

# 2010 Byron Area Athletic Association Rules & Guidelines Agreement

Cheerleading/Football are sports that require physical conditioning. Athletes will be required to perform muscle strengthening and conditioning exercises. It is the athlete's responsibility to learn and be able to perform correctly all the material that has been taught. Athletes, who are not able to perform as required, may be sitting out at games until the material is performed or learned correctly. If an athlete is required to sit out of any part of a practice or game they are still required to be at the practice or game to support their teammates. Cheerleading/Football are team sports and require all athletes to give 100% effort at all practices and games. These policies are in place to protect and encourage entire team participation.

It is the ultimate decision of the coaching staff and the BAAA Board to determine if the conduct of an athlete (whether stated in the "BAAA Rules & Guidelines" or not) warrants disciplinary action including loss of participation time, suspension from a practice, game, activity, or team, and/or removal from the team. General misbehavior such as talking, not paying attention, disrespect, etc. will result in the following:

- First Offense - verbal warning
- Second Offense - verbal warning as well as some conditioning to get them refocused.
- Third offense – athlete will be removed from the practice or game and a meeting with the parents will be set up

Athletes cannot participate in any other sport or activity that interferes with any BAAA practices, games, or activities. If this should occur than the athlete will be removed from the program and no refund will be issued.

Athletes must attend every practice, game, and activity, and meet all specified due dates on time. Athletes must stay together, as a team, at all practices and games. It is the parent/guardian's responsibility to make sure the athlete is dressed properly for any practice, game, or activity. Failure of any of the above will result in loss of playing/cheering time.

Excused absences include illness, funeral, and mandatory school functions. Practices, games, or activities missed due to illness will require a doctor's note unless the athlete also missed the entire day of school for the illness.

Parents/guardians must notify coaches of any excused scheduled absence at least 24 hours prior to a practice, game, or activity.

Parents/guardians must arrange for transportation for their children to and from practices, games, or activities at the designated times. Children will not be left by parent/guardians until the official practice starting time and until a coach is present. Children will be picked up on time at the end of practices, games, and activities. Coaches are not responsible for children who are not picked up on time from practices, games, or activities.

Parents/guardians/friends are not permitted on the practice field or game field with the athletes and but can watch from the designated areas. Any parents/guardians/friends that cause distractions or interruptions to the coaches and or athletes will be removed from school grounds.

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Parent/guardians will not be permitted to behave in any malicious manner which is detrimental to the Byron Area Athletic Association program and its members (athletes, coaches, parents, volunteers, board members). Any malicious behavior (verbal or otherwise) will result in the removal from the program. Parent /guardians must wait 24 hours from the time of any issue to discuss with the coach.

Parents must attend the mandatory parent meeting at the designated time at the beginning of the season.

Complaints of an athlete not receiving at least 6 plays per half (LCAFJL rules) must be submitted in writing by the Tuesday following the game in question to the appropriate commissioner along with a \$10 protest fee. Once the complaint is investigated, if validated the \$10 protest fee will be returned to the parent/guardian. If the complaint is not validated, the \$10 protest fee will be donated to the Byron Area Athletic Association. A dead ball does not count as a play.

Football players must wear the following items listed below for all practices, games, and activities or they will be required to sit out:

- Athletic socks and supportive shoes
- All Pads: hip, tailbone, knee, shin, thigh, and shoulder
- Athletic cup
- Helmet and chin strap
- Mouth guard
- Practice/game jersey

Cheerleaders must follow the dress code listed below for all practices, games, and activities or they will be required to sit out:

- Athletic socks and supportive shoes
- Hair must be **securely** pulled up, out of the face and out of the way, no hair hanging in face. (No bobby pins, barrettes, gymnastic clips, or ANY metal devices)
- No jeans or jean shorts of any kind
- No shirts showing the midriff
- No jewelry (unless newly pierced ears)
- No excessive amounts of makeup to be worn to practice or games
- No nail polish, acrylic nails or glitters - nails must be clipped
- Wear what is specified as uniform to games

Cheerleaders must bring a duffel bag to practices with the following contents:

- Large Towel
- Practice poms

Cheerleaders **must** bring a duffel bag to games and must have the following contents at all times:

- Body suit
- Uniform pants
- Practice poms
- Game shoes and socks

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**It is mandatory that all athletes must be in their complete matching uniform to participate at a game. Any athlete missing a piece of a uniform will be required to sit out. However, the athlete will still be required to stay for the entire game to support their team or it will be considered a miss in the attendance policy as described below.**

Athletes must be at the game field, fully dressed, 1 hour before game time unless otherwise indicated by their coaches.

Athletes should bring a water bottle to all practices, games, or activities.  
There will be no food, gum chewing, or drinks (other than water) during practices or games.

Attendance Policy – the attendance policy below applies to the current season and includes all practices and games:

1. One miss - no loss of playing time
2. Two misses – loss of playing time until the start of the third quarter
3. Three misses - loss of playing time for the entire game. However, athlete must still attend the entire game in support of their team.
4. Four misses - loss of remaining games/performances
5. Any athlete quitting prior to the end of the season for reasons other than injury

**will not:**

- be allowed to pre-register or participate the following season
- be able to attend the year end banquet/award ceremony
- receive a trophy or any other team award

**Tardiness - if your athlete is 15 minutes late or more, this is considered a missed practice.**

**Mandatory practices - Practices for cheerleaders are mandatory during the two weeks prior to Cheer/Pom Festival and any absence during this time will result in the loss of program participation for the following year.**