



2026

Parent Handbook

March 2026

Hughson Youth Football and Cheer

MISSION STATEMENT

It is the mission of the HYFC to challenge boys and girls to choose a lifestyle of excellence by using their talent to achieve the highest standards of sportsmanship in football and cheerleading as possible. This is accomplished while promoting healthy managed sports training and physical development combined with a focus on maximizing self-esteem and character by teaching the boys and girls life skills in the areas of teamwork, leadership, discipline, integrity, maturity, goal setting and cooperation.

2026 Executive Board

President/League Representative

Marci Couch

Vice President

Mike Walker

Secretary/ Treasurer

Ryan Bradley

Parent Liaison

Evin Courtkis

Sergeant at Arms

Nate Neimeyer

Cheer Coordinator

Katie Meyers

Assistant Cheer Coordinator

Fundraising/ Event Coordinator

Zach Lemos

Concession/Volunteer Coordinator

Jessica Bratton

Concession Coordinator

Danielle Little

Sponsorship Coordinator

Eddie Bergeron

Equipment Manager

Jake Loveland

Members at Large

Derrick Stevens

2026 Coaching Staff

Football Head Coaches

Junior Novice

Novice

Zach Lemos

Junior Varsity

Eddie Beregeron

Varsity

Matt Carne

Cheerleading Head Coaches

Junior Novice

Danielle Walker

Novice

Cortni Courtrakis

Junior Varsity

Varsity

Raeanne Schwinden

HYFC IMPORTANT DATES

all dates are subject to change

Cheer Fitting. All cheer fees are due.

Cheerleader (all levels) \$600 participation fee → \$100 down payment per player at registration = balance of \$500 per player

Football Jersey and Pant Fitting. All Football fees are due.

Football Player (all levels) \$450 participation fee → \$100 down payment per player at registration = balance of \$350 per player

Football equipment/ uniform handout & Cheer Uniform Handout

To pick up equipment or uniforms all paperwork must be turned in/ balance and volunteer deposit paid.

*****Volunteer Deposit To be collected at football equipment/ uniform hand out or cheer uniform handout.*****

Volunteer Deposit checks are separate from participation down payment fees. Volunteer deposit checks will not be cashed until the end of the season, if volunteer hours have not been fulfilled or football equipment is not turned in. Once hours have been completed and football equipment has been turned in at the end of the season, checks may be given back to parent/guardian or shredded. CHECK MUST BE DATED 11/1/2026 checks must have players name in the memo line.

-Volunteer Deposit is \$200 for one player/participant and \$250 for multiple players/participants.

-Volunteer hours are eight hours for one player and ten hours for multiple players/participants.

***Up to four players per volunteer check if an additional check is required and double the volunteer hours. **All players must be from the same family/ same household.

June

6/6-6/27 FOOTBALL AND CHEER Conditioning Camp
OPEN TO PUBLIC
Every Saturday in June from 830AM to 11AM
Location TBD

TBD PARENT INFORMATION MEETING

JULY
TBD

Equipment/ Uniform handout Football and Cheer

7/20

Practice Starts- 6pm-8pm.

Please arrive 15 min early. Must be ready ready prior to 6PM

Location:TBD

All players must have Physical turned in prior to practice start or the player will not be able to participate and will have unexcused absence.

August

Picture Day Cheer Time TBD

Picture Day Football Time TBD

Practice Breakdown Starting July 20st

Practice times 6-8PM

Practice Starts Monday July 20th

July 20th thru July 31st- Monday thru Friday

August 3rd thru August 6th- Monday thru Thursday

Jamboree on Saturday August 8th

August 10th thru August 13th- Monday thru Thursday

First game Saturday August 15th

August 18th October 22nd- Tuesday thru Thursday

Practice days TBD after October 22nd due to Playoffs

****BREAK WEEK ALL TEAMS October 31st ****

(this may be used for make-up games if needed. If a team is going to the playoffs this week they may practice for 4 days.)

Playoff round 1 November 7th

Playoff round 2 November 14th

Superbowl November 21st

*dates may change with MVFL Approval due to unforeseen circumstances

Games on Saturday *subject to change*

Dates and Times are subject to change

2026 Game Schedule
To be announced soon.

Game Times

Jr Novice 12:00PM Novice 2PM JV 4PM Varsity 6PM

Game times subject to change.

GENERAL INFORMATION

Refunds:

- HYFC will not issue refunds.

Game Admission Fees (Regular, Post, Superbowl):

Adults \$7.00

Seniors \$5.00

Children 6 to 12 years old \$5.00

Children 5 and under FREE

Military/Veteran (Military ID required) FREE

Ice Chests/Outside Food or Drink:

1. No ice chests will be allowed into any game except TEAM ice chests. Ice chests will hold team drinks and snacks.
2. No outside food or drinks.

Gates:

- Gates will open 1 1/2 hours before game time. Unauthorized parents/ visitors are not permitted to enter gates prior to this time to set up pop-ups or reserve seating. All entrance times will be posted online for games and announced at the rally on Thursday night for home games.
- ****ALL UNAUTHORIZED ATTENDEES THAT ENTER GATE PRIOR TO OPEN TIME TO RESERVE SEATING WILL HAVE ITEMS REMOVED FROM STANDS AND VIOLATORS WILL BE REMOVED FROM EVENT FOR THE REMAINDER OF THE DAY.****
- HYFC board members and authorized volunteers are only people able to enter the gate prior to opening times.

Field Access/ Sideline Personnel Regulations:

- The sidelines are to only include no more than 8 MVFL approved badged coaches, rostered players of the level playing, one hydration assistant, one ball attendant, one media person, and the League Representatives.
- All other coaches, athletes, board members, and spectators must always remain off the sideline and away from the endzones.
- The League Representatives will be responsible for maintaining a safe and secure sideline throughout all games.
- If any individual not authorized to be on the sideline refuses to follow removal, the League Representatives may request assistance and Code of Ethics disciplinary actions may follow as necessary.

- Failure for an organization to control its sideline may cause penalties, and or removal of individuals involved. This is at the discretion of the League Representatives and MVFL Executive Officers.

Volunteer Work:

Volunteers are the backbone to a successful program and the HYFC's continued growth. Parents are encouraged to volunteer and all volunteer coordination is handled by the Volunteer Coordinator

Volunteer Areas

- A. These are the identified areas for volunteers where parents are able to fill in to receive volunteer hour credit for deposit reimbursement:
- a. Home Game Set-up/Clean-up
 - b. Chain Gang (over age of 16) AWAY Games online. Must check in President/ League rep or co-league rep.
 - c. Concessions Booth
 - d. Gate (approved by the board)
 - e. Scoreboard Operator (need experience or training)
 - f. Fireworks Booth (as needed, not guaranteed)

Chain Gang Volunteers:

- The visiting team is responsible for providing chain gang volunteers for all games. 3 people minimum per game additional may be requested at the referees discretion. This will be discussed with league representatives prior.
- Chain gang volunteers are to follow code of ethics or they will be dismissed from the sideline.
- Chain gang volunteers do not require MVFL badges No cheering or taunting of players while on the sideline.
- No cellphone use while volunteering for chain gang.
- Must be at least 16.

Volunteer Eligibility

*****Volunteers may be removed by board vote.**

Communication:

All communication/ notifications between coaches, players and parents will be through Groupme Any alternate communication methods must be approved by the HYFC Board.

Website:

<http://www.hughsonyouthfootballcheer.org>

Email:

hughsonyouthfootballcheer@gmail.com

Facebook:

Hughson Huskies Youth Football and Cheer

Instagram:

hughsonyouthfootballcheer

PRACTICE

Practice will begin July 20,2026. All normal practices will run from 6:00pm-8:00pm. See practice schedule noted above. *Practices are subject to change by HYFC board approval. Notifications will be sent via social media and GroupMe.

Conditioning:

- The first week of practice is conditioning only football helmets and no pads.
- Athletes should dress in comfortable attire for physical fitness.
- All athletes (Football & Cheer) are required to complete the minimum of 10 hours of conditioning.

Practice Rules:

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- No texting or phone calls during practice
- *Only athletes, coaches, assistant coaches, junior coaches and board members are allowed on the practice field during the hours of 6:00pm-8:00pm. Parents are encouraged to provide positive reinforcement for all athletes.
- Athletes need to bring plenty of water to all practices and continuously hydrate all season long
- All players' water bottles and equipment is to be kept in a designated area determined by the head coach, not with parents. **(unauthorized parents and non registered childrens are not allowed in practice area)**
- All athletes must complete 10 hours of conditioning before they will be allowed to engage in full participation practice
- Cheerleaders must be willing to participate in all aspects of stunting per the coach or player will not be allowed to stunt.
- **Heat precautions** No temp will cancel practice. Modified practice if the weather is above 100 degrees . Offer more water breaks every 20-30 min for 2

min minimum. reduce conditioning time and time in pads. Determination of modified practice will fall under the guidance of the President and/or Vice President. Head Coaches to be notified of determination via group me coaches group. Both Football and Cheer , all levels follow the same rules as noted.

PARTICIPATION RULES

WHEN SIGNING YOUR CHILD UP FOR HYFC YOU AGREE TO ABIDE BY THE BYLAWS, RULES AND CODE OF ETHICS/CONDUCT SET FORTH BY HYFC AND MVFL. ANY GRIEVANCES SHALL FOLLOW THE PROCEDURE BELOW.

FOOTBALL:

Attendance & Absences during conditioning:

All notification is to be sent via email to hughsonyouthfootballcheer@gmail.com. Any notification after practice starts will cause an unexcused absence. ***

*** During the first four weeks of practice, more than 3 unexcused absences at practice may be subject to the players removal pending a board vote.*Excused absences are mandatory school, church activities, injury or illness. Must email organization prior to absence. If injured or ill for more than 2 consecutive days a Dr note is needed to return to practice or the player may not participate.

Attendance will be taken by the coaches and given to the board. Players should arrive to practice 15 min early and be suited up prior to 6PM.

Attendance & Absences after Jamboree:

Football: Players are expected to attend every practice and every game

A. Absences will affect playing time as follows:

- If a player misses practice the minimum play count decreases by one.
- One missed practice means the player will not be eligible until the second quarter.
- Two or more missed practices in a week means the player must dress in uniform and stand on sidelines to support their team but

they will not participate.

- An unexcused absence from the game, the player CANNOT play in the 1st half of the next game. Play count goes down by 2.
- Except for varsity if the minimum is already at 3, then the count goes down by 1.
- During the first four weeks of practice, more than 3 unexcused absences at practice may be subject to the players removal pending a board vote.

Mandatory Play Rules:

Jr. Novice minimum of 10 plays

Jr. Varsity minimum of 6 plays

Novice minimum of 8 plays

Varsity minimum of 6 plays

- Players not participating for medical or disciplinary reasons will not suit up in equipment for the game. They will have to wear jerseys on the sideline.
- If the team roster is 25 players or more, the mandatory play rule is reduced by half
- See MVFL rules for more details.
- All football players must wear a mouthpiece. Mouth pieces must not be clear, white, or have a pacifier handle.
- No tinted face shields are allowed, clear only
- If a player wears glasses they must wear a clear face shield
- players may only have one black line under their eyes along their cheekbone. NO additional marking/ on the face will be acceptable and will be required to wash off prior to game time.

Game Day:

Coaches will advise players at the expected time to arrive for weigh-in/warm ups. This will be sent out via group me and posted on social media.

CHEER:

Attendance & Absences during conditioning:

All notification is to be sent via email to hughsonyouthfootballcheer@gmail.com. Any notification after practice starts will cause an unexcused absence. ***

*** During the first four weeks of practice, more than 3 unexcused absences at practice may be subject to the players removal pending a board vote.*Excused absences are mandatory school, church activities, injury or illness. Must email organization prior to absence. If injured or ill for more than 2 consecutive days a Dr note is needed to return to practice or the player may not participate.

Attendance will be taken by the coaches and given to the board. Players should arrive to practice early and be suited up prior to 6PM.

Attendance & Absences after jamboree.:

Cheer: Players are expected to attend every practice and every game

A. Absences will affect participation as follows:

- One missed practice means they sit out with their coach 1st quarter.
- Two or more missed practices means they must be in uniform but they will sit out with their coach and support their squad but they will not participate in the game.
- Players must actively participate in practice to perform halftime shows.
- If a player is not actively participating in practice the cheer coordinators will be notified and coordinate a parent/ guardian meeting to discuss.

Game Day

Cheerleaders must arrive at games 1 hour prior to game time, unless the coach has discussed otherwise. This will be sent out via group me and posted on social media.

Football and Cheer Injured/ non Participating Players

- Any Player that does not participate in practice due to an injury that exceeds consecutive 2 days will be required to have a Dr note to return to practice (stating that player is cleared for sports).
- All Dr. Notes to be given to the president. *No Dr note is required to excuse a player from practice. Only when he/ she is

returning to practice after missing more than 2 consecutive days.

- Coaches are required to keep attendance of all participating players.
- During the first four weeks of practice, more than 3 unexcused absences at practice may be subject to the players removal pending a board vote.

Appearance/Attire

Football Players

- During conditioning week one, football players will wear comfortable attire. Helmets, mouth piece and cleats shall be worn, no pads.
- During normal practice- football players are expected to be in helmets, full pads, football practice pants, cleats, mouth piece and practice jerseys.
- Game day- both sets of game day jerseys and pants to be brought to all games. helmet , pads, cleats and mouth piece.
- Players will not be allowed to participate if they do not have complete uniform.

Cheerleaders

- **Cheer Uniforms include:** Game day: shell, skirt, liner, cheer bow, briefs, white no show socks, shoes, poms, and cheer bag (October: Pink Bow) . Camp/ Rally: camp shirt, shorts, bow, poms, cheer bag. ****ALL ITEMS NOTED IN GAME DAY OR CAMP/ RALLY UNIFORM MUST ACCOMPANY PLAYER TO ALL GAMES , CAMP AND RALLY.** No individual Player may alter/ modify their uniform from original organization design. Uniforms must be worn as attended. If a player is observed with an altered uniform or not wearing it as attended, the MVFL will penalize the player as per the code of conduct/ ethics.
- **Practice Attire-**Poms must be brought to all practice. Proper apparel must be worn to practice. Athletic or Cheer shoes (no converse or vans), socks, shorts (fingertip length) and well fitting top- No spaghetti straps.
- **Game Day Attire-** All elements of your cheerleading uniform are required for EVERY game. Cheerleaders missing all or part

of their uniform on game day will be required to sit. As a team we will look uniform and neat to best represent HYFC.

- 1. All cheerleaders need to have a clean game uniform, game day bow and cheer shoes, a water bottle and a black or nude sports bra if necessary. Must not show under uniform. No Belly showing in game day uniform

PRACTICE:

- No Booty shorts, no spaghetti straps. Crop tops may be worn if undergarments are not shown when hands are raised.
- Tennis shoes or cheer shoes must be worn for practice (No Vans or Converse)
- Shoes must have laces
- Absolutely NO jewelry of any kind
- Attire must not interfere with the safety of stunts. No excessive baggy or loose clothing.

ALL HYFC EVENTS

- Cheerleaders are expected to be neat and well groomed, especially at games.
- No jewelry on any part of the body or piercings allowed during practices and games. Medical/religious jewelry may be worn if taped down. Flat clear plastic piercing protectors may be used.
- Neutral nail polish is acceptable. No false fingernails. Natural fingernails are to be short and may not be over your fingertips.
- Makeup and Glitter maybe worn at coaches discretion on FACE , HAIR ONLY
- Hair is to be pulled back in a ponytail and bows must be worn. A high or low ponytail is acceptable. (Coaches Discretion)
- NO GUM.
- Cell phones may not be used during practice or games.
- Casts/braces.
 - a. Participants with a hard cast may not tumble, stunt, or be considered as spotters and are not required to wrap/pad the cast.

CODE OF ETHICS

Preamble

The League's preamble to their code of ethics is adopted by HYFC and is as follows: The essential elements of character-building and this in sports are embodied in the concept of sportsmanship and six core principles: trustworthiness, respect, responsibility, fairness, caring and good citizenship. Sport's highest potential is achieved when competition reflects these "six pillars of character."

All board members, coaches and assistant/junior coaches shall pledge to follow and uphold the code of ethics of the HYFC, and the code of ethics and ethics pledge of the League.

Section 1- Board Members

- A. All board members must behave professionally and treat all other board members, athletes, cheerleaders, coaches, league officials and parents with respect, honesty, integrity and openness.
- B. All acts and duties of each board member shall be conducted in the best interest of the organization.
- C. All board members shall have knowledge and understanding of the League football and cheer regulations and adhere to the requirements of said regulations.
- D. All board members shall have knowledge and understanding of the organization's bylaws.
- E. All contracts, loans, leases or other agreements with the board members will be negotiated at arm's length, with the stipulation that the amount charged or paid is no more than the fair market value based on either independent publicly available pricing or additional quotes obtained by the board.
- F. Board members will excuse themselves from participation in any discussion or vote in which there may exist a conflict of interest related to their individual participation in an activity or award of responsibility or the establishment of any business related activity for which they stand to gain financially.
- G. Board members will excuse themselves from participation in and voting on disciplinary actions that directly affect either them or any direct family members except that they may give testimony if requested by the remaining board members.
- H. Work with their fellow board members in a spirit of harmony and cooperation in spite of the many differences of opinion, which may arise. Base their personal decisions upon all available facts in each situation; to vote their honest conviction in every case, un-swayed by partisan bias of any kind; thereafter, to abide by and uphold the majority decision of the

board. Board members will act in the best interest of HYFC rather than in furtherance of personal interests or the interests of third parties, such as friends and family. Decisions about HYFC and the use or disposition of its assets are made solely in terms of the benefits to HYFC. They are neither influenced nor appear to be influenced by any private profit, personal gain or outside benefit for staff, board members and volunteers; their friends and family members or the organization with which they are affiliated. and adhere to the requirements of said bylaws.

- I. All closed board meeting business is confidential and shall not be discussed to non board members.
- J. If a Board member is fined for violation of the MVFL rules it is the Board members responsibility to pay the fine to HYFC within 7 days. If a fine is not paid the Board member will be removed from their position.

Section 2- Head Coaches

- A. All head coaches must behave professionally during league activities.
- B. All head coaches must complete the application and interview process and be approved by the board.
- C. All head coaches shall have knowledge and understanding of the MVFL playing and coaching rules and shall adhere to the requirements of said rules.
- D. All head coaches shall treat each player or cheerleader as an individual, remembering the large range of emotional and physical development within each age group, and shall place the emotional and physical well-being of the children ahead of a personal desire to win.
- E. All head coaches shall be knowledgeable in the rules of the sport and shall teach to the players and/or cheerleaders.
- F. All head coaches will be under the direction of the President, Vice-President, the Football Coordinator, the Cheer Coordinator, and Assistant Cheer Coordinator.
- G. Abusive behavior towards a player or cheerleader will be grounds for suspension and/or dismissal.
- H. All coaches serve at the board's discretion and can be removed by a board vote at any time.
- I. All head coaches may select their assistant coaching staff; to be interviewed and approved by the board .
- J. Head Coaches must be at all practice and games unless the President/ Vice President was notified prior to the event and who will step into the head coach's role.
- K. Maximum of 8 approved coaches are allowed on the sidelines during games.
- L. All football coaches shall complete all training assigned by MVFL

prior to practice.

- M. All cheer coaches shall complete all training assigned by MVFL prior to practice.
- N. All Coaches will follow MVFL Constitution/ Rules and Code of Ethics. Coaches will abide by any penalties assessed by the MVFL for violations.
- O. All text communication between players and coaches must have board members present.
- P. If a Head Coach is fined for violation of the MVFL rules it is the Head Coach responsibility to pay the fine to HYFC within 7 days. If a fine is not paid the Head Coach will be removed from their position. All MVFL Rules and Code of Ethics will be enforced.

Section 3- Assistant/Junior Coaches

- A. All assistant coaches must behave professionally during league activities.
- B. All assistant coaches must complete the application.
- C. All assistant coaches shall have knowledge and understanding of the League playing and coaching rules and shall adhere to the requirements of said rules.
- D. All assistant coaches shall treat each player or cheerleader as an individual, remembering the large range of emotional and physical development within each age group, and shall place the emotional and physical well-being of the children ahead of a personal desire to win.
- E. All assistant coaches shall be knowledgeable in the rules of the sport and shall teach the players and/or cheerleaders.
- F. All assistant coaches will be under the direct authority and responsibility of the board and the head coach they are assisting.
- G. Abusive behavior towards a player or cheerleader will be grounds for suspension and/or dismissal.
- H. All coaches serve at the board's discretion and can be removed by a board vote at any time.
- I. All football coaches shall complete all training assigned by MVFL prior to practice.
- J. All cheer coaches shall complete all training assigned by MVFL prior to practice.
- K. All Coaches will follow MVFL Constitution/ Rules and Code of Ethics. Coaches will abide by any penalties assessed by the MVFL for violations.
- L. All text communication between players and coaches must have a board member present.
- M. If a Coach is fined for violation of the MVFL rules it is the Coach responsibility to pay the fine to HYFC within 7 days. If a fine is not paid the

Coach will be removed from their position. All MVFL Rules and Code of Ethics will be enforced.

Section 4- Players/Cheerleaders

- A. The players and cheerleaders must conduct themselves in a respectable manner and adhere to the current season's code of conduct.
- B. Any head coach football or cheer representative, with board approval, has the right to suspend a player or cheerleader for conduct unbecoming to the organization during league activities. The child's parent or guardian will be notified immediately of the situation.
- C. Bullying, rude language, and intimidation will not be tolerated and are grounds for discipline. This may include suspension/ dismissal from the organization. This will be investigated by the Parent Liaison and brought to the MVFL board to review as per the grievance policy.
- D. All Players must be able to follow instruction from the coaches during practice/ games.
- E. The board reserves the right to approve sponsorships based on current finances.
- F. Partial or full scholarships may be available.

Section 5- Parents/Guardians

- A. Parents shall conduct themselves in a respectable adult manner and in the best interest of the League adhering to the current season's code of conduct.
- B. In the event of a conflict or a complaint against any member of the organization the complaining member shall contact the Parent Liaison in writing. They will then act as the liaison between the Parent/Guardian and the board. If the parent is found liable, the board will follow the disciplinary policy.
- C. Parents, Guardians, and spectators are not eligible to assist any coaches via headphones/cell phones from the sidelines.
- D. If a Parent / Spectator is fined for violation of the MVFL rules it is their responsibility to pay the fine to HYFC within 7 days. If a fine is not paid the violator will not be allowed to attend HYFC/ MVFL events. All MVFL Rules and Code of Ethics will be enforced.

Section 6- MVFL Code of Ethics

In addition to HYFC Code of Ethics Board members, Coaches, Parents and Players must abide by MVFL Code of Ethics as referenced below.

MVFL CODE OF ETHICS

1. Board Members Code of Ethics:

a. Elected & Appointed

- i.** Each elected and appointed Board Member shall pledge to follow and uphold all MVFL Constitution and Rules & Regulations and to report any violation regardless of the violation or the person or persons involved in the violation.
- ii.** All Board Members will conduct themselves in a professional manner and treat all other board members, athletes, cheerleaders, coaches, league officials and parents with respect, honesty, integrity, and openness.
- iii.** Devote time, thought, and study to the duties and responsibilities of a Board Member so they may render effective and credible service to MVFL.
- iv.** Work with their fellow Board Members in a spirit of harmony and cooperation in spite of the many differences of opinion which may arise. Base their personal decisions upon available facts in each situation; to vote their honest conviction in every case, un-swayed by partisan bias of any kind; thereafter, to abide by and uphold the majority decision of the Board. Board Members will act in the best interest of MVFL rather than in furtherance of personal interests or the interests of third parties, such as friends and family. Decisions about MVFL and the use or disposition of its assets, are made solely in terms of the benefits to MVFL. They are neither influenced nor appear to be influenced by any private profit, personal gain or outside benefit for staff, board members and volunteers; their friends and family members or the organizations with which they are affiliated.
- v.** To avoid issues with nepotism within an organization. Married or immediate family members who live in the same household that are board members would only count as one vote when voting on issues pertaining to the respected organization.
- vi.** **Violations of the MVFL Code of Ethics will not be tolerated. Any Board found in violation at any MVFL event will be subject to disciplinary action and fines as outlined below:**
 - 1. Immediate Removal**
 - a.** The Board Member will be removed from the event in which the incident occurs.
 - 2. Fines and Payment:**
 - a.** A fine of \$300 will be imposed on the ejected Board Member, payable to the MVFL, and must be paid

within seven (7) days of the violation by the responsible organization. Additional penalties may be imposed by the representing Organization.

- i. Failure to pay the fine within the specified period will cause additional disciplinary action against the individual, and an additional \$300 fine assessed to the representing organization, payable to the MVFL on the 8th day from the ejection.

3. Two-Strike Policy:

- a. **First Offense:** \$300 fine and ejection from the remainder of the current event.
- b. **Second Offense:** Immediate removal from all MVFL events for the remainder of the season.

2. Coaches Code of Ethics:

a. Organizational Head Coaches, Assistant Coaches and JR Coaches

- i. Lead by example in demonstrating the six pillars of character, written in the Preamble above, to all my players and cheerleaders.
- ii. Treat all athletes, coaches, league officials, refs and parents with respect and dignity.
- iii. Place the emotional and physical well-being of all athletes ahead of the personal desire to win.
- iv. Treat each athlete as an individual, always remembering the large range of emotional and physical development for each age group.
- v. MVFL will not tolerate the use or influence of drugs and alcohol, including all tobacco products, e-cig, and vape pens during any organization function and in the presence of any minor child as a representative of the MVFL.
- vi. Be or become knowledgeable in all the rules of the sport and teach these rules to all athletes.
- vii. Do their best to make sure that all practices are well organized, safe, fun, and challenging for all athletes.
- viii. Use only those coaching techniques that are appropriate and safe for the skill level of the team that I will be coaching.
- ix. Young athletes are to be protected from unsafe and possibly illegal weight loss programs or techniques. Examples: working out in plastic garbage bags; working out under extreme heat conditions; advising parents to have their child fast or use extreme diets; etc.

- x. Will not tolerate any form of abuse of children, should it be physical, verbal, emotional, ethical, or sexual, and will immediately report any such abuse to the proper authorities.
- xi. No Profanity, Foul, derogatory language toward event attendees, players, refs, other coaches, or board members will be tolerated.
- xii. Always remember that they are a youth sports coach and that the game is for the young athletes, and not for the vicarious interests of adults.
- xiii. Head coaches and league reps. are only people allowed to communicate with refs during and after games.
- xiv. Only 8 coaches with current MVFL badges are allowed on the sideline during the games.
- xv. **Violations of the MVFL Code of Ethics will not be tolerated. Any coach found in violation will be subject to disciplinary action and fines as outlined below:**

1. Immediate Removal:

- a. The ejected Coach and Head Coach will be removed from the remainder of the game in which the incident occurs.

2. Fines and Payment:

- a. A fine of \$300 will be imposed on the ejected coach, payable to the MVFL, and must be paid within seven (7) days of the violation by the responsible organization. Additional penalties may be imposed by the representing Organization.
 - i. Failure to pay the fine within the specified period will cause additional disciplinary action against the individual, and an additional \$300 fine assessed to the representing organization, payable to the MVFL on the 8th day from the ejection.

3. Two-Strike Policy:

- a. **First Offense:** \$300 fine and ejection from the remainder of the current game, plus suspension from the next two (2) games.
- b. **Second Offense:** Immediate removal for the remainder of the season.

3. Officials Code of Ethics

- a. Commitment to MVFL Rules: All Officials shall pledge to follow and uphold the MVFL Constitution, Rules & Regulations, and report any

- violation, regardless of the person(s) involved to the MVFL Executive Officers.
- b. All Officials will conduct themselves in a professional manner and treat all board members, athletes, cheerleaders, coaches, league officials, parents, event personnel, and spectators with respect, honesty, integrity, and transparency.
 - c. Use or influence of drugs, alcohol, tobacco products, e-cigarettes, or vape devices during any MVFL function or while in the presence of minors is prohibited. Removal(s) may be enforced.
 - d. Any form of abuse toward a minor, physical, verbal, emotional, ethical, or sexual is strictly prohibited. Any suspected abuse shall be immediately reported to the proper authorities.
 - e. Profanity, foul language, or derogatory remarks toward event attendees, players, officials, coaches, or board members will not be tolerated.
 - f. All violations are brought to the MVFL Via email. MVFL League Representatives will review email within 5 days. The MVFL executive board will conduct investigation of violation prior to League Rep review.

4. Parent/ Attendee Code of Ethics:

- a. **All Game Attendees, Volunteers, Chain Gangs, Field Crews, etc.**
 - i. Treat all athletes, coaches, board members, league officials, refs and other attendees of the event with respect and dignity.
 - ii. No inappropriate behavior that is deemed an obstruction to the football game or sideline cheering will be tolerated
 - iii. MVFL will not tolerate the use or influence of drugs and alcohol, including all tobacco products, e-cig, and vape pens during any organization function and in the presence of any minor child as a representative of the MVFL.
 - iv. MVFL will not tolerate any form of abuse of children, should it be physical, verbal, emotional, ethical, or sexual, and will immediately report any such abuse to the proper authorities.
 - v. No Profanity, Foul, derogatory language toward event attendees, players, refs, other coaches, or board members will be tolerated.
 - vi. All parents/ attendees must adhere to the rules of the game location and practice site.
 - vii. No parents/ attendees are allowed on the track in the cheer area, on sideline or field during use without a MVFL badge. (This includes before and after game times.)

viii. Violations of the MVFL Code of Ethics will not be tolerated. Any Parent/ Attendee found in violation will be subject to disciplinary action and fines as outlined below:

1. Immediate Removal:

- a. The Parent/ Attendee will be removed from the remainder of the game in which the incident occurs.

2. Fines and Payment:

- a. A fine of \$300 will be imposed on the ejected Parent/ Attendee, payable to the MVFL, and must be paid within seventh (7) days of the violation by the responsible organization. Additional penalties may be imposed by the representing Organization.
 - i. Failure to pay the fine within the specified period will cause additional disciplinary action against the individual, and an additional \$300 fine assessed to the representing organization, payable to the MVFL on the 8th day from the ejection.

3. Two-Strike Policy:

- a. **First Offense:** \$300 fine and ejection from the remainder of the current game, plus suspension from the next two (2) games.
- b. **Second Offense:** Immediate removal for the remainder of the season.

5. Player Code of Ethics:

a. All Game Participants

- i. Treat all athletes, coaches, board members, league officials, refs and attendees with respect and dignity. The players and cheerleaders must behave respectfully.
- ii. No inappropriate behavior that is deemed an obstruction to the football game or sideline cheering.
- iii. MVFL will not tolerate the use or influence of drugs and alcohol, including all tobacco products, e-cig, and vape pens during any organization function and in the presence of any minor child as a representative of the MVFL.
- iv. No Profanity, Foul, derogatory language toward other players, refs, coaches, or board members will be tolerated.
- v. All players must adhere to the rules of the game location and practice site.
- vi. No unauthorized players are allowed on the track in the cheer area, on sideline or field during field use without league reps approval.

- vii. Targeting (illegal helmet contact, late hits) will not be tolerated. If behavior occurs this will be at the league discretion if violation needs to be enforced. Repetitive occurrence from a player of targeting toward another may cause expulsion from the season. MVFL will determine citation severity.
- viii. Violation of the code of ethics may require a player to be removed from the game and/or practice and may also be unable to participate in the following games. This will be determined by the organization league rep and MVFL board. The child's parent or guardian will be notified immediately of the situation.
- ix. **Player ejection will be penalized as follows**
 - 1. 1st offense Player ejection rest of game and next game
 - 2. 2nd offense rest of game and 2 games
 - 3. 3rd offense rest of game and 3 games.
- A. **Ethics Pledge:** As volunteer board members, football, and cheerleading coaches, we acknowledge and agree to honor all ethical obligations to all athletes, colleagues and to the public at-large. We will pledge to follow all MVFL Constitution and Rules & Regulations and its Code of Ethics. We agree that the MVFL Board in its sole discretion may hold us accountable for doing so. We will further agree that our accountability to the MVFL Board for any breach may include suspension, expulsion, ineligibility, or disbarment of the individual or team.

Grievance

- A. Any person wishing to file a grievance with the HYFC may do so. Any grievance with the League shall follow the same procedure.
 - a. **Procedure:**
 - i. Any grievance with the HYFC or the League shall be presented to a Parent Liaison.
 - ii. A grievance shall be submitted in writing VIA EMAIL TO hughsonyouthfootballcheer@gmail.com
 - iii. the secretary will forward the grievance to both parent liaisons this shall include, at a minimum, the:
 - 1. Nature of the grievance,
 - 2. Date when the incident occurred,
 - 3. Description of the incident,
 - 4. Rule/Bylaw violated
 - iv. The person submitting the grievance shall be notified within 48 hours of filing their grievance that it has been received and being reviewed by the board.
 - v. The Parent Liaison will notify the HYFC board of the grievance within 24

hours of receiving the grievance via email after investigating the grievance.

- vi. The HYFC will review the grievance within one week.
- vii. The President or Vice President of the HYFC will call a special board meeting to review the grievance.
- viii. After the investigation the person who submitted the email/ grievance will be notified via email when the grievance will be reviewed/ discussed by the board.
- ix. Once reviewed/ discussed by the board the person who submitted the grievance will be notified within 24 hours of the board's decision if a vote is needed.
- x. Confidential information will not be provided to the person filing the grievance
- xi. The Secretary of the HYFC will maintain all documents associated with the grievance in accordance with the HYFC bylaws
- xii. There shall be a cooling off period of 48 hours after each game. Emailed grievances will be received during this time but will not be responded to till after 48 hours after the game.
- xiii. All grievances will be discussed in a closed board meeting.