

FOOTBALL - RULES, GUIDELINES, AND INFORMATIONAL

1. Philosophy:

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

2. Age Groups:

- **Jr. Novice:** 6-8 years old (Player must be 6 on or before July 15th)
- **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

3. Coaches and Board Members:

- Your coaching staff is CPR/First Aid and USA Football certified and 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 and model Saints' standards, as outlined in this document, at all times.
- The Central Saints Organization operates under the direction of the Trans Valley Youth Football League (TVYFL), with all Central Saints board meetings held on the second Monday of the month.

4. Saints' Standard:

- The Central Saints Youth Football & Cheer requires the very highest standard of RESPECT, DISCIPLINE, SPORTSMANSHIP, TRUSTWORTHINESS, RESPONSIBILITY, and GOOD CITIZENSHIP, and our appearance, including attire, reflects 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 the first day of practice WILL result in immediate suspension and possible termination.)

5. Conduct:

- Players must demonstrate sportsmanship at all practices, games, and events and follow the high standards and goals of the team and coaching staff.
- Players are expected to control their behavior at all times, demonstrate respect for teammates, coaches, and opponents, and exhibit discipline by adhering to team rules.
- Players must prioritize teamwork, work ethic, responsibility, and mental toughness, while providing leadership through example and encouragement.
- Players must uphold respect for the game by following its rules and traditions, actively engage in community involvement, and embody the core values of the Central Saints organization at all times.
- Any conduct that does not meet the standards of the Saints program, including inappropriate expectations, behavior, or content, may result in removal from the roster without a refund.

6. Physical Requirements:

- Football players must have a physical examination no more than one year before the first day of conditioning. Physicals can be obtained from a personal doctor or through the doctor working with the Saints' organization, with the cost covered by the registration fee.
- The physical must be completed using the TVYFL physician form, dated within the current calendar year after January 1, and signed and stamped by an MD, DO, NP, or PA. Physicals completed by a chiropractor or physical therapist will not be accepted.
- Players must be in good physical condition and capable of strenuous activities such as running, jumping, stretching, and relays designed for strengthening and conditioning.
- Players must complete 10 hours of non-contact practice before they are eligible to participate in full-contact practice using pads. Additionally, players must complete 10 hours of full-contact practice in pads to participate in scrimmages or games.
- Players are required to complete 10 hours of conditioning before participating in the regular practice season. All practice sessions will include at least 15 minutes of warm-up stretches, cardio, and strength training.
- Players should maintain healthy eating habits, drink plenty of water to stay hydrated, and be capable of participating in practices for up to 2 hours per day, up to 4 days per week, handling vigorous physical activity for at least 15 minutes.

7. Pre-Conditioning and Mandatory Practice:

- Saints "Spirit Pack" is given to each player to be worn at all conditioning practices, and no other colors outside of Saints color will be allowed.
- Navy shorts and white shirts only.
- See the Dress Code Attached.

8. Attendance:

- Prompt and regular attendance is mandatory. Players must arrive on campus at least 15 minutes prior to the start of practice, with roll taken at that time.
- If a player is absent or tardy, it will be marked as “absent” or “tardy.” Players should avoid participating in extra-curricular activities that conflict with Central Saints football/cheer.
- Absences and tardiness will not be excused for practices or games missed due to other sporting events unless prearranged with the Head Coach.
- Excessive absenteeism or tardiness may result in loss of game play time or inability to play at all.
- Players must have at least 2 days of full-contact practice to participate in a game, and if a player misses more than one practice a week, they will not be permitted to play in the upcoming game.

9. Uniform:

- Players are responsible for their uniforms and must wear their complete uniform, with no substituted equipment or parts without approval from the Head Coach.
- If a player does not come in full uniform, they will not be permitted to participate.

10. Dress Code:

- 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 will forfeit their chance to participate and will be given an unexcused absence.

11. Game Days:

- Players must arrive 2 hours before their scheduled game, fully dressed in their team uniform, and ready to participate.
- All players must complete at least 15 minutes of warm-up before each game.
- Players are responsible for learning and understanding all game rules, and they must show sportsmanship by welcoming the opposing team.
- If a player arrives 10 minutes late, they will sit out the first quarter. If they arrive more than 30 minutes late, they will sit out the game but remain with the team as long as they are in uniform and not a distraction.

12. Clean-up:

- At the end of every practice and game, players must clean up after themselves.
- If we leave the school site in a mess, we may lose the privilege of using it in the future.
- Players are responsible for cleaning up after home games at Central Catholic High School. Each team is required to clean up at least 2 times per year, and players will check in with a board member once they have completed their clean-up duty.

13. Football Clinic:

- The Saints host a mandatory “Annual Clinic” at CCHS for cheerleaders and football players, with the clinic fee included in registration.
- Players will receive a “spirit pack” and lunch, and this clinic is a great opportunity to meet new friends and coaches while increasing knowledge, skill, and focus.

14. Rallies:

- Rallies are traditionally held during the last 30 minutes of practice on the Thursday prior to home games.
- During rallies, cheerleaders perform team half-time dances and cheer routines. Parents, guardians, immediate family, and extended family are encouraged to attend all practices and rallies to show support for the program and dedication to the participants.
- Players who leave rallies early will be considered to have an unexcused absence.

15. Team Photos:

- Professional photos of the team and individual players will be taken before the start of the season. Players must be in full uniform with no additions or deletions.
- The team and individual photos 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 child, and photos may also be posted on the Saints' Facebook account.

16. Munchie Games:

- The Munchie Games are mandatory scrimmages against other teams in our league and serve as the first opportunity of the season to demonstrate newly acquired plays.
- Players are encouraged to bring plenty of water, sunscreen, and healthy snacks. Although food vendors will be available, players typically do not have time to purchase items during the games.

17. Homecoming:

- Homecoming week is filled with enthusiasm, and parent involvement is vital.
- Parents can have fun dressing up according to the theme to add spirit and excitement. Homecoming is a full day, and cheerleaders and football players are expected to be present for the entire duration.
- All cheerleaders perform during every half-time at Homecoming. Parents, football players, and cheerleaders are required to assist with decorations, set-up, and clean-up.
- All participants in the organization must check in with their coaches the following morning at 9:00 AM to help clean up the Central Catholic football field, parking lot, and snack bar.

18. 8th Grade Send Off:

- A celebratory presentation is held to honor the 8th grade cheerleaders and football players, along with their families.
- Cheerleaders, football players, and their families dress up, parade across the field, and are individually named and recognized as Saints' VIPs.

19. Work Detail:

- All families must submit a \$750 work deposit. Checks will not be cashed as long as the mandatory work detail is completed.
- Each shift is a total of 2 hours, with work detail shifts based on the number of children.
 - **1 Child:** 4 shifts, totaling 8 hours
 - **2 Children:** 6 shifts, totaling 12 hours
 - **3 Children:** 8 shifts, totaling 16 hours

20. 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 football players will receive trophies based on attendance and character displayed throughout the season.
- The Saints organization covers the expenses for all players, while family members are welcome to attend free of charge, but there will be a fee for food served.

21. Firework Fundraiser:

- Each athlete is required to participate in the annual fireworks fundraiser.
- Families who participate will receive a \$100 fireworks voucher at a cost of \$100, which can be redeemed for \$100 worth of fireworks.
- If a family chooses not to participate, the \$150 fireworks fundraiser opt-out deposit will be cashed.

22. Parking Lot:

- Due to the possibility of theft and vandalism, we advise that you keep your vehicle 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.
- The use of the St. Stanislaus parking lot is a privilege, and we may lose this privilege if issues such as smoking, littering, speeding, loud music, driving unsafely, parking improperly, disruptive behavior, using offensive language, or consuming alcohol or drugs are not met.

23. Parent Participation:

- The Central Saints football and cheer programs rely on the financial, physical, and spiritual support of parents.
- Parents are encouraged to attend all practices, rallies, games, and activities to support the players, coaches, and staff.
- Parents should 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 volunteer roles throughout the season.
- Parents are asked to follow the Grievance Protocol for any concerns that arise during the season and to avoid and dispel gossip.

24. Grievance Protocol:

Any complaints must follow the proper steps of the grievance protocol:

- 1) Meet with the Parent Liaison.
- 2) If unresolved, meet with the Head Coach.
- 3) If still unresolved, meet with the Football League Representative.
- 4) If the issue persists, meet with the Governing Coach.
- 5) Finally, meet with the Central Saints Board of Directors.

25. Uniform and Fees:

- Players are responsible for paying the uniform and clinic registration fees, and they can fundraise, obtain sponsors, or purchase these items out of pocket.
- Any money collected above the cost of the uniform and camp registration fees will benefit the Central Saints General Account.

26. Anticipated Football Costs for the 2025 Season:

ANTICIPATED FOOTBALL COSTS FOR THE 2025 SEASON		
FOOTBALL REGISTRATION FEE \$500 (Non-Refundable)		
<input type="checkbox"/> Facility Use Fee <input type="checkbox"/> Physical <input type="checkbox"/> Saints Clinics <input type="checkbox"/> TVYFL Clinics <input type="checkbox"/> Team Footballs and equipment <input type="checkbox"/> Insurance	<input type="checkbox"/> Game Jersey <input type="checkbox"/> Game and Practice Pants <input type="checkbox"/> Mouthpieces <input type="checkbox"/> Socks For Each Player <input type="checkbox"/> Chin Straps <input type="checkbox"/> Game Bags	<input type="checkbox"/> Spirit/Practice Apparel <input type="checkbox"/> Super Bowl Bus <input type="checkbox"/> Super Bowl Meal <input type="checkbox"/> Super Bowl Sweatshirts <input type="checkbox"/> New Equipment (Helmets / Shoulder Pads) <input type="checkbox"/> Re-Cert Equipment (Helmets / Shoulder Pads)
Total \$500 Due at Time of Registration		

27. Football Registration Fee Details:

- The Football Registration Fee covers various essential costs to ensure a successful and safe season, including coaches' training certifications, CPR certifications, and safety supplies.
 - It also helps cover operational expenses like field maintenance, snack bar costs, medics, security, and physicals to support the program's day-to-day operations.
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Central Saints Website:

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.

TVYFL Website:

www.tvyfl.us is your go-to stop for all TVYFL information. This site includes all league football and cheer rules.

Acknowledgment:

I hereby acknowledge that I have read, understood, and agree to abide by all the terms and conditions outlined in sections 1-27 of the Football Rules, Guidelines, and Information. I understand the expectations, responsibilities, and policies set forth for participation in the Central Saints program, and I commit to supporting and upholding these standards for the benefit of all participants.

I understand and acknowledge that all fees **other than** work detail, fireworks, and clean-up deposit are non-refundable.

I understand and acknowledge that I have read all attached documents, including the Parents' Code of Conduct, and agree with each provision, and acknowledge that I will be liable for the actions and obligations of my family members, guardians, and guests, who are also considered representatives of my family in this context.

Parent's Name (print):
Parent's Signature:
Date:

Football Player's Name (print)
Football Player's Signature
Date:

Revised 2/4/2025