



GAHANNA LIONS YOUTH FOOTBALL LEAGUE

FREQUENTLY ASKED QUESTIONS

2025

1. What football equipment does the GLYFL provide?

The GLYFL provide certified Riddell Youth Speed/iVictor and/or Schutt Youth A11 helmets, shoulder pads, game/practice jersey, padded game/practice pants, & belt.

2. What additional equipment is required that I need to purchase for the football season?

- a. Mouthpiece/Guard – needs to be a color (not clear) and needs to attach to the helmet.
 - i. It is recommended that you purchase at least two of these as they can wear out throughout the season.
- b. Chinstrap
 - i. While the helmets provided come with standard chinstraps, it is highly encouraged that each athlete purchase their own chinstrap for added protection. Most Head coaches require a specific color so please check with coach ahead of time.
Ex.: [Under Armour Youth Spotlight Chinstrap](#)
 - ii.
- c. Football cleats
 - i. One of the most important differences between football and soccer/baseball cleats is that football cleats have a toe spike. A spike near the big toe adds extra traction for the player during football movements.
- d. Football socks – ideally a Lion's color (Royal or gold). Some coaches may request a certain color.
- e. Optional equipment includes girdle, protection cups, gloves, clear helmet visor, elbow pads, back plate, etc. None of these pieces of equipment are required to be purchased.



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3. What forms need to be filled out prior to the season?

Through the registration site, you can find the following necessary forms. All must be completed before your child participates in the first practice (evaluations).

Attachments to all these forms will be sent to all registered athletes.

- 1. Emergency Medical Form – bring 1st week**
- 2. Parent/Player Code of Conduct – Done at registration**
- 3. Waiver and Release – Done at registration**

Your team mom will collect your Emergency Medical Form the first week of team activities.

4. How long is the season?

The GLYFL football season starts with evaluations on July 28^h and runs until the COYFL Championship on October 26th. We play in the Central Ohio Youth Football League (COYFL) and will play a maximum of 7 regular season games. The seeded playoff tournament starts October 12th. Every qualifying team participates in the single elimination tournament.

5. How often do the teams practice?

At the beginning of the season, before school starts, teams are allowed to practice four times a week. Once school starts, teams are only allowed to practice three times a week and never on gameday or varsity football Fridays. Generally, practice starts at 6:00 pm and ends by 8:00 pm, however, times and days of practice can vary. Each head coach will communicate what their practice schedule will be. Parents are welcome to stay and watch practice, but with the limited time we have to get ready for the football season, it is asked that you allow the coaches to instruct the kids and not coach from the sidelines.



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6. When are game days?

The regular season starts on Sunday August 24th. Games will be primarily on Sundays, with a rare chance of a Saturday game on Labor Day weekend. The regular season schedule is usually finalized by August 12th. Game day scheduling typically starts with 3/4 as the first game and working towards the older grade levels as the day continues. Regular season games run about an hour long.

7. What are the playing rules?

Every year, the COYFL board reviews the playing rules for the upcoming season and vote on any changes. Each grade level has specific rules related to game play and is reviewed by every coach. We encourage parents and players to also review the rules to gain a better understanding of how the game is played. The 2025 COYFL Playing Rules can be accessed by visiting our COYFL website and will be disseminated via email to all registered athletes.

8. We have a family vacation scheduled this summer. How will missing time affect my child's season?

The GLYFL adhere to the Ohio High School Athletic Association (OHSAA) five-day football acclimation period. Acclimatization is a period when players can become accustomed to the heat and humidity. Health professionals recommend a five-day period. All football players must participate in five days of preseason, non-contact acclimatization prior to any physical contact. No pads may be worn on the first three days. Our evaluation period counts for these three days. Day three and four, players are allowed to wear helmets & shoulder pads, but no contact is permitted. Full equipment may be worn on the fifth day, but contact is prohibited. The sixth day is the first day a player can have full contact.

If a player misses any time during this period, they must complete the five-day acclimation process before full contact can be permitted. They will, however, be able



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to practice with the team in non-contact drills and conditioning. *Missed time during the regular season should be disclosed to the head coach or team mom as soon as it is known so they can plan accordingly.* 2 missed practices in a week means the player will NOT participate in the game that week. This is strictly enforced by the board as a player safety measure. If you are out of town during mandatory weigh-ins, Week 1, there is a makeup weigh in date scheduled for those situations. See list of important dates at the end of this documents.

9. Who is allowed to be on the sideline during games?

Every team is allowed a maximum number of people on the sideline for football games. These individuals include the head coach, assistant coaches, & team moms. The list of these individuals is filed with the league. To ensure the safety of the players, they have been background screened and USA Football Youth Football certified (coaches), and are the only people allowed to be on the sideline. *At no point is any other unauthorized person allowed on the sideline during the contest.*

There are other opportunities for parents to volunteer for their team which include chain gang, scorekeeper, announcer, and team photographer. Those interested in these roles should contact their team mom.

10. How do I get involved?

The Gahanna Lions Youth Football League is a 100% volunteer organization. The football season cannot happen without the hard work and support from our parent volunteers. With that, there are many ways to get involved to help grow the organization and make it a great experience for our children. Outside of the board, other roles include head coaching, assistant coaching, being a team mom, or simply volunteering your time to run concession, gates, fundraising, equipment, etc. The best way to find our more information on these opportunities is to reach out to any coach, team mom, or board member through email GLYFL1@gmail.com.



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11. Miscellaneous

Fundraising – there will be at least one fundraiser that we ask all athletes to participate in. 100% of all funds are used to secure home practice and game facilities for the season.

Home Game Day Duties – as mentioned we are a volunteer ran organization and we will need our athlete's caretakers to assist us during home games. These shifts include things like chain gang, announcer, timer, etc.

12. Important Dates

MAY 4: REGISTRATION OPENS, @ 05:00 PM gahannayouthfootball.com

JUNE 9-11: GL HIGH SCHOOL YOUTH CAMP (08:00 AM – 11AM, REGISTRATION THRU VARSITY PROGRAM)

JULY 6: CLOSE OF REGISTRATION, @ 11:59PM

JULY 7: FIRST EQUIPMENT HANDOUT (tbd)

JULY 8: LAST EQUIPMENT HANDOUT (tbd)

JULY 15 and 17: NON-MANDATORY CONDITIONING

JULY 22 and 24: NON-MANDATORY CONDITIONING

JULY 28: FIRST DAY OF MANDATORY PRACTICE/EVALUATIONS

AUGUST 8: FOOTBALL DRAFTS (BOARD/HEAD COACHES)

AUGUST 16: SCRIMMAGE (LICKING HEIGHTS)

AUGUST 12 – 15: DOUBLE GOOD POPCORN FUNDRAISER (100% proceed goes to field rental)

AUGUST 19: TEAM PICTURE DAY (NO PRACTICE)

AUGUST 24: START OF REGULAR SEASON & OFFICIAL MANDATORY WEIGH-INS

AUGUST 30-31: LABOR DAY WEEKEND (GAMES WILL BE PLAYED SATURDAY AND/OR SUNDAY)

OCTOBER 5: END OF REGULAR SEASON

OCTOBER 12: PLAYOFFS BEGIN

OCTOBER 26: COYFL CHAMPIONSHIPS (LOCATIONS TBD)