

PENTUCKET YOUTH FOOTBALL & CHEER

Code of Conduct, Commitment, Attendance Policy, Uniform and Equipment Agreement

Code of Conduct

All Pentucket Youth Football & Cheer (PYFC) program participants, registered athletes defined as football player and/or cheerleader, and adults associated with registered athletes or their parents and/or guardians, attending any PYFC program activities including games, practices, and/or events (in any capacity) must maintain composure, participate with positive encouragement, and refrain from unsportsmanlike conduct.

Unsportsmanlike conduct includes but is not limited to fighting, verbal abuse, bullying of any team member or parent/guardian, dissent toward an official or opponent, racial or ethnic slurs, inappropriate comments or actions that may be construed as sexual harassment, profanity, obscene gestures, flagrant and violent fouls, taunting, "trash talk", baiting, cheating, throwing or abusing equipment, physical intimidation or abuse of an official or opponent, and unauthorized leaving of a team bench area.

Any cyber bullying or use of social networking internet sites to insult, harass, taunt or bully may result in disciplinary action including dismissal from the program by the Board or its designee. Abusive and foul language is not permitted.

The conduct of any guests of PYFC program participants is the responsibility of that registered athlete's parent and/or legal guardian.

All registered athletes are to remain on the game field, on/in the practice field/space, on the sideline or bench, as directed by team coaches. Registered athletes are to pay attention to what's taking place on the field or space and provide positive encouragement to their teammates, when not actively participating. PYFC athletes will never discourage or put their teammates down.

Parents and/or guardians will not openly complain, bring up team issues, or express displeasure about other athletes in front of any registered PYFC program athlete, parent, opposing team athletes or opposing team parents. Interrupting games, practices or events to address PYFC coaches or team members is discouraged.

Parents and/or guardians are to refrain from "coaching" any registered athlete from the stands and/or sidelines. Only the team's assigned coaches and athletes on the field/space may provide specific instructions or prearranged scenarios to an athlete. Parents and/or guardians will not interfere with a coach's instruction.

Only positive support should be given to both coaches and athletes on and off the field. Parents or legal guardians that have questions or concerns regarding their athlete's football and/or cheer activities, should address these in a confined and personal manner without the presence of athletes, other children or other adults who were present during the activity, and will need to adhere to the 24-Hour Rule referenced below within this document.

All parents, legal guardians and associated spectators of the registered athletes will respect the game-time and/or competition officials' and/or judges' authority and decisions made during the associated activity. Individuals will never question, discuss, or confront the team's coaching staff or officials and/or judges regarding decisions or actions made immediately following games, scrimmages, competitions, or at any event that involves the use of officials and/or judges. Parents and legal guardians will demand the same of their athlete. Any conversations that need to take place, must take place with the team's head coach or assistant coach(es), and must adhere to the 24-Hour Rule.

Parents and/or guardians must wait 24 hours following a game, scrimmage, competition or any event with officials and/or judges before calling, emailing, or confronting a coach with issues related to their registered athlete and the team that may have arisen during said game, scrimmage, competition or event. Exceptions to the 24-Hour Rule will be considered in the event of player safety concerns or if gross misconduct was experienced.

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Behavior Plan

The behavior plan is specific to each team and coaches' discretion and emphasizes positive reinforcement. Rude, unsportsmanlike conduct, and/or judgmental behavior between teammates will not be tolerated and may result in team dismissal, or consequences during practice-, game-, competition-, and/or event-day activities.

Registered players are not to use cell phones during practices, games or events, unless for immediate or emergency purposes to communicate with a parent and/or legal guardian, or as approved by the registered athlete's head coach or assistant coach(es). All registered athletes are to remain on the game field, on/in the practice field/space, on the sideline or bench, as directed by team coaches.

Commitment

Parents and/or legal guardians of registered athletes will do their part to ensure athletes attend all practices, games, competitions and/or events at communicated times, and will reinforce and remind athletes to honor the PYFC program's code of conduct they are bound to uphold. Parents and/or legal guardians will be sure to inform the PYFC athlete's head coach or assistant coach(es) of any ailment, injury or physical disability that may affect the safety of the child or the safety of others, during a practice, game, competition and/or PYFC event.

Pentucket Youth Cheer (PYC): If a cheerleader is not available to practice, cheer, compete or attend an event it affects every aspect of the team. Cheerleading is a unique team sport where routines are choreographed around every member of the team and cheerleaders must know their specific role from simple lineups to large pieces of carefully mastered routines. When a cheerleader drops out, roles and responsibilities need to change, and young cheerleaders do not always have the capacity to change what they have already learned. It cannot be stressed enough; PYC is a competitive cheer program and dropouts have a very real and negative effect on the entire team and program. By signing up for PYC (competition teams) you have acknowledged and accepted the commitment of games and competitions.

Pentucket Youth Football (PYF): If a football player is not available to practice, play or attend an event, there may be an opportunity for another registered player to take their place. Coaches leverage a series of plays, formations and sequences that are unique to football and to each team. Each player will be assigned a position or positions that best suits their abilities, as defined and determined by that team's head coach. If it becomes apparent that registered players are not available to play or participate in games and/or practices, it is up to the discretion of that teams' head football coach to adjust playing time and assigned positions.

All registered athletes must attend and be on time for all practices, games, competitions and events.

Attendance Policy

Games, competitions and events, are mandatory. Practices, starting at a date later as specified by each PYFC program (football and cheer), are mandatory.

Exceptions will be permitted with proper notification and discussion with the head coach or if unavailable, the assistant coach(es). Once reported, discussed and confirmed, it will then be designated as excused or unexcused by the head coach. All athletes and parents and/or guardians, have acknowledged and accepted the commitment of any PYFC scheduled practice, game, competition and/or event by signing up for the PYFC program.

In the event there is extreme or inclement weather, the registered athlete's head coach and/or the PYFC board of directors will communicate updates in a timely manner, within the best of their abilities, including whether the practice, game, competition or event will be held for that given day.

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All athletes should use the restroom prior to arriving to practices, games, competitions and events. Parents and/or guardians may need to be available to assist with bathroom breaks depending on facility rules and requirements.

Practices, Competitions and Events: Athletes are expected to attend and participate in all scheduled practices, including warm-ups and other activities, and events and will arrive no less than the time specified by that team's head coach. Players are responsible for bringing water, sports drinks, or any other materials to support hydration, health and performance. Three unexcused absences as defined above may be grounds for a reduction in a football player's game playing time, or a PYFC athlete's dismissal from the football team or cheering squad.

Games: Athletes are expected to attend all scheduled games with football players arriving at least 60 minutes and cheerleaders arriving at least 30 minutes, or as otherwise specified by that team's head coach, prior to the beginning of games' scheduled start times.

Football players may have one absence and two tardy from games during the season, without penalty. Two or more game absences and three or more game tardies will potentially result in a reduction of play time or dismissal from the team. Any planned absence from or tardy to a planned game must be communicated and approved by the registered athlete's head football coach at least one week in advance. Parents and/or legal guardians are to notify the athlete's head football coach as soon as possible in the event of an unplanned absence or tardy, including illness or family emergency.

Uniforms & Equipment

Uniforms should only be worn on game days, competitions or at other events as directed by the head coach, assistant coach(es) or PYFC board of directors.

Uniforms must be washed regularly, following manufacturer care instructions by the registered athlete to ensure uniforms are kept clean and help with personal hygiene. Athletes are to never bleach their uniforms and may only put them in the dryer if the manufacturer care instructions allow, and if there are not embellishments. Cheerleading uniforms generally are to be hand washed and hung to dry only. If for any reason an athlete needs assistance with the care or use of their uniform, the athlete's parent and/or legal guardian will contact the head coach or assistant coach(es).

Please be advised that uniforms take several weeks to reorder. If for any reason, any piece of the uniform becomes lost or damaged, the athlete's parent and/or legal guardian is financially responsible for replacement of that part of the uniform and must contact the head coach immediately.

Cheerleading Uniforms: Registration fees include practice t-shirts and bow(s). Competition-eligible cheerleader registration fees also include the game day uniform consisting of a top and skirt (or single piece uniform as applicable). Cheerleaders are also required to separately purchase new black fitted shorts, new black leggings, black tank, white no-show socks, white cheer shoes and a black Pentucket jacket.

Only designated practice uniforms and/or PYFC spirit wear should be worn to practice.

Full game day uniforms with designated hairstyle are to be worn to games.

Jewelry is not permitted to be worn during any practices, games, competitions or performances. Hair must be worn off the shoulders and away from the face at all times. Only soft hairbands may be used. Hard barrettes are not permitted. Cheer shoes must be worn at all times during practices and performances. No food or gum permitted. A team snack will be provided on game days.

Cheerleaders will be fully dressed including hair and shoes, and ready to warm-up (participation required) on arrival to practices, games, competitions and events.

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Returning Cheerleading Game Day Uniforms: Cheerleading game day uniforms must be returned to PYFC on/after the last game or competition of the cheerleading season, as communicated by the head coach or PYFC board of directors. Parents and/or legal guardians are responsible and agree to this. If the aforementioned uniform in its entirety or any portion is not returned, the parent and/or guardian will be responsible for the full replacement cost of the uniform, currently equal to \$200.00.

Football Uniforms: In addition to league-issued equipment noted below, registration fees include a practice jersey and the game day uniform. Football players are also required to separately purchase football cleats, padded football pants (integrated pants suggested), mouth guard and any additional required equipment as designated periodically by the league. Ahead of game days, the head coach or assistant coach(es) will inform the team whether to wear home or away uniform and/or sides (as applicable).

The head football coach will provide, to his or her best abilities, proactive insights to practice times, durations, equipment/uniform needs and structure to the registered players, parents and/or guardians, using proper, PYFC-approved communication means.

The player is to be fully dressed, wearing the proper practice or game day uniform as applicable, and prepared to warm up and participate in each day's given activities. Failure to arrive properly dressed or with applicable equipment may result in dismissal from that day's activities.

Football Equipment & Returning Football Equipment: All registered PYFC football players will receive a helmet, shoulder pads and practice jersey belonging to PYFC prior to the start of the season. All league issued equipment must be returned to PYFC on/after the last game of the registered player's season, as communicated by the players' head coach or PYFC board of directors. Parents and/or legal guardians are responsible and agree to these. If the aforementioned equipment is not returned, the parent and/or guardian will be responsible for the full replacement cost of the equipment, currently equal to \$500.00.

PYFC Board of Director Communications

Inquiries to the PYFC board of directors should be submitted in writing: PYFootballCheer@gmail.com.

ACKNOWLEDGEMENT AND ACCEPTANCE

As the registered player's parent and/or legal guardian, you acknowledge that you have received, read and understand the content, requirements, and expectations of Pentucket Youth Football and Cheer football program. You agree to the receipt of this information in an electronic manner as set forth above. You and your registered athlete agree to abide by the policies in their entirety, and understand that if you have any questions or concerns at anytime regarding the Rules and Agreements made that you will consult your athlete's head coach or the PYFC board of directors.

By registering your athlete, have also acknowledged and accepted the Pentucket Youth Football and Cheer (PYFC) Code of Conduct, Commitment, Attendance, Equipment and Uniform Agreement in its entirety.