

## FREQUENTLY ASKED QUESTIONS

### General Questions

#### **Q. What is the Scarborough Football Club, Inc. (SFC or the Club)?**

A. The SFC is a 501(c)3 non-profit corporation whose mission and purpose is to offer an opportunity to the youth of Scarborough, Maine to participate safely in an organized youth football program. SFC's goal is to provide a learning experience in the fundamentals of football, to promote good sportsmanship, and to develop a sense of teamwork among its youth participants. The SFC offers both full-contact, tackle football and flag football programs. These programs are open to all boys and girls who will be entering 2<sup>nd</sup> thru 8<sup>th</sup> grade (tackle football) and Kindergarten thru 5<sup>th</sup> grade (flag football) in the Fall of the upcoming school year.

The SFC is not supported by or a member of the Scarborough School District athletic programs. To enhance our middle school and high school football programs, the SFC and its coaching staff work with the Scarborough High School Head Football Coach to familiarize our players through practice and football camps with common terminology and defensive formations throughout their athletic years.

The SFC's Middle School program (Grades 7 & 8) is part of the Southern Maine Youth Football League (SMYFL), while the SFC's Varsity (Grade 6), Junior Varsity (Grades 4 & 5) and PeeWee (Grades 2 & 3) programs are part of the Maine Sportsmanship League (MSL). The Flag program is associated with USA Football.

#### **Q. What is the Southern Maine Youth Football League (SMYFL)?**

A. The SMYFL provides an instructional youth football league to encourage and nourish the physical and mental growth of young athletes by offering an organized tackle football program with the sole purpose of instruction and fun. This league is a non-profit organization. The League is currently comprised of 18 football associations throughout southern Maine. For more information see the SMYFL website at [www.smyfl.com](http://www.smyfl.com).

#### **Q. What is the Maine Sportsmanship League (MSL)?**

A. The MSL is a non-profit organization whose mission is to establish an environment in which student athletes can learn to balance academics, sportsmanship, and team play. The MSL is responsible for establishing standards of safety as well as game rules to ensure each team benefits mutually and allows fair opportunities to play. For further information, please see the MSL bylaws and MSL rules on our website at [MSL Information](#).

#### **Q. What is USA Football?**

A. USA Football, a not-for-profit organization, is the governing body for amateur football in the United States. Through its non-contact NFL Flag program, USA Football offers children ages 5-17 the opportunity to learn the fundamentals of football, teamwork and sportsmanship. For further information, please see the USA Football website at [USA Football](#) and [NFL Flag](#).

#### **Q. How do I contact the Scarborough Football Club?**

A. Please contact us if you would like more information or if you have any questions or concerns. Our contact information is as follows:

**SFC Email:** [scarboroughyouthfootball@gmail.com](mailto:scarboroughyouthfootball@gmail.com)

**SFC Mailing Address:**

Scarborough Football Club  
P.O. Box 862  
Scarborough, Maine 04070

**Board Members' Emails:** [Board Emails](#)

Also, please feel free to contact us using the Contact Form on our website at [Contact Form](#).

**Q. Who can participate in the SFC programs?**

A. Any child who lives in the Scarborough, Maine school district and will be entering Kindergarten thru 8<sup>th</sup> grade in the Fall of the upcoming school year is eligible to play. In addition, children who attend private school or are home schooled and reside in the Scarborough, Maine school district are eligible to play.

**Q. What is the time commitment to play youth football?**

A.

***Tackle Football:***

To ensure player safety, a significant amount of practice time is required to play football. Tackle football practice begins in August. Typically, Grades 7 & 8 begin practicing the 2<sup>nd</sup> week in August while Grades 2 - 6 begin the 3<sup>rd</sup> week of August. August practices range from 3-5 days a week. Practice in August is critical to how a team develops physically and mentally and provides the coaching staff with an opportunity to evaluate the players’ skill levels. Therefore, players are expected to be at every August practice. However, we recognize that this is also a time of year when many families are on vacation. Please notify your child’s coach in advance if unable to attend a practice.

From September through October, the tackle practice schedule is as follows:

Grade	Days	Time	Location
2 <sup>nd</sup> & 3 <sup>rd</sup> (PeeWee)	Thursday & Friday	5:00 PM – 7:00 PM (or as daylight permits)	TBA (typically, Wiley Field)
4 <sup>th</sup> – 6 <sup>th</sup> (Junior Varsity (4/5) and Varsity (6))	Monday, Thursday & Friday	5:00 PM – 7:00 PM (or as daylight permits)	TBA (typically, Wiley Field)
7 <sup>th</sup> & 8 <sup>th</sup> (Middle School)	Tuesday, Thursday & Friday	5:00 PM – 7:00 PM (or as daylight permits)	TBA (typically, Black Point Field)

In addition to practices, games will be played every weekend. Games will consist of Home and Away games and are typically played on Saturdays. Some Sunday games may be scheduled based on field and opponent availability. The time commitment for games is typically 3-4 hours, including travel time and an hour prior to game time for a team warm-up session. Playing time for games is typically 2 hours. Games are typically played in September and October, with the regular season consisting of 7 games. At the Middle School level, if the team progresses to playoffs, practices and games will for continue for two or more weeks. Please notify your child’s coach in advance if unable to attend a game.

See the SCHEDULES and CALENDAR tabs on our website, <http://www.scarboroughyouthfootball.com>, for further details. These tabs will have tentative schedules prior to the start of the season and will be updated once all practices and games have been finalized.

***Fall Flag Football:***

Fall Flag football practices 1-2 times a week depending on grade level. Games are typically played on the weekends. The time commitment for games is typically 2 hours, including travel time and a team warm-up session. Playing time for games is typically 1 hour.

From September through late October/early November, the flag schedule is as follows:

Grade	Days	Time	Practice and Home Game Location	Games
Kindergarten & 1st	1 day/week (TBD)	1 hr. (Time TBA but typically 5:30-6:30)	TBA (typically, Wiley Field or SEDCO Field)	Home/Away Games - Sunday AM
2 <sup>nd</sup> & 3 <sup>rd</sup>	1 day/week (TBD)	1 hr. (Time TBA but typically 5:30-6:30)	TBA (typically, Wiley Field or SEDCO Field)	Home/Away Games - Saturday AM
4 <sup>th</sup> & 5 <sup>th</sup>	2 days/week (TBD)	1hr, 15 min (Time TBA but typically 5:30-6:45)	TBA (typically, Wiley Field or SEDCO Field)	Home/Away Games - Saturday AM

See the SCHEDULES and CALENDAR tabs on our website, <http://www.scarboroughyouthfootball.com>, for further details. These tabs will have tentative schedules prior to the start of the season and will be updated once all practices and games have been finalized.

**Q. What if I have scheduled a vacation during practice/game time?**

- A. If you have ANY flexibility, please try to schedule around football season, especially in August. Practice in August is critical to how a team develops. It is important to remember that is the time the coaches spend on conditioning, evaluating the players’ skill levels, and establishing offense and defense teams. Please notify your child’s coach in advance if unable to attend a practice or game.

**Q. Does my child require a physical to play?**

- A. Each year of play, your child’s doctor must complete and sign (no stamps, faxes, or photocopies) the SFC Physical Examination Form stating that your child is healthy enough to play either flag or tackle football. Please have your child’s doctor complete this form and return it to:

Scarborough Football Club  
P.O. Box 862  
Scarborough, Maine 04070

The signed, original form may also be given to your child’s coach or coordinator (Grades K-6: Youth Coordinator and Grades 7-8: Middle School Coordinator).

**For your child’s safety, he/she will not be permitted to practice or play in games until the SFC Physical Examination Form has been received. There will be no exceptions.**

The SFC Physical Examination Form can be located on our website under Forms at: [Forms](#)

**Q. What are parents/guardians expected to do?**

- A. Each parent/guardian is expected to review the parent handbook and sign the parent code of conduct. In addition, each parent/guardian should review the player handbook/code of conduct with their child. The handbook and code of conduct can be located on our website under Forms at [Forms](#).

We are a successful club thanks to the amazing parents/guardians who volunteer. In addition to getting players to practices and games on time, parents are expected to be active volunteers in the SFC. We need parents to be coaches and team administrators (“team moms”), as well as to assist at home games, at concessions, and with fundraising.

Team administrators help manage team communications and alleviate the time coaches need to spend addressing questions and concerns. The team administrator will publish a list for volunteer opportunities and is responsible for ensuring the positions are all filled once the game and practice schedules are finalized. During home games, each team is required to provide a 1 scoreboard/game clock operator, 2 chain gang/yard markers, 1 down marker and 1 videographer. There is no better seat in the house to watch your child’s game than on the field or in the clock

tower. Each team is also responsible for providing coverage at the Snack Shack at Wiley Field typically for one practice and one game each week during the season. The Snack Shack is a great way to meet other members of our football community and a great way to stay warm during those chilly practice nights.

**Q. How do I become a coach?**

**A.** The SFC is always looking for new coaches who love football and are looking to make a positive difference in the lives of children. All individuals who would like to coach are required to complete an application via our website at [Coach Registration](#) and are subject to a criminal background check. Once approved to coach, you will be sent your credentials for your free USA Football Coaching Membership and will be required to complete certain online training courses.

**Q. To play tackle, does my child have to start playing in the 2<sup>nd</sup> grade?**

**A.** No. We have successful first-time players at every grade level.

**Q. What about concussions?**

**A.** Your child's safety is foremost on our minds. The SFC is a member of USA Football and utilizes the Heads-Up Football program which provides safety trainings such as concussion recognition and response, proper equipment fitting, and heads up tackling, among other trainings. Our coaches follow the USA Football guidelines in planning safe practice sessions and games. For example, using heads-up tackling, coaches teach players to keep their heads up and lead with their shoulders when tackling. The SFC also has an appointed Safety Coach that attends the Heads-Up Football Safety Clinics, thereby bringing additional training to our Coaches. Please take a moment to read more about USA Football's Heads Up program at [Heads Up Football](#). If you have specific concerns about player safety, please send an email to [cc@scarboroughyouthfootball.com](mailto:cc@scarboroughyouthfootball.com) (Grades 2-6) or [cc2@scarboroughyouthfootball.com](mailto:cc2@scarboroughyouthfootball.com) (Grades 7 & 8).

**Q. Who can attend the monthly SFC Board meetings?**

**A.** The SFC Board meetings are open to all members. The board meetings are posted on the Club Calendar Page on our website at [Calendar](#). Please feel free to attend! For the Board members' contact information, please visit our website at [Board Emails](#).

**Registration Questions**

**Q. When does registration begin?**

**A.** Registration begins on February 1<sup>st</sup> and runs through July 31<sup>st</sup> for Tackle and Fall Flag. Spring Flag Registration runs from February 1<sup>st</sup> through April 15<sup>th</sup>. Please contact the SFC President ([president@scarboroughyouthfootball.com](mailto:president@scarboroughyouthfootball.com)) for availability after July 31<sup>st</sup>.

**Q. How do we register?**

**A.** Registration must be completed online via our website at [Registration](#). You will be asked to create a member account, if you don't already have one. Simply click the "Create A New Account" option when asked to log in to the registration system. After you create your new member account, you'll need to choose "Register Now" and will be asked to fill in the parent information. Once the parent information is complete, you will choose the age group for your player and then fill out the player information. You'll be asked if you want to add more players or to finish registration and pay. Returning members will log in to their member account and choose which players they want to register and then pay.

The only payment methods accepted are by debit or credit card online. Note: No debit/credit card information is stored on our computers and all information is encrypted for your security. Please contact the SFC President ([president@scarboroughyouthfootball.com](mailto:president@scarboroughyouthfootball.com)) if you have any payment questions.

**Q. How much are the registration fees?**

A. The registration fees are as follows:

**Tackle Fee:**

Registration Dates	Fee
February 1 – March 31	\$150
March 31 – July 31	\$175

**Flag Fee:** \$75

**Q. Are there multi-player discounts?**

A. Yes. A \$25 discount is available for families with multiple players in our programs.

**Q. Can my child play without paying the registration fee?**

A. Yes. The procedure is simple and strictly confidential. Contact the SFC President to discuss the availability of a player scholarship. The Club wants every child to have the opportunity to play. Just email the SFC President at [president@scarboroughyouthfootball.com](mailto:president@scarboroughyouthfootball.com).

**Q. How late can I register?**

A. **July 31<sup>st</sup>** is the deadline for the tackle and Fall flag programs. However, if possible, please sign up by **May 16<sup>th</sup>**. To coordinate and schedules games properly, team sizes need to be determined as soon as possible. Please contact the SFC President ([president@scarboroughyouthfootball.com](mailto:president@scarboroughyouthfootball.com)) for availability after July 31<sup>st</sup>.

**Q. Do you offer refunds?**

A. The policy of the SFC is to issue no refunds after a child has played in a sanctioned game or practice. Prior to playing in a sanctioned game or practice, a refund of the registration fee less an administrative handling fee will be issued. Refund requests must be made to: [scarboroughyouthfootball@gmail.com](mailto:scarboroughyouthfootball@gmail.com).

**Q. What Forms are required to be completed upon registration?**

- A. The following forms are to be completed:
- SFC Physical Examination Form
  - Adult Code of Ethics
  - Code of Conduct Parent/Guardian & Player Contract

The Adult Code of Ethics and Code of Conduct Parent/Guardian & Player Contract are part of the Parent-Player Handbook. The SFC Physical Examination Form and the Parent-Player Handbook can be located on our website under Forms at: [Forms](#).

The completed forms may be mailed to:  
Scarborough Football Club  
P.O. Box 862  
Scarborough, Maine 04070

The signed, original forms may also be given to your child’s coach or coordinator (Grades K-6: Youth Coordinator and Grades 7-8: Middle School Coordinator).

**Q. Where do the registration fees go?**

A. The SFC is an all-volunteer organization and puts 100% of our resources into the Club. The registration fees help cover the general operating expenses for the season, including but not limited to: equipment purchase and refurbishment (helmets, shoulder pads, jerseys), field rental, practice equipment purchases (sleds, dummies, etc.), first aid kits, league membership fees, coach certifications, off-season storage, insurance, and bus transportation for certain Middle School games. In addition, the Club maintains a scholarship account to assist families who otherwise could not afford to play football.

## Equipment Questions

### Q. What equipment is required?

A. The SFC provides almost everything you need to play. Please see the following table for a list of items the SFC provides and what will need to be purchased by the players:

Program	SFC Provides	Player Provides
Tackle – Grades 2 – 6	<ul style="list-style-type: none"><li>• Helmet</li><li>• Shoulder Pads</li><li>• Game Jersey</li></ul>	<ul style="list-style-type: none"><li>• Mouth Guard</li><li>• Practice Jersey</li><li>• Athletic Supporter (Cup)</li><li>• Black Football Pants with padding</li><li>• Cleats</li><li>• Water Bottle</li><li>• Socks</li></ul>
Tackle – Grades 7 – 8	<ul style="list-style-type: none"><li>• Helmet</li><li>• Shoulder Pads</li><li>• Practice Jersey</li><li>• Game Jersey</li></ul>	<ul style="list-style-type: none"><li>• Mouth Guard</li><li>• Athletic Supporter (Cup)</li><li>• Black Football Pants with padding</li><li>• Cleats</li><li>• Water Bottle</li><li>• Socks</li></ul>
Flag	<ul style="list-style-type: none"><li>• Game Jersey</li><li>• Flags</li></ul>	<ul style="list-style-type: none"><li>• Mouth Guard</li><li>• Cleats/sneakers</li><li>• Water Bottle</li></ul>

For further information, please see the Equipment Requirements tab on our website at [Equipment Requirements](#).

### Q. When will the players be fitted for their equipment?

A. It is essential that every player has a properly fitted helmet and shoulder pads as improperly fitted equipment can place an athlete at greater risk for injury. In order for the SFC to have adequate and correctly sized equipment available for all players, we ask each player to attend one of two equipment fitting sessions held in June. Information regarding the equipment fittings will be on our website and sent via email to parents/guardians as the dates are finalized. If you are unable to attend one of these two sessions, please let your child's equipment coordinator (Grades K-6: Youth Coordinator and Grades 7-8: Middle School Coordinator) know as soon as possible and we will work with you to schedule an alternative date. If there are any concerns with the fit of the equipment during the season, please let your child's coach or equipment coordinator (Grades K-6: Youth Coordinator and Grades 7-8: Middle School Coordinator) know and they will ensure that the fit of the equipment is checked.

**Q. When will the players receive their equipment?**

- A. Each grade will be assigned an equipment distribution day and time. Information regarding the equipment distribution day/time will be on our website and sent via email to parents/guardians as the season approaches. All required forms must be completed and submitted and all fees paid to receive the SFC issued equipment.

**Q. When do the players have to return their equipment?**

- A. All SFC issued equipment must be returned at the end of the season. Each grade will be assigned an equipment turn-in day and time. Details regarding equipment-turn in day/time will be posted on our website and sent via email to parents/guardians as the date approaches. **Any equipment not turned in at the end of the season will become the financial responsibility of the parent/guardian.**

**Q. Are there any other equipment costs?**

- A. There are no additional costs for SFC issued equipment. However, parents are expected to provide the items noted above (see Player Provides column in table above). Also, as noted, any equipment not turned in at the end of the season will become the financial responsibility of the parent/guardian.

**Q. My child's helmet hurts – can he/she get a different one?**

- A. It is very common for your child's helmet to feel uncomfortable and even hurt for the first couple of weeks. Helmets must fit tightly to ensure a correct fit. Our coaches take the necessary time to make sure that each helmet is fitted properly. We recommend that once the equipment is received, your child should wear his/her helmet before practice to break it in and get used to how it feels. If there are any concerns with the fit of the helmet during the season, please let your child's coach or coordinator (Grades K-6: Youth Coordinator and Grades 7-8: Middle School Coordinator) know and they will ensure that the fit of the equipment is checked.

**Q. Does my child get to choose his/her own uniform number?**

- A. We cannot save or guarantee a uniform number for your son or daughter. All equipment is handed out on a first-come first-serve basis during our equipment distribution day.

**Team Questions**

**Q. Does my child have to try out?**

- A. No. If registration is complete and paid and all necessary forms have been submitted, your child will be placed on a team.

**Q. How are the teams divided?**

- A. Teams are formed based on the grade level your child will enter in the Fall. If there is more than one team at a tackle program level (e.g., Junior Varsity (Grades 4 & 5)), the teams are divided by a draft to ensure that the teams are divided equally as possible. Typically, players will be evaluated by the coaches prior to the draft during the two-week pre-season practices held in August. League rules require that all teams be matched across talent and skill levels to ensure there are not "stacked" or "developmental" teams.

**Q. Can I request my child be placed on a team with a friend?**

- A. No, sorry! As much as we would like to, we are unable to accept or satisfy any special requests for the Tackle program. Thanks for your understanding! Siblings are the one exception, provided the siblings are in the same program level based on grade. We can typically make accommodations for the Flag program provided the friends are in the same age group.

**Q. How are coaches selected?**

- A. Each team is assigned a head coach and 2-3 assistant coaches. Applicants for head coaching positions are reviewed and selected by the SFC Board. Assistant coaches are selected by the head coach, typically from the parents of the players.

**Q. How do I know what team my child is on?**

- A. Depending on registration numbers, there will be one or multiple teams. Once all teams are finalized, your child's coach will contact you to provide further information.

## Practice/Game Questions

### Q. When does the season start and when does it end?

**A. Tackle** - Tackle football practice begins in August. Typically, Grades 7 & 8 begin practicing the 2<sup>nd</sup> week in August while Grades 2 - 6 begin the 3<sup>rd</sup> week of August. August practices range from 3-5 days a week. The season will typically end in late October with a Halloween Bowl. The season may be extended into early November for Grades 7 & 8 depending on playoffs.

**Fall Flag** – Fall flag football practice begins the first week in September. The season will end in late October or early November.

### Q. Where are practices held?

**A. Tackle** – The Middle School program (Grades 7 & 8) typically practice at Black Point Field while the Varsity (Grade 6), Junior Varsity (Grades 4 & 5) and PeeWee (Grades 2 & 3) programs practice at Wiley Field.

**Flag** – The Flag program typically practices at Wiley field or SEDCO field.

### Q. What is the game schedule?

**A.**

#### ***Tackle Football:***

Game schedules are determined by the applicable league (SMYFL or MSL) and will be played every weekend. Games will consist of Home and Away games and are typically played on Saturdays. Some Sunday games may be scheduled based on field and opponent availability. Games are typically played in September and October. At the Middle School level, if the team progresses to playoffs, practices and games will continue for two or more weeks.

#### ***Fall Flag Football:***

Games are typically played on the weekends. Games will consist of Home and Away games and are played on Saturdays or Sundays depending on the age group. Games are typically played in September and October, with the regular season consisting of 9-10 games.

See the SCHEDULES and CALENDAR tabs on our website, <http://www.scarboroughyouthfootball.com>, for further details. These tabs will have tentative schedules prior to the start of the season and will be updated once all practices and games have been finalized.

### Q. Where are the games played?

**A.** Once all games are finalized, our website will list directions to home and away game fields.

### Q. How long are the games?

**A. Tackle** - Middle School (Grades 7 & 8) games are made up of four 10-minute quarters with a 10-minute half time. Varsity (Grade 6), Junior Varsity (Grades 4 & 5) and PeeWee (Grades 2 & 3) games are made up of four 8-minute quarters with an 8-minute time out. With clock stoppages, half-time, moving of chains, etc., most games last nearly 2 hours. Including travel time, and the expectation that players are expected to be at the field at least 1 hour before the game to warm-up, the time commitment for games is typically 3-4 hours.

**Fall Flag** - Playing time for games is typically 1 hour. The time commitment for games is typically 2 hours, including travel time and a team warm-up session.

### Q. How many games are there?

**A. Tackle** - Games are typically played in September and October, with the regular season consisting of 7 games. At the Middle School level, if the team progresses to playoffs, practices and games will continue for two or more weeks.

**Fall Flag** - Games are typically played in September and October, with the regular season consisting of 9-10 games.



**Q. Is there equal playing time?**

**A.** Ultimately playing time is left up to the discretion of the coaches. Depending on the position, skill, and the willingness to work hard, a player may get to play more. If you have any concerns or questions about your child's playing time, please discuss them immediately with your coach. If your concerns or questions, are not addressed, feel free to contact the Youth Coaching Coordinator or Middle School Coaching Coordinator, as applicable. If the Coaching Coordinator does not address your concerns/questions, please contact the SFC President.

**Q. What are the rules, if any, concerning position assignment?**

**A. Tackle** - For a coach, assigning positions is one of the hardest things to do. The most important thing to remember is that there are a variety of positions and each one is just as important as the next. Each coach is different and his/her process will vary, but typically coaches spend most of the August (pre-season) practice evaluating each child and trying to match each child to the position that the coach feels is best suited to his/her skill level as compared to the rest of the team while complying with the applicable League's player rules. As a parent/fan, please be open-minded regarding your coach's recommendation and support your child and coach regardless of what position your child plays.

**Fall Flag** - The Flag Football program has been designed to introduce children to football and is focused on having fun, learning the basics of the game, and working together as a team. We try to keep our flag teams at 7 to 8 players each. This way every player gets multiple opportunities to touch the ball every week.

**Q. Who will we be playing against?**

**A. Tackle** – The applicable league (SMYFL and MSL) determines the schedules. Historically, our schedule includes games with teams from Biddeford, Bonney Eagle, Cape Elizabeth, Freeport, Greely, Old Orchard Beach, Portland, Saco, South Portland, and Windham.

**Fall Flag** – Out teams will be playing games against teams from Portland, Saco, South Portland, Westbrook, and Windham along with games within our league as not all towns have all three age divisions.

**Feel free to contact any board member with questions or attend one of our monthly Board meetings.**