



GOLDEN EMPIRE YOUTH TACKLE FOOTBALL



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Date: 2/9/15

Revised 6/16/15

To: GEYF/GEYC
Board of Directors

From: R. White
Executive Director
GEYF/GEYF

Subject: Football Contact
Reduction Policy

Dear Golden Empire Board,

In order to provide an even safer playing environment and on the heels of the passing of *California Assembly Bill No. 2127 (Full – Contact Practice Reduction)* at both the high school and middle school level as well as recent contact duration changes adopted by Pop Warner, I respectfully propose the following Golden Empire Full Contact Practice Reduction guidelines to be affective for the 2015 football season and beyond.

For the purpose of this policy proposal; “Full contact practice” is defined as a practice where drills or live action is conducted that involves collisions at game speed, where players execute blocking, tackling, or any other activity that is typical of an actual tackle football game.

A. Contact Section:

- The amount of contact during any **(1) one** practice will be reduced to a maximum of no more than **1/3 of practice time** not to exceed more than a **(40) forty minute time period in any one day.**
- *Once school begins (first full week of school) and practice time is reduced to no more than (3) three (2) two hour sessions in a (7) day period, GEYF Teams will be limited to only (2) full contact practice days a week excluding Saturday game play. During said “non contact day”, GEYF Teams will be allowed to wear helmets only and are not allowed to engage in any contact activities.*

- No full speed head-on blocking or tackling drills in which the players line up more than **3 yards** apart are permitted.
- No drill and or contact of any type that puts a focus on “head to head” contact will be permitted.
- Players will always be instructed to keep their heads and eyes up while in contact of any type.
(“See what you hit”)
- In addition to the above referenced contact modifications, Golden Empire Youth Tackle Football Coaches will continue to put an emphasis on teaching approved *USA Football* contact techniques (blocking/tackling) with a focus on player safety and adhering to applicable NFHSA Playing Rules.
- Golden Empire Youth Tackle Football Coaches may never instruct nor allow his/her players to use any method or tactic that might cause excessive or deliberate punishment or abuse to any player on either his/her or an opposing team and will not incite nor allow any subsequent un-sportsmanlike conduct.

B. Scrimmage Section:

- No one scrimmage will be allowed before the third week of full contact practices and will only be allowed with the approval of the League Secretary and prospective Area Representative Supervisors.
- No team may scrimmage more than one (1) time in a seven (7) day period not to exceed more than 1.5 hours in length in any one day. (Kick - Off Classic Scrimmage excluded as it relates to the (7) day restriction guideline).
- Said scrimmage will be divided into a minimum of (2) two periods consisting of no more than (45) forty five minutes in length with a required (15) minute intermission between periods and can be done so prior to the start of the regular season only.
- Once the regular season has commenced and through its completion, teams will no longer have the ability to conduct scrimmages against other teams.
- Golden Empire Youth Tackle Football Teams may scrimmage out of league with the above referenced league approval and based on appropriate bracketing guidelines, comparable age and weight standards, as well as mutual organization pre - communication and approval.

Respectfully submitted,
GEYF/GEYC
Board of Directors

