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CHEEKTOWAGA LITTLE LOOP DRASTICALLY REDUCES FULL-CONTACT FOOTBALL PRACTICES BY 66% IN EFFORT TO INCREASE PLAYER SAFETY

CHEEKTOWAGA, MARCH 11, 2019 -- Cheektowaga Little Loop Athletic Association (CLLAA) is the longest running youth football and cheerleading program in Cheektowaga NY, a suburb of Buffalo, New York. The association has made policy changes to drastically reduce full-contact practices in an effort to increase the safety of our players.

Cheektowaga Little Loop and our league, the Niagara Erie Youth Sports Association (NEYSA) over the last two years have adhered to USA Football National practice guidelines; which among several things limit the amount of full contact drills during practices. Under our current guidelines, teams are allowed to engage in full contact drills for up to 90 minutes per week during in-season and postseason practices.

Player safety is Cheektowaga Little Loop's top priority and we feel reducing player contact is a certain way to reduce the likelihood of player injuries. Therefore, effective for the 2019 playing season our Varsity football team which includes boys and girls ages 12-14 will reduce full contact practices to 30 minutes per week during the in-season and postseason practices. Additionally, preseason full contact drills and scrimmages will be limited to a total of eight hours.

While today we enact this dramatic reduction in player contact on our varsity level only, we plan on evaluating all player levels to determine the appropriate reductions in player contact without sacrificing player learning.

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