



2019

PARENTS GUIDE



The Fairfax Police Youth Club (FPYC) is a 501c3, non-profit, volunteer organization that has served Fairfax families since 1963. FPYC football plays in the Fairfax County Youth Football League (FCYFL). With 23 clubs, 300 teams, more than 700 coaches and 5,000 players, FCYFL is one of the largest youth football leagues in the Metro Area. FCYFL is a proud member of USA football.

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1. WELCOME

Welcome to the Fairfax Police Youth Club (FPYC) Tackle Football Program.



FPYC Football competes in the Fairfax County Youth Football League (FCYFL) and operates within the rules of the FCYFL. All players between the ages 7-16 who meet the weight requirements of the FCYFL and possess a DMV Child/Walker ID are eligible to play.

The purpose of this manual is to help parents and players get answers to frequently asked questions and to get plugged into the sources of information needed throughout the season.

Thank you for your interest in FPYC Football. [Click here for our "ALL IN" Hype Video.](#)

2. THREE (3) THINGS YOU CAN DO NOW

1. Get your DMV child/"walker" ID – IMPORTANT. All players must be weight certified each August. The only acceptable ID by the FCYFL for the weight certification process is the DMV Child ID aka "Walker" ID. Plan ahead! If your player does not have a DMV Child/Walker ID, you must obtain one immediately. Do not delay addressing this issue. This process requires a visit to the DMV and allowing **at least 2 weeks** for the ID to be received in the mail. If your player already has a DMV Child/Walker ID, make certain it is current to include the correct address. Expired IDs will not be accepted by the FCYFL. Click on the DMV icon above or visit the FPYC Football webpage for further details. ***Note: Players must show their DMV ID or receipt before receiving football equipment.***



2. Connect with us on our Website and Social Media - The FPYC Football webpage is located at <http://www.fpycsports.com/sports/football>. This is your number one source for information in and out of season. We also use social media to communicate with parents and players and also to publish relative articles. Sign up and follow us at:



3. Plan Now to Register – Save money and register early. The earlier you register, the more you save. The Early and Regular registration fee includes free admission to the FPYC Youth Camps in July. Important dates for the season are available on our [Events Calendar](#) on the Football Home Page.

3. THE REGISTRATION PROCESS

Registration opens in May and will continue through the middle of September. Depending on the number of players and teams, registrations after September 3rd could be subject to a wait list. Online registration is at <http://www.fpycsports.com/registration>. We will hold three (3) walk in registration dates on July 13th, July 20th, and August 3rd.

For online registration, only Visa or MasterCard is accepted. For walk-in registration, only cash or check is accepted.

DISCOUNTS:

Where applicable, a family discount may apply to specific fees when children from one family participate in the same sport, in the same season. All family members must register at the same time to be eligible for any discount offered.

DONATIONS:

FPYC Football is a non-profit organization. We ask that you consider donating to offset the cost to the football program. Your tax-exempt donation goes toward grants for underprivileged players, equipment improvements and administrative fees.

A small donation in the amount of \$5.00, \$10.00 or \$25.00 per registration goes a long way and is greatly appreciated.

SCHOLARSHIPS:

FPYC Football offers a limited number of reduced-fee scholarships. In order to qualify, applicants must live in Fairfax County and receive assistance from one or more of the following: Free/Reduced School Lunch, Temporary Assistance for Needy Families, Aid for Dependent Children, Foster Care, or Medicaid. All applicants must also be enrolled in school (kindergarten through 12th grade). If your child meets this criteria, you MUST register in person (Walk-in Registration) and bring a copy of your benefits, or eligibility, letter with you to be considered. Remember, for walk-in registration, only cash or check is accepted.

REFUND POLICY:

At a minimum, a \$45.00 handling fee will be deducted from ALL refunds.

4. WEIGHT CLASSIFICATION AND ELIGIBILITY

The Age and Weight Matrix is the OFFICIAL age/weight criteria as established by the FCYFL. Players must weigh at or greater than 40lbs by the official FCYFL weigh-in August.



Players must meet the age and weight requirements in the chart below and possess a valid DMV Child/Walker ID in order to play.

Birthday Age Cutoff Dates: Ages 7-11 and 14 - Age on October 1; Ages 15-16 - 15 year olds that turn 16 on or before December 31st must play 155lbs. No player that turns 17 on or before December 31st is eligible to play.

Use the Age and Weight chart below to determine your player's weight class.

Step 1. Determine your players age as of October 1st. This is your player's "football age".

Step 2. Locate your player's "football age" in the top row of the chart below.

Step 3. Move down the chart until you find the weight closest to your player.

Step 4. Staying in that row, move to the left to determine your player's weight class.

FCYFL Age and Weight Matrix

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

* Unlimited players are not eligible to play in a position that normally handles the ball unless they are at or below the listed maximum ball carrier weight (the weight limit listed next to "Unlimited/" on the chart above). Positions excluded for unlimited players exceeding the maximum ball carrier limit include all offensive backfield positions, all eligible receivers and tight end positions, and any position not on the first line of a special teams formation. Exceptions include offensive positions of center, punter and placekicker.

** 15 year olds that turn 16 on or before December 31st must play 155lbs.

*** 16 year olds that turn 17 on or before December 31st are not eligible to play.

In addition to the weight matrix, the 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. There are 2 exceptions to the 3 skill levels: (1) at Anklebiters all children are considered to be developmental, and (2) at the 155lb weight class where participation levels prevent splitting into multiple teams and the majority of the kids are on the last stage before moving on to High School football.

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.

5. GETTING PLAYERS TO THE RIGHT WEIGHT CLASS

Since each weight class has both an age range and a weight range it is imperative that players start the beginning of the season in the correct weight class. At equipment issue and again on day one, players will participate in an internal (informal) club weigh in to determine if they are registered for the correct weight class. Players weighing less than 4lbs over the weight limit for the registered weight class will be allowed to remain in that weight class as long they are able to meet the weight standard by the 2nd FCYFL official weigh in. No exceptions. Players weighing 5lbs or more than the weight limit for the registered weight class must immediately move up to the proper weight class on day one.

6. TEAM DRAFT PROCESS

We conduct a draft at each weight class to place players in the most appropriate conference for their skill. It is best for the child to play at the highest level of competition that he or she is able and therefore requires that players play on the team to which they are drafted.

Carpooling, being neighbors/friends, going to school together, etc., are not necessarily reasons to place a player on a specific team with a specific coach. Teams practice at the same time and location. An exception is siblings who are eligible to play at the same weight class.

For all weight classes, the only players “protected” from selection by other teams are the children of the head coach.

Anklebiter Draft: The Anklebiter team draft must ensure an equal balance of talent and abilities between teams. An “equitable” draft is conducted if there are multiple teams.

American Draft: The head coach of the American team will select his/her team first.

Central Draft: Following the American draft, the Central division head coach will select players next. If there is only one Central team, the head coach will select his/her players first. If there is more than one team, a draft will take place between the Central teams, with the goal of having equal talent/abilities on each team.

National Draft: After selection by American and Central teams, all other players will go to the National team. If there is more than one National Team, a draft will take place, with the goal of having equal talent/abilities on each team.

7. PRACTICE LOCATION AND SCHEDULE

All teams practice at Draper Drive Park. The park address is: [9797 Beech Drive, Fairfax, VA](https://www.google.com/maps/place/9797+Beech+Drive,+Fairfax,+VA/@38.875444,-77.285556,15z).

Having two (2) side by side synthetic turf fields with bleachers and lights, our teams have ample space to practice each phase of the game. Parents enjoy the dedicated parking, convenient location and great sideline views while watching practice. Rain doesn't keep us from getting better. Parents don't have to worry about mud in cars or the house.



Practices are held Monday-Friday from 6:15pm to 8:15pm beginning August 5th 2019. Starting the week of September 2nd, 2019 all teams will begin a 3 day a week practice schedule on Monday, Wednesday, and Friday from 6:15pm to 8:15pm.

****PARKING - Do not park illegally at any time. Your car may be ticketed and/or towed. Illegal parking will jeopardize football's use of the field.**

For additional details/directions visit the FPYC Football webpage. [Click Practice Field](#)

8. GAMES

Harold Stalnaker Stadium on the campus of [Fairfax High School](#) is where FPYC Football calls home. Fairfax High School is known for one of the best playing surfaces in the area.

The regular season begins the second weekend in September and ends at the conclusion of county championships in early November.



For additional details/directions visit the FPYC Football webpage. [Click Our Home Field](#)

9. WEIGH INS



All players must weigh in to ensure they are in the Appropriate weight class division and that they meet the standards of the age/weight matrix in section 3.

Weigh-in schedule is as follows:

- First Weigh In August 10th, 2019 Free
- Second Weigh In August 17th, 2019 \$20 Late Fee (Payable to FCYFL)
- Third Weigh In August 24th, 2019 \$20 Late Fee (Payable to FCYFL)

Location: [Falls Church High School](#) - 7521 Jaguar Trail, Falls Church, VA 22042

10. COMMUNICATIONS

Communication goes 3-ways. Always communicate with your head coach. Make sure to inform them well in advance if your player cannot attend any practice or game.



Parents will be notified primarily through e-mail. Please remember to notify us of changes in your contact information.

11. WEATHER

Practices and games will proceed rain or shine, but **not** in the case of lightning. Parents must keep an eye on the weather and be prepared to pick up their player from practice and games early. In the event of severe inclement weather prior to the start of practice the commissioner will make a weather decision by 5:00pm. **Follow FPYC Football on twitter at [@FPYC Football](#) for real time updates.**

12. PLAYERS EQUIPMENT

Equipment Issue: Players are required to wear all equipment to practice and games as prescribed by the practice calendar.

Registered players who possess a DMV ID will be issued the following equipment on loan:

- ☑ Helmet with chin strap
- ☑ Shoulder pads
- ☑ Pants



- ☑ Mouth piece
- ☑ Game jersey (*Issued mid-August*)

The following items must be purchased from the club, but are yours to keep:

- ☑ Practice jersey - \$15 (*Mandatory for all players*)
- ☑ Game socks - (*Included with registration*)

Note: These items are non-refundable

The following items are the responsibility of the player:

- ☑ Cleats
- ☑ Football Girdle – (*required*) (*Available in July at the FPYC Football team store*)
- ☑ Athletic supporter (*optional*)

Players who wear glasses should obtain a pair of sports glasses for safety reasons. Players with braces should obtain a mouth piece that is designed for that purpose.

Your child must be present at equipment pick up in order to be fitted properly.

There are no exceptions as this is a safety issue. Information on equipment pick up days will be emailed to registered parents and posted to the football home page.

Equipment Care: It is important to maintain clean equipment and gear not only to extend the life of the equipment but also to prevent infections. Please clean your uniforms and

equipment regularly, especially pads and helmets. Wipe them down with cleaning wipes and Lysol.

Game jersey and pants should be washed in cold water and air-dried. **DO NOT PUT THEM IN THE DRYER.** Practice jerseys, girdles, and socks can be washed and dried normally.

Return of Equipment: All FPYC issued equipment will be returned immediately at the end of the season. Coaches will notify you of a turn in date which could be the same day of the final game. If any equipment is missing, you will be charged for those items. A complete set of equipment costs \$270.

- Helmet w/decal and Chinstrap- \$120
- Shoulder pads - \$40
- Game Jersey - \$45
- Game Pants - \$40
- Practice Pants - \$25

13. FOOTBALL CAMPS

The FPYC Youth Football Camp is scheduled for July 22nd – July 24th and Team Camp is scheduled for July 29th – July 31st, both at [Draper Drive Park](#) from 6:30pm – 8:00pm. The camp fee is included in the registration. The camp is designed to teach kids the basic fundamentals of football as well safe tackling/blocking techniques. The camp is also open to non FPYC tackle football players.

14. WHAT TO EXPECT THE 1ST WEEK

Players will be placed in the correct weight class from the beginning. During the first 2



days, players will participate in “combine style” assessments to evaluate their skills. All players will be evaluated by the coaches to determine their placement based on their skills and abilities in relation to their peers. Players must have three days of non-contact drills before they may engage in hitting drills.

Players should make every effort to be at each practice so they do not fall behind. If you are going to miss any practices or be on vacation during the first week (August 5th), please notify your weight class coach or the commissioner before August.

15. PLAYER PARTICIPATION

FPYC Football follows the FCYFL Player Participation rule which states:

American Division: “The Player Participation Policy of the American Division is that each player shall participate in every game for a significant portion of the total game time. Although specific play numbers or time requirements are not required in this division, it is the spirit and intent of the League that all Players participate fully.

Central and National Divisions: “The player participation policy of the Central and National Divisions as well as the Anklebiter Group is that each player shall play the entire game, either on offense or defense, except in the case of an injury. The purpose of this rule is to allow every rostered participant to play the entire game. The basics of the rule are:

- The maximum number of players per team is 22.
- The offense team may choose to play 12 players while running offense, using the 11th and 12th players to shuttle plays to the huddle. Only 2 players may be used to shuttle offensive plays into the huddle, each play alternating on subsequent downs. If a coach chooses to use this method; then those players used to shuttle plays must play defense and cannot be substituted unless injured or sick.
- At the change of any possession, all players on the sideline must enter the game.



16. FROM YOUR PLAYER SAFETY COACH (PSC)



Be a Better Coach

Football coach certifications help expand your knowledge, so you can make your team better and safer.

FPYC Football is a Heads Up Football program enrolled with USA Football. Heads Up Football is a comprehensive program developed by USA Football to advance player safety in the game of football. Funded in part by the NFL Foundation, Heads Up Football is designed to change

the culture around America's favorite sport and enhance player safety at the youth and high school level. As a Youth football league we realize the benefits that certified coaches and a commitment to safety can bring.

PATHWAY TO COACH CERTIFICATION

Football player safety is enhanced by football coach certification. This cornerstone element of Heads Up Football — along with Player Safety Coaches and additional educational



offerings — puts an official stamp of approval on the effort that youth and scholastic football coaches put into learning about and promoting a safer game.

All coaches are required to take the Youth Tackle Re-certification annually which provides uniformity across teams in youth football leagues, enabling new or veteran coaches to quickly get up to speed and apply their knowledge. This certification provides guidance on concussion recognition and response, heat preparedness and hydration, proper equipment fitting

and Heads Up Blocking and Tackling.

17. COACHES

All FPYC coaches must be energetic, positive and a devoted supporter of gamesmanship and sportsmanship. In addition to registering, coaches must be tackle certified, pass a background check and sign a code of conduct with the FCYFL before they are allowed on the field. We also require our coaches to have a working knowledge of the leagues rules and policies as well as attend regular football meetings and coaches training.

18. VOLUNTEERING

Get involved. Do something. Make the time to help. Football requires a great effort to do it properly. Find a way to contribute. Luckily, in this endeavor there is a payoff; community spirit, pride, and the fun of contributing is not only its own reward, but it provides our children a positive example of what team work can create. As adults, let's do our best to "walk the talk".



Below are descriptions of volunteer positions to be supported.

Coaches – Head and Assistant - If you are interested, contact the Football Commissioner at Football@fpysports.com. You can also apply at FPYC Sports.

Football Team Coordinator - The Team Coordinator (TC) will work with the Coaching staff to make sure parents and players stay informed throughout the season so that coaches can focus on coaching. The TC will also help collect and/or distribute items to the parents on their team, such as fundraising items and spirit wear. Let your coach know of your interest.



Field Set-up - On game day (Saturdays) assistance is needed to set up the field. The field must be set up prior to the 1st game. This takes approximately 10 minutes.

Concession Volunteers – Help is needed to operate the concession stand. The times for the different shifts will be available when once the schedule is published.

Chain Gang – This is the best seat in the house. The chain gang consists of three volunteers who manage the down marker and the first down chains from the sideline for your child's home game. Volunteers must 18 and older.

Teardown Crew – This crew would be required to stay following the final game and take down and store field items. This takes approximately 10 minutes.

19. FUND-RAISING

**WE PUT THE
FUN
IN FUNDRAISING**

We will conduct fund raising activities throughout the season. We need your support. Fund raising is the single most important means for us offset the cost associated with operating the football program. Participation in fundraising is voluntary, but strongly encouraged. Other programs in the area require not only fundraising but also require volunteer hours from every family. Our program encourages volunteering and participation in fundraising and provides a number of ways in which you can contribute to fundraising efforts in a way you feel most comfortable.

20. TEAM PICTURES

Announcements will be made regarding team pictures. Times and locations will be communicated via e-mail.

21. SHOW YOUR SPIRIT

Spirit Wear will be on sale at different times throughout the season in our team store. Show your support and Reb Nation pride by purchasing t-Shirts, hats, sweatshirts, jackets, etc.

22. SPECTATOR CONDUCT

Parents, Players or Coaches should never criticize referees, opponents, coaches or players. Poor Sportsmanship has no place in FPYC Football and will not be tolerated.

23. PARENT COACH RELATIONSHIP

Both parenting and coaching are extremely difficult roles. By establishing an understanding of each role, we are better able to accept the actions of each other and provide a greater benefit to our children. Parents, when your child becomes involved in our program, you have the right to understand what expectations will be placed on your child. This begins with clear communications from the coach of your program.

Communications to expect from your child's coach:

1. Team requirements and rules.
2. Game/practice schedule and updates.
3. Injuries occurring at practice/games.
4. Rewards and Inspiration.

Communications coaches expect from athletes/parents:

1. Any concerns are expressed DIRECTLY to the coach.
2. Advanced notification of any schedule conflicts.
3. Advanced notification of any illness or injury – when possible.

It is the goal of everyone that each athlete will experience some rewarding moments in these growing years. It is important to understand that there may be times when things do not go the way you and/or your child wish. When this occurs, discussion with the coach is encouraged. It is the first and most integral step to understanding and resolution.

Appropriate Concerns to Discuss with Coaches:

1. Treatment of your child.
2. Ways to help your child improve.
3. Concerns about your child's behavior.



Inappropriate Concerns to Discuss with Coaches:

1. Playing time.
2. Team strategy and plays.
3. Football team selection.
4. Other athletes.

24. OUR SINCERE THANKS

After all the details that are required to make this organization work, let's not forget what this will produce. A beautiful, crisp fall day, with friends and neighbors watching our children create wonderful lasting memories.



The Fairfax Police Youth Club Football staff thanks you for your support and cooperation in helping make us who we are.....your club of choice.

For questions, please email football@fpycsports.com