



Players and Parents Rules, Regulations and Code of Conduct

Dear Players and Parents,

Welcome to the Ramsey Junior Football Association (RJFA). You are members of a non-profit organization with the following objectives as outlined in our By-Laws:

A. The aim and purpose of the Ramsey Junior Football Association is to provide a healthy atmosphere in which the youth of Ramsey may participate in competitive football.

B. This objective will be achieved by intelligent supervision, mature direction, careful planning, and good example. We pledge ourselves to place the greatest emphasis on the proper conduct, discipline, and safety of the youth entrusted to our care.

These objectives are a big challenge and require the help of many in both attitude and effort. Everyone, that means players, parents, coaches, executive board members and other volunteers, must work together and support one another if we are to fulfill our objectives and create an extraordinary youth football experience for our children. We must give one another the benefit-of-the-doubt and ask before we criticize. Our coaches and board members are volunteers who give their time selflessly. They are not perfect. They need your support at all times. They have your children in their best interest. When you have questions, please ask your child's Head Coach, our Athletic Director or an Executive Board member.

What follows are some general rules that must be followed if we are to begin to fulfill our objectives.

Player Eligibility

A player must provide a medical clearance form completed by their physician. A medical waiver, signed by a parent or legal guardian, must also be provided for emergency treatment.

A player shall have sound scholastic standing. The parent or legal guardian will make the final decision on this point.

No one will play in a league game until they have completed one week of practice. The coach will determine a player's readiness prior to their engaging in contact of any kind.

PLAYERS

Homework should be completed before practice!

You are committed to a team, not to an activity.

You must be dressed and ready for practice 15 minutes before the scheduled start. This means you will be wearing a full practice uniform including: an athletic supporters with cup; football cleats; helmets on with buckled chin straps.

During preseason, it is **imperative** that all players attend practice. This is the time players are evaluated, assigned to their positions and the team they will play on (i.e. Blue (A), Gold (B), or White (C)). If you miss practices there will not be ample time to evaluate you as a player.

During game weeks, one unexcused absence from practice during a week will result in you sitting out the first half of your game.

During game weeks, two unexcused absences from practice during a week will result in you sitting out the entire game, which you must attend.

Any unexcused absence from a game will result in you sitting out the entire next game, which you must attend.

Practice sessions after school begins will be limited to three full workouts per week.

While at practice we ask that you give 100% effort at all times. You play like you practice!

PLAYERS AND PARENTS

Attitude and Conduct

Accept and understand the seriousness of the responsibility, and the privilege of representing Ramsey.

Display pride in your actions at every opportunity.

Respect your coaches, fellow teammates, fellow parents, opponents and contest officials. Treat them as you would like to be treated.

Respect and be responsible for your equipment. Know where your equipment is when it's not being used. Do not throw or sit on your helmet.

The use of foul language will not be tolerated.

Wish opponents good luck before the contest and congratulate them in the sincere manner that you would like to be greeted following either victory or defeat.

All players must not leave a practice or a game until dismissed by the Head Coach.

We the undersigned understand and agree to all of the rules, regulations and the code of conduct expected of a Ramsey Junior Football Association Player and Parent.

Player Signature: _____ Date: ____/____/____

Parent Signature: _____ Date: ____/____/____