

Benicia Youth Football & Cheer

Parent Handbook & BYF Policy Forms



*For the Latest League Info, Game Schedules,
Events, & Contact Information Visit:*

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BYF Hotline 747-5014

TABLE OF CONTENTS

<u>Topic</u>	<u>Page</u>
About BYF & DVYFC	1
What Makes BYF Unique	2
A Note to First Time Parents	2
Special Events	2
Conference and League Rules	3
How Coaches are selected	4
Parent's role & Volunteering	5
Athlete Requirements (Football)	6
Athlete Requirements (Cheer)	7
Athlete Nutrition	8
Jamboree & Official Weigh-Ins	8
Scholarship Comes First	9
First Week of Conditioning	9
Practice	9
Care of Uniforms & Equipment	10
Panthers Budget	11
<u>BYF Policy Forms:</u>	
BYF Football Equipment Agreement	12
BYF Cheer Equipment Agreement	12
BYF Volunteer Policy	13
BYF Refund Policy	14
BYF Football Code of Conduct	15
BYF Cheer Code of Conduct	16

ABOUT BYF

Benicia Youth Football & Cheer is one of sixteen competing organizations, which belong to the *Diablo Valley Youth Football Conference*. DVYFC is the governing body that sets playing rules, standards, and schedules for all the organizations that compete with each other during the Football & Cheer Season. It also establishes the age, weight, and team size requirements to provide for the safety of the participants.

All BYF Coaches and Board Members are dedicated to providing quality supervision and safety mindfulness while teaching the fundamentals of youth football and cheerleading in a positive environment.

We feel that BYF offers an unparalleled, positive & supportive environment in which our young athletes can learn about tackle football and cheerleading. It is our goal for them to have fun, to pick up positive character traits, and to strive for academic excellence.

Our home field is Benicia High School on Military West. The first two weeks of practice and all home games are played there.

ABOUT DVYFC

BYF is affiliated with the prestigious *Diablo Valley Youth Football Conference*. DVYFC is composed of the following organizations:

Antioch Youth Football
Benicia Youth Football
Clayton Valley Athletic Association
Concord Athletic Association
Deer Valley Youth Football (Antioch)
East County Youth Football (Brentwood)
Livermore Youth Football
Martinez Youth Football

Napa Youth Football
Pleasant Hill Youth Football
San Leandro Youth Football
San Ramon Youth Football (T-Birds)
San Ramon Youth Football (Bears)
Walnut Creek Youth Football
West County Youth Football (Pinole)
West Pittsburg Youth Football

DVYFC produces an official, in-depth **RuleBook** which includes important safety regulations as well as regulations geared at providing a quality experience for all athletes. One example is the **Minimum Play Rule** that guarantees your football athlete a set number of plays based on the number of players on the team.

We are proud to be affiliated with such a quality Conference that keeps the experience of each athlete in mind and provides numerous safety measures to ensure an enjoyable experience for all participants.

WHAT MAKES BYF UNIQUE

Everyone loves to win; however, the final numbers on the scoreboard do not reflect how BYF judges a "Winning Season". We consider our season a success when we have met the following:

- ✓ All our athletes had fun
- ✓ All our athletes furthered their skill level in either football or cheerleading
- ✓ All our athletes achieve academic excellence during the season and beyond
- ✓ All our athletes developed discipline, teamwork, compassion, persistence, and self-esteem
- ✓ All our parents enjoyed watching their athletes and had a good time participating in the Panther program
- ✓ Everyone, both adults and athletes alike, conducted themselves with sportsmanlike behavior both on and off the field

We believe we exist to provide every athlete a chance to gain skills and experience being part of a team. We believe our coaches strive to treat each athlete with patience and fairness.

A NOTE TO FIRST TIME PARENTS

Thank you for trusting us with your most treasured "possession," your children a safe, and rewarding experience for your child is our number one goal.

Your presence at practices & games along with your positive support & encouragement will help your child meet this new challenge. Our coaches can teach the skills but the motivation must come from the athlete. Your involvement on the parent level with other parents & your positive attitude will serve as a great example for your child to emulate.

Please try to attend as many practices as you can, but for safety reasons and to ensure that the athletes pay attention to the coaches, do not be offended if the coaches ask you to keep a certain distance from the practice for safety reasons and to ensure that the athletes pay attention to the coaches.

By attending practices, you will meet other families and become better acquainted with the Coaches and Board of Directors who will be able to answer any questions you may have. Most parents of returning athletes would love to share their experiences and can give you a real sense of what to expect.

SPECIAL EVENTS

HOMECOMING

Homecoming Day is filled with special activities. Be sure to invite your friends. Activities which include the announcement of each lower division's "Panther Prince & Princess" & the Midget Division's "Panther King & Queen".

AWARDS NIGHT BANQUET

Awards Night Banquet is a great finale to a season of fun where everyone enjoys, for one more evening, all of the friendships that have been made among athletes & parents alike. Each athlete is presented with their **participation trophy**, and BYF Scholar Athletes will also be recognized with a special **scholarship award**.

CONFERENCE & LEAGUE RULES

Athlete Participation

Participants are required to attend all practices & games. Missed practices may result in less game time. Participants who miss three games may be dropped from the team per Conference rules.

Athlete Attitude

Vulgarity, temper tantrums, & other negative displays or comments will not be tolerated at any time & may be cause for dismissal. Respect must be shown to parents, instructors, coaches, & board members at all times. Athletes should exhibit an inclusive attitude to all athletes & should refrain from put downs toward other BYF Divisions or other organizations within DVYFC Sportsmanlike conduct should be shown towards all players, coaches and officials.

Athlete Attire & Appearance

Appropriate clothing & shoes (full practice gear) must be worn at every practice unless notified by the Head Coach No jewelry, nail polish, Doo Rags (Bandannas), or makeup **of any** kind may be worn during practices, games, or competitions. Cheerleaders must keep their hair tied back during all practices & games. Football players must have their mouth piece in place whenever they are on the field.

Forms, Fees, & Requirements

All required documents, paperwork, & fees must be completed & turned in to Board Officials at Registration, and a player physical card must be completed and signed by a Physician before participant can be allowed on practice/playing field. All first year Participants are required to submit an original Birth Certificate or a certified copy. We can not accept a photo or scanned copy. NO EXCEPTIONS WHAT SO EVER!

THE COMPLETE "OFFICIAL RULES & REGULATIONS" GUIDE produced by DVYFC is in the possession of each Panther Coach and Board Member Please let a Board Member know if you are interested in viewing the booklet.

HOW COACHES ARE SELECTED

Anyone interested in volunteering as a Head Coach submits their request and qualifications to the Football Coaches Commissioner or Cheer Director. The Commissioner and Director present the candidates to the Board for approval.

It is up to the Head Coaches in conjunction with the Football Coaches Commissioner, Cheer Director and the BYF Board to fill Assistant Coaching positions. If you would like to apply to be an Assistant Coach, please contact the BYF Football Coaches Commissioner or the Cheer Director.

Anyone can submit a request to coach (coaching fulfills your Parent Participation Requirement). A Parent may coach his/her child's team, **but it is highly suggested that the parent not be directly responsible for coaching his or her own child.**

All BYF coaches are required by Diablo Valley Youth Football Conference (DVFYFC) to attend a mandatory Coaches Clinic sponsored in part by the National Youth Sports Coaches Association (NYSCA). Volunteer coaches are also subject to a 9-step Comprehensive Screening Program and criminal background check.

BYF will set up and fund a CPR/First-Aid class to certify all coaches who pass this screening program and will be deemed "Qualified BYF Coaches" by the Board of Directors, DVFYFC, and the NYSCA.

PARENT'S ROLE & VOLUNTEERING

BYF is a Parent-Cooperative organization so you're not only signing up your child- you are signing your self up too! As parents of a BYF athlete, you make everything possible. Since BYF is completely run by Parent Volunteers, without your cooperative efforts we could not continue to offer such a high-quality experience for your children. In essence without your efforts there'd be no BYF.

Over 125 parent Volunteers are needed per Saturday when we are the home team. Only Referees and medical staff are paid for their services. Everyone else is volunteering their time. If we can't get enough volunteers for certain tasks, we must use Parent Volunteer Deposits to Pay for a contracted service to help us with our efforts.

At Away games we still require Minimum play monitors to help the coaching staff during the game. If we fail to provide Volunteers for these positions, we (your child's team) could be required to **FORFIET** the Game. These are DVYFC rules and there are no exceptions.

Please contact the BYF Volunteer Coordinator, to see how you can sign up for a specific Parent Volunteer job listing. volunteercoordinator@byfpanthers.com

Parent Participation Deposit: \$200.00 per family. At the time of registration, make a separate check payable to "Benicia Youth Football" with 'Parent Hours and the participants name' written in the memo section (cash and money orders are also acceptable). If all 10 hours have been completed at the end of the season, these checks will **NOT BE CASHED** but will be returned to you or destroyed. Families 'rolling over' participation fees from past years need only leave a deposit of \$100.00.

We appreciate our volunteers!!

Parent Responsibilities

Parents are responsible for their children before & after practices or games Athletes should arrive shortly before practice begins & be picked up immediately at the end of practice. Athletes must wait at the field's entrance gate near the parking lot & basketball courts for pickup.

Parents are to refrain from interfering with coaches during practice by keeping a distance of no less than 100 yards from practice activities, & address issues privately outside of practice in a positive manner Parents are not allowed in the locker rooms, on the field, or on the sidelines during games (unless performing Parent Participation duties) Sportsmanlike conduct should be shown towards all players, coaches and officials.

General Conduct

All spectators must remain in the stands. Chewing tobacco, alcohol & drug use is absolutely prohibited at all Panther events. As it is against the law in California to smoke on any public school property, smokers must go to a public street to light up.

ATHLETE REQUIREMENTS – FOOTBALL

Football Squads by Age & Weight (Age as of August 1st, 2007)

<u>Division</u>	<u>Age</u>	<u>Beginning Season Regular Weight</u>	<u>End Season Regular Weight</u>
Scouts	7-9	45-90 lbs	97 lbs
Jr. Pee Wee	8-10	55-100 lbs	107 lbs
Pee Wee	9-11	70-115 lbs	122 lbs
Pee Wee Older lighters	12	70-85 lbs	92 lbs
Jr. Midget	10-12	85-130 lbs	137 lbs
Jr. Midget Older lighters	13	85-110 lbs	117 lbs
Midget	11-14	100-155 lbs	162 lbs

At **Official Weigh-ins** in September and before every game, each player is weighed in to verify his weight. Players must attend these weigh-ins to be eligible to participate, there are **no exceptions**. Beginning of the season weight must be maintained at the official weigh-in and at Game #1. One additional pound will be allowed at each of the next eight games to reach the season ending weight. One additional pound will be allowed at each playoff game.

Scout Team

The Scout program is designed to let younger players learn and enjoy the fundamentals of tackle football. They will attend practice and play in scrimmage games where no score is kept and coaches are allowed on the field to help instruct. The Scout team will not compete in the Jamboree or in any post season games.

Turkey Bowl

The eight teams in each division with the best records following the last game of the season will advance to the post season play-offs. The play-offs are single elimination, with the culmination being the last two teams left to play in the "Turkey Bowl".

Cuts

It is fundamental to our organization's philosophy that every interested young athlete to have an equal opportunity to sign-up, tryout and participate. We therefore will not limit our sign-ups. When we do have more athletes signed up than will fit on our limited rosters we must select those participants that in each head coach's estimation will best fit his/her team. The decision as to who gets "cut" rests solely with that teams' head coach and the Football or Cheer Director. Their decisions are only reached after serious consideration of all relevant factors and once they are made, they are final.

ATHLETE REQUIREMENTS – CHEER

<u>DIVISION</u>	<u>AGE on 8/1/07</u>	<u>DIVISION</u>	<u>AGE on 8/1/07</u>
Scout	5 to 7	Junior Midget	10 to 12
Junior Pee-Wee	8 to 10	Midget	13 to 14
Pee Wee	9 to 11		

All cheer squads must have a minimum of 10 participants with a maximum squad size of 20. NOTE: Whenever Official Weigh-Ins is mentioned, it only pertains to Football Players - not to Cheerleaders.

CHEER COMPETITIONS & SPECIAL EVENTS

BASIC PARTICIPATION

Besides participating in every game, cheerleaders are required to attend the **Davis Cheer Competition** in November. Should our football teams make it to **the playoffs for the Conference's Turkey Bowl Championship game** in November; the corresponding Cheer Squad will be required to attend any playoff games or Turkey Bowl.

ADDITIONAL COMPETITIONS

Each season our cheer squads may be invited to attend several cheerleading competitions not sponsored by BYF or DVYFC they are:

Marine World Competition Nationals

It is up to the Cheer Director, Coaches, & Parents to decide in which, if any, of these optional events we will participate. These events require total squad attendance in order to be competitive. If the group as a whole decides to participate, the entire Panther Squads will show loyalty & team spirit by participating since the absence of just one cheerleader can disqualify the entire Squad. We encourage parents to anticipate attending these very exciting, memorable events as they become available, with BYF & DVYFC approval, each squad can opt to hold fund-raisers (car wash, etc) to help defray these additional competitive fees.

ATHLETE NUTRITION

Energy and plenty of water are essential for a healthy athlete. It is difficult to exercise on a full stomach. Your child should not have a large meal 1 to 2 hours before practice. Instead, give them a substantial healthy snack before practice. Please provide at least 2 liters of water for every practice and encourage your child to drink up during water breaks. Juice, soda, and other sugary drinks are not suitable to keep your athlete well hydrated. **IT IS IMPERATIVE FOR SAFETY REASONS THAT YOUR ATHLETE MUST COME WITH AMPLE WATER.**

ATTITUDE

The first week is **Conditioning Week** where both football players and cheerleaders will be required to run, do calisthenics, and practice basic stances. As it is a rigorous and challenging week you may find your athlete to be very tired and grumpy-- even reluctant to attend practice. As your child becomes more fit and gains confidence his/her attitude will improve. Your support, enthusiasm, and presence at practice will help your child through these first tough weeks.

NOTE: All participants in the football program must complete a *minimum of 10 hours of conditioning* before they will be permitted to suit up for contact.

JAMBOREE

Prior to the first official game, all **football athletes** (except Scouts) have a chance to suit up and scrimmage against other teams in the Conference. Half of the teams will play on Saturday, the other half on Sunday. It is fast paced as there are two scrimmages going on at either end of the football field at the same time. Each scrimmage lasts for a few minutes as the teams alternate on and off the field in order to scrimmage against as many different teams as possible. No scores are kept and coaches are allowed on the field to give guidance.

Cheerleaders also have an opportunity to rotate around the field and introduce their town to the others present. This is usually a very exciting and hot day (bring lots of water for your athlete).

OFFICIAL WEIGH-INS

The DVYFC Official Weigh-Ins for **football athletes** will take place during the first week of September. Parents will be notified of the exact day and time for Weigh-Ins as soon as the schedule is final. **IT IS MANDATORY THAT YOUR ATHLETE ATTEND THIS OFFICIAL WEIGHIN** as it certifies that they have officially made weight and are eligible to participate on the team.

IT IS A CONFERENCE RULE THAT ATHLETES WHO MISS OFFICIAL WEIGH-INS WILL NOT BE ALLOWED TO PLAY. THERE ARE NO MAKE-UP DAYS.

SCHOLARSHIP COMES FIRST

Each athlete must maintain at least a 2.0 grade point average during the season. Parents are encouraged to notify the Head Coach of any scholastic problems. School work must remain the number one priority!

BYF Scholar Athlete Program

Athletes who maintain a 3.0 GPA during the season will receive a **Scholarship Medallion** at the season ending Awards Banquet for their hard work.

DVYFC Scholar Athlete Program

DVYFC also has a Scholar Athlete program in which BYF encourages all our athletes to participate. DVYFC requires a 3.5 GPA with no grade below a B on the first quarter report card. Applicants must submit a letter of recommendation from a teacher, an autobiography, and an essay. DVYFC awards these outstanding scholars with a \$50 Savings Bond and a Recognition Plaque at an Awards Luncheon.

FIRST WEEK OF CONDITIONING

Practice always starts on **August 1, unless it falls on a Sunday**. Practice begins at 5:30pm and ends at 7:30pm at Benicia High School.

ATTIRE

Football players must wear their practice jersey, PE style shorts or sweats & rubber football cleats to Conditioning Week. Football equipment is distributed after Conditioning Week as full contact drills begin the second week of practice. You will be notified of the time when football gear is to be handed out to your athlete.

Cheerleaders must wear their practice t-shirt, PE style shorts or sweats, athletic shoes and have their hair in a pony tail. Athletes should make sure that all jewelry, make-up, and nail polish have been removed before coming to practices or games and that their nails are trimmed short.

PRACTICE

It is important for every athlete to make every practice. Both football and cheerleading are team sports requiring group effort to perform the best performance. If an athlete misses a practice the whole team misses an opportunity to further their skills, since they must function as a unit. Each Head Coach will set specific attendance rules and sanctions. If an athlete must miss a practice due to illness or an emergency, please contact the Head Coach as soon as possible.

CARE OF UNIFORMS & EQUIPMENT

We encourage parents to hold their athletes responsible for their own equipment and bag, if a football player does not have their full equipment, they will be unable to play. Parents can assist in this development of responsibility by double-checking their athlete's gear and their cheerleaders required appearance before leaving for games and practices.

FOOTBALL

Game day pants & jerseys are not to be worn to practice. Only the practice pants and jerseys are to be worn at practice.

All athletes are responsible for keeping their equipment clean and in good condition...Practice uniforms should be washed at least once a week. All items are to be washed in warm water. It is important to remove the pads from the pants prior to washing, it is best to have the pants air-dry. Practice Jerseys can be dried in the dryer. Game Pants should also be washed at least once a week, but, in cold water and air dry. **All Game jerseys should be collected by either the team parent or the Head coach after Every Game,** so they can be washed and re-issued the day before the next week's game. (PLEASE DO NOT BLEACH THE GAME JERSEY).

Should there be a problem with equipment, such as a snap breaking on a helmet; the coach should be notified immediately.

All gear should be stored in the washable gear bag.

Athletes are responsible for purchasing their own football shoes (molded rubber cleats only), girdle with hip and tailbone pads, and protective cup. Optional items may include gloves, athletic supporters, or supplemental pads.

All gear will need to be returned at the end of the season except for: practice jersey, mouthpiece, & game day socks.

CHEER

- Uniforms are **not** to be worn to practice. The Panther issued T-shirt and loose Black shorts or pants should be worn to all practices. Tank tops or spaghetti strap tops are **not** to be worn to practice. Athletic shoes must be worn to practice (i.e. no open-toed or open-heeled shoes)

- Cheer uniform can be washed in warm water. It is best to hang the uniform on a hanger for air-drying.

- Cheer shoes must be cleaned before each game. Cheer shoes should only be worn at games and competitions.

- The cheer crop top should always be carried in the gear bag provided in case of inclement weather. Poms should be kept clean and stored in gear bag.

All gear will need to be returned at the end of the season except for the following items paid for by the athlete: cheer shoes, socks, hair scrunchie, briefs, crop top, and personalized gear bag.

PANTHER BUDGET

BYF Panthers is a Non-Profit organization and our budget is based on a zero-balance plan. In other words, only enough money is taken in on an annual basis to offset the cost of the program. Although a small surplus is desirable, it is not the intention of the Board to manage the annual budget in order to have a large balance at year-end.

Income

The combination of donations, Raffle Ticket sales, participant fees, fundraising events, merchandise sales, gate fees, game raffles and snack-shack sales all produce the revenues that offset the various costs of the program.

The **MANDATORY Annual Raffle Ticket Sales** is an important part of our total income for the year as it is one area in which we can overachieve with a little help from our athletes. It is **Mandatory that each child sells at least two books of 25 Tickets** to friends, neighbors and relatives. **Each participant will be charged the cost of two booklets of 25 raffle tickets at time of registration (\$100.00).** **Any Player who sells 5 books of tickets PLAYS FOR FREE!** (This does not cover the Volunteer fee). Another important area of income is donations, either through direct donations of money, time or services. Please refer to the **SPONSORS** page. Parents and friends of the Panthers can also support the organization by making a small donation by sponsoring an area of need in the budget. Please see the **FUNDRAISING** page for more information. Purchasing Panthers merchandise at our **“PANTHER SHACK”** brings in a small profit for the organization while you show your Panther Pride.

Expenses

Areas of cost revolve around equipping our football and cheer athletes in a safe manner; there are also mandatory fees and obligations to our league, the Diablo Valley Youth Football Organization. Game day costs include snack shack supplies, medical technician support, and game programs and officials' fees. Program costs include our annual awards banquet, yearbooks, the scholar program and trophies. BYF staff costs include CPR and other accreditation fees, Coach's Clinic fees and Board and Coach's shirts. Administrative costs and insurance round out the annual expenses.

Sponsors

Any athlete, who gets a Sponsorship of \$1000 or more for BYF, will PLAY FOR FREE.

Please check out our **SPONSORS** page for a current list of sponsors, and if possible please be sure to patronize their businesses or thank them for their support. Your company may be willing to become a sponsor, or may have a matching gifts program. The Panthers will help you complete the paperwork to help your company become a Panthers Sponsor.

BENICIA YOUTH FOOTBALL & CHEER FOOTBALL EQUIPMENT AGREEMENT

The Benicia Youth Football registration fee only partially covers the cost to field one player. It includes the use of practice uniforms, game uniforms, football equipment, medical supplies, field use, field equipment, liability insurance, game officials and Diablo Valley Youth Football Conference fees.

Each year the league is responsible for replacing and re-conditioning old and/or worn out equipment, such as helmets, shoulder pads, practice uniforms and/or game uniforms.

In past years there has been an abundance of equipment including jerseys that are not returned at the end of the season.

The result of failure to return equipment costs the league unnecessary expenses in replacing this equipment.

By registering a BYF player, parents, guardians, and participants accept full responsibility for the return of all issued equipment to Benicia Youth Football at the immediate conclusion of the season. Parents, guardians, and participants further agree to replace any lost, stolen or damaged equipment and/or uniforms. Normal wear and tear will be excluded. The uniform/equipment is valued at \$500.00 per player.

CHEER UNIFORM & EQUIPMENT AGREEMENT

The Benicia Youth Football cheer registration fee only partially covers the cost of one cheerleader. It includes the use of cheer skirts, medical supplies, practice facility, liability insurance, and Diablo Valley Youth Football Conference fees.

By registering a BYF cheerleader, parents, guardians, and participants accept full responsibility for the return of all issued equipment to Benicia Youth Football at the immediate conclusion of the season. Parents, guardians, and participants further agree to replace any lost, stolen or damaged equipment and/or uniforms. Normal wear and tear will be excluded. The uniform/equipment is valued at \$175.00 per cheerleader.

BENICIA YOUTH FOOTBALL & CHEER VOLUNTEER POLICY

Everyone knows that a youth organization cannot survive without the help of volunteers. **Each game requires over 50 volunteers** to adequately prepare and run the field and snack bar on game days!!

We encourage all parents to support the Benicia Youth Football and Cheer program. **Parent participation and support improves the overall success of our organization.**

Each family is responsible for scheduling and fulfilling **10 hours** of volunteer time to be completed at the games. Sign ups for volunteer duties will take place at the mandatory parent meeting during the last week of July. All volunteer hours must be approved in advance by the Volunteer Coordinator. **Remember: It is your responsibility to ensure that you have signed up and worked all 10 hours.**

Parent Participation Deposit: \$200.00 per family. At the time of registration, make a separate check payable to "Benicia Youth Football" with 'Parent Hours and the participants name' written in the memo section (cash and money orders are also acceptable). If all 10 hours have been completed at the end of the season, these checks will **NOT BE CASHED** but will be returned to you or destroyed. If you fail to work the required 10 hours during the games, your **check will be cashed** and you will be charged pro rata for your missing hours at a rate of \$20.00 per hour which will be deducted from your \$200 parent participation deposit. If the check is returned for insufficient funds, your child will not be allowed to participate the following season until the charges and fees are paid in full. Families 'rolling over' participation fees from past years need only leave a deposit of \$100.00.

Remember, it is **your** responsibility to show up or obtain a "replacement worker" if you are unable to work at your scheduled time. **If you do not show up for scheduled work, and no replacement has been sent by you, your deposit check will be cashed.** If you make up the lost hours of work and the full 10 hours are completed, you will receive your full deposit back at the end of the season.

Successful league operation requires your involvement. Please participate, be supportive, and utilize the opportunity we have to contribute to our children and to our community through Youth Sports.

We appreciate our volunteers!!

BENICIA YOUTH FOOTBALL AND CHEER REFUND POLICY

Because expenses commence prior to the season beginning such as insurance and other costs associated with providing cheerleading try-outs, clinics, camp and football preseason training, we have implemented the following policy:

Within 48 hours of registering, all fees paid will be refunded should a participant decide not to play or cheer during the season, except the \$25.00 non-refundable cheerleading try-out fee and any late registration fee.

After the 48 hours, \$100.00 of the participant fee along with the fundraising fee becomes non-refundable.

After the official weigh-in, providing that a participant makes weight for a selected team, or after a cheerleading uniform has been ordered, there will be no monies refunded under any circumstances.

Your request for a refund within the parameters stated above must be made in writing and mailed to:

Benicia Youth Football and Cheer
PO Box 1613
Benicia, CA 94510

BENICIA YOUTH FOOTBALL & CHEER

FOOTBALL CODE OF CONDUCT

You are a representative of Benicia Youth Football and Cheer both on and off the field. No matter what the circumstances, always conduct yourself with pride and poise. Failure to abide by any of these rules will result in disciplinary action.

Good school grades are a must. If your grades fall below a "C" average you will be suspended until your grades are brought to a "C" average. A copy of your report card and/or progress report is to be given to your head coach upon issuance by your school.

Good citizenship is a must. Any football player who has an altercation with school officials or authorities; displays any type of misconduct, anywhere on any occasion, below the acceptable standards of a football player, may be suspended from the squad.

Punctuality is expected. Practice will begin promptly. Tardiness is disrespectful to your coach and your teammates. If you are going to miss a practice you must notify your head coach. If you miss 3 practices and/or 1 game you may be suspended from the next game.

Water and/or sports drink is recommended at practice and games. No food consumption is permitted during the games. No gum chewing allowed at anytime, games or practice.

Proper practice attire is to be worn at all practice sessions, no screw-on, or metal cleats allowed, no Bandannas, or Do-Rags are to be worn at any time(not under Helmet either). No jewelry is to be worn at practices or games.

Vulgarity, temper tantrums or fighting is absolutely unacceptable and is grounds for immediate suspension from the game or practice.

During instructional periods you must pay close attention to our instructors or coaches. Show them respect and courtesy.

When addressing or replying to all coaches and instructors, do so with respect and courtesy. Negative attitudes or smart mouths will not be tolerated.

You are expected to give 100% at all practices and games. Not knowing your plays, due to lack of trying or not paying attention could result in disciplinary action.

While parents are encouraged to attend practice, they may not distract or disrupt practice and must remain at least 100 yards from the practice session for safety reasons. Communications with the Head Coach is encouraged prior to or after practice has concluded.

All players are responsible for their own transportation to and from practices and games. You should be picked up promptly after practice and games.

All players are to be at their games 1 hour before game time for official weigh-in and attendance check. If you do not arrive on time you will sit on the sidelines. This is a DVYFC rule and will be enforced.

Parents should clearly understand that the aim of Benicia Youth Football and Cheer is to teach your child self-confidence, neatness, sportsmanship and teamwork. To do this takes discipline on the part of your child and yourself.

BENICIA YOUTH FOOTBALL & CHEER

CHEER CODE OF CONDUCT

You are a representative of Benicia Youth Football and Cheer both on and off the field. No matter what the circumstances, always conduct yourself with pride and poise. Failure to abide by any of these rules will result in disciplinary action.

Good school grades are a must. If your grades fall below a "C" average you will be suspended until your grades are brought to a "C" average. A copy of your report card and/or progress report is to be given to your head coach upon issuance by your school.

Good citizenship is a must. Any cheerleader who has an altercation with school officials or authorities; displays any type of misconduct, anywhere on any occasion, below the acceptable standards of a cheerleader, may be suspended from the squad.

Punctuality is expected. Practice will begin promptly. Tardiness is disrespectful to your coach and your teammates. If you are going to miss a practice you must notify your head coach. If you miss 3 practices and/or 1 game you may be suspended from the next game.

Water and/or sports drink is recommended at practice and games. No food consumption is permitted during the games. No gum chewing allowed at anytime, games or practice.

Come to practice in proper attire. Wear loose fitting clothes (sweat pants, shorts, and leggings with tee shirt tucked in). No tight fitting jeans or jean shorts. You will not practice for that day if you wear jeans of any kind. Hair should be off face and neck. Pony tails and braids work best.

Absolutely no jewelry or artificial nails can be worn. This is for the safety of all the girls.

Uniforms must be worn at all games except prior to a DVYFC Cheer Competition. They will be clean and wrinkle free for every game. Shoes must be cleaned and socks washed. Kick Pants are to be worn at every game. Fingernails must be clean and short in length.

Vulgarity, temper tantrums or fighting is absolutely unacceptable and is grounds for immediate suspension from the game or practice.

During instructional periods you must pay close attention to our instructors or coaches. Show them respect and courtesy.

When addressing or replying to all coaches and instructors, do so with respect and courtesy. Negative attitudes or smart mouths will not be tolerated.

You are expected to give 100% at all practices and games. Not knowing your cheer or dance, due to lack of trying or not paying attention could result in disciplinary action.

While parents are encouraged to attend practice, they may not distract or disrupt practice and must remain at least 100 yards from the practice session for safety reasons. Communications with the Head Coach is encouraged prior to or after practice has concluded.

All cheerleaders are responsible for their own transportation to and from practices and games. You should be picked up promptly after practice and games.

All cheerleaders are to be at their games 1 hour before game time for official attendance check. If you do not arrive on time you will sit on the sidelines. This is a DVYFC rule and will be enforced.

DVYFC dress code will be enforced at all games and competitions:

- Game uniforms are required for all games, except for the game prior to DVYFC sponsored competition and Jamboree.
- Pre-competition game and Jamboree attire shall consist of like clothing in City colors.
- No makeup allowed. No nylons allowed. Mascots may wear tights.
- Nail polish is not allowed. Artificial nails of any kind are not allowed. Jewelry is not permitted.
- Hair curlers or any other hair curling products may not be worn at anytime.
- Hair should be pulled back off the shoulders and face, i.e. ponytail, braid, etc.
- No glitter or like substance can be worn on body or hair.

Parents should clearly understand that the aim of Benicia Youth Football and Cheer is to teach your child self-confidence, neatness, sportsmanship and teamwork. To do this takes discipline on the part of your child and yourself.