

PLAYERS:

The suggested minimum weight for the unlimited league: rising 5th and 6th graders (10 year-olds): 130 pounds; for rising 7th and 8th graders: (12-13-year-olds), it's 150 pounds; and for rising 8th grade 14-year-olds, it's 125. The maximum age is 14 as of July 31, and NO ninth-graders are allowed. Players that are lighter than the minimum weight will be considered on a case by case basis.

Our Goal is that each of the players develop a **VISION**, grow a **PASSION** and take the necessary action to make themselves the best football player that they can be!!! Our vision is that what they learn in the MUYFA carries over into academics and everyday life!! We expect each and every player to respect his coaches, respect his fellow teammates and respect his opponent, and give it 100% effort!!

Game and League Guidelines:

Game Time: Four 12-min quarters. We will follow the NHSF rules with MUYFA exceptions. (If you are a visiting team and playing a team outside of MUYFA, please be respectful of their rules, i.e., a Frosh/Soph team)

Game Ball: An official Youth size Football such as Wilson TDY or Baden 500Y. Ball can be leather or synthetic if inclement weather conditions exist. Team having possession in game may use their own approved ball.

Point After Touchdown: Use High School Federation Rules. Successful Kick is 1 point. Successful Run or Pass is 2 points.

Team Rosters: Must be submitted by Sept 1st. A final team roster must be submitted by Oct 1st. No additional players may be added after September 30th. Any exceptions will be on a case by case basis. ALL players must be in 5th, 6th, 7th, or 8th grade level. NO FRESHMAN. Any team/program who is found with an ineligible player participating in a MUYFA game, that team/program may be removed from the MUYFA. Maximum age is 14 years old as of 7/31 of current year. Players who weigh more than local youth football weight limits are eligible to play in MUYFA games. (Exceptions to this rule are on a case by case basis). No player may play for two (2) YOUTH CLUBS during the course of a season.

Officials: Home team must provide 3 referees per game. Other arrangements may be made if necessary.

Scores: Report all scores to (TBD) by 9:00 PM Sunday via email, fax or phone. We will email or fax and post MUYFA results on Monday.

Respect: Everyone must be a POSITIVE role model at all times. We reflect our team, players, coaches, communities, families, and the great game of football.

NO PROFANITY!! Think before you react. Treat everyone with respect and dignity. Let's leave every game and practice with pride!!!

Respect the visiting team location for county rules and leave the area clean from the team trash. Smoking is NOT permitted in Anne Arundel County on or near the football field and team.

MUYFA COACHES: Guidelines for "Good Football"

Getting players to play the best they can.

1. Treat all players fairly. The way they've earned and deserved to be treated. Do not demand too much from the lesser talented.

2. Support your players every chance that they deserve to be supported.
3. If you must criticize, do it constructively and look the player in the eyes.
4. Make all players feel important. Team unity can be judged by the behavior of sideline players.
5. Stimulate your players to be the best they can be. Strive to be the best.
6. Coach, Coach & Coach some more before you criticize your players. Earn the respect of your youngest players first.
7. Stay in Control....do not lose your temper.
8. Practice plans are very important.....know what you're doing each practice.
9. What your players learn is more important than what you know.
10. Enthusiasm is contagious...Practice it every day.
11. **FUN**damentals are the most important factor that you can coach/teach. Never get away from Every Day Drills.
12. Coaches should never criticize another coach or argue with another coach in front of another coach or in front of the players. Never allow a player to talk negatively about another player or coach
13. Be concerned about injuries/well-being to all players not just the starters.
14. Don't ever allow a player to loaf... no matter who he is. Teach hustle!
15. Don't ever threaten a player unless you mean to back it up. You lose control if you do not back things up.
16. Encourage and demand that players excel in the classroom.
17. Make the game fun for your players.
18. Do not berate the refs... You cannot make this a habit.
19. Do not use foul language in front of players.
20. Be willing to suspend or remove any player if he is disruptive to the team.
21. Be open to new ideas and techniques that can make the team more successful.
22. Listen to your players.. don't do all the talking. Maintain a balance between a friend and the Boss.
23. If you're a good coach, your former players will want to come back to visit and stay in touch. They will feel very comfortable around your current players.
24. Honesty is the centerpiece of a coach/player relationship.
25. Your priorities must be God, family, football.
26. If you're a good coach, your players will play very close to how you teach them to play.

PARENTS:

The Participation by the parents are a critical element to the success of this program and the success of your child!!! If everyone participates and contributes just a little bit we will have an excellent program and you children will benefit beyond your expectations!! I cannot emphasize this enough!! Before you criticize...participate!!! The MUYFA is an excellent opportunity for you and you child to do something together!!! Help us to help them be better football players and citizens!!

This MUYFA Program is designed to prepare rising 5th, 6th, 7th and 8th graders for the upcoming football season and that are too big for age and weight restricted youth football !! In this league you do not have to loose weight to play football !! ..We want you to be ready for what you will face in High School!!!