



# FPYC Tackle Football 2023 FAQ's



## WHO CAN REGISTER FOR FPYC TACKLE FOOTBALL?

Registration is open to all boys and girls ages 7-16 in Fairfax County. Approval is needed if you live outside the County.

## WHEN WILL REGISTRATION OPEN?

Registration is currently open.

## WHAT IS THE COST FOR REGISTRATION?

Early bird registration is \$225. Regular registration is \$250. Late registration is \$275.

## ARE THEIR DISCOUNTS FOR SIBLINGS?

Yes. Where applicable, a family discount will apply to specific fees when children from one family participate in the same sport.

## WHAT DOES REGISTRATION COST COVER?

The registration fee covers equipment usage, reconditioning, league fees, city, and county fees. Note, it costs the program \$350 per player. However, to keep registration fees low, we conduct fundraisers and receive sponsor support to help offset the cost.

## DO YOU OFFER SCHOLARSHIPS?

Yes, we have a limited number of reduced fee scholarships available. They are issued first come first served. To discuss scholarships, email us at [football@fpycsports.com](mailto:football@fpycsports.com).

## WHAT TYPE OF PAYMENT(S) ARE ACCEPTED?

Credit card payments are accepted for online registration. To discuss other payment methods, email us at [football@fpycsports.com](mailto:football@fpycsports.com).

## **IS THERE A DISCOUNT FOR CHILDREN OF COACHES?**

Yes. Children of registered coaches receive a discount for their volunteer time.

## **WHEN DOES THE SEASON BEGIN AND END?**

The season begins August 7th with practice. Games typically start the second weekend in September. The season is 7 games long with the opportunity for additional post season playoff games. The regular season ends at the end of October and playoffs end the second weekend in November.

## **WHICH DAYS ARE PRACTICE AND WHEN DOES IT START AND END?**

Practice is Monday – Friday (6:15pm – 8:15pm) in August. After Labor Day, practice is Monday, Wednesday, and Friday (6:15pm – 8:15pm).

## **WHAT SHOULD I DO IF I HAVE A CONFLICT ON SOME PRACTICE DAYS?**

Don't let this stop you. Coaches will work with players who have scheduling conflicts. We understand the tackle schedule is demanding in August and we will be flexible in working with parents.

## **WHAT IF WE HAVE A VACATION PLANNED DURING THE FIRST WEEK OF PRACTICE?**

If your child is not present during the first week or evaluation period (first practice week), they will be evaluated as quickly as possible upon your return. Players are required to have at least 3 days of non-contact practice prior to contact. We highly encourage participants to be present during the month of August.

## **WHERE ARE PRACTICES AND GAMES?**

Practices are at [Draper Drive Park](#). Our home games are played at [Fairfax High School](#) and away games can be at any of the 16 other club locations in the league.

## **WHAT DAYS ARE GAMES PLAYED?**

Games are mostly played on Saturdays. The league schedule is published at the beginning of September.

## **DO YOU OFFER FOOTBALL CLINICS?**

Yes, we will conduct a youth football clinic July 25, 26, and 27 at Draper Drive Park. Start time is 6:30pm.

## **I AM INTERESTED IN COACHING, WHAT SHOULD I DO?**

Send an email to the Football Director at [football@fpycsports.com](mailto:football@fpycsports.com)

## **DO I NEED A DMV CHILD ID OR BIRTH CERTIFICATE TO PLAY?**

Yes. The acceptable ID by the Fairfax County Youth Football League (FCYFL) for the weight certification process is the DMV Child ID aka "Walker" ID. This process requires a visit to the DMV and allowing at least 2 weeks for the ID to be received in the mail. Note: DMV COVID policies may require you to make an appointment verses walk in. If your player already has a DMV Child/Walker ID, make certain it is current to include the correct address.

## **DO I NEED A PHYSICAL TO PARTICIPATE?**

No. A medical physical is not required. However, it is recommended.

## **ARE COACHES BACKGROUND CHECKED?**

Yes, each coach must pass a background check and sign a code of conduct with the FCYFL before they are allowed on the field.

## **ARE COACHES CERTIFIED?**

Yes, coaches are certified by USA Football. The educational components of the certification include concussion awareness, heat preparation/hydration, equipment fitting, and heads up tackling/blocking.

## **WHAT EQUIPMENT WILL I NEED?**

We will provide a helmet, shoulder pads, practice jersey, practice pants, game jersey, game pants, mouthpiece, and game socks.

Players are responsible for cleats, a football Girdle (required), and athletic supporter (optional).

Players who wear glasses should obtain a pair of sports glasses for safety reasons and/or wear a strap around their glasses. Players with braces should obtain a mouthpiece that is designed for that purpose.

## HOW ARE TEAMS FORMED?

The Age and Weight Matrix is the OFFICIAL age/weight criteria as established by the FCYFL. Players must meet the age and weight requirements in the chart below by the August weigh in.

Weight Class	Age on October 1 (See exceptions for 15 and 16 year olds)									
	7	8	9	10	11	12*	13*	14	15**	16***
AB*	UNL	90	55							
80LB		Unlimited/100*	100	85	80					
90LB			Unlimited/110*	110	95	90				
100LB				Unlimited/120*	120	105	100			
115LB					Unlimited/135*	130	120	115		
130LB						Unlimited/160*	140	135	130	
155LB							Unlimited/185*	Unlimited/165*	160	155

FCYFL divides most of the Weight Classes into 3 skill levels or divisions with the belief that the combination of the weight matrix with the 3 skill levels will provide the vast majority of kids with the opportunity to be successful at their own pace.

**Anklebiters:** The Anklebiter Instructional Group is one conference, divided into several divisions. Since these are the youngest players in an instructional group with special competition rules, no distinction between levels of experience is warranted.

**American Conference:** This conference is structured with youths of the greatest ability and most experience in comparison to their peers. Participation rules at this level require only that the players play a significant portion of the game.

**Central Conference:** This conference is a mid-level competition group structured to include both single entry club teams which may not be able to compete equally in the American Conference and multiple entry club teams with some experience. Participation rules require players to play the entire game in either an offensive or defensive position.

**National Conference:** This conference is designated as a conference for multi entry teams with youth of limited ability and experience in comparison to other conferences. Participation rules at this level require that a player must play the entire game in either an offensive or defensive position.

## **WHY SHOULD MY CHILD PLAY FOOTBALL?**

The values kids learn from football set them up for success on and off the field. The game inspires character, leadership, resilience and teamwork — key life skills that transfer from the huddle to the classroom and beyond.

## **MY CHILD HAS NEVER PLAYED A CONTACT SPORT. SHOULD I BE CONCERNED?**

No. Levels of Contact allows coaches to plan effective practices through a step-by-step approach to teaching the fundamentals — so players can build skills and gain confidence in limited full contact environments. Gradually increasing intensity levels introduce young athletes to blocking, defeating blocks and tackling drills that make it easier for them to master essential football skills.

## **FOOTBALL IS CONTINUALLY ADVANCING. WHAT ARE SOME OF THE RECENT KEY DEVELOPMENTS?**

Football, as we know it, is changing. The way the game used to be taught and played is different from what's happening today. Player protection and injury prevention are front and center, causing a major culture shift within the sport. FPYC and all leagues across all levels are adopting new technology, regimes and regulations in an effort to reduce the risk of injury, as researchers continue to focus on the impact of sustained contact in youth sports.

## **WHAT IF I HAVE ADDITIONAL QUESTIONS?**

Contact us at [football@fpycsports.com](mailto:football@fpycsports.com)

