



2016 Triton Pop Warner Football Program



Contract

PLEASE READ AND FOLLOW THE INSTRUCTIONS CAREFULLY

Football
2016 Season

General Code of Conduct/Rules and Regulations

Follow all Pop Warner team rules as outlined in the Code of Conduct and by your coaches

Report all injuries immediately to your coach for further medical attention. If you are to see a doctor due to injury a doctor's note is required to return back to practice or to play in a game.

Treat coaches, teammates, and opponents with respect and dignity

Always compliment good performance, never highlight the bad

The following occurrences will result in disciplinary action and possible expulsion from the program. **NO EXCEPTIONS.**

- o Profanity and/or fighting, either physically/verbally
- o Emails and/or other means of communications that lead to confrontation or complaints, towards coaches or other athletes, in the Triton Pop Warner Program, and/or other Programs, (including Pop Warner, School, etc.)

It is your obligation to communicate with your head coach to let him know if you will be missing all or part of a practice, game, or scrimmage.

- o If you miss 1 practice during the week, playing in that week's game or scrimmage is up to the coach's discretion.
- o If you miss more than 1 practice during the week, you will be automatically prohibited from playing in that week's game or scrimmage.
- o Missing practice time can cause you to be unprepared for the game and chance injury to yourself or a teammate. You are still expected to show up for the game wearing your game jersey but not in the rest of your uniform.

We do understand that at times other recreational activities will interfere with practice. Please do your best to attend some of your practice. For example if another activity is from 7:00-8:00 PM, then you can be at football practice from 6:00-6:45 PM.

Attendance Policy

Starting from August 1st, a football player is allowed:

- o A total of four (4) unexcused absences from practices.
- o After 2 unexcused absences, you will receive a verbal warning; after 4 unexcused absences, you will receive written notification; and upon the 5th unexcused absence you will be dismissed from the team.

It is your obligation to communicate with your head coach about any and all upcoming absences from practices. It is up to the head coach's discretion as to whether the absence is excused or unexcused.

Scrimmages are counted as practices

Additional time off missed beyond the allowed limit will warrant your dismissal from the squad.

A total of one (1) unexcused absence from games. After 1 unexcused absence, you will receive written warning; and upon your 2nd unexcused absence, you will be dismissed from the team. **NO EXCEPTIONS TO THIS RULE.**

Please avoid vacations during August that interfere with practice. Prior to the beginning of school, TPW schedules its practices Monday through Thursday in order to allow families to vacation on the weekends.

ALWAYS NOTIFY YOUR HEAD COACH IF YOU ARE UNABLE TO ATTEND PRACTICE, IF YOU ARE GOING TO BE LATE, AND/OR IF YOU HAVE TO LEAVE EARLY. In addition, any football player consistently late for practice will be asked to sit out that practice with an UN-excused absence. This could result in the player not being eligible to play. This determination will be made at the discretion of the Head Coach with consultation of the Football Coordinator(s).

Any football player that has a prolonged absence (more than 2 days) from participating in a practice or game, due to an injury/illness, is required to provide a doctor's note to the Head Coach. The doctor needs to stipulate that the child is free from injury/illness and is able to resume practice at full capacity with no restrictions, (i.e. full contact, etc.).

Practices

Practice will begin on Monday, August 1, 2016 at Manter's Field in Byfield

Practice schedule from August 1st until the beginning of school:

- Monday, Tuesday, Wednesday, Thursday from 5:30 PM to 8:00 PM
- Fridays will be designated a make-up day for practices missed due to weather. Make up practices will be at the discretion of the head coach.

All practices in the first week of August will be in shorts, t-shirt and cleats only

All practices thereafter will be in full equipment unless otherwise determined by the head coach. It is the player's responsibility to ensure that he/she has all the equipment necessary to fully participate, i.e. chin strap, mouth guard, etc.

School-time practice schedule:

- Monday, Wednesday, and Friday from 5:30 PM to 7:30 PM
- Tuesdays, Thursdays, and Saturdays will be designated make up days for practices missed due to weather. Make up practices will be at the discretion of the head coach.

EACH PLAYER SHOULD ARRIVE AT THE PRACTICE FIELD 15 MINUTES PRIOR TO THE START OF PRACTICE AND SHOULD BE FULLY READY TO BEGIN AT 5:30 SHARP

Severe weather may preclude us from practicing on certain days. Individual team practice cancellations are at the discretion of the head coach only. Program-wide practice cancellations can be determined by the Football Coordinator(s), the President, the Vice President, and/or all other TPW Directors. The safety of all participants is of the utmost importance. We will not practice in dangerous weather, i.e. lightening. However, there will be times when practices are held in rain, snow, and other less than ideal conditions. Unless players are contacted and told that practice is cancelled, you are expected to attend practice on time and be fully prepared to participate.

Eligibility Requirements

Please refer to www.popwarner.com for the most current national Pop Warner age/weight eligibility requirements.

By Pop Warner rule, each team can field a maximum of 35 players. Placement of a team will be on a first come, first served basis. Those not placed on a team will be put on a waiting list and will be notified if a slot opens up on a team they are eligible for. TPW may, at its discretion, field a second team within a division if it deems that there are enough players registered to safely and competitively do so. In this case, all players within the division will be placed in a draft with picks determined by each team's head coach in the presence of the Football Coordinator(s).

Minimum Participation Rule

Each player who is eligible to play in that week's game is guaranteed a minimum number of plays from scrimmage on offense or defense (special teams play such as kick offs, punts, extra point attempts are not included)

The exact number of minimum plays is determined by national Pop Warner and/or the Pop Warner Football Conference of Eastern Massachusetts. Please refer to www.leaguelineup.com/pwfcem for the most current minimum play requirements

Prior to the 4th quarter of the game, the following is up to the discretion of the head coach:

When a player is inserted into the game

What position(s) he/she plays

How many consecutive plays the player is in the game for

The only exception to the above is when a player has not met his/her minimum participation requirement by the start of the 4th quarter. At this time the player will be inserted into the game and will not come out of the game until their MPR has been fulfilled.

MPR's are strictly recorded, signed by the head coach, and submitted weekly to the Conference

A MINIMUM NUMBER OF PLAYS DURING A GAME IS GUARANTEED. ALL ADDITIONAL PLAYING TIME, AND POSITIONS PLAYED ARE EARNED BY THE PLAYER, AND ARE AT THE FULL DISCRETION OF THE HEAD COACH.

Commitment

Commitment is one of the most important items that the league promotes. Commitment to the team means participating at every practice and game. This commitment to this program, includes volunteering and fundraising efforts, could run well into December depending on the outcome of each game.

I understand the Attendance Policy and will abide by the policies set forth within the Football Policy.

By signing this form, I represent that I have read this policy thoroughly and understand my commitment and that of my participant. This includes what is expected of my participant and myself, including but not limited to, volunteering hours, fundraising during the season, attendance, code of conduct and expectations.

Please remember that Football is a TEAM SPORT. Make every effort to be a part of your team, whether as a parent or a football player.

PRINT NAME – PARENT

PRINT NAME – PARTICIPANT

SIGNATURE – PARENT

SIGNATURE – PARTICIPANT

DATE

DATE

Parent Initials: _____ Participant Initials: _____