



NCRC Panthers Football & Cheerleading Program Registration and Program Policies



The policies listed below pertain to both registrants for football and cheerleading within the North Carroll Recreation Council Panthers Football and Cheerleading Program. Registrants are defined as football players, cheerleaders, parents and program volunteers. It is expressly noted that all registrants receive a copy of these procedures and agree to them through the act of registering for the Program.

A. Payment & Registration

1. Payment to the Program can be made in cash or check. Checks should be made to the order of "NCRC Football Program."
2. If in previous years individuals submitted checks that did not clear the bank, those individuals will only be allowed to participate if their payment is made in cash. All future transactions paid to the Program will also need to be made in cash.
3. All previous outstanding fees must be paid in full (and processed by bank for checks) prior to registration for the 2008 season.
4. Registration payment is due at time of registration.
5. Special arrangements for payment can only be made with the Program Coordinator. Prior to registration, a written agreement clearly outlining payment and date of completion will be developed and signed by both parties.
6. Every effort should be made to complete registration payment for special arrangements prior to July 1, 2008.
7. If registration payment by check does not clear the bank, the individual will be contacted and they will have 14 days to provide payment in cash. If payment is not made, the registration of the player will be cancelled.

B. Football Jersey Number Request and Selection

1. Players can make a request for numbers, including a 2nd choice at time of registration.
2. Number requests are taken at a first come first serve basis at registration.
3. Players remaining on teams for a second year will have preference to keep their last season jersey number, provided they request it again for the current season.
4. Players will be assigned numbers, making the best effort to meet the requests of children.
5. Requests (1st and 2nd choices) are not guaranteed.
6. Final jersey designations can not be disputed.
7. All players will be required to order and pay for a new jersey each year.
8. Jersey sizing will take place at registration. Players must register in-person to be fitted for jerseys.

C. Team Request and Designation

1. Registration forms indicate a requested team level by age and weight group for football and by age for cheerleading
2. Based on the number of participants registered, participants will be assigned their team based on age and/or weight.
3. Football players are strongly encouraged to play at the lowest age group possible, to allow for increased player experience, stronger and more competitive teams and for decreased potential for injury.
4. Requests for participants to be placed on teams with friends will be strongly considered but not guaranteed. Team designations are based on age, weight, and current skill level.
5. Where multiple football teams in one age category exist, the Head coach of the American Conference team will select their players after player skills assessment at the beginning of the season. It is expected that both American and Federal Conference team head coaches collaborate on selections for their age level.

D. Cheerleading Bonuses for Early Registration

1. Only players registering during early registration (up to July 1) will be eligible for offered apparel bonuses.
2. All registration payments must be completed by July 1 to be eligible for offered apparel bonuses.
3. Sizing orders are made by parents and will be fulfilled to match that request.
4. Apparel presented to players can not be exchanged or returned.

E. Participant Drop-Outs

1. Participants who wish to no longer be a part of the Program need to provide notification verbally and in writing (including email) to the Program Coordinator for football and the Cheerleading Area Director and Program Coordinator for cheerleading.
2. Participants who drop-out of the program after May 10 are responsible for costs incurred to the Program for uniform orders and will not receive a full refund for their registration.
3. Refunds for participant drop-out are as follows:
 - a. Prior to May 10: Full registration costs refunded

- b. May 10 – July 15: Partial registration costs are refunded - 50% paid registration is refunded
 - c. July 16 – 12 calendar days from the first day of practice: Partial registration costs are refunded – 25% of paid registration is refunded.
 - d. After 12 calendar days from the first day of practice: No refund.
4. Any participant that has received uniforms and/or equipment is responsible for returning cleaned equipment within 7 days of submitting their verbal or written notification of drop-out.
 5. People who have dropped-out of the Program are responsible for paying the costs associated for equipment and/or uniforms that are not returned to the program by the end of the season. Replacement fees for football equipment are \$300 and cheerleading uniforms are \$175.

F. Volunteerism by Parents/Guardians

1. To help sustain the program and assure that all areas are staffed for practices and games, all parents/guardians are expected and encouraged to volunteer as much as possible.
2. Volunteer hours can be contributed in both pre-season, in-season and post-season at a variety of times and locations to best meet the availability of the parents and the needs of the program.

G. Equipment/Uniform Distribution, Loan and Collection

1. All participants must have completed payment of registration and uniform fees prior to receiving uniforms or equipment.
2. Registration payment in form of check must be cleared by the bank prior to releasing uniforms or equipment.
3. All participants must obtain and turn-in a valid MVA Identification Card (MD residents) or a copy of a birth certificate and photo of player (PA residents only) at time of receiving uniforms or equipment.
4. An adult representative of the participant (parent, guardian) must sign in the receipt of all uniforms and equipment.
5. Participants for football will receive the following items on loan for the duration of the season:
 - a. Helmet with chin strap
 - b. Shoulder pads
 - c. Practice jersey
 - d. Practice pants with pads (4)
 - e. Game pants (pads from practice pants to be used)
 - f. Girdle with pads (3)
 - g. Belt
 - h. Mouth guard
6. Football players will receive a game jersey in which they can keep.
7. Football players are expected to obtain their own replacement mouth guards (with helmet strap), protective cup, socks and regulation cleats to complete their uniform. Some teams require specific colored socks for their uniform.
8. Participants for cheerleading will receive the following items on loan for the duration of the season:
 - a. Cheer top
 - b. Cheer skirt
9. Cheerleaders will receive competition/game shoes in which they can keep.
10. Cheerleaders are expected to obtain their own regulation crop top, bloomers, no-show socks, sweat pants, sweatshirt or jacket and gloves to complete their uniform.
11. It is expected that participants come to practices and games with the required equipment in order to play. For the participant's safety, those without the required equipment will not be allowed to participate. In addition, participants wearing jewelry or other obstructive wear that could injure themselves or others will be required to remove the items to participate.
12. At the time of uniform and equipment distribution, parents/guardians must be made aware of the costs associated with uniforms and equipment if damaged or not returned to the Program. Damage includes stained or torn cheerleader uniforms and unusual abuse of football equipment and uniforms. It is understood that football practice and game uniforms may receive stains and possibly minor tears.
13. It is expected that participants and parents/guardians will maintain the equipment and uniforms to the best of their ability, including regular laundering and minor repairs.
14. If uniforms or equipment become damaged during the season, it is the responsibility of the parent to notify the Equipment Manager immediately so that equipment can be assessed and replacements can be provided to assure the safety of the participant. (E.g. – pads or helmet damage)
15. At the completion of the season, all NCRC Panthers-owned uniforms and equipment must be returned to the Equipment Manager.
16. An adult representative of the participant (parent, guardian) must sign to acknowledge the return of all uniforms and equipment.
17. At the time of equipment and uniform collection, identification cards will be returned to participants.
18. All equipment and uniforms must be cleaned and returned within 7 calendar days following their last game.
19. Any participant with outstanding items beyond December 20 will incur a fee of \$300 for football equipment and \$175 for cheerleading uniforms.
20. Any outstanding fees will suspend a participant for registering for the following year.

H. MMYFCL Rules – Participant Identification

1. The MMYFCL requires that all participants have valid MVA identification to be eligible to participate for the season. The league also determines the date in which both team rosters and participant identification cards are reviewed to establish official teams for each league program. This typically occurs in early August.
2. All participants (both cheer and football) at all levels must obtain and provide valid MVA Identification (MD residents) or a copy of the birth certificate and photo (PA residents only) to participate. ID cards must legally show the age and weight of the participant..
3. Valid identification cards must be turned in to an official Program representative at time of equipment hand-out..
4. Any participant without a valid identification card or required paperwork (PA only) within the first week of practice will risk not being eligible to participate for the season.
5. All identification cards will be held by the Program/Head Coach for the duration of the season and be made available to the League and used at each game weigh-in for the season, per the league guidelines.
6. At the time of equipment and uniform collection, identification cards will be returned to participants.

I. Player Position Placement and Game Exposure

1. Coaches will assess participant skills at the beginning and throughout the season.
2. Positions of participants are at the discretion of the Head Coaches or Cheer Technical Coaches.
3. Football coaches will make every attempt to provide both an offensive and a defensive position for football players. And when possible, provide opportunities to players to try different positions in practices and at their discretion, in games.
4. Football is a sport that requires cooperation from all players in various positions. All football positions are vital to the success of the team. It is noted that not every player will touch the ball in a given game or season.
5. Cheerleading coaches will determine squad positions based on skill, strength and experience, and at their discretion can change positions at any time throughout the season.
6. As youth and skill levels change year-to-year, evaluations of all participants at a given age group will inform the positions for each current year. Returning participants may not hold the same positions as previous year.
7. The opportunity for expanded position experience is determined by skill level and number of participants on team or squad.
8. It is expressly noted that not all children in the football Program will play in the quarterback, running back, or receiver. Not all children in the cheerleading Program will be in the flyer position.
9. In accordance with MMYFCL rules, each football player will meet their minimum number of plays per game. Opportunities for additional play time vary and are dependent on injuries, number of players on team, game progress (offensive/defensive time within game), player skill in game situations and attendance at practices prior to the game.
10. In accordance with MMYFCL rules, all football players must be present for pre-game in-person weigh-ins. Players not present for weigh-ins may forfeit their opportunity to play that game. (Specific league rules apply.)
11. Cheerleaders must arrive approximately 1 hour prior to the start of their game to be eligible to participate at halftime.

J. Expectations for Practices and Games

1. It is each participant's responsibility to arrive to practices and games on time and participate for the duration of the practice. Football players are required to arrive 90-minutes prior to game time for weigh-ins and warm-ups. Cheerleaders are required to arrive 60-minutes prior to game time for warm-ups and halftime practice.
2. Participants are strongly encouraged to attend all practices and games.
3. Cheerleaders are required to attend all practices two weeks prior to competition. Practices can be multiple days of the week.
4. Participants are also expected to be properly attired and have all their safety equipment.
5. It is expected that participants have a drink to maintain hydration during both practices and games.
6. If participants are missing practice, arriving late or leaving early, they should alert the Head coach or an Assistant coach.
7. Based on the amount of time missed at practices, it is the discretion of the coaches to determine the participation level of participants at games and competitions. All football players who participate in a game will meet their minimum number of plays.
8. Children (participants or siblings) should not come to practice or games if ill or contagious, even if symptoms are no longer present. Parents should use their best judgment to determine if a child is fit to participate. Coaches have the authority to remove a child from practice or a game if there is question about their health.
9. Participants and parents are responsible to alert coaches of any serious injury sustained during or outside of practices or games.
10. Parents will not direct or instruct their child from the sidelines at practices and games. "Coaching" is to be handled by only the coaching staff.
11. Any concerns by parents regarding the decisions of coaches or actions of participants should be directed to the Head Coach AFTER practice or game. Discussions between parents and coaches are not occur during practices and games.
12. Parents or guardians MUST leave emergency contact information, find another parent to represent their child in case of emergency/injury and alert the Head Coach prior to leaving the field during a practice.
13. In the event of a serious participant injury, the Program will seek emergency medical care. The fees incurred by medical care are the responsibility of the child/family.

14. It is expressly noted that all siblings or children visiting during practice are the sole responsibility of their guardian. They must follow all the codes of conduct and be closely watched by their guardian at all times.

J. Codes of Conduct

Overview

1. All participants (registrants/participants, parents/guardians, coaches, referees and spectators) must follow the Mid Maryland Youth Football & Cheerleading League, North Carroll Recreation Council, Parks & Recreation and Program codes of conduct at all Program sponsored events, including those at other league or Recreation Council locations.
2. It is expected that all participants and parents provide a positive experience for the participants and each other through the promotion of good sportsmanship and respect.

Participant's Code of Conduct

1. Respect coaches, other participants and referees at all times.
2. Do not challenge coaching or referee calls.
3. Do not use foul language or angry, disrespectful behavior.
4. Do not talk back to officials, teammates, opponents or coaches.
5. Support other participants to achieve results as a team. Do not blame individual teammates for the team's performance.
6. No verbal or physical intimidation by making gestures such as, victory laps, "number one" chants or other "bring down" or demeaning actions will be allowed.
7. No dirty or illegal playing techniques will be allowed.
8. No fighting or hitting, kicking, striking or otherwise abusing opponents or teammates at any time before, during or after a game, scrimmage or practice. This expressly includes verbal or physical bullying and physical retaliation during plays in practices or games.
9. Follow the rules of our and our opponents' fields, i.e. turf guidelines, pet policies, etc.
10. Report to your coach any knowledge of an ineligible player or "ringer" on your team or another team.
11. Follow the MMYFL Player & other Cheerleading codes of conduct.
12. Have fun, learn the game and give 100% effort at all times.

Participant Disciplinary Action:

- Minor offenses will be addressed by coaches and may result in removal from participation or individual exercises during practice or "benching" during games, i.e. push-ups, laps.
- Major offenses or bullying as determined by the Program will result in removal from participation in practice or game and a 1 game suspension for a first offense and possible removal from the Program for repeat offenses.

Coaches Code of Conduct

1. Lead by example. The children will imitate your behavior and notice how you respond to situations at practice and at games.
2. Place the emotional and physical well being of each child ahead of any personal desire to win.
3. Maintain consistency in adherence to policies and conduct by participants.
4. Establish and model fair play, good sportsmanship and proper conduct.
5. Provide proper supervision to participants at all times.
6. Treat each child with respect, offering consistent encouragement, praise and constructive points for development.
7. Abstain from drinking of alcoholic beverages and smoking on both game and practice fields.
8. Assure that no child practice or play in a game without proper equipment.
9. Make sure that all football players participating at games fulfill their minimum number of plays.
10. Complete the required paperwork for the League, including spotter sheets, rosters, and score reports.
11. Remove from a game or practice, any child when slightly in doubt about their health, whether or not a result of injury, until competent medical advice is available.
12. Assure that a participant's scholastic achievement does not suffer because of participation in MMYFC or NCRC Football & Cheerleading Program..
13. Do not use foul language, angry, disrespectful or physical behavior.
14. Use discretion when providing constructive criticism and when reprimanding a participant. Abusive or excessive negative criticism directed at any football player or cheerleader will not be tolerated.
15. Do not criticize participants in front of spectators, with gestures and loud noises, but reserve criticism until a more private situation arises.
16. Be respectful to other coaches of opposing teams. Be an example of good sportsmanship. Do not criticize an opposing team, its football players and cheerleaders, coaches or fans, by word-of-mouth or by gestures.
17. Do not deliberately incite unsportsmanlike conduct. An instruction to football players to "get" another player or attempt to impose bodily harm to opposing players is considered incitement.
18. Respect the integrity and judgment of referees. Yelling at or threatening a referee will not be tolerated.
19. Together with game officials, be jointly responsible for the conduct and control of team fans and spectators. Any fan that becomes a nuisance and is out of control is the responsibility of the coach and should be removed from the area.
20. Do not leave the coach's area to shout instructions from sidelines or another area.

21. Avoid running up scores. When a team leads its' opponent by a total of 27 points, they must remove their starting backfield, including the quarterback and all running backs and wingbacks and make every possible attempt to hold the score down.
22. Any coach who actively solicits a football player from another MMYFCL organization by either making telephone calls, sending emails or visits will be penalized.
23. Assure that participants abide by the player codes of conduct.
24. Follow the rules of our and our opponents' fields, i.e. turf guidelines, pet policies, etc.
25. Follow the MMYFCL and other cheerleading coaches code of conduct.

Coaches Disciplinary Action:

- Minor offenses will be addressed by the Head Coach, League Area Director and Program Coordinator.
- Serious or repeat offenses and disrespectful or abusive behavior will result in possible suspension, removal from your position, and depending on severity, could result in removal from the Program.

Parent's Conduct Pledge

1. I hereby pledge to provide positive support, care, and encouragement for my child participating in youth sports by following this code of ethics.
2. I will encourage good sportsmanship by demonstrating positive support for all participants, coaches, and officials at every game, practice, or other youth sports events.
3. I will place the emotional and physical well-being of my child ahead of any personal desire to win.
4. I will insist that my child play in a safe and healthy environment.
5. I will provide support for coaches and officials working with my child to provide a positive, enjoyable experience for all.
6. I will demand a drug, alcohol, and tobacco-free sports environment for my child and agree to assist by refraining from their use at all youth sports events.
7. I will remember that the game is for children and not for adults.
8. I will require that my child and invited guests treat other participants, coaches, fans, and officials with respect regardless of race, sex, creed, or ability.
9. I will always address any issues with my child's coach in private and not during practices or games.
10. I will refrain from the use of profanity at all times and from engaging in negative actions of conduct.
11. I will promise to help my child enjoy the youth sports experience within my personal constraints by assisting with coaching, being a respectful fan, providing transportation, volunteering or whatever I am capable of doing.
12. I will not, under any circumstances, intrude onto the field or in the cheer box while a game or practice is occurring. I will stay behind fan markers while attending games.
13. I will direct constructive criticism of the Program to the Head coach or Program Coordinator.
14. I will advise coaches if my child is ill, has prolonged symptoms of illness or is injured.
15. I will not bring pets to the fields. I will inform invited guests not to bring pets. The Program doesn't want anyone to miss seeing their child or loved one at a game, however, those with pets will be asked to leave the premises. Assistive animals, like seeing-eye dogs are permitted.
16. I will never, under any circumstances threaten or assault another parent, coach, participant, fan or referee.
17. I will follow the rules of our and our opponents' fields, i.e. turf guidelines, pet policies, etc
18. .I will do my very best to make youth sports fun for my child.

Overall Disciplinary Action

- If codes of conduct are not followed, the individual will be addressed by a member of the Program Board, a Head coach or by the Program Coordinator to discuss the matter in private.
- Depending on the severity of the action, the individual may be required to leave the premises.
- The Program Board will meet within 48-hours to discuss possible ramifications, suspension, or removal from the Program.
- All incidents will be documented and, depending on severity, relayed to the North Carroll Recreation Council. Decisions by the Program Board will be conveyed to the North Carroll Recreation Council.
- Program decisions can be appealed in writing through the Program and/or North Carroll Recreation Council Grievance Process.
- If participants drop-out as a result of parent suspension or if participants are removed from the Program, they relinquish any rights to receive any refunds for fees or payments made to the Program.
- All decisions by the Board are final.

K. Grievance Policy

1. Anyone associated with the Program can file a grievance. This includes coaches, volunteers, parents, participants and referees.
2. Grievances should be made with the intent to rectify an issue with the aim to find a reasonable solution for all parties involved.
3. All interactions regarding grievances or issues should be respectful with the aim to find a solution.
4. All grievances should have agreed upon steps for remediation.
5. Documentation, follow-up and oversight of grievances will be dependent on the level of involvement necessary to reach a resolution.

See next page for outline of process:

The process for grievances/issue resolution is as follows:

