

PACIFICA TIGERSHARKS POP WARNER FOOTBALL AND CHEER POLICY AND PROCEDURES

Team Rules - Football

1. All members have equal standing regardless of age, experience, skill, sex, color, race or religion and are to be treated as equals. The Pacifica Tigersharks are one family, including both football and cheer squad members as equals.
2. All rules, policies, procedures carry the same weight for all members. So-called "Star Players" are not part of the program and therefore there will be no preferential treatment, real or implied, to any such member.
3. All members are expected to participate fully in all Association events, including fund raising, Scholastic fitness programs, daily practices, games, drills, team meetings and other events that arise from time to time. Members must also be prompt and prepared for all such events.
4. Attendance is mandatory for certification and all team meetings, practices, scrimmages and games. Participants and parents must make reasonable efforts to schedule dental and medical appointments at such times as not to conflict with practice and game times. You will be provided a calendar far enough in advance to schedule such appointments. In the unlikely event that such arrangements cannot be made, the Head Coach must be made aware of such absences before the scheduled event. **Any missed practice, whether excused or not, still has the same negative impact on the team's preparation for their weekly game.** In the event of illness, the participant must contact the Head Coach in advance of practice or game time. Consequences of such missed mandatory events shall result in the minimum of the following:
 - First Offense: Limited playing time at the discretion of the Head Coach in concurrence with the Athletic Director.
 - Second Offense: Player may be suspended from participation in that week's game. The player will however be required to attend the game, arriving on time, and staying through and including the conclusion of the team meeting at the conclusion of the game, and wear street clothes, and game jersey for admittance on the sideline. A Coach, player, and parent meeting shall take place before the suspended player is returned to full and active status.
 - Third Offense: The player may be suspended for the remainder of the season, with the concurrence of the Athletic Director, and approval of the Board of Directors.
5. Injured players are required to attend all functions, unless medically advised otherwise by the participant's attending physician in writing. There is something to be learned even when not directly playing.
6. Your equipment is very expensive, valuable and necessary for your playing the game of football. It is your responsibility to clean and take care of all of your issued gear. You are provided some of the safest and finest gear available today. You will only be issued gear once. If you should lose any part of your gear you must report it to the Head Coach or designee immediately. He/she will make arrangements for replacement gear to be issued upon payment of the replacement cost of the item(s) lost, stolen or damaged, other than that of usual wear. It is against the rules to participate without all necessary equipment. PTS will

issue all gear necessary to play football. All other accessories including but not limited to hand/wrist or forearm pads, rib protectors, shocker pads, etc. are the responsibility of the individual to purchase. Face shields are not to be used unless written authorization from the participant's attending physician, optometrist or other qualified person is provided. Shield must be clear plastic, tinted or colored plastic is not legal.

7. Helmets are for protection of your head. They are not to be used as a seat, foot rest or any other reason than to protect your head and face while participating in football related activities. They are not to be used in place of a skateboard or bicycle helmet. They are to remain in your possession at all times. This is the single most important, and most expensive piece of equipment you will be issued. Your helmet must never be found lying on the ground or be dropped slammed or thrown. Your helmet will immediately be taken from you for any misuse or mistreatment to your helmet.
8. The minimum standard must be met for uniform and equipment cleanliness each Monday. Failing gear cleanliness inspection will result in post-practice extra-conditioning.
 - All soft gear, including pants, jerseys and chin strap must be machine washed with a mild detergent. The chin strap can be machine dried. **Do not use liquid chlorine bleach.**
 - Knee and thigh pads and hip and butt pads should be hand washed in warm to hot water with a mild antibacterial soap and hand dried.
 - Helmets should be washed in the shower or large garage sink in warm to hot water with antibacterial soap and allowed to air dry. It is recommended that the helmet be washed at home after each weekly game or last practice of the week.
9. General personal grooming is also very important to your health and the health of your teammates. It is important that you take daily showers or baths to promote good health and keep bacteria from growing and spreading on yourself and others. Feeling good physically will help you to perform to your optimal level.
10. Education is a huge part of your life now, just as football is for a few months in the summer and fall each year. It is absolutely necessary that you be a **good student** first, a **good citizen** second, and a **good sport** third. Playing football ends for everyone at some point in their life. Your football playing days will end too, yet you will continue to learn every day of your life. The education you receive in school now is the building blocks for what you will do for the rest of your life. The lessons you learn from football supplement your classroom education, but they can never replace them. You may be required to attend study hall sessions should negative reports be obtained from your teacher, principal or parents. Your membership on the football team is conditional on you scholastic fitness, and good citizenship. You may be suspended from all team functions and events if your class work, homework, or citizenship is substandard. Don't settle for average in the classroom or on the football field. A GPA of not less than 2.0 and "Good Citizenship" marks are mandatory. If this is not achieved, a written statement from your parents and school principal stating that you are showing sustained satisfactory progress in overcoming either your academic or citizenship problem(s) may be accepted.
11. Field use is granted by the Jefferson Union High School District and staff at Terra Nova High School. Please be reminded that we are guests at their fields and facilities and must treat them with absolute respect and care. You are responsible for making sure that all trash and garbage you bring is removed and disposed of properly each day. This same conduct is expected when visiting our competitor's facilities.

12. Parent participation is extremely important and encouraged. However, for the safety of you, your child(ren) and the health of the Association, you must remain in the designated parent areas before, during, and after games and practices. You can be assured that your child(ren) is safe when under the supervision of their coach. We encourage communication between coaches, parents, participants and directors and we are very willing to discuss matters in their proper place and time. During a practice or game is **not** appropriate and will not be tolerated and most likely will be ignored until such an appropriate time can be arranged. Coaches will be available briefly after the team meeting has concluded.
13. It is preferred that the following chain of command be followed should you have concerns or needs you need addressed. If it is a participant or team matter, please address all comments to the Head Coach, for he/she is responsible for all of his/her assistants' actions. In the event you are not satisfied with the result, you should then discuss the matter with the Athletic Director. If you are still not satisfied do not hesitate to contact the President, who will do everything possible to satisfy your concerns. In the unlikely event the President is unable to assist you, the Board of Directors will meet in Special Session to hear your concerns. The Board of Directors of PTS is your final authority. You are of course, able to take matters to the Peninsula Conference or National Pop Warner, but be forewarned that matters of an individual Association will not be considered at those levels, but be directly referred back to the local Association.
14. **Parents must be timely in dropping off and picking up your child(ren) or making arrangements for their transportation.** It is not the responsibility of the Coaches, Team Managers or Directors to provide transportation for your children. Repeated tardiness will not be tolerated. Coaches are under specific guidelines for start and end times of practices and meetings and will adhere to them.
15. Game day transportation is to be "caravan style" for all road games. Do not make plans to depart for a road game without the caravan. Participants are expected to check in at the appropriate departure time and arrive at the appropriate arrival time with the "caravan." Please avoid putting your child in a compromising position by not following the Road Game Travel Guidelines. The Head Coach will have the right to discipline any participant for not traveling in the "caravan" or arriving late to all check-in times.
16. These Policies and Procedures serve as an outline for all Pacifica Tigershark's football teams and are subject to change from time to time as necessary. The Head Coach shall retain the authority to *sensibly* rule on all matters not specifically covered in these rules.

Adopted: June 1999

Amended: June 2008