

MARTINEZ YOUTH FOOTBALL & CHEER

2026 POLICIES & PROCEDURES MANUAL

(Adopted by the MYF Board of Directors)

1. PURPOSE & AUTHORITY

Martinez Youth Football & Cheer (MYF / Martinez Bulldogs) operates as a volunteer-run youth sports organization committed to athlete safety, fairness, and operational consistency. These Policies & Procedures govern participation, safety, financial obligations, and conduct for the 2026 season and beyond.

All policies adopted by the MYF Board are **binding and enforceable**. Policies may be updated by Board action and do not require amendment of MYF bylaws.

2. PARTICIPATION ELIGIBILITY

Participation in MYF programs is contingent upon:

- Completion of all required registration materials
- Full or approved payment arrangements
- Submission of required medical documentation
- Compliance with MYF policies, procedures, and codes of conduct

No athlete may participate in practice or events until all eligibility requirements are met.

3. MEDICAL DISCLOSURE & CLEARANCE POLICY (CRITICAL)

3.1 Medical Disclosure Requirement

Parents/guardians are required to disclose any **medical condition, injury, or limitation** that may:

- Impact safe participation

- Require accommodation
- Require modified activity
- Require emergency response

Disclosure is limited to **participation and safety-related information only**. MYF does **not** require disclosure of diagnoses or full medical histories.

3.2 Medical Release & Doctor's Clearance

The following are **mandatory**:

- A completed **physical examination** prior to the start of practice
- A **medical release note from a licensed healthcare provider** for:
 - Any known medical condition impacting participation
 - Any injury sustained during the season
 - Return-to-play following injury or illness
 - Any condition requiring restriction, modification, or monitoring

Doctor's notes must clearly state:

- Whether the athlete is cleared to participate
- Any restrictions or limitations
- Duration of restrictions, if applicable

3.3 Injury During Season

If an athlete sustains an injury or medical condition during the season:

- Participation may be suspended until medical clearance is received
- Injuries lasting longer than two (2) weeks that prevent participation may result in removal from participation
- All refund and forfeiture policies remain in effect

3.4 Confidentiality & Access

Medical information will be:

- Shared strictly on a **need-to-know basis**
- Accessible only to Board members and designated safety personnel
- Stored securely

Coaches may **not** withhold safety-impacting medical information from the MYF Board.

Failure to disclose medical conditions impacting participation may result in removal without refund and may limit MYF liability related to undisclosed conditions.

4. PRACTICE POLICIES

4.1 Important Practice & Game Information

"Hell Week" Conditioning: Week one, known as "Hell Week," is mandatory conditioning for every player, regardless of their start date. EBYFC requires a minimum of 10 hours of conditioning before players are permitted to practice with pads or participate in any hitting drills

- Practice begins July 13, 2026, for eligible athletes
- Initial practice schedule: Monday–Friday, 6:00 PM–8:00 PM
- Post-Jamboree: Tuesday–Thursday, two-hour practices
- Effective October 6, 2026: 5:30 PM–7:30 PM

Practice schedules, duration, and focus may change based on team needs, field availability, or safety considerations.

5. ATTENDANCE & REMOVAL

Regular attendance is essential for athlete safety, team readiness, and compliance with EBYFC rules. While MYF understands that summer plans and vacations may create scheduling conflicts, consistent attendance is expected.

5.1 Practice Attendance & Communication

Parents/guardians and athletes are required to **communicate any missed practices in advance** to the athlete's coach or a MYF Board member.

- **One (1) practice missed without prior communication:**
Athlete will sit out the **first half of the upcoming game**.
- **Two (2) practices missed without prior communication:**
Athlete will sit out the **entire upcoming game**.
- **Excessive missed practices**, regardless of communication, will be reviewed **on a case-by-case basis** by MYF.

5.2 Game Attendance Requirement

Athletes are required to attend and check in to every scheduled game, regardless of playing status due to missed practices, unless medically restricted by written medical clearance.

Failure to attend games counts toward EBYFC participation limits.

5.3 EBYFC Game Absence Rule

EBYFC rules prohibit an athlete from missing more than **three (3) games** in a season.

- If an athlete misses **three (3) games**, the athlete will be **dropped from the league**.
- **No refunds** will be issued under any circumstances.

5.4 Medical & Safety-Related Attendance Enforcement

An athlete may be withheld from practice, games, competitions, or events if a medical condition, injury, or limitation is disclosed or suspected and required medical clearance or documentation has not been provided.

- Absences or removals due to failure to disclose medical conditions or failure to provide required medical release notes **do not excuse attendance requirements**.
- Attendance credit will not be granted for missed practices or games resulting from non-compliance with medical disclosure or clearance requirements.
- Athletes withheld for medical or safety reasons remain subject to **all attendance, removal, and non-refund policies**.
- Missing three (3) competition practices between Jamboree and October 1st results in removal from competition participation
- No refunds will be issued
- Decisions are final and not subject to debate

6. EQUIPMENT ISSUANCE & RETURN

6.1 Mandatory Equipment

- **Mouthpieces:** A mouthpiece is **mandatory** for every practice and game. If your child arrives without one, they will not be permitted to practice. We will have mouthpieces available for purchase at practices and games for \$5. **Please note: Mouthpieces must come with a strap to attach to your child's helmet. This is a strict EBYFC rule, enforced by referees, with no exceptions.**
- **Practice Pants:** Padded practice pants are required and must be worn at every practice. These can be purchased at Big 5 and Dick's Sporting Goods. The Martinez Bulldogs also have a limited stock of previous years' unworn game-day padded pants available for \$10 each.

6.2 Equipment Rules & Guidelines

- **Visors:** EBYFC rules prohibit colored visors. If your child chooses to wear a visor, it **MUST BE CLEAR**. This rule will be strictly enforced both on and off the field during games and practices.
- **Back Pads:** Back pads must be completely covered at all times during games, as enforced by EBYFC officials.
- **"Drip" Attire:** Any "drip" attire worn by your player during games (including wristbands, armbands, face paint, etc.) is subject to the discretion of the officials. While not all officials may ask your child to remove these items, your child will be required to comply if asked.

6.3 Issuance

Equipment is issued after:

- Completion of one full week (10 hours) of conditioning
- Full compliance with paperwork and payment requirements

MYF-issued equipment includes:

- Helmet
- Shoulder pads
- Practice jersey

6.4 Return

Failure to return equipment by the designated date will result in:

- Forfeiture of volunteer deposit
- Full balance due before participation in off-season clinics, events, or the 2027 season

7. FINANCIAL & REFUND POLICIES

- Refunds prior to Jamboree are limited per posted schedule
 - No refunds after Jamboree
 - Refund amounts and timelines are non-negotiable
 - All balances must be paid in full to maintain eligibility
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8. VOLUNTEER REQUIREMENTS

- Minimum: 8 hours per athlete / max 16 hours per family
 - At least 50% completed by Game #4
 - No-Show Policy enforced
 - Failure to meet obligations results in forfeiture of deposit
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9. FUNDRAISING REQUIREMENTS

- One (1) mandatory fundraiser
 - Optional additional fundraisers
 - Buyout options available where specified
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10. DIVISION PLACEMENT (FOOTBALL & CHEER)

Division placement is based on:

- Age
- Weight (football)
- Skill level
- EBYFC rules

Requests for accommodation are reviewed individually and are **not guaranteed**.

CHEER: Elementary-aged children will not be mixed with middle school-aged children unless approved by the MYF Board and coaches. Decisions are final.

11. EVENTS & CALENDAR

All calendars are tentative. Dates, times, and locations may change due to:

- Field availability
- EBYFC scheduling
- Weather
- Safety considerations

The Band App is the official source for updates.

12. ACKNOWLEDGMENT & AGREEMENT

Acknowledgment and acceptance of the MYF Policies & Procedures Manual is completed within the registration form on the final page under the Parent Fact Sheet Acknowledgment section and constitutes agreement to all MYF policies.

- Receipt of MYF policies
- Agreement to comply
- Understanding that policies may change