



Catholic United 5th/6th Grade Football Registration Information/Program Details

Mission Statement: The GRACEAC Football program exists to provide a safe and competitive football program for 5th and 6th grade student athletes that are eligible to participate in GRACEAC programs. This is an athletic opportunity to participate on a team and work with peers toward a common goal within the context of our Catholic school tradition. The focus of this program is to learn the basic and advanced skills of the game and most of all to have FUN. This will provide an opportunity for the student athletes to participate on a team and work together.

5th/6th grade football is a GRACEAC Catholic United (CU) program, meaning it is comprised of Catholic school athletes participating in an outside (secular) league. Catholic United West (CUW) 5th/6th grade football teams are enrolled in the Northern Rocket Football League (NRFL), which includes Coopersville, Comstock Park, Kenowa Hills, Sparta, etc. Catholic United East (CUE) 5th/6th grade football teams are enrolled in the West Michigan Youth Football League (WMYFL), which includes Rockford, Northview, Greenville, Middleville, Caledonia, Kentwood, and East Grand Rapids.

- 1) Team Formation: NRFL and WMYFL split rosters into two even teams based on grade, weight, and years of experience
- 2) Games are on Saturdays
- 3) CUE Home Venue: Gardiner Field at the CAT
- 4) CUW Home Venue: Falcon Stadium at West Catholic High School
- 5) Preseason practices (typically): Monday, Tuesday, Wednesday and Thursday, 6p-7:30 or 8p.
- 6) In-Season Practices (typically): Respective high school campuses (CAT/WC); 6:00pm-7:30pm; 3 nights/week (Monday, Tuesday, & Thursday).
- 7) Key Dates (subject to change): First Practice - August 23, First Game - September 11, Last Game - October 23
- 8) All students participating MUST register through GRACEAC TeamSnap. Teamsnap will include your teams compiled rosters, practice and game schedule, volunteer availability, group chat, and team communication.
- 9) All participants must have an updated physical, participation consent, and concussion acknowledgement form on file at school.
- 10) Coaching staff: Selected by the GRACEAC Commissioner and football coordinators with input from the high school programs. Coaches are vetted through the Diocese of Grand Rapids and have an acceptable level of coaching knowledge and related experience. Coaches must also be certified by MDHHS for concussion safety and USA football. Player safety is always the coaches first priority.
- 11) GRACEAC will issue a certified helmet, shoulder pads, and game jersey to each player. These items must be returned at the end of the year. Players are responsible for providing their own practice pants, game pants, mouthpiece, water bottle, and cleats.
- 12) The GRACEAC football program is funded through the member schools on a per player basis and, in some cases, by sponsorships, at no cost for registration to families. Each school supports their student athletes through booster clubs, fundraisers, etc. Support your school's athletic fundraising organization.

[Link to Register](#)

[NRFL Rules \(subject to change\)](#)

[WMYFL Rules \(subject to change\)](#)