

WEST BRIDGEWATER YOUTH FOOTBALL FREQUENTLY ASKED QUESTIONS

What is West Bridgewater Youth Football?

West Bridgewater Youth Football (WBYFA) is an all volunteer 501(c)(3), non profit organization, dedicated to offering a full-contact football program for children in grades 2nd – 8th grade enrolled in the West Bridgewater School Systems. West Bridgewater participates in the Old Colony Youth Football League (OCYFL). WBYFA is committed to providing a positive football experience for the youth of West Bridgewater.

What is the Old Colony Youth Football League – OCYFL?

The Old Colony Youth Football League is an independent youth football organization that prides itself on being a local league and not being affiliated with any national organization.

The OCYFL is local league that has grown from modest beginnings. The league began in 1965 with just 6 teams from around the South Shore of Massachusetts. The OCYFL now includes 22 teams from Southeastern Massachusetts. Teams are split up into 5 divisions based primarily on their K-8 school population. For some of the larger towns the OCYFL added an additional division 6 that allows these towns to play age and grade appropriate football.

The OCYFL is now the largest independent youth football league in Massachusetts. The League is well run and closely governed by an Executive Board and five vice presidents who are all voted in by the member towns. The organization is closely bound by their own By Laws which are updated annually as voted by all member towns.

You can learn more about the OCYFL at: <http://www.ocyfl.com>

What are the playing levels, age and weight requirements?

It is important to note that West Bridgewater plays against age, grade and weight based competition. It is mandatory that each player appear for the official weigh-in at the time and date decided by the OCYFL (usually the Saturday after Labor Day) to be eligible to compete during the season. If a player's weight exceeds the maximum during official weigh-in, the player will be provided the option to move up to the next weight level. After the player makes the weight at the official weigh-in, 1 pound growth allowance is added to the limit each week of the season. Maintenance of weight during the season is monitored prior to each game.

2016 Weights and Weeks:

assumes: 8 lbs of equipment for Mites and Peewees
10 lbs of equipment for Midgets
1 lb per week for growth for all

<u>Week</u>	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>	<u>7</u>	<u>8</u>
Mites	114	115	116	117	118	119	120	121
Pee wee	139	140	141	142	143	144	145	146
Midgets	176	177	178	179	180	181	182	183

Playoff / Superbowl:

<u>Week</u>	<u>9</u>	<u>10</u>	<u>11</u>
Mites	122	123	124
Pewees	147	148	149
Midgets	184	185	186

What about equipment?

West Bridgewater provides each player a helmet, shoulder pads, thigh pads, knee pads, mouth guard, rib protector, practice shirt, practice pants, game shirt and game pants.

Player is responsible for his own cleats (molded rubber bottom), athletic supporter/cup, and any other optional equipment (forearm pads, gloves, etc.).

West Bridgewater equipment distribution days are scheduled prior to the start of the season. Equipment distribution will take place at the WBYFA Clubhouse. The WBYFA website will provide more specific information regarding equipment distribution as the season approaches.

Equipment Fitting: It is essential that every player has a properly fitted helmet and shoulder pads. League administrators, coaches and parents should be able to recognize equipment that fits properly and check the fit of equipment throughout the season. Improperly fitted equipment can place an athlete at greater risk for injury. Learn the proper equipment fitting techniques to ensure optimal protection at: <http://usafootball.com/health-safety/equipment-fitting>

Note: WBYFA follows recommended guidelines for equipment reconditioning and recertification. Reconditioning and recertification is the process in which equipment is cleaned, sanitized, buffed, painted, inspected, repaired and National Operating Committee on Standards for Athletic Equipment (NOCSAE) certified. WBYFA has partnered with Riddell to complete this process. Please visit the following link to learn more about Riddell's reconditioning and recertification process: <http://team.riddell.com/reconditioning/>

When does the season start?

According to rules of the OCYFL, the first official practice can be held 30 days prior to the first scheduled game, usually in the middle of August. The first game is usually held on the first Saturday or Sunday after Labor Day. Practices are scheduled 4 to 5 times per week during preseason (before first scheduled game), and 4 times per week during the regular season. There is usually 1 scrimmage scheduled against other towns during preseason. Practices usually run approximately 1 ½ to 2 hours in duration during the evening hours. Coaches will provide you team specific information regarding practice schedules/times.

Note: Although we don't expect parents to make wholesale decisions regarding their vacations and conflicts with preseason youth football, it is important to remember that this is the time that coaches spend on conditioning, evaluating the skills of their players, installing offense, defense, and special teams.

Why do we need to register so early?

A lot of planning goes into a youth football season but more specifically, the OCYFL request that all participating towns to conduct player registrations and reservation dates of their home playing fields, before May 15th of the current year.

What if I have an issue with a coach?

The board takes the selection of coaches very seriously, and tries to make the best of choices for the program. The head coaches put considerable time and effort into the program, including preseason and regular season practices and games, as well as coaches meetings outside of practice to review strategies and break down game films. If you have any problems, please discuss these directly with the head coach at an appropriate time (not during the middle of practice for instance). If the resolution is not acceptable, you should then discuss the matter further with a board member. The complaint needs to be in writing to the board member, because the board cannot act on hearsay and rumors; however, they will definitely follow-up on issues that are brought to their attention in writing.

On another note, it is important to remember that football is a team sport, and every position is important. Everyone wants to play running back or quarterback, but this is obviously not possible. Coaches spend a lot of time trying to put the best player into the best position for him/her at that point in their development, and parents should encourage their sons/daughters to play hard in whatever position that they earn. Just because a player cannot play running back this season doesn't mean that they won't be able to in a future season.