



INYFC CODE OF CONDUCT & DISCIPLINARY GUIDELINES

INYFC League Adult Code of Conduct

In order to uphold the goals of the Inland Northwest Youth Football & Cheer (INYFC) league, and to ensure that every participant has the benefit of a safe, fun learning environment, all parents, guardians, and other attendees of INYFC events must pledge to behave in a respectful, courteous, and sportsmanlike manner at all times. Events include, but are not limited to practices, camps, competitions, fundraisers, and banquets.

Board members reserve the right to remove anyone who is using alcohol, tobacco, drugs, or appears intoxicated. Additionally, INYFC has a zero-tolerance policy for flagrantly rude or intimidating behavior. Spectators will be asked to immediately leave for engaging in verbal or physical abuse, including heckling, taunting, ridiculing, booing, throwing objects, using profane language or making obscene gestures. All officials, coaches, volunteers, participants, parents, and other event attendees will receive the same level of respect.

For first-time infractions for verbal or physical intimidation, the hosting association may issue a written warning to the individual regarding the misbehavior. The offending adult's children may also be removed from the event if warranted. A second offense will result in the adult being banned from all INYFC league events for a minimum of one year from the date of the occurrence. Their children may also be suspended from participating in INYFC programs during that time period.

A ban will be issued for first-time physical assaults or threats of bodily harm against any adult or child. The penalty will last for a minimum of one year from the date of the offense. Children of any instigators or participants in a physical altercation, whether on school grounds or outside the competition gates, may also be removed from all INYFC league programs for the same length of time.

After the ban has expired, if the individual again breaks their pledged Code of Conduct, then the individual will be permanently banned from all INYFC events. The individual's children may also be permanently removed from a team or prevented from registering for any INYFC programs.

INYFC League Members Code of Conduct

All INYFC volunteers and participants will abide by a Members Code of Conduct, which includes the following provisions in addition to the ones listed above. By signing this form, you agree that INYFC board members have the authority to impose a penalty, including permanent removal from the program, if any of these rules are broken.

As a member of the INYFC league, whether at the practice field or attending a competition, I pledge to:

Field Rules

- Not smoke, vape, consume alcohol, or use drugs on school grounds.
- Not use abusive or profane language or engage in conduct that intimidates or escalates a tense situation.
- Stay within the designated visitor's area. I will not enter the field, track, or players box without permission.
- Not engage in excessive sideline coaching by shouting instructions to a player from the sidelines.
- Accept the decisions of the game officials. I will not heckle or question field calls.
- Not criticize or intimidate an opposing team's players, cheer squad, coaching staff, or fans either verbally or with gestures.
- Be jointly responsible for monitoring the conduct of members and guests. I will notify a member of the board or coaching staff about an escalating situation instead of trying to handle it myself.

INYFC Code of Conduct & Disciplinary Guidelines

Coaching Staff and Parents

- Immediately remove a participant from practice or competition at the first sign of a health concern. A serious injury, including sprains and concussions, requires a medical release from a doctor before play resumes.
- If necessary, then I will deliver constructive criticism to a player after the event, either in private with a parent or in the presence of team members if others might benefit from the correction.
- Emphasize that good athletes strive to be excellent students and winning is the result of good teamwork.
- Encourage the value of sportsmanship by following the minimum play and mercy score rules as well as demanding player safety techniques.
- Promote healthy athletic practices. I will not endorse “sweating down” tactics or recommend medications or performance-enhancing vitamins or equipment.
- Only allow eligible, registered participants on the roster to participate in an INYFC event, including having younger siblings on the field. Teenagers can register to volunteer as coaches in training, and parents must have a badge to enter the field.
- Refuse any cash or in-kind payment as an INYFC league volunteer or participant. This includes any coach, expert, consultant, choreographer, or player, regardless of roster status.
- Use social media as a platform to encourage and uplift all players and teams. I will not post derogatory or negative comments toward players, coaches, board members, or officials.

INYFC Process for Considering Disciplinary Action

1. No disciplinary action shall be taken against a member until they receive the opportunity of a hearing. However, depending on the severity of the violation and past conduct violations, the INYFC President has the discretion to temporarily suspend an accused member while the hearing process is pending.
2. A randomly assigned quorum of the INYFC Disciplinary Committee shall meet within 14 days to collect reports and determine if disciplinary action is necessary. The quorum will consider all reports of a member's Code violation. Petitions are not accepted. Each individual must submit a letter.
3. If disciplinary action is warranted, which requires a majority vote, then the member will be contacted immediately by certified letter, indicating the alleged violation of the Code agreement. The member, coach, and team manager will also receive a copy via email. The accused member reserves the right to request a factfinding hearing and appear before the Disciplinary Committee to dispute the allegations.
4. Hearing requests must be made within 72 hours of receipt of the certified letter. The member's failure to respond will be deemed as an admission of guilt to the allegations, and the Disciplinary Committee shall then consider the appropriate penalty under the Disciplinary Guidelines.
5. A requested hearing shall be conducted by the assigned quorum no later than 10 days later. The hearing will be conducted by the INYFC President, who has the discretion to allow additional witness testimony or statements from representatives.
6. The quorum shall vote at the conclusion of the hearing if disciplinary action is warranted. A majority vote is required for any level of disciplinary action, including but not limited to:
 - Warning or ejection from an INYFC-sponsored event.
 - Suspension for one game, multiple games, a season, or a full year from date of occurrence. Three violations shall be an automatic suspension for the remainder of the season.
 - Expulsion from an association or the league depending on severity of the infraction.
7. The member shall receive written notice by certified mail of the hearing outcome within 72 hours. Minutes of the quorum hearing are also forwarded to the INYFC secretary for inclusion in official league records.

INYFC Code of Conduct & Disciplinary Guidelines

The INYFC Code of Conduct & Disciplinary Guidelines is an honor agreement between you and the other participants, parents, coaches, officials, and representatives of the league. Your signature legally certifies that this document has been fully read, is understood to the best of your ability, and is agreed upon between all parties. Not knowing a published rule in this document or the official Rule Book will not be an acceptable defense for alleged violations of the Code.

Every member, including board representatives, coaching staff, and parents, are individually and collectively responsible for communicating and modeling these rules. Spectators who have not signed this agreement will be held to the same standards. As the league member, you are responsible for your guests' behavior. If your guest is asked to leave the premises and does not comply, then you and/or your participating child may also be removed. Continued problems with the same person can result in the guest or member being banned from future INYFC events, including practices and competitions.

Violations of the INYFC Disciplinary Guidelines should be reported to the board immediately. The board has sole discretion in the enforcement of rules, investigation of violations, and execution of penalties.

I declare that I agree to follow the outlined terms of the INYFC Code of Conduct.

Print Parent's Name: _____

Parent's Signature: _____

Date Signed: _____



PARTICIPANT CONTRACT & PARENTAL CONSENT FORM

- 1. PERMISSION TO PARTICIPATE:** I, the parent/guardian of the above-named participant hereby acknowledge that my child is in good general health and I give my approval for my child to participate in any and all league, association and team/squad activities, including transportation to and from the activities. I give my approval for and assume any and all risk of my child's use of various playing surfaces and conditions, including, but not limited to, dry and wet natural and artificial grass, hard dirt, and/or mud and I hereby acknowledge and understand that said surfaces may be regular or very irregular.
- 2. INTENT TO INFORM:** I acknowledge that I am fully aware of the potential dangers of participation in any sport and I fully understand that participation in football or cheerleading may result in **PARALYSIS, BRAIN OR OTHER SERIOUS INJURY, PERMANENT DISABILITY AND/OR DEATH**. Further, I fully acknowledge and understand that protective equipment does not prevent all participant injuries, and therefore I waive, release, absolve, indemnify, and agree to hold harmless the coaches, local, league, and any and all organizers, sponsors, supervisors, participants, and persons transporting the above-named participant to and from activities, from any claim arising out of any injury to my/our child whether the result of negligence or for any other cause.
- 3. EMERGENCY MEDICAL AUTHORIZATION:** I grant permission for emergency medical/dental treatment or first aid to be administered to my child for any illness/injury/accident resulting from participation in any and all activities.
- 4. EQUIPMENT RESPONSIBILITY:** I agree to assume full responsibility for any and all equipment/uniforms loaned to my child and I agree to promptly return, upon request, the uniform and other equipment in good condition except for normal wear and tear. If I fail to comply, I will be responsible for the cost of such equipment.
- 5. INSURANCE DISCLOSURE:** I am aware that my local organization carries group accident medical insurance which is secondary or excess to my insurance which is considered primary insurance. Further, I agree to notify in writing my head coach and local organization of any medical claim from participation in activities as soon as reasonably possible. I understand that the registration fee is not premium for insurance and that deductibles may apply.
- 6. SCHOLASTIC FITNESS:** I confirm that my child is scholastically fit or that I have completed the scholastic eligibility form or the Home School Eligibility Form and will adhere to all rules and regulations therein. Further, I authorize my child's school to release grades, report cards, and all other scholastic information to the local organization in order to comply with scholastic fitness requirements.
- 7. FINANCIAL RESPONSIBILITY:** I confirm that I have been advised by the local Organization of my rights, if any, to a refund in accordance with the local organization policies, and I have also been advised of my fundraising obligations for the entire season and agree to fully comply with those obligations.
- 8. COMMUNICATIONS, PROMOTIONS, AND CONSENT:** As a condition to my child's participation, I consent to receive communications by email, text and mail. I hereby grant the local organization the right and permission to make, reproduce, broadcast or otherwise use participant's name and likeness including photograph, films, videos, recordings, or other depictions or images in any form or media throughout the universe in perpetuity for promotion materials, advertising, editorial, trade or other purpose. To the extent that any benefit or may accrue therefrom, I forever waive any interest in or claim to such benefits and acknowledge that local organization is under no obligation to exercise any rights granted herein.
- 9. ADULT CODE OF CONDUCT: S1:** In order to uphold the goals of the local organization and ensure that all participants have the benefit of a safe and fun learning environment, all parents, guardians and other adults and attendees of events, including but not limited to practices, competitions, and banquets, must behave accordingly in a respectful, courteous and sportsmanlike manner at all times. **S2:** Any adult who is using alcohol, tobacco, or non-prescription drugs and/or appears intoxicated at an event, and/or who is flagrantly rude, attempts to intimidate, verbally abuse, heckles, taunts, ridicules, boos, throws objects and/or uses vulgarity or profane language/gestures with an official, coach, volunteer, staff member, participant or other event attendee, must receive a verbal warning and/or be asked to leave an event. The member organization may also provide a written warning to the individual regarding the misbehavior. The adult's children may also be removed from the event. Any adult who commits one of the above stated offenses a second time, will be banned from any and all events for a period of one year from the date of the second offense, and their children may also be removed from the program(s) for that time period. **S3:** Any adult who physically assaults an official, coach, volunteer, staff member or participant or threatens grave bodily harm may be banned from any and all events for one year from the date of the offense, and their children may also be removed from any and all programs for that same period of time. After the ban has expired, if the individual commits another offense of the adult code of conduct, the individual will be permanently banned from any and all events and the individual's children may also be permanently removed from any and all programs.
- 10. ADHERENCE TO RULES AND PROCEDURES:** I understand and acknowledge that as a parent/guardian of a participant it is my responsibility to comply with all rules and regulations of the local organization or any of its member organizations and understand that non-compliance may be cause for discipline and/or dismissal of the participant, myself, and/or other persons affiliated with the undersigned and the participant. I agree to furnish a medical release, scholastic fitness form and this form must be presented by date of certification in order to participate in activities. I/We hereby hold the local organization harmless of any financial loss as the result of any disciplinary action.
- 11. DISPUTE RESOLUTION POLICY SEVERABILITY:** I understand and acknowledge that all disputes with local organization and all affiliated parties will be subject to binding arbitration in Spokane, WA in accordance with Washington law. I hereby agree that this binding arbitration shall be in lieu of any litigation. I also understand and agree that if I contest any decision or ruling of local organization and seek other recourse, that I will reimburse local organization for all legal fees and expenses it reasonably incurs. If any portion of this form shall be deemed unenforceable, the remainder shall remain in full force and effect.
- 12. RULES & REGULATIONS:** In consideration of participation in activities and by my signature below, I confirm that I have read, fully understand and voluntarily agree to be bound by all of the above and that all information provided by me is true and accurate.

Parent/Guardian's Signature: _____ Date: _____

Parent/Guardian's Printed Name: _____ Player's Name: _____

Concussion

INFORMATION SHEET



This sheet has information to help protect your children or teens from concussion or other serious brain injury. Use this information at your children's or teens' games and practices to learn how to spot a concussion and what to do if a concussion occurs.

What Is a Concussion?

A concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth. This fast movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging the brain cells.

How Can I Help Keep My Children or Teens Safe?

Sports are a great way for children and teens to stay healthy and can help them do well in school. To help lower your children's or teens' chances of getting a concussion or other serious brain injury, you should:

- Help create a culture of safety for the team.
 - Work with their coach to teach ways to lower the chances of getting a concussion.
 - Talk with your children or teens about concussion and ask if they have concerns about reporting a concussion. Talk with them about their concerns; emphasize the importance of reporting concussions and taking time to recover from one.
 - Ensure that they follow their coach's rules for safety and the rules of the sport.
 - Tell your children or teens that you expect them to practice good sportsmanship at all times.
- When appropriate for the sport or activity, teach your children or teens that they must wear a helmet to lower the chances of the most serious types of brain or head injury. However, there is no “concussion-proof” helmet. So, even with a helmet, it is important for children and teens to avoid hits to the head.



Plan ahead. What do you want your child or teen to know about concussion?

How Can I Spot a Possible Concussion?

Children and teens who show or report one or more of the signs and symptoms listed below—or simply say they just “don't feel right” after a bump, blow, or jolt to the head or body—may have a concussion or other serious brain injury.

Signs Observed by Parents or Coaches

- Appears dazed or stunned
- Forgets an instruction, is confused about an assignment or position, or is unsure of the game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can't recall events *prior to* or *after* a hit or fall

Symptoms Reported by Children and Teens

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness, or double or blurry vision
- Bothered by light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Confusion, or concentration or memory problems
- Just not “feeling right,” or “feeling down”

Talk with your children and teens about concussion. Tell them to report their concussion symptoms to you and their coach right away. Some children and teens think concussions aren't serious, or worry that if they report a concussion they will lose their position on the team or look weak. Be sure to remind them that *it's better to miss one game than the whole season.*



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CONCUSSIONS AFFECT EACH CHILD AND TEEN DIFFERENTLY.

While most children and teens with a concussion feel better within a couple of weeks, some will have symptoms for months or longer. Talk with your children's or teens' healthcare provider if their concussion symptoms do not go away, or if they get worse after they return to their regular activities.

What Are Some More Serious Danger Signs to Look Out For?

In rare cases, a dangerous collection of blood (hematoma) may form on the brain after a bump, blow, or jolt to the head or body and can squeeze the brain against the skull. Call 9-1-1 or take your child or teen to the emergency department right away if, after a bump, blow, or jolt to the head or body, he or she has one or more of these danger signs:

- One pupil larger than the other
- Drowsiness or inability to wake up
- A headache that gets worse and does not go away
- Slurred speech, weakness, numbness, or decreased coordination
- Repeated vomiting or nausea, convulsions or seizures (shaking or twitching)
- Unusual behavior, increased confusion, restlessness, or agitation
- Loss of consciousness (passed out/knocked out). Even a brief loss of consciousness should be taken seriously

► **Children and teens** who continue to play while having concussion symptoms, or who return to play too soon—while the brain is still healing—have a greater chance of getting another concussion. A repeat concussion that occurs while the brain is still healing from the first injury can be very serious, and can affect a child or teen for a lifetime. It can even be fatal.

What Should I Do If My Child or Teen Has a Possible Concussion?

As a parent, if you think your child or teen may have a concussion, you should:

1. Remove your child or teen from play.
2. Keep your child or teen out of play the day of the injury. Your child or teen should be seen by a healthcare provider and only return to play with permission from a healthcare provider who is experienced in evaluating for concussion.
3. Ask your child's or teen's healthcare provider for written instructions on helping your child or teen return to school. You can give the instructions to your child's or teen's school nurse and teacher(s) and return-to-play instructions to the coach and/or athletic trainer.

Do not try to judge the severity of the injury yourself. Only a healthcare provider should assess a child or teen for a possible concussion. Concussion signs and symptoms often show up soon after the injury. But you may not know how serious the concussion is at first, and some symptoms may not show up for hours or days.

The brain needs time to heal after a concussion. A child's or teen's return to school and sports should be a gradual process that is carefully managed and monitored by a healthcare provider.

To learn more, go to cdc.gov/HEADSUP



Discuss the risks of concussion and other serious brain injuries with your child or teen, and have each person sign below.

Detach the section below, and keep this information sheet to use at your children's or teens' games and practices to help protect them from concussion or other serious brain injuries.

- ☐ I learned about concussion and talked with my parent or coach about what to do if I have a concussion or other serious brain injury.

Athlete's Name Printed: _____ Date: _____

Athlete's Signature: _____

- ☐ I have read this fact sheet for parents on concussion with my child or teen, and talked with my child or teen about the risks of concussion and other serious brain injury.

Parent or Legal Guardian's Name Printed: _____

Parent or Legal Guardian's Signature: _____

A handwritten signature in black ink, appearing to read "Amanda Haines".

Amanda Haines
07/13/2021