

2019 MONTVILLE YOUTH FOOTBALL & CHEER CODE OF ETHICS / CONSTITUTION

Welcome to the 2019 season. The Montville Youth Football League (herein known as the MYFL) Board of Directors has adopted this Constitution to help in understanding the expectations of our Board of Directors, League Staff, Coaches, Parents, Players and Cheerleaders.

This Constitution is very useful so it is expected that it is read fully and a signed receipt is returned for our records. As always, if there are any questions or concerns, you may speak with any member of the Executive Board of Directors.

The current Executive Board is:

PRESIDENT

ERIC MATTHEWS president@montvillefootball.com

VICE PRESIDENT OF OPERATIONS

ERICA DAY vicepresident@montvillfootball.com

DIRECTOR of FOOTBALL

SEAN LADYGA footballdirector@montvillefootball.com

DIRECTOR of CHEER

CHELSEY TOMASZEK vp_cheer@montvillefootball.com

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JENNIFER CARTER vp_auxiliary@montvillefootball.com

TREASURER

KAYLA SIMON treasurer@montvillefootball.com

SECRETARY

TANYA LUYTEN secretary@montvillefootball.com

PRACTICE TIME AND LOCATION

ALL PARTICIPANTS MUST HAVE A COMPLETED, CURRENT YEAR SOUTHERN NEW ENGLAND YOUTH FOOTBALL CONFERENCE PHYSICAL FORM TURNED IN TO THE DIRECTORS OF FOOTBALL AND/OR CHEER BEFORE THE PARTICIPANT CAN PRACTICE.

All practices will be held at the Camp Oakdale Football and Practice Field.

Please plan to have your child at the field 15 minutes prior to the start of practice. Practice begins *promptly* at the start times indicated. Players and Cheerleaders are considered absent if they are not on the field, in full uniform, by the start time.

At the end of practice, parents are expected to be present to pick up their child or have made arrangements for them to be picked up. While this may sound absurd, if we are writing it, it has occurred.

PRACTICE SCHEDULE

FOOTBALL & CHEER: Generally, football practices begin 4 weeks prior to the first game. For the 2017 season, the practice start date has been set to begin July 30th.

FLAG FOOTBALL: Flag football will begin mid August. Exact dates to be determined.

PRACTICE ATTENDANCE RULES

FOOTBALL: Any **PLAYER** missing a practice the day before a scheduled game (usually Friday) or being more than 15 minutes late for pre-game on the day of the game will result in them not participating in that game, unless excused. They are still expected to attend the game.

CHEERLEADING: DUE TO SAFETY FACTORS, any cheerleader missing a practice the day before a scheduled game (usually Thursday) or being more than 15 minutes late for practice on the day of a game, will result in them not participating in halftime for that game. NOTE: The cheerleader is still expected to cheer sidelines during the game.

Once the game schedule begins, the following **weekly** Attendance Rules will apply for both Football and Cheer: Absence Excused Unexcused

1 Day No Penalty Sit out 1st QTR (Football) Sit out 1st QTR of
Sideline
(Cheer)

2 Days Sit out 1st QTR (Football) Sit out
1st QTR of Sideline (Cheer)
Sit out 1st Half (Football) Sit out 1st Half of Sideline and Halftime (Cheer)

3+ Days Sit out 1st Half (Football) Sit our 1st Half of Sideline and Halftime (Cheer)
Sit out the Game (Football and Cheer)

Please Note: Per Southern New England Youth Football Conference guidelines, if a cheerleader misses any four games during the season, either due to not attending the game or by penalty of the Attendance Rules, they will be ineligible to participate in Competition.

ALL absent and/or tardy notifications must be directed to the Vice President of Football and the Vice President of Cheer, respectively. They will determine if an absence is excused.

ZERO INTERFERENCE POLICY

While the MYFL believes in cooperative and inclusive communication, any communication that needs to be conducted with our coaching staff must be done through the V.P. of Football and V.P. of Cheer, respectively. Any issues, concerns or suggestions are to be directed to the Vice Presidents and not directly with the coaches. Also, during practice and games, our coaches need your child's full attention for their safety and learning experience. Therefore, there will be no communication with your child. Practice and game times are reserved for your children and their coaches. If it is reported that a parent or guardian has violated this policy, they will be banned from attending practice for the week and/ or that week's game.

SOUTHERN NEW ENGLAND YOUTH FOOTBALL CONFERENCE

The Southern New England Youth Football Conference (herein known as the SNEYFC) is the governing body that oversees our football/cheer season. While the MYFL is its own separate entity, we abide by the rules and by-laws of the SNEYFC. The towns that make up the SNEYFC are: East Lyme, Griswold, Groton/Mystic, Killingly, Ledyard, Montville, New London, Norwich, Old Saybrook/Westbrook, Stonington, Waterford, Westerly (RI) and Windham.

GAMES

Games for the MYFL will vary. Games will be played on either Saturday evening or Sunday day. Saturday games will typically be played at 2PM (8U / Minis), 4PM (10U / Micros), 6PM (12U / Juniors) and 8PM (14U / Seniors). Sunday games will typically be played at 9AM (8U / Minis), 12PM (10U / Micros), 2PM (12U / Juniors) and 4PM (14U / Seniors). Exact schedule and dates to be determined. Flag Football game schedule to be determined.

The SNEYFC game schedule will consist of 8-10 games beginning the last weekend of August and will typically continue to the last week of October.

SOCIAL MEDIA / WEBSITE

Regular updates and pertinent information will be shared through a variety of social media sources and through our website.

The website for the MYFL is:

www.MontvilleFootball.com

“Like” us on Facebook: [www.Facebook.com/montville youth football](http://www.Facebook.com/montville_youth_football)
[& cheer](#)

Follow us on Twitter:

[@MYFL_Indians](#)

Follow us on Instagram:

[MYFL_Indians](#)

INJURIES

Our coaches do their very best to put safety first and foremost for your child. As with any sport, football and cheerleading can be dangerous and may cause injuries. In the event your child is injured at practice or a game, it must be reported to the Director of Football or the Director of Cheer immediately. Any injury that requires them to be seen by a medical professional, a doctor's signed release is required for your child to return to full practice. This also includes any injuries a child may occur while at home or at school that requires professional medical attention.

CONCUSSION

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In the rare instance that your child receives a concussion during physical activity, the MYFL takes a precautionary stance on recovery. Once your child is cleared to return, the MYFL requires an additional 5 day rest period. **FOR FOOTBALL** - Days 1 and 2 – Attend Practice (NO PARTICIPATION). Day 3 – Limited Practice (HELMET ONLY). Day 4 – Limited Practice / No Contact (FULL EQUIPMENT). Day 5 – Full Practice / Limited Contact (FULL EQUIPMENT). **FOR CHEER** – Days 1 and 2 – Attend Practice (NO PARTICIPATION). Day 3 and 4 – Limited Practice / No Stunting. Day 5 – Full Practice / Limited Stunting. ***Again, this is AFTER your child has been cleared by their doctor.***

INCLEMENT WEATHER

The MYFL does not cancel practice for inclement weather. However, practice and/or games may be cancelled under the following exceptions:

1. Unplayable/Unsafe Field Conditions. 2. Lightning If there is thunder, practices and/or games will be paused for a maximum of 30 minutes. If the thunder subsides, the practice and/or game will be continued. If the thunder remains after 30 minutes, the practice and/or game will be cancelled and rescheduled.

GAME CANCELLATIONS

Every attempt will be made to play games as scheduled. In the event a game is cancelled due to weather or other unavoidable circumstances, the game will be played as soon as possible, based on referee availability and other factors. If the game cannot be played the following day, a mutually agreed upon day and time will be reached which may include playing at a neutral location.

UNIFORMS

Football (8U, 10U, 12U, 14U)

The MYFL will supply the pertinent uniforms for all football players. The “uniform” includes: helmet, shoulder pads, practice pants and inserts, game jersey and game pants. The MYFL will also provide (1) one mouth guard. If your child requires an additional mouth guard throughout the season, one may be purchased through the League for \$3.00 or you may purchase one from a sports store.

Cleats are a required item that is not provided by the League.

Practice Jerseys and Other Items

Practice Jerseys are not supplied by the league. An oversize T-shirt or other jersey is appropriate.

Other items that you may want for your child include an athletic supporter (cup) and other protective equipment such as pads for their elbows or forearms and gloves.

Cheer

The MYFL will supply game uniforms for the cheerleaders. Other required items that are required for purchase are Lollies, Competition Sneakers, Bows.

PARENTS AND PARTICIPANTS ARE RESPONSIBLE FOR THE RETURN OF ALL EQUIPMENT AND UNIFORMS. IF UNIFORMS AND EQUIPMENT ARE NOT RETURNED AT THE END OF THE SEASON, A FEE WILL BE ASSESSED FOR THE COST TO REPLACE THE UNIFORM AND EQUIPMENT. FURTHERMORE, YOUR CHILD WILL NOT BE ABLE TO PARTICIPATE IN THE FOLLOWING YEAR UNTIL ALL FEES ARE COLLECTED.

Flag Football (U6)

The MYFL will provide game jerseys. Optional items that may also be purchased include mouth guard, gloves, elbow and knees pads, etc.

UNIFORM FITTING / DISTRIBUTION

Specific dates are to be determined and will be communicated by July to all registered participants.

EATING IN UNIFORM is NOT ALLOWED with the exception of fruit given only by the coaches during halftime for football players and following halftime for cheerleaders. No eating of food is allowed during practice or games. Please reserve eating until after these activities.

The only beverages allowed for football players are water and sports drinks. The only beverage allowed for cheerleaders is water.

The volunteers working the concession stand are instructed NOT TO SERVE ANY PLAYER OR CHEERLEADER IN UNIFORM.

CHEER – SNEAKERS ARE REQUIRED and must be tied with laces.

CODES OF CONDUCT / DISCIPLINE

**For Players /
Cheerleaders:**

I am accountable for the results of my behavior toward my teammates, opposing team, coaches and game officials.

I will respect my teammates, my opponents, coaches and game officials at all times.

I will honor the sport by playing within the rules during games and practices.

I will respect the sport and not use foul language at any time.

I agree to put my team first and put forth my best effort in support of my team's goal.

I understand that mistakes are a part of the sport. I will not embarrass or humiliate my teammates, opposing players, coaches or game officials. Instead, I will offer support.

I agree to give my best effort in the classroom and listen to my teachers.

I agree to respect and obey my parents and coaches.

**For
Parents:**

I/We agree to support our team in a positive manner and showcase good sportsmanship toward all players, coaches, parents and game officials.

I/We will respect the coach's commitment to teach my/our child and will not interfere with on-field instruction during practices or games.

I/We will address any concerns regarding the coaching of my/our child with the Vice President of Football and/or Vice President of Cheer in private, away from the field and in a positive manner.

I/We will support the coaches and do my/our best to ensure that my/our child arrives at practice and games on time.

I/We will teach my/our child to play by the rules and respect teammates, opponents, game officials and coaches.

I/We will cheer for our team in a positive manner regardless of the outcome of the game.

I/We will understand that mistakes are part of the sport and will refrain from using discouraging words that may embarrass or humiliate any player, parent, game official or coach.

I/We understand that the MYFL is a volunteer League and its success depends on cooperation.
I/We will help contribute our services to fit the needs of the League.

**For
Coaches**

I agree to conduct myself in a positive manner toward my players, coaches, parents, game officials and board members at all times.

I will respect players, coaches, parents, game officials and board members at all times.

I will develop a coaching philosophy that embraces fundamentals, organization and life lessons versus a “win at all cost” mentality.

I will remember that kids register to play football / cheer because it is fun. Every child will have the opportunity to play in according with the League By-Laws and Policies.

I will respect all decisions made by the game officials and refrain from outward criticism.

I am responsible to understand the rules of the game, including Conference playing rules, and abide by those rules at all times.

I will support the integrity of the game and make game decisions in line with fair play and sportsmanship.

I am responsible for completing my coaching education requirements and teaching the proper fundamentals including, but not limited to, the Heads Up tackling fundamentals.

I will create a safe and positive environment for my players to learn how to play the sport.

I will listen to my fellow coaches and players regarding player safety, and when in doubt, I will sit them out of play.

I will honor the game and my responsibility as a coach to provide a positive experience for my team.

CHEERLEADING COMPETITION

At the end of the season, The Southern New England Youth Football Conference (SNEYFC) conducts their annual Youth Cheerleading Competition. Competition is a Conference event and we remind you that this is a privilege and NOT a guarantee that comes with registration. Tryouts for competition squad may be held, at the Cheer Director's discretion. A maximum of 25 cheerleaders are allowed to attend competition. In the event that there are more than 25 cheerleaders on a squad, try-outs may be necessary. Try-outs will be conducted toward the end of September.

COMPETITION SQUAD

Cheerleaders that are selected for the competition squad must attend every practice. Competition is very competitive and we will need each cheerleader to dedicate themselves to the squad.

MYFL WAIVERS

Name of Participant

:

I, _____, the Parent/Guardian of the above named child, hereby approve of their participation in the activities of the Montville Youth Football League during the current season. I assume all risk and hazards incidental to the conduct of League activities. I do hereby release, absolve, protect, indemnify and hold harmless the Montville Youth Football League, organizers, sponsors, all supervisors, and any or all of them, from any liability of any kind whatsoever, in connection with my child's participation in Montville Youth Football & Cheerleading activities. In case of injury to my child, I hereby waive all claims against the League, organizers, sponsors or any of the supervisors appointed by the League.

RELEASE FOR USE OF PICTURES: I understand and realize that pictures and/or video may be taken of my child and hereby authorize the MYFL to utilize these images for use on their social media outlets, website and in general promotion of the League.

UNIFORM COSTS: I also hereby acknowledge and recognize the costs for the replacement of

equipment that are missing or damaged (other than normal wear and tear). I hereby agree to compensate the Montville Youth Football League for the replacement of items in the event that my child's uniform is damaged (other than normal wear and tear) or not returned.

VOLUNTEER OBLIGATIONS: I have read the Volunteer Obligation Policy and agree to abide by the policies listed therein.

**Parent /
Guardian
Signature:**

Date:

CODE OF ETHICS/CONSTITUTION SIGN-OFF

I, _____ have read the MYFL Parent/Player/Coach Code of Ethics and Constitution and will abide by its guidance. I realize that there are dates that I need to abide by. I recognize that this league is based on the support of all its constituents and that each member of the staff (Board, coaches and helpers) are volunteers. I have discussed the aspects of the MYFL Code of Ethics and Constitution with my child and they are in acceptance of its parameters.

_____ Player / Cheerleader Name (Print) Age

_____ Parent / Guardian / Coach Name (Print) Date

Parent / Guardian / Coach
(Signature)

The MYFL Executive Board, Board of Directors and Coaches realize that not everyone will agree with its decisions and operation; however, there is a process in place to voice your concerns. Per the MYFL By- laws, please follow the chain of command, structure and Grievance Procedures as outlined.

The Montville Youth Football League Board of Directors meets on the 4th Thursday of every month. During the season (August – October), the meetings take place at the Field House at 8:00pm. During the offseason (November – July) meetings are held at the Fair Oaks Community Center at 7:00pm.