

# Junior Mustangs – Spring Season FAQ

## What is 7v7 Football?

7v7 football is a fast-paced, non-contact game played on a smaller field with seven players per team. It focuses on passing, route running, and defense, making it a great way to develop football skills in a fun and safe environment. 7v7 is open to all skill levels—no tryouts required. Whether your athlete is new to the game or experienced, there's a place for them.

## What Makes 7v7 Unique?

- **Action-Packed Gameplay:** Without linemen or a pass rush, the game emphasizes quick decision-making and exciting plays.
  - **Player Involvement:** More touches, more plays, and a higher coach-to-player ratio allow for individualized instruction and greater development.
  - **Progression to Tackle Football:** 7v7 helps build confidence and fundamental skills, serving as a perfect stepping stone to tackle football.
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## Why Play 7v7 Football?

- **Skill Development:** Improve passing, catching, defending, and teamwork.
  - **Non-Contact:** A no-pads format that's safe for all experience levels.
  - **More Playing Time:** Smaller rosters mean more opportunities to get involved.
  - **All-Positions Experience:** Players rotate positions for well-rounded development.
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## Why is Spring 2025 FREE?

This spring, due to CBYF's league-wide initiative, junior programs are offering free registrations for all players. We're always happy to see more kids on the field, and we remain committed to providing a great football experience for our community.

## Donations

As a small nonprofit, we typically rely on spring fees to cover equipment and recertification costs for the fall season. Due to last year's growth, and this new initiative, **fundraising is now more critical than ever**. We'll share more details once the season starts, but if you'd like to support

the program now, donations are greatly appreciated. Every dollar helps us maintain quality resources for our athletes while also supporting families in our community.

**You can donate directly on our website using the 'Donations' menu or by donating at the time of registration.**

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## **New for Spring 2025**

The league has introduced a new program:

- **Girls-Only 7v7 (combined 6th – 8th grade)**
- **5v5 Lineman Competition (NOT a game)**

These two new programs were introduced briefly in December and then implemented in January.

At this time, **we will be offering our regular 7v7 coed**, spring season that we offer each year plus the **Girls-only 7v7**.

Due to many factors, we are not yet prepared to offer the 5v5 Lineman Competition Offering.

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## **7v7 Girls Only**

According to the CBYF, girls wishing to play against other girls will be placed on one combined team that will be made up of 6th – 8th graders.

If someone wishes to play co-ed, they are more than welcome to register for our coed 7v7.

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## **5v5 Lineman Competition**

This program offering was introduced by the league in January, which has limited our ability to plan, gather resources, and staff accordingly. As a result, we want to be upfront with families about what to expect.

This is **not** a football game and is **not** structured like 7-on-7. Instead, this is a **drill-based competition** where offensive and defensive linemen go 1-on-1 in timed reps to simulate pass-blocking and pass-rushing scenarios.

## Goal:

- **Designed for Linemen** – This gives big men their **own space to compete**, just like skill players do in 7-on-7.
- **Improves Key Skills** – Players will **develop their hand-fighting, stance, footwork, and pass-rushing/blocking techniques** in a game-like setting.

## How Does It Work?

- **Format:** Each team consists of **five linemen**, facing off in a **1-on-1 pass-rush style competition**.
- **Game Setup:** The field is **25 yards by 25 yards**, with a **3-round format** where each lineman competes in **two reps per round**.
- **Objective:** The offensive lineman protects a **target bag** behind them, while the defender tries to reach it **within 3 seconds** to simulate a sack.
- **Scoring:** The defense scores **2 points** for touching or knocking over the bag.
- **Rotation:** All linemen get equal opportunities to compete, alternating between offense and defense.
- **Overtime & Playoffs:** Games follow a structured elimination format, with **seeding determined by wins and point differentials**.

## Key Details:

- **No practices during the week** – Players will receive brief instruction before competing.
- **No ball, no plays, no traditional football elements** – This is strictly a **lineman-specific drill competition**.
- **1-on-1 Battles** – Each rep features one **offensive lineman vs. one defensive lineman** at a time.
- **Reps, not drives** – Each player will take **turn-based reps** in a structured format. Every linemen gets equal reps on offense and defense throughout the competition.
- **Timed Reps** – The defensive player has **3 seconds** to beat their opponent and reach a designated target (a bag).
- **Scoring** – Defense earns **2 points** for reaching or knocking over the bag before time expires.
- **Referees and supervisors oversee the event**, but there are **no team practices or full-team gameplay**.

## What Families Should Know:

- **This is not a game** – There are no offensive drives, no skill positions, and no team strategy.
- **This is not like 7-on-7** – This is strictly for linemen to compete in a controlled setting.
- **Players will rotate through reps, not play in a continuous game format.**
- **There is no weekly practice or preparation** – just pre-competition instruction.

Information is still being collected. We do not know who is providing instruction or when. One assumption is that instruction will be provided prior to the 5v5 competition on Saturdays.

At this time we do not have dedicated lineman coaches that can provide instruction for each age group. **If you would prefer to compete in the regular 7v7 coed season**, you are more than welcome to sign up for that offering.

If you would like further information and details, please contact us at [jrmustangsyf@gmail.com](mailto:jrmustangsyf@gmail.com)

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## Age Groups

**Coed 7v7:** K – 8th grade

**5v5 Linemen:** 4th – 8th grade

**Girls Only 7v7:** 6th – 8th grade (combined)

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## Boundaries & Transfers

We serve youth within **Prosser High School boundaries**.

If you are outside these boundaries and your area is not part of the CBYF, we do accept transfers. Transfer request forms must be filled out and approved by the President.

Our goal for the Junior Program is to develop kids so when they do hit high school, they are ready to play.

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## Season Overview

- **7v7 is Spring season only**
- **Registration opens:** Early February

- **Registration closes:** midnight March 21st
- **Practices begin:** March (TBD)
- **Games start:** April 5th (TBD)
- **Final Tournament:** May 17th
- **Games per week:** 2 games per Saturday
- **Locations:** 3 different sites (travel required, schedule determined by league)

**Important:** If you have multiple children in the program, they may have games at different times and at different locations simultaneously. The league schedules games for **30+ programs**, so flexibility is required.

**\*\*NOTE 2:** Game locations will be determined by the league, so we do not yet have that information. However, the official Spring season game schedule will be released 1 to 1.5 weeks before the season starts and will list exact game dates, times, and locations. Official game day schedules will be promptly emailed to coaches and uploaded to Team Sideline once released.

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## Practices

- **Frequency:** 2–3 times per week
- **Schedule:** Set by individual coaches
- **Location:** Announced closer to season start

**Missed Practices:** Players must attend at least **1 of 2 or 2 of 3** practices per week to be eligible for that weekend's games. Coaches may review extenuating circumstances, but missed practices could affect playtime. We realize that this season is free. However, for any team to be successful, players must show up and put in the work. **Play is NOT GUARANTEED** if you do not attend practices.

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## Equipment Needed

- Game jersey (provided by CBYF for spring 2025 season —no customization or number requests)
- Mouthguard (REQUIRED)
- Shorts/pants
- Cleats (highly recommended)
- Water bottle

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## Team Formation

- **Coed Team (“regular” offering):** Placed by grade (no tryouts). If a team split is needed, parents/coaches will be notified. **Parents and/or Coaches will not be allowed to pick their teams.** They will be split according to rules. If no rules exist for a situation, the league will be notified and we will draw players. **No exceptions.**
  - We TRY to keep kids together in the spring. However, that is not always the case and there is a very real possibility that kids will be split up. We do not guarantee that teams from fall will be placed together in the spring.
- **Siblings in the same grade:** Placed on the same team.
- **Girls' teams:** Mixed teams (6th–8th grade combined).

### How will I know my child’s team?

Your child’s **coach will email** you with all details once teams are assigned.

### Can I request a specific team or coach?

No. JRM does not use player friendship as a factor in their placement. Our focus in determining teams is to make each team balanced and equal. That means we can’t guarantee your child will be placed on a team with a specific friend or a specific coach. In addition, we are held to strict CBYF rules.

That said, every effort will be made to place your child in the best possible situation to 1) set them up for their developmental success and 2) allow them to enjoy their experience as a JRM player.

This is a huge program, with an enormous community. It’s just not possible to accommodate requests, threats, or daddy ball.

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## Game Rules & League Details

Updated rules will be uploaded to the **documents section** (under Info tab) of our website once those are published.

### What are the Junior Mustangs?

We are a nonprofit developmental youth program dedicated to youth football development.

### What is CBYF?

CBYF (**Columbia Basin Youth Football**) is the league association that all junior programs belong to.

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## How Can I Get Involved?

- Volunteer for administrative support
- Coach a team
- Help with fundraising
- Become a Team Parent
- Cheer on every athlete!

For more information, please email us at [jrmustangsyf@gmail.com](mailto:jrmustangsyf@gmail.com)