

Football Player & Cheer Athlete Code of Conduct

WHO THIS WAIVER IS FOR:

All Football players and/or Cheer athletes for the 2019 season. You are required to read and agree to the Code of Conduct terms below as applicable to your registration designation.

FOOTBALL PLAYER CODE OF CONDUCT

- I will play for the “fun of it” and not just to please parents and coaches.
- I will play by the rules.
- I will never argue with an official. If I disagree, I will have my Head Coach approach the official during a timeout or after a play.
- I will work equally hard for myself and our team. My team’s performance will benefit and so will you.
- I will be a good sport. Cheer all good plays whether by my team or the opponent's team.
- I will treat all players as I would like to be treated. I will not interfere with, bully or take unfair advantage of another player.
- I will cooperate with my coach, teammates and opponents at all times.
- I will have fun and be a good sport (win or lose).
- I will place the emotional and social concerns of my team ahead of my personal desire to win.
- I will be honest, fair and always demonstrate good sportsmanship to all coaches, players, officials, parents and fans at all games, practices and related events.
- I will learn the value of commitment to the team. I will attend every practice and game that I can and will notify my coach if I cannot. **(Based on the Head Coach's decision, if a I miss two or more practices during the week, I will either not be allowed to play in the next game, or play at minimum one quarter of the game)**
- I will put personal goals aside for the betterment of the team.
- I will show courtesy and respect to teammates, opponents and coaches.
- I will realize that athletic contests, including practice sessions, are educational experiences and opportunities.
- I will not engage in unsportsmanlike conduct to include walking off the team, fighting, throwing items, arguing, or bad mouthing another teammate or opponent.
- I will not engage in rude behavior that could negatively impact the team, system or program.
- I will treat everyone, including coaches, parents, players and officials, with respect, regardless of race, creed, color, nationality or gender.

- All persons associated with Tahoma Jr Bears Football League are expected to avoid conduct detrimental to the integrity of and public confidence in the Tahoma Jr Bears Football League Organization. This requirement applies to all players, coaches, parents and other volunteers in TBJFC.

If any of these rules are not adhered to the following consequences will be upheld:

1. Verbal warning from the Athletic Director and President.
2. Written notice of violation (if duplicated) signed by the Athletic Director and President
3. One-week suspension to include the game. (To be voted by the Executive Board)
4. Terminated from the program. (To be voted by the Executive Board)

Note: I understand that if I do not follow the Player Code of Conduct, action may be taken that could impact my participation in the program to include suspension and/or termination.

CHEER ATHLETE CODE OF CONDUCT

- I will adhere to the Tahoma Bears Junior Football and Cheer Zero-Tolerance Policy. Tahoma Bears Junior Football and Cheer adheres to the Tahoma School District Code of Conduct for Sports. (Listed in TSD Co-Curricular Handbook).
- I will respect the rules of cheerleading, officials and their decisions. I will participate to my fullest ability and maintain myself control at all times.
- I understand that attendance and tardiness will be tracked at every practice and may affect my participation in games and competition season.
- On game day, I will arrive at least ½ hour prior to game time for warm-ups. I will be fully dressed and ready to go. I understand that this period is necessary to warm-up and practice.
- I will respect my coaches decision if I arrive late to warm-ups and may be asked to sit out the first quarter of the game.
- On practice days, I will arrive at least 5 minutes prior to practice start time, lineup and be ready to go at the start of practice. I understand that additional practices will be added on closer to Cheer Championships.
- I will participate in the game and at every practice to my full ability except for an illness, injury or school event. I understand that if I must miss a game or practice, I will notify my Coach as soon as possible.
- I understand that **Scholastics shall take precedence over Cheer activities.**
- I will not use foul language towards anyone, be it teammates, coaches, officials, opponents or spectators.
- I will not be critical of teammates and never discuss others' abilities except to encourage good team play.
- I will be responsible for my uniform and assigned equipment, and will ensure that it is complete, safe and in good condition at all times.
- Football and Cheer are team sports. I am on a team and I will be a team player at all times.

- I will respect all of my teammates, coaches, board members and my competitors.
- I will always listen to my coach's instructions.
- Cell phone usage will not be permitted during practices.
- I will conduct myself in a dignified manner at all times, especially on "the road". I understand that I represent TBJFC association and the community of Maple Valley.
- I understand that **Per NF Rule 2-3-1**: Jewelry must not be worn except for religious or medical medals, which shall be taped to the body (without a chain) under the uniform. Please do not pierce ears or other body parts where the recovery period will coincide with beginning of practices starting in August thru the end of the cheer season. Any cheerleaders not able to remove their jewelry with exception to religious or medical medals as stated above will not be permitted to participate in any cheer related activities until jewelry is able to be completely removed.

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