



## 2017 FORT WORTH CHRISTIAN YOUTH FOOTBALL LEAGUE

# CAMP & LEAGUE

**CAMP:** SATURDAY, MAY 20<sup>th</sup>

**Times/  
Schedule:**

**8:00AM–10:00AM: YOUTH COACHES CLINIC**

*All FWCYFL Coaches are invited free of charge.*

- Film sessions
- On-field demonstrations/instructions
- Classroom work
- New rule changes
- Heads-up tackling/blocking and hawk tackling
- Scheme break-out sessions
- Heavy focus on proper fundamentals

**10:00AM–12:00PM: YOUTH PLAYERS CLINIC**

- Proper dynamic stretch and warm-up
- FUN-damentals
- Competitive games (creative and some non-traditional)
- Minimal scheme to introduce new offense/defense
- T-shirt (*if enough time to get them in*)
- Nolan coaches work in conjunction with FWCYFL coaches (*Put new material into practice.*)

**LEAGUE: REGISTRATION STARTS MAY 8<sup>th</sup>**

The **Fort Worth Christian Youth Football League (FWCYFL)** is organized into two age divisions: one combined 5<sup>th</sup>/6<sup>th</sup> grade flag football division and one combined 7<sup>th</sup>/8<sup>th</sup> grade tackle team. **To register for the FWCYFL, please visit [www.fwcyfl.org](http://www.fwcyfl.org).**

### ADDITIONAL DETAILS FOR 2017:

- 7<sup>th</sup> and 8<sup>th</sup> grade tackle will make up one combined Catholic schools team that will practice at Nolan Catholic High School and play against other private schools in the Dallas-Fort Worth area.

Registration starts May 8<sup>th</sup> with the following fees:

- **\$250 per player during Early Registration – Until June 30<sup>th</sup>**
- **\$275 per player during Regular Registration – July 1<sup>st</sup> to Sept 15<sup>th</sup>, 2017**

- 5<sup>th</sup> and 6<sup>th</sup> grade flag will continue to follow the Nolan Catholic High School “7-on-7 Airstrike Flag Football” format. Registration starts May 8<sup>th</sup> with the following fees:

- **\$75 per player during Early registration – through June 30<sup>th</sup>**
- **\$85 per player during Regular Registration – July 1<sup>st</sup> through September 15<sup>th</sup>**

- Financial aid is available for players in need, please indicate when registering online or contact **Frank Poeschel at 817-296-4452 or email [fpoeschel@webbmason.com](mailto:fpoeschel@webbmason.com).**

**TO REGISTER FOR THE FWCYFL OR OBTAIN MORE INFORMATION, PLEASE CLICK ON [WWW.FWCYFL.ORG](http://WWW.FWCYFL.ORG).**

If you are interested in coaching or have any questions, please contact Frank Poeschel: [fpoeschel@webbmason.com](mailto:fpoeschel@webbmason.com) or call 817-296-4452.

## NOLAN CATHOLIC CAMPS AND EVENTS—SUMMER 2017

### Summer Strength & Conditioning

BEGINS MAY 30, 10:00am-12:00pm  
All rising 7-12 grade male athletes

### Boys Youth Football Camp

JUNE 5-8, 8:00–10:30am  
Rising 3-8 grade

**FOR PRICING & MORE INFORMATION:** click the links above or please contact Nolan Catholic Head Football Coach David Beaudin at [DBeaudin@nchstx.org](mailto:DBeaudin@nchstx.org) and follow @CoachBeaudin via Twitter.

# FWCYFL 7v7 Air Strike League (5<sup>th</sup> and 6<sup>th</sup> Grades)

## FWCYFL 2017 AIR STRIKE PASSING LEAGUE RULES

1. All games will be played at Nolan Catholic High School on Saturday mornings.
2. Offensive coaches may call plays from the huddle, defensive coaches may coach from the sidelines.
3. The field will be forty-five yards long with a 10-yard end zone.
4. The offense has three downs to get 10 yards for a first down. Once the offense gets to or past the five-yard line, they have four downs to score.
5. After each score, the offense will try a 1-point conversion from five yards out or a 2-point conversion from 10.
6. Each score is worth six points.
7. Interceptions are worth three points plus possession of the ball.
8. Interceptions during a conversion are worth the point(s) of the offensive attempt.
9. All players except the center are eligible on offense.
- 10. Running plays are not permitted.**
11. If a team only has six players show up, the center may be eligible.
12. The center is the QB TIMER TEE.
13. The offensive team has 25 seconds between plays to begin a new play.
14. The quarterback has five seconds to release the ball across the line of scrimmage. After five seconds, the play is ruled a sack. All sacks return the ball to the line of scrimmage.
15. There is no rushing the quarterback.
16. There are no fumbles. Ball is dead at that spot.
17. Blocking, tackling, and overly aggressive hits are not allowed. Bump and run techniques by DB's are allowed.
18. The ball carrier is down where touched by a defender with one hand.
19. Offensive penalties are 5 yards and a loss of the down.
20. Defensive penalties are 5 yards and a replay of the down.
21. This is a non-contact league. Flagrant contact will result in a game ejection.
22. There will be overtimes for ties.
23. In overtime each team will get two plays to score from the 10 yard line; if no score yards gained during OT will determine the winner. A coin flip will determine which team goes first.
24. Mouthpieces are highly recommended.

## QUICK FACTS

- 7v7 is a non-contact, touch only football passing league for incoming 5th and 6th graders
- The league will start play on Saturday, September 16<sup>th</sup> through November 4<sup>th</sup>.
- There will be a double elimination playoff tournament at the conclusion of league play Saturday, November 4<sup>th</sup>.
- Teams will play two 20 minute halves.
- You need a minimum of 6 players to play, but can carry as many as you choose.
- League fee is \$75 per player.
- Coaches may coach offense from behind the huddle, defense must be coached from the sidelines.

### NOTES:

PLEASE TAKE TIME TO "POLICE YOUR AREA" AND CLEAN UP TRASH AFTER YOUR GAMES!!!

ABSOLUTELY NO GUM OR FOOD PRODUCTS ARE ALLOWED ON THE FIELD.

NO JUMPING OR HANGING ON THE GOALPOST (BUT IF YOU CAN, WE NEED TO SEE IT.)