

# Minnesota Youth 7on7 Passing League – Parent FAQ



## About Us:

Q: What's the mission?

A: The mission of Minnesota Youth 7on7 Passing League (my7on7) is to grow and develop young athletes in football fundamentals, proper techniques, and skill development in a fun and safe environment.

In addition the league is:

- Co-Ed
- K-8th grade
- Passing only (K-2<sup>nd</sup> can run but must pass every 3<sup>rd</sup> down)
- Minimal contact – touch only (no flags, no tackle)
- All skill levels

Q: Why 7on7?

A: There are several reasons we started the league in 2016.

- **Beginners:** Introduces the game of football in a fun and safe environment.
- **Intermediate:** Allows for high repetition and the opportunity to play multiple positions in a short season.
- **Advance:** Athletes will focus on both offensive and defensive skills to increase game IQ to benefit those that want to play football at the High School level.

## Teams:

Q: How are teams formed?

A: There are two ways teams are formed.

- **SPRING AND FALL LEAGUES ONLY:** Team registration: consists of up to 14 players per team and secures their own coach. (Must sign up by March 2<sup>nd</sup>).
- **ALL LEAGUES:** Individual registration: players register without a team and will be placed on a team with volunteer coaches.

Q: Who is on my team?

A: The following is how teams are determined:

- Players that go to the same school, live in the same neighborhood, or city are placed together whenever possible.
- Requests: You may request to be on a team with a friend, but that friend must request you as well. One request per player, no chain requests will be allowed. All teammate requests must be submitted by the registration deadline. There is no guarantee that friend requests can be honored. *(During the registration process enter the request in the coach name or team name slot.)*

Q: My child has 2 or more friends that want to play together, what can I do?

A: **SPRING/FALL LEAGUE ONLY:** In order to make a request of 2 more friends to be on the same team you must create a TEAM and list players names and assign a team name. In addition, each player that registers MUST pick the team name during the individual registration process and register/pay in full by March 2<sup>nd</sup> *(please note this is EARLIER than the final deadline date).* In

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addition, teammate request via email will not be accepted or guaranteed to be placed on the same team.

Q: I don't have enough kids to make a whole team, what should I do?

A: SPRING/FALL LEAGUE ONLY: Create a team and fill in the names you do know. Then write OPEN in the remaining slots. This will allow my7on7 staff to fill in the roster with other players.

Q: I've made a team so that my son/daughter can play on the same team with his/her friend, will they for sure be on the same team?

A: SPRING/FALL LEAGUE ONLY: We make every effort to fulfill teammate request as long as individual registrations are completed by March 2nd and individual registrations must be filled out properly in order for request to be fulfilled – (i.e. entering the TEAM NAME during the registration process).

Q: I've made a team so that my son/daughter can play on the same team with his/her friend, do I need to find a coach?

A: SPRING/FALL LEAGUE ONLY: In order for the league to run; volunteer coaches are necessary. You are not responsible for finding a coach, but all those that step up to volunteer coach are greatly appreciated and will receive a refund at the end of the season.

Q: Who leads the teams?

A: There are 4 volunteer opportunities within each team:

- Head Coach – aid players in the development and game facilitator (see coach's page for more details).
- Assistant Coach – aid head coach with instructing players.
- Team Manager – league point of contact, and works with head coach to communicate details to parents.
- Athletic Trainer – assist with player injuries.
- *Please note: Kindergarten is led by paid coaches (and included in the registration fee). Volunteers are still needed to help rotate kids and communicate to parents.*

Q: What team is my son/daughter on?

A: Coaches will receive a full roster at least one week prior to the first game. It is then their responsibility to contact their team.

Q: What happens if I haven't been contacted by my coach?

A: Plan to show up at least 30 minutes prior to the first game and you will be directed to your team.

Q: What happens if our team doesn't have a coach?

A: Teams that do not have coaches will be contacted by My7on7 staff. Teams will then have two options:

- Can have two assistant coaches – parent volunteers from the team
- Secure a paid coach (My7on7 can assist in facilitating this – and the cost is absorbed by the parents)

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Q: What happens if we don't have 7 players?

A: If your team is short players for a game, the game will be played "as is". However, if a team has 4 or less players it is considered a forfeit.

Q: How are teams identified?

A: Each team is designated by a # and color.

- Jerseys will be provided to coaches/team managers during the coaches meeting.
- Jerseys are ordered 4 weeks prior to the first game. Any player that registered after the order deadline may not receive the size requested. Please note, everyone will receive a jersey and we will do our best to accommodate "exchanges".

Q: Who can participate in the league?

A: This is a co-ed league for players currently in K-8<sup>th</sup> grades.

Q: How many teams per league?

A: 32 teams are the max per league.

Q: How are teams divided up?

A: Spring ONLY: There are five divisions: (Kindergarten, 1<sup>st</sup>/2<sup>nd</sup>, 3<sup>rd</sup>/4<sup>th</sup>, 5<sup>th</sup>/6<sup>th</sup>, 7<sup>th</sup>/8<sup>th</sup>)

A: Winter: As a first year, winter league may be grouped differently. This will depend on number of players registered.

Q: What if my son/daughter has never played football before?

A: The league is designed for all skill levels. There will be several beginners as well as those that have played for many years.

Q: Are snacks provided?

A: No. However, parents can bring snacks/beverages for their team. We request that all teams clean up after themselves and beware of allergies. Beverages (except water) and food are not allowed on the football field per facility rules.

Q: Who do I contact if I have an issue?

A: If the issue is in regards to the team, practices, etc. please contact your team manager, assistant coach or head coach. If the issue is in relation to other items seek out the site manager on game day or send an email to [info@my7on7.com](mailto:info@my7on7.com)

## **Practice:**

Q: When do we practice?

A: Practice is optional and at the coaches discretion.

Q: Where do we practice?

A: If your coach decides there is practice it will be up to him/her to secure a location to practice.

Q: Do you provide footballs for practice?

A: Footballs are not provided for practice – only games.

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Q: What football sizes are appropriate for my son/daughter?

A: Football sizes are as follows:

- K, 1<sup>st</sup> and 2<sup>nd</sup> – peewee
- 3<sup>rd</sup> and 4<sup>th</sup> – peewee or junior
- 5<sup>th</sup> and 6<sup>th</sup> – junior or youth
- 7<sup>th</sup> and 8<sup>th</sup> – youth or high school

## Games:

Q: When are the games?

A: Games are as follows:

- There will be 7-8 games over 5 weeks.
- The schedule can be found online under the specific season and location (i.e. Spring - Woodbury) tab.
- Check the [website](#) weekly for updates.
- A schedule will be available on-site the day of the games to know which field your team plays on.
- Please make special notes of the weeks where you have two games.

Q: How long are the games?

A: Games are a total of 40 minutes (running time) including a 2-minute half time. All games will start at the same time, break at the same time, and end at the same time. This allows us to stay on schedule and provides for smooth transition from one game to the next. *Please note: Games will not be delayed because a team doesn't have a full line-up.*

Q: Where are the games?

A: The majority of games are played on turf field and/or when possible High School football stadiums. Some games are played at college fields or sports centers.

Q: What time is the game?

A: See the schedule for your team's start time. The times listed is when the game starts – we highly encourage you to arrive at least 30 minutes prior to start time.

Q: How is the field set up?

A: There will be up to four games played at one time. See [rules](#) for field size.

Q: Are there concessions at the game?

A: Some locations offer concessions.

Q: Are there restrooms?

A: Yes. However we encourage the use of the restrooms prior to arrival or the game start time, as the games will start on-time.

Q: Are parents allowed on the field?

A: No. Parents are not allowed on the field most days. This policy is in accordance with the entity that rents My7on7 the space. In addition, this policy is in place so that players can focus on the coach and game. Finally, it allows Athletic Trainers, Refs, and My7on7 staff to focus on

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any potential injuries. However, there will be a designated “Media Day” where parents are allowed on the field.

Q: What is Media Day?

A: Spring ONLY: At least one day will be designated as “Media Day” for parents/families/friends to be on the sidelines to take pictures, videos, etc. Local media is invited as well.

Q: Is there playoffs/championship games?

A: Yes! The last game of the season will be playoffs/championship games. Throughout the season scores are kept. On the final day the team with the best overall record will play #2 seed for the championship. #3 and #4 will play each other for 3<sup>rd</sup> place, etc....

Q: Will there be a State Championship game?

A: SPRING LEAGUE ONLY: YES! The State Championship games are scheduled for Sunday, May 12<sup>th</sup>. Exact location details have yet to be finalized. Estimated time is from 12pm – 8pm.

## **Attire/Equipment:**

Q: What should my son/daughter wear?

A: SPRING/FALL LEAGUE ONLY: We highly recommend dressing in layers (parents too!). Often the field is windy and the weather can be deceiving. Layers include:

- Long sleeve or sweatshirt under team jersey.
- Jogging pants
- Thermal compressions (pants and long-sleeve) work great.
- Stocking Hat
- Gloves (either football or regular)
- Extra socks

WINTER LEAGUE: The league is indoor, however we still encourage layers.

Q: Is there any mandatory equipment?

A: Yes! Mandatory items include:

- Team jerseys: will be distributed by the coach/team manager on the first game day. (Jerseys are provided by My7on7.)
- Mouth guards: are required in order to play. (Mouth guards are provided by the parents and can be purchased at Target, Dicks, or purchased on-site). **Players that do not have mouth guards will not be able to play.**
- GAMEBREAKER Soft Shell Helmets: all participants will be required to wear soft shell helmets. Each participant will have the option to rent or buy a helmet during the registration process. **Players that do not have helmets will not be able to play.**

Q: What other equipment/supplies are needed?

A: The following items are recommended:

- Cleats – either football or soccer (no metal cleats are allowed). This helps with traction on the field. (Play it again sports or Dicks Sporting Goods).
- Water bottle – bring filled in case the stadium water is not turned on.

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Q: What is GAMEBREAKER Soft Shell Helmet?

A: My7on7 has partnered with GAMEBREAKER to provide the only state of the art certified soft shelled helmet available. GAMEBREAKER's uniquely designed padded & soft protective football headgear is molded out of the finest EVA rubber foam, offering maximum protection from impacts and collisions. The hook and loop chin strap combined with adjustable laces in the back, enables the protective headgear to custom fit each person's head. Lycra surrounds the outer shell, promoting airflow throughout, thus allowing heat to escape the head.

Q: Has any research been conducted on GAMEBREAKER helmets?

A: YES! Virginia Tech has recently concluded a study that awarded GAMEBREAKER headgear with a 4-star safety rating and **reduced the risk of concussions by 50%**.

Q: Why are soft shell helmets being offered?

A: The goal is to create a culture of player safety within the my7on7 league. The rules of the game have been established to minimize contact however, even in non-contact situations, collisions still occur. This will be the first of its kind in Minnesota – but it's been adopted nationally by many other non-contact football leagues.

Q: Is the soft shell helmet mandatory?

A: YES.

Q: How do I buy/rent a soft shell helmet?

A: During registration you have the option to either purchase or rent a soft shell helmet.

Q: How much does the soft shell helmet cost?

A: Purchase: \$59.99 (plus tax) comes with a free cinch bag and mouth guard.

Rent: \$39.99 (*please note, that the \$20 will be refunded at the end of the season – thus check out price will be \$59.99*)

Q: What size do I need?

A: Please refer to the size chart in the registration process and follow the instructions closely.

Q: What if the soft shell helmet doesn't fit?

A: Please follow the size chart prior to ordering to ensure accurate size. My7on7 will make every effort to assist with exchanges but there are no guarantees.

Q: I purchased a soft shell helmet but no longer want it, can I return it?

A: All soft shell helmet sales are final.

Q: I purchased a soft shell helmet but we are cancelling our registration – can I get my money back?

A: All soft shell helmet sales are final.

Q: I have my own soft shell helmet, can I wear that?

A: All soft shell helmets must meet Virginia Tech Helmet Lab safety certified standards of at least a 4-star safety rating and 95% head coverage.

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Q: How do I clean the soft shelled helmet?

A: The product is washable — no more sweaty, smelly headgear

Q: How long do they last?

A: If taken care of properly, the helmet will be good for at least 5 years. In addition, GAMEBREAKER guarantees them for 3 years.

Q: I rented a soft shell helmet, but now I want to keep it - Can I buy the helmet at the end of the season?

A: Yes. Just send us an email.

Q: I bought/rented a helmet – when will I get it?

A: Helmets will be distributed during parent's meeting or on the first date of the league.

Q: My soft shell helmet is lost

A: If you rented the soft shell helmet, you will not receive the \$20 refund at the end of the season.

Q: My soft shell helmet is damaged?

A: GAMEBREAKER will replace any helmet – no questions asked – if the helmet breaks, rips, or logo comes off. Contact [info@my7on7.com](mailto:info@my7on7.com) for instructions.

Q: Why did my7on7 partner with GAMEBREAKER?

A: GAMEBREAKER has been fully vetted and tested by the NFL and NCAA and are the only product allowed in those spaces and approved by trainers and doctors due to their extensive science, testing, and liability. GAMEBREAKER has a **\$5 million umbrella policy** on every single piece of headgear based on their significant science and testing.

Q: Where can I find out more?

A: Visit [gamebreaker.com](http://gamebreaker.com)

### **Weather:**

Q: What happens if it rains, snows, or other severe weather?

A: Field space is extremely difficult to secure therefore, we play in any and all weather. Thus the importance of dressing appropriately. However, player safety is a top priority. Therefore, the following guidelines are in place:

- Games are cancelled on-site and game by game.
- Example: 1pm game starts, lightening is spotted at 1:05 that game (and only that game) will be delayed or cancelled.
- Please note, in occasions where there is still snow on the ground some facility policies will not allow use of the field. In this instance we will notify participants as soon as possible and/or offer a contingency plan.

Q: How will I know if a game is cancelled?

A: Per above, the delay or cancellation of a game is determined on-site and game by game. We encourage everyone to dress appropriately and show up. In addition, we highly recommend following My7on7 on social media as announcements may be made on there as well. **Twitter, Instagram, Facebook – search for My7on7**

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## **Training Sessions (Spring Season ONLY):**

Q: What is “Training” that’s listed on the schedule?

A: Spring Only: Training sessions are special skill development and provide an opportunity for players to work on certain skills (running route, how to catch, stance, etc.), try different positions, and have fun.

Q: Is the “Training” our team’s practice time?

A: Training sessions are not practice.

Q: Who can participate in Training?

A: Any registered My7on7 player can participate in the training sessions at no additional cost.

Q: Do I have to sign up?

A: No. Just show up.

Q: Wonder if I can’t make all the training sessions?

A: That’s OK. The training sessions are not mandatory. Attend as your schedule allows.

Q: My son/daughter plays at 2pm and the training session isn’t until 5pm – is this the only time there is training?

A: Due to several locations, the trainers will be traveling, therefore the training times are set to accommodate their schedules. Attend as your family schedules allow.

Q: Who are the trainers?

A: See the [website](#) for details.

## **Rules:**

Q: What are the rules of 7on7?

A: Rules can be found under the “[COACHES/RULES](#)” tab – on the left hand column.

Q: Will the rules be explained to the players?

A: We encourage that all parents and coaches help the players understand the rules.

Q: Is there equal playing time?

A: As outlined in the coach’s contract we request fair playing time for all players, regardless of the score. We also stress the importance of having fun and good sportsmanship.

Q: Do you have refs?

A: Refs are provided by My7on7.

## **Misc.:**

Q: What happens if a player gets injured?

A: The following mechanisms are in place for injuries:

- First Aid Kits on-site
- Volunteer Athletic Trainers to assist with injuries
- Coaches, assistant coaches, and athletic trainers must complete a mandatory concussion test prior to the first game.

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- Injury Report should be filed with the site coordinator.

## Resources:

- Visit the [Coaches/Rules](#) tab online for playbooks
- Additional sites are: [youthfootballonline.com](http://youthfootballonline.com)
- Email: [info@my7on7.com](mailto:info@my7on7.com)
- Game Day: there will be a designated Site Manager from My7on7 available to answer questions, inform of field locations, etc.
- Website: [www.my7on7.com](http://www.my7on7.com)
- Social Media: #my7on7, Twitter, Instagram, Facebook, LinkedIn