



## ***Frequently Asked Questions***

What are the Season Registration fees? Fees are **\$325** for football and **\$225** for Cheer. Football offers early registration discounts as follows: March 1 – March 31, \$50 discount so total fee is \$275; April 1 – April 30, \$25 discount to total fee is \$300. Cheer has no early registration discount. Registration closes on June 30th

When does the Season start? 1st practice is Tuesday, August 7th, at Centennial Field. Practices will be 5 nights/wk until school starts, then move to 3 nights. Jamboree is August 25th, with the 1st regular season game, September 1st.

What is the age minimum to register? The Greater Eastside Rules specify an age range from 8-14, (those who were born on or before July 31, 2004). There are exceptions made for seven year olds (those kids born between August 1, 2004 and July 31, 2005) however they must weigh 60 pound or more (no exceptions). If your child was born after July 31, 2005 they are **not** eligible to play.

When is the Camp? July 16th – 19th, for boys/girls 7-9 years old and July 23rd – 26th, for boys/girls 10 – 13. Camp is held at Mt Si High. 6:00 – 8:30 p.m. Camps are open to all GEFJA clubs.

What are the Camp fees? \$100 if you pre-register, \$125 for walk-up.

Is the Camp mandatory? No, but strongly encouraged, especially for first year players.

When does Cheer season begin? 1<sup>st</sup> practice is Tuesday, August 7th, at Centennial Field.

How often does Cheer Practice? Cheer practices are limited to the same practice limits as football. Five days per week before school starts and 3 days per week once school starts.

What about Cheer uniforms? Cheer uniforms are covered by the fees. Due to custom fit, cheer uniforms are retained by cheerleaders.

What equipment do you provide? The league provides practice and game gear – helmet, mouth guard, shoulder pads, girdle with pads, game socks, practice jersey, practice pants and game pants.

What equipment do I need to purchase? Football cleats. Screw-in cleats are not permitted.

When is equipment issue? Where? Equipment issue is being planned. We will notify parents via our website and email.

What team and level will my son play on? Your son's level of play will be determined by the age/weight chart listed at:

<http://gefja.net>, click on the About Us link and select the age/weight chart

Keep in mind that your son may opt to be assigned by age points alone or a combination of age and weight points. This changes level eligibility for some kids. Unlike other sports where parents often promote kids to play up, It is almost

always advantageous to the player to play at the lowest level for which he is qualified. Keep in mind that speed, size and football savvy increase significantly at each level.

**How are teams selected?** Teams are selected by the following criteria, in descending order of priority:

The Board will generally assign players by school and, neighborhood, however equitable team size will be the determining factor. Player assignment may also be determined by coaching decisions. The board reserves the right to adjust a player's team assignment to achieve roster balance. For example, if a North Bend team had 24 players and a Snoqualmie team had 16, four players may be transferred to even it up.

**Who will his coach be? How are coaches selected?** The WCJFA takes its coaching responsibilities very seriously. We select coaches from a pool of applicants that meet the requirements of background checks, training and experience. The board convenes a coach selection committee and selects the very best individuals available. All coaches, including assistants, must meet GEJFA and WCJFA standards.

Precise coaching assignments cannot be made until team rosters are preliminarily set. The board will strive to identify Head Coaches as early as possible, but last minute changes can occur in rare situations.

**Will my son play on the same team as his friends?** In most cases a player is assigned to a team with other kids he goes to school with. As stated above, however, changes in team assignment can be made to accommodate roster parity.

**How is my child's position selected?** Coaches will determine the appropriate position for your child to play. Lobbying for a particular position is strongly discouraged. Players are welcome to state a preference, or 'go out' for a position, but the final decision as to where he plays will be left to the Coach.

**How do you determine playing time?** All players within our program receive significant playing time. There are league rules which mandate substitution requirements and are enforceable by opposing teams. So, everyone has the expectation to play their players equitably. This does not mean that every child will play the same amount. Given team numbers, some kids may play both offense and defense while others primarily play one way. This decision is again the sole responsibility of the Coach.

**Isn't the risk of injury greater in football than in other youth sports?** The intensity of youth football is nothing like the NFL or College game. And while it is true that no youth sporting activity can guarantee injury free participation, recent Government Safety Commission studies rank Youth Football behind Baseball, Soccer, and Basketball in terms of incidence of injury. The study went on to point out that Hockey and Football, because of the protective gear ranked 1-2 in terms of least incidence of injury.

**Shouldn't my son wait until he's older to play football?** In fact, just the opposite is true. Football is a game of discipline and responsibility. A recent report from the NFL stated that over 70% of the current players in the league got their start playing youth football. Players who start at an early age learn the proper fundamentals of safety & contact and are far better prepared to compete when they reach High School.

**Will my son get the same jersey # as last season?** We try our best to make this possible, but cannot guarantee # assignment.

**Do I need to volunteer?** While it's not required, we strongly encourage parents to help our all volunteer organization! There are opportunities to assist with concessions, field lining, chain gang, team parent, etc . . .

**What is the Lystedt Law?** A new law (House Bill 1824), known as the Zackery Lystedt Law, requires medical clearance of youth athletes suspected of sustaining a concussion, before sending them back in the game, practice or training. Each player/parent will be required to review the Law and complete a brief certification prior to the first practice.

What is the process if my child has problems with coaches regarding fairness or coach behavior? We always suggest that you first discuss the problem with the coach to eliminate any misunderstanding. Problems or misperceptions often can be resolved/reduced by honest dialog with the coach and this will be the first question that we ask before escalating further. If the discussion with the coach does not resolve the problem we ask that parents contact the WCJFA Vice-President ([vice-president@wcjfa.org](mailto:vice-president@wcjfa.org)) who as chairperson over the Grievance Committee manages any grievances and who will decide what action will be taken. Please note – any WCJFA Board member will be glad to listen to your grievance problem and direct your comments to the Vice-President but the WCJFA Vice-President but direct communication with the Vice-President is recommended.