

2017 EDITION

Cheer Handbook

RULES FOR CHEERLEADING PROGRAM

2017 Participation Handbook

Welcome to Sierra MCRF Cheer. This handbook was developed to help our adult and youth members understand how our organization operates and what is expected of all players/cheerleaders and volunteers. While we can't cover every contingency in this handbook, you are asked to follow the spirit of what is outlined here, and allow common sense to prevail. Tri-County/MCRF Cheer is organized by and is operated entirely by volunteer members – your input is welcome!

MISSION

Our mission is to teach football and cheerleading skills to youths between the ages of 7 to 14 football and 5 to 14 for cheer, which will help them meet their individual goals for their sport. The training will take place in an environment based on the ideals of good sportsmanship, honesty, courage, loyalty and respect for oneself and others.

ORGANIZATION

We are affiliated with the Tri-County Football League (TCFL).

Cheer – there are four regular squads with up to 24 girls on each squad, based on age policies established by TCFL.

RULES AND POLICIES

Every parent/participant is required to read this handbook and abide by the policies outlined here. All parents/participants are required to return a Parent/Participant Contract signed by both parents (or a single parent acting as an agent of the family) and participants certifying that they have read and understand this document.

ELIGIBILITY

Local district and boundaries are determined by TCFL

ROLES AND RESPONSIBILITIES

Tri-County/MCRF Cheer is operated entirely by volunteers – every activity that is part of our program occurs through the efforts of volunteers. Board members, coaches and instructors donate approximately 200 hours or more per person, each season, to ensure we can offer the highest quality program to our children. It is critical that every volunteer be treated with courtesy and respect at all times. There are a variety of levels of involvement within our program.

Executive Committee – They are responsible for management of all operations in the program, including oversight of the volunteer network. Other board members are appointed, as needed outlined in our by-laws.

Cheer Coaches and Instructors – There are up to 4 coaches per squad, per TCFL guidelines. The adult coaching staff is responsible for discipline, parent communications, planning squad events and programs, team building, instructor relations, and squad fundraising. The coaches are responsible for developing game and competition routines, teaching the routines, and strengthening cheerleader skills. They do not discipline cheerleaders, but they do help them stay focused. Parents may not discuss the routines or formations with the instructors; these issues should be directed to the head coach.

Cheer Advisor/Coach Guidelines

- A. Cheer advisors must issue to the parents, once the squad has been chosen, a cost sheet. The Cheer Coordinator must receive a copy from each advisor of the letter given to parents which includes all costs for the upcoming season.
- B. All participants must tryout/Sign up for a team within their district and their division unless local program does not hold tryouts.
- C. Cheerleaders formerly on the squad are not eligible to tryout for a team the following year and are required to try

out for a team each year. Being on a team the previous year does not guarantee placement on teams.

- D. Teams **(ALL)** - there is no minimum number of cheerleaders on a squad and a **maximum of** up to 24. The number of cheerleaders selected on a squad is left up to the decision of the Local Cheer Program.
- E. When a Cheerleader's birthday falls within the grey area they can move up or down. This will be determined by the **Coordinator/Local Cheer Program**. Any other requests will have to be approved by the **Cheer Commissioner** based on the needs of the child not the program or parent.
- F. Cheerleaders must attend school or live within the district limits of the teams for which they will be cheering. A release from the district they are leaving is required.
- G. If the Cheerleader lives in an area that is not a part of Tri-County they can sign up.
- H. Each organization will be charged a Tri-County fee of \$25.00 per participating Squad (\$100 per program). This covers commissioners, treasurer, room rental fees and passes. Due at the August Meeting of each year.

PRACTICE RULES

- A. Practice may begin the first week in July on approval from their local board, if insurance permits.
- B. Programs must have consistent practice schedules and place to practice.
- C. Maximum hours of practice per week before traditional school starts is no more than 10 hours per week, a week being 7 consecutive calendar days. Daily practices cannot last more than 2 ½ hours of physical practice. Once traditional school starts, no more than 6 hours a week, and no longer than 2 hour practices.
- D. Two weeks before competition, practice may be increased to 8 hours a week. Practices should be no longer than 2 hours each. **Programs will be penalized 10 points at Competition for going over practice times.**
- E. Safety Precautions: All practices must be attended by one person holding a Red Cross Multi-Media Card or its equivalent, if not by a volunteer physician.
- F. **Warm Weather Precautions:** Teams must guard against serious heat problems, which in extreme high school and college cases have occasionally resulted in death. The training regimen of any team practice under high heat and/or humidity conditions should:
 - I. Limit or eliminate laps entirely. Do not assign laps for disciplinary reasons.
 - II. Schedule practices for early evenings after sun is low in the sky.
 - III. Best medical advice requires you to give your players all the water they want to drink, when they want to drink it. Do not substitute soft drinks or sugar-laden beverages in place of water.
 - IV. Each coach should keep an eye on all players and fellow coaches for the slightest sign of heat exhaustion.
 - V. Within each 2 hours of practice there should be a 15 minute break.

INJURIES

- A. Any injuries to a player requiring medical doctor attention must have a medical release from a medical doctor to resume practice or play. **No exceptions on the "return to play" requirements, a doctor note is required.**
- B. If the official or medical personnel have concerns of a concussion, they are not eligible to return to the game.
- C. If the official or medical personnel have any concerns of a possible concussion, the player is to sit for the remainder of the game.
- D. The organization is to follow the 'Return to Play' policy regarding concussions.
 - i. **Document attached at end of By-Laws**
 - 1. All parents are to receive a copy of the policy at the beginning of the season.

COMPETITION

- A. All teams are **required** to participate in Competition. This includes Mighty Mites (Compete or Non-Compete Division), Pee Wee, Junior and Senior Teams.
- B. Original Rosters must be maintained with written acknowledgment of any changes given to the Cheer Commissioner. Changes that will be accepted as normal operational situations can include but are not limited to: medical, scholastic, drops, parental situations, behavior etc.
- C. If a parent decides to pull their child from competition during Competition Practice there must be a

resignation letter fully understanding that their child may not have the opportunity to try-out the following year.

- D. If at the time of Try-Outs a parent decides not to allow their child to compete they must understand that their child will not be a part of some of the practices and training and that they cannot change their mind later unless it is full agreement with Local Board and Coaching Staff.
- E. Competition will be hosted by JAMZ at Seland Arena or another compatible venue. Date of Competition will depend on Venue availability. All will be done to ensure Competition is after regular league play unless circumstances are out of the control of Tri-County or JAMZ
- F. Cheer and Dance Rules as outlined by YCADA will be the standard. These rules can be found while taking the YCADA Training and on the JAMZ Website.
- G. A Competition Cost sheet must be available to all cheer parents and given reasonable opportunity to Fundraise.
- H. All questions with regards to Tri-County/JAMZ Competition will be directed to the Cheer Commissioner or Technical Advisor. Coaches are not to contact JAMZ direct regardless of the situation. Proper Chain of command is Coach to Advisor, Advisor to Coordinator, Coordinator to Commissioner or Technical Advisor

NATIONALS

- A. Nationals Championships are above and beyond the purview of Tri-County and is not considered a Tri-County function. However, since qualifying teams are there as Tri-County Representatives using Tri-County Rosters they will act according to Tri-County Bylaws with regards to Conduct etc.
- B. Teams going to Nationals cannot add participants that were not on the regular season Roster and must have competed in the qualifying performance(s).
- C. JAMZ does not provide Insurance for Nationals your parents will sign a waiver. Our Tri-County Insurance only covers practices that are conducted in California. If you require additional insurance it is up to each team to acquire a supplemental policy
- D. Financing/Fundraising for Nationals must be done separate from your regular season budgets. Parents need to understand the difference and it is up to the local board, Cheer Coordinator ensure their understanding.
- E. JAMZ is a facilitator of a National Competition that Tri-County is allowing our teams to participate. Even if a team qualifies at Competition to go to Nationals it is not a guarantee it is up to the Local Board which teams can go.
- F. Parents are not to contact JAMZ. Questions with regards to Nationals should go through Cheer Coordinators.

CHEERLEADER RULES

Eligibility for certification

- A. In order to be certified on a team roster, a player shall qualify as an eligible candidate under these requirements: The Tri-County Youth Football League will supply a standard form for this.
 - a. A player must have parental consent. **A signature on the player contract of both parents if living together** (but only one, with whom the player lives, if separated, divorced, etc.), or legal guardian, giving the child his or her permission to play.
 - b. A player must have required medical examination signed by a medical doctor.
 - c. A player shall be born in the calendar year established by Tri-County and **cannot be in high school**.
 - d. Progress reports must be turned in during week four and before play offs.
 - e. All 1st year players start with a "clean slate"
 - f. A player must present a birth certificate.
 - i. Age Documentation: to verify proof of age: Certificate of Live Birth, Baptismal certificate, Passport, or Medi-Cal Card.
 - g. The date of "certification" shall be established by Tri-County.
 - h. If this is not available the player(s) in question cannot play.
 - i. Player must submit most current report card with registration, and at the middle of regular season and

right before playoffs.

- i. Player must keep a 2.0 GPA to maintain eligibility.

B. An acceptable behavior on and off the field.

C. A player dropped by one team at the request of the parent or dropped by the head coach because of disciplinary reasons, may not be picked up by another team for one year without written approval of the parties involved. (The League Executive Board will render a decision if it is required to do so in writing.)

D.

BIRTHDATE REQUIREMENTS 2015, 2016, 2017

To play in the season of:	2017	2018	2019
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A player must be born:

Mighty Might	NET	11/30/08	11/30/09	11/30/10
	NLT	9/1/2012	9/1/2013	9/1/2014
Pee Wees	NET	11/30/06	11/30/07	11/30/08
	NLT	12/31/09	12/31/10	12/31/11
Juniors	NET	11/30/04	11/30/05	11/30/06
	NLT	12/31/07	12/31/08	12/31/09
Seniors	NET	11/30/02	11/30/03	11/30/04
	NLT	12/31/05	12/31/06	12/31/07

Cheerleader Conduct

- a. A player, being a participant in Youth Cheer, will conduct themselves in an appropriate manner at all times. If profanity, fighting, or causing of general disruption occur at practice, at school or anytime during the season. The local board shall render a decision as to the retention of their local cheerleader(s) eligibility.
- b. If disruption occurs from cheerleader(s) other than a local team, the board in charge of the disruptive player(s) shall be notified and that board shall render a decision. All decisions by local boards are to be made as quickly as reasonably possible and in no event longer than one week after the alleged disruption.
- c.
- d. Football players and cheerleaders – every child is expected to put forth their best effort, both on and off the field, and to abide by the rules and regulations in this handbook and the TCFL BYLAWS. They are expected to act with courtesy and respect, particularly when wearing uniforms or other league apparel. They are also asked to perform their best at all games and competitions, and to be open to learning what they are taught.

All local board decisions on these matters shall be deemed final unless the decision is not consistent with Tri-County objectives. All local board decisions shall be submitted to the Tri-County Committee of coordinators for their review

- A. Cheerleaders are responsible for providing their own uniforms as specified by their Advisor.
- B. Each cheerleader must work for the good of the squad and fully work together and cooperate with squad members and Advisor, or will be removed from the squad at the request of the Advisor and the approval of the Local Board.
- C. Cheerleaders must practice good sportsmanship and conduct at all times.
- D. If a cheerleader uses profanity in or around the playing field or during practice either to a teammate, Advisor, cheerleader from another team or their Advisor will result in automatic dismissal.
- E. Cheerleaders must have neat and clean uniforms for each game.

- F. Cheerleaders must be at all practices and games. If a cheerleader cannot attend a practice or game they must contact the Advisor and let them know they will not be able to attend. Notification must be made prior to the practice or game, not after the fact.
- G. Cheerleaders cheer for the games, rain or shine. **ALL GAMES INCLUDING PLAYOFFS**
- H. No paper, confetti, Candy, etc. is to be on the playing field or track.
- I. No climbing goal posts!
- J. Tri-Co will allow stunting for practice and games only. There will be no flip tosses from elevated positions allowed. Basket dismounts are allowed. Age appropriate stunting will be allowed at PW and MM Levels.
- K. Accessories can be at the discretion of squads for competition. (Poms, hair bows, and gloves.) Props and signs are allowed during the season, but only signs are allowed during competition.
- L. If a cheerleader is suspended from school, then she is suspended from cheer for the same period of time.
- M. Laps can be assigned except under excessive heat conditions.
- N. No floats will be allowed at games.
- O. All Cheerleaders and parents are required to sign a Social Media Contract.
- P. **NO EARRINGS MAY BE WORN** for safety concerns associated with stunting. No jewelry will be allowed with cheer uniforms. Medical alert bracelets will be acceptable.

PARENT VOLUNTEERS

- A. We need at least 50 volunteers for each home game to staff the snack bar, gate, etc.
- B. Every parent is required to volunteer 2 hours for each child that you have in the program, including a minimum of two 2-hour shifts at football games. Documentation of volunteer hours will be kept to assure compliance. Failure to show up for volunteer hours already scheduled, will result in your child being “benched” the next game or competition.
- C. Board Members, Head Coaches and Assistant Coaches with multiple children in MCRF Cheer will not be “required” to complete additional volunteer hours. We would encourage their spouses to volunteer as needed for the benefit of the organization General membership volunteer hours must be completed during the following events: Concession Stand, Home and Away Football Games (including field preparation) and Post Season Football Games (including field preparation). Volunteer hours will not be counted for events such as: team building parties, transportation, cheer parties, and other events of this sort.
- D. Volunteer hours not listed above may be completed if they are approved by the President, Vice President, or Cheer Coordinator prior to completing those hours. Any suggestions should be brought to your team parent or coach who will bring it to the Vice President or Cheer Advisor.

REQUIRED PARENTAL/ADULT CONDUCT

The support of parents is essential to the success of any youth program. This support should, however, be of the off-field variety in such activities as fundraising, promotion, equipment maintenance, team sponsorship, and other volunteer activities. On occasion, well-meaning parents can become overzealous and cause unwarranted problems. For the safety and wellbeing of everyone involved, Tri-County/MCRF Cheer provides these rules concerning parent conduct.

- A. Parents should clearly understand that the purpose of this program is to teach children teamwork, good sportsmanship, fair play, and a love of the sport.
- B. Alcohol, smoking, chewing tobacco or drugs at practices or games, or any part of the facilities Tri-County/MCRF Cheer sponsored activity during the regular season, play-offs or cheer competitions is strictly PROHIBITED.
- C. Parents must stay in the areas designated by the local association during all practice sessions and games. Parents (except parent coaches or team parents who are background checked and cleared) are NOT allowed on the field, sidelines, or locker rooms during practices or games; they should approach coaches before or after games and practices.
- D. Parents are expected to cheer loudly for your team, but always in good taste and never in a way that is disparaging to the opposing team. Unsportsmanlike conduct is prohibited at all times, and can result in penalties to the team on the field.
- E. If a parent is unhappy with a coach during practice or a game, they **WILL** use the 24-hour cooling off period

before they talk to the Head Coach.

- F. Derogatory statements toward game officials or the opposing team are prohibited and can result in the forfeiture of a game, as well as removal from stands and suspension from league events for the individual involved.
- G. A positive mental attitude, free from parent pressures, is an important ingredient for the success of any child in the program. Adults will refrain from open criticisms, especially in the presence of children of the program, coaches, or any personnel connected with the program.
- H. Parents should encourage attendance at all practice sessions. Absences impede progress for the rest of the team as well as for the child who is absent. Missing practice can lead to benching during all or part of a game or may result in suspension if excessive absences occur, subject to the attendance policy outlined below. Missing practice should be limited to illness or serious injury; children with minor injuries or mild illnesses can still benefit from observing at practice sessions. You must notify your coach if an absence occurs.
- I. Parents are responsible for getting all players to and from all games and practices, on time.
- J. Tri-County/MCRF Cheer cannot be held responsible for the health and welfare of unattended children. Siblings of players and cheerleaders will not be supervised.
- K. Volunteers are needed in order for MCRF Cheer to exist. It is mandatory that each family complete the required volunteer hours. Failure to complete volunteer hours or to show up for a scheduled shift will result in your child being “benched” for the next game/competition.

CITIZENSHIP

Tri County Participants are known for pride and respect – to each other, to TCFL associations and leadership, to coaches, parents, teachers and classmates. Any derogatory comments, mocking of others, gossip, or criticism will not be tolerated.

All football players, cheerleaders, board members, coaches, instructors and parents are bound by the behavior guidelines outlined below:

COMPLAINTS

- A. All Complaints either from parents, coaches or coordinators must be in written form to the Commissioner and must include facts and supporting documents i.e.: Video, pictures etc. Hearsay or opinion will not be taken into consideration if action is to be taken against another team, coach, or participant.

MANDATED PENALTIES

Adult Offenses

- A. Fighting against same team or opponent team, adults or fans.
 - a. **MANDATED PENALTY:** Suspension for up to 1 year, up to permanent suspension upon repeated offense.
- B. Cheating of any type...forged birth certificates, filing false roster data, etc.
 - a. **MANDATED PENALTY:** Suspension for up to 1 year, up to permanent suspension upon second offense.
- C. Threats, physical or otherwise, against team or authority.
 - a. **MANDATED PENALTY:** Suspension for 1 year upon first offense, permanent thereafter.
- D. Gambling on game outcome.
 - a. **MANDATED PENALTY:** Suspension for up to 1 year up to permanent suspension upon second offense.
- E. Lack of cooperation with team or authority and/or obstruction of official team or Board investigation into hearing of cases of disciplinary or dispute/conflict nature.
 - a. **MANDATED PENALTY:** Suspension for 1 year upon first offense, permanent thereafter if no compliance.

Juvenile Offenses

- A. Fighting, hitting, kicking, striking or otherwise abusing team members or opponents
 - a. **MANDATED PENALTY:** Removed from game first time, suspended from team for 1 week second time, third offense shall cause suspension for balance of season.
- B. Verbal or physical intimidation of Teammates or opponents
 - a. **MANDATED PENALTY:** Removed from game first time, suspended from team for 1 week second time, third offense shall cause suspension for balance of season.

- C. Any act of disrespect for team, Board authority, or game officials.
 - a. **MANDATED PENALTY:** Removed from game first time, suspended from team for 1 week second time, third offense shall cause suspension for balance of season

FANS

- A. Each team is responsible for having their fans, especially young fans, remain on their side of the field during the game.
- B. Adult patrolman are suggested.
- C. If problems arise, the game announcer will ask the fans to return to their side of the field.
- D. Tri-County and MCRF has accepted the Adult Code of Conduct document to be implemented by all local Tri-Co Youth Football & Cheer Boards.

TRI-COUNTY DIVISIONS ALIGNMENT

I West

Avenal
 Coalinga
 Dos Palos
 Firebaugh
 Huron
 Los Banos
 Mendota
 Tranquility

II East

Chowchilla
 Kerman
 Kingsburg
 Sierra
 Rancho
 Washington
 Yosemite
 Merced

Student-Athlete Social Media Contract/Agreement

Social media can be a useful tool to communicate with teammates, fans, friends, coaches and more. Social Media can also be dangerous if you are not careful. Every picture, link, quote, tweet, status, or post that you or your friends put online is forever a part of your digital footprint. You never know when that will come back to hurt or help your reputation during the recruiting process, a new job or other important areas of your life.

Recognizing the above:

- I take responsibility for my online profile, including my post and any photos, videos or other recordings posted by others in which I appear.
- I will not degrade my opponents before, during or after games.
- I will post only positive things about my teammates, coaches, opponents and officials.
- I will use Social Media to purposefully promote abilities, team, community and social values.
- I will consider "Is this the ME I want you to see" before I post anything online.
- I will ignore any negative comments about me and will not retaliate.
- If I see a teammate post something potentially negative online, I will have a conversation with that teammate. If I do not feel comfortable doing so, I will talk to the team captain, or a coach.
- I am aware that I represent my sport(s), school, team, family and community at all times and will do so in a positive manner.
- My posts will not contain any of the following: Foul language, Drugs, Alcohol or inappropriate gestures.
- If my account has been hacked I will contact my coach immediately

In agreement to what I have read above I also agree to give my coaches my names to ALL of my social media profiles and am required to have them as a friend while I remain on this team. I am not allowed to block them. If I do not follow this agreement I am aware that I am responsible for the consequences and may be removed from my team.

Athletes Signature: _____ Date: _____

As the parent signing the below you agree with the above and will do all in your power to facilitate the rules as specified. You will also refrain from using social media to harass, bully, intimidate other children, parents, coaches or board members.

Parent Signature: _____ Date _____

***parent signing above acts as agent for the ENTIRE family.**

Adult Code of Conduct:

TRI-COUNTY YOUTH FOOTBALL/CHEER

1. In order to uphold the goals of Tri-County Football and ensure that all participants have the benefit of a safe and fun learning environment, all parents, guardians, and other adults and attendees of Tri-Co Youth Football events, including but not limited to practices, competitions and banquets, must behave accordingly in a respectful, courteous and sportsmanlike manner at all times.

2. Any adult who is using alcohol, tobacco or non-prescription drugs and/or appears intoxicated at a Tri-Co Youth Football 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 the 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 Tri-Co Youth Football 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.

3. 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 Tri-Co events for one year from the date of the offense, and their children may also be removed from any and all Tri-Co 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 Tri-Co events and the individual's children may also be permanently removed from any and all Tri-Co programs.

By my signature below, I hereby stipulate that I have read, fully understand and voluntarily agree to all of the above.

Family Representative: Parent/Guardian Signature: _____

Print Full Legal Name: _____

Participant Signature: _____

Print Full Legal Name: _____

Date: _____

Player Code of Conduct:

TRI-COUNTY YOUTH FOOTBALL/CHEER

1. In order to uphold the goals of Tri-County Football and ensure that all participants have the benefit of a safe and fun learning environment, all players of Tri-Co Youth Football events, including but not limited to practices, competitions and banquets, must behave accordingly in a respectful, courteous and sportsmanlike manner at all times.
2. Any player caught fighting, hitting, kicking, striking or otherwise abusing teammates or opponents will be removed from game on the first offense. For the second offense the player will be suspended from their team for one week and on the third offense shall be suspension for balance of season.
3. Any player caught verbally or physically using intimidation of teammates or opponents (especially of a profane nature, will be removed from practice or game on the first offense. For the second offense the player will be suspended from their team for one week and on the third offense shall be suspension for balance of season.
4. Any player, who is caught in any act of disrespect for team, Board authority, or game officials, will be removed from game or practice on the first offense. For the second offense the player will be suspended from their team for one week and on the third offense shall be suspension for balance of season.

By my signature below, I hereby stipulate that I have read, fully understand and voluntarily agree to all of the above.

Player Signature: _____

Print Full Legal Name: _____

Family Representative Signature: _____

Print Full Legal Name: _____

Date: _____

Tri-County Youth Cheer

RETURN TO PLAY PROTOCOL

If player is diagnosed with any form of a concussion from a medical professional, the player is not to participate in any practices until they are medically cleared. A copy of the medical clearance is to be placed in the player's binder page. A copy is also to be sent to the Tri-County Cheer Commissioner.

Process may only begin after athlete is symptom free and/or is medically cleared.

Only one stage per day.

Move to next stage if athlete remains symptom free for 24 hours following trial.

Progress Return to Play Stages

1. Light aerobic exercise only to increase heart rate: 5 to 10 minutes, light jog or exercise bike.
2. Continued aerobic activity: moderate jogging, brief running, and bike.
3. Heavy non-contact activity: No Stunting.
4. Athlete returned to controlled Cheer practice.
5. Full return.

Coaches and the League PSC must monitor for a return of symptoms at every stage.

If symptoms reappear, rest until they subside and return to the beginning at Level 1 of the return to play stages.

RELEASE AND WAIVER FROM LIABILITY

This Release is by the party signing below (herein referred to as "Releasor"), and is given to TRI-COUNTY/MCRF FOOTBALL & CHEER (the "League/Club/Team"), USA Football, Inc., a not for profit 501(c)(3) corporation ("USAF"), the National Football League, its member professional football teams and clubs, NFL properties LLC, NFL Ventures, L.P., the NFL Youth Football Fund, the National Football League Players' Association, and the owners and operators of the facilities at which the youth football games, practices, and related activities (collectively and individually the "Program") are held, and their respective subsidiaries, affiliates, division, officers, agents, board members, employees, staff, sponsors, agents, legal representatives, administrators, assigns, heirs, executors, those for whom USAF is acting and those acting with USAF's authority and permission (collectively as "Releasees").

THE TERMS OF THIS RELEASE ARE CONTRACTUAL AND NOT A MERE RECITAL. Releasor, being of lawful age (or, in the case of a minor, through his/her parent or guardian), in consideration of being permitted to participate in the Program, hereby releases and discharges Releasees from all present and future liabilities, debts, obligations, cost, expenses, damages, losses, charges, judgments, executions, liens, claims, demands, actions or causes of action of whatever nature or description, in equity or at law, which the Releasor or his/her child or ward, family, estate, heirs, representatives, executors, administrators, successors or assigns (collectively, "related Parties") may have, whether known or unknown, suspected or unsuspected, asserted or not asserted, arising out of participation by the Releasor or his/her child or ward in the Program.

The Releasor understands, acknowledges and accepts that this Release and Waiver is intended to be binding on the Releasor and the Releasor's Related Parties. The Releasor further understands, acknowledges and accepts that participation in the Program involves certain inherent risks, including, but not limited to, property damage and serious bodily injury (including death), and agrees that the Releasor or his/her child or ward is voluntarily participating the Program with full knowledge of the risks involved and accepts all risk of participation. The Releasor declares that the Participant is physically fit and has the requisite skill level to participate in the Program. The Releasor authorize the League/Club/Team and/or a party designated by the League/Club/Team to provide medical treatment to the Releasor or his/her child or ward, at the Releasor's cost, should the need arise. The Releasor understands, acknowledges and accepts that he or she must provide his/her own medical insurance for the participant.

The Releasor further grants the Releasees the right, but does not otherwise impose the obligation, to photograph, videotape and/or otherwise use the Releasor's/participant's name, face, likeness, voice and appearance in connection with exhibitions, publicity, advertising and promotional materials, free of charge without reservation limitation. The Releasor understands, acknowledges and accepts that this Release and Wavier of Liability is intend to be as broad and inclusive as permitted by the laws of the state in which the Program is taking place and agrees that if any portion of this Release and Waiver of Liability is invalid, the remainder will continue in full legal force and effect.

Participant Name: _____ Age: _____
Address: _____ City: _____ State: CA Zip: _____

EMERGENCY CONTACTS:

Primary Contact Name: _____ Phone: _____
Secondary Contact Name: _____ Phone: _____

THIS FORM MUST BE SIGNED BY THE PARTISIPANT'S PARENT OR LEGAL GUARDIAN.

Parent/Guardian's Signature

___/___/2015
Date

Parent/Guardian's Printed Name

Parent/Guardian's Phone Number