



## Jr. Polar Football League Team Policy and Playing Principles

Jr. Polar Football a volunteer youth sports organization committed to building teamwork, understanding the fundamentals of the game, developing skills, encouraging sportsmanship and most importantly having fun playing football. The program is open to the residents of the Oakdale, Maplewood and North St Paul and is part of the North St Paul Athletic Association.

1. Each team will consist of a desired number from 17-22 players based primarily upon school affiliation. Teams at each grade level will be formed starting with the flag football. Teams will be formed based on the following criteria. 1) School 2) Location 3) Blue Stripers 4) New participants 5) and Special requests on a case by cases basis. Our philosophy is to establish teams for flag football and allow the participants to continue play with the same team. There will be no "All Star" or "Traveling" teams. Team assignment changes must be approved by a vote of the Jr. Polar Football Board to alleviate any suspected impropriety. No players will be added to any team without Board approval after rosters are finalized. Late registrations will be assigned by the Board.
2. Playing time will be balanced with a goal that each player is allowed to play for approximately 50% of the time. Coaches and players agree to abide by the specific playing time and position rules of the League with we participate in. Participation and player safety will be prioritized above winning at all times.
3. Each participant will learn to play positions on offense and defense during the course of the season. Players will be given a reasonable opportunity to play any position they request for which they qualify under League rules. We do not create heroes or failures among participants who are too young to handle either role.
4. Players and parents need to understand the importance of consistently attending practice. Players with 'unexcused' absences from practices will not play as much in games as others. Players with repeated 'excused' absences will not play as much as others.
5. All directors, coaches, players and parents will refrain from visible or vocal condemnation of game official's performance. Those that cannot control their behavior will not participate or be allowed as spectators. Keep in mind that this is a youth sports league. Mistakes and missed calls will happen. Coaches are responsible for addressing violations at the game official's request. All instances and concerns should be addressed to the JPF Board.
6. All participants will play by the rules of the affiliated leagues which JPF teams will play.
7. All players participating in any contact drills during games or scrimmages (where officials are not present), must wear all protective equipment. Coaches are responsible for ensuring that proper mouth-guards are worn during all practices.
8. All participants and parents will provide a sports environment free of alcohol, illicit drugs, inappropriate language and tobacco.
9. Copies of the policy and principals will be given to each Head Coach and must be distributed to all assistant coaches and the parent or guardian of each player.

I hereby agree to apply these policies and standards consistently as a youth football coach in Jr. Polar Football (JPF). I understand that parental or league concerns regarding my adherence to these policies and standards or the spirit therein will be brought to my attention and if confirmed, I will adhere to the requests of JPF regarding my responsibilities as a Coach. I also agree to complete any required training or certification JPF or the NSPAA requires.

Name (Print): \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_