

American Elite Athletics

Youth Sports League Handbook



**AMERICAN ELITE
ATHLETICS INC.**

Welcome

Welcome to **American Elite Athletics (AEA)**. We are proud to provide a competitive, positive, and structured environment where young athletes can grow both on and off the field. This handbook outlines our values, expectations, policies, and procedures to ensure a safe, respectful, and rewarding experience for everyone involved.

About us

American Elite Athletics was founded by a former **NFL FLAG Alabama coach**, his best friend, and his wife—three passionate leaders united by a shared vision: to create a positive, empowering space where young athletes can grow, compete, and succeed.

Mission

Our mission is to become a leading youth sports organization that develops confident athletes, academically strong students, and responsible community leaders. We strive to serve as a guiding force for youth in our community and across the country while building the premier youth sports league in the world.

Our vision

To empower the leader of tomorrow through sports by fostering physical development, Integrity , discipline, and lifelong leadership skills in a positive and inclusive environment.

Youth sports programs play a significant role in promoting the physical, social, and emotional development of children. Therefore, it is essential for parents, coaches, and officials to encourage youth athletes to embrace the values of good sportsmanship. Furthermore, parents, coaches, spectators, and officials involved in youth sports events should be models of good sportsmanship and should lead by example by demonstrating fairness, respect, and self-control.

Athletes Code of Conduct

1. I will be positive about my youth sports experience and accept responsibility for my participation by following this Conduct Pledge.
2. I will encourage good sportsmanship from fellow athletes, coaches, officials, and parents at every game and practice by demonstrating good sportsmanship.
3. I will attend every practice and game that I can and will notify my coach if I cannot.
4. I will do my best to listen and learn from my coaches.
5. I will treat my teammates, coaches, officials, and fans with respect regardless of race, sex, creed, or abilities, and I will expect to be treated accordingly.
6. I deserve to have fun during my sports experience and will alert parents or coaches if it stops being fun!
7. I deserve to play in an environment that is free of drugs and alcohol and expect adults to refrain from their use at all sanctioned activities.
8. I will encourage my parents to be involved with my team in some capacity because it is important to me.
9. I will do my best in school, maintaining my grades and refraining from negative school conduct. **(Remember you are a student athlete not a athlete student)**
10. I will remember that sports are an opportunity to learn and have fun.
11. I will not engage in any behavior which would endanger the health, safety, or well-being of any player, coach, parent, participant, official, or any other attendee.
12. I will not engage in verbal or physical threats, sexual harassment, or bullying in any capacity to include social media, digital applications, texting, emails, or phone calls against my teammates, coaches, parents, participant, official, or any other attendee.

Parent Code of Conduct

Parents and guardians play a critical role in the development of young athletes. Whether participating as spectators or volunteers, parents are expected to set a positive example and uphold the values of sportsmanship, respect, and integrity both on and off the playing field. All compliance concerns or violations will be reviewed by the **American Elite Athletics Board of Directors** and addressed accordingly.

By participating in American Elite Athletics programs, parents and guardians agree to the following:

- Provide positive support, care, and encouragement to their child at all times.
- Promote good sportsmanship by demonstrating respect toward all athletes, coaches, officials, and spectators at games, practices, and league-sponsored events.
- Place the emotional and physical well-being of their child above any personal desire to win.
- Ensure their child participates in a safe and healthy environment.
- Support coaches and officials in their roles to foster a positive and enjoyable experience for all participants.
- Maintain a sports environment free from drugs and alcohol and refrain from their use at all league-sanctioned activities.
- Make every effort to ensure that youth sports remain fun, educational, and rewarding for their child.
- Encourage their child to treat all players, coaches, officials, and attendees with respect, regardless of race, sex, creed, or ability.
- Contribute positively to their child's experience by acting as a respectful spectator, assisting when appropriate, or providing transportation as needed.
- Communicate concerns or constructive feedback through the team coach and address such matters away from practices and games.
- Direct concerns regarding referees, league officials, coaches, spectators, or volunteers to the appropriate **Parental Liaison**.
- Fulfill all financial obligations associated with league participation in a timely manner.
- Comply with all medical recommendations related to their child's health, injuries, and ability to participate, and provide medical documentation when requested.
- Accept the decisions of game officials as final and made to the best of their professional judgment. Parents must remain in designated spectator areas and maintain appropriate conduct at all times.

Disciplinary Action

Inappropriate or disruptive behavior may result in immediate removal from the venue. Repeated violations may lead to suspension from future games or league-sponsored activities.

Coach's Code of Conduct

Coaches play a vital role in the development of young athletes and are expected to uphold the highest standards of professionalism, leadership, and sportsmanship. By participating in American Elite Athletics, all coaches agree to the following expectations:

- **Provide support, care, and positive encouragement to all athletes participating in youth sports.**
- **Accept responsibility for the supervision, safety, and conduct of all athletes on their team.**
- **Create an environment where athletes can enjoy the game while developing skills and confidence.**
- **Treat all athletes with respect and refrain from negative or demeaning criticism.**
- **Teach the fundamentals of the sport, promote teamwork, and emphasize the importance of good sportsmanship.**
- **Lead by example by demonstrating integrity, professionalism, and respect on and off the field.**
- **Ensure fair and equitable playing time at the recreational level unless otherwise specified by league policy.**
- **Provide constructive instruction and positive guidance to athletes during games and practices.**
- **Maintain a thorough knowledge of league and game rules and adhere to them at all times.**
- **Respect the authority and decisions of game officials.**
- **Communicate clearly and professionally with parents regarding team rules, practices, schedules, and expectations.**
- **Respect all facilities, equipment, and property used during practices and games.**
- **Refrain from using abusive language, threatening behavior, or any form of harassment toward athletes, parents, coaches, officials, or staff.**
- **Abstain from the use of drugs or alcohol at all league-sanctioned events and activities.**

- Remember that youth sports are for the development and enjoyment of children, not for adult interests.
 - Provide a safe playing environment and utilize age-appropriate and developmentally appropriate coaching techniques for each athlete.
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Acknowledgment

I acknowledge that I have read, understand, and agree to abide by the Coach's Code of Conduct as outlined above.

Coach's Name: _____

Date: _____

Signature: _____

DISCIPLINARY PROCEDURES

American Elite Athletics is committed to maintaining a safe, respectful, and positive environment for all participants. Disciplinary action may be taken when league rules, policies, or standards of conduct are violated.

GENERAL PRINCIPLES

- Discipline will be applied **fairly, consistently, and respectfully**
- The **severity of the consequence** will match the nature of the offense
- Player safety, sportsmanship, and league integrity are the top priorities
- The league reserves the right to discipline any participant whose behavior negatively impacts the league

LEVELS OF DISCIPLINE

Level 1 – Minor Infractions

Examples include:

- Unsportsmanlike language
- Arguing with officials
- Disrespectful behavior
- Failure to follow instructions

Level 2 – Moderate Infractions

Examples include:

- Repeated Level 1 violations
- Taunting or excessive arguing
- Unsportsmanlike conduct penalties
- Disrespect toward officials or staff

Possible Consequences:

- Removal from the game or venue
- One-game suspension
- Written warning to parent/coach

Level 3 – Major Infractions

Examples include:

- Physical altercations or fighting
- Threatening behavior
- Harassment, bullying, or discrimination
- Abuse of officials, staff, or participants

Possible Consequences:

- Immediate ejection

Level 4 – Severe or Zero-Tolerance Violations

Examples include:

- Physical assault
- Weapon possession
- Drug or alcohol use at events
- Any action that endangers player safety

Possible Consequences:

- Immediate removal from the league
 - Permanent ban from American Elite Athletics
 - Notification of local authorities if necessary
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DISCIPLINE AUTHORITY

- **Referees** may issue in-game penalties or ejections
- **Game Day Representatives** may remove individuals from venues
- **League Administration** has final authority on suspensions, removals, and appeals

APPEALS PROCESS

- Appeals must be submitted **in writing within 48 hours** of the incident
- Appeals will be reviewed by league administration
- Decisions made after review are final

PARENT & SPECTATOR DISCIPLINE

Parents and spectators are subject to the same standards of conduct. Violations may result in:

- Removal from the facility
- Suspension from attending future games
- Removal of athlete participation if behavior continues

ACKNOWLEDGMENT OF DISCIPLINARY POLICY

Participation in American Elite Athletics indicates acceptance of all league rules, disciplinary procedures, and consequences.

Athlete Signature

Parent Signature

Complaint Resolution Timing

Complaint Resolution Process

All complaints must be submitted in writing and will be acknowledged and reviewed by the appropriate sport league official or American Elite Athletics representative within **ten (10) days** of receipt. The initial response may be provided via phone, email, or standard mail.

If additional review is required, follow-up communications will be issued at intervals of **one (1) to fourteen (14) days** until the matter is resolved. Complaints that remain unresolved after **thirty (30) days** from the date of receipt may be escalated to the **American Elite Athletics Board of Directors** for further review.

While not all matters may be fully resolved within the 30-day timeframe, American Elite Athletics is committed to transparency and timely communication and will make every reasonable effort to keep all relevant parties informed should the review process extend beyond this period.

Background Checks & Required Certifications

Each American Elite Athletics–sponsored sport league, in coordination with the Board of Directors, is responsible for maintaining compliance with background screening requirements through **NSID** or another approved background check provider.

In addition, American Elite Athletics requires all applicable participants to maintain current certifications, which may include but are not limited to:

- Concussion Protocol Training
- CPR and First Aid Certification
- Any additional health or safety training deemed necessary

Compliance with these requirements is mandatory for participation in league games, practices, and tournaments.

Coach Recruitment & Screening

- All **volunteer coaches** must complete the Volunteer Coach Application through the American Elite Athletics registration system.
- All **paid coaches** must complete the required American Elite Athletics onboarding and employment documentation.
- All coaches are subject to a comprehensive background check, including appropriate inquiries regarding any prior history of sexual misconduct or unlawful activity.
- Background screenings will be updated at a minimum of **once every two (2) years** to ensure continued compliance.

American Elite Athletics Abuse Prevention Policy & Procedures

American Elite Athletics is committed to maintaining an environment in which all individuals are treated with dignity, respect, and fairness. As a youth-serving organization, the safety and well-being of the children and adolescents participating in our programs is our highest priority.

American Elite Athletics strictly prohibits abuse of any kind and is dedicated to preventing, identifying, and responding promptly to any conduct that compromises the safety of our participants. All reports of alleged abuse will be taken seriously and thoroughly investigated in accordance with league policies and applicable laws. When an investigation determines that a violation may have occurred, the matter will be referred to the appropriate law enforcement or child protection authorities.

Non-Discrimination Statement

These policies shall not be interpreted or applied in a manner that excludes, limits, or separates individuals based on gender or any other characteristic protected by applicable federal, state, or local law. American Elite Athletics is committed to equal opportunity and inclusive participation in all programs and activities.

Policy Distribution & Training

All professionals, employees, contractors, and volunteers associated with American Elite Athletics shall be provided with a copy of this policy. Required training and educational resources will be made available to support understanding, implementation, and compliance with these procedures.

Definitions

Sexual Abuse

Sexual abuse refers to any unwanted physical conduct of a sexual nature, including but not limited to sexual contact, sexualized behavior, touching, fondling, or sexual relations. Sexual abuse of a child, youth, or adult includes the exploitation or use of an individual for the sexual gratification of another.

Sexual Harassment

Sexual harassment is any unwelcome sexual advance, request, or verbal, nonverbal, or physical conduct of a sexual nature that a reasonable person would perceive as intimidating, hostile, demeaning, or coercive. Sexual harassment is recognized as an abuse of power and may include, but is not limited to, the creation of a hostile environment resulting from discrimination based on sex, gender, sexual orientation, race, color, religion, or any other legally protected characteristic.

Grooming

Grooming is a deliberate process by which an individual builds trust, emotional connection, or authority with a minor for the purpose of manipulation, exploitation, or abuse.

Prohibited Conduct

The following behaviors are strictly prohibited:

- Use of degrading, demeaning, or discriminatory language or conduct. Coaches and staff are responsible for addressing and stopping disrespectful behavior among participants, including sexual harassment.
 - Threatening, intimidating, or intentionally causing physical harm to any individual, particularly a minor. Coaches are responsible for intervening when such behavior occurs.
 - Committing or attempting to commit any sexual offense involving a minor.
 - Making sexual advances or engaging in any verbal, written, or physical conduct of a sexual nature with a minor.
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Prohibited Grooming Behaviors

The following behaviors are prohibited and may be considered indicators of grooming, including but not limited to:

- **One-on-One Transportation:**
Traveling alone with an athlete who is not a family member. Any transportation

arrangements must be approved in advance through written communication (text or email). Verbal approval will not be accepted. In emergency situations, the coach or volunteer must notify an American Elite Athletics representative immediately. This policy does not prohibit participation in organized team transportation.

- **Private One-on-One Interactions:**

Any private, isolated interaction between an adult and a minor who are not related is prohibited. Individual instruction must occur in a public setting, preferably with multiple adults present.

- **Electronic Communication:**

One-on-one communication with minors via text, phone calls, or social media is prohibited. All communications must include or be directed through a parent or guardian and follow league communication guidelines.

- **Physical Contact:**

Physical contact with athletes is prohibited outside of practices or competitions and limited during activities to appropriate, non-invasive contact. Acceptable contact includes:

- Correction of form with prior verbal permission
 - Congratulatory gestures such as high-fives or brief pats on the back
 - Proper spotting techniques used for athlete safety, explained in advance
- In all circumstances, permission should be requested prior to physical contact.
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Reporting an Incident

American Elite Athletics strongly encourages the prompt reporting of any suspected or perceived incidents of abuse, harassment, or discrimination, regardless of the identity or position of the individual involved.

Reports will be investigated promptly and thoroughly. Investigations may include interviews with involved parties and witnesses and review of relevant information.

Confidentiality will be maintained to the greatest extent possible while allowing for a complete investigation and appropriate corrective action. Retaliation against any individual who reports concerns or participates in an investigation is strictly prohibited and will result in disciplinary action.

Corrective & Disciplinary Action

Confirmed violations of this policy may result in corrective action, which may include training, counseling, written warnings, suspension, removal from participation, or termination of employment or volunteer status, as deemed appropriate under the circumstances.

Knowingly false or malicious complaints may result in disciplinary action. Complaints made in good faith, even if unsubstantiated, will not result in retaliation or penalty.

Acknowledgment & Consent

By signing below, I acknowledge that I have read, understand, and agree to comply with the American Elite Athletics Abuse Prevention Policy and Procedures.

In consideration of my minor child or ward being permitted to participate in American Elite Athletics programs and activities, I grant American Elite Athletics the unrestricted right to use my child's likeness, including photographs and video, for promotional or informational purposes in any media now known or hereafter developed, without further approval or compensation.

Medical Release, Assumption of Risk, and Liability Waiver

In consideration of my child being permitted to participate in **American Elite Athletics** athletic programs, related events, and activities, I, the undersigned parent or legal guardian, acknowledge, understand, and agree to the following:

1. **Assumption of Risk**

I understand that participation in athletic activities involves inherent risks, including but not limited to injury, illness, permanent disability, paralysis, or death. While rules, proper equipment, and supervision may reduce these risks, they cannot eliminate them entirely. I knowingly and voluntarily assume all such risks, whether known or unknown, associated with my child's participation.

2. **Responsibility for Participation**

I accept full responsibility for my child's participation in American Elite Athletics programs and acknowledge that my child is physically and medically able to participate. I agree to comply with all stated rules, policies, and customary conditions of participation.

3. **Safety Awareness**

If I observe or become aware of any condition or situation that I believe to be unsafe or hazardous, I agree to immediately remove my child from participation and notify the nearest American Elite Athletics official.

4. **Release and Waiver of Liability**

On behalf of myself, my child, and our respective heirs, assigns, personal representatives, and next of kin, I hereby release, waive, discharge, and hold harmless **American Elite Athletics**, its directors, officers, employees, volunteers, agents, officials, sponsors, advertisers, other participants, and facility owners or lessors (collectively referred to as the "Released Parties") from any and all claims, demands, causes of action, or liability for injury, illness, disability, death, or loss or damage to property, whether arising from the negligence of the Released Parties or otherwise, to the fullest extent permitted by law.

Acknowledgment

Athlete Name (Printed): _____

Parent/Guardian Name (Printed): _____

Parent/Guardian Signature: _____

Date: _____

Media Release & Authorization Form

American Elite Athletics

I, the undersigned parent or legal guardian, grant permission to **American Elite Athletics** (“AEA”) and its representatives, agents, employees, and authorized media partners to photograph, video record, and/or otherwise capture my child’s likeness, voice, and participation during league activities, events, games, practices, and related programs.

I understand and agree that these images, recordings, or likenesses may be used for lawful purposes including, but not limited to:

- Promotional and marketing materials
- Social media content
- Websites and digital platforms
- Printed materials and publications
- Broadcast or streaming media

I acknowledge that such media may be edited, duplicated, distributed, or displayed in any format now known or hereafter developed, without prior approval or review.

I further understand that:

- No compensation will be provided for the use of my child’s likeness
- All media content becomes the property of American Elite Athletics
- This authorization is granted voluntarily and may be revoked only in writing, with the understanding that previously published materials cannot be withdrawn

I release and hold harmless American Elite Athletics, its officers, directors, employees, volunteers, agents, sponsors, and affiliates from any claims, demands, or liability arising from the use of my child's likeness, including claims related to invasion of privacy, defamation, or misrepresentation.

This release shall remain in effect for the duration of my child's participation in American Elite Athletics programs unless revoked in writing.

Acknowledgment & Consent

Athlete Name (Printed): _____

Date of Birth: _____

Parent/Guardian Name (Printed): _____

Parent/Guardian Signature: _____