

ROCKY HILL YOUTH FOOTBALL
CT Youth Football League (CTYFL)
2018 PARENT/GUARDIAN HANDBOOK



ROCKY HILL

www.rhyfc.com

WELCOME FROM THE BOARD

Dear Terriers Parents/Guardians,

On behalf of the RHYFC board, welcome to the 2018 Terriers Football and Cheer season! If you are new to the Terriers we would like to welcome you and say thank you for joining our organization. If you are returning—WELCOME BACK! We look forward to another successful and exciting season.

RHYFC became a member of the Connecticut Youth Football League in January 2005. RHYFC promotes successful performance on the field and in the classroom by instilling corps ethics based on hard work, discipline, respect, determination and desire. The goal of RHYFC is to teach youth that the value and capability of the entire group is dependent upon each individual doing their best to achieve a single goal. No one athlete, coach, volunteer, parent/guardian, is more important than the team itself. RHYFC develops leaders on and off the field for today and the future. The youth of today are our future and the ethics and values learned in RHYFC are intended to help them establish a firm foundation for athletics, academics and life itself. RHYFC believes we owe our best to the kids entrusted to our care and mentorship before, during and after each season.

RHYFC provides all our athletes with some of the safest equipment available through Schutt and Riddell. All of our coaches have passed a mandatory criminal background check. In addition, RHYFC is a member of USA Football Heads-Up Program and all coaches are required to pass this certification as well.

We will do everything in our power to ensure that each athlete, coach, volunteer, and parent/guardian enjoy the 2018 season, gain experience and create memories!! In promoting ethics, safety and spirit of youth athletics, RHYFC has adopted this handbook in addition to the CTYFL bylaws. This handbook is binding upon all its participants: board members, coaches, athletes, cheerleaders, parent/guardians, volunteers and spectators. Violations of this Code of Conduct will result in disciplinary action against any offender. I ask that you take some time to review this handbook and adhere to the guidance provided herein.

“GO TERRIERS!!!”

**Rockwell Spalding
President
RHYFC**

OUR MISSION

Rocky Hill Youth Football & Cheerleading pledges to:

- **Foster and encourage youth recreational football and cheerleading**
- **Assist and promote the physical and intellectual development of our youth, and**
- **Provide a structure for inter-town competition, all while working tirelessly to**
- **Promote sportsmanship, fair play, wholesome participation, life enrichment and leadership development.**

2018 BOARD MEMBERS

President	Rockwell Spalding
Vice President	Michael Bozzi
Treasurer	Leigh Ann Ralls
Secretary	Charlene Maddock
Cheer Director	Janine Pavelec
Assistance Cheer Director	Jennifer Dow
Head Coach	Ernie Mazarella
Equipment Manager	Rob Greco
Parent Liaison (football)	Sherry Young
Parent Liaison (cheer)	Jennifer Dow
Registration	Leona Adamczyk
Concessions	Michael Bozzi
Fundraising	Melissa Cruz
Safety Coordinator	Marcus Wood
CTYFL Reps	Joe Morfea Heather Tuller
Members at large	Malissa Postell Terry Morris Wayne Postell

COMMITMENTS

Sportsmanship

Parents/Guardians are a vital part of the Terriers program and the development of our athletes. Whether cheering in the stands or volunteering Parents/Guardians must set a positive example of good sportsmanship. Support your coaches and refrain from using profanity. Parents/Guardians must stay off the practice/game field and remain under control in order to be a good example to our athletes and the opposing teams. Do not criticize RHYFC or opposing teams, its athletes, fans, officials or coaches by words or gestures. We will work together to help teach our athletes the value of commitment, sportsmanship, ethical conduct and fair play.

RHYFC requires all athletes to be honest, fair and always show good sportsmanship. Athletes will not engage in rude behavior and will treat everyone, including teammates, coaches, Parents/Guardians, fans, opponents and officials, with respect regardless of race, creed, color, nationality or sex. All Parents/Guardians and volunteers are required to sign a code of conduct prior to the season. Please make sure that you and your athlete read and understand the code of conduct prior to the beginning of the season.

Accountability

The season spans from August through November and into December for those who make it to the playoffs. It is the Parents/Guardians responsibility to make sure athletes are at practice and games at the designated times. If there are transportation issues, please address it ahead of time with your Team Mom so that other arrangements can be made if possible. Any transportation assistance by RHYFC staff or other parents is strictly voluntary.

Mandatory Fundraising

There is an operational cost to keep an organization of this capacity functioning. Our fundraisers offset the significant cost of providing the best experience possible to all of our children. RHYFC will have one mandatory fundraiser in 2018 and each athlete will be given a minimum sales goal or the option of a \$100 buyout.

Operational costs include but not limited to the following:

Trophies, awards & prizes	Referee fees
Insurance fees	Trainer fees
End of year banquet	Concessions
Cheer competition	Football uniforms
Cheer uniforms	CTFYL dues

Parent/Guardian Non-Certified Volunteers

Parent/Guardian participation is at the heart of the Terriers program. There is no paid staff at RHYFC. All work is performed by volunteers. Without a strong commitment from our participant families, RHYFC could not exist. There are multiple opportunities for a participant's family to support our program this year.

Volunteer jobs include but not limited to the following:

- Fundraiser assistance
- Concession (set up, sales and breakdown)
- Stadium cleanup
- Field breakdown
- Game day chain crew (away games)
- Special events (pasta supper, banquet, etc.)

Parent/Guardian Volunteer process

- Sign up for jobs whenever the Concession manager announces the upcoming event or requirements.
- Confirm with your Team Mom when you are due to volunteer and the specific task.
- Report for designated activity no later than 15 minutes prior to the start of your job assignment.
- Notify the Team Mom as soon as possible if you cannot perform your assignment.

FOOTBALL

Ages and Weights

The CTYFL has found that age and maturity are the dominant factors as to how well a child competes in the game of football. Our weight limits support most athletes in their given age or grade level, allowing more children to participate in sports. This will allow players in the same grade to play together throughout their youth careers. This also minimizes the amount of "older but lighter" players and the risk of those players taking key positions away from those of the proper age.

High School students are excluded from playing at the youth level and are encouraged to play with their schoolmates at the High School level.

The CTYFL has aligned the makeup of the teams to closely coincide with the school grade levels, and at the same time keep the age span on a team as tight as possible. Below are the ages and weight limits of the teams.

Please Note: All CTYFL teams must abide by the age and weight matrix listed below, there will be no exceptions.

Division	Age as of 12/31	Max Weight*	Older/Lighter Rule
A Team	13-14	197	Not Available
B Team	11-12	161	Age 13/<106 lbs.
C Team	9-10	135	Age 11/<85 lbs.
MM Team	7-8	115	Age 9/<65 lbs.

Mighty Mites: 7-8 Year Olds

Age: Players must be at least seven (7) years of age prior to Dec 31st of the playing year and cannot turn nine (9) years of age on or before December 31st of the playing year.

Weight: The maximum weight shall be one hundred and fifteen (115) pounds at game time. 9 yr olds under 65lbs may play on MM team.

C Team: 9-10 Year Olds

Age: Players cannot turn eleven (11) years of age on or before December 31st of the playing year.

Weight: The maximum weight shall be one hundred and thirty-five (135) pounds at game time. 11 yr olds under 85lbs may play on C team

B Team: 11-12 Year Olds

Age: Players cannot turn thirteen (13) years of age on or before December 31st of the playing year.

Weight: The maximum weight shall be one hundred and sixty-one (161) pounds at game time. 13 yr olds under 106lbs may play on B team.

A Team: 13-14 Year Olds

Age: Players cannot turn fifteen (15) years of age on or before December 31st of the playing year. Players cannot be enrolled in high School.

Weight: The maximum weight shall be one hundred and ninety-seven (197) pounds at game time.

**All weights shall be determined with players in uniform, including playing shoes, without helmet, shoulder pads, and rib vest. Players not in danger of being overweight need not remove any equipment for weigh-in.*

Required Documentation

New players must provide a copy of his/her birth certificate. All registering players will have a physician's statement form signed by a physician as well as the parental consent form. These forms must be submitted within the first week of practice. They can be found on the website. A football player cannot practice with equipment unless these forms have been received. Each player will also be required to sign a code of conduct form along with his or her parent/guardian.

Practices

During the month of August, football practices are generally held Monday through Thursday from 6:00 pm to 8:00 pm. Once school is in session, practices for the B and C teams will be held Tuesday through Thursday from 5:45 pm to 7:45 pm. Mighty Mites generally practice Tuesday and Thursday from 5:30 pm to 7:15 pm. All practices will be held at the Rocky Hill High School Athletic Fields unless otherwise noted.

In the event that a practice has been changed or canceled, the information will be posted on RHYFC.com as well as emailed and/or texted to anyone registered on RHYFC.com. It is essential that you register for email and text alerts so that you are up to date with the latest information. RHYFC will always adhere to the Rocky Hill Parks & Recreation field usage standards. Therefore, if the athletic fields are closed by Parks & Rec, there will be no practice. If the fields are not closed by Parks & Rec and there is inclement weather, RHYFC will use its discretion in canceling practice. *Please do not email or call your coach to ask if practice is canceled.*

Coaches will expect each child to attend and participate in every practice and game. Practice time is extremely valuable and is used to develop each player's skills as well as prepare the team for the

upcoming opponent. If a player must miss a practice or game, a coach must be notified either by phone or email before practice begins. Limited excused absences are acceptable and will be allowed, however excessive absences may result in loss of playing time due to lack of participation. Unexcused absences may result in immediate loss of playing time.

It is extremely difficult for a child to participate at a high level in football if he or she is involved in multiple activities during football season, therefore it is not recommended. Coaches will follow the guidelines for missed practices mentioned above.

Coaches will announce the dress code for the next practice. The majority of practices will be held in "Full Pads". Please reference the "Dress Code" for what to wear to practice.

Dress Code for Football

"NO PADS" - Players do not need to wear their pads or helmet to practice. Dress in workout clothing appropriate for the weather.

"HELMETS ONLY" - Same as no pads except you need to wear your helmet.

"SHELLS" - Players will need to wear helmet/mouthpiece, shoulder pads, and practice jersey.

"FULL PADS" - Players will need to wear helmet/mouthpiece, shoulder pads, practice jersey, practice pants, girdle, knee/thigh/tailbone pads, cup/supporter, and cleats.

Games

Each age group will play eight regular season games.* Players that are on the A, B, and C teams will have the opportunity to play up to three more playoff games depending on their regular season record.

*Amount of games can be less depending on CTYFL scheduled 'bye weeks' due to unbalanced teams in the league or unforeseen game cancellations.

Games are generally two hours long. Players should be present 1 hour prior to kickoff in order to weigh in. Each game consists of four 18 minute running time quarters.

Games are only cancelled if lightning strikes in close proximity however; the CTYFL game officials or RHYFC president are the only individuals who can cancel a scheduled game due to weather.

All home games will be played on McVicar Field at Rocky Hill High School. All away games will be played at our opponents respective home fields. All games will follow the same game time schedule unless otherwise noted.

TEAM	KICK OFF TIME
B Team	9:00 AM
A Team	11:00 AM
C Team	1:00 PM
MM Team	3:00 PM

All athletes are required to arrive to games at least one hour prior to their scheduled game time. Athletes must be present for pregame certification and be present for stretches/warm-up. Stretching/warm-up is a vital part in keeping your child safe and prepared on the field. Most injuries that occur on the field are muscle cramps or muscle type injuries, which can be prevented with hydration and proper stretching. If an athlete has to miss a game due to illness or an emergency, please contact the Coach immediately.

Positions/Playing Time

Players will be competing with their peers for playing time at each position during practices, scrimmages, and games. Coaches will evaluate each player in order to determine where they can help the team the most and ultimately where the player can be the safest and most successful. Players who demonstrate hard work, discipline, and good attendance during practices and games will be rewarded with additional recognition and playing time.

The RHYFC and CTYFL by-laws mandate that all players must participate in at least six plays per game which includes offense, defense, and special teams (A & B teams). As mentioned above, playing time is determined by a player's attendance, work ethic and participation level during practices, scrimmages, and games.

Disciplinary Actions

Running is an everyday part of practice. On those few occasions when it is necessary to discipline a player for a minor infraction, like failing to pay attention or talking while the coaches are talking, the player may be asked to run additional laps around the practice field, do push-ups or perform another exercise. Normally, that will be the end of disciplinary action. With such a high caliber of kids, severe disciplinary problems are not expected to be a problem on any team.

Equipment

RHYFC supplies a majority of the necessary equipment needed to participate. The equipment manager will assign a date and time to hand out equipment. This is usually done approximately one week after practice begins. Each player will receive the following:

- Game jersey
- Game pants
- Practice jersey
- Helmet with face mask and chin strap
- Shoulder pads

This equipment must be returned to the football program at the season's end or parents/guardians will be billed for replacement equipment.

The following items will need to be purchased in order for your child to participate in practices and games:

- Practice pants and girdle OR Integrated practice pants (which game pants will then need to go over)
- Athletic supporter with protective cup
- Football cleats w/molded rubber spikes - *No Metal Spikes Are Allowed!*
- Mouthpiece
- Water jug (Note: only water is allowed on any turf field)

Safety/Injuries

Student/athletes are required to immediately inform their coaches of any injury or condition which may affect their participation in a practice session, scrimmage, or game.

Parents/guardians are responsible for informing the coaches should their student/athlete suffer any injury requiring medical treatment as a result of participation in a RHYFC practice, scrimmage, or game.

Any player that is injured and requires medical attention from a physician **MUST** have clearance from a medical physician in order to return to practice.

Conditioning

Athletes will be required to run, do calisthenics and practice basic jumps, etc. Because this is a rigorous and challenging activity for some, you may find your athlete is tired, possibly a little grumpy, and easily agitated. As your child becomes more fit and gains confidence, his/her attitude

will improve. Continue to show support and enthusiasm to your child during this phase. Please wear cool loose clothing (gym shorts and t-shirts) and cleats. Cheer should wear athletic shoes. Remember to drink plenty of water well before practice begins and avoid sugary drinks and greasy foods prior to practice.

MISCELLANEOUS

First Aid

Each town must ensure that emergency medical personnel are present for duty at the start of and throughout each game. The cost of an athletic trainer or EMT is paid for by the host team.

Referees

Each town must ensure that referees are present for each game. The cost of each referee is paid for by the host/home team.

Concession Stand

The concession stand raises significant money for the league. Without parent/guardian involvement, they cannot operate. Volunteers are needed from all divisions for every home game.

Issues or Complaints

Problems or complaints should be discussed with the Head Coach to try to arrive at a solution to the problem. Under no circumstances is a Parent/Guardian to approach a coach with a complaint or an evaluation of coaching philosophy during practice and/or on game day. Please schedule an appointment to discuss the issue with the Head Coach, preferably 15 minutes prior to or 15 minutes after practice. All issues that may arise must be addressed with the Head Coach. Anything that cannot be resolved at this point will be brought to the President or Vice-President.

24 HOUR RULE: Please allow 24 hours after a game to address any issues with a coach. Emotions are escalated immediately following competition and it is in the best interest of everyone to allow time to calm down and address issues in the proper manner.

Pictures

Professional photography will be offered early on in the season for all squads. Purchases of individual and team photos are the responsibility of the parents/guardians. No one is required to order pictures, but all players should be available for taking the team picture.

Pasta Dinner

The pasta supper is an annual fundraiser. Each player will receive 5 tickets. Additional tickets may be purchased for \$10 each. This year's supper is to be held on Sunday, October 7, 2018 at the Irish American Home Society at 132 Commerce Street in Glastonbury. This is a great time to meet and get to know all the families involved. Each family is asked to bring a dessert to share, labeled due to allergies. A raffle with numerous prizes is held at this event.

End of Year Banquet

The finale to our season is a football to be held in January. This is an evening of recognition and fun for our athletes. The main purpose is to acknowledge our athletes and others who made the season possible. Volunteers will be needed for this event. Dates and times will be announced.

RHYFC CONDUCT RULES

All players, parents/guardians, volunteers and coaches are expected to conduct themselves in a manner becoming so that they fully represent the spirit of the Rocky Hill Terriers league in a positive light. No unsportsmanlike conduct will be accepted from anyone, this includes but is not limited to hitting, spitting, name calling, foul or abusive language, talking negatively about another team or refusing to shake the other teams hands at the end of each game.

Parent Code of Conduct

- I understand I am to conduct myself in a civil and respectable manner at all league sponsored events.
- I will assist RHYFC in teaching my child and others in the league that rules are important, and should be followed.
- I understand that children learn best by example and that I will always attempt to set a good example for my child and any other participating children.
- I will teach and demonstrate by example the importance of good sportsmanship in victory and in defeat.
- I will ensure my athlete is on time for practices and games.
- I will not publicly question the honesty, integrity or judgment of the coaches or game officials.
- I understand that verbal and physical abuse is not to be tolerated. Verbal abuse includes swearing, profanity, and foul or demeaning language.
- I understand that abusive or violent conduct with any child, parent, staff member, fan, referee or any participating person is prohibited and shall not be tolerated.
- I understand that sexual or vulgar conduct or language is prohibited and shall not be tolerated.
- I understand that language that is considered offensive from a racial, ethnic, religious or gender perspective is prohibited and will not be tolerated.
- I understand that sexual harassment of any nature is prohibited and will not be tolerated.
- I understand that drinking alcoholic beverages, using illegal substances or being under the influence of either alcohol or illegal substances on any school grounds is prohibited and will not be tolerated.
- I understand smoking is prohibited at all RHYFC games and practices.
- I shall responsibly handle disagreements, and shall not engage in divisive or destructive activities such as verbal and physical confrontations, gossip and/or the spreading of rumors.
- I further accept responsibility for my family members, friends, guests and/or anyone who accompanies me to any RHYFC game, practice or other activity, and shall ensure they exhibit good sportsmanship and comply with this Code of Conduct.

Parent/Guardian Signature

Date

Athletes Code of Conduct

I hereby pledge to exhibit good sportsmanship, act as a role model and comply with the RHYFC Conduct Rules. I agree to conduct myself accordingly. I understand that a failure to abide by these rules could result in disciplinary action including but not limited to a penalty, ejection, game forfeit, suspension and/or disqualification from further participation. I further pledge that:

I WILL:

1. Be respectful of my parents/guardians, coaches, teammates, opponents, game officials, and teachers.
2. Complete all homework assignments and work to maintain my grades at school.
3. Attend all practices and games; be on time for practices and games and ready to play or perform when called upon.
4. Work to improve as a player, teammate and/or person.
5. Encourage my teammates.
6. Bring my own water to practices and games.
7. Keep all of the equipment issued to me clean and safely in my possession at all times.
8. Notify my coach as far in advance as possible, if it is necessary for me to miss a game or practice.
9. Always take the safety of my teammates into consideration and I will not act in any way that will create an unsafe or dangerous situation.
10. Listen to my coaches and participate in practice as directed to the best of my abilities.

I WILL NOT:

1. Use foul or demeaning language.
2. Mock, taunt, or demean another member of my team or an opposing team.
3. Fight with another player.
4. Talk back to or be disrespectful to my parents/guardians, teachers, teammates, coaches, volunteers, and/or any game or league official.
5. Fool around during practice and water breaks.
6. Damage the property of another.

Athlete Signature

Date