

FOOTBALL SIGN UP INFORMATION

- 5-6 Flag
- 7-8 tackle
- 9-10 tackle
- 11-12 tackle plus 7th graders

DUE TO THE PHYSICAL NATURE OF THE SPORT PLAYERS MAY ONLY PLAY UP IN AGE WITH APPROVAL OF FOOTBALL COMMITTEE. A LETTER MUST BE SUBMITTED EXPLAINING WHY THEY SHOULD BE ALLOWED TO PLAY UP AND WILL BE REVIEWED BY THE FOOTBALL COMMITTEE AND A DECISION WILL THEN BE MADE.

All teams in the 5-6 and 7-8 division will be organized by Rockwall ISD school groups. Non- Rockwall ISD students will be placed on teams as needed to achieve competitive balance. 9-10 and 11-12 divisions will be placed based on scores from player assessment to achieve competitive balance. Returning players in the 9-10 and 11-12 will be placed on their team from previous year unless otherwise requested.

All players must attend one of the MANDATORY player assessments on July 31st or August 7th both at 9:00AM for evaluation. Failure to attend could effect team placement and eligibility to carry the ball.

8 game seasons played primarily on weekends; most teams will have 1 or 2 weeknight games. Number of weeknight games depends on number of teams in league since there are a limited number of games to be played on Saturday.

Tackle teams play 11 men on field and bench must empty on every other possession. Example: If your child is on the bench when your team has the ball, when your team goes on defense your child should be put in on defense.

ALL players go through player placement and are placed on a team according to ability. 5-6 and 7-8 tackle will be placed according to school they attend.

Balls used are:	11-12	Wilson TDY or Nike youth
	9-10	Wilson TDJ or junior Nike
	7-8	Nike Pee Wee & Wilson K2
	5-6	Nike Pee Wee & Wilson K2

Practice: Teams are limited to 3 participations per week. If you have a game this means 1 game and 2 practices. A week means a 7 day period. Due to the number of plays and defenses to learn, football teams usually practice the maximum amount of times allowed.

Equipment: Equipment:
Helmet with safety bar or mask with mouthpiece attached (Tackle Only)
Shoulder pads (Tackle Only)
Pants with pads (Tackle Only)
Shoes will be soccer/football style or tennis shoes. No metal cleats. (Flag or tackle)
YMCA logo must be placed on the left chest. (Flag and tackle)

Uniforms:	5-6 Flag Football:	\$30 Jersey/Flag Fee
	7-8 Tackle Football:	\$50 Home/Away Jersey
	9-12 Tackle Football:	Go through Coach for uniforms