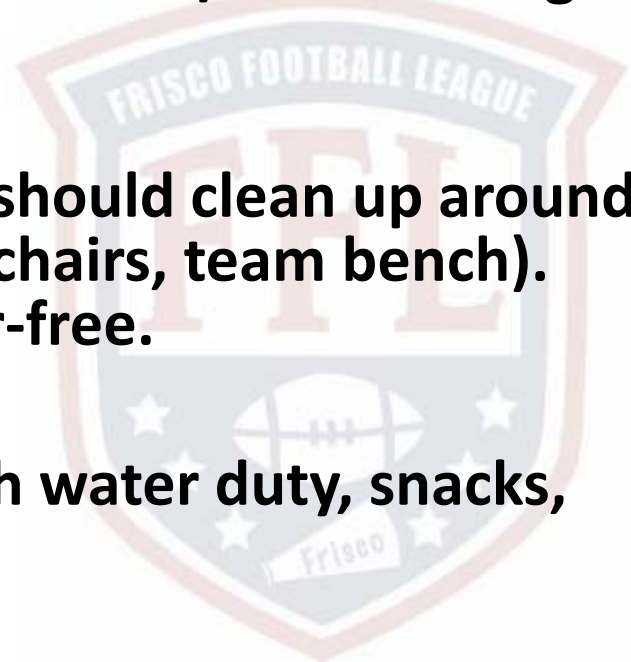
# Cheer Extravaganza

- It is mandatory that **ALL** cheer squads participate in one of the two events that make up Cheer Extravaganza. Each squad will perform a cheer, a chant, and a dance performance.
  - **Competition** – Judged and scored by professional judges outside of FFL. First and second place teams will receive trophies. All runner ups will receive participation medals
  - **Recital** – Not judged and all participants will receive participation medals



# Volunteering for Your Team

- **Home Team – team is responsible for 1 Announcer and 1 Scoreboard keeper.**
- **Visiting Team – team is responsible for 3 chain gang for down markers (3 adults/older teenagers only)**
- **Field Clean-up – parents should clean up around them (i e bleachers field chairs, team bench). Help keep the fields litter-free.**
- **Assist team manager with water duty, snacks, etc.**



# Parent and Fan Expectations

- I hereby pledge to provide positive support, care, and encouragement for my child participating in youth sports by following this Parents' Code of Ethics Pledge.
- I will encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every game, practice, or other youth sports event.
- I will place the emotional and physical well-being of my child ahead of a personal desire to win.
- I will insist that my child play in a safe and healthy environment.
- I will support coaches and officials working with my child, in order to encourage a positive and enjoyable experience for all.
- I will demand a sports environment for my child that is free of drugs, tobacco, and alcohol, and will refrain from their use at all youth sports events.
- I will remember that the game is for youth-not for adults.
- I will do my very best to make youth sports fun for my child.
- I will ask my child to treat other players, coaches, fans, and officials, with respect regardless of race, sex, creed, or ability.
- I promise to help my child enjoy the youth sports experience by doing whatever I can, such as being a respectable fan, assisting with coaching, or providing transportation.

## Friendly Reminders

- Check the FFL website at [www.friscofootballleague.com](http://www.friscofootballleague.com) for reminders and announcements.
- Check the FAQ on the website for frequent questions and answers.
- Always be sure to check your e-mail frequently, as well as be sure your e-mail address is up to date.

