



**Glendora Youth
Football and Cheer**

**PARENT HANDBOOK
2023**

Welcome & General Information

Welcome to the 2023 Glendora Youth Football and Cheer (GYFAC) Organization!

The purpose of this handbook is to provide parents and participants a reference guide to help better understand our program. Glendora Tartans is only one of several cities in the San Gabriel Valley affiliated with the San Gabriel Valley Junior All American Football Conference. We are an independent board made up of volunteers who have a commitment and sincere desire to provide the youth of this program with an atmosphere of teamwork, sportsmanship, good character and supported academic excellence. Although winning is important, it is not the ultimate goal of this organization. The ultimate goal of this organization is ensuring that our youth playing football and those cheerleading are having fun and want to come back the following year. We strive to be an organization based on good principals, character and moral aptitudes.

Katie Ferrari,
President

Introduction

OBJECTIVE: The objectives of the GYFAC Tartan program are: to inspire youth to practice the ideals of health, citizenship and character; to bring our youth closer together through the means of a common interest in sportsmanship, fair play and fellowship; to impart to the game elements of safety, mindfulness and intelligent supervision; to keep the welfare of the player first, foremost and entirely free of adult lust for glory.

ORGANIZATION: Glendora Jr. All-American or as more commonly known on social media and websites, Glendora Youth Football and Cheer. However, for all financial purposes, we operate under Glendora Jr. All American.

Mailing Address:

**Glendora Youth Football and Cheer
1822 E. Route 66 Ste. A - PMB 344
Glendora, CA 91740**

SAN GABRIEL VALLEY JR. ALL AMERICAN FOOTBALL CONFERENCE: The Glendora Youth Football and Cheer organization is a proud member of the San Gabriel Valley Jr. All American Football Conference (“Conference”). The Conference website is: www.sgvjaafc.org. Conference is the sole governing body over the game of amateur football and cheer, as played under the rules and regulations of the San Gabriel Valley Junior All-American Football Conference and CIF.

TARTAN WEBSITE: The Glendora Tartans website is located at www.glendoratartanfootball.com, but can also be reached at www.glendorafotballandcheer.com. The website contains the most current downloads, contacts, announcements and events. Over the past few years, the Tartan organization has made increased use of its webpage and Instagram for notifying parents and participants of upcoming events and other related issues. *The website, email, Instagram and the Band App are our methods of communication.* Please check the webpage often and follow us on Instagram @[tartan_football_and_cheer](https://www.instagram.com/tartan_football_and_cheer). Also, check us out Tik Tok @[gyfc_tartan](https://www.tiktok.com/@gyfc_tartan) and give us a follow.

Board Members

2023 BOARD MEMBERS: The GYFAC Executive and General Board is a group of elected volunteers who meet monthly to govern the program. The members of the 2023 Executive and General Board are listed below. Parents are free to email any questions, concerns, and/or comments to contact@glendorafotballandcheer.com

TITLE	NAME
President	Katie Ferrari
Vice President	Jeff Higgins
2nd Vice President (FO)	Steve Suarez
Secretary	Viki Sbanios
Assistant Secretary	Nikki Lanza
Treasurer	Amy Emerson
Asst. Treasurer	Wendy Higgins
City AD	Christina Oxon
Assistant City AD	<i>OPEN</i>
City Cheer Coordinator	Kelly Krisinger
Assist City Cheer Coord.	Callan Banos
Executive Advisor	Daniel Woicik
Parliamentarian/Auditor	Liz Suarez
Player Safety Coordinator	Sam Alegria
Designated Agent	Kristin McLaughlin
Equipment & Field Coordinator	Anthony Lanza
Fundraising Director	Viki Sbanios
Special Events Director	<i>OPEN</i>
Snack Bar Director	Zak Bushey
Sponsorships	Stacie Brown
Conference Representative	Devon Libran
Assistant Conference Representative	Johnathan Padilla
Social Media/Website Director	Liz Suarez

FOOTBALL COACHING STAFFS: The GYFAC Tartans take the selection of Head Football Coaches very seriously. Beginning in December an interview process is conducted involving those who submitted applications for a head coaching position. All of the prospective head football coaches are interviewed by the Head Coach Selection Committee. The Head Coach Selection Committee and members of Executive Board discuss and approve the selection of the Head Coaches. The selection of assistant coaches is at the discretion of the head coaches and approval by the Executive Board.

ATHLETIC DIRECTORS: Each football team and cheer squad is assigned a Head Athletic Director (“AD”). The Head AD usually has one or more assistants. The *Head AD will be your primary point of contact for the team as they are the head administrator, and* is responsible for all administrative matters relating to the team or squad, including grades, attendance, and any team related issues. Please contact the AD first with any concerns you might have related to the team and/or your child. The Head AD is selected by Head Coaches and approved by the Executive Board.

BACKGROUND CHECKS: All Board members, football and cheer coaches, and other staff are required to pass a “Live Scan” fingerprinting and background check by the California Department of Justice. The results are confidential and sent to the San Gabriel Valley Junior All American Football Conference. Without details, if someone does not pass,

GYFAC is notified. *No person is permitted to participate as a member of the Tartan organization without passing a background check.*

BADGE: Following a successful background check and completion of all required clinics and paperwork all Board members, football and cheer coaches, and other staff are issued a staff badge that must be displayed at all times during practice and games. During practice sessions, football games, and cheer competitions, only “badged” personnel are allowed onto the field. All other persons shall remain off of the field.

Pre-Season

REGISTRATION: The open registration process normally begins around March 1st. The link to online registration will be posted on the GYFAC Tartan web page.

MEDICAL INSURANCE: You must provide your complete medical insurance information to your Head A.D. each year. You are responsible for any and all medical claims for your child arising out of participation in the Tartan organization. Organization group insurance is a “corridor excess” policy only. It will pay only the medical expenses not provided or reimbursable under your own coverage. This policy is subject to a \$1000 deductible (*may vary season to season*). All medical claims must be submitted to your own insurance first.

EQUIPMENT HANDOUT: Helmets and Pads will be distributed sometime in July, exact date will be provided by your team AD. All registration fees must be paid in full before equipment/uniforms can be distributed to your child. It is suggested that haircuts are done prior to helmet distribution so that helmets can be properly fitted on each player. A specific time will be assigned to each team for equipment distribution. **Attendance is mandatory during your assigned time.** Failure to attend could impact whether the participant can begin practicing in pads when the necessary hours have been achieved. Equipment must be picked up and signed for by the player and parent. **Any person who picks up equipment for another person will be financially responsible for the equipment and its return.**

Once uniforms are available, a date for distribution will be provided by your team AD.

PHYSICALS: All football and cheer participants must be in sound physical condition. Each participant must have their player contract endorsed by a duly qualified examining physician that shall attest to their sound physical condition. The physical examination must have been performed no earlier than May 1, 2023, and must be valid until December 31, 2023 for football and cheer. For a fee of \$25.00 (*fee may vary season to season*), the GYFAC Tartan organization will have medical personnel present to conduct physicals on certain dates. Please check website or Band for dates and fee. **Physicals must be completed using the form distributed by SGVJAAF, the only exception to that is Kaiser insurance holders. They may submit the Kaiser printout along with the top portion of the SGVJAAF form.** Any player that does not have their physical completed or the player contract on file before the first day of practice will not be eligible to start practice, no exceptions.

SCHOLASTIC REQUIREMENTS: Each participant must maintain a minimum grade average (GA) of 2.0 based on the last regular semester report card issued prior to certification (summer school make-ups in same subject is acceptable). A 2.0 GA must be maintained throughout the season. *Failure to maintain a 2.0 GA throughout the season renders a participant ineligible to continue in either the football or cheer programs, and no refund will be issued to any participant rendered ineligible due to academics. SGVJAAF and the GYFAC Tartans will not consider any form of “scholastic probation” for any participant in any division.*

All participants must submit an original report card by the start of practice in July and then a Conference Grade Report to their Head A.D. in October (Your Head A.D. will give you the form). Reports must contain a minimum of five (5) grades and a verified teacher’s signature. All academic grades, plus P.E., will count and must average a 2.0 GA or better. Each Head A.D. must verify these grades and submit them to Conference. Any participant not submitting a Conference Grade Report, or failing to maintain at least a 2.0 GA, will be declared ineligible for the balance of the season, and no refund will be issued.

SCHOLASTIC AWARDS: Participants who have a 3.3 G.P.A. or better in October as evidenced by the Conference Grade Report will be awarded a Conference Scholar Patch at the end of the season. Winners **must attend** their division championship game in November to receive their patch. Non-attendance will result in forfeiture of your scholarship patch. As this date approaches, your AD will provide you with the appropriate information.

PICTURE DAY: Individual and Team/Squad pictures will be scheduled after all participants receive uniforms. A basic photo package is included with the registration fee. *There is no picture make-up day.*

Practices

FOOTBALL AND CHEER PRACTICE COMMENCES: Football and Cheer practices will commence on July 5th, 2023.

PRACTICE TIME: Football and Cheer practices will be held from 6:00pm – 8:00pm at Finkbiner Park in Glendora every Tuesday, Wednesday and Thursday. Practices are mandatory and count towards eligibility for player certification, as well as participation in scrimmages and games. This is discussed more fully below.

All football and cheer teams will be practicing at Finkbiner Park at 160 N Wabash Ave, Glendora, CA 91741. A maximum of 3 days per week, 2 hours per day is allowed by SGVJAAF rules and regulations. **No Sunday practices ALLOWED! A scrimmage may be held on a Sunday with the Franchise Presidents approval.**

Note: In order to support the Glendora High School (GHS) Varsity Tartans, practice may be cancelled or practice times re-arranged to during GHS Tartans home game so that our players and parents can attend in support of GHS Varsity Tartans.

REQUESTING ALTERNATE PRACTICE DAYS: Sometimes a team needs to arrange an alternate practice day due to a conflicting event, such as school related events, trips, or games. All such requests must be submitted to the President and City AD for football and the President and Cheer Coordinator for cheer. **All requests must be submitted and approved a minimum of 3 days (72 hours) before the requested date/time.** If a team fails to notify all players and parents within 72 hours before the new scheduled day/time of practice, the player will not be considered unexcused if they are unable to attend. The only exception to the 72-hour advanced notice will occur on weather condition cancellations, where the player must be given no less than 24 hours' notice for rescheduled date. Players who miss practice due to a weather condition reschedule will be considered UNEXCUSED unless proper notification was provided.

OUTSIDE PRACTICES: Conference *expressly forbids* any unauthorized practice session. Conference mandates that any participant who participates in an unauthorized practice will be subject to a one game suspension, and any coach who conducts an unauthorized practice session will be suspended for a minimum of one week. Any gathering of two or more players with a carded staff member is considered a practice.

CONDITIONING WEEK (TACKLE FOOTBALL ONLY): The first couple weeks of practice are exclusively devoted to physical-conditioning. Each physical conditioning session shall be limited to two (2) hours per day. ***All participants must have a minimum of ten (10) hours conditioning at an official practice before they may participate in practice with pads.*** No participant will be issued pads until the required ten (10) hours of conditioning are met. Pads are issued to eligible players following the completion their 10 hours of conditioning. Date and Time to be determined by League and Team AD.

Conditioning sessions may include calisthenics and isometrics. Helmets, football shoes, and footballs will be the **only** equipment allowed. Footballs can be used for passing drills, handing off, kicking or techniques in the use of the ball handling during the second hour of conditioning only.

Physical conditioning sessions may not include football equipment (such as blocking pads or tackling dummies) unless used solely for obstacle courses. There shall be no tackling, clocking, or running of contact plays during conditioning.

HYDRATION & FOOD: Parents should make sure to provide players and cheerleaders with *PLENTY* of water both prior to and during practice sessions. If the bottle is not disposable, the child’s name should be on it. GATORADE AND SPORTS DRINKS ARE NOT RECOMMENDED DURING PRACTICE AS THEY CAN CAUSE CRAMPING. Energy drinks, such as *Red Bull*, are **STRICTLY PROHIBITED**. Players should begin drinking water 2 hours prior to the beginning of practice, so that they are hydrated properly. Players should eat healthy and regular meals, but should never consume large meals (or any junk food) within an hour before practice – unless, of course, they would like to see it again during practice.

CERTIFICATION WEIGHT CHART: All persons must meet the following Age and Weight requirements on Team Certification Day. Any player not meeting weight listed will be marked as an “X” player on the weigh-in roster and their helmet must be stickered accordingly. Any player who certified as an “X” player is still required to weigh-in at all games.:

WEIGHT CHART

A G E	FLAG	JR. GREMLIN	GREMLIN	JR. PEE WEE	PEE WEE	JR MIDGET
5-6	UL					
8U		100*				
10U			120*			
11U				130*		
12U					140*	
14U						UL

ADDITIONAL FOOTBALL WEIGHT ALLOWANCES: Additional weight allowed for player growth in all football divisions is: One (1) pound on: Aug. 1, Aug. 15, Sept. 1, Sept. 15, Oct. 1, Oct. 15, Nov. 1, Nov. 15, Dec. 1, and Dec. 15. If the 1st or 15th is a Sunday, the increase will be allowed on the preceding day.

FIELD MANNERS: The Executive Board works closely with Glendora Parks and Recreation, GYS, and other sports groups to

have allocated specific areas to specific groups. Since space is at a premium, please be considerate to others in regards to field usage and parking. Any issues with other user groups should be referred to a member of the GYFAC Executive Board.

PICK-UP:

The GYFAC Tartans are not responsible for child safety after the official end of any event. For practice sessions, plan to arrive at the field to pick-up your child at least 15 minutes before the scheduled end time. If you have not made prior arrangements nor notified the team AD and fail to arrive within 30 minutes after the end of practice, your child will be taken to the Glendora Police Department for you to pick-up from there.

PARKING: Parking is at a premium at our field. For the safety of the children and access for emergency vehicles, the police department regularly patrols and strictly enforces the law regarding parking in fire lanes and alongside painted red curbs. Please do not park in designated handicap parking unless you have an authorized Department of Motor Vehicle placard.

Attendance, Illness & Injuries

The following may differ from team to team, please check with your Team AD

ATTENDANCE AT PRACTICES: All practice and game sessions are mandatory. All players are expected to be at practice **15 minutes ahead of the schedule start time and in the proper uniform.** The player is then expected to be on the field in the ready position at the scheduled start time.

Roll call is taken promptly at the start of each practice session. Any participant who is absent at roll call is considered “tardy”. A participant who accumulates more than one tardy in a week is considered absent for one day. As discussed below, absenteeism *may affect scrimmage and game playing time!*

ABSENCES: A participant is considered absent if: (1) the participant misses a scheduled practice; or (2) the participant is tardy more than once in any single week.

If a participant is ill or injured, *and the Head AD is notified BEFORE practice that the participant will not be in attendance*, this WILL NOT count as an absence for purposes of determining playing time. (*Common sense dictates that a participant who is too ill or injured to participate in **more than one practice** during the week is also likely to be ill or injured at game time.*)

MISSING PRACTICE: Prior to Certification, any player who is “absent”, as defined above, for two (2) scheduled practices the week prior to a scheduled scrimmage may, at the discretion of the Head Coach and Head AD, be prohibited from participating in that scrimmage. After August 26, any participant who misses two (2) scheduled practices the week prior to a scheduled game will, at the discretion of the Head Coach and Head AD, be prohibited from participating in that game.

CHRONIC ABSENTEEISM: We all understand that life happens and schedules get interrupted, however, it’s important for participant safety and team solidarity that attendance is prioritized. Missing practices leaves participants unprepared and creates safety concerns for all team members. Absenteeism also shows a lack of commitment and prevents a team from forming a solid connection. Thus, at the discretion of the Head Coach and after approval by the Executive Board, any participant who is absent more than 5 days prior to certification or more than 2 days in August, September or October, may be dropped from the team without refund. Although this is not a desired outcome for the participant it would be unfair to allow those who miss practice to jeopardize the safety and success of teammates who regularly show-up for their team.

ILLNESS: A participant who is “ill” and has a temporary and usually contagious condition should not attend practice. In an effort to ensure good health for the entire team, please consider the following guidelines:

- **STREP THROAT:** A participant may NOT return to practice until 24-48 hours after the first dose of antibiotics was given.
- **VOMITING & DIARRHEA:** A participant should be symptom-free for 24 hours and be able to hold down food and fluids before returning to practice.
- **COVID-19:** A participant should follow the most recent Los Angeles County protocol for Organized Youth Sports as it relates to Covid-19. <http://www.publichealth.lacounty.gov/acd/ncorona2019/sitemap/>

MEDICATION: Our insurance does not allow our staff to give participants prescription or over-the-counter medications of any kind; nor should participants take their own medications. If a participant requires medication, such as inhalers or other meds during practice or games, the parent must have provided prior consent.

INJURY: Tackle football, at any level, is a collision sport. Bumps, dings, bruises, cuts, and abrasions are to be expected. **THESE ARE NOT INJURIES.** These are part of the game. An “injury” is something that, by its nature, prevents a participant from competing.

DOCTOR’S NOTE: If a participant is injured, as opposed to ill, and cannot practice, a doctor’s note is **required** before the participant will be allowed to resume practice. (If the participant is seen by a doctor who recommends that he not practice, a copy of that note should be provided to the AD). If a parent notifies the AD that his participant is “injured” and cannot practice, the participant **will not** be allowed to return to the field without a doctor’s note. This is an insurance-related issue and cannot be waived by the Head Coach or AD. Without a note, a participant **will not** be allowed back on the practice field.

HOMEWORK: Missing practice for homework assignments is *never* considered an excused absence. Participants are expected to complete such assignments prior to or after. A large part of any participant's experience in the GYFAC Tartan program is to learn academic responsibility and to balance sports with academic obligations. If a child is struggling with homework and/or school, then we expect the parent to discuss the issue with both the team AD and Head Coach for resolution.

PARENTAL REPRIMANDS & DISCIPLINE: While it is probably too much to expect that every participant will complete a stint with the GYFAC Tartans without running afoul of something outside of football or cheer, we respectfully ask that you do not punish your child by holding them out of games or practices. To do this punishes the rest of the team as well. If, for whatever reason, you believe that some football or cheer related discipline is appropriate, *please confer with your team AD beforehand regarding any concern you may have in this area; our staffs will work with you on appropriate remedy strategy for disciplinary action.*

Equipment

PRACTICE EQUIPMENT: Players and cheerleaders are responsible for the maintenance and care of the equipment issued by the GYFAC Tartans. Participants must bring all required equipment to each and every practice. Any participant who fails to bring and wear the appropriate equipment will be required to sit out during practice and could be considered absent. Again, this is not meant as a form of punishment, but rather as a means to teach and encourage personal responsibility.

TACKLE EQUIPMENT: As part of your football registration fee, Tartans provide practice and game uniforms, knee pads, shoulder pads, belt, and helmet.

CHEER UNIFORMS: Cheerleaders are required to buy all necessary uniforms and accessories as deemed required by the Executive Board. The GYFAC Tartan organization every year looks at perspective suppliers in an effort to help minimize the cost to families.

FACEMASKS: For some odd reason, many participants (and even some parents) seem to think that a particular type of facemask makes a statement to the world about the participants' ability to play football. Still others are of the opinion that certain facemasks are only appropriate for certain positions on a team. These are urban football myths. *Facemasks on helmets are part of the original equipment issued and are not to be removed, tampered with, substituted, or replaced* by anyone other than an authorized GYFAC Tartan coach subject to approval by a knowledgeable member of the GYFAC Executive Board.

CLEATS & OTHER NECESSITIES: Parents of tackle participants should supply appropriate football shoes that have all-purpose rubber, *NON-DETACHABLE* cleats (this means the cleats cannot be unscrewed or removed), athletic girdles, mouth guards, and protective cups for their children. Parents of flag players should supply appropriate football shoes that have all-purpose rubber, *NON-DETACHABLE*, black volleyball-type kneepads and mouth guard.

ADDITIONAL FOOTBALL GEAR: Currently, there is a myriad of football related gear on the market. These include, for example, gloves, padded body suits, arm pads, neck pads, and rib pads. *None* of these are required and *few* are ever really needed. We highly recommend that you discuss any such additional equipment with the Coaching Staff prior to purchasing it.

Personal helmets and shoulder pads must be "NOCSAE" approved and meet **current** "NOCSAE" safety standards. *As such, player-owned equipment will not be allowed for use without authorization from a knowledgeable member of the GYFAC Executive Board.* The GYFAC Tartans will be happy to direct interested parties to approved equipment choice and vendors for purchase.

FOOTBALL EQUIPMENT RETURN: All pads, helmet, football game uniforms and belts remain the property of the GYFAC Tartans and *should not be altered in any way.* Parents are expected to return the equipment at the end of the season (or earlier if a child leaves the program). The equipment supplied is expensive - it costs the GYFAC Tartans

approximately \$800 to outfit one tackle player. One of our largest expenses from year-to-year is replacing equipment that is not returned or is returned damaged.

FOOTBALL EQUIPMENT DEPOSIT: The GYFAC Tartan organization requires parents to pay a football equipment deposit to guarantee the return of equipment. Please do your part by returning all equipment in good condition on the date and at the time appointed to receive your full deposit back.

Cuts - (Tackle Football Only)

All tackle football teams are limited to 33 players on the final team roster as of Certification Day. Each team is permitted by Conference to recruit up to a total of forty (40) participants on each roster. All Tartan tackle rosters *except* the Jr. Midget rosters are, however, limited to a maximum of 35 participants. We do this in order to minimize the possibility of any player being "cut" to reduce the roster to thirty-three (33) by Certification Day. In any typical season, each squad can expect to lose two or more players who voluntarily withdraw for a variety of personal reasons.

Nevertheless, even with all our precautions, there remains the possibility that cuts will be required to reduce a tackle team roster to 33 players prior to Certification Day. The decision to cut any player rests at the sole discretion of the team's coaching staff and the GYFAC Executive Board, but the following factors are considered critical in determining cuts: (1) safety issues; (2) attendance at all practice sessions; (3) attitude and respect toward the coaching staff and other players; and (4) following instructions. *Good football skills are not a determining factor for cuts.*

Scrimmages

A scrimmage is not a game (despite how some coaches seem to approach it). It is intended to be a form of *practice* and an opportunity to work as many players as possible. Each tackle team is allowed three (3) scrimmages in the pre-season.

A scrimmage may be no longer than two (2) hours (like a practice). Teams do not keep score (like a practice). The ball is not moved downfield, but is always returned to the spot where the play originated (like a practice). Coaches are allowed on the field and in the huddle (like a practice).

Typically, each team gets 10 plays on offense, and then 10 plays on defense. This goes on until the scrimmage is over.

Your Head AD will notify you of the scheduled scrimmages and their locations as soon as they are set.

SCRIMMAGE 5-PLAY RULE: Every player who qualifies to participate in a scrimmage must have a minimum of five (5) plays per scrimmage.

NO INTER DIVISION SCRIMMAGES: No inter-division scrimmages are permitted. (For example, the Gremlins could not scrimmage the Pee Wee team).

Certification Day

ATTENDANCE: Attendance is mandatory at Certification Day for all football players. *No exceptions.* Cheerleaders do not need to attend in person.

PROCESS: On Certification Day, every team is processed by Conference personnel. Paperwork is checked. Birth certificates examined. Grades are certified. *In addition, Conference representatives weigh each football player to make sure they meet the weight requirements.* Following Certification Day, all birth certificates and report cards will be returned to the parents as soon as cards are issued. It is, typically, a tedious and long process lasting several hours.

FAILURE TO ATTEND: After Certification Day, only participants who have been certified by Conference may participate in practices. If a participant, for whatever reason, fails to attend Certification Day, *that participant will not be permitted to wear pads at practice or to participate in scrimmages or games.*

POST CERTIFICATION: Conference *sometimes* schedules another date as a “Make-up Certification Day” for those players who failed to attend the scheduled Certification Day. Parents should not anticipate that this will occur as the scheduling of a Make-up Certification Day is exclusively at the discretion of Conference. On average, the typical make-up day is one (1) to two (2) weeks after the scheduled Certification Day. Your child will be ineligible to practice in pads with his team during this time and may get left behind. Moreover, Make-up Certification Days are invariably scheduled at inconvenient times and in equally inconvenient locations. Bottom line: **DONT MISS THE SCHEDULED CERTIFICATION OR YOU MAY MISS THE SEASON!**

Game Day & Playing Time

SCHEDULES: Game schedules are posted a few weeks after Certification Day. Conference does not release any schedule before that time.

BEGINNING OF THE SEASON: The season will officially begin the weekend of *August 26th*.

SEASON AND GAME DAYS: Be prepared to play in (or cheer at) one game per weekend through early-to-mid-November (depending on playoffs). In the recent past, each GYFAC Tartan team typically has half its games on Saturdays and half on Sundays. Game times are generally, but not always, set with the younger teams playing first. That is Flag plays first, then, Jr. Gremlins, Gremlins, Jr. Pee Wee, Pee Wee, and lastly the Jr. Midgets. The first game usually starts about

8:00 a.m. and the last game between 6:00 and 7:00 p.m. This can (and unfortunately often does) vary.

ADMISSION: Regular season games are free of charge; playoffs require a small donation fee.

GAME DAY ARRIVAL: Players **MUST** be at the playing field no less than 1 hour and 15 minutes prior to game time. Players must weigh in 30 minutes before game time. This allows the players time to line up for weigh-in, and gives them time to stretch and warm up before the game. Players missing the pregame weigh-in will not be allowed to play until the second half.

SPORTSMANSHIP: During the game, the officials score the players, coaches, and the fans (i.e., the parents) on sportsmanship. These scores are tallied each week. At the end of the season, sportsmanship scores are used as the *exclusive tiebreaker* for determining play-off slots. Every year a handful of teams are eliminated from the playoffs because of poor sportsmanship. **Good sportsmanship is expected of everyone!** This means:

- All persons are required to conduct themselves in a manner that sets a positive example for our children, whether you are in the stands or on the sidelines, and regardless of whether you are at “our” field or at another city’s field.
- Use of profane or vulgar language will result in immediate ejection from the stadium and could lead to expulsion of your child from the program.
- No parent shall, before, during or after a game approach or confront an official about *anything*. Like all of us, officials do this for love of the game. They are paid a very small amount for officiating games - which does not begin to compensate them for the amount of work they do or the abuse they take. They sometimes make mistakes. That’s life. Dealing with disappointments and learning how to properly react in adverse circumstances is an important life lesson for all our participants. We expect parents to help them learn it.

- It is an unfortunate reality of our times that adults misbehave during youth sporting events. *Don't be one of them.* The GYFAC Tartan organization has a zero-tolerance policy regarding adult misconduct during our traditional SGVJAA season. This includes not only your attitude toward other teams and officials, but also your attitude toward coaches and other members of the Tartan organization.

THE 10-PLAY RULE: Every player who weighs-in and suits-up up for a game must participate in that game for a minimum of ten (10) plays per game. Under no circumstances may a coach or AD deprive a player who has weighed in and is suited-up to play at game time below the 10-play minimum. No exceptions.

WHAT IS “A PLAY”: *For purposes of this rule, every time the ball is put into play, except when a dead ball penalty is assessed, constitutes one “play”.*

On its face this may seem rather simple, but the fact is that making sure every participant on a roster of 30 or more players has ten plays during the heat of a 40 minute football game is a *very* difficult skill to master. Our coaches work long and hard to get this done.

At every game, at least one (and usually two) members of the coaching/ AD staff are required to keep an accurate record of every participant's plays. At the end of the game, these records are submitted to Conference. Like all human endeavors, mistakes are sometimes (albeit rarely) made. If a parent believes that his participant did not have 10 plays during a game, the parent should discuss this at a later time – *not during or immediately after a game* – with the AD.

PLAYING TIME AND POSITIONS: Some of the most difficult and sensitive decisions coaches have to make involve which positions players will play and how much extra playing time (beyond the mandatory 10 plays) each player will receive. On a roster of 30+ players, you rarely find 19 quarterbacks. Coaches consider an assortment of factors when assigning a child to a position.

Remember that football and cheer are *team* sports, and each participant must play where it most benefits the team. *The Head Coach determines where each participant will play, not the player or his/her parents.* A coach's main motivation is safety, fun, success, and placing the participants where they fit best and can make a contribution to the team. While the Executive Board, Coaches, and ADs try to be sensitive about most issues, the position a participant plays *is the exclusive domain of the coaching staff.* The Board will not interfere with a Head Coach's decision where to position a participant.

Please be assured that, whether or not you agree with a decision, the coaches have the best interest of the team and player in mind when making decisions about positions and playing time. If you have an issue or concern involving playing time for your child, please feel free to contact the **Head AD first, who can arrange a meeting with the coach.**

A Few Unique Game-Related Rules

GAME CLOCK: Tartan tackle football games consist of four (4) ten (10) minute quarters, with a fifteen (15) minute halftime between the 2nd and 3rd period.

EIGHTEEN POINT RULE: After either team scores, the team behind by eighteen (18) points or more will be given the choice of receiving a kick-off or taking possession of the ball on the fifty (50) yard line doing the same at the start of the second half of play.

THIRTY POINT RULE: Any time a team leads by 30-points or more the officials **MUST** go to a running clock. When this rule is in effect, the clock will only stop for timeouts.

MERCY RULE: If a team gets a 48-point lead, the Officials **MUST** end the game.

PLAYING FIELD ACCESS: Spectators are not allowed on the playing field, track or on the sidelines during games (or scrimmages) for any reason, excluding on-field volunteers such as chain gang crew. You will be asked to leave the stadium if you are found on the field without a badge.

SECURITY: Safety Volunteers will be in attendance at games.

FIRST AID: Every home team must have a qualified medical attendant on the field at all times on game days only. Every Head Coach, Head AD and Executive Board Member are CPR certified. The snack bar at Louie Pompei has an automated external defibrillator (AED) provided and serviced by the City of Glendora.

VIDEOTAPING: No scouting, filming, or videotaping is allowed from the end zones. Scouting other teams' practices or scrimmages is prohibited. No filming or videotaping is allowed from inside the team box. A team representative, team member, team official or parent shall not take motion pictures or videotapes of a scrimmage, unless his or her team is one of the participants. It is very common for coaches from other cities to attend one of our games for purposes of filming our teams as part of their preparation for future contests. We expect them to be treated with respect and courtesy. If any problems arise, contact a member of the Executive Board. Do not engage in self-help.

NOISEMAKERS: Apart from a healthy set of vocal cords – that we encourage you to use at all times – spectators may not use noisemakers of any kind during game play, including but not limited to, horns, bells, whistles, victory bells, sirens, fireworks, chimes, or musical instruments.

Cheerleading Requirements

CHEER PRACTICES: Cheer, like football, may practice up to (3) three days per week, (2) hours per day. **NO SUNDAY PRACTICES ARE ALLOWED.**

CHEER CLOTHING & ACCESSORIES: The Executive Board has determined that all cheer participants, including coaches, AD's, and trainers must wear appropriate clothing for the youth of our program. Anyone found to be wearing clothing that is deemed revealing or inappropriate, by our Cheer Staff or Executive Board, will be asked to cover up and/or leave for the day. Anyone found continually violating the expectations of the program will be asked to leave for the remainder of the season.

All cheerleaders are expected to wear clothing that is not restrictive as it relates to movement of arms, legs, bending, jumping, or tumbling. Participants should not wear overly baggy or loose clothing as it may get caught when stunting or tumbling. Appropriate clothing includes, but is not limited to; sweats, shorts, skorts, t-shirts, and tanks. Any participant wearing shorts or tanks, must ensure that they are wearing the appropriate undergarments. **AT NO TIME ARE JEANS, DRESSES, ZIPPERED JACKETS, HALTER TOPS, MID DRIFTS, OR SKIRTS (NON-CHEER TYPE) PERMITTED.**

For safety reasons, all cheerleaders are expected to wear shoes that are athletic or cheer type. **NO SKATER SHOES (i.e Vans, DC's), SANDALS, FLIP FLOPS, or SLIP-ON SHOES ARE PERMITTED AT ANYTIME.** Cheerleaders found to be wearing such shoes will sit out for the day and be considered absent.

Painted nails are allowed during practice days **if permitted by the Coaching Staff.** All exposed nails (i.e. fingers) that contain paint must be removed before arriving on game and competition days. **ANY CHEERLEADER THAT FAILS TO REMOVE PAINT WILL SIT OUT OF THE EVENT AND BE COUNTED AS ABSENT. ACRYLICS ARE NOT PERMITTED AT ANY TIME.**

Due to the potential for injury all jewelry including watches, earrings, nose rings, piercings, bracelets, necklaces, and rings are not permitted to be worn during practices, games, or competitions. However, per SGVJAA rules, a participant is allowed to wear medical/religious items if necessary. These devices must be taped or secured to minimize any potential injury to the participant or others.

All cheerleaders must keep their hair pulled back in a rubber band or clip. Cheerleaders are not permitted to wear any hair accessories that could cause harm to themselves or another participant should they fall or collide.

WHAT CHEERLEADERS WILL LEARN: Every cheerleader will spend part of the season learning sideline cheers to root the football teams on at games. Cheerleaders will also be taught arm movements, positions, dance moves, stunting, jumping, and limited tumbling. Cheerleaders will spend a significant part of the season learning a competition routine to compete at several competitions in the San Gabriel Valley.

TUMBLING EXPECTATIONS: Our coaches are volunteers who love to teach the sport of cheer. Our coaches in no way are professional coaches who do this for a living. Most of our coaches are moms and/or dads who may have been cheerleaders themselves when they were younger. None of our coaches obtain tumbling credentials, nor are they tumbling coaches. Our coaches will teach your child how to do a front roll, summersault, and cart-wheel. If your child is seeking to become an advanced tumbler, speak with your Head Coach or AD about possible locations locally where they can enroll in private or group classes to learn back hand-springs, tucks, layouts, etc. If your child already possesses these skills, which several participants do, they will be put to good use during the competition season.

GAME DAY REQUIREMENTS: All cheerleaders are expected to arrive a minimum of (1) hour ahead of a scheduled game time. During this (1) hour they are to perform stretching exercises, practice half-time routines, and check in with the opposing team. All Cheerleaders are expected to arrive in proper uniform or as directed by the Head Coach or AD. **On game days no jewelry or painted nails are allowed. (See exceptions to jewelry requirement under Cheer Clothing and Accessories).** Regardless of weather conditions, rain or shine, cheerleaders are expected on the sidelines. Any cheerleader arriving late to a game event will be subject to sitting out part or all of the game depending on the severity of the lateness. Any cheerleader, who does not show up for a game, unless medically unable, will be considered unexcused and may be disciplined for further events, including suspensions for a competition.

SGVJAA CHEER COMPETITIONS: (3) of SGVJAA's City Franchises host a Cheer Competition in late November or Early December. These events usually take place on a Saturday and are a fun, but taxing, event for all the girls, coaches, and families. The day usually starts with teams meeting around 5 to 6am at a specified location. Teams will then coordinate a carpooling system to the event location. Teams are usually allowed to check in around 7 or 8am. The event usually kicks off around 9:30am and last until 5pm or so. There is both an entrance and parking fee at these events. The events have been held at local locations such as Citrus College, Long Beach Veterans Stadium, Whittier College, and East LA College. Locations for the 2023 events are still TBD. Please note that due to unexpected weather conditions such as rain, outdoor competitions may be rescheduled on the following day (Sunday) or an even an alternate weekend.

POST SGVJAA COMPETITIONS: At the conclusion of the last SGVJAA event, teams are allowed to seek out additional cheer competitions. Teams have competed in events such as Sharp, Jamz Palms and Pyramid in Long Beach, and Jamz Nationals in Vegas. These events are not part of the GYFAC season. Since these events fall outside of the GYFAC season, Coaches and AD's are not required under our rules to include every participant. The decision of who to include or not include is at the sole discretion of the team's staff. All associated costs for these events are the responsibility of the participant and their family. Please be prepared as this post season can last through the end of January the following year.

POST SEASON PRACTICES: Starting in mid-December, teams are allowed to adjust their schedule as needed as they prepare for the bigger competitions. GYFAC strongly encourages that they keep the schedule within reason as the participants still have a school work to complete. Any adjustment in number of days or times is part of the acceptance you must be prepared to make. GYFAC will not intervene in the schedule unless we feel that it has become excessive.

BEYOND GYFAC: For those cheerleaders who aspire to become a GHS Cheerleader someday, your preparation needs to start sooner than later. The girls trying out each year are becoming more competitive and skilled than the year before. We strongly encourage those who are interested in cheering at the high school level to seek training from professional coaches who can help them improve all cheer related skills including tumbling.

Terms Unique to Cheer

BASES: The bases endure the heavy lifting of the team. They are responsible for lifting and holding a flyer at a position ranging from their waist to a full extension over their head. The base is also responsible for catching and ensuring the flyers do not fall to the ground when they dismount.

BACK-SPOT: This position could be viewed as the quarterback of the stunt. The back-spot has several responsibilities. First, they help assist the bases in lifting the flyer. Once up, the back-spot will help the bases secure the flyers stability. The back-spot will also communicate to the bases if one needs to lift higher/lower or go faster/slower. But most importantly, the back-spots number one task is to make sure that when the flyer dismounts that her head is protected from hitting the mat.

FLYERS: The most desired position in cheer, but only mastered by a few. The flyer is the one who is lifted or tossed into the air by the bases during a stunt. While being a flyer seems glorious, it's one of the hardest positions on the floor. To be a successful flyer you must have several characteristics. The flyer must be of the right size where the bases and back-spot can safely lift and secure them in the stunt. The flyer has to have extreme stability when they are lifted up to a height of 6+ feet off the ground. Flyers must have trust in their teammates that they will secure them and not drop them. The flyer must have the endurance/strength to possibly balance on one or both legs while performing a movement in the air. Most importantly, flyers must radiate confidence once they are in the air as they become the focal point for everyone to see.

TUMBLERS: These participants are responsible for movements that range from simple cart-wheel and front rolls to running passes that include back hand-springs, tucks, and layouts.

Cheer Discipline

Cheerleading is an intense sport with an injury rate starting to exceed that of many other sports, including football. Cheerleaders who perform difficult tumbling passes or flyers that soar upwards of 10 feet off the ground rely 100% that those around them are focused on every aspect of every moment. Therefore it is imperative that a cheerleader remain focused at all times. When a cheerleader elects to display disruptive behavior (i.e. talking, not listening) or acts disrespectful to others (including other participant and staff members) they will be disciplined in accordance with the Demerit System outlined below. The Demit System is intended to help support the safety of all cheerleaders.

DEMERIT SYSTEM: GYFAC has decided to implement a system that closely resembles the disciplinary systems in place by other SGVJAA Cities. The purpose of this system is to maintain the standards set forth by GYFAC as it pertains to the participants attire, behavior, expectations, and safety awareness. Compliance with our standards will ensure that you remain in good standing and remain eligible to participate in rewarding events such as competitions. Below is the defined punishment for earned demerits:

- Any cheerleader who reaches 5 demerits will be placed on probation for the remainder of the season.
- Any cheerleader who reaches 8 demerits will be suspended for 1 competition and/or 2 weeks of practice as determined by the Head Coach and Cheer Coordinator.
- Any cheerleader who reaches 10 or more demerits will be immediately dismissed from the cheer program including all competitions and post season events.

Questions regarding Cheer, please email cheer@glendorafotballandcheer.com.

DEMERIT POINT SYSTEM:

<u>OFFENSE</u>	<u>POINTS</u>
Creates distractions or disruptions at practice	-1
Disrespectful behavior displayed while either (1) wearing GYFAC related attire (merchandise or uniform) or (2) promoting the GYFAC Cheer Program (including, but not limited to, any GYFAC/SGVJAA event such as camps, competitions, games, etc).	-1
Does not follow the direction given by the coaching staff or any GYFAC Carded Member	-1
Hair not worn in rubber band/clip/bow	-1
Inappropriate attire/shoes or out of uniform	-1
Using cell-phones, cameras, or other electronic devices during practices or games (including breaks)	-1
Leaving a schedule game, practice, or event early without permission	-1
No gum at practices or games	-1
No Jewelry or painted nails	-1
Poor sportsmanship	-1
Spreading rumors or innuendo about any participant	-1
Tardy to practices or games (as defined under Absences)	-1
Use of profanity, abusive language, or gestures toward any member of GYFAC	-2
Missing a scheduled game	-2
Safety Violation (regardless if harm or injury was caused)	-2
Unexcused Absence (no show/no call)	-2
Acrylic Nails	-3
Missing a scheduled competition	-4
Social Media (see Social Media Section) negative slander of participants or GYFAC	-8
Bullying of another participant or staff member regardless of location	-10
Social Media Bullying / Hazing	-10
Social Media Hacking	-10

Parental Volunteers & Fundraising

In our culture, the word “volunteer” resonates with overtones of charity and uncompensated self-sacrifice; a selfless willingness to help others without pay and possibly in the face of personal danger. However, this is youth sports, and here a more accurate definition would be:

“Vol-un-teer” – noun: A parent or guardian of a participant in a youth sports organization who is coerced, cajoled, shamed, or otherwise compelled by threats or bribes into providing uncompensated service time for the benefit of that organization.

(Hey, at least we are honest about it.)

The fact is that without significant parental participation the GYFAC Tartans would cease to function. It's that simple. To be as equitable as possible, we have implemented the following guidelines:

VOLUNTEER PROMISE: While the GYFAC Tartans strive to balance minimal fundraising obligations with registration fees, I understand that each season the GYFAC Tartans pay a significant sum towards field and facilities maintenance, lights, equipment purchase and refurbishing, etc. Apart from registration fees, I am aware that the Tartans only revenue source is a single league wide fundraiser. I understand that each enrolled player will be expected to sell or purchase the minimum required amount. I also understand that Tartan parents or guardians are expected to donate 2 hours of their time for snack bar shift per enrolled player (or buy out for \$75 per family), *a minimum* of one shift (i.e.- chain gang, field set-up, field tear down, announcer or timekeeper) at one game *per enrolled player*. I have been advised that the dates will be announced by my Head A.D. I further understand that if I have a conflict with performing a duty, date or time, it is *my* obligation to notify my Head A.D. *at least one* week prior to the assigned spot and to arrange make-up work. *I understand that failure to comply with volunteer duties may result in fines, reduced playing time or both.*

How else can you help support us?

- Buy Glendora Tartans merchandise (Tartan Gear), which will be on sale at various times.
- Support the snack bar, which will be open during most practices and at all home games.
- Purchase 50/50 raffles during home games. Half of the money collected goes to the winning ticket holder and the other half goes to Glendora Tartans.
- Become a business banner sponsor.

If you are interested in further information, please contact our Fundraising or Sponsorship Director for details. fundraising@glendorafootballandcheer.com or sponsor@glendorafootballandcheer.com

Post-Season

TEAM PARTY: After the season, usually in early November to mid-December, each football team usually has its own party. However, cheer due to the extended season may not have their team party until the following year at the conclusion of their post season competition schedule. It is up to the parents to honor the coaches and A.D.s for their time and efforts.

Grievance Process

Although we do our best, we have found that on occasion conflicts arise. If you find yourself in a situation where you feel that special attention is warranted, we have established a process to address your concerns. Please be advised that adherence to this process is necessary for the smooth administration of the program. You are more than welcomed to complete a GYFAC Injury/Incident Report Form, see your team A.D. for form.

TEAM AD: Your first point of contact to discuss any issue is the Head A.D. for the team on which your child participates. This should be done at an appropriate time – like after or before practice. Game days are not the appropriate times to approach the A.D.

CITY A.D.: If, for whatever reason, a parent considers the response of the team AD to be inadequate, you should contact the City A.D. for any football related issue or the City Cheer Coordinator for any cheerleading related issue. The City Athletic Director or City Cheer Coordinator will investigate the matter, set up a meeting with the appropriate staff, and will provide you with a response. If the City Athletic Director or City Cheer Coordinator deems a meeting with the

appropriate coach or staff to be appropriate, the City Athletic Director or City Cheer Coordinator will conduct such a meeting and act as arbitrator.

EXECUTIVE ADVISOR and BEYOND: If after the team and City AD have become involved you are still dissatisfied, the issue can be escalated to the Executive Advisor. The Executive Advisor will then review the complaint and discuss with the City AD and Team AD the previous decisions. The Executive Advisor will hand their decision down to the City AD, Team AD, and parent. Should the parent still remain dissatisfied they can elect to escalate to the VP level. The same process will be followed. If for some reason the issue is still not resolved to the satisfaction of all parties, the parent can request in writing a special meeting that will include the City President. The parent will have a maximum of (1) hour to present their complaint. The City President in a closed-door meeting, with the other members, will discuss the complaint and make his ruling. The ruling of the City President is final and will be provided in writing to the parent. Any decision made by the City President is not open for appeal within the Tartan organization or SGVJAA Conference. Any parent who feels the need to either: (1) escalate the matter to SGVJAA after the City has made their decision or (2) bypass the City and go straight to a member of the SGVJAA Conference will be immediately dismissed from the organization.

Prohibited Conduct

The Tartan organization insists that all participants, parents, and fans maintain self-control at all times.

1. Physical or verbal abuse of anyone at any time during a Tartan function will not be permitted.
2. Removing your child from a game or practice because you are “unhappy” with what is going on is not permitted.
3. If a parent must air some grievance, do so within the confines of the Grievance Process described above. No parent should directly approach a coach, A.D., or any “carded” Tartan volunteer in an offensive or disrespectful manner – especially in front of any participant.

Any parent who violates these rules will be asked to leave the event and could face further discipline including removal of their child if necessary.

Social Media

The intent of social media outlets is promoting communication through posts with family and friends whom you may not speak to on a daily or regular basis. However, some of our participants have found other uses, such as **NEGATIVE MOTIVES**, in their use of these outlets.

GYFAC strongly urges that all participants avoid using these outlets as negative means of communication about other participants, staff members, or any SGVJAA Franchise members. If a participant elects to promote negative propaganda the following discipline will be enforced:

- Any participant who uses a social media outlet for purposes of bullying another member will be immediately dismissed from the program. **NO REFUNDS, NO EXCEPTIONS.**
- Any participant who uses a social media outlet to spread negative comments about another participant or staff member will be suspended for a period of 1 week and must complete the following prior to being allowed to return:
 - Written Letter of Apology to the other participant and their family
 - Publicly address their entire team and apologize for their actions.
 - Meet with GYFAC Executive Board to discuss their actions
 - Member will be placed on probation for the remainder of the season.
 - A repeat offense by the participant will result in automatic dismissal for the remainder of the season.
- Any participant who hacks another participant’s social media account and posts negative comments/actions will be immediately dismissed from the program. **NO REFUND, NO EXCEPTIONS.**

GYFAC Tartan Refund Policy

Prior to the first football practice of any season the GYFAC Tartan Organization has spent a substantial portion of the monies paid at registration to conduct the operations of the program. These operating costs include but are not limited to league fees, insurance fees, equipment refurbishing, and new equipment (including uniforms). Upon completing your registration paperwork and submitting required fees, the GYFAC Tartan Organization agrees to start procuring the necessary equipment and paying all season fees for your child. However, we understand that situations out of everyone's control sometimes require a player to drop from the program.

Therefore, *the GYFAC Tartan Organization will issue a refund based on the guidelines below, no exceptions:*

- If I withdraw my child from GYFAC prior to the last sign-up date in May, I am entitled to a full refund less \$150.00 administrative fee.
- If I withdraw my child after GYFAC were required to issue a cut contract for reaching the maximum number of roster spots, ***I am not entitled to any refund.*** I understand this date could be earlier than the dates indicated in the above guidelines.

No refunds will be issued for players who do not meet the required GPA of 2.0 prior to the start of the season, who demonstrate chronic absenteeism, or who elect to drop to pursue other sports.

No refunds will be issued until all GYFAC owned equipment previously issued to the participant is returned.

Injury Refund: If my child is injured and cannot continue with the program prior to the first day of the practice (conditioning), I am entitled to a full refund less a one-hundred fifty dollar (\$150.00) administrative fee upon timely return of all GYFAC owned equipment previously issued to the participant. The injury must be a doctor documented injury to qualify for this refund. ***If an injury occurs after the start of the season, which is possible due to the nature of the sport, I understand that I am not entitled to a refund.***

Personality Incompatibility: I understand that the GYFAC Tartan Board, staff and coaches are all unpaid volunteers. I also understand that sometimes disagreements arise between parents and youth sports coaches over a variety of issues. I understand that the GYFAC Organization will not issue any refund whatsoever if I withdraw my child from the program due to personality or other disputes as between or among my child's coach, myself and/or the GYFAC Executive Board.

Academics: The GYFAC Tartans and San Gabriel Valley Jr. All American Football and Cheer place a premium on academics. Participation in youth sports and cheer is a privilege, not a right. If, at any time during the season, my child's grades fall below 2.0 then my child will not be permitted to continue with the program and ***I will not be entitled to any refund.***

Parental Misconduct: If I am asked to leave the program at any time for misconduct, including, but not limited to, a violation of the Adult Code of Conduct, ***no refund will be issued whatsoever.***

Discipline: One of the purposes of youth sports is to instill a sense of order and discipline. I understand that if my child is unruly or excessively disruptive to the point that it interferes with the orderly conduct of the team, his or her coach will first discuss this with me. If my child's conduct does not thereafter improve, he may be asked to leave the team. I understand that if this occurs, ***I will not be entitled to any refund.***

Post-Certification: After Certification Day, if my child voluntarily withdraws from the program for *any* reason, including, but not limited to, a failure to maintain the required GPA, injury after Certification Day or dispute with the GYFAC Organization or any member thereof, then ***I am not entitled to any refund.***

Payment of Refunds: All refunds will be paid within thirty (30) days of the date upon which the participant returns all GYFAC owned equipment previously issued to the participant. Failure to return all GYFAC equipment within two-weeks of leaving the program ***negates my right to any refund.***

Return of Equipment: One of the largest yearly expenses of the GYFAC Tartan Organization consists of the costs to replace equipment that is not returned. I understand that, regardless of any refund to which I may be entitled, I am responsible for returning to the Organization in good condition all GYFAC owned equipment issued to my child. I understand that I will be financially responsible to the GYFAC Tartan Organization for all equipment that I fail to return which could include GYFAC taking any type of collection and/or legal action to ensure the return of said equipment.

Tentative 2023 Season Calendar

April 2023

April 15th - *Uniform Fittings*

May 2023

May 13th - *Uniform Fittings*

TBD - *Physical Day*

June 2023

TBD - *Meet-n-Greet (Mandatory for parents to complete conference paperwork for certification)*

July 2023

July 5th - *First Day of Conditioning*

TBD - *Equipment Distribution (tackle)*

August 2023

Aug 5th - *Certification Day (MANDATORY FOR ALL FOOTBALL PLAYERS)*

Aug 6th - *Scrimmages start*

TBD - *Opening day/Pancake Breakfast*

Aug 19th & 20th - *Cheer Camp*

Aug 26th & 27th - Games Start

September 2023

Labor Day Weekend -NO PRACTICE/NO GAMES-FIELD CLOSED

TBD - Photo Day

TBD – Mid-Season League Fundraiser(not mandatory)

October 2023

Oct 11th - Grades due to Conference

Oct 28th & 29th - Quarter Finals (first round of playoffs)

November 2023

TBD – Equipment return for teams not in playoffs

Nov 4th & 5th - Semi-Finals (second round of playoffs)

Nov 11th - SGVJAAFC Cheer Competition

Nov 18th & 19th - Finals/Scholarship Patch Day

TBD – Final Equipment return day

December 2023

Dec 2nd - City Host Cheer Competition

Dec 9th - JAMZ Qualifier Competition

Dec 9th – Glendora Christmas Parade

San Gabriel Valley Jr. All-American Football Conference Inc. Parents Code of Conduct

The objective of this program is to inspire our youth to practice ideals of health, citizenship and character, to bring our youth closer together through the means of a common interest in sportsmanship, fair play and fellowship; to impart to the game elements of safety, sanity and intelligent supervision; and to keep the welfare of the player first, foremost and entirely free of the adult drive for glory.

In order to keep the program free of the adult drive for glory and other adult conduct which is detrimental to the ideals of youth sports, parents and guardians of football players and cheerleaders as well as all adults connected with or who participate in the San Gabriel Valley Junior All-American Football Conference, Inc., Football Program or Cheerleader Program must adhere to the following standards of conduct.

1. **DO NOT** physically or verbally abuse anyone in the program.
2. No physical altercation will be permitted. Fighting in public is a Misdemeanor.
3. No smoking (on the field) during practice or at game time.
4. Show respect for all parents/guardian, opponents, officials, and coaches at all times. **DO NOT** argue with or criticize the football players, cheerleaders, coaches, board members, or officials during practice or at game time, or any City sponsored event by word of mouth or gesture. Reserve constructive criticism for private meetings with the person who is the object of the constructive criticism. **DO NOT** argue with or criticize the game officials, the opposing team, the opposing coaches or fans, by word of mouth or gesture.
5. Refrain from the use of social media outlets (such as Facebook, Twitter, or other forums) to impart or express

negative information toward any Carded Conference Member, any Member of the Conference Executive Board, City Franchise, or participant.

6. **DO NOT** use abusive, profane, vulgar or other offensive language and gestures.

7. **No consumption or use of alcoholic beverages is allowed during practice or at game time. Drinking in public is a Misdemeanor. Any person who is observed consuming alcoholic beverages at any sponsored event will be summarily ejected/banned from further participation in any sponsored event and shall be personally responsible for any monetary fine leveled against any Franchise or Conference resulting from such conduct.**

8. **No noisemaker** (i.e. whistles, horn, megaphones, cow bell, etc.), may be used during a game. Any City whose adults are in violation of this prohibition will be fined.

9. **DO NOT** incite unsportsmanlike conduct.

10. **DO NOT** seek to undermine the authority of the Coaching Staff to include the City Board of Directors or SGVJAAFC Officials through word of mouth or deed.

11. **DO** accept decisions of coaches as being fair and made to the best of the coach's ability given their volunteer status.

12. **DO** set an example by your personal conduct at all times in front of all persons connected with the football or cheerleading program.

13. **DO** remember that winning at all costs is not a message we wish to impart to our youth. Instead, we want them to have fun, to play safe, and to encourage good sportsmanship.

14. In the event any rules are violated the Board has the right to take the necessary action along with the assistance of the local agency to correct any potential problems.

15. In addition, these rules apply to any guest in attendance with any parent, guardian or other party involved with the football program or cheerleading program.

The violation of any portion of these rules relating to the Adult Code of Conduct will subject the violating individual to any one or all of the following penalties:

PENALTIES

1. Violations that occur at a Scrimmage, Game, Cheer Competition or any Practice to include City functions that person or persons will be asked to leave that particular event. It can be for a game, multiple games, a season or seasons, post-season, or permanent ineligibility due to the severity of the violation.

2. The participating player or cheerleader who is related to the adult in violation of these Adult Code of Conduct rules may be suspended from the team for any number of game or games; may be placed on probation; or may be disqualified from further participation in San Gabriel Valley Junior All-American Football Conference activities due to the violations of the adult Parents Code of Conduct. **NO REFUNDS FOR PARTICIPANTS WHO ARE DISMISSED FROM ANY SGVJAAFC/FRANCHISE DUE TO A VIOLATION OF PARENT CODE OF CONDUCT.**

HEARINGS

If a complaint is registered with San Gabriel Valley Junior All-American Football Conference regarding an alleged violation of the Adult Code of Conduct rules, it will be investigated initially by the City Franchise President. If the City Franchise President, in his or her sole discretion, determines that there is some minimum amount of evidence

that the rules of the Adult Code of Conduct have been violated, the offending adult will receive written notice of the alleged violation and will be invited to attend a regular or specially called meeting of the **Glendora Youth Football and Cheer** Board of Directors upon not less than 48 hours telephonic notice. At the meeting, the allegations against the offending individual will be presented and the offending individual will thereafter have the opportunity to present evidence to the contrary or to refute the allegations. No hearing shall be conducted for a period of time in excess of one (1) hour. At the conclusion of the hearing, all individuals with the exception of the Directors of **Glendora Youth Football and Cheer** will be excused from the room. Thereafter, the Directors of **Glendora Youth Football and Cheer** will consider the matter in Executive Session and will render a written decision within ten (10) days. The written decision of the Board of Directors of **Glendora Youth Football and Cheer** will be final. The written decision will specify the punishment, if any, and the date upon which any disqualification, suspension, probation, or disbarment will take place, as well as the terminating date of the penalty.