

UPDATED INFORMATION

A note from the tackle commissioner, TYFSF is gearing up for another exciting and competitive season. That said I would like to thank all the volunteers, parents, players and coaches for their continued support to TYFSF Football and Spirt Program. As the tackle commissioner I recognize that I am trying to earn the loyalty of each association and our community stakeholders every day. My goal is to deliver safety and a commitment to our players, coaches and cheer program. As the tackle commissioner, I have a firm pledge to player safety and my goal is to make our sport safe at every levels. This is, and will remain; my **#1** priority so please read the information below this should clear up any issues and concerns.

TYFSF VISOR RULES

Adding a visor completely eliminates the possibility of receiving a blow to the face through the wire grid. There are other potential benefits to visors; a player who is sensitive to sunlight may wear a tinted mask to prevent migraines or another light-induced ailment. A player must provide TYFSF and their team association with a doctor's note and must obtain approval from the league office in order to wear a tinted visor on the field of play. The doctor's note must be kept on file with the business manager and shown during equipment and player check-in on game day.

Clear visors are acceptable for all players without TYFSF approval. A player wearing an illegal visor **(Tinted Visor are consider illegal unless you have physical proof with a medical wavier)**, the player and head coach will be informed of the violation at the next change of possession. The player must remove the illegal visor from his/her helmet before he/she is allowed to return to the field of play. If a player cited for a visor violation attempts to return to the field without removing the visor or he is observed wearing the illegally visored helmet on the sideline, he may be ejected from the game and subjected to further discipline from the TYFSF. A visor must be clear and free from tint, and they must be made of material that is molded and rigid.

TYFSF QB WRISTBAND RULE

The QB Wristband tool allows for coaches to select plays to be printed on a 3-by-5 index card for players to wear with a specialized wristband. This can be helpful for hurry up offenses or for coaches that call plays from the line of scrimmage. The wristband can be worn by any players but cannot be attached to a player's belt; it can only be worn on the player's wrist.

Equipment Provided

Each TYFSF association is responsible for providing the protective football equipment necessary to participants.

Each player is issued the following: "Players can only play with equipment issued by the league"

- Helmet/Chin strap
- Shoulder pads
- Pants with hip, thigh, and knee pads
- Game jersey

Each player or participant must have the following:

- Practice jersey
- A mouthpiece is **REQUIRED** for participation in both practices and games. Each player must have a basic mouthpiece which attaches to the facemask on the helmet.
- **Players with braces or other orthodontic issues** in these cases, the parent/guardian is responsible for providing a mouthpiece. The mouthpiece must have a strap which attaches to the helmet facemask.
- **Football Cleats: No Metal Cleats.** It's recommend that players wear shoes with molded rubber cleats.
- **Athletic cups are required: No exception**
- **Water Bottle: IMPORTANT** please bring a bottle of water/water bottle with your name on it to **EVERY** practice and game.

EQUIPMENT REMINDER RULES

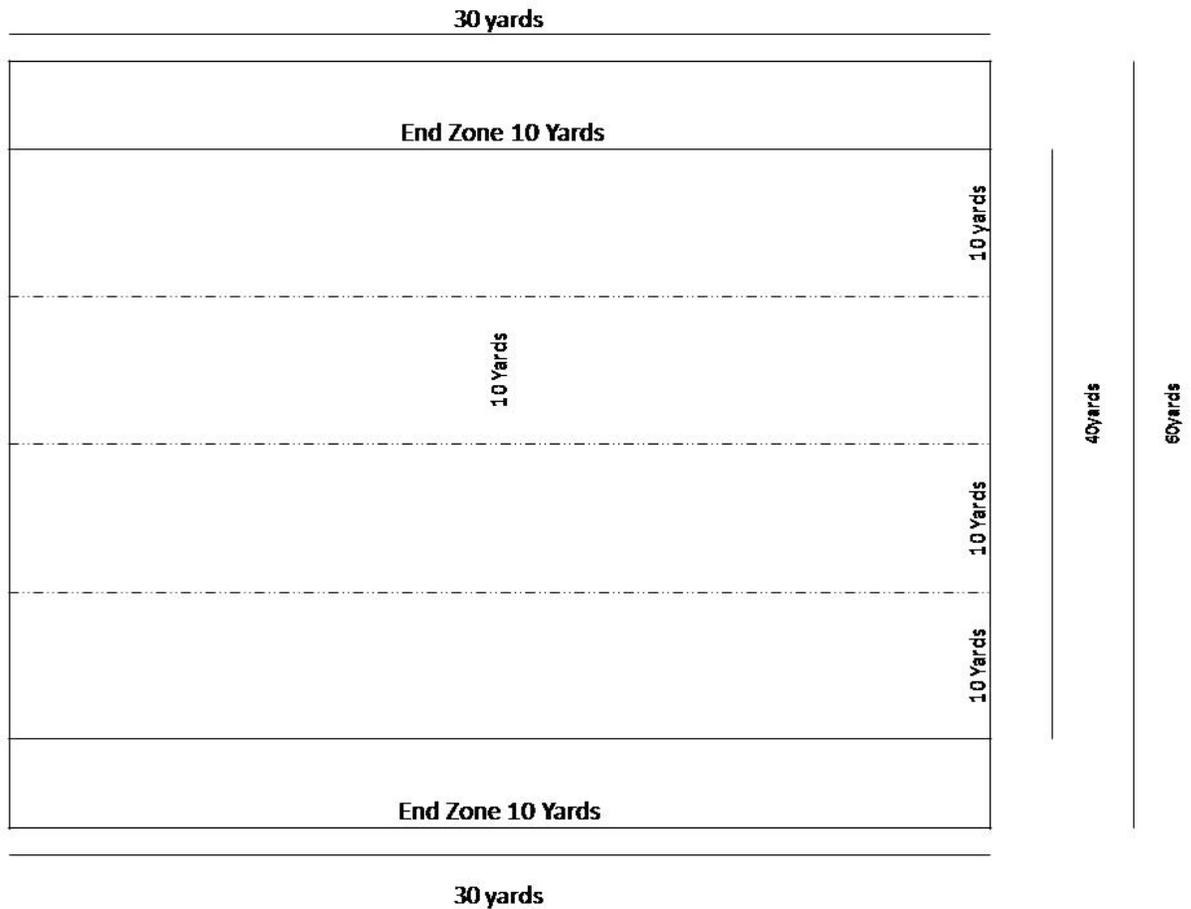
- Mouthguards - Any color EXCEPT all clear/white
- Eye black - plain black only
- Compression or shooter sleeves – Are not allowed unless it has padding
- External pads- must be covered by the jersey
- Pants- must cover the knees, must have knee pads of some type and size
- Towels - One Matching Color
- Wrist bands - Only near the wrist; not on their bicep or calf
- **Eye Shields/Visor** - completely clear, no tint unless a player has a medical wavier from a physician and it must be on file with the business manager and the equipment manager and presented at every game
- Cleats cannot have **metal tips** or be **metal**
- No Live Strong rubber bands and others
- Helmets need to be secured properly (chin straps)

The picture below in “Blue “shows those items that are illegal to wear in games,



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SPIRIT FEDERATION

***All flag parents are required to sit in the back of end zone on either side of field during flag games. No parents will be allowed on the side line near the team or coaches. No Canopies are allowed on the sideline during games.



If you have any question please don't hesitate to contact me

Respectfully,

Julius K. Holt
TYFSF Tackle Commissioner
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