



## 2007 SEASON HANDBOOK (By-Laws)

### PRESIDENT

William (Bill) Dorman

### VICE PRESIDENT

Dwayne (Skip) Clark

### DIRECTORS

Colts – Skip Clark

Giants – Joe Holland

Lions – Otis Mclary

MSD – Andy Bonheyo

Packers – Mike Tucker

Vikings – Brad Morris

Cheerleading – Barbaranne Jauregui

### TREASURER

Brenda Dorman

### SECRETARY

VACANT

### CONCESSIONS CHAIRMAN

Michelle McClary

### EQUIPMENT MANAGER

Ian Moon

### FACILITIES CHAIRMAN

VACANT

### FUND-RAISING CHAIRMAN

VACANT

### BANQUET CHAIRMAN

VACANT

# **FREDERICK YOUTH FOOTBALL LEAGUE**

## **By-Laws/Regulations**

### **OBJECTIVE**

Our objective is to implant firmly in the children of the community the ideals of good Sportsmanship, honesty, loyalty, courage, and reverence for authority so that they may be well adjusted, stronger, and happier children and will grow to be good, decent, healthy, and trustworthy citizens.

To achieve this objective FYFL will provide a supervised program under the rules and regulations of FYFL. All directors, officers and members shall bear in mind that the attainment of exceptional athletic skills or the winning of games is secondary, and the molding of future citizens is of prime importance.

### **MISSIONS STATEMENT:**

Develop the fundamentals of the game of football – stance, blocking, tackling, running, throwing, catching, conditioning, and sportsmanship.

Develop the fundamentals of cheerleading - Cheers, chants, jumps, stunts, good health and fitness and sportsmanship.

Establish an understanding of the commitment necessary by the parents and the athletes in order to enhance success, both on and off the field.

## **GENERAL BY-LAWS**

### **I. ORGANIZATION**

The FYFL shall consist of a governing board, the Board of Directors. The FYFL will consist of players, cheerleaders, coaches, and administrative officials and are organized into two divisions: Junior Varsity and Varsity.

### **II. OFFICERS AND DUTIES**

The FYFL Board of Directors shall be comprised of officers and chairmen and shall be known as the Frederick Youth Football League Board.

1. **President:** The FYFL President shall be the administrative head. He/She shall be responsible for calling the meetings of the Board and shall act as Chairperson of the Board. He/She is responsible for assembling the agenda for each meeting of the Board of Directors; He/She shall act as the liaison between Frederick City or Frederick County and the FYFL regarding practice fields, game fields, and any other facilities provided by the Frederick City or Frederick County. He/She shall be responsible for all fund-raising activities out side of registration revenue and concessions to include program ads, corporate and individual sponsors, and any

other activity designed to create revenue as approved by the Board. He/She shall be responsible for the complete planning and coordination of the FYFL year-end awards banquet. He/She shall be responsible for the orderly conduct of business. While holding such office, the president shall not coach or umpire. The President shall have one (1) vote in the event of a tie during Board Meetings.

2. **Vice-President:** In case of the absence or disability of the President, and provided he/she is authorized by the President or board so to act, the Vice-President shall perform the duties of the President, and when so acting, shall have all the powers of that office, and shall have such other duties as from time to time may be assigned by the Board of Directors or by the President. While holding such office, the Vice-President shall be allowed to coach or umpire. The Vice-President shall have one (1) vote. If the Vice-President also serves as a Football Director, only one vote will be counted.
3. **Football Directors:** The directors shall be comprised of 6 Head Varsity football coaches: Colts, Giants, Lions, MSD, Packers, and Vikings. The Football Directors will recruit, select and nominate all assistant coaches, be responsible for the communications of FYFL Board decisions, regulations, and rules to all coaches and be responsible for the review and revision of the FYFL coaching policies. Football Directors are responsible for the recruiting of team parents as needed to support concessions, phone trees, and any other responsibilities deemed necessary. Football Directors may serve as the Vice-President. Each Football Director shall have (1) vote.
4. **Cheerleading Director:** The FYFL Cheerleading Director shall be: responsible for the purchase of all cheerleading uniforms and accessories as approved by the Board; responsible for the selection of all cheerleading coaches and for the communication of FYFL decisions, regulations, and rules to all coaches; and responsible for the review and revision of the FYFL cheerleading coaching policies. The Cheerleading Director shall have one (1) vote.
5. **Treasurer:** In the absence of the Secretary, the Treasurer shall be responsible for recording the minutes of all scheduled board meetings. The FYFL Treasurer shall be responsible for the administration of the Account/Fund to include a monthly reporting to the board of all transaction involving funds of the FYFL. In addition, the treasurer shall assist in preparing the budget for the upcoming season. The treasurer is a non-voting member of the board.
6. **Secretary:** The FYFL Secretary shall be responsible for scheduling meetings of the Board of Directors, arranging a meeting place, publishing a meeting agenda, notifying board members of meetings, and providing board members with an agenda. He/She shall record minutes of the meeting and review the most recent minutes at the start of each meeting. The secretary is a non-voting member of the board.

7. **Concessions Chairman:** The FYFL Concessions Chairman shall be: responsible for the selection, purchase, storage, and sales of concessions at all FYFL games; responsible for the purchase and maintenance of any equipment to be used in conjunction with concessions; and responsible for the accounting and reporting of all concession funds to the FYFL Treasurer. The Concessions Chairman is a non-voting member of the board.
8. **Equipment Manager:** He/She shall be responsible for the purchase of all football equipment as approved by the Board and responsible for the inventory, storage, issuing, and collection of all football equipment. The Equipment Manager is a non-voting member of the board.
9. **Facilities Chairman:** The FYFL Facilities Chairman shall act as the liaison between Frederick City or County and the FYFL in all matters regarding practice fields, game fields, and any other facilities provided by Frederick City or County. The Facilities Chairman is a non-voting member of the board.
10. **Fund-Raising Chairman:** The FYFL Fund-Raising Chairman shall be responsible for all fund-raising activities outside of registration revenue and concessions. He/she shall consult with the board on all fund raising ideas before implementing any program. Once the program has been approved, the Chairman shall co-ordinate activities with other volunteers to facilitate the success of the program. The Fund-Raising Chairman is a non-voting member of the board.
11. **Banquet Chairman:** The FYFL Banquet Chairman shall be responsible to set up a committee of volunteers to help plan and coordinate the year-end awards banquet. He/she shall consult with the board on all banquet/awards ideas before implementing any program. The Banquet Chairman is a non-voting member of the board.

### **III. BOARD OF DIRECTORS POWERS**

1. The board shall have the power to appoint such standing committees, as it shall determine and to delegate such powers to them as the board shall deem advisable and which it may properly delegate.
2. The board may adopt such rules and regulations for the conduct of its meetings and the management of the league as it may deem proper.
3. The board will hold a public board meeting once a month, scheduled on the third Wednesday of each month at 6pm, located in the William R. Talley, City of Frederick Recreational Facility, during the months of January through August.
4. The board shall receive, at the 1st meeting of the fiscal year (usually January), a report verified by the president and treasurer, or by a majority of the directors, showing the date of the report and appropriations or expenditures that have been made.

5. The board by a two-thirds vote of all directors then serving at any duty constituted meeting, shall have the authority to discipline, suspend, or terminate a member of the Board of Directors whose conduct is considered as detrimental to the best interest of the league. The member involved shall be notified of such meeting, informed of the general nature of the charges and given the opportunity to appear at the meeting to answer such charges.
6. Term of office – There will be no term limits for Board members.
7. Vacancies – If any vacancy occurs in the board by death, resignation or otherwise, it may be filled by a majority vote of the remaining directors at any regular meeting of the board or at any special meeting of the board called for that purpose.
8. Attendance – Board members are expected to attend all meetings. However, from time to time circumstances may prevent attendance.
9. Registration – The board is responsible for player registration. The board shall be responsible for the design and distribution of registration information to the community; responsible for the collection and accuracy of all registration information; responsible for the maintenance of all registration information and the creation of team rosters for FYFL coaches and officials.
10. Registration Fees – The board shall set the players registration fee, which shall be a reasonable participation fee, assessed as the parents' obligation to assure the operational continuity of the FYFL. At no time should the inability to pay any fee hinder the participation in any FYFL program.

#### **IV. UMPIRES/REFEREES**

Umpires and Referees shall be hired through the Frederick Youth Football League Officials Association (FYFLOA), with the approval of the board of directors, who shall be responsible for their assignments and for their actions on the field.

#### **V. INSURANCE**

The FYFL shall not be responsible for any injuries. All participants shall participate entirely at their own risk. The FYFL Treasurer will arrange for a combined liability and accident insurance plan to cover each team in the FYFL. Minimum coverage will include \$1,000,000 liability, \$150,000 excess accident medical and dental, \$25,000 paralysis, \$25,000 accidental death and dismemberment and \$2,000 adult disability income.

#### **VI. FINANCIAL AND ACCOUNTING**

1. The FYFL shall maintain an account/fund to pay annual operating expenses. At the beginning of each season, the Treasurer shall identify the location and status of the accounts.
2. The board shall decide all matters pertaining to the finances of the FYFL and it shall place all football and cheerleading income, into their respective bank accounts, directing the expenditure of same in such manner as will give no individual or team an advantage.
3. The board shall not permit the contribution of funds or property to individual teams but shall solicit some for the common treasurer of either football or cheerleading, thereby to discourage favoritism among teams and to endeavor to equalize the benefits of the FYFL.
4. The board shall not permit the solicitation of funds in the name of FYFL unless all of the funds so raised are placed in either the football or cheerleader accounts.
5. The board shall not permit the disbursement of FYFL funds for other than the conduct of FYFL activities in accordance with the rules and policies of FYFL.

## **VII. LEAGUE ATHLETIC PROGRAM OVERVIEW**

Our youth program is managed by local adult volunteers that provide coaching supervision. The FYFL athletic program consist of six football teams and 6 cheerleading teams which are divided into two divisions; Junior Varsity and Varsity. The teams include:

- Colts
- Giants
- Lions
- Maryland School for the Deaf (MSD)
- Packers
- Vikings

FYFL abides by the general rules of the National High School Rule Book. In addition, we have incorporated several modifications and additional rules and regulations designed for our specific youth program.

League rules and regulations will be distributed to all head coaches and referees prior to the start of the season; copies will be given to the parents during registration or upon request. One copy will be kept in the press box for review.

### **Practice Scheduling**

***Before the 1<sup>st</sup> day of School:*** No Team or Squad may schedule more than 10 hours of practice per week. A week is defined as seven (7) consecutive calendar days. Not more than 2 ½ hours of practice may be scheduled on any one day.

**After School Starts:** No Team or Squad may schedule more than 6 hours of practice per week. A week is defined as seven (7) consecutive calendar days. Not more than 2 hours of practice may be scheduled on any one day. You can not schedule more than three events during one week. For example: a game and two (2) practice sessions constitutes three (3) events. Or, two games and one practice session constitutes three events.

**Practice Fields are reserved as follows: (The league has reserved each field Monday – Thursday. The actual days are set by the coaching staff in accordance with the above guidance.)**

**Hillcrest Elementary – Giants**

Monday – to – Thursday 6:00pm – 8:00pm

**North Frederick Elementary – Vikings and Packers**

Monday – to – Thursday 6:00pm – 8:00pm

**Max Kehne Park – Colts and Lions**

Monday – to – Thursday 6:00pm – 8:00pm

Hillcrest and North Frederick Elementary are only reserved Aug – Oct. Because there are no lights on these fields, the teams who utilize them will move to Max Kehne Park once it is no longer practical to practice without any lights.

**Game Play**

Every team will play each other twice during the regular season. To start the playoff games, the third placed team plays the sixth placed team. The fourth placed team plays the fifth placed team. The first and second placed team will have a bye during the first round of play.

The highest placed winning team from the first two games will play the second placed team. The lowest placed winning team from the first two games will play the first placed team. The winners of these two games will play for the championship.

**All Star Game**

Each division will have an “East” and “West” all-star team. The East All-Star team will be comprised of players from the 1<sup>st</sup>, 4<sup>th</sup>, and 6<sup>th</sup> placed teams at the end of regular season play. The West All-Star team will be comprised of players from the 2<sup>nd</sup>, 3<sup>rd</sup>, and 5<sup>th</sup> placed teams.

Each team will have their players vote for All-Star candidates. The top eight players from the vote will be sent to the All-Star game.

An All-Star player will play on offense or defense, not both. The offense is to play as the kick-off return special team and the defense is to play as the kick-off special team.

### **Uniforms/Equipment**

The uniforms and equipment provided to football players are league property. A deposit of \$100 is collected from each player. Upon return to the league, in satisfactory condition, the deposit will be returned. Cash or check will be accepted. If paying by check, the check will be “held”, then, returned once the uniform is received by the league. Likewise, if paying by cash, cash will be returned. If a player fails to return his/her uniform and equipment by a reasonable date set by the board, the deposit will be kept by the league. Uniforms will be collected immediately following the last game of the year for whichever team a player may be assigned. Parents/players are instructed to bring a change of clothes to their last game.

### **Volunteers**

FYFL is an all volunteer program. Parents are expected to help with various activities throughout the year. Some activities may include but not limited to; concessions, down markers and chains, raffle sales, fund raisers, and cleanup. Parents will be contacted by their teams coaching staff or team mom to sign-up for these and other activities.

### **Fundraisers**

Annual registrations fees fall well short of what is needed to run a successful program. FYFL relies heavily on various fundraisers throughout the season. ALL players and cheerleaders will be required, without exception, to participate in league and team fundraising activities.

### **Academics**

Although the league does not set specific GPA requirements to participate, players and cheerleaders are expected to maintain their grades in school. Grades should always come before football or cheerleading. Parents should keep the head coach apprised of any “falling” grade issues.

### **School Suspensions**

Any player or cheerleader who is suspended from his/her classes and activities at school will be ineligible from participating in any practice or game during the suspension period. If a suspension ends on a Friday, you will be ineligible to participate in a game on the following Saturday. A second suspension will result in an automatic dismissal from FYFL.

## **Transportation**

Transportation to and from practices and games is the responsibility of the parents. Parents should plan to have players and cheerleaders to practice and games at the time specified by the coach. Parents must make every effort to stay at practice and games with their child. If you must leave, please try to arrive about 15 minutes prior to the end of the practice sessions for parent briefing sessions or possibly an early dismissal. Parents will be contacted if weather conditions prevent us from holding a practice or a game. Please inform your coach of the preferred way we may contact you (i.e. home, cell, email, etc.). If you are not contacted you may assume the day's activities are on time.

## **Complaints/Concerns/Compliments**

Anyone wishing to discuss issues regarding the FYFL program, its administrators, or coaches, is asked to contact the Board of Directors. Please do not interfere with the coaching staff, referees, or participants during practices or games.

## **VIII. FYFL "FIELD REGULATIONS"**

Regulation 1.1 Any player who has 2 personal penalties in one game is automatically ejected from the game.

Regulation 1.2 Any player using any type of profanity will be warned the first infraction and will be ejected from the game on the second occurrence. The referee will notify the head coach that the player has been warned.

Regulation 1.3 Any player who engages in fighting will be ejected from the game and will sit out the next scheduled game. Players must be present and in full equipment during the suspended game or the suspension will be enforced at the next attended game.

Regulation 1.4 No safety blitzing will be allowed three (3) or more yards behind the line of scrimmage. (Results in 15 yard penalty)

Regulation 1.5 No defensive or offensive player may push or shove another player into the line of scrimmage.

Regulation 1.6 Kick-off will take place at the 40 yard line.

Regulation 1.7 The maximum number of football players per team is 24. A football player must be at least 8 years of age and not have reached 14 years of age on or before August 1<sup>st</sup>.

Regulation 1.8 The maximum number of cheerleaders per squad is 12. A cheerleader must not have reached 14 years of age on or before August 1<sup>st</sup>.

Regulation 1.9 All Varsity games will consist of eight minute quarters. Each team will receive three time outs per half.

Regulation 1.10 All Junior Varsity games will consist of six minute quarters. Each team will receive three time outs per half.

Regulation 1.11 If a game is a tie at the completion of regular play, the ball will be placed on the 5 yard line and each team will be given four downs to score. Any remaining time outs will be carried over into overtime. Two additional time outs will be granted to each team. Possession of ball after a tie will be determined by a coin toss. If either teams fail to score or a tie still exists, this process will be repeated until there is a winner (additional time outs are not granted for subsequent overtime periods). No game may end in a tie. If there is a fumble recovered by the defense or an interception, play will be stopped. The ball will be placed on the 5 yard line and the recovering team will get four downs to score.

Regulation 1.12 No abusive, harassing, unsportsmanlike language and/or conduct will be tolerated by FYFL and will result in the following actions: 1<sup>st</sup> offense, Warning to the head coach and a 15 yard penalty; 2<sup>nd</sup> offense, 15-yard penalty and ejection from game and a one game suspension; 3<sup>rd</sup> offense, forfeiture of game.

Regulation 1.13 If a player is ejected from a game, he/she must also leave the ballpark. An ejection also results in an automatic one game suspension. The player must be dressed and on the sideline with his/her team during the suspension.

Regulation 1.14 All football players will be weighed in 3 times during the season to determine their “red stripe” status (see Regulations 3.2 and 4.2); once before the first game of the season; again at mid-season; and lastly before the play-off game. If a player is red striped, he/she will remain so until the next weigh-in. If a player makes weight, no subsequent weigh-ins will be needed until the next scheduled weigh-in.

## **IX. COACHES**

The following FYFL regulations and code of conduct contained within are the governing body that all coaches, league volunteers and Board of Directors members are held accountable to and will be used to render a decision if a violation should occur. Once you have read the league’s official rules, regulations and code of conduct you here-by agree to comply and enforce them to the fullest.

Regulation 2.1 All new coaches and volunteers will be placed on probation for a period of one year. After that time, the League Officers “Board of Directors” will vote whether to retain the services of the side coach and/or volunteer.

***Note: The probation evaluation period will be based on a coach's ability to help promote the FYFL athletic and youth development programs. This may include, but is not limited to the effective interaction and communication between coaches, participants, staff members or other volunteers. A coach's willingness to promote a positive image to our youth participating in the FYFL program is imperative.***

Regulation 2.2            You must be 21 years of age to apply for a head coach position and 18 years of age to apply for an assistant coaching position. Teams/squads are permitted to carry a coach-trainee, who must be a minimum of 16 years of age. In order to qualify you must meet the following requirements:

- Complete a league application form
- Sign and agree to the Coaches Volunteer Contract Agreement
- Agree to have a local and state criminal back ground check
- Complete an interview with the Board of Directors and coach's selection board.

***Note: It shall be the responsibility of the Varsity head coach to instruct and control his/her coaching staff, including the Junior Varsity coaches. The Head coach shall use his/her best judgment in naming assistants and must see to it that they are made familiar with the rules of the League. All selections of coaches shall be reviewed by the Board of Directors by resume or election before final decision is made.***

Regulation 2.2.1            Once approved for coaching a coach is automatically terminated at the close of each season. To coach the following year, the same league approval is required. Any violation of the rules committed by a coach during the season, even though the hearing is not held until after the close of the season, is still under the jurisdiction of the league.

Regulation 2.3            At no time is the consumption of alcohol, illegal drugs and controlled substances allowed by any coach and/or volunteer during a practice session, league contest and fund raising activity. A coach and/or volunteer who have been determined to be under the influence of alcohol and/or drugs will be dismissed immediately from his/her coaching position and volunteer obligations for all league activities.

Regulation 2.3.1            The reinstatement process for a coach will be subject to a review by the league Board of Directors. If reinstatement is granted, a ninety -day probation period will take effect. At the end of the probation period a final decision will be made by the Board of Directors.

Regulation 2.4            Physical contact with any youth member in any form is grounds for immediate termination. At no time are a coach and/or volunteer allowed to touch a player in any manner based on a corrective nature, anger of any kind and to punish a youth member.

Regulation 2.4.1 If the action made by the youth is a serious nature, the head coach should contact the youth's parent and/or legal guardian immediately. Make them fully aware of the situation. If the problem can not be resolved at this level, the head coach must contact the League President within 24 hours. A league incident report form must be filled out within 24 hours of the infraction and sent to the league administrator.

***Note: It is strongly recommended that the issue be resolved at the head coach's level.***

Regulation 2.5 At no time is the use of profanity around youth members, parents and FYFL staff Members allowed.

Regulation 2.6 FYFL coaches are held to the highest standard of professionalism. If the league President, Board of Directors or Head Coach informs an assistant coach to leave a game, practice or FYFL activity because of his or her behavior or physical or verbal abuse, the coach must leave immediately without further incident.

Coaches do not make league policy. Rather, they carry it out. However, on the play and practice fields, the coaching staff is in complete charge and shall not be interfered with except in cases of rules violations and any other conduct deemed by higher authority to be contrary to the welfare of the youth.

***Note: A meeting will be held to review the infraction and render a decision.***

## **X. FOOTBALL PLAYERS**

### **JUNIOR VARSITY PLAYERS**

Regulation 3.1 Junior Varsity ages are 8 – 10 years old.

Regulation 3.2 JV players cannot weigh more than 140 lbs. Any player weighing over 110 lbs up to 140 lbs must play interior line of scrimmage from tackle to tackle in a three (3) point stance on both offensive and defensive line and cannot play on the kickoff and return team. The player will be "red striped".

Regulation 3.3 Any JV player weighing over 140 lbs. will not be permitted to play at the JV level. An overweight JV player may move up to the Varsity team if a release is signed by their parent/guardian and gets approval from the Varsity Head Coach.

Regulation 3.4 An FYFL Officer or Head Coach will conduct weigh-ins. A player will be weighed only once per official weigh-in. (Example: if he/she is over-weight the first time on the scale, he/she is not permitted to run and then be weighed again that day.) A list of overweight players will be kept in the press box.

Regulation 3.5 All players participating in the games must wear their complete uniforms including mouth guard and padded equipment at all times during play.

## **VARSITY PLAYERS**

Regulation 4.1 Varsity ages are 11 – 13 years old. 13 year olds in the 9<sup>th</sup> grade are not eligible for play.

Regulation 4.2 Varsity players cannot weigh more than 170 lbs. Any player weighing over 140 lbs up to 170 lbs. must play interior line of scrimmage from tackle to tackle in a three (3) point stance on both offensive and defensive line and cannot play on the kickoff and return team. The player will be “red striped”.

Regulation 4.3 Any Varsity player weighing over 170 lbs. will not be permitted to play until that player’s weight is below 170 lbs.

Regulation 4.4 An FYFL Officer or Head Coach will conduct weigh-ins. A player will be weighed only once per official weigh-in. (Example: if he/she is over-weight the first time on the scales, he/she is not permitted to run and then be weighed again that day.) A list of over weight players will be kept in the press box.

Regulation 4.5 All players participating in the games must wear their complete uniforms including mouth guard and padded equipment at all times during play.

## XI. CHEERLEADERS

Regulation 5.1 A cheerleader must be at least 8 years of age and not have reached 14 years of age on or before August 1<sup>st</sup>.

Regulation 5.2 At no time will a cheerleader chew gum, candy, or cough drops while performing cheers during practice or at games.

Regulation 5.3 No excessive talking with team members during practices or competitions.

Regulation 5.4 No socializing during practices or competitions. Do not bring friends or relatives to practice.

Regulation 5.5 No jewelry of any kind during drills. Jewelry must be removed prior to practice or competitions.

Regulation 5.6 Notify your coach of your whereabouts at all times during practices and competitions.

Regulation 5.7 Notify your coach in advance if you will not attend practice or games.

Regulation 5.8 Respect your fellow teammates. No foul language, back talking, or fighting will be tolerated.

Regulation 5.9 Hair is to be neat and tied back at practices and competitions. This MUST be done prior to arrival of a scheduled practice. For competitions, hair may be prepared just prior to competition.

Regulation 5.10 Cheerleaders must wear shorts with no pockets (NO JEAN OR JEAN SHORTS), tennis shoes, and a loose fitting shirt to every practice.

Regulation 5.11 No alterations to any uniform will be allowed without the prior approval of the Cheerleading Chairman.

Regulation 5.12 All uniforms must be clean, ironed, and brought to the competitions on a hanger covered in a plastic or clothes bag.

Regulation 5.13 If any part of the uniform becomes lost or damaged, the parent/guardian is responsible for the cost of replacement.

Regulation 5.14 Sportsmanship, defined as a person who is fair, generous, a good loser, and a gracious winner, will be shown at all times. We are representing Frederick Youth Football League and most of all your self wherever we go. Respecting your coaches and others is a must.

### **Fans Code of Conduct**

In order for the FYFL sports program to continue to be an educational tool, fans (spectators), like other groups, need to be cognizant of the necessity for good sportsmanship and the means by which it is attained. In recent years many sports fans have lost perspective and have associated the collegiate and professional sports with that of FYFL programs. Consequently, some problem areas not associated with an educational program have cropped up.

#### **All fans viewing FYFL sports should:**

- Show respect for the opponent at all times. The opponent should be treated as you would want your team treated, greeted cordially on arriving, given the best accommodations and accorded the tolerance, honesty and generosity which all human beings deserve. Good sportsmanship and hospitality are the **Golden Rule** in action.
- Show respect for the officials. Officials should be recognized as impartial arbitrators who are trained to do their job and who can be expected to do it to the best of their ability. Good sportsmanship implies the willingness to accept and abide by the decision of the officials.
- Know, understand and appreciate the rules of the contest. A familiarity with the current rules of the game and the FYFL modifications in recognition of their necessity for a fair contest is essential. Good sportsmanship suggests the importance of conforming to the spirit as well as the letter of the rules.
- Maintain self-control at all times. A prerequisite of good sportsmanship requires one to understand his/her own bias or prejudice and to have the ability to recognize that rational behavior is more important than the desire to win. A proper perspective must be maintained if the potential educational values of athletic competition are to be realized. Good sportsmanship is concerned with the behavior of all involved in the game.
- Recognize and appreciate skill and performance regardless of affiliation. Applause for an opponent's good performance is a demonstration of generosity and good will that should not be looked upon as treason. The ability to recognize and acknowledge quality performance without regard to team membership is one of the most highly commendable gestures of good sportsmanship.

## **Coaches Code of Conduct**

All coaches, football and cheerleading, are held to highest level of professionalism and accountability. As a league staff member you agree to abide by the leagues Code of Conduct. The principals of the league's code of conduct are based on providing a youth program that has a positive influence on our area youth. Violation of the league's code of conduct is a serious breach of contract and will result in suspension from your duties.

Coaches shall:

**Code 1.1** – Refrain from smoking and use of smokeless tobacco around youth members during practice or games.

**Code 1.2** – Refrain from criticizing a player or cheerleader at any time in front of other team members and crowds. Reserve constructive criticism for later, in private (parent or guardian must be present), or in the presence of the team/squad if others might benefit.

**Code 1.3** - Accept the decisions rendered by league officials and referees on and off the Field.

**Note:** *If you disagree with a ruling you can ask for a review. Reviews are submitted by the Head coach and reviewed by the Board of Directors.*

**Code 1.4** – Never criticize the opposing team, its players, coaches, cheerleaders or fans by word of mouth or by gestures.

**Note 1:** *Emphasize that good athletes strive to be good students and that both are physically and mentally alert.*

**Note 2:** *Strive to make every football/cheerleading activity serve as a training ground for life, and a basis for good mental and physical health.*

**Note 3:** *Emphasize that winning is the result of good “teamwork.”*

**Code 1.5** - Together with team officials, be jointly responsible for the conduct and control of team fans and spectators. Any fan that becomes a nuisance or is deemed “out of control” will be asked to leave.

**Code 1.6** – Not “pile it on;” do not encourage their team to get a commanding lead and raise the score as high as it can. In these instances, every effort shall be made to let all players play.

**Code 1.7** – Not recommend or distribute any medication, controlled, or over the counter, except as specifically prescribed by the participant's physician/parent in writing.

**Code 1.8** – Not permit an ineligible player to participate in a game.

**Code 1.9** – Not deliberately incite un-sportsman like conduct.

**Code 1.10** – Abstain from the possession or use of any illegal substance on the game and practice fields and any league event.

**Code 1.11** – Remove any participant from a game or practice when even slightly in doubt of his/her health, whether or not as a result of injury, until competent medical advice is available.

**Code 1.12** – Control their fans. Remember, as a team coach, you're responsible for your team, and fan reaction will usually be in step with your reaction.

**Code 1.13** – Uphold all the rules and regulation, national and local, regarding FYFL football/cheerleading.

**LEAGUE APPROVAL**

\_\_\_\_\_  
**PRESIDENT**

\_\_\_\_\_  
**DATE**

\_\_\_\_\_  
**VICE-PRESIDENT**

\_\_\_\_\_  
**DATE**

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**DIRECTOR-COLTS**

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**DIRECTOR-GIANTS**

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**DIRECTOR-LIONS**

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**DIRECTOR-MSD**

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**DIRECTOR-PACKERS**

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**DIRECTOR-VIKINGS**

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**CHEERLEADING DIRECTOR**

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**DATE**