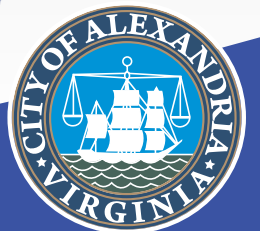


Department of Recreation, Parks & Cultural Activities presents

ALEXANDRIA TITANS TACKLE FOOTBALL



703.746.5402 • alexandriava.gov/Recreation

Alexandria Titans 2017 Resource Guide



Contact Information

Alexandria Sports Office: 703.746.5402

Registration & Reservation Office: 703.746.5414

Tamika Coleman, Dept. of Recreation, Parks & Cultural Activities Staff: tamika.coleman@alexandriava.gov

Jim Gibson, Football Commissioner: gccjg@aol.com

Jeremie Greer, Assistant Football Commissioner: jcgreer05@gmail.com

Youth Sports Hotline: 703.746.5597

The Youth Sports Hotline is the number to call for practice and game information in case of inclement weather.

Youth Sports Equipment Room (across from Kelley Cares Miracle Field): 1108 Jefferson Street

George Washington Middle School Fields/Braddock Road Fields: 1005 Mt. Vernon Avenue

Youth Sports Website: alexandriava.gov/Recreation

Fairfax County Youth Football League Website: www.fcyfl.org

USA Football Website: www.usafootball.com

Coach contact information will be received once the teams are formed.

FOOTBALL LEAGUE & CONFERENCES

The Alexandria Titans are a member of the Fairfax County Youth Football League (FCYFL). For more information visit the website at www.fcyfl.org. FCYFL is a full contact tackle football league. Teams are formed based on ability as well as by the Age/Weight Chart Matrix to follow. Teams are formed in the following divisions: Anklebiter (AB), 80, 90, 100, 115, 130 and 155 pounds. The weights listed on the Matrix are maximum weights. FCYFL serves the Northern Virginia region, with 23 member clubs located in Arlington, Fairfax, Loudoun, and Prince William counties and Alexandria city. The purpose of the FCYFL is to provide participating youth with a healthful, enjoyable leisure time activity, and to foster in them the qualities of sportsmanship, team play, and integrity.

The Anklebiter Instructional Group is one conference, divided into several divisions, dependent on the number of teams enrolled. Since these are the youngest players in an instructional group with special competition rules, no distinction between levels of experience is warranted. For the remainder of the weight classes there are three established conferences to provide three different levels of ability and experience for the players.

- a) The American Conference is structured with youths of the greatest ability and most experience in comparison to their peers.
- b) The Central 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.

- c) The National Conference is designated as a conference for multi-entry teams with youth of limited ability and experience in comparison to the other conferences.

FCYFL Player Participation Rule: All eligible, rostered players shall participate in each game of the season except in the case of injury or absence.

The player participation policy of the American Conference is that each player shall participate in every game for a significant portion of the total game time. Although a specific number of plays or time requirements are not required in this conference, it is the spirit and intent of the league that all players participate fully.

Teams participating in this conference shall not select players that will not play a significant portion of each game.

The player participation policy of the Central and National Conferences, as well as the Anklebiter Group, is that each player shall play the entire game, either on offense or defense, except in case of an injury or sickness. The purpose of this rule is to allow every rostered participant to play the entire game. For more information on league rules, please visit fcyfl.org.

Fairfax County Youth Football League Age/Weight Matrix

In addition to the Age/Weight Matrix, the FCYFL divides most of the weight classes into three development levels or divisions. This combination provides the vast majority of kids with the opportunity to be successful at their own pace. There are two exceptions to the three skill levels: 1) at Anklebiters (AB) 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. This Age and Weight Matrix is OFFICIAL.

Until such time as the Official Rules are updated, the Age/Weight Matrix will continue to serve as the OFFICIAL matrix.

The minimum weight requirement for participating is 40lbs. Players must weigh at or greater than 40lbs by the official weigh-in. In an effort to ensure we continue to serve the Alexandria community and the largest group of children, the Board of Commissioners approved a small modification to the FCYFL Age/Weight Matrix to adjust the upper weight classes (130lbs and 155lbs) to be more inclusive of the majority of middle school age children so that they may participate and prepare for High School play.

Age/Weight Matrix

Age	7	8	9	10	11	12	13	14	15**	16***
AB	UNL	90	55							
80		100	90	85	80					
90			110	100	95	90				
100				120	110	105	100			
115					UNLIMITED *135	125	120	115		
130						UNLIMITED *150	140	135	130	
155							UNLIMITED *175	UNLIMITED *165	160	155

Age as of October 1, 2017 (See exceptions for 15 & 16 year olds)

*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 the 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.

Registration Information

Registration forms can be found on our website, neighborhood recreation centers or the Registration and Reservation Office at Lee Center, 1108 Jefferson St. All City of Alexandria residents ages 7-16 are eligible to participate. Participants must be 7 years old by October 1, 2017 and no older than 16 as of October 1, 2017. The registration fee is \$90. Financial assistance is available. Online registration is also available at alexandriava.gov/Recreation. Each participant is required to have their own current Department of Motor Vehicle Identification Card to play in the league and receive equipment.

Coaching Information

Coaches are volunteers and must complete the volunteer application and background check consent form. All coaches must attend the National Youth Sports Coaches Alliance training certification and participate in meetings, trainings, and football related clinics. All head coaches and assistants are required to be trained in the education course provided by USA Football which includes the new "Heads Up" Football Training. All coaches must sign the FCYFL required Coaches Code of Conduct. For additional information on volunteer opportunities and the leagues, contact the Sports Office at 703.746.5402.

"Heads Up" Football Training

All Titan football coaches are required by the City of Alexandria and FCYFL to complete the certification through USA Football. Alexandria Titans are fully committed to the new USA Football "Heads Up" Tackling Program. "Heads Up" tackling teaches players to remove head-to-head contact in tackles and reducing concussion related injuries. The City of Alexandria has made concussion education a priority for the last six years. It is a very exciting time as football programs from youth leagues to the NFL are committing to this program and revolutionizing the sport.

Alexandria's Player Safety Coach, Tarek Bolden, oversees all aspects of the "Heads Up" Football Training. All coaches have received their certifications and have attended (or will attend) face-to-face training. Throughout the season, he will be visiting practices to monitor the program and is available to answer any questions or concerns from parents, coaches and players. Focal points of the program include concussion awareness, "Heads Up" Tackling fundamentals, proper equipment fitting, understanding player psychology, progressive levels of contact (to include reducing amount of contact during practices) and consistent terminology.

Practice & Game Information

Practice will begin Monday, August 7, 6-8 p.m. at the Braddock Road Field, located next to George Washington Middle School at 1005 Mt. Vernon Avenue. The first three days of practice are conditioning days, participants should wear shorts, t-shirts and helmets. Participants can not wear full equipment until they have completed their three conditioning days. Participants are strongly encouraged to bring water to every practice. The level of activity during the summer months may be limited based on the temperature and humidity conditions.

Practice will be Monday - Friday until Alexandria City Public Schools begin. Practices shall not exceed one 2-hour period per day, five days a week until school starts. Beginning with the first week of school, the number of team practices or team meetings shall not exceed 4 per week including games for all weight groups.

Once teams are formed, the head coach of each team will set the specific days and times for practice for their team. All teams will begin practice at Braddock Road Field on August 7. Once teams are formed, teams will move to other fields within the City of Alexandria.

Preseason Football Camp will be held July 31 - August 3, 6-8 p.m. at George Washington Middle School. Participants should wear t-shirts, shorts and cleats and bring water. Alexandria Titans coaches will facilitate the camp. Participants will learn the proper

techniques of passing, catching, blocking, and other fundamentals of football. Participants are encouraged to register for the 2017 season before the camp begins.

Parent's Concussion and Football Training is mandatory for all parents, and will take place on August 15 or August 22 at 6:30 p.m. at the George Washington Middle School. This will be a hands-on learning experience for parents to learn the fundamentals of "Heads Up" Football.

Game schedules are developed by the FCYFL and will be available a week before the first game. League games will begin the weekend of September 16. Each team will play seven regular season games. Home games will be played at George Washington Middle School. Away games will be in the Northern Virginia region, the league has member clubs in Arlington, Fairfax, Loudoun and Prince William counties. The majority of the games are played on Saturday; some may be on Sunday and occasionally a weekday game is scheduled.

Equipment & Jersey Information

Equipment is supplied by the Alexandria Department of Recreation, Parks and Cultural Activities. Each player will receive a helmet (with approved face guard and chin strap), shoulder pads, practice pants (with thigh pads, knee pads, hip pads and tail pad), game pants and mouth piece. Players are required to provide their own cleats, protective cups and extra mouthpieces. Participants are required to turn the D.M.V. ID into the Sports Office before equipment will be issued. The Sports Office will return the ID when all equipment is returned at the end of the season.

Equipment will be issued on the following dates: **Saturday, July 29, 9 a.m.-12 p.m. and Saturday, August 5, 9 a.m.-12 p.m.** Equipment will be distributed from the Youth Sports Equipment Room located at 1108 Jefferson Street. A parent/guardian must be present with the player to receive equipment. To determine the correct weight class for your child, please use the FCYFL chart or call the Sports Office at 703.746.5402.

Game Uniforms

All clubs in the FCYFL are required to have one consistent, approved, uniform color combination scheme using their club colors at the beginning of each season. The Alexandria Titans colors are red and blue with white helmets. Please only wear game uniforms to games and not to practice. The head coach will receive the game jerseys prior to the first game and will issue the jerseys to the team. Game jerseys are purchased through the Recreation Department Sports Office and must be paid in full at the time of ordering. The cost of the jerseys and socks for 2017 is still to be determined.

Sportsmanship & Field Rules

Sportsmanship is a major part of our program. Every participant, parent and coach will be required to follow all City of Alexandria rules and regulations. Players, parents and coaches must sign the code of conduct. The Alexandria Titans and FCYFL will not tolerate poor sportsmanship. If anyone is suspended from a City of Alexandria or FCYFL facility for inappropriate actions, action will be taken against that person including up to being barred from attending practices or games indefinitely.

Field rules are in place to ensure that everyone has a positive experience. Please obey all rules at practice fields, game fields

and at fields throughout the league. The following rules are in place at Alexandria fields:

- a) No pets are allowed on City of Alexandria school grounds
- b) No smoking is allowed around the field area
- c) Only approved coaches, players, cheerleaders, commissioners, and staff will be allowed inside of the fence area during games
- d) Cameras are not allowed inside the fence area
- e) Snacks after the game must be distributed outside the field area and all trash cleaned before leaving the facility
- f) Alcohol is not permitted at fields

League Weigh-In Information

Official Weigh-In is held by the league to insure proper player placement by age and weight. Each player must attend an official weigh-in to be eligible to play in the league. The D.M.V. ID provided to the Youth Sports Office will be used as player identification at the weigh-in.

Official weigh-in will be held at Falls Church High School on August 12, August 19, and August 26. There is not a fee to attend the first weigh-in on August 12; to attend the late weigh-ins parents must pay a \$20 fee to FCYFL. Only coaches and players will be allowed inside the weigh-in. Times will be announced the week of the weigh-in.

Other Requirements and/or Rules for Weigh-In:

- A player will have only one chance to make his weight. Once he steps on an official scale and is found to be overweight, he must move up to the proper weight class.
- A player who cannot move to a higher weight class, either because their league does not file a higher weight class team, or because they fall outside the boundaries of the weigh-in requirements for any class, may be allowed a second weigh-in.
- There will be no waivers for weight.
- All players must be officially weighed in to become eligible for FCYFL competition.
- All youth registered with one organization become a member of that organization's team roster at the time of his official weigh-in and cannot be transferred to another organization's team during the football season and post-season.
- Youth shall wear gym shorts or bathing suits at a minimum. Youth shall wear only one of each item of clothing as a maximum.
- At no time during regular season may a player exceed the maximum weight gain over the allowable initial weight after certification.