



## Frequently Asked Questions

- 1) **What does HYFC stand for?** HYFC stands for the Hudson Youth Football & Cheering organization, an organized youth football and cheerleading program for the youth of Hudson. The program teaches the basics of football and cheerleading while promoting and encouraging academic excellence, sportsmanship and respect. HYFC is governed by a board and is a member of the [American Youth Football organization](#) (AYF) and participates on a local level in their Central Mass Youth Football and Cheering conference ([CMYFCC](#)).
- 2) **What equipment do I need to buy for football?** Football players will need to provide football cleats, athletic supporter/cup. HYFC will provide the following: game shirt, game pants, practice shirt, practice pants, girdle, shoulder pads, hip pads, knee pads, tailbone pad, thigh pads and helmet and game socks.
- 3) **What equipment do I need to buy for my cheerleader?** Cheerleaders will need to provide cheering sneakers which will be purchased through the league. Bloomers, bodysuit and wiglets may also be required for competitions. HYFC will provide Uniforms (vest/skirt). Your Childs coach may have additional requirements.
- 4) **When does the season start?** Although games do not usually start until September, our 'training' camp/practices officially start on August 3<sup>rd</sup>.
- 5) **What about practices?** Practice will be held 4 nights a week from 5:30-8pm during August for both football and cheering (usually Mon-Thurs. but day and time could vary depending on coach and field availability). We have strict rules with regards to the amount of practice time required before any player can suit up, make contact or participate in the season. Please plan any vacations around this commitment. Once school begins practice will drop down to 3 nights a week, your head coach will establish times/days. Practice is mandatory and for safety reasons as set by the National AYF Board. We also understand that summertime is usually the only time some families are able to vacation, once your son or daughter has been placed on a team please discuss any plane with your head coach.
- 6) **Where are the Practices/Games to be held?** Football practice in August will be held at Cherry Street Field and will move to Moultons field once school starts. Cheer practice will be held at Farley School in August and usually moves inside once school starts, our home games are held at Sauta Field in Hudson.(Directions to away games will be posted on the website.)
- 7) **When are games?** Games usually start at the end of August or the first or second weekend of September. Each team will have an 8 or 9 game schedule. All teams except the youngest, Mitey Mites are eligible for playoffs, which could add another 3 weeks to the season. Mitey Mite football and cheer teams may participate in a bowl game. Some

football games are played on our home field but all teams are traveling teams and will be scheduled to play out of town as well. Our home Games will most likely be scheduled on Sundays, but away games are also played on Saturday's to accommodate the league schedule. Labor Day weekend is usually scheduled for games.

- 8) **Do you have minimum or mandatory plays for football players?** Yes, the American Youth Football Organization has mandatory/minimum play rules in place. This varies depending upon level of team and number of players. We will have a person that will keep track of this at every game.
  
- 9) **What about Cheerleaders?** With the exception of the Mitey-Mite level, all cheering squads are competitive and therefore it is mandatory to attend all practices in August and during the season. All squads are required to cheer at home and away games. They must also participate in the Central Massachusetts Youth Football & Cheering Conference Local Cheering Competition usually held in October. If the team place first or second at the local competition, they will move on to regional competition. If they place first or second at regional competition, they move on to national competition. Cheerleaders will practice at the Farley Elementary School. Once the weather becomes cooler squads will most likely move indoors and these locations will be announced but most likely will be at the Hudson Elementary schools.
  
- 10) **How are Teams Divided and how many teams will there be?** This will depend on the number of participants. There will most likely be 5 levels of play: 7&8 Year olds (MIGHTY-MITE'S); 9 Year Olds (Senior Mites)& 10 Year olds (JUNIOR PEE WEE); 11 Year Olds (Pee Wee); and finally 12 year olds (Junior Midgets). Participants must be 7 years of age by 7/31/2008. A weight chart can be found on the news and info page. Teams will be formed by the leagues directors, teams and squads will be formed based on the philosophy that we are trying to establish equally competitive teams and continuity within the program, we always try to place siblings together as long as they fall within the age and weight matrix. We will not be able to honor any other special requests. Some participants may need to be moved up or possibly down a level to establish teams at all levels.
  
- 11) **What type of Parent participation and fundraising is involved?** HYFC holds one league wide fundraiser, a calendar raffle, which will be handed out during the first week of practice. Each participant will be required to sell 5 calendar raffles. We also hold fundraisers such as the snack shack, apparel sales, 50/50 game day raffle, casino night, etc. to help curb expenses. HYFC is strictly a volunteer run organization. We rely on the generous help of our parents/family members to make the organization a success. We do require that each family volunteer at least four hours during the season.

