



Here's what you need to know about playing Tackle Football! If you have any additional questions or concerns, please do not hesitate to contact KMFA President Mike Saini ([mikesaini1@gmail.com](mailto:mikesaini1@gmail.com)) or KMFA Tackle Director Danielle Wagner ([scranielle@hotmail.com](mailto:scranielle@hotmail.com)).

- ***When does the Tackle Program run?***

Practices for tackle football start in mid-July. Games start in early September, typically after Labor Day. Depending on your team record, the season will end in late October or early November, after playoffs.

- ***What are the age divisions?***

For 2017, KMFA offers three age levels of competition for tackle football.

U10/Atom (Birth year 2008, 2009, and 2010)

U12/Pee-Wee (Birth year 2006 and 2007)

U14/Junior Bantam (Birth year 2004 and 2005)

- ***How much does it cost?***

U10 - \$175

U12/U14 - \$275.

Each player is also required to obtain an annual membership from our umbrella organizations (Football Canada, BCPFA, and BCCFA) totaling \$49. If you have previously registered in other football events including Flag Football or other BCPFA organized events in 2017, you will already have paid this fee and it will not apply.

- ***Do I need to buy equipment?***

KMFA has invested in the highest quality equipment. All equipment including shoulder pads, helmets, jerseys, pants, belts, socks, and mouth-guards are supplied by KMFA. Other equipment, such as cleats or optional protective gear (rib protectors, etc.) are not supplied. An equipment deposit cheque of \$350 is required (note that this cheque is not cashed, only held until the end of the season, and returned/destroyed upon equipment return).

- ***I need to apply for funding, what should I do?***

Please get in touch with KMFA Registrar, who will assist you in getting registered. E-mail is [kmfaregistrar2017@gmail.com](mailto:kmfaregistrar2017@gmail.com)

- ***What days and times are practices/games?***

Teams typically practice twice per week. The actual weekday will vary between Tuesdays and Fridays. These practice schedules are determined by the head coach.

Games are played on Sundays. Typically, the start time for U10 (Atom) is 10AM, U12 (Pee-Wee) is 12pm, and U14 (Junior Bantam) is 2pm. Although infrequent, some games may be on a weekday (Thursday).

- ***What if we are not around in the summer for practices?***

Don't worry, you're not alone! KMFA recognizes that young athletes have many other interests and priorities, including summer vacation! Each team is equipped with excellent coaches to help develop players equally when they are available to attend practices. It's important that your coach is aware of each player's availability so that proper time and attention can be allocated to safe contact principles as well as conditioning prior to progressing further into the season.



- ***How many games are in a season?***

The regular season is generally 8 games for each age level. Depending on your team record, the season will end in late October or early November after playoffs.

- ***How long are the games?***

Games for all teams have four (4) quarters. U10/U12 game time is 10 minutes per quarter with normal stop time procedures. U14 game time is 12 minutes per quarter with normal stop time procedures.

- ***Do we have to travel for games?***

Kelowna participates in the Southern Interior Football Conference (SIFC). Teams from Kamloops, Vernon, and Salmon Arm are also part of SIFC. Each team will typically have 3-4 "road-games".

- ***Is it safe?***

Football is a contact sport and as such, sometimes injuries can occur. However, Football Canada (of which KMFA is a member organization) has gone to great lengths in developing a Safe Contact training program that teaches and emphasizes safer tackling and blocking techniques. This ensures that all players are engaging in football in the safest and most current techniques possible. Every KMFA Coach must be certified by this program to be eligible to coach in our organization.

- ***My child wants to play but is scared to get hit...***

Don't worry, you're not alone! Many players have an initial fear of contact and this is completely normal. Our coaches are required to be Safe Contact trained (a mandatory training initiative from Football Canada) to help build player confidence and ensure player safety is incorporated into all aspects of contact. Tackling and blocking techniques are developed in a safe, controlled and progressive manner. This process allows players to be successful early in the teaching progression which in turn builds player confidence. Following this process also helps gain the support of players' parents who may also have similar concerns. Additionally, KMFA cares about its players and invests in the best available equipment (pads and helmets).

- ***What if I want to help coach my child's team?***

If you'd like to help coach with your child's team, please reach out to the head coach. Alternately, you can contact KMFA President Mike Saini or Tackle Director Danielle Wagner.

- ***What certification do I need to coach?***

As an assistant level coach, you are required to submit to a criminal background check. Additionally, you will be required to attend a Safe Contact Training program that is conducted via Football Canada. If you'd like more information on how to get started, please contact KMFA President Mike Saini or Tackle Director Danielle Wagner.

- ***My kid wants to play but is born in 2003/2002, what are my options?***

Unfortunately, KMFA does not offer tackle football at this age level due to the lack of player support within our community and neighboring communities to play against. This age level has shifted to high school level and not provided as part of KMFA's lineup of programs for 2017.