

Frequently Asked FOOTBALL Questions

What are the age groups and weight limits for each football team?

Football Players	Age	Football Max. Weight
Age as of 12/31	(Mighty Mite) 7 & 8	110 lbs.
Age as of 12/31	C-Team 9 & 10	130 lbs.
Age as of 12/31	B-Team 11 & 12	155 lbs.
Age as of 12/31	A-Team 13 & 14*	185 lbs.

- * May not be a high school student

Play Down Rules (under-over)

A player that meets the criteria below, may at his/her option, choose to play down one squad. Ages below are based on CTYFL playing ages.

1. 9 years old but LESS than 60 pounds, may play on the Mighty Mites (D-squad)
2. 11 years old but LESS than 80 pounds may play on the "C"-squad.
3. 13 years old but LESS than 100 pounds may play on the "B"-squad

Is my son or daughter eligible to play for the East Hampton Hawks

All participants, except CTYFL returning approved grandfathered players, eligibility to play for the East Hampton Hawks must have a legal residence in East Hampton, East Haddam or Portland, CT as defined by their town boundaries. Your child must be legally eligible to attend East Hampton, East Haddam or Portland Public Schools.

When are Weigh ins: Weigh-Ins are 30 minutes before game start
(If you don't make weight-In you cannot play in the game) * These practice days are for all levels, no coach can change these times for practice unless they get the Director of Football's approval (Domenic Fontano)

How do I find out if a game or practice is canceled due to inclement weather?

East Hampton will adhere to East Hampton Parks & Recreation field usage standards. Therefore if the athletic fields are closed by Parks & Rec, there will be no practice. If the fields are not closed by Parks & Rec and there is inclement weather, East Hampton Hawks will use its discretion and/or the discretion of the head coaches in canceling practice. You will be notified by phone or by email. In the even all practices are cancelled, notification will also be posted on our website: www.ehyouthfootball.org

ALL OUTDOOR PRACTICES AND/OR GAMES WILL BE CANCELLED DUE TO THUNDERSTORMS AND/OR LIGHTENING!!! PLEASE BE AVAILABLE TO PICK UP YOUR CHILD IMMEDIATELY DUE TO GAME OR PRACTICE CANCELLATION DUE TO THUNDERSTORMS AND/OR LIGHTENING!!!

How are positions and playing time determined?

Players will be competing with their peers for playing time at each position during practices and games. Coaches will evaluate each player in order to determine where they can help the team. Players who demonstrate hard work, discipline, and good attendance during practices and games will be rewarded with additional recognition and playing time.

How many football plays will my child participate in during the games?

The East Hampton Hawks and CTYFL by-laws mandate that all players must participate in a **minimum of six (6) plays per game**, which includes offense, defense, and special teams for the A & B Teams. C Team and Mite players will participate in at least six (6) plays per game to include offense and/or defense. Some players will only play the minimum six plays per game, and some players will play more than six plays. Additional playing time above the league required minimum of six plays is up to the discretion of the football coaching staff.

My child participates in additional activities during the football season. How does this affect my child's chances of playing?

East Hampton Hawks encourages each player to attend and participate in all practices and games. If a player must miss a practice or game, a coach must be notified either by phone call or email in advance. Limited excused absences are acceptable and will be allowed, however excessive absences may result in loss of playing time due to lack of participation.

Excessive unexcused absences and/or missing 2 or more practices during the week may result in game day suspension.

What does my child need in order to participate in football?

1. Game Jersey and Game Pants - (Supplied By East Hampton Hawks)
2. Helmet - (Supplied By East Hampton Hawks)
3. Shoulder Pads - (Supplied By East Hampton Hawks)
4. Practice Pants, Socks, Practice Jersey - (Supplied By East Hampton Hawks)
5. Athletic Cup/Supporter (Parents Must Buy)
6. Football Cleats w/Rubber Cleats - No Metal Spikes!!!! (Parents Must Buy)
7. **OPTIONAL** - Helmet Eye Shield - (Parents May Buy And Can Be Purchased From East Hampton Hawks)

What does my child need to wear to football practice?

Coaches will usually announce the dress code for the next practice. The majority of practices will be held in "Full Pads". Please reference the "Dress Code" for what to wear to practice.

FOOTBALL DRESS CODE:

- ☑ **"NO PADS"**- Players will need to wear a T-shirt or practice jersey, shorts, and cleats for the first 10 hours of conditioning.
- ☑ **"HELMETS ONLY"**- Players will need to wear a T-shirt or practice jersey, shorts, cleats, and helmet.
- ☑ **"SHELLS"**- Players will need to wear helmet/mouthpiece, shoulder pads, practice jersey, shorts, and cleats.
- ☑ **"FULL PADS"**- Players will need to wear helmet/mouthpiece, shoulder pads, practice jersey, practice pants, girdle, all pants pads, cup/supporter, and cleats.

When will my child receive the East Hampton Hawks issued equipment?

1. No player will receive any Game Day Uniform until all required financial and fund-raising obligations are met and all required equipment contract(s) are signed by the parent /guardian. *All registration requirements met*
2. All equipment signed for in the equipment contract must be returned to the East Hampton Hawks on the team assigned published return date(s) in the same CLEANED CONDITION in which it was received.
3. Each team will be advised of the equipment return date at before the season ends, and we must receive the equipment on that date.
4. A \$25 late fee per child will be charged to any parent/guardian who does not return the equipment on or before the required date. A police report will be filed as stolen.
5. Unpaid fees will prevent a player(s) from participating in the program in subsequent years until the fee(s) is paid.