

2026

San Joaquin Valley Youth Football League

Football Coaches, Program Board/ Admin Training

AGENDA

01

Game Day Rules & Attire

02

Heat Illness

03

Concussion Prevention



01

Game Day Rules & Attire

Coaches

- All Coaches must complete the assigned training/ coaches clinic and complete the background check to obtain a coaches badge.
- A Head Coach must be at least 21 years of age. The Head Coach will bear the overall responsibility for his/her actions and those of his assistants, players and parents.
- Assistant coaches must be at least 16 years of age. No more than two ball/water boys are allowed per team on the sideline and are not considered coaches.
- The bench area is reserved for players, coaches, ball/waterboys, the team athletic directors. No more than eight rostered personnel shall accompany players in the bench area during games All personnel must have SJVYFL coaches passes visible when on the sidelines.
- All Head Coaches MUST be CPR Certified.
- It is a requirement for you to be on the Official San Joaquin Valley Youth Football League Roster as a documented coach to receive a Coaches pass. If you are not on the roster you will not receive a pass. Maximum of 7 coaches, and 1 team athletic director per team allowed.
- Coaches from the various chapters do not make SJVYFL policy rather, they carry it out. However, on both the playing/practice field, the individual chapter and coaching staff is in complete charge and shall not be interfered with except in cases of rules violations or any other conduct deemed by higher authority to be harmful to the welfare of the youth.

Coaches Continued

- The Head Coach is responsible for ensuring all of his/her player(s) are fully dressed for the game. Helmet, Shoulder Pads, Chin Strap, Mouth Piece, Football Jersey, Football Pants with 7 pads, Cleats.
- Coaches attire is as follows: Shorts/Slacks/Athletic Pants, coaches t-shirts or polos with program name/logo only, close toed athletic shoes, baseball hats/bucket hats/visors either plain team color or with program name/logo are required for sideline attire.
 - NO Jeans of any kind
 - NO clothing, hats, chains that contain profanity, or inappropriate pictures
 - NO sagging pants that displays undergarments
 - NO bandanas of any kind
 - NO open toed shoes
- Exception to coaches attire rule: chapters wanting to hold themed games with an opponent must present to the league board prior to regular season starting to get board approval. Themed games promote community involvement and boost morale with players and families.
- Ex: 2 teams wanting to hold a western themed game requiring coaches to be involved and dress up for the day

Coaches Conduct

- No alcoholic beverages, illicit drugs or tobacco of any kind will be allowed at any meetings, games or practices.
- No criticism of players in front of spectators. Reserve constructive criticism for private or in the presence of the team if others will benefit.
- Accept the decisions of the game officials on the field as being fair and the best of said official's ability. Remember, your players are learning from you.
- No criticizing opposing teams' players, coaches or fans verbally or with gestures.
- Emphasize that good athletes strive to be good students and that both are physically and mentally alert.
- Strive to make every football activity serve as a training ground for life, and the basis for good mental and physical health.
- Emphasis that winning the game is the result of teamwork.
- Refrain from using abusive or profane language before anyone during games or practices.
- This rule will be strictly enforced by the SJVYFL.
- Will uphold all the rules and regulations of the SJVYFL as well as your individual chapter rules.

Coaches Conduct Continued

- Refrain from "piling it on" as the phrase is used when a team gets a commanding lead and desires to raise the score as high as it can. In these instances, every effort shall be made to let every player play. Points for or against does not determine playoff seedings.
- Services as a coach are voluntary.
- Will not permit an ineligible player to participate in any game.
- Will not permit or encourage "sweating down" tactics or dietary supplements for a player to be in better shape.
- Will not deliberately incite unsportsmanlike conduct.
- You will remove a player from a game or practice when any player is slightly in doubt of his/her health, whether because of injury, until complete medical advice is available. If the injury appears to be a concussion the player/parent and coach must seek a medical doctor's clearance before the player can practice or play in a game.
- Head Coaches bear final responsibility for all their actions, their assistants, players and parents.
- If a head coach, assistant coach, team athletic director, or any program personnel is ejected from the game that chapter will be fined based on the severity of the ejection. The person who committed the offense is to leave the facility and is not allowed at the next game.

The following items shall be worn by all players for games

- Helmet – only helmets displaying a current “Seal of Certification” shall be worn. Each chapter must provide proof of current helmet certification upon request by the SJVYFL.
- Shoulder Pads
- Pants with belts
- Hip, Butt pads
- Thigh pads
- Knee pads
- Jerseys
- Mouth Guard (Keeper strap to helmet is recommended, but not required)
- Athletic supporter (optional)
- Cleats and socks (cleats must be molded bottoms, no detachable or metal cleats)
- Eye glasses, when needed, shall be shatter-proof glass or contact lenses.
- Face shields are allowed and must be clear only. NO EXCEPTIONS!!





02

Heat Illness



Four Types of Heat Illness

- Heat Cramps
- Heat Exhaustion
- Heat Syncope
- Heat Stroke

Heat Illness Prevention & Treatment

A proper acclimatization plan is essential to minimize the risk of exertional heat illness during the early season practice period. Gradually increasing athletes' exposure to the duration and intensity of physical activity and to the environment minimizes heat illness risk while improving athletic performance.

Heat Cramps



Heat Cramps

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[Link](#)

HEAT CRAMPS

Acute, painful, involuntary muscle contractions that occur during or after intense exercise sessions.

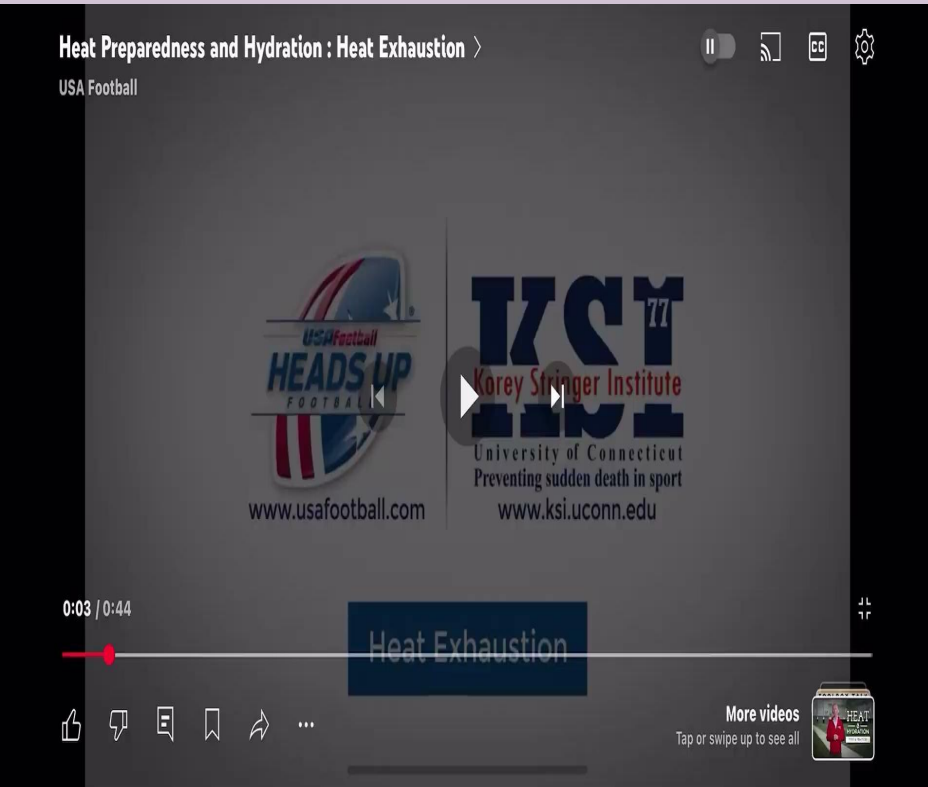
Muscle cramps

Sweating, thirst, fatigue

TREATMENT OF HEAT CRAMPS

If cramps occur without any other heat illness related symptoms then treat by gently stretching the cramping muscle. Ice or gentle massage may also help to stop the cramp. The athlete should drink fluids, especially with electrolytes if possible. No referral to a physician is necessary if the cramp resolves rapidly.

Heat Exhaustion



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HEAT EXHAUSTION

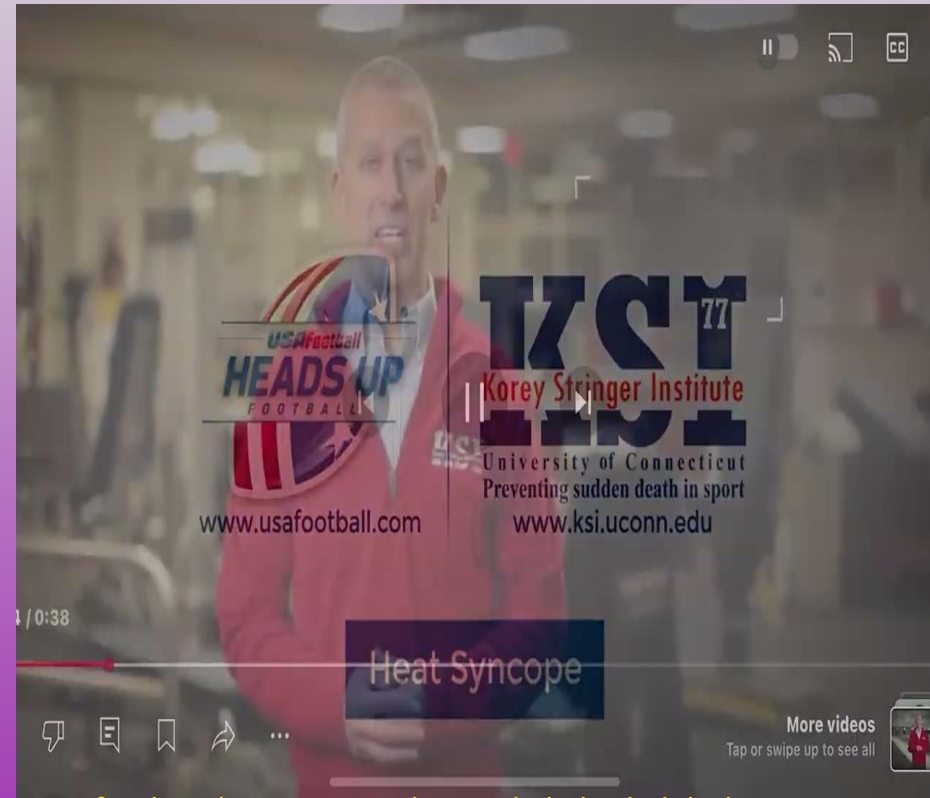
Inability to continue exercise due to heat-induced symptoms. This occurs with an elevated core body temperature between 97 and 104 degrees Fahrenheit.

Symptoms included: Dizziness, lightheadedness, weakness, Headache, Nausea, Diarrhea, urge to defecate, Pallor, chills, Profuse sweating, Cool, clammy skin, Hyperventilation, Decreased urine output

TREATMENT OF HEAT EXHAUSTION

Stop exercise, move player to a cool place, remove excess clothing, give fluids if conscious, COOL BODY: fans, cold water, ice towels, ice bath or ice packs. Fluid replacement should occur as soon as possible. The Emergency Medical System (EMS) should be activated if recovery is not rapid. When in doubt, CALL 911. Athletes with heat exhaustion should be assessed by a physician as soon as possible in all cases.

Heat Syncope



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HEAT SYNCOPE

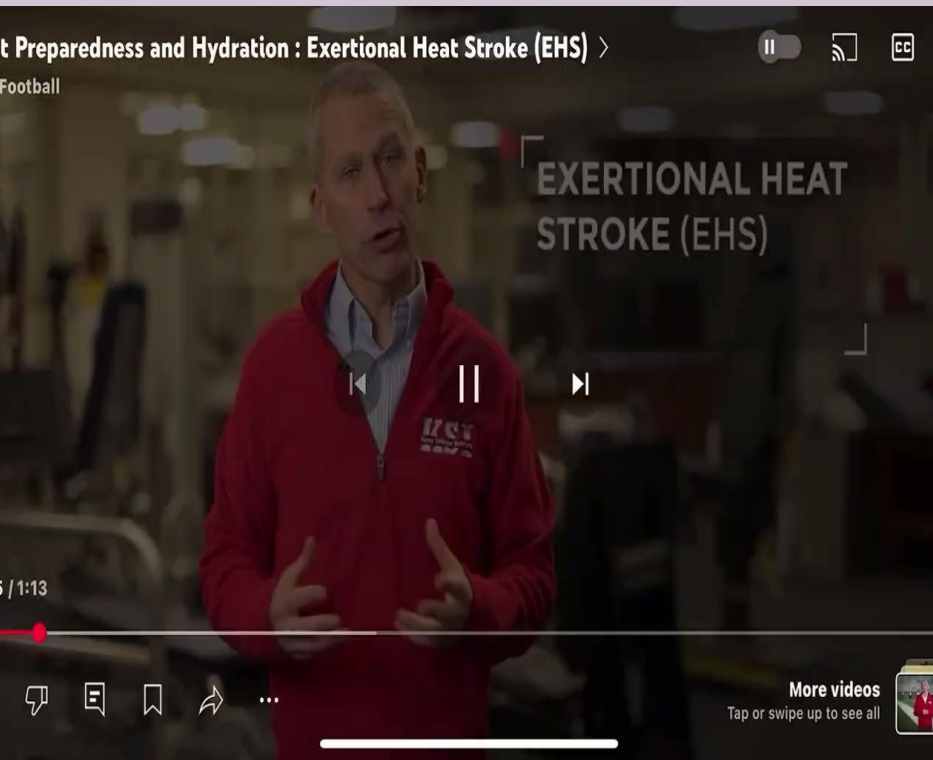
Dizziness or fainting due to high temperatures. It often occurs after standing for long periods of time, immediately following cessation of activity, or rapidly standing after resting or sitting.

Symptoms include: Fatigue, Tunnel Vision, Dizziness, Lightheadedness, fainting, and Pale or sweaty skin

TREATMENT OF HEAT SYNCOPE

Move the athlete to a cool, shaded area, elevate the legs and rehydrate. Remove excess clothing and cool the athlete with wet towels or ice bags.

Heat Stroke



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HEAT STROKE

Dysfunction or shutdown of body systems due to elevated body temperature which cannot be controlled. Heat stroke begins when the core body temperature reaches 104 degrees Fahrenheit. Because the core body temperature is difficult to measure without a rectal thermometer, it is imperative to watch for the following symptoms:

Dizziness, Drowsiness, loss of consciousness, Seizures, Staggering, disorientation, Behavioral/cognitive changes (confusion, irritability, aggressiveness, hysteria, emotional instability), Weakness, Hot and wet or dry skin, Rapid heartbeat, low blood pressure, Hyperventilation, Vomiting, diarrhea

TREATMENT OF HEAT STROKE

This is a MEDICAL EMERGENCY. Death may result if not treated properly and rapidly.

Stop exercise, Call 911, remove from heat, remove clothing, immerse athlete in cold water for aggressive, rapid cooling (if immersion is not possible, cool the athlete as described for heat exhaustion), monitor vital signs until paramedics arrive.

03

Concussion Safety



Video Link

This video depicts what a player feels after taking a hard hit, and the pressure felt sometimes of needing to stay in the game and not reporting it to the coaches. This is great information to pass on to your players.

Facts

What is a concussion?

A concussion is a type of traumatic brain injury caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth. This fast movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain

and sometimes stretching and damaging brain cells.

Multiple concussions:

Athletes who have ever had a concussion have a higher chance of getting another concussion. A repeat concussion can lead to more severe symptoms and longer recovery.

One study found that nearly 70% of athletes continued to play with concussion symptoms.⁴



How can I spot a possible concussion?

Athletes who show or report one or more of the signs and symptoms listed below—or who simply say they just “don’t feel

right”—after a bump, blow, or jolt to the head or body may have a concussion or other serious brain injury. Concussion signs

and symptoms often show up soon after the injury, but it can be hard to tell how serious the concussion is at first. Some symptoms may not show up for hours or days.

Signs coaches may observe:

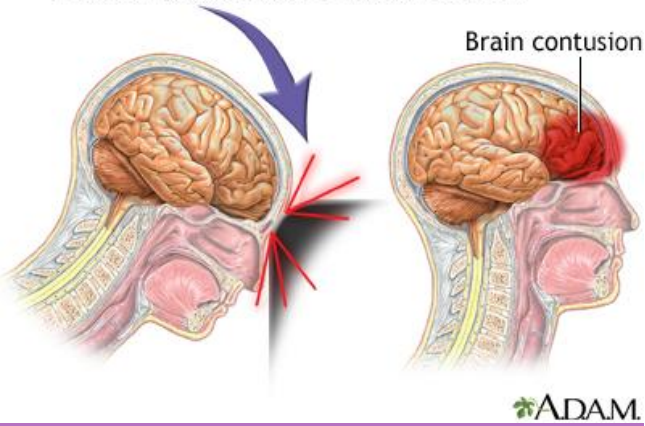
- Seems confused
- Forgets an instruction or is unsure of the game, position, score, or opponent
- Moves clumsily
- Answers questions slowly or repeats questions
- Can’t remember events before or after the hit, bump, or fall
- Loses consciousness (even for a moment)
- Has behavior or personality changes

Signs of a more serious brain injury

In rare cases, a concussion can cause dangerous bleeding in the brain, which puts pressure on the skull. **Call 9-1-1** if an athlete develops one or more of these danger signs after a bump, blow, or jolt to the head or body:

- A headache that gets worse and does not go away
- Significant nausea or repeated vomiting
- Unusual behavior, increased confusion, restlessness, or agitation
- Drowsiness or inability to wake up
- Slurred speech, weakness, numbness, or decreased coordination
- **Convulsions or seizures (shaking or twitching)**
- Loss of consciousness (passing out)

A concussion is a violent jarring or shaking that results in a disturbance of brain function



When in doubt, sit them out! Record and provide details on the following information to help the healthcare provider or first responders assess the athlete after the injury:

- Cause of the injury and force of the hit or blow to the head or body
- Any loss of consciousness (passed out) and for how long
- Any memory loss right after the injury
- Any seizures right after the injury
- Number of previous concussions (if any)

Keep an athlete with a possible concussion out of play on the same day of the injury and until cleared by a healthcare provider.

- Do not try to judge the severity of the injury yourself.
- Only a healthcare provider should assess an athlete for a possible concussion and decide when it is safe for the athlete to return to play

What should I do if an athlete has a possible concussion?

As a coach, if you think an athlete may have a concussion, you should:

Remove the athlete from play.

Student Athlete Mental Health

Awareness

Examples of behaviors often seen in children with depression include:

- Feeling sad, hopeless, or irritable a lot of the time
- Not wanting to do or enjoy doing fun things
- Changes in eating patterns—eating a lot more or a lot less than usual
- Changes in sleep patterns—sleeping a lot more or a lot less than normal
- Changes in energy—being tired and sluggish or tense and restless a lot of the time
- Having a hard time paying attention
- Feeling worthless, useless, or guilty
- Showing self-injury and self-destructive behavior

Extreme depression can lead a child to think about suicide or plan for suicide. For people ages 10-34 years, suicide is the second leading cause of death.



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[Link](#)

Final Step!

Please click the link and complete the test!

Please keep in mind you must pass the test with 80% or higher!

[Test Link](#)

THANK YOU