

# FM ATHLETICS FOOTBALL

## Parent Info Sheet -2025

www.fmathletics.com | [FMAFOOTBALL@GMAIL.COM](mailto:FMAFOOTBALL@GMAIL.COM)

- FM Athletics was formed in 1972 to promote youth football, giving all kids, regardless of skill level, an opportunity to play football. We stress education of game fundamentals while fostering sportsmanship, team play and discipline. FM Athletics endorses the philosophy that *effort is more important than the final result*.
- FM Athletics believes kids learn by the example that is set forth by coaches and parents. Parents sign a code-of-conduct waiver at the time of registration, coaches are required to sign coaching contracts each year, and FMA completes background checks on all coaching staff.
- There is a designated **Coach's Box** on each field's sideline, located between 30-yard lines. This area is exclusively for the players and up to **FIVE** coaches, who are required to wear lanyard badges for identification purposes. Parents and other spectators are **NOT** allowed in this area during the game.
- Concussion screening and sports physicals are NOT mandatory.
- If it is determined by Sports Medicine personnel (per FMA rules) that a player has a suspected concussion, they will be required to turn-in their helmet. A medical release is required before the player's helmet will be returned and prior to the player participating in ANY practices or games. Please contact our Equipment Manager, **Dallas Rafetvold (701) 799-7479** to make arrangements to present the release and have the helmet returned.
- If a player is injured during a game, only Sports Medicine officials are allowed on the field to attend to that player. Parents and coaches ARE NOT allowed on the field unless specifically requested by the Sports Medicine personnel. The league wants to avoid any chance of injuring a player by prematurely repositioning them before an assessment of the injury is made by appropriate medical staff. If a player is injured and a Sports Medicine representative does not allow the player to return for the remainder of the game, the player **MUST** have a note from a doctor/medical professional releasing that player to play or practice.
- If a player is bleeding, the player must leave the field. Before the player may reenter the game, the bleeding must be stopped and covered. If there is blood on the pants and/or jersey, the blood must be covered, or the pants changed.
- FMA joined the USA Football League Heads Up Football program in 2014. This program was created to educate youth football leagues around the United States on updated safety measures, proper tackling techniques and accurate helmet fitting. Your child's coach will receive more information regarding the same. Additionally, **ALL** coaches are required to complete Heads Up safety and concussion awareness testing before they work with your child. Information regarding the league's yearly concussion statistics can be obtained by contacting our league Equipment Manager. Visit our website: [fmathletics.com](http://fmathletics.com) (COACHES tab) for further information.

- Coaches may ask **ONLY** for a clarification of a ruling/penalty. If an official is harassed or otherwise intimidated by either a coach or parent, a bench penalty may be assessed against the team. Two such penalties in a game will result in the automatic removal of the head coach from the field and the offender will be considered for season-ending expulsion.
- FMA's rules and regulations are reviewed and updated annually. Many of the regulations in place allow for fundamentals to be taught and practiced during games. Your child's coach has a copy of this season's rules, and they were thoroughly discussed at the coach's meeting in July. Current rules may also be found on our website under the COACH'S TAB.
- Players are responsible for the care and proper use of their equipment (including the jersey). The cost to outfit each player is in excess of \$800. **All equipment must be returned promptly at the end of each season.** The use of any equipment that is not provided by FM Athletics is **not** allowed, unless authorized by a physician. Written documentation must be provided to the Board of Directors or officials before we consider allowing alternate equipment. **We do not allow:** black helmet visors or decals on helmets. Please do **NOT** cut the belts. Contact our Equipment Manager if you need a different belt.
- Please arrive at your team's assigned time for equipment handout, **but kindly, do not arrive early!** You may enter via the **EAST** door at Metro Rec and your child will exit through the **WEST** doors. Please do not wear any jewelry. If you are planning to get a haircut, please do so before your helmet is fitted. Do not park in the Nash Finch OR Valley Vet parking lots, as they will have your car towed. Equipment return will be done in a similar fashion as the handout. This schedule will be posted online and emailed when complete. FMA apparel and other football merchandise will be available for sale in the East lobby during equipment handout.
- The 4th-6th grade Jamboree (**Saturday, August 16th**) will be held at Southside Regional Park in Moorhead (2000 40th Avenue S., Moorhead, MN). Schedule posted online.
- Unless there is standing water on the playing fields or lightning, games will be played as scheduled. Extreme cold or heat may also result in cancellation. This is a decision made in conjunction with Sports Medicine and is done for player safety. Please check our website: [fmathletics.com](http://fmathletics.com) or contact your coach for updates.
- *Parent Incident Form.* Our goal is to provide a positive experience for all members of our league, however, we realize that from time to time an issue may arise within our organization that requires attention. The *Parent Incident Form* provides a centralized method in which an individual can present an issue for review. A hard copy of this document may be printed off the website and submitted via email. Please visit the DOCUMENTS tab at [fmathletics.com](http://fmathletics.com) for details and a copy of this form.
- Finally, **PLEASE** remember, we **ALL** (coaches, officials, players, parents, board members, spectators) need to work together to make this season a success!

**Thank you in advance for your attention to these details.  
Looking forward to celebrating 53 years of youth football with you!**