

**–Policies and Procedures for BYU-Idaho Football–**

**Organizational Structure**

- 9-man football
- NFHS rules
- Supervision by the football advisor
- Student coaches
- Player tryouts
- Equitable assignment of players to teams
- 8 teams, 16-20 players per team
- 8 game schedule (includes playoffs)

**Pre-Participation Requirements**

- Medical clearance by a licensed physician (M.D. or D.O. only)
  - ✓ Each athlete must receive a “physical” examination and be cleared to participate without reservation.
  - ✓ This physical should either be conducted at home by a family doctor or on campus at the Student Health Center.
  - ✓ Athletes will not be able to tryout without submitting a completed physical form. No exceptions will be made!
- Medical screening
  - ✓ Each athlete will be required to fill out a medical questionnaire (“Student Health History”) developed to ascertain the status of the student’s current health and evaluate his health history.
  - ✓ A completed “Student Health History” must be submitted to the doctor who is performing the physical examination **prior to** his examination.
  - ✓ Both forms (Physical Examination & Student Health History) should be faxed, mailed, or submitted to the football director immediately upon their completion.
- Orientation
  - ✓ Students desiring to tryout and eventually play must attend a seminar in which a licensed physician and an ATC familiarize students with the hazards and risks inherent to playing football in the heat and present a detailed overview of the symptoms and effects of heat illness.
  - ✓ At this meeting, students will read and be invited to sign an Assumption of Risk Agreement and a Participation Agreement. They will also watch a football safety video and receive an overview of the tryout agenda and the criteria upon which participants will be evaluated.
  - ✓ Students must attend one of the three scheduled meetings in order to become eligible to participate. Meeting times and dates for the 2007 season are as follows: Tuesday, September 12th @ 5:00 pm; Wednesday, September 13th @ 5:00 pm; Thursday, Sept. 4th @ 5:00 pm. Taylor 120 will be the location for each of the meetings.
- Assumption of Risk, Release and Indemnity Agreement

- ✓ Each athlete must read, understand, and sign an “Assumption of Risk, Release and Indemnity Agreement” prior to participation (including tryouts).
- ✓ This Agreement includes a series of statements that warn the athlete of the risks and potential dangers inherent in the sport of football and releases BYU-Idaho of any and all liability, expense, claim, damage, judgment and/or cost it may incur by virtue of allowing the student to participate.
- Participation Agreement
  - ✓ Each athlete will be required to read and sign a “Tackle Football Participation Agreement” that outlines the basic terms and conditions of their participation.
  - ✓ On this form, the athlete specifically lists his insurance provider and policy number.
  - ✓ The Participation Agreement and all required documentation referenced therein must be filled out and presented with a valid BYU-I Student ID. This Agreement must be signed in the presence of an Athletics staff member.
- Safety video
  - ✓ All prospective players will be required to watch a safety video that teaches proper blocking and tackling technique, and conveys the possibility of serious injury to one’s head, neck, and/or back if improper technique is used.

### **Football Advisor**

- Former college player and coach.
- Oversees the general development of each of the eight teams.
- Teaches and emphasizes proper blocking and tackling technique.
- Coordinates position-specific clinics.
- Gives input and provides feedback to student coaches and players.
- Makes any necessary recommendations during practices.

### **Coaches**

- BYU-Idaho students with playing/coaching experience at either the high school or college level.
- Interviewed and selected by the student football coordinator and football advisor.
- Mentored by the football advisor.
  - ✓ Clinics
  - ✓ Video analysis
  - ✓ Weekly meetings
- CPR and AED certified.

### **Tryouts**

- Non-padded
- Student coaches and football advisors will evaluate players on the following:
  - ✓ QB’s—footwork, coverage reads, throwing, leadership, fitness.
  - ✓ RB’s—footwork, agility, ball-handling, receiving, fitness.
  - ✓ WR’s—footwork, agility, route precision, receiving, fitness.
  - ✓ OL—footwork, agility, strength, fitness.
  - ✓ DL—footwork, agility, strength, fitness.
  - ✓ LB’s—footwork, agility, speed, run/pass reads, hands, fitness.
  - ✓ DB’s—footwork, agility, speed, coverage capacity, hands, fitness.

- One week duration

## Resources

- Facilities
  - ✓ Team practices and games will be held on the new field turf at BYU-Idaho Stadium.
  - ✓ Football players will have access to the weight room and fitness center in the same manner as any other BYU-I student.
  - ✓ Football teams will not have the right to practice in the Fieldhouse or any other indoor facility during inclement weather.
- Equipment
  - ✓ Helmets, shoulder pads, pants, jerseys, and all other accessory pads will be provided for the athletes.
  - ✓ Helmets will be inspected every year by a trained professional. The helmets that are deemed “unsafe” will either be rejected or sent in for reconditioning. Helmets will be reconditioned and recertified at least every 3 years. Helmets will be “retired” after 10 years of use. (Bike and Riddell helmets have a mandatory 10 year retirement age.) New helmets must be purchased occasionally to replenish the aged helmet stock.
  - ✓ Shoulder pads will be reconditioned and/or replaced in a timely fashion when deemed necessary.
- Sports medicine
  - ✓ Participants will have limited, yet sufficient, access to sports medicine personnel and training modalities.
  - ✓ Present at all official contests.
- Professional medical personnel
  - ✓ An M.D. or NP, and an ATC will be present at all official contests.
  - ✓ An ambulance will be on call for all official contests.

## Equipment Issue & Use

- Equipment will be issued on a designated day and at designated times to all athletes who are selected for a team after the tryout period has ended.
- All helmets will be fitted by a trained professional.
- Once fitted with a particular helmet, an athlete cannot trade helmets with another player without the supervision and approval of a trained professional.
- Athletes must not practice or play with damaged equipment. Athletes must not attempt to repair their own equipment. They are to report any damaged equipment immediately for adjustment or repair.

## Practices

- Teams will practice four days a week for 1.5 hour periods.
- Two weeks of practice time will be afforded teams prior to their first game.
- The football coordinator and advisor will regularly attend practices in order to teach technique, answer questions, give input, provide feedback, and/or simply observe the progress of the players and teams.

## Games

- Each of the 8 teams will play each other once throughout the regular season and automatically qualify for the playoffs.
  - ✓ 7 regular season contests per team.
  - ✓ 1 final playoff/championship game.
- Duration of each game limited to approximately 1 hr 45 min.
  - ✓ Four 8-minute quarters.
- Officiated by a 4-man crew of NFHS certified officials.

## Officials

- NFHS certified

## Injuries

- Stance
  - ✓ Injuries are to be promptly reported and treated. Practicing or playing with an unreported injury is prohibited. “Hiding” injuries from players, coaches, sports medicine students, athletic trainers, and/or doctors is grounds for suspension and/or disqualification from the League. No one should be encouraged to “play through” an injury.
  - ✓ All injuries must be reported and proper treatment given.
  - ✓ Injured athletes must be granted a release without reservation from the **BYU-Idaho ATC** prior to returning to practice or competition.
- Reporting injuries
  - ✓ The responsibility of reporting injuries lies with players, coaches, advisors, sports medicine students, athletic trainers, EMT’s, and any other professional medical personnel.
  - ✓ If a player is injured, he must immediately report the injury to his coach or to an athletic trainer or sports medicine student regardless of the severity of the injury.
  - ✓ If a player is injured and the coach or advisor becomes aware of it, the coach or advisor must immediately report the injury to a sports medicine student or athletic trainer regardless of the severity of the injury.
  - ✓ Informed sports medicine students must make all injuries known to the certified athletic trainer (ATC) for further assessment.
- Protocol for Assessment
  - ✓ Once a sports medicine student or athletic trainer is informed of an injury, it is his/her responsibility to assess the injury and determine the severity of it.
  - ✓ Sports medicine students and athletic trainers will follow proper steps for evaluating and assessing injuries to the extent that their field of expertise allows.
  - ✓ Once it is determined that an injury cannot be properly diagnosed and/or treated without the expertise of a medical doctor or specialist, it is the responsibility of the ATC to refer the injured athlete to the appropriate professional for further evaluation.
  - ✓ The doctor or specialist will now be responsible for assessing and diagnosing the injury as well as reporting his/her findings and recommendations back the ATC.
- Protocol for Release
  - ✓ If an injured athlete is under the care of an ATC, the ATC must provide a written release for the athlete to return to practice and competition. The injured athlete will be responsible for submitting the signed release form to his head coach.

- ✓ If an injured athlete is under the care of a physician, the physician must provide a written release for the athlete to return to practice and competition. The injured athlete will be responsible for submitting the signed release form to an ATC who will also be responsible for signing it. The injured athlete will then be responsible for submitting the release form to his head coach.
- ✓ The head coach will not allow an injured athlete on his team to return to play without receiving a signed release form from the athlete.
- BYU-Idaho Sports purchases a catastrophic injury policy for all football players. This is a Stop Loss policy with a high deductible. Coverage includes medical, dental, and rehabilitation.