



901 N. Carpenter Road  
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Since 1993

[www.centralsaints.org](http://www.centralsaints.org)

## FOOTBALL - Rules, Guidelines, and Informational

**Philosophy:** Central Saints Football players will promote excellence in athletics, education, leadership, sportsmanship, physical fitness and positive image whether on or off the field. Participants shall strive to maintain high standards of morality as exemplified by Christians.

Jr. Novice	6-8 years old (Player must be 6 on or before July 1 <sup>st</sup> )
Novice	9-10 years old on or before Nov. 29th
Junior Varsity	11-12 years old on or before Nov. 29th
Varsity	13-14 years old on or before Nov. 29th

**Coaches and Board Members:** Your coaching staff is CPR/First Aid and USA Football certified. All staff must clear criminal background checks through the Department of Justice. They are non-paid volunteers who care about the success of the Central Saints Family. The Central Saints Organization is under the direction of the Trans Valley Youth Football League (TVYFL). Saints coaches will model Saints' standards, as outlined in this document, at all times. All Central Saints board meetings are held the second Monday of the month.

**Saints' Standard:** The Central Saints Youth Football & Cheer require the very highest standard of RESPECT, DISCIPLINE, SPORTSMANSHIP, TRUSTWORTHINESS, RESPONSIBILITY, and GOOD CITIZENSHIP, likewise our appearance, including hair and attire reflect our 'TRADITION OF PRIDE & EXCELLENCE'.

**As a player or parent, I recognize by signing and agree to the following terms upon registration (Any player who fails to comply with these terms at any time upon first day of practice WILL result in immediate suspension and possible termination.):**

### Physical Requirements:

- Football players must have a physical examination no more than 1 year prior to the first day of conditioning. Physicals may be obtained from a personal doctor or through the doctor working with the Saints' organization.
- Players must be found in good physical condition and capable of strenuous activity which may include but is not limited to running, jumping, stretching, and relays designed for strengthening and conditioning.
- Players will be required to complete 10 hours of conditioning prior to participation in the regular practice season. All practice sessions include 15 minutes or more of warm-up stretches, cardio and strength training, and dance. Players should have healthy eating habits which include a balanced diet and drink plenty of water to remain hydrated during long workouts.
- Players must maintain a 2.0 GPA or higher with no F's in order to participate in our program or qualify for eligibility in the TVYFL All Stars. A most recent report card or progress report will be required prior to All Star voting.

### Conduct:

- All Players must demonstrate sportsmanship at all Central Saints practices, games, and events.
- All players must follow the high standards and goals of the team and coaching staff.
- All players must control behavior at all times.
- A player may raise her/his hand to respectfully make a suggestion or to ask a question of the coach(s) but must wait until the end of practice to discuss problems should they arise.

- All players must follow the rules and/or guidelines set forth in the Central Saints Football and Cheerleading program.
- All players shall demonstrate good Christian behavior at all times.
- Failure to comply with the rules and guidelines set forth will result in disciplinary action and may include dismissal from the Saint's program.
- Every player will learn at a different pace, therefore each player must be willing to invest at home reviewing plays or working on skills emphasized during practice.

**Pre-Conditioning and Mandatory Practice:** Pre-conditioning is a 3 days per week non-mandatory practice but is highly recommended to begin physical training and team-building. Mandatory Practice typically runs 4 days per week, Monday - Thursday (time to be determined but typically the last Week in July). After the first official game of the season, regular practices reduce to 3 days a week, Tuesday-Thursday.

**Apparel during Pre-conditioning and Practice:** Saints "Spirit Pack" is given to each player to be worn at all conditioning practices. No other colors outside of Saints colors will be allowed. All other apparel guidelines mentioned also apply during the conditioning schedule.

**Parking Lot:** Due to the possibility of theft and vandalism, we must inform you that your vehicle and personal property should be kept locked and valuables out of sight. Central Saints, St. Stanislaus, and C.C.H.S. will not be held responsible for any lost, stolen or vandalized property. We advise parents to take random trips to the parking facilities.

**Attendance: Team Activities and practices are at the discretion of the coach.**

- Prompt and regular **attendance is mandatory!** Players are expected to arrive on campus at 15 minutes prior to the start of practice at which time roll will be taken. If a player is not present at the time of roll call, he/she will be marked "absent". If he/she arrives later than the start time, she/he will be noted as "tardy". Players are encouraged not to participate in any other extra-curricular activities that conflict with the Central Saint's football/cheer program. Absences and tardiness will not be excused for practices or games missed due to other sporting events or activities. Excessive absenteeism or tardiness, unless previously arranged with the player's Head Coach, will result in loss of game play time or inability to play altogether.
- All players are required to be present at all assigned games. Unexcused absences or tardiness will not be tolerated or accepted.
- Absences or tardiness, other than those prearranged with the Head Coach or due to an illness, will not be excused. If a child is ill up to 3 days, a doctor's note will be required before she/he is able to return.
- **EXCUSED ABSENCE** – School functions, religious functions and absences due to illness accompanied by Doctor's notice will be considered as "excused" absences.
- **UNEXCUSED ABSENCE** - An absence that is not preapproved through the Head Coach or assisting coach if the Head Coach cannot be reached, when due to illness or family emergency. Issues regarding transportation, or other extra-curricular activities considered unexcused. Although homework and tutoring is a priority, it cannot be a reason for absence.
- **HOMEWORK** – (including tutoring) is not considered as an "excused absence", therefore, all players should make every effort to complete their assignments prior to coming to practice.

**Uniform:** All players are responsible for their uniform. We recommend players get everything together the night before, in order to prevent chaos on game day. All players must wear their "complete" uniform. No substituted equipment, socks or any other part of your uniform allowed without approval from the Head Coach...no exceptions! **If a player does not come in his full uniform, he will not be permitted to participate.**

**Dress Code:** Please note that it is imperative for safety and uniformity that players stick to the appropriate dress code. Any player who is not dressed in the proper attire forfeits her/his chance to participate and will be given an unexcused absence.

- Football players are REQUIRED to have and maintain SHORT HAIR (not touching ears or shirt collar).
- Hair CAN NOT be any longer than ¾" on Top and must be blended. (No distinct lines)

- There may not be designs cut in hair, Mo-hawks, Fo-hawks, Corn Rows, Comb Overs, Tails, etc.
- All players must wear Saints apparel or team colors only! Navy, white and grey shirts with or without a Saint's or CCHS logo are acceptable options. No other logos or prints are permitted. NO EXCEPTIONS!
- Shirts must be tucked in at times during Saints' events or practices.
- Shorts must be in navy only.
- All shirts and shorts should free of rips, tears, and cuts. Football players are not permitted to wear tank tops.
- No sagging pants or shorts or shorts longer than below the knees.
- Cleats must be primarily **BLACK** & may have white, grey or silver accent colors.
- Socks in navy, white, grey or black only. No other colors allowed!
- No jewelry, except medical I.D. tags, can be worn to practice or at any time practices or games.
- No unnatural hair-dyeing or bleaching nor unnatural colored hair pieces allowed.
- No special piercings allowed.
- A player must be responsible to carry all his necessary gear to and from practices and games.

#### **Game Days:**

- All players are expected to arrive one hour before her/his scheduled game fully dressed in team uniform and ready to participate.
- All players shall do no less than 15 minutes of warm-up before each game.
- All players are responsible for learning all game rules.
- All players must welcome the opposing team with hospitality and sportsmanship.
- If a player arrives 10 minutes late, he/she will sit out the first quarter of the game.
- If a player arrives at a game beyond 30 minutes tardy, a player will be asked to sit out the game but remain with the team so long as he/she is in uniform and not a distraction.
- If a player misses more than one practice a week for any reason, he/she will not be permitted to play in the upcoming game.
- Unexcused tardiness and absences will be noted and will be counted against a player when choosing participants for All Stars and additional award recognition at the sports banquet.

**Clean-up:** At end of every practice and games, we must clean-up after ourselves. If we leave the school site in a mess, they may not let us use in future, so we want to be considerate guests. We are also required to clean-up Central Catholic after our home games. An exact clean-up schedule will follow. Traditionally, 1-2 teams cover clean-up on the Sunday morning following each home game day for about an hour. If the Head Coach is not available, clarification must be made with the assisting coach, coach from another squad or the Football League Rep who will require clean-up that game day and will inform the player's Head Coach when the participant has completed her/his duty.

**Football Clinic:** The Saints host a mandatory "Annual Clinic" at CCHS for cheerleaders and football players. The clinic fee is included in registration. At clinic, players will receive a "spirit pack" and lunch. The spirit pack includes a shirt and shorts which must be worn that day. This is a great opportunity to meet new friends and get to know the coaches and staff while increasing in knowledge, skill, and focus.

**Rallies:** Rallies are traditionally held the last 30 minutes of practice on the Thursdays proceeding home games. During rallies, cheerleaders perform team half-time dances and cheer routines. Parents, Guardians, immediate and extended family are encouraged to attend all practices and rallies to display support for the program and dedication to the participants. Although family is asked to sit away from the practice area, there is plenty of room for lawn chairs to be placed where viewing is enjoyable and where friendships can be built. Our “We” motto is developed when parents, family, and friends join in on the fun. Rallies, practices, and game days are all times in which “We” become a united team. Please choose to become a part of the team.

**Team Photos:** Professional photos will be taken of the team and individuals sometime before the start of the season. Players must be in full uniform with no additions or deletions of any kind. Because of mass numbers and limited time, a traditional team and yearbook pose will be used throughout all squads. However, there is time allotted for individuals to take an additional photo with or without a sibling, family member or friend who is also a member of the Saints football or cheer teams or Saints board. The team and player photo may be used in the Central Saints yearbook, game program, and on the photo wall at homecoming unless the player or parents opt out. Photo packages are an affordable way to obtain professional photos of your daughter or son. Pictures of your daughter and/or son may be found on the Saint’s Shutterfly account as well. Submit your email when signing up your child for the cheer or football program in order to be added to Shutterfly.

**Munchie Games:** The Munchie Games are scrimmages against other teams in our league. This event is mandatory so players need to be prepared for the long yet rewarding day. It is the first opportunity of the season to demonstrate knowledge of newly acquired plays. Players are encouraged to bring plenty of water, sunscreen, and healthy snacks. Although there are food vendors, players rarely have time to purchase items. Parents may purchase food for their child to eat before or after games but players are not allowed to eat during a game or during half-time unless given permission by the Head Coach.

**Homecoming:** Homecoming week is filled with enthusiasm. Parent involvement is vital. Parents have fun dressing up according to the theme for added spirit. Homecoming is a full day in which cheerleaders and football players are expected to be present in its entirety. All cheerleaders perform at every half-time during homecoming. Parents, football players and cheerleaders are required to assist with decorations, set-up, and clean-up. Note that all participants in the organization are required to check in with coaches the following morning at 9:00 in order to clean up the Central Catholic football field, parking lot, and snack bar. Although Homecoming is a lot of work, it is equally a lot of fun!

**8th Grade Send Off:** Each year, a celebratory presentation prior to the varsity game is given to honor 8th Grade Cheerleaders and football players and their families. Cheerleaders, football players and their families dress up, parade across the field, and are individually named and honored as Saints’ VIP. The Junior Varsity families are asked to hostess this event. Volunteers are needed for this event. If you might be interested in assisting, please contact the Homecoming Coordinator or the Cheer Coordinator.

**Work Detail:** All families are required to submit a \$300 work deposit. Checks are not cashed so long as the mandatory work detail is accomplished. In order to meet the needs of the organization, each family must complete 8 or more hours based upon the following scale:

**Each Shift is a total of 2 hours**

1 Child - 4 shifts of a total of 8 hours

2 Children - 6 shifts of a total of 12 hours

3 Children – 8 shifts for a total of 16 hours

**\*In order to receive the \$300 work deposit at the end of the season, any loaned player’s football equipment must be cleaned and turned in. In addition, all fees and fundraiser monies for cheerleaders and football players must be turned in and all debt paid in full.**

**Sports Banquet and Awards Ceremony:** At the end of the season, the Saints host a banquet to honor the cheerleaders and football players. All eligible ball players receive trophies. (Players who quit before the end of the season will not be eligible for a trophy.) These awards are chosen by coaches and are based upon attendance and character displayed throughout the season. The banquet is not to be missed as it is a rewarding time for all. The Saints organization covers the expenses for all players; however family members are charged a small fee.

**Central Saints Website:** [www.centralsaints.org](http://www.centralsaints.org) is your go-to stop for all Central Saints information. This site includes game schedules, league standings, forms, updates, and much more. All photos from our in-house photographers can be viewed through Shutterfly.

**Parent Participation:**

- The Central Saints football and cheer programs depend upon the financial, physical and spiritual support of parents.

- Parents are encouraged to attend all practices, rallies, games, and activities of the Saints with the purpose to support players, coaches, and staff.
- Parents must sit away from the practice area and avoid interrupting their child or the coaching staff during practice.
- Parents are invited to participate in leadership and volunteerism throughout the season. Please contact the President, Vice-President or Secretary if interested in joining the parent team of volunteers.
- Parents are asked to follow the specific Grievance protocol for concerns that arise during the season. Parental concerns are taken seriously as parents are a vital part of the Saints family.
- Parents are expected to avoid and dispel gossip should it arise and are asked to strive toward conduct becoming of a Christian.

**Grievance Protocol:** Any complaints from parents/guardians and or players must follow the proper grievance protocol as outlined below:

1. Parent/Guardian must first meet with the Head Coach.
2. Parent/Guardian must meet with the Varsity Head Coach.
3. Parent/Guardian must meet with the Parent Liaison.
4. Parent/Guardian must meet with the Football League Rep (or Cheer League Representative if Football Rep is unavailable).
5. Parent/Guardian must meet with the Central Saints Board of Directors.

**Uniform and Fees:**

- Each player and his/her parent are responsible for paying for uniform and clinic registration fees. Players are given the options of fundraising, obtaining sponsors, or purchasing these items out of pocket. The league has set a limit on “out of pocket” expenses. Any money collected above the cost of the uniform and camp registration fees will be placed in the Central Saints General Account. This account benefits every child throughout the year and “over” fundraising is encouraged.
- Each player must pay for clinic and camp registration fees.
- Each player is responsible for the replacement of lost or stolen items.
- Each player is responsible for maintaining her/his uniform.
- Each player is responsible for showing up in full uniform when requested.

I have read and agreed to the terms set forth in the Football Rules, Guidelines and Informational.

Parent’s Name (print) \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_  
 Football Player’s Name (print) \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_