

Severn Seminoles Football

Severn Athletic Club (SAC)

TEAM AND ORGANIZATION RULES

SAC THREE – STRIKE POLICY

The following policy will apply for all disciplinary action for football participants and parents.

- 1) If disciplinary action is needed, the first offense will be handled by the Head Coach of that particular player. That coach will then notify the Football Advisory Board (FAB) President of the incident.
- 2) If disciplinary action is needed a second time, for a related or unrelated matter, the discipline will be handled by the FAB President and the Football or Cheerleading Commissioner, and in the event of their absence the SAC Vice President.
- 3) Upon a third incident, related or unrelated to the first or second offense, that participant will meet with their parent, commissioner and the SAC President. That player will be dismissed from the league without refund of registration fees.
- 4) In the event that a participant is involved in an incident that is deemed extremely dangerous or detrimental to the development of his/her team and the league as a whole, the Board of Directors reserves the right to dismiss that player immediately.
- 5) All parents and guardians are subject to the three-strike rule if they are in violation of any Team or Organization rule set forth in this document. The commissioner and SAC President all will make final decision on what is the appropriate disciplinary action.

DRUG AND ALCOHOL POLICY

- 1) The Severn Athletic Club Football and Cheer Organization will have a ***zero tolerance policy*** for any type of illegal drug use, possession, or distribution by players or coaches. (A description of Controlled Dangerous Substances according to Maryland State Law is listed below.)
- 2) If any player or coach is found to be in the possession of any illegal substance during a league sanctioned activity they will immediately be expelled from the organization with **“NO EXCEPTIONS”**. The equipment/uniform will be collected immediately and **NO REFUND** will be issued.
- 3) Any expulsion for drug related activity by minors or adults will be considered a lifetime expulsion from SAC.
- 4) The league will report the activity along with any confiscated substances to the Anne Arundel County Sheriff’s Department immediately.
- 5) If the offender is a minor and their parent is not present, the league will make every attempt to contact that parent and make them aware of the situation.

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PARENTS/GUARDIAN CODE OF CONDUCT

***As a member of SAC, I agree to the following (please initial):**

____ I will encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every game, practice or other youth sport events.

____ I will ask my child to treat other players, coaches, fans and officials with respect regardless of race, sex, creed or ability. I **WILL NOT** use any form of electronic media (Facebook, Twitter, etc.) in order to harass, verbally assault or bully any member of SAC.

____ I will help my child enjoy the youth sports experience by doing whatever I can, such as being a respectful fan, assisting with coaching, or providing transportation.

____ I will support coaches and officials working with my child, in order to encourage a positive and enjoyable experience for all.

____ I will remember that the game is for youth – not adults.

____ I will not enter the practice or playing field while practice/game is in progress or the coach(s) are speaking to the team.

____ I will do my duty and volunteer at home games when I am scheduled. If I cannot volunteer at assigned time, I will contact my coach/team manager immediately to switch with another parent.

____ I will support the coaches decision where to play my child, and encourage my child to commit to the overall team concept.

____ I will not disrupt coaches during meetings, games, or practices.

____ I will read the Operating Code (Bylaws) for the Severn Football Program and adhere to their rules/policies.

____ I will read the National Standards for Youth Sports and do what I can to help all youth sports organizations implement and enforce them at <http://www.nays.org>

____ I fully understand that by violating this Parent Code of Conduct or Severn Football Operating Code, I may be subject to discipline by Strike(s), Suspension, or Expulsion from the Severn Athletic Club Organization.

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PLAYERS CODE OF CONDUCT

***As a player of SAC, I agree to the following (please initial):**

_____ I will come to practices and games with a positive attitude towards all teammates and coaches and I will never disrespect my teammates, opponents, coaches, or referees.

_____ I will show good sportsmanship at all times and in all situations, towards my own teammates and opponents. I will NEVER taunt or verbally assault, including any form of cyber bullying using FACEBOOK, TWITTER, E-MAIL or any form of electronic media, any person affiliated with this football and cheerleading program.

_____ I will be expected to arrive at practices and games on time and ready to participate. If I am going to be late or unable to attend my coach will be notified in advance.

_____ I will come to practice to learn everything my coaches have to teach me by following directions and listening respectfully.

_____ I will remain alert during games and practices to ensure I participate and have fun safely.

_____ I will not alter any piece of equipment or uniform issued to me by the league. I will not throw, kick, or abuse in any way a piece of equipment issued to me by the league.

_____ I understand that my parent/guardian will be held financially responsible for any lost, altered, or damaged items.

_____ I will never intentionally try to injure another player.

_____ I will walk the fifty yard line after a victory or defeat with my head held high and my hand extended in friendship towards the opposing team. I will display the highest standard of humility, dignity, and sportsmanship at all times.

_____ I will accept the position assigned to me by my coaches and perform to the best of my ability without excuses.

_____ I understand that a violation of this code or any other as explained in the Operating Codes Behavior Policy may result in disciplinary action and I may be given a Strike, suspended or expelled from SAC.

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Severn Athletic Club (SAC)

TEAM POLICY (PARENTS AND PLAYERS)

- 1) Parents and Players shall adhere to the code of conduct, SAC drug policy, and strike policy as stated above.
- 2) Profanity on the game or practice fields is prohibited.
- 3) Notify the Coaching Staff of any medical concern regarding your child.
- 4) If the coach keeps a player off the field due to a medical issue or injury; it is the responsibility of the parent to seek follow up medical care and that he or she get cleared by a health care professional.
 - There must be something in writing from a doctor or physician saying the player is cleared to play before your child can practice or play in the game (no exception).
- 5) Keep a minimum distance of 30 yards from the practice field or sidelines (parents/guardian).
- 6) Coaching your child a different method or system from the sideline at practice or game field is prohibited (parents/guardian).
- 7) Missed Practices: Please do not let this happen; this could hurt our team tremendously.
 - If a player isn't going to make it to practice for whatever reason, parent/guardian must notify the Team Managers or Head Coach at least 24-48 hours in advance unless there is an emergency on practice day.
 - **If a player misses a practice without notification; they will be penalized (*Sit out 1-4 quarters).**
- 8) Being late for practice < 1 time without notification is also subject to the missed practice penalty (6).
- 9) It is mandatory for everyone parent or guardian (18 years or older) to participate if you have concession stand or merchandise duty.
 - Volunteer Schedule will be generated once rosters have been closed.
- 10) Get a good night's sleep - Nothing puts more of a damper on a player's performance and intensity than having a sleepover with friends the night before a game!
- 11) Drink plenty of fluids the night before and morning of a game - Muscle cramping is 100% avoidable if you hydrate and stretch out properly.
- 12) Review your plays - Know what your position is supposed to do. If you need a copy of a playbook or selected plays, ask your Coach.
- 13) Eat a healthy breakfast - Pop Tarts and a Mountain Dew won't "dew" it for you in the fourth quarter.
- 14) Pads and belts - Put your pads in your girdle or game pants and your belt in your game pants the night before when you're not rushed for time.

15) Cleats - parents must provide properly fitted, "molded rubber" only cleats". "Screw-ins", metal or hard plastic cleats are illegal and will not be allowed on the field. Players with anything but molded rubber cleats will be ejected from the game by the referees and the team will be assessed a 15 yard penalty.

16) Mouth piece - players must have a mouth piece in order to play; we have extras in our kits but bringing an extra molded one to the game (that Mom/Dad holds onto) is a good idea. It has to be a colored mouthpiece and not clear.

17) Pre-game jitters - to be expected, especially for first year players; just let them know they are as prepared as they need to be for the game and no one (Coaches or Teammates) expects more from them than just giving their best effort.

18) Managing expectations - let's be mindful of how much pressure these kids usually put on themselves and try not to add to that load. Keep in mind that 50% of the players in a game will never make a tackle or touch the football so their measure of success will be found in other ways - staying low and making a good block, getting into the opponent's backfield, or just making contact with the opponent can be success-blocks to build on.

19) Mistakes are part of the game - so is hitting. Try to do one more than the other and we'll do fine. Let's have a great start to an exciting and rewarding season!! See you on the field and thanks again for all your support!!

20) You are responsible for the family and friends that come to practice and games. They must also follow the rules above that are applicable.

21) Lastly: All Players must have a guardian or parent present on the field at all times for practices and games. If you have an emergency or have to go to another site; please don't leave the practice or game field area without notifying the Team Mom 1st, Assistant Coach 2nd and finally the Head Coach. If there is an emergency with your child regarding a medical condition or injury, either the parent or guardian must be present. If there's emergency contact information beside the parent's name/cell phone number; you must provide that information to the Head Coach or Team Manager.

***By signing below, I understand and agree to the above policies as a player/member of the Severn Athletic Club Football Organization.**

Parent Signature _____

Date _____

Parent Name (Printed) _____

Division _____

Player Signature _____

Date _____

Player Name (Printed) _____

Division _____