

SUWANNEE

Parks & Recreation

Live Oak, FL

2016 Youth Football Program Information



Welcome to Suwannee Parks & Recreation's Youth Football Program. We look forward to your participation in our league this year. Please read this packet carefully as it contains important information regarding this year's youth football program. If you have any questions or concerns please do not hesitate to contact us.

Suwannee Parks & Recreation
1201 Silas Drive
Live Oak, FL 32064

Hours: Monday – Friday, 8:00 am to 5:00 pm

Phone: (386) 362-3004

Fax: (386) 208-1580

Email: suwanneerec@windstream.net

Web: www.suwanneeparks.com

IT STARTS IN
PARKS

Coaching. Connecting. Community.

Important Dates

Thursday, August 18th

Football Coaches Meeting

6:00 pm – Rotary Pavilion

Tuesday, August 23rd through

Friday, August 26th

Tackle Football Weigh-Ins and
Equipment Issue

3:00 pm to 5:30 pm each day

Tuesday, August 23rd

7 & 8 Year Old Tackle Football Draft

6:00 pm on Field 2

Thursday, August 25th

9 & 10 Year Old Tackle Football Draft

6:00 pm on Field 2

11-13 Year Old Tackle Football Draft

6:00 pm on Field 3 (if necessary)

Monday, August 29th

Football Practices Begin

Tuesday, September 20th

Flag Football and 7 & 8 Year Old
Tackle Football games tentatively
scheduled to begin

Saturday, September 17th

Pee Wee Tackle Football and Junior
Tackle Football games tentatively
scheduled to begin



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Purpose

The purpose of Suwannee Parks & Recreation’s youth football program is to teach participants the fundamental skills of football and instill a lifelong passion for the game in each player. Most importantly, players and coaches should strive to have FUN!

Age Divisions

We offer five divisions of play in our youth football program:

1. Flag Football – for players 5 and 6 years of age
2. Flag Football – for players 7 and 8 years of age
3. 7 & 8 Year Old Tackle Football
4. Pee Wee Tackle Football – for 9 & 10 year old players
5. Junior Tackle Football – for 11 to 13 year old players

*Please note that if we do not have enough participants for 7&8 flag, you can either choose to play 7 and 8 tackle or choose to get a refund.

***Please note that a player’s age will be determined as of September 1st of the current year. Players that have turned 14 before September 1st are not eligible to participate.**

Tackle Football Weight Restrictions

League playing weight is determined by Suwannee Parks & Recreation. Player weights will be measured at the time you come to pick up your equipment. Player weights at the time of weigh-in will be deemed the official league weight for the duration of the season. There are no maximum weight limits for players ages 7 through 12; however, 13 year old players cannot weigh more than 125 pounds.

7 & 8 Year Old Tackle Football		
Age	75 lbs. or less	76 lbs. or more
7	No Restrictions	Red Cap
8		

Pee Wee (9 & 10) Tackle Football				
Age	80 lbs. or less	95 lbs. or less	96-110 lbs.	111 lbs. or more
9	No Restrictions		Gold Cap	Red Cap
10				
11	Blue Cap	Not Eligible		

Junior (11-13) Tackle Football				
Age	115 lbs. or less	116-125 lbs.	126-140 lbs.	141 lbs. or more
11	No Restrictions	No Restrictions	Gold Cap	Red Cap
12				
13		Gold Cap	Not Eligible	

Red Cap: A player designated as a **RED CAP** must play a down lineman position from tackle to tackle (offense and/or defense). **RED CAPS** cannot advance the ball on offense or defense. Defensively, **RED CAPS** can line up anywhere on the line of scrimmage between the outside shoulders of the offensive tackles (7 & 8 year olds line up head to head and RED CAPS can play tight end/defensive end but are not eligible to receive a pass).

Gold Cap: A player designated as a **GOLD CAP** is required to line up on the line of scrimmage for all offensive plays and cannot receive a pass or handoff behind the line of scrimmage. **GOLD CAPS** may line up as offensive ends and go out for a pass. Defensively, **GOLD CAPS** can line up at any position and can advance a fumble or interception.

Blue Cap: A player designated as a **BLUE CAP** is an 11 year old player who is eligible to play any position on defense but cannot advance a fumble or interception. On offense, a **BLUE CAP** can line up anywhere on the offensive line (ends included) but must be lined up on the line of scrimmage.

Suwannee Middle School Bullpups Football

Players on the Suwannee Middle School Football Team are not eligible to participate. Players that try out for the Middle School team that get cut or opt not to play are eligible to sign up late as long as they register before the first scheduled league game.

Coaches Meeting

There will be a mandatory meeting for all football coaches on Thursday, August 18th at 6:00 pm. The Coaches Meeting will be held at the Rotary Centennial Pavilion located at the First Federal Sportsplex. League rules and policies will be discussed at the meeting.

Player Drafts/Team Formation

All Tackle Football teams will be formed through a player draft. Player drafts will last approximately one hour in length. Players will run through a series of drills and will be evaluated by the coaches. Siblings will be drafted to the same team. Please arrive early to your draft to help us start on time. Please be dressed appropriately for participation (athletic shorts, tee shirt and cleats). You DO NOT need to wear shoulder pads and helmets to the draft. Tackle Football drafts are scheduled as follows:

- 7 & 8 Year Old Tackle Football: Tuesday, August 23rd at 6:00 pm on Field 2
- Pee Wee (9 & 10) Tackle Football: Thursday, August 25th at 6:00 pm on Field 2
- Junior (11 to 13) Tackle Football: Thursday, August 25th at 6:00 pm Field 3 (if necessary)

Please Note: There will be no player draft for Flag Football. Flag Football players will be assigned to teams by Suwannee Parks & Recreation.

WE CANNOT GUARANTEE TEAM REQUESTS

Tackle Football Equipment Issue & Player Weigh-Ins

Tackle Football Players will not weigh-in or receive equipment at the time of registration. To be weighed in and collect equipment, tackle football players must go to the Equipment Room from Tuesday, August 23rd through Friday, August 26th between 3:00 pm and 5:30 pm. The Equipment Room is located behind the Suwannee Parks & Recreation office. To get to the Equipment Room, please park in the parking lot for the office and follow the signs to the Equipment Room.

Helmets & Mouth Guards

Suwannee Parks & Recreation will NOT provide helmets to participants registered for Tackle Football. It is up to the participant to furnish a helmet in order to participate. Helmets must have a plastic or rubber-coated facemask. The color of your player's helmet is not as important as the fit. All football players (Flag and Tackle) are required to wear a protective mouthpiece for all practices and games.

Practices

All Youth Football practices are scheduled to begin on Monday, August 29th. Your coach will contact you with your practice times, dates and locations. Teams will typically practice Mondays, Tuesdays and Thursdays from 5:30 pm until 7:30 pm. All practices will be held at the First Federal Sportsplex.

Games

Games will be played in a number of locations, including (but not limited to) the First Federal Sportsplex, Hamilton County, Lake City, Madison County, as well as at Paul Langford Stadium, home of the Suwannee High School Bulldogs. Games are tentatively scheduled to begin September 17th. Flag Football and 7 & 8 Year Old Tackle Football games will mostly be played on Tuesdays and Thursdays. Pee Wee and Junior Tackle games will mostly be played on Mondays and Saturdays. Admission to all games is \$1.00 (\$2.00 admission fee to games played in Lake City).

Team Uniforms

Tackle Football players will receive the following as part of their uniforms:

- Game Pants (must be returned at end of season)
- Shoulder Pads (must be returned at end of season)
- Game Jersey (get to keep)
- Socks (get to keep)
- Helmet Decals (get to keep)

Flag Football players will receive a jersey and shorts for their uniforms.

Coaches

We rely solely upon volunteer coaches to lead our youth athletic teams. If you or anyone you know has a passion for football, enjoys working with children, and is interested in giving back to the community, contact us at your earliest convenience at (386) 362-3004.

Sponsors

We rely upon the support of our community to help us provide high quality recreational opportunities for the youth of our area. If you or anyone you know is interested in sponsoring a Youth Football team, please contact us at (386) 362-3004.

RainedOut™ Text Message Alert System

Stay connected with the latest updates on weather, game cancellations and schedule changes by joining our RainedOut™ text message alert system. To join, simply text SPRFOOTBALL to 84483, or visit www.rainedout.com and search for Suwannee Parks & Recreation and enter your 10-digit phone number or email address. It is free to sign up, but standard text messaging rates may apply.

2016 SHS Varsity Football Schedule

Fri. 8/19: vs. Madison – 7:30 pm

Fri. 8/26: vs. Leon – 7:00 pm

Fri. 9/2: vs. Fort White – 7:30 pm

Fri. 9/9: vs. ISB – 7:30 pm

Fri. 9/16: @ Yulee – 7:30 pm

Fri. 9/23: @ Hamilton – 7:30 pm

Fri. 9/30: vs. Paxon – 7:30 pm

Fri. 10/7: @ Santa Fe – 7:30 pm

Fri. 10/14: @ Ribault – 7:30 pm

Fri. 10/21: vs. Stanton Prep – 7:30 pm

Fri. 11/4: @ Columbia – 7:30 pm

Go Bulldogs!