

# Grand Island Jr. Vikings Football and Cheerleading Parent/Player/Coaches Handbook Rev. 150811

The Board of Directors would like to take this time to welcome the Players, Cheerleaders and Parents to Jr. Viking Football and Cheerleading. Last year was a great year with both Football and Cheerleaders having great seasons. We are expecting the same this year and cannot wait to get started.

As with all volunteer organizations, the key to success is in the cooperation off **ALL** involved.

This year's Board has set forth goals that we **ALL** will strive to attain. We have started over the last few years to make this Youth Sports Program one of the BEST in the league and we are all committed to reach this goal with the help of all involved.

By using Junior Football and Cheerleading to develop and teach our children fundamental football and cheerleading skills, we hope to mold their social skills as well. Our most important focus will be to build memories and friendships that will last a **LIFETIME!**

As with all **GOALS**, this will take the active participation of everyone involved from Board Members, Players, Cheerleaders, Parents, Coaches and Volunteers.

For us to reach our **GOAL**, it is going to take a lot of hard work and effort from all involved.

To make this program work we are going to need dedicated volunteers to help make this program the best it can be. We need the help of volunteers to push this Program into the Future.

## League Rules

- **Only** Coaches and Players are allowed on Practice and Game Fields.
  - All Coaches will be USA Football Heads Up Certified. Each coach will be required to renew their certification annually.
- Each Family is **REQUIRED** to work on Game Day at the Concession stand or as part of the Field Crew (1 Game per Child).
  - This is a league requirement and must be adhered to by all. Failure to show or supply a substitute for required shift will result in Parents Player or Cheerleader being suspended from Games until requirement is satisfied
  - Opt out payments are accepted at registration. This allows a parent or guardian to pay a fee to opt out of their snack stand obligation.
- **ALL SCHOOL WORK COMES BEFORE FOOTBALL AND CHEERLEADING.**
  - Any Suspension from school will result in player/cheerleader being made ineligible from playing/cheering in the next scheduled game/cheer competition.
- Practice Times Monday/Wednesday/Friday (6pm to 8pm).

- Weigh-in Time is One Hour Prior to Game Times. Weigh in is now only at the 1<sup>st</sup> game of the year (rev. 150811). If 1<sup>st</sup> game is missed by the player then they can weigh in at 2<sup>nd</sup> game of year but must still meet the weight requirements for their team level.
- All Players must be properly dressed for **ALL** Practices & Games.
- Jewelry is **NOT** to be worn at Practices & Games.
- Game Uniforms are for Games Only. A player is not allowed to practice if he/she wears uniform to practice. This will count towards minimum play rule.
- Proper Language is **EXPECTED** at **ALL** times on and off field.
- Proper Behavior Will Be Mandatory.
- Every Child Plays Based on Attendance to Practices.
- Notify a Coach if you are unable to make practice or games.
- Players/Cheerleaders will be notified as soon as possible on cancellations.
- Players are expected to know their Play Books and Team Rules. Failure to do so could result in not playing in games. The Minimum Play Rule is waived.

#### **Practice/Game Rules:**

- The Board will assign Head Coaches after a coaching/volunteer form is submitted to Board. Coaches will be notified only if they are picked for a position.
- Head Coaches will present to the Board list of assistant coaches for Board approval.
- The number of Assistant Coaches will be based on the number of players on each team. Four Coaches and 2 Statistical Personnel per Team is to be the starting point.
- Each Team will have a non-coach monitoring plays.
- Head Coach will develop and design the team strategies and leave the game planning to Coordinators. Head Coach can run one side of the ball (offense or defense).
- Coaches will pick positions based on skill and safety of the players.
- Kick-off, kick returns, punts, punt returns and extra point attempt **WILL** count towards minimum play rule.
- Head Coaches will ensure that the League **MINIMUM** Play Rule is adhered to at all times.
- All Players will play a minimum of **6** plays per game **providing the following criteria are met:**
  - The Player has attended all weekly practices that week. If a player misses practice and the Head Coach has been advised ahead of time, he or she may waive this rule.

- Players must be willing to play in the position that the Coach places them, any player who refuses to play the position he/she is put into by Coach will be **DISQUALIFIED** from minimum play rule. If this situation arises, the Head Coach will then be responsible to inform parents.
- If a Coach feels that a player is unsafe to play, he will not be included in minimum play rule. This means a player is not attempting to protect him/her or others. A Coach can decide to sit the player and then at end of game advise Board and parents of decision.

## Concussion Management Program

Niagara Falls Memorial Medical Center (NFMMC) and UB Orthopedics & Sports Medicine of Niagara have teamed up to provide a comprehensive sports medicine/concussion management program for the Grand Island Junior Viking Football and Cheerleading organization. GIJV organization requires a MANDATORY Concussion Management Program for all football players and cheerleaders. Monitoring your child's health is critically important and this program is designed to formally and scientifically address this very real concern.

Optional Baseline concussion testing is performed at Summit Physical therapy, located in summit HealthPlex Suit 700, adjacent to our sports medicine offices. This computer based testing is done using the ImPACT (Immediate Post-concussion assessment and Cognitive Testing), a concussion management program for athletes ages 10 and up. We also perform a paper test evaluation, the SCAT2 (Sports Concussion Assessment Tool) for players ages 6 to 9 years as a baseline for that group.

For more information please go to [www.jrvikings.org](http://www.jrvikings.org) and follow the tab identified as "**Concussion**"

If you have further questions regarding baseline testing and concussion information, please contact Tony Surace, M.Ed., A.T.C., director of Sports Medicine at Niagara Falls Memorial Medical Center

## Awards

Exclusively the Head Coach of his/her team will choose this year's awards. The one exception of this will be the voting for the Schoenle Trophy, this award is considered the MVP of the Football Team. The Vice President will go to each team and take a vote from each player. The players will pick the MVP with no influence from the Coaches. It is the sole responsibility of the Head Coach to not discuss his or her picks with Coaches or Parents until choices are announced at Banquet.

Waiver Players are not eligible to receive the Schoenle or Byron Awards; however, they can be eligible for any additional awards given.

Cheerleading Awards will follow same guidelines.

## Fundraising

Each Cheerleader and Football Player will be responsible for selling \$ 120.00 worth of raffle tickets (rev.150811) at the beginning of the year. The player or cheerleader shall be given 20 books of 6 tickets at registration. The player or cheerleader is to sell the tickets \$1.00 a ticket. If all of the tickets are not sold by August 27<sup>th</sup>, the child will not be able to participate until all of the tickets are sold.

There will also be additional fundraisers going on during the season. Cheerleaders and Football Players are asked to try and sell as much as possible of these fundraisers, without this additional funding we will not be able to purchase new equipment. It also will help to keep the registration costs from rising each year.

## Cheerleader Attendance Policy

Beginning the 1<sup>st</sup> Wednesday of September, all cheerleading practices are considered mandatory, this is to focus on competition performances.

**Any child missing 3 Practices (total time) will not be eligible to compete at Competitions, however, they will be able cheer at Sunday Games.**

## Banquet

The league covers cost for players and cheerleaders as long as all fundraising obligations have been met, as well as all equipment have been turned back in. Extra Tickets will be available. A parent **MUST** be in attendance with their child at banquet. Tickets will be handed out and sold at Equipment Hand In.

## **PARTICIPANT'S CODE OF CONDUCT**

1. **NO PARTICIPANT SHALL** physically attack, lay a hand upon, push, shove, strike, threaten to strike, or kick an official, participant, coach, or another spectator. Officials are required to immediately suspend participant from further play and report participant to Board. The participant shall remain suspended until his/her case is considered by the Board.
2. **NO PARTICIPANT SHALL** use unnecessarily rough tactics during the course of a game.
3. **NO PARTICIPANT SHALL** damage or deface sanctioned facilities. Officials or League representatives are required to immediately suspend individual and report incident to Board.
4. **NO PARTICIPANT SHALL** engage in abusive verbal attack, including "trash talking", or taunting, or use profane, obscene or vulgar language towards any participant, coaches, official, or spectator. Officials are required to immediately suspend the participant from further play and report incident to the Board.
5. **NO PARTICIPANT SHALL** deliberately use rough tactics or unsportsmanlike conduct during a game against the body and person of an opposing participant. Officials are required to immediately suspend participant from further play and report incident to Board.
6. **NO PARTICIPANT SHALL** refuse to abide by an official's decision or be guilty of verbal or forceful demonstrations of dissent to an official's decision.
7. **NO PARTICIPANT SHALL** intentionally throw playing equipment. Officials are required to immediately suspend the participant from further play and report such player to the Board.
8. **NO PARTICIPANT SHALL** appear in, on or around a facility at which a game or practice is held any time under the influence or in possession of a controlled substance, or in an intoxicated condition. Officials are required to suspend participant from further play and report such player to the Board.

9. **NO TEAM OR TEAMS SHALL** engage in physical aggression upon each other, officials, coaches, field supervisors, or spectators. Officials shall immediately suspend play and report the incident to the Board.
10. **NO PARTICIPANT SHALL**, at any time, commit a fraudulent act (including gambling upon any play or outcome of any game) concerning any organized event, function or sports game or tournament. Such act shall be cause for disciplinary action

I also agree that if I fail to abide by the aforementioned rules and guidelines, I will be subject to disciplinary action that could include, but is not limited to the following:

- Verbal warning by official, head coach, and/or head of league organization
- Written warning
- Parental game suspension with written documentation of incident kept on file by organization involved.
- Game forfeit through the official or coach
- Parental season suspension

## **Niagara Erie Youth Sports Association (NEYSA)**

### **Youth Sports Head Coach 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 competition reflects these "six pillars of character." (Arizona Sports Summit Accord)

**I therefore agree to honor and respect the direction of the Head Coach for this sport as follows:**

1. I will not force any athlete to participate in practice (s), scrimmage (s) and or game (s) that does not show a willingness to participate, and inform the Head Coach of any such tendencies of participants in regard to this matter.
2. I will remember that children participate to have fun and that the game is for youth, not parents, coaches, or adults.
3. I will inform the Head Coach of any physical weakness and or ailment that may affect the safety of the children or the safety of others while under my direction when authorized by the Head Coach for this particular sport.
4. I will learn the rules of the game and the policies of the league and make sure I am knowledgeable of such policies.
5. I will be positive role model on and off the playing surface for our participants and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, officials and spectators at every game, practice or other sporting event
6. I will not engage in any kind of unsportsmanlike conduct with any official, coach, player, or parent such as booing and taunting; refusing to shake hands; or using profane language, gestures and refrain from physical contact with ANY individual. {with the intent to cause physical harm}.
7. I will not encourage any behaviors or practices that would endanger the health and wellbeing of the athletes.
8. I will teach participants to play by the rules and to resolve conflicts without resorting to hostility or violence.
9. I will expect that all participants treat other players, coaches, officials and spectators with respect regardless of race, creed, color, sex or ability.

10. I will teach participants that doing one's best are more important than winning, so that no child will ever feel defeated by the outcome of a game or his/her performance, and support the coaching philosophy and desires of my Head Coach to ensure unity among coaching staff that will be reflected to the participants.
11. I will praise participants for competing fairly and trying hard, and make them feel like a winner every time.
12. I will never ridicule or yell at participants and or officials for making a mistake or losing a competition.
13. I will emphasize skill development and practices and how they benefit each participant over winning.
14. I will promote the emotional and physical wellbeing of the athletes ahead of any personal desire I may have to win.
15. I will respect the officials and their authority during games and will never confront officials and or opposing coaches in a manner that demonstrates un-sportsmanship at the game field at any time.
16. I will respect a sports environment for participants that are free from drugs, tobacco, and alcohol and I will refrain from their use at all sports events; nor will I be under the influence of drugs and or alcohol while attending to my coaching duties with participants.
17. I will refrain from showing favoritism and or providing special accommodations to my child, should he/she be apart of said team..
18. Any report (s) filed on my behalf as Head Coach detailing events and/or circumstances that arise as a result of inappropriate behavior by an individual (s) outlined herein, shall first be handled within the organization guidelines established by said organization. A copy of any such report shall be given to your appointed league commissioner who upon request by the NEYSA League of Commissioners will advise the NEYSA of said infraction and corrective action taken within your organization.

**I also agree that if I fail to abide by the aforementioned rules and guidelines as established by NEYSA in conjunction with current "NEYSA Rules & Regulations" as well as the "NEYSA Standard of Conduct" I will be subject to disciplinary action that could include, but is not limited to any one of the following:**

1. Verbal warning by NEYSA Chairman
2. At the discretion of the organization I represent, I may be required to meet with the NEYSA board to discuss possible sanctions based on extent of violation (s) or infraction (s) committed if not resolved within presiding organization guidelines.
3. Game Suspension
4. Season Suspension from organization / league for remainder of current season
5. Permanent suspension from organization / league

## **GI JV COACHES CODE OF CONDUCT**

- Set a good example for participants and fans to follow.
- Respect officials and their judgment and abide by the rules of the event.
- Treat opposing coaches, participants and spectators with respect.
- Instruct participants in sportsmanship and demand they display good sportsmanship.

- Coach in a positive manner and do not use derogatory comments or abusive language.

## **ENFORCEMENT**

- Any complaints concerning a coach who has violated this code shall be first brought to the attention of the Board.
- All complaints will be thoroughly investigated and penalties may occur at the discretion of the Board, whose decision will be final.
- Coaches may be placed on probation or suspended from league activities for violation of this code.
- Any coach suspended from all league activities for violation of this code, will receive a letter from the Board. After a reasonable period of time, not less than one week, that individual may apply to the Board to be reinstated as a coach.

## **PENALTIES**

- Any coach ejected from a game because of unsportsmanlike conduct will be suspended for the next two events and may be subject to additional penalties.
- Any coach who physically abuses another person will be suspended for the remainder of the season and may be disqualified from any subsequent league participation.

## **Coach Adherence to Minimum Play rule**

Head Coaches will be required to adhere to the minimum play rule for all children using the guidelines specified in the GI JV Handbook.

Head Coaches are required to set 1 person in charge of keeping statistics on the number of plays each player receives during the game.

Any accusation of non-compliance will be investigated by GI JV BoD

In the event that a coach has not allowed a player to perform his/her minimum number of plays during a game (and all criteria has been met by player to play in said game) then the following actions will be taken

### **First Offense (meaning that a parent has lodged an official complaint with the GIJV BoD)**

- Head Coach will be provided a verbal warning by the GIJV BoD and be required to address the issue with Parent and BoD

### **Second Offense (in same season – also meaning that a parent has lodged an official complaint with GIJV BoD)**

- Head Coach will be provided a written warning by the GIJV BoD and be required to address the Parent and GIJV BoD with his/her written corrective action plan prior to the next scheduled game for his/her team.
- Failure to submit/follow through with an accepted corrective action plan could result in suspension of the Head Coach

### **Third Offense (in same season – also meaning that a parent has lodged an official complaint with GIJV BoD)**

- Will result in minimum 1 game suspension of Head Coach

\*\*Multiple offenses will be taken into consideration when Head Coach positions are applied for in subsequent years.

## SPORT PARENT CODE OF CONDUCT

Children's sports are supposed to be fun - for the *children*. Unfortunately, many parents, fans and coaches don't realize that their actions, whether verbal or nonverbal, can have a lasting emotional effect on children. Too many children are leaving sports activities because the fun is unfairly taken away by adults.

That is why the National Youth Sports Safety Foundation (NYSSF), a non-profit educational organization dedicated to promoting the healthy development of youth in sports, in conjunction with the Massachusetts Governors Committee on Physical Fitness and Sports, convened a consensus meeting with representatives from more than thirty sports, medical, educational and professional organizations to create the following Code of Conduct for parents and spectators to abide by at every game. The Code of Conduct can also be found at [www.nyssf.org](http://www.nyssf.org).

Parents, fans and coaches who follow this simple code can help reinforce what sports are all about...BEING FUN FOR EVERYONE.

### 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 competition reflects these "six pillars of character".

I therefore agree:

1. I will not force my child to participate in sports.
2. I will remember that children participate to have fun and that the game is for youth, not adults.
3. I will inform the coach of any physical disability or ailment that may affect the safety of my child or the safety of others.
4. I will learn the rules of the game and the policies of the league.
5. I (and my guests) will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, officials and spectators at every game, practice or other sporting event.
6. I (and my guests) will not engage in any kind of unsportsmanlike conduct with any official, coach, player, or parent such as booing and taunting; refusing to shake hands; or using profane language or gestures.
7. I will not encourage any behaviors or practices that would endanger the health and wellbeing of the athletes.
8. I will teach my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
9. I will demand that my child treat other players, coaches, officials and spectators with respect regardless of race, creed, color, sex or ability.



10. I will teach my child that doing one's best is more important than winning, so that my child will never feel defeated by the outcome of a game or his/her performance.
11. I will praise my child for competing fairly and trying hard, and make my child feel like a winner every time.
12. I will never ridicule or yell at my child or other participant for making a mistake or losing a competition.
13. I will emphasize skill development and practices and how they benefit my child over winning. I will also deemphasize games and competition in the lower age groups.
14. I will promote the emotional and physical well-being of the athletes ahead of any personal desire I may have for my child to win.
15. I will respect the officials and their authority during games and will never question, discuss, or confront coaches at the game field, and will take time to speak with coaches at an agreed upon time and place.
16. I will demand a sports environment for my child that is free from drugs, tobacco, and alcohol and I will refrain from their use at all sports events.
17. I will refrain from coaching my child or other players during games and practices, unless I am one of the official coaches of the team.

I also agree that if I fail to abide by the aforementioned rules and guidelines, I will be subject to disciplinary action that could include, but is not limited to the following:

- Verbal warning by official, head coach, and/or head of league organization
- Written warning
- Parental game suspension with written documentation of incident kept on file by organization involved.
- Game forfeit through the official or coach
- Parental season suspension