



**2024**

# **Parent Handbook**

updated 4/2024

# 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.

## 2024 Executive Board

### **President/League Representative**

Marci Couch

### **Event Coordinator**

Corinne Bynum

### **Vice President**

Mike Walker

### **Fundraising Coordinator**

Adam Merryman

### **Treasurer**

Samantha Travao

### **Concession/Volunteer Coordinator**

Cheree Hill

### **Parent Liaison**

Mike Walker/ Tyrel Voss

### **Assistant Concession Coordinator**

April Ehlers

### **Secretary**

Ryan Bradley

### **Merchandise Coordinator**

Heather Buffa

### **Sergeant at Arms**

Sergio Jimenez

### **Sponsorship Coordinator**

Bill Foley

### **Cheer Coordinator**

Danielle Little

### **Equipment Manager**

Jake Loveland

### **Assistant Cheer Coordinator**

Danielle Walker

### **Members at Large**

Monica Walton

Sam Fullen

## **2024 Coaching Staff**

### **Football Head Coaches**

<b>Junior Novice</b>	<b>Adam Merryman</b>
<b>Novice</b>	<b>Serigo Jimenez</b>
<b>Junior Varsity</b>	<b>Mike Walker</b>
<b>Varsity</b>	<b>Shawn Shears</b>

### **Cheerleading Head Coaches**

<b>Junior Novice</b>	<b>Cortni Courtrakis</b>
<b>Novice</b>	<b>Amanda Hedden</b>
<b>Junior Varsity</b>	<b>Kacie Vergara</b>
<b>Varsity</b>	<b>TBD</b>

# HYFC IMPORTANT DATES

**5/4/24** Cheer Fitting. All cheer fees are due.  
Volunteer deposit due by a separate check.  
**Cheerleader (all levels)** \$450 participation fee —> \$100 down payment per player at registration = balance of \$350 per player

**5/18** Football Jersey and Pant Fitting.  
Volunteer deposit due by a separate check.  
**Football Player (all levels)** \$350 participation fee —> \$100 down payment per player at registration = balance of \$250 per player

**TBD** Football equipment handout  
All football fees are due. Volunteer deposit due by a separate check.  
**Football Player (all levels)** \$300 participation fee —> \$100 down payment per player at registration = balance of \$200 per player

**\*\*\*Volunteer Deposit To be collected at football equipment hand out or cheer uniform fittings.\*\*\***

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 DATES 11/1/2024

-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**

6/1- 7/13 Every Saturday in June from 830AM to 11AM Location TBD  
FOOTBALL AND CHEER  
Conditioning Camp OPEN TO PUBLIC

TBD PARENT INFORMATION MEETING

**JULY**

7/22

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 22th**  
**Practice times 6-8PM**

Week 1-2: Monday thru Friday

Week 3: Monday thru Thursday

Jamboree on Saturday 8/10

Week 4: Monday thru Thursday

First game Saturday 8/17

Week 5 thru 9: Tuesday thru Thursday

Games on Saturday \*subject to change\*

\*Dates and Times are subject to change\*

## 2024 Game Schedule

8/10/24 Jamboree @ Linden  
8/17/2024 AMA VS Hughson @ Hughson High  
8/24/2024 Hughson VS Sonora  
8/31/2024 Hughson VS Argonaut  
9/7/2024 Tuolumne VS Hughson @ Hughson High  
9/6/2024 Hughson High Homecoming Parade  
9/14/2024 Hughson VS Escalon  
9/21/2024 Galt VS Hughson @ Hughson High  
9/28/2024 Calaveras VS Hughson @ Hughson High  
10/5/2024 BYE WEEK  
10/12/2024 Hughson VS Amador  
10/19/2024 Hughson VS Linden  
10/26/2024 Waterford VS Hughson @ Hughson High  
10/26/2024 Hughson Youth Football and Cheer Homecoming & 8th Grade Night  
11/2/2024 PLAYOFF ROUND ONE  
11/9/2024 PLAYOFF ROUND TWO  
11/16/2024 SUPER BOWL

### Game Times

Jr Novice 12:30PM 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 \$5.00**

**Seniors \$3.00**

**Children 6 to 12 years old \$3.00**

**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 prior to 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.

### **Side Lines Access:**

Per MVFL rules, only referees, medics, chain gang, players and coaches with badges are allowed on the field on game day. No unauthorized presence is allowed on the field or sideline during the game. Those without badges will be immediately removed from the field. This will be enforced. A HYFC Board approved photographer may be on field/sideline during the game.

## **Volunteer Work:**

HYFC relies on the efforts and assistance from all volunteers for the success of our program. If you are able to assist please contact the HYFC Volunteer Coordinator. Below is a list of areas where you are able to assist. These are the identified areas for volunteers where parents are able to fill in to receive volunteer hour credit for deposit reimbursement:

- • Home Game Set-up/Clean-up
- • Chain Gang ( over age of 18)
- • Concessions Booth
- • Scoreboard Operator (need experience or training)
- • Fireworks Booth (as needed, not guaranteed)

### **Volunteer Eligibility**

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

All communication/ notifications between coaches, players and parents will be through Groupme or Teamsnap links to be sent to parents prior to the season. Any alternate communication methods must be approved by the HYFC Board.

## **Website:**

<http://www.hughsonyouthfootballcheer.org>

## **Email:**

[hughsonyouthfootballcheer@gmail.com](mailto:hughsonyouthfootballcheer@gmail.com)

## **Facebook:**

**Hughson Huskies Youth Football and Cheer**

## **Instagram:**

**hughsonyouthfootballcheer**

## **PRACTICE**

Practice will begin on July 22,2024. 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 out via email, social media and via groupme.

## **Conditioning:**

- The first week of practice is conditioning only.
- 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:**

- Athletes need to bring plenty of water to all practices and continuously hydrate all season long
- 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.
- 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
- Heat precautions No temp will cancel practice modified practice if weather is above 100 degrees offer more water breaks every 20-30 min for 2 min minimum. decrease 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:**

**\*\*\*During the first 6 weeks of conditioning if a player has 2 or more unexcused absences. The player will be dropped from the roster no refund will be issued. An excused absence must be emailed to the board 3 days prior to absence unless the child is ill. If a player is ill, notification is required prior to practice start time. All notification is to be sent via email**

to [hughsonyouthfootballcheer@gmail.com](mailto:hughsonyouthfootballcheer@gmail.com). Any notification after practice starts will result in an unexcused absence. \*\*\*

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:

**All Players:** Attitude and attendance at practices have an essential effect on your playing time. Absences will affect playing time as follows:

- One missed practice means the player will not be eligible to play until the second quarter
- Two or more missed practices in a week means the player must dress in uniform and stand on the sidelines to support their team but they will not participate
- Players that are not eligible to play due to code of ethics violations will be subjected to the same rules as determined by the MVFL board.

### Mandatory Play Rules:

**Jr. Novice** minimum of 10 plays

**Jr. Varsity** minimum of 6 plays

**Novice** minimum of 8 plays

**Varsity** minimum of 4 plays

- If practices are missed, minimum play rule goes down by one
- If no practices are attended, player will not be allowed to suit up
- Players not participating for medical or disciplinary reasons will not suit up in equipment for the game. They will need to wear their jersey while on the sideline.
- If the team roster is 25 players or more, the mandatory play rule is reduced by half, except for Jr. Novice
- 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:**

**\*\*\*During the first 6 weeks of conditioning if a player has 2 or more unexcused absences. The player will be dropped from the roster no refund will be issued. An excused absence must be emailed to the board 3 days prior to absence unless the child is ill. If a player is ill, notification is required prior to practice start time. All notification is to be sent via email to [hughsonyouthfootballcheer@gmail.com](mailto:hughsonyouthfootballcheer@gmail.com). Any notification after practice starts will result in an unexcused absence. \*\*\***

**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.:**

Punctual attendance is mandatory at all practices and games, as well as specified activities, fundraisers, and special events. All tardies and absences (excused or unexcused) will be recorded.

**EXCUSED ABSENCES.** If more than one practice is missed per week (regardless of being excused or not) the cheerleader will sit out for the halftime dance .

**UNEXCUSED TARDIES & ABSENCES** Missed Practice for an unexcused absence(s) will result in the cheerleader sitting for the first quarter of the game following the absence. If more than one practice is missed per week the cheerleader will sit out for the halftime dance. **\*\***(Cheer Coordinator(s) will use their discretion to increase sit time if attendance becomes an issue).

Missed Games due to an unexcused absence will result in automatic sitting for the first half of the game following the absence.

## **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.

## **Appearance/Attire**

**A. Uniforms include:** Game day: shell, skirt, liner, cheer bow, briefs, white no show socks, shoes, poms, and cheer bag. 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. \*\*Uniforms may not be altered or changed during the season.**

**B. 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. No crop tops.

**C. 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 in order to best represent HYFC.

## **Attendance, injuries, and Dress Code**

### **Attendance**

\*\*\* 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 school or church

activities. Must email organization prior to absence.

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

A. Absences will affect playing time as follows:

1. If a player misses practice the minimum play count decreases by one.
2. One missed practice means the player will not be eligible to play until the second quarter.

3. 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.

4. An unexcused absence from the game, the player CANNOT play in the 1 st half of the next game. Play count goes down by 2. Except for varsity if the minimum is already at 2, then the count goes down by 1.

5. 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.

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

A. Absences will affect participation as follows:

1. One missed practice means they sit out with their coach 1st quarter.

2. Two or more missed practices means must be in uniform but they will sit out with their coach and support their squad but they will not participate in the game.

3. Must actively participate in practice 4 hours per week to perform half time show.

### **Football and Cheer Injured/ non Participating Players**

1. 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.

2. \*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.

3. Coaches are required to keep attendance of all participating players.

4. 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.

## **Football Players**

A. During conditioning week one, football players will wear comfortable attire. Helmets, mouth piece and cleats shall be worn, no pads.

B. During normal practice- football players are expected to be in helmet, full pads football practice pants, cleats, mouth piece and practice jerseys.

C. Game day- both sets of game day jerseys and pants to be brought to all game. helmet , pads, cleats and mouth piece.

Players will not be allowed to participate if they do not have complete uniform.

## **Cheerleaders**

### **ATTIRE:**

#### **1.GAME DAY:**

a. 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.

### **PRACTICE:**

a. No shirts that are above your belly button when arms are raised, No Booty shorts, no spaghetti straps.

b. Tennis shoes or cheer shoes must be worn for practice (No Vans or Converse)

c. Shoes must have laces

d. Absolutely NO jewelry of any kind

## **ALL HYFC EVENTS**

1. Cheerleaders are expected to be neat and well groomed, especially at games.

2. 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.

3. Neutral nail polish is acceptable. No false fingernails. Natural fingernails are to be short and may not be over your fingertips.

4. Makeup and Glitter maybe worn at coaches discretion on FACE ONLY

5. Hair is to be pulled back in a ponytail and bows must be worn. High or low ponytail is acceptable.
6. NO GUM.
7. Cell phones may not be used during practice or games.
8. Casts/braces.
  - a. Participants with a hard cast may not tumble, stunt, or be considered as spotters and are not required to be wrap/pad the cast.

## **CODE OF CONDUCT**

### **Preamble-**

The essential elements of character-building and ethics in sports are embodied in the concept of sportsmanship and six core principles: trustworthiness, respect, responsibility, fairness, caring and good citizenship. The highest potential of sports is achieved when the 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, as well as, the code of ethics and ethics pledge of the MVFL.

### **Head Coaches**

- A. All head coaches must conduct themselves in a professional manner 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, Assistant Cheer Coordinator and League Representative
- G. Abusive behavior towards a player or cheerleader will be grounds for suspension and/or dismissal.
- H. All coaches serve at the discretion of the board and can be removed by a vote of the board at any time.
- I. All head coaches may select their assistant coaching staff; to be interviewed and approved by the board. All head coaches shall be at all practices and games. If the head coach is ejected the coach must pay the league fine handed down to the organization of \$100.00. Second offense is permanent removal of the coaching staff.
- J. Maximum of 8 approved coaches are allowed on the sidelines during games. Maximum of 10 coaches will be approved by HYFC and receive MFVL Badges. No level may have more than ten coaches during the season,
- K. All football coaches shall have a current copy of their USA Football coaching certificate on file with the HYFC board
- L. All cheer coaches shall have a current copy of their Pop Warner Course Y101PW on file with the HYFC board
- M. All text communication between coaches and players must have a board member in the group.

### **Assistant /Junior Coaches**

- A. All assistant coaches must conduct themselves in a professional manner 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 discretion of the board and can be removed by a vote of the board at any time.
- I. One assistant football coach per age level will be assigned the roll of assistant equipment manager.
- J. If and Assistant/Junior coach is ejected the coach must pay the league fine handed down to the organization of \$100.00. Second offense is permanent removal off the coaching staff
- K. All football coaches shall have a current copy of their USA Football coaching certificate on file with the HYFC board
- L. All cheer coaches shall have a current copy of their Pop Warner Course Y101PW on file with the HYFC board
- M. All text communication between coaches and players must have a board member in the group.

### **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 is grounds for suspension.
- D. The board reserves the right to approve sponsorships based on current finances.
- E. There may be partial or full scholarships available.

### **Parents /Guardians/ Attendees**

- A. Parents shall become voting members at the January meeting to vote in new HYFC board members only, by signing the application for their child to play for, or cheer for, HYFC and 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 via email to

hughsonyouthfootballcheer@gmail.com. They will then act as the liaison between the Parent/Guardian and the board. In the event where the parent is held 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.

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

## **MVFL CODE OF ETHICS**

### **BOARD, COACHES, PARENT, ATTENDEES AND PLAYERS**

#### **A. Preamble**

i. The essential elements of character-building and ethics in sports are embodied in the concept of sportsmanship and six core principles: trustworthiness, respect, responsibility, fairness, caring and good citizenship. The highest potential of sports is achieved when the competition reflects these "six pillars of character."

#### **B. Board Members Code of Ethics**

##### **i. (Elected & Appointed)**

1. Each elected and appointed Board Member shall pledge to follow and uphold all MVFL Bylaws and Rules & Regulations and to report any violation regardless of the violation or the person or persons involved in the violation.
2. 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.
3. Devote time, thought, and study to the duties and responsibilities of a Board Member so they may render effective and credible service to MVFL.
4. 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.
5. To avoid issues with nepotism within an organization. Married or same household family members that are both executive board members would only

count as one vote when voting on issues pertaining to the respected organization.

6. To avoid issues with nepotism within an organization. Married or immediate family members that are both board members would only count as one vote when voting on issues pertaining to the respected organization.

### **C. Coaches Code of Ethics:**

i. (All organization head coaches, assistant coaches and JR coaches.)

1. Lead by example in demonstrating the six pillars of character, written in the Preamble above, to all my players and cheerleaders.
2. Treat all athletes, coaches, league officials, refs and parents with respect and dignity.
3. Place the emotional and physical well-being of all athletes ahead of the personal desire to win.
4. Treat each athlete as an individual, always remembering the large range of emotional and physical development for each age group.
5. 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.
6. Be or become knowledgeable in all the rules of the sport and teach these rules to all athletes.
7. Do their best to make sure that all practices are well organized, safe, fun, and challenging for all athletes.
8. Use only those coaching techniques that are appropriate and safe for the skill level of the team that I will be coaching.
9. 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.
10. 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.
11. No Profanity, Foul, derogatory language toward event attendees, players, refs, other coaches, or board members will be tolerated.
12. 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.
13. Head coaches and league reps. Are only people allowed to communicate with refs during and after games.
14. Only 8 coaches with current MVFL badges are allowed on the sideline during the games.
15. Violations to the code of ethics will not be tolerated. If a violation occurs a fine will be imposed on the coach payable to the MVFL. This will need to be paid to the league within 14 days of violation. Also, a coach may be ejected from the game and/or next game if a violation occurs. This will be determined by the organization

board league representative and MVFL. Violations will be a 3-strike rule. 1<sup>st</sup> offense \$100, 2<sup>nd</sup> offense \$150, 3<sup>rd</sup> offense is expulsion of the coach.

#### **D. Parent/ Attendee Code of Ethics:**

i. (all game attendees/ volunteers/ chain gang and field crews, etc.)

1. Treat all athletes, coaches, board members, league officials, refs and other attendees of the event with respect and dignity.
2. No inappropriate behavior that is deemed an obstruction to the football game or sideline cheering will be tolerated
3. 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.
4. 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.
5. No Profanity, Foul, derogatory language toward event attendees, players, refs, other coaches, or board members will be tolerated.
6. All parents/ attendees must adhere to the rules of the game location and practice site.
7. No parent/ 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.)
8. Violations to code of ethics will not be tolerated if a rule is violated a fine will be imposed on the violator payable to the MVFL. This will need to be paid to the league within 14 days of violation. In addition, violators may be ejected from the game and/or the next game. This will be determined by the organization board league representative and MVFL board. Violations will be a 3-strike rule. 1<sup>st</sup> offense \$100, 2<sup>nd</sup> offense \$150, 3<sup>rd</sup> offense permanently banned from MVFL events. MVFL may increase the citation due to severity of violation.

#### **E. Player Code of Ethics:**

i. (all game participants)

1. Treat all athletes, coaches, board members, league officials, refs and attendees with respect and dignity. The players and cheerleaders must conduct themselves in a respectable manner.
2. No inappropriate behavior that is deemed an obstruction to the football game or sideline cheering.

3. 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.
4. No Profanity, Foul, derogatory language toward other players, refs, coaches, or board members will be tolerated.
5. All players must adhere to the rules of the game location and practice site.
6. No unauthorized players are allowed on the track in the cheer area, on sideline or field during field use without league reps approval.
7. 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 result in expulsion from the season. MVFL will determine the severity of citation.
8. 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.

## **GRIEVANCES**

**The Grievance Procedure of the HYFC is listed below. Please do not confront coaches, assistant coaches or junior coaches.**

### **Grievance Procedure**

1. Any person wishing to file a grievance with the HYFC may do so. Any grievance with the League shall follow the same procedure.

#### **Procedure:**

1. Any grievance with HYFC or the League shall be presented to the Parent Liaison of the HYFC. All grievances must be emailed to [hughsonyouthfootballcheer@gmail.com](mailto:hughsonyouthfootballcheer@gmail.com)
2. 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.
3. A grievance shall be submitted in writing and shall include, at a minimum, the:
  - A. Nature of the grievance,
  - B. Date when the incident occurred,

C. Description of the incident,

D. Rule/Bylaw violated

4. The Parent Liaison will notify the HYFC board of the grievance within 48 hours of receiving the grievance.
5. The HYFC will review the grievance at the next scheduled board meeting. If the grievance requires attention before the next scheduled board meeting, the President of the HYFC will call a special board meeting to review the grievance
6. The person who submitted the grievance will be notified within 24 hours of the board's decision
7. Confidential information will not be provided to the person filing the grievance
8. The Secretary of the HYFC will maintain all documents associated with the grievance in accordance with the HYFC bylaws.