



FOLSOM YOUTH FOOTBALL AND CHEER 2025 Participation Handbook

Welcome to Folsom Youth Football and Cheer (FYFC). This handbook was developed to help our adult and youth members understand how our organization operates and what is expected of all adults, players/cheerleaders (athletes), and volunteers associated with our organization. While we can't cover every contingency in this handbook, you are asked to follow the spirit of what is outlined here and allow common sense to prevail. FYFC was organized by and is operated entirely by volunteer members – your involvement is welcome!

MISSION: Our mission is to develop teams to win state championships or the equivalent at Folsom High School. We will develop teams by teaching competitive football and cheerleading skills to youth between the ages of 6 and 14. The training will take place in an environment based on the ideals of good sportsmanship, honesty, courage, loyalty and respect for oneself and others.

ORGANIZATION: FYFC, also known as the Folsom Jr. Bulldogs (FJB), is a nonprofit California Corporation, governed by By-Laws on file with the Secretary of State. Members may download copies of the By-Laws at any time at www.folsomjrbulldogs.com. We are affiliated with the Sierra Athletic Conference (SAC). The SAC website is www.sierraathleticconference.com.

FOOTBALL: There are four teams, based on grade and/or age and weight policies established by SAC. FYFC follows the SAC PAR rules. Failure to meet the established FYFC PAR requirement, by the end of regulation of the game (not overtime) will result in forfeiture of the game and a one week/game suspension of the Head Coach, including practice. There is a maximum of 35 players per team plus 5 “Redshirt” players, and 10 inactive “Grayshirt” players.

Redshirt and Grayshirt players are managed by individual organizations and are not mandatory. Redshirt players will be required to practice each week and dress for each game. The Head Coach will activate a Redshirt for the player roster for a minimum of one season game. Redshirts can be activated, once PAR is completed for the player roster, and a Redshirt may enter the game upon the Head Coaches discretion. All Redshirt players must be approved by the VP of Football and the President. Grayshirts will pay full price and will receive a game jersey that can be worn to games. Grayshirt players will be required to practice each week but will not dress out for the game. Grayshirt players are inactive players for all SAC games. Please refer to the SAC Charter Rulebook for definition of eligible and ineligible players.

CHEER: There are four regular squads with up to 35 cheerleaders on each, ranging from Mascot/Junior Pee Wee to Midget based on age policies established by SAC guidelines and in accordance with FJB best practices regarding age-appropriate peer groups. We may sponsor a post-season Cheer Competition Team, composed of invited participants from multiple squads.

RULES AND POLICIES: Every participant is required to read this handbook and abide by the policies outlined. All parents/guardians (Adults) and participants (athletes) are required to return a Parent/Guardian Participant Contract signed by both parents/guardians and athletes certifying that they have read and understood this document prior to tryouts. In addition, every adult and athlete may download a copy of the official SAC rulebook at www.sierraathleticconference.com, and is required to abide by the policies, procedures, and guidelines outlined in the rulebook.

ELIGIBILITY: Any Folsom resident. Membership may be granted to other individuals as space allows.

BOUNDARIES: There are NO boundaries – anyone may try out for football or cheer regardless of where they reside. However, if a team has more than the maximum number of participants, non - Folsom residents that do not supply proof of residing within the City of Folsom and/or proof of enrollment in the Folsom Cordova Unified School District, if allowed to try out, will be dropped from the roster, removed first; according to the Folsom First Rule. However, within the City of Folsom, FYFC does not recognize an established boundary.

ROLES AND RESPONSIBILITIES: Every activity that is part of our program occurs through the efforts of volunteers. Officers, Board Members, Coaches and Instructors donate approximately 200 hours or more per person, each season, to ensure we can offer the highest quality program to our children. It is critical that every volunteer be treated with courtesy and respect at all times. There are a variety of levels of involvement within our program, as follows:

Executive Officers- These volunteers are elected to two-year terms by the general membership. They are responsible for management of all operations in the program, including oversight of the volunteer network, per the By-Laws; and have voting rights.

General Board Members/Directors- These volunteers are appointed by Executive Officers, as needed, for a one-year term, per the By-Laws and have voting rights.

Head Coaches, Assistant Coaches, Weighmasters, and Instructors- These volunteers manage all practices, games, and competitions for FYFC. There is one Head Coach and up to eight assistant coaches per team. The adult coaching staff is responsible for supervision, discipline, parent communications, planning team/squad events and programs, team building, and instructor relations. All issues and questions should be directed to the Head Coach for resolution. Coaches, Weighmasters, and Instructors are required to sign a Coaches Code of Conduct per league guidelines. FYFC uses current and former high school students as instructors. They do not discipline participants, but they do help them stay focused. Cheer Instructors are responsible for developing game and competition routines, teaching the routines, and strengthening cheerleader skills. Football Instructors assist in teaching plays, running drills, and game-day support on the field. Instructors will direct parents/guardians with questions/concerns to the Head Coach.

Parents/Guardians- we need at least 100 volunteers for home games to staff the Snack Bar, Gate, Bulldog Store, etc. Every family is required to volunteer a minimum of 12 hours, pending enrollment and how many home games we host, for each child that you have in the program – up to 28 hours max. Volunteers must be 18 years of age unless you hire from our Teen for Hire List.

At registration the parent/guardian of participants will be required to acknowledge a contract agreeing that failure to complete or show up for volunteer hours will result in fines of \$50 (1st shift) and \$100 (Subsequent shifts) per 2-hour shift and your child will be ineligible to play/cheer in any games until the fine is paid. Failure to satisfy this requirement could result in possibly not attending the end of the year banquet or receiving the end of the year awards. VP's and respective coaches will be notified by Monday following the failure to complete or show up for hours in order to ensure enforcement of policy. Officers, Board Members, Head Coaches, Assistant Coaches, Instructors, and one Team Parent per team/squad with children/siblings in FYFC will have their volunteer hours commitment fulfilled by meeting the requirements of their position and will not be required to complete additional volunteer

hours regardless of the number of children. Only the following Assistant Board Positions will have their volunteer hours commitment fulfilled by meeting the requirements of their position and will not be required to complete additional volunteer hours regardless of the number of children:

- Assistant Concessions 1
- Assistant Concessions 2
- Assistant Concessions 3
- Assistant Concessions 4
- Assistant Parent Coordinator
- Assistant Treasurer
- Assistant Events Coordinator

Parents/Guardians volunteer hours must be completed during FYFC activities, events, and games. Registration for volunteer hours will be available online prior to the start of the season. If you do not register for the required number of hours, the Parent Coordinator will randomly assign the needed hours to meet the requirement. Volunteer hours will not be counted for events and activities which are not listed on the volunteer registration site or outlined in these guidelines.

Teen for Hire- Sometimes life happens, and you may not be able to make your assigned volunteer shift. You are responsible for making arrangements to cover your shift if you cannot attend. We encourage you to use our Teen for Hire program. Teens participating in this program have been screened, interviewed and approved by the Parent Coordinators and a Board representative. They have received a Teen for Hire expectations document at their pre-season meeting. You may NOT hire any other teen under the age of 18 to work your shift. The rate to hire a teen is \$30 per 2-hour shift. Documentation of volunteer hours will be kept assuring compliance.

- To contact a Teen for Hire send an email to fjbteen@folsomjrbulldogs.com with the following information: Date, Time of shift, and Players last name.
- All of the teens will get your email at the same time and respond if they are available and interested.
- YOU MUST PAY YOUR TEEN BEFORE THE START OF THE SHIFT.
- We suggest you pay them somewhere neutral, Starbucks, the Bulldog field, etc.
- If you “no show” for your assigned shift you will receive a monetary fine. The fine is higher than the cost of hiring a teen.
- FYFC will not facilitate payment of the teen on behalf of the volunteers.

Teens may not work at the BBQ or Fireworks booth. At least one adult volunteer is required for some of the stations. The Parent Coordinators reserve the right to move an adult volunteer to ensure appropriate coverage during the same date and time.

FOOTBALL PLAYERS AND CHEERLEADERS (Participants): Every child is expected to put forth their best effort, both on and off the field, and to abide by the rules and regulations in this handbook and the SAC rulebook. They are expected to act with courtesy and respect, particularly when wearing FYFC uniforms or other FYFC apparel. They are also asked to perform their best at all games and competitions, and to be open to learning what they are taught. If a participant quits a team and wants to return next year they need to write a 1-page letter to the Board detailing reasons why they want to be a Bulldog.

CITIZENSHIP: Jr. Bulldogs are known for pride and respect – to each other, to SAC associations and leadership, coaches, parents, teachers, and class/team-mates. Any derogatory comments, mocking

others, bullying, gossip, or criticism that is not constructive in nature, will not be tolerated. All football players, cheerleaders, Officers, Board Members, Coaches, Instructors and parents/guardians are bound by the behavior guidelines outlined below:

REQUIRED ADULT CONDUCT: The support of parents/guardians is essential to the success of any youth program. This support should, however, be of the off-field variety in such activities as fundraising, promotion, equipment maintenance, team sponsorship, and other volunteer activities. On occasion, well-meaning parents can become overzealous and cause unwarranted problems. For the safety and well-being of everyone involved, FYFC provides these rules concerning parent/guardian (Adult) conduct:

- a) Adults should clearly understand that the purpose of this program is to teach children's teamwork, good sportsmanship, fair play, and a love of the sport.
- b) Zero tolerance for alcohol, smoking, chewing tobacco, or drugs at practices, games, or other FYFC sponsored activities during the regular season, play-offs, championships, or cheer competitions.
- c) Adults must stay in the areas designated by the local association during all practice sessions and games. Parents (except parent coaches or team parents) are never allowed on the field, sidelines, or locker rooms during practice or games. Parents are to observe practices and events from the home side bleachers or grass hill area ONLY - NO EXCEPTIONS. They should approach coaches after games and after practices following the guidelines below.
- d) Adults will not direct any questions to the instructors.
- e) If an adult is unhappy with a coach during practice, game, or cheer competition, they shall use the 24- hour cooling off period before they talk to the Head Coach.
- f) Adults are expected to cheer loudly for your team, but always in good taste and never in a way that is disparaging to the opposing team or the referees. Unsportsmanlike conduct is prohibited at all times and can result in penalties to the team on the field.
- g) Derogatory statements toward game officials or the opposing team are prohibited and can result in the forfeiture of a game, as well as suspension for the individual involved.
- h) A positive mental attitude, free from adult pressures, is an important ingredient for the success of any child in the program. Adults will refrain from open criticisms, especially in the presence of children of the program, coaches, or any personnel connected with the program.
- i) Adults should encourage attendance at all practice sessions. Absences impede progress for the rest of the team as well as for the child who is absent. Missing practice can lead to benching during all or part of a game or may result in suspension if excessive absences occur, subject to the attendance policy outlined below. Missing practice should be limited to illness or serious injury, children with minor injuries or mild illnesses can still benefit from observing at practice sessions. You must notify your coach if an absence occurs.
- j) Adults are responsible for getting all players to and from all games and practices on time.
- k) FYFC cannot be held responsible for the health and welfare of unattended children. Siblings of players and cheerleaders will not be supervised by FYFC and should not be left at the field or practice. We ask that you pick your child up from practices, games, activities and/or events on time.
- l) Volunteers are needed in order for FYFC to exist. It is mandatory that each family complete the required volunteer hours. For more information see the Parent/Guardian section of this Handbook.
- m) Parents/Guardians and players must read and sign the Social Media Conduct Expectations form for the FYFC at time of registration.
- n) It is up to each Adult to ensure their children reach practices, games, and events safely. All drivers should have a proper license, insurance, and a vehicle in good mechanical condition. If your child is

participating in a carpool, it is your sole responsibility to determine if the driver(s) in the carpool has a proper license, insurance, and a mechanically sound vehicle.

o) Parents/Guardians must sign the SAC Parent Code of Conduct as well as the Parent/Player Contract.

Folsom Youth Football and Cheer:

I hereby pledge to provide positive support, care and encouragement for my child participating in this program by following this Code of Ethics:

- I will encourage and demonstrate by example the importance of good sportsmanship and positive support for all players, instructors, coaches and officials at all practices and games.
 - I will place the emotional and physical well-being of my child ahead of my personal desire to win.
 - I will insist on a safe and drug-free environment.
 - I will assist in teaching my child that rules are important and must be followed to win a team competition.
 - I will support coaches and officials working with my child, in order to encourage a positive and enjoyable experience for all.
 - I understand that verbal and physical abuse is not to be tolerated against anyone in this association including profanity and foul language.
 - I understand that racial epithets or negative innuendo related to a person’s race, religion or ethnicity will not be tolerated. I will respect all officials, coaches, instructors, and volunteers.
 - I agree to not engage in divisive activities such as verbal or physical confrontation.
 - I will not create conflict by slander, malicious rumors, or threats, nor will I entice another to do so.

I understand that the FYFC has adopted a NO TOLERANCE POLICY. If I violate any of this Code of Ethics it will result in immediate action being taken against myself up to and including termination of my family’s membership in the FYFC.

FYFC Executive Officers have established a **NO TOLERANCE POLICY FOR IMPROPER ADULT BEHAVIOR.** Each adult will be required to sign that they have read and agree to comply with the Adult Code of Ethics. Violation of the Adult Code of Ethics will result in:

1. First incident – the head coach will contact the parent(s), documenting the incident in writing.
2. Second incident – the incident will be reported to the VP of Football or VP of Cheer for documentation, and the parent will be suspended for one game.
3. Third incident – the incident will be documented, and the parent will be removed from the association.

FYFC reserves the right to take appropriate measures and move beyond initial steps if the offense is severe. Immediate action may be taken against the offending person up to and including termination of FYFC membership.

REQUIRED YOUTH CONDUCT: Hard work and dedication will be required before you can wear the colors of your team. Being a member of the team requires much more than just learning about playing football or being a cheerleader:

- a) Good grades in school are required. If your grades slip below a “C” average (2.0) you will be suspended from activities until you can provide printed proof of a 2.0 GPA at any point. See the Academics section of this Handbook for additional information.
- b) Fighting, intimidating, and bullying are absolutely prohibited. Any player or cheerleader

observed fighting, intimidating or bullying will be suspended for one game.

c) Vulgarity and temper tantrums are prohibited and may result in a player or cheerleader being suspended for one game.

d) The use of alcohol, smoking, chewing tobacco or illegal drugs at practices, games or other FYFC sponsored activities during the regular season, play-offs or cheer competition is prohibited. FYFC has a zero tolerance for such activities. Report all problems to your coach immediately. It is your responsibility – not your parents – to keep your uniform and equipment clean and in good repair. Football and Cheerleading uniforms must be cleaned before every game.

e) If you are going to miss a practice or game, you must notify your head coach. You are expected to arrive at games and practices on time, or to alert your coach if you will be late. Excessive tardiness of 10 minutes or more may result in disciplinary actions being taken including being suspended from a game at the discretion of your coach.

See the rules on being late.

f) Athletes must sign SAC Parent/Player Contract and Social Media Policy. Should violations of the Required Conduct or other policies outlined in this handbook occur, they will be handled in the following way:

1. First incident – the head coach will contact the parent(s) and the child privately, documenting the incident in writing.

2. Second incident – the incident will be reported to the VP of Football or VP of Cheer for documentation, and the child will be suspended for one game.

3. Third incident – the incident will be documented, and the child will be dropped from the roster.

Folsom Youth Football and Cheer Executive Committee has established a **ZERO TOLERANCE POLICY FOR USE OF ALCOHOL, SMOKING, CHEWING TOBACCO OR DRUGS** at Practices, Games, or other FYFC-

sponsored activity during the regular season, play-offs, cheer competitions or extended cheer season is strictly Prohibited. FYFC reserves the right to take appropriate measures and move beyond initial steps if the offense is severe. Immediate action may be taken against the offending person up to and including termination of FYFC membership.

SOCIAL MEDIA: FYFC does not allow private filming on the field or sideline of athletes during games or practices by any parent, company, or volunteer without the approval of the Executive Board and SAC league. FYFC will not recognize or promote private trainers or companies that operate in conjunction with the FJB program including training, coaching, and filming. Any violation of these rules will be grounds for immediate termination of membership from FYFC.

COMMUNICATIONS: We welcome your ideas, concerns, and input at all times! If you have a question, or an insight to share, you should begin with your child's Head Coach. If you do not feel the situation is resolved, you can next speak with the appropriate Vice President (Football or Cheer). If you still feel your concern has not been resolved to your satisfaction, you can take your concern to the Board of Directors by speaking with the President.

FUNDRAISING:

Football and Cheer may have mandatory fundraiser(s). These funds will be used for the athletes and/or instructors at the discretion of the Head Coaches with the VP's approval.

Cheer Competition Squads may require cheerleaders to participate in additional mandatory fundraisers.

- Corporate/Business sponsorships of \$1000 or more may waive the volunteer requirement depending on enrollment and need. The Executive Board will determine the standards from year to year.
- Fundraising does not affect your minimum volunteer hour requirements.**
- Fundraising may be managed by the Event Coordinator and/or the Concessions Manager. ☺ The Bulldog Store and Snack Bar are a part of the fundraising efforts of FJB. Vendors for these opportunities are selected at the discretion of the Board of Directors based on quality of product, length of relationship with the organization, and cost. Those wishing to be a vendor for FJB should email concessions@folsomjrbulldogs.com.

FEES: A registration fee for each football player and cheerleader is assessed prior to the beginning of each season. The fee covers all FYFC services provided directly to the child(ren). On-line registration with credit card payment is available at the Folsom Jr. Bulldogs website (<http://www.folsomjrbulldogs.com>). A transaction fee will be charged and after 30 days the transaction fee is non-refundable. A multi-child discount is available. Each child after your first child that is participating in football or cheer with FYFC in the current season will receive a \$10 discount.

Additionally, there is a mandatory Fundraising Fee of \$100 per athlete to cover additional expenses and the Team Funds. The Fundraising Fee is 100% refundable up to 4 weeks before the start of practices for all unsold tickets. You must be in good standing with FJB before you can try out for our teams. Before being allowed onto the field/practice facility all football players and cheerleaders are required to be paid in full and have all the required paperwork turned in.

LATE REGISTRATION: Late registration requests for both football and cheer must be formally submitted to the VP of Football or VP of Cheer for Executive Board approval. The Executive Board will review and vote on late registration requests from new players or cheerleaders wanting to join FYFC after registration has been closed and up to 3 games after player/cheer certification has been completed. Requests will be reviewed in the order in which they are received. Season registration fees, equipment deposits and fundraising fees are due immediately following a late registration approval from the Executive Board.

SCHOLARSHIPS: Scholarships are available through the FAA for participants who cannot afford to pay the registration fee set on a case-by-case basis. You may download scholarship forms from the FJB Website at www.folsomjrbulldogs.com. Those participants requiring additional assistance with fees/ should contact the president of FJB and the VP of the respective program. All requests and scholarships are due at the time of player/cheerleaders registration. Recipients of a football scholarship must pay the \$100 fundraising fee, and will forfeit their \$100 equipment deposit.

FOOTBALL– the early registration fee is \$500 and includes \$380 in registration costs, a \$100 equipment deposit, and \$20 to cover the spirit pack. The registration fee increases at intervals as the season start date approaches. FYFC ENCOURAGES EARLY REGISTRATION.

Registration fees for football will be refunded within 30 days after a player drops or is cut from the program and returns all football equipment. Football: Prior to April 1st 100% refund will be issued, after April 1st and prior to Jamboree a \$45 processing fee will be deducted from refund. Fees are only refundable prior to Jamboree, unless your child is forced to drop due to injury, the registration fee is then prorated less \$45 processing fee. Personalized equipment bags and

merchandise purchased from the team store are considered custom made and non-refundable.

The football equipment deposit will be refunded when all volunteer hours are met and when the equipment/uniforms are returned, clean and without damage. A \$50 cleaning fee will be deducted if equipment/uniform is returned dirty. Damage not considered normal wear and tear will be deducted from the equipment deposit. Equipment must be returned by the final equipment return date for your child's squad. If equipment is not returned by the final equipment return date for your child's squad a **\$50 late fee** will be deducted from the deposit and your athlete may not receive their end of season award. If the equipment is not turned in by end of year banquet the equipment deposit will be forfeited and the cost of non-returned equipment will be posted to the account for the following year.

CHEER– the registration fee is \$275. Clinic registration fees are non-refundable 10 days prior to the first day of the clinic, whether your child does or does not make the team. Registration fee: \$125 of the \$275 fee, refundable if the child drops within 7 days of making the team. Raffle Tickets: 100% refundable if the child drops within 7 days of making the team and returns all unsold tickets. Mascot registration is \$100 less the regular cheer registration.

Uniforms, including camp wear, shoes and personalized bags are custom made and nonrefundable. Participants are responsible for paying the entire bill whether or not their child continues to cheer.

The Fees for the Competition Team will be provided at Competition Team tryouts.

FYFC reserves the right to change or modify the registration process and deadline. Team waitlists may be created to accommodate large amounts of registrations.

TRYOUTS: Tryouts are required because we are limited in the number of football players and cheerleaders on each team/squad. It is the duty of the Head Coach, Coaching Staff, Football/Cheer Records, and Board Members to notify the president of excess number of participants. The president will then ensure that, where necessary, we adhere to and enforce the Folsom First guidelines.

Grades – In order to try out for FYFC all players and cheerleaders must have a 2.0 GPA including P.E. See the Academics section of this Handbook for additional information.

Football – Tryouts run for two weeks, Monday through Friday. Players are to wear the items from the sports pack with the last name written boldly on the back of the shirt, either directly on the shirt or written on tape on the back of the shirt. Players may wear football cleats (refer to the SAC rulebook to determine what types of cleats are allowed). Players may NOT wear jerseys from a previous year during tryouts. A first cut (to 60 players) will be made at the end of the first week, and the final cut to up to 50 (up to 35 active roster players, up to 5 redshirts, up to 10 grayshirts) is made at the end of the second week. The coaching staff evaluates players during this two-week period.

These two weeks are mandatory for ALL players. Any player that does not complete the two weeks of tryouts and has one or more unexcused absences can be dropped and deemed ineligible for selection by a coach. A player will only be allowed two excused absences during the two-week tryout period.

Excused absences are:

- 1) Medical/injury [with a doctor's note]
- 2) Academic [with proof of a field trip or other school-required activity]

- 3) Religious [worship or education]
- 4) Family emergency; and
- 5) Any activity in which he/she has been involved for several weeks [playoff/championship, such as All-Stars baseball]. Any player that has more than two excused absences may be dropped and not eligible for selection by a coach. If a player has the excused absences described above, that player will not be allowed to participate in contact drills until their 5 hours of conditioning are completed. Absences will affect a coach's ability to evaluate that player and make-up try-outs are not offered.

Players may not participate in contact drills without being in the defined age/weight/grade categories (SAC Rulebook).

All players must certify their Age/weight/grade category by the third game of the season. (SAC Rulebook). Players will weigh in weekly and must Make weight in order to play. The age and weight charts for football are available in the SAC Rulebook.

Cheer –Tryouts are held between February and May. Applicants participate in a four-day clinic, during which time they are taught a cheer/dance routine. They perform this routine in small groups before three independent judges, who will score them. The VP of Cheer then assigns girls to squads based on age and position. Extra points are awarded for those who demonstrate unassisted proficiency in aerial tumbling (back handspring, back layout, back tuck) during the clinic week. Attitude and attendance during the clinic are also included in the evaluation.

Cheer Competition Squad and/or Stunt Team – The competition squad (if applicable) will be by invite extended to FYFC Cheerleaders of the current season. Competition Cheerleaders will be required to maintain a 2.0 GPA and will be verified during the season. Once on the competition squad all fees are nonrefundable and dropping from the competition squad (except for a serious injury) will impact your ability to participate on the competition squad the following year.

Final Rosters - When final cuts are made for each sport, final rosters are posted on the FYFC Website. Should a player or cheerleader be unable to participate after final rosters are posted, alternates are called based on rankings during tryouts.

COACH SELECTION PROCESS: Coaching FYFC participants is a very rewarding experience, and the number of applicants often exceeds the number of vacancies. The most difficult task for Vice Presidents and Officers is choosing Head Coaches from among people who we know all care about kids.

Those selected to coach are the individuals who have the best skills, leadership, and experience to lead a particular team for the coming year.

Head coach applications are due in December or January each year, as advertised on the FJB website, and will be reviewed by the Executive Officers for consideration.

- Executive Officers screen Head Coach applicants. If only one person applies and has FYFC experience that is acceptable to the Executive Officers, an interview may not be necessary.
- The Executive Officers interview Head Coach Candidates IF the applicant is new to FYFC, coaching,

or if there is more than one applicant.

- The Executive Officers make the final selection, with the input from each Vice President.
- The Vice Presidents notify all applicants after selection by the Board of Directors.
- Assistant Coaches and Instructors are nominated by the VP of Football/Cheer with input from the Head Coaches.
- The Board of Directors approves all coaching/instructing rosters.

SCHEDULE: Practice begins on the date specified by SAC, generally the Third Monday in July.

Before the first regular season game:

Football – The VP of Football establishes the days of the week for practice along with the head coach at the beginning of the season and teams may practice up to 10 hours a week.

Cheer – The VP of Cheer establishes the days of the week for practice at the beginning of the season and teams may practice up to 10 hours a week.

After the first regular season game:

Football - Contact practices will not exceed three in a seven-day period, for a total of six hours per week. Film sessions may occur and will not constitute a practice (SAC rulebook).

During the playoffs contact practices will not exceed four in a seven-day period, not to exceed eight hours. Film sessions may occur and will not constitute a practice (SAC rulebook).

Cheer – The VP of Cheer sets the schedule for the teams. From the first day of school five weeks before the SAC Cheer Competition practice will be 6 hours per week. Five weeks before the SAC Cheer Competition teams may increase their practice time to 8 hours per week.

PARTICIPANT ATTENDANCE: Activities such as tryouts, clinics and camps, competitions, games, conditioning, and regularly scheduled practices compress a lot of information, knowledge, and skills into a short time frame. It's extremely important to the safety of the players/cheerleaders, and the success of the respective programs that athletes attend.

During activities designated by the VP of Cheer/Football as critical events no unexcused absences will be allowed. Unexcused absences during these events may result in the athlete being removed from participating with their squad/team or dropped from the respective program.

Critical Activities:

- Football Tryouts
- Cheer Clinic/Tryouts
- Stunt camps
- Comp Cheer Practices
- Cheer Competitions
- Cheer Conditioning Weeks

Excused absences are as follows:

- Medical/Injury (with a doctor's note)
- Academic (with proof of a field trip or other school-required activity)
- Documented Family emergency
- Another activity in which he/she has been involved for several weeks and is in a playoff/championship (such as All-Star baseball) during try-outs if the other activity overlaps with tryout hours. If you cannot attend a FYFC activity, your parents must notify your Head Coach directly prior to the activity. If you do not show up and have not notified your coach, it will be counted as an unexcused absence.

Football – After the season starts a player who misses more than one day of unexcused practice in a week is not eligible to play in that week's game. This applies to the regular season as well as post-season/playoff games.

Cheer - Because of the importance of stunting and teamwork in cheer, any absence can have a negative impact on the squad. For that reason, excessive unexcused tardiness and/or early dismissals are discouraged. Any cheerleader with an absence after October 1st can be moved to another position in the routine or dropped from the competition routine altogether. Cheerleaders may participate in tumbling or exercise classes that are open to the general public and that do not conflict with FYFC-sponsored practices, camps, games, or competition.

UNIFORMS: FYFC has adopted the practice, game day, and competition uniform requirements established by SAC.

Whenever players, cheerleaders, coaches, instructors, or board members are in an FYFC uniform, they are expected to always conduct themselves with pride and respect. Any game or competition uniform worn by players and cheerleaders, whether owned by the participant or by FYFC, is not to be worn outside of games or competition at any time. This includes:

- Football - pants, pads, helmets, mouthpiece, belt, jerseys
- Cheer - skirts, vests, body liners, shoes, cheer socks, bows

Exception - Football players are encouraged to wear home jerseys to school on Fridays before each game. Cheerleaders are encouraged to wear a cheer jersey to school on Fridays before each game.

Some uniform elements are provided by FYFC, the balance is provided by parents, as follows:

FOOTBALL

Owned by FYFC:

- Helmet and chin strap
- Shoulder pads
- Pants game and practice
- Belts game and practice
- One jersey
- Equipment bag

Owned by player:

- Cleats

- Game socks
- Mouthpiece
- One jersey
- Girdle
- Any extra pads such as arm/elbow pads

CHEER

Owned by FYFC:

- Pom poms

Owned by cheerleader:-

- Skirt, vest, body liner
- Shoes
- Warmups (optional)
- Practice uniforms
- Camp wear
- Personalized backpack

****FYFC assumes no responsibility for player owned equipment.**

Practice Attire:

Football– After the season starts players are required to wear practice pants, pads, shoes, socks, belt, helmet with chinstrap, mouthpiece, and practice jersey with name on the back at each practice. Players may wear their jersey from a prior year after final cuts have been made. Jewelry (rings, earrings, necklaces, etc.) may NOT be worn during practice or games. If you do not have proper gear for practice, you may be suspended from practicing (unexcused absence). Game pants may NOT be worn to practice. Cleats must abide by the SAC Rulebook.

Cheer- Participants are required to wear specific practice wear at practices. These are considered uniform pieces and should be kept clean without tears and stains. If damaged, participants may be required to purchase additional pieces. If coaches have free dress days, participants will wear knit shorts or sweats with loose fitting tops for practice. Tops must have at least 1 inch shoulder straps and midribs must not be seen. Participants may not have bra straps showing. No denim, tight-fitting, or non-stretch garments. Apparel may not have hoods, pockets, zippers, rhinestones, or snaps. Lycra leggings may be worn during cold weather. Running shoes (without loops or buckles) with socks (no nylons) and shoelaces are required at all times. Participants may not wear jewelry, fingernail polish or false nails, or have fingernails that extend beyond the end of fingers. Hair must be worn up in a ponytail at games, practices, camps, stunt camps and clinics, with bangs out of the eyes and secured. All earrings or other body piercing(s) must be removed.

Game Day Attire (Equipment): FYFC is not responsible for providing forgotten Game Day Attire (as described above); parents must retrieve equipment. Participants are also expected to arrive on time. Failure to bring all required equipment to games or practice, late arrivals or leaving early at games will result in the following consequences:

- Athletes will not participate for one quarter provided that the equipment is brought in time for the second quarter. If the equipment does not arrive by half-time the athlete may not participate in

the day's events.

Football - players will wear game pants, socks, cleats, shoulder pads, girdle and pads, pads for pants, belt, helmet with chinstrap, mouthpiece, and jersey. Socks pulled over cleats, tape around belts, or anything else used for decorative purposes will not be allowed when in uniform on game days.

Cheer- skirt (or warm-up pants), vest, shell (or shell and body liner), socks, shoes, briefs and game bow, and hair color are directed by VP of Cheer. A change of clothes will be in your cheer bag at all times. Cheerleaders must wear their full uniform or be completely in street clothes. Individual pieces of the uniform may not be worn.

GAMES: All football players must certify before each game, including Jamboree. Cheerleaders must certify at Jamboree and at the annual SAC Cheer Competition if required by league or any other time SAC requires. SAC rules require that any participant who does not certify will be suspended from that game or from competition. Football players and cheerleaders are required to arrive a minimum of 60 minutes before the scheduled start of their game (Exact time to be determined by the Head Coach) to weigh-in and warm up (football) or warm up (cheer). Football players who arrive late may be weighed in at halftime, if the opposing team permits it, and will not be permitted to join the game until the second half.

CHEER COMPETITION: Cheerleaders participate in at least one SAC-sponsored competition each year. An additional outside-sponsored competition held prior to December 15th may also be scheduled.

Competition Team – If applicable, FYFC will select and invite cheerleaders in late September/early October. Your attitude, attendance, and citizenship during July, August and September will be included in the Competition Team evaluation. A GPA of 2.0 will be required by all members of the competition team. Instructions for submitting grades will be provided to those invited. Our competition team will continue through March, and parents may incur additional costs for the extended season. This handbook is still in effect during the competition cheer season.

FOOTBALL PLAYOFFS: The SAC Rule Book outlines playoff requirements for football. Qualifying teams are invited to participate based on season record and other criteria, and move up through multiple levels of playoffs (including the championship game) as long as they continue to win. Cheerleaders are expected to attend playoffs and championship games for their respective teams. Exceptions to this would be vacations with ticketed travel or out-of-state travel.

FOOTBALL POST SEASON TOURNAMENT RULES:

- The additional football post-season tournament will be offered to all FYFC football players based upon availability of qualified coaching staff.
- The additional football post-season teams are optional and do not require player participation.
- The additional post-season tournament will be held after the completion of the Jr. Bulldog Season.
- Tournament coaches will select and determine participation in tournaments by the end of September.
- All of the post-season tournament fees are non-refundable and opportunities for fundraising may be available.
- For players who want to participate in the postseason tournament but cannot financially afford the cost, the coaching staff and fundraising volunteers will strive to provide opportunities for willing football players to cover fees for tournaments.

FYFC will not provide any scholarships for the post-season tournaments.

- The tournament coaches will coordinate with the applicable FYFC executive board members to ensure fundraising events do not interfere with the current Jr. Bulldog Fundraisers.
- Use of FYFC equipment will be available for use during the tournament phase. All equipment will be returned to FYFC in prompt and timely fashion after the tournament. FYFC football players shall be responsible for their borrowed equipment until returned to FYFC per the same standards of the completed season.

SAFETY: Your child's safety is our highest priority. The following safety measures will be followed at all times: Food and water – coaches, instructors, board members and players should not eat on the field during practice. Water breaks will be taken as needed, and all participants are responsible for bringing clearly labeled adequate-size water jugs to each practice and game. Water bottles should not be shared between athletes. No sodas or “energy” drinks during practices or games. Only water and Gatorade type drinks (PowerAde) are allowed.

- Water will be provided during halftime of each game by a Coach and/or Instructor. Snacks may also be provided during half-time and/or after the game, at the direction of the Team Parent.
- Physicals – every participant is required to provide proof of a physical dated after April 15th of the current year by a recognized medical doctor prior to the first week of practice at the family's expense. The physical must be signed and stamped by the medical doctor per SAC rules. Children may see their own doctor.
- Conditioning – conditioning exercises will be part of each practice, to ensure athletes are able to keep up with the rigors of their sport.
- Equipment – all football equipment is evaluated by outside vendors to ensure quality and safety. Cheerleaders will stunt with proper supervision and only on grass or mats that are at least 1½” thick (FYFC cheer/tumble mats are 2” thick). Cheerleaders will not stunt with non-FYFC participants.
- Certification – cheer stunt groups will be evaluated at each stunt level and will not be allowed to advance until they have consistently demonstrated proficiency. Stunt groups will not be mixed unless they have been evaluated for proficiency and certified in all possible stunt group combinations.
- Injuries – an EMT on duty will manage injuries during games. Only certified personnel can manage injuries, which may include deferring to a licensed medical professional. In the event of any injury, parents who are licensed medical professionals should identify themselves to the staff person in charge but should not intervene until asked. Injuries during practice will be managed by a Coach or Board Member certified in First Aid. Athletes with injuries to the head, neck or back will not be moved and an ambulance will be summoned to the field. Athletes with other injuries who state they are unable to continue with practice will be taken to the sidelines and parents will be summoned. Some Board Members and Coaches are certified in first aid, CPR, or sports first aid; a copy of each certification document is on file with the FJB EMT Coordinator.
- Support devices – casts or braces with extensive metal or hard plastic may not be worn during practice or games at any time. Cheerleaders with extensive metal or hard plastic cast or braces are still required to attend all practices and games and should be dressed in appropriate practice wear and/or uniforms.
- Coaches – SAC provides a coaches clinic during the required certification process including Head's Up training.

CAMPS: To further reduce risk of injury and increase proficiency, FYFC may host a variety of camps before or throughout the season.

- ❑ A football camp may be hosted annually by FYFC. Registered players will be notified of other camps in the area, should they become available.
- ❑ A cheer and stunt clinic led by a professional cheer organization, or our instructors may be hosted annually by FYFC. In addition, older squads may participate in a 4-day overnight camp. Additional stunt clinics may be scheduled as needed. Cheer camps and clinics are mandatory for all cheerleaders.

ACADEMICS: FYFC is as committed to your athlete's academic and athletic success. For that reason, we require a minimum grade point average (GPA) 2.0 for all athletes. Grades will be checked at time of registration and can be requested at any point during the season to assure athletes continue to meet basic academic expectations. For Cheerleaders, a copy of a 2nd trimester/3rd quarter report card will be required prior to attending the clinic. For football players an end of the year report card will be required prior to try-outs. Summer School may not be used to make up grades. Progress Reports (when applicable) will be used to verify GPA. **No grade below a "D," "L" (Limited Proficiency), or "1" allowed. Any participant who falls below a 2.0 at any time will be required to do weekly grade checks for the remainder of the season.** Any participant under a 2.0 will be suspended from activities and events until such a GPA can be reached.

Note: The Competition Cheer Team minimum GPA is 2.0.

GPA for all subjects will be based on the following standard scale:

Grade Achieved:

A, M or 4 and 5 = 4 points

B or 3 = 3 points

C, "Developing "or 2 = 2 points

D = 1 points

F, L or 1 = 0 points *see above for more information.

Athletes who excel during the season, earning a 3.0 GPA or better, may apply for the FYFC Excellence in Academics Award. Information on this program is made available to all participants later in the season.