



High School Consensus Youth Football Position Statement

Preamble:

The above organizations recognize and appreciate the efforts of youth football coaches and administrators throughout the state of Oregon. Providing a Football experience prior to high school is optimal for the development of the total player. How that experience is delivered and the philosophy behind the introduction of age appropriate skill development is at the core of any quality program. Based on this all organizations agree on the following core principles that should be part of any youth football program.

Principles:

- Youth football should start in mid-August and conclude by first weekend of November of each year. No youth program should have a longer season than a high school program.
- No youth football pre-season practice should exceed more than two hours in length with a maximum of four practices per week – teams should never practice twice in the same day. In-season practice sessions should be reduced to a maximum of 3 per week.
- All youth practices should focus on developmentally appropriate activities that emphasize motor and foundational skills. All players should learn and be allowed to play every position on the field prior to grade 7.
- Youth football should participate in a maximum of three days of full contact each week, excluding games. A maximum of 90 minutes of Full Contact combined is allowed during these three days. Of those 90 minutes per week only 15 minutes can be Live Action. Full contact is defined as follows:
 - Thud – Drill is run at assigned speed through the moment of contact, no predetermined “winner.” Contact remains above the waist, players stay on their feet and a quick whistle ends the drill. This applies to simulations and drills involving any number of players.
 - Live Action – Drill is run in game-like conditions and is the only time that players are taken to the ground. This applies to simulations and drills involving any number of players.
- Youth football should be viewed at as a Developmental league and not a Championship league. Given this, all teams should be limited to a maximum of 8 games, including any type of culminating event(s).
- No youth player should participate in the 11-player game until grade 7. USA Football’s Rookie Tackle should be played in grades 5 and 6. Flag Football should be played in grades K-4.
- All youth coaches should be Heads Up certified annually and have successfully completed a background check prior to assuming any coaching responsibilities.
- Youth programs using school district facilities should be able to provide adequate insurance coverage to reduce the potential for increased liability.
- Fees required for participation should be minimized as much as possible. Costs for required equipment and officials should be outlined for all participants. Supplemental equipment costs should be eliminated.
- All programs shall follow Oregon youth concussion laws, have adopted emergency action plans, and have appropriate medical personnel available when possible.