

# Spartans Youth Football, Inc.

## Program Rules and Regulations

In addition to the following Rules and Regulations below...SPARTANS YOUTH FOOTBALL, Inc. is a member of the Dane County Area Youth Football League (DCAYFL) and will strictly adhere and follow all "Bylaws" set forth by the league. A copy of the league's Bylaws can be found on their website at [www.dcafl.us](http://www.dcafl.us).

### A. Code of Conduct:

1. All players, coaches, and spectators shall conduct themselves in such a way as to reflect positively on themselves, their families, their community and their team.
2. Any player who is ejected from a game or participates in fighting before, during, or after a game or practice will be suspended from participating for the remainder of that game or practice **plus** the next scheduled game. The same suspension applies to any member of the playing squad who leaves the side line during a fight. Fighting will be construed to consist of: an invitation to fight--closely following an opposing player or teammate during a disturbance, making any taunting or obscene gesture or sound--punching or slugging with fists whether or not a punch is landed--wrestling or tackling an opponent outside a legal play situation.
3. Any player who exhibits non-exemplary conduct in or out of competition (including swearing, taunting, name calling, possession or use of tobacco, alcohol, drugs, trouble with the police, or other unacceptable conduct) may be suspended from the next competition by their coach or the board.
4. All persons associated with the Spartan Youth Football, Inc. are required to avoid "conduct detrimental to the integrity of and public confidence of Spartan Youth Football, Inc. and all of their events, games, practices, tryouts and meetings. This requirement applies to players, coaches, employees, volunteers, game officials and all others privileged to work for or be associated with Spartan Youth Football, Inc.

It is well understood that rules promoting lawful, ethical, and responsible conduct serve the interests of Spartan Youth Football, Inc., its players, coaches, employees and volunteers. Illegal or irresponsible conduct does more than simply tarnish the offender. It puts innocent people at risk and undermines public respect and damages the reputation of Spartan Youth Football, Inc.

5. While criminal activity is clearly outside the scope of permissible conduct, and players\coaches\volunteers who engage in criminal activity will be subject to discipline. It is not enough simply to avoid being found guilty of a crime. Instead, as a player\coach\volunteer of Spartan Youth Football, Inc., you are held to a higher standard and expected to conduct yourself in a way that is responsible, promotes the values upon which Spartan Youth Football, Inc. is based, and is lawful. Persons who fail to live up to this standard of conduct are guilty of conduct detrimental and subject to discipline, even where the conduct itself does not result in conviction of a crime. Discipline may be imposed by the Spartan Youth Football, Inc. Board President or in some instances the Board itself whichever is appropriate.

This policy applies to all players, coaches, employees, volunteers, game officials and all others privileged to work for Spartan Youth Football, Inc. By acknowledging and agreeing to this form, you agree to the Personal Conduct Policy set forth above by Spartan Youth Football, Inc.

6. A player may be suspended at the discretion of the coach(es) with approval from the Board or by the Board for displaying unsportsmanlike conduct, insubordination, or disrespect to an official or coach. This applies to conduct during both games and practices. While the decision of the coach(es) and Board will be final, they must provide the parent(s) with an explanation for the action.
7. The parent(s) of any player suspended for any of the above reasons may appeal the suspension to the Managing Board Members. There is no appeal process if a player is suspended or expelled by the Madison Metropolitan School District or the player's school district.
8. Crowd behavior is an important element of any athletic event. Spectators and supporters of Spartans Youth Football, Inc. are expected to conduct themselves in a positive manner. Athletes, coaches and officials are human beings--they are not perfect and never will be. Everyone involved in an athletic contest may make a mistake and errors are likely to happen. Even though winning is certainly an admirable goal; it is hollow if it comes at the expense of morals, ethics, and common sense. Coaches, parents and friends of players who attend a SPARTANS YOUTH FOOTBALL, Inc. game are expected to adhere to the following:
  - a. Conduct themselves in a responsible manner during their stay at the site of the game.
  - b. Show respect for opponents.
  - c. Always be positive in support of their SPARTANS YOUTH FOOTBALL, Inc. teams.
  - d. Recognize and acknowledge good performances made by both teams.
  - e. Respect officials and accept their decisions. The coaches will handle all discussions with the officials on calls and disagreements. We enjoy parents, etc. cheering on the team and players but please keep all comments to yourself in order that players, coaches and officials will not overhear them.
  - f. Be gracious in both victory and defeat.
  - g. Absolutely no carrying or consuming any alcoholic or controlled substance while on the premises or attending a Spartans Youth Football, Inc. event.

- h. Uphold the Madison School District policy, which prohibits the use of tobacco products on Madison school property. Failure to adhere to any of these expectations may result in the coach(es) or parent representative asking such person(s) to leave the game site. They may also be subject to further consequences. Other parents present at the game are expected to support the coach(es) and parent representative. If this individual does not leave their team will forfeit the game.
9. All players are expected to attend all practices and all games unless with an excused absence or by the coach. The player or player's parent(s) will notify the head coach prior to the game or practice if the player will be unable to attend. Persistent failure to notify a coach and obtain an excused absence may result in discipline or removal from program.
  10. Each player is responsible for the proper care and safekeeping, and return of uniforms and equipment. Each player is financially responsible for lost, stolen or negligent damage of uniforms and equipment. Ordinary wear and tear is accepted. If equipment is not returned, the player will not be allowed to play in SPARTANS YOUTH FOOTBALL, Inc. until it is returned.

11. **Code of Conduct Disciplinary Action Plan**

<u>Action</u>	<u>Consequence</u>
Suspended From School	Suspended From Program
Tardy to Class	Extra Running at Practice or Reduced Game Playing Time
Unexcused School Absence	Extra Running at Practice or Sit Next Game per MMSD Rule
Tardy to Practice/Game	Extra Running at Practice or Adjust Playing Time
Unexcused Practice/Game Absence	Extra Running at Practice or Adjust Playing Time
Excused Practice/Game Absence	Adjust Playing Time
Poor Sportsmanship at Game or Practice	Extra Running at Practice or Adjust Playing Time or Sit Out Game
Negative Comments on "Academic Card" (i.e. Disrespecting Teacher, Missing Homework, etc.)	Extra Running at Practice or Adjust Playing Time or Sit Out Game
Failing Class	Extra Running at Practice or Adjust Playing Time
Failing Class Two Weeks in a Row	Extra Running at Practice or Sit Next Game per MMSD Rule
Unsatisfactory/Missing "Academic Card" (Must Hand-In on Friday)	Extra Running at Practice or Adjust Playing Time or Sit Out Game
Continual Reminders (i.e. Talking when Coach is Talking, Screwing around With Teammates, etc.)	Sit Out Practice or Sit Out Game
Weekly Practice Performance (i.e. Not Hustling, Not Giving Full Effort, etc.)	Extra Running at Practice or Adjust Playing Time

**Participation in athletics and in Spartan Youth Football is a privilege, not a right. Students earn this privilege by following the policies set for them by the Board and Coaching Staffs. The things that are expected of you in the classroom are the same things that are expected of you as a member of the Football Team.**

As Coaches we do understand that coaching at the "Youth" level there maybe extenuating circumstances relating to some of the disciplines. However...we will follow the Terms and Conditions of the Program Rules and Regulations established by the Board as close as possible. It will be the responsibility of each Student/Athlete to turn in their "Academic Cards" on day designated by your Coach at practice before your Saturday Game.

12. Suspension Schedule.
  - a. First Offense: 1 game suspension
  - b. Second Offense: 2 game suspension
  - c. Third Offense: Removal from program

**B. Academics:**

1. "A strong mind and strong body" is one description of the relationship between academics and athletics. SPARTANS YOUTH FOOTBALL, Inc. supports this relationship. If a player is suspended from attending school by their school, then the player will be suspended from playing in the next scheduled game. The suspension from playing becomes effective the first game following confirmation of the suspension with the school by the coach(es). The player's parent(s) are expected to notify the player's coach(es) before the next scheduled practice or game upon learning of their child's suspension from school. During the suspension period the player will not be allowed to practice with the team or participate in any SPARTANS YOUTH FOOTBALL, Inc. activities. This policy is in lieu of the suspension schedule set forth in Section A. Item 4 above and cannot be appealed.

2. A "Weekly Academic Report" is required to be turned in by the player before each game. An Academic Report Card (See attached Report Card) will be handed out by your coach and will be the responsibility of each player. Your Coach will determine which day of practice prior to Saturday Game to turn in a "satisfactory" report. If a player receives "unsatisfactory" reports and/or comments regarding behavior problems, the coach may require the player to perform extra drills or effect playing. Multiple "unsatisfactory" reports and/or comments will effect playing time and/or game suspension.

**C. Player Primary Residence & Eligibility Requirement:**

1. As a member of the Dane County Area Youth Football League (DCAYFL) Spartans Youth Football Inc. (SYF) adheres to all rules set forth by DCAYFL per the leagues bylaws for Participant's Primary Residence within the each programs school district.

Further, SYF will require all participants registering for SYF program must have their primary residence within Madison Memorial School District in order to participate.

**D. Team Rosters:**

1. 4<sup>th</sup> through 8<sup>th</sup> Grades:
  - a. A level split will be declared by the Director(s) of Spartan Youth Football, Inc. when necessary.
  - b. A split may be made at any level with thirty (30) or more players.
  - c. A split will be Mandatory if any level reaches thirty six (36) or more players. (In accordance with DCAYFL)
2. Draft Procedures:
  - a. See DCAYFL Bylaws [www.dcaifl.us](http://www.dcaifl.us) for additional information under section - TEAM ROSTER, article II.

**E. Weigh In:**

1. DCAYFL determines an official weigh in date and location prior to each season. Players are required to make this weigh in. Failure to do so will result in the player being ineligible to play. DCAYFL may, at their discretion, also schedule a make up weigh in date. Weighing in at the make up weigh in will require the player to pay a penalty fee to be determined by DCAYFL. DCAYFL also mandates that no players may be added or moved to a different roster once the official weigh in date has passed.
2. See DCAYFL Bylaws [www.dcaifl.us](http://www.dcaifl.us) for additional information under section - WEIGH-IN.

**F. Coaches:**

1. All coaches will have to be certified each year under a DCAYFL approved Certification program. These programs include, but are not limited to USA Football, NYSCA and ASEP.
2. See DCAYFL Bylaws [www.dcaifl.us](http://www.dcaifl.us) for additional information under section - COACHES.

**G. Practices:**

1. The first five (5) practices will have 3 non-padded (helmets only) and 2 (shells only) helmets and shoulders pads at the start of the season for all levels before draft of teams occur. Season dates and schedules do change from time to time and the above practice numbers may vary year to year.
2. Prior to school starting there shall be no more than five (5) practices a week and no more than 15 total prior to the first game. After the start of school, there shall be no more than a total of four (4) hours (4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> grades) and no more than five (5) hours (7<sup>th</sup> and 8<sup>th</sup> grades) per week for a total of no more than three (3) total practices. The week runs from Sunday through Saturday.
3. The practice time length will be no longer than 2 hours for 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup>. Practice time length for 7<sup>th</sup> and 8<sup>th</sup> no longer than 2 ½ hours. All practices will be completed 15 minutes prior to official sunset.
4. Practices will be held on specific days and at specific times based on grade level and individual team Coaches schedule.
5. The Practice Schedule and Location Map will determine which teams will practice on which days and which practice area.
6. See DCAYFL Bylaws [www.dcaifl.us](http://www.dcaifl.us) for additional information under section - PRACTICES.

**H. Season:**

1. The season begins the first day allowed to practice as determined by DCAYFL, usually the first Tuesday in August. All seven (7) games are scheduled by DCAYFL. SPARTANS YOUTH FOOTBALL, Inc. teams are not allowed to play in tournaments that are not sponsored by DCAYFL or play against any teams outside our league. The season ends on the last scheduled DCAYFL game and all players must return their equipment during the scheduled equipment hand in date as determined by Spartans Youth Football, Inc.

**I. Playing Time:**

1. All players who are in "good standing" according to these Rules and Regulation and/or DCAYFL Bylaws will be eligible to play. A player who violates any part of these Rules and Regulations or DCAYFL Bylaws will be subject suspension solely at the discretion of Spartan Youth Football, Inc. and/or DCAYFL.

2. See DCAYFL Bylaws [www.d cayfl.us](http://www.d cayfl.us) for additional information under section - COACHES

**J. Youth Night:**

1. Youth Night is held at the first Varsity home game at Mansfield Stadium. This evening is a recognition of the youth players and the future of Memorial football. Players only are allowed to attend the game for free all family members or friends of players must pay. Players will wear their jerseys, but no other football equipment and must be TUCKED IN at all times.
2. Teams are recognized on the field and make a tunnel for the varsity players as they take the field. Coaches and Spartans Youth Football, Inc. and its staff are not responsible for players once they are excused from the field. Players must show respect for both the home and visiting team while they are on the field and in the stands while attending this event.
3. A Parent or Guardian should attend the game if a player is going to stay for the game. If a player leaves the stadium they will not be readmitted (this is a MMSD policy). Each family is responsible for transportation before and after the event for their child.

**K. Release Statement:**

**Release of Claims for Personal Injury and Property Damage:** In consideration of granting my child permission to participate in the Dane County Area Youth Football League, I, the undersigned parent or guardian, of said child hereby consent to such participation and specifically agree to the following terms: I hereby release and discharge **DCAYFL, its agents, coaches, Board of Directors, USA Football, Heads Up Football and Spartans Youth Football, Inc.** from all liability, claims, demands, actions, judgments and executions which the undersigned ever had, or has now, or may have, or claim to have against such listed, for all personal injuries and injuries to property, known or unknown, caused by or arising out of participation in this football league, including games, team member activities, practices, and/or any activities incidental thereto, during the season. I hereby waive, indemnify, release and forever discharge **DCAYFL, its agents, coaches, Board of Directors, USA Football, Heads Up Football and Spartans Youth Football, Inc.** from any and all claims for injury, damage, medical costs and other such related costs that may result from my child's participation in this football league. I understand and am aware of the fact that by participating in the football season, I, on behalf of my child, assume certain risks of injury to my child. I am willing to assume the risks of such injury including, but not limited to any injury which may be caused by other participants or spectators. I understand and am aware that the potential risk of injury from football is significant, including the potential for permanent paralysis, bodily injury, total and partial disability, and death, and while particular rules, equipment and personal discipline exist, the risk of serious injury does exist. By my signing this document and by my child's participation, I knowingly assume all such risks, both known and unknown, that may occur while a participant in this league. I agree that if any claim for my child's personal injury or wrongful death is commenced against the **DCAYFL, its agents, coaches, Board of Directors, USA Football, Heads Up Football and Spartans Youth Football, Inc.**, I shall defend, indemnify and hold them harmless from any and all claims or causes of action by whomever or wherever made or presented for my child's personal injuries, property damage or wrongful death. I acknowledge that I have read the above paragraphs herein and have not relied upon any representation made by members of DCAYFL, that I am fully advised of the potential dangers of football and understand these waivers and releases are necessary to allow youth football leagues to exist in the present form. Significant exclusions apply to the insurance coverage held by DCAYFL, including limited or no liability coverage for certain claims of personal injury or property damage by a player. If the law renders any part of this agreement unenforceable, the remainder of this agreement shall nevertheless remain enforceable to the full extent allowed by the laws of the State of Wisconsin. This agreement affects your legal rights and you may wish to consult an attorney concerning this agreement.

**L. Preparation and Equipment:**

1. Pre-season Preparation:
  - a. Football is a contact sport, athletes must condition to prepare themselves for the season. This includes both strength training as well as aerobic training. It is also important that athletes continue to strength train during their season to help prevent injuries.
2. Fitting and Use of Equipment:
  - a. Shoulder pads, helmet, 5 pad girdle, pants including kneepads must fit properly.
  - b. The helmet must be safety "NOCSAE" branded; the chinstraps must be fastened, and the cheek pads must be of the proper thickness.
  - c. Attachments to the helmet are not allowed. Examples of this would be chin strap covers, wearing head gear underneath the helmet such as skull caps. Mouth guards should be fitted and must not be clear or white.
  - d. Practice jerseys will be supplied.
  - e. Cleats are not supplied and should be restricted to no more than 1/2 inch. It is recommended all cleats be of molded plastic.
3. Preparation for practice or contest:
  - a. Wear all protective equipment including mouth guards to every practice or contest unless otherwise indicated by the daily practice plan from your coach.
  - b. Is sure that all stabilizing straps and laces are properly worn and tightened, and all fasteners secured so equipment is properly positioned.
  - c. Wear outer and under garments that are appropriate for humidity and temperature.
  - d. Players should ingest the equivalent of 4-6 glasses of water each day.
  - e. Players with visual impairment(s) must wear corrective, shatterproof glasses or contact lenses if their impairment affects judgment or perception.
  - f. Remove all jewelry and metal hair fasteners.
  - g. Players with seizure, neuromuscular, renal, cardiac, insulin/diabetic, or chronic skeletal problems, disorders or diseases, must present physician's approval to the program President prior to participation in any SPARTANS YOUTH FOOTBALL, Inc, activity.
  - h. Players will not wear their Spartan issued game jersey to practice, unless directed by their coach.

**M. Refunds:**

1. Participation in the SPARTANS YOUTH FOOTBALL, Inc. requires commitments-- from the players, the parents and the coaches. \$45 of the fee is automatically tagged for administration fees and is NON refundable at any time. The rest of the fee is refundable up until the day of the draft after that date no refunds will be issued.
2. Refund Procedure:
  - a. Submit a written request to the Secretary at least one week prior to the official "weigh-in" date.
  - b. The Equipment Manager must receive all equipment before a refund check can be issued.
  - c. The Treasurer will mail a refund check within 10 working days from the date the equipment is returned.

**N. Emergencies:**

1. Because of the nature of football, some injuries will occur. All injuries must be called to a coach's attention. Most will be minor and can be managed with basic first aid. However, some may need more intense management and may also require the rest of the team members to:
  - a. Stop all practices, scrimmages, or drills. **DO NOT move the injured player.**
  - b. Call the coach to manage the situation.
  - c. Sit or kneel in close proximity.
  - d. Assist By:
    - Calling 911 for additional assistance
    - Bringing first aid equipment or supplies to the site
    - Keeping onlookers away
    - Directing the rescue squad to the accident site

**N. Amending SPARTANS YOUTH FOOTBALL, Inc. Rules and Regulations:**

1. Spartans Youth Football, Inc. program is designed to benefit a wide variety of young athletes. Many different factors have gone into our Rules and Regulations, which are subject to being amended by the board at any time without prior notice. These rules and regulations are structured to ensure safety, fairness and even competition in all grades.

**Program Rules and Regulations: ACKNOWLEDGMENT**

My Electronic Signature certifies that we (Parent/Guardian and Player/Athlete) have read, understand, and agree to adhere to all areas contained herein to the Spartans Youth Football, Inc. Program Rules and Regulations.