

# CHARLESTON JUNIOR FOOTBALL AND CHEERLEADER PROGRAM

## ATHLETIC CODE OF CONDUCT

### PURPOSE

The Board of Directors of the CJFCP has adopted this Athletic Code of Conduct, which applies to all football players and cheerleading members.

CJFCP is in no way associated with the Charleston High School Program. The Charleston Unit 1 Schools and the Charleston School Board does not sponsor CJFCP. Charleston Junior Football and Cheerleader Program is a recreation program governed by the CJFCP Board of Directors. Any complaints or suggestions should be directed to the team coaches and/or the Board of Directors.

Participation in CJFCP is a voluntary participation. Those participating have a responsibility to favorably represent the CJFCP and the community of Charleston, Illinois. All athletes including cheering squads are expected to conduct themselves both on the field and off the field in a manner appropriate to their responsibilities as representatives of Charleston, Illinois. Strict adherence to the rules and policies set forth in the Athletic Code of Conduct is a responsibility, which accompanies the privilege of participation. If an athlete fails to comply with the terms of this Code, the privilege to participate in CJFCP may be lost in accordance with the terms of this Athletic Code of Conduct.

Coaches may develop rules and consequences unique to each of their teams/squads as long as they are within the guidelines of the Athletic Code.

We know that you will gain a very valuable experience from this football season. Due to the number of participants in our Program, and in order to assure fairness, equal opportunity, and to make the season more worthwhile for all, the following rules apply toward conduct, tardiness and absence from practice. Failure to comply with these rules may result in disciplinary action.

**Family, school, school sponsored activities and church activities should take precedence over CJFCP.**

### DEFINITIONS

Athlete – any boy or girl enrolled in grades 5-8 at Jefferson, Charleston Middle School, Private school or Home Schooled.

Activity – any practice, game, event, contest, competition, tournament, match or recreation connected to the conduct of a sport

### WHEN THIS ATHLETIC CODE IS IN EFFECT

The rules set forth in this Athletic Code of Conduct are in effect throughout the JFL game calendar and during all off-field activities including fundraisers, after game, between games, community events, and any other activities associated with JFL.

**1. SPORTSMANSHIP-** All athletes shall require good sportsmanship. Coaches shall establish rules of conduct for their athlete, which require appropriate behavior and encourage good sportsmanship. Celebrations in the end zone, taunting, trash talking, slamming or other such activities shall result in a serious warning for the first offenders and expulsion from the game for subsequent actions.

**2. Fighting** – Fighting is prohibited. Immediate ejection from game and a one game suspension for all participants of the fight. (Player, Parent, or Coach) If any laws are broken, the situation may be handled by the police, however, irrespective of police involvement, the coach and/or spectator will also be required to leave the facilities and be prohibited from attending Mid State Junior Football Conference functions up to 1 year.

**3. Ejection by an official** – (player, parent, or coach) Ejection from a game by an official shall result in the subject leaving the facilities that day and being prohibited from attending the next game. Repeated ejections shall result in the subject being prohibited from attending any Mid State Junior Football Conference functions.

**4. USE OF PROFANITY** – Player, Parent and Coaches will refrain from the use of profanity, during practice and games

**5. USE OF EQUIPMENT** - Athletes shall be responsible for the care and maintenance of all athletic equipment issued to them. The equipment shall be returned in good condition within 1 week of completion of the CJFCP season, or 1 week of the end of athlete's participation, whichever comes first.

**No participant is allowed to show up for practice in game pants or game jersey. If a participant comes to a practice in game gear, they will not be able to participate, and will count as an unexcused absence.**

**6. Jewelry/Hair** – No jewelry is allowed during practice or games. This includes earrings, necklaces, and bracelets, anything that is considered jewelry. This is for football participants. Players can not have hair protruding from their helmets. (Safety issue, as is the jewelry) Cheerleading coach can determine what jewelry can be worn.

**7. Travel** – All athletes shall provide their own travel to athletic events. Coaches are not responsible for picking up players for practices or games. Individual arrangement may be made between families if help is needed.

**8. TRAINING RULES** - The coaches will establish training rules, which apply to each athlete participating in the sport provided, however, such rules, **shall not be inconsistent** with the rules provided herein. All training rules, for the purpose of the physical well being of the athlete, shall be subject to the approval of the physical well being of the athlete, shall be subject to the approval of the CJFCP Board of Directors.

**9. DRUGS, ALCOHOL AND/OR TOBACCO – (Parent, Player, and Coach)** Except with respect to prescription drugs used by the person for whom such drugs were prescribed in the manner intended by the prescribing medical doctor, the possession, use distribution, purchase or sale of any alcoholic beverage, drug, drug paraphernalia, performance altering substance, controlled substance, look-alike tobacco or tobacco product, or any other substance which, when taken into the human body, is intended to alter mood or mental state, including any item or substance which is represented by an athlete, or is believed by an athlete to be any of the foregoing, regardless of the true nature or appearance of the substance, is prohibited during practice, games, or any related events at any time. This prohibition shall include all CJFCP sponsored or CJFCP related activities, whether held before games, during games, evenings or weekends. For purposes of this policy, students who are under the influence of prohibited substances shall be treated in the same manner as though they had prohibited substances in their possession. This shall additionally include the above prohibition, by an athletic at any time or location throughout the CJFCP calendar season.

**10. PRESCRIPTION DRUGS/MEDICAL CONDITIONS** - Parents are required to inform each coach about any prescription drugs and/or medical conditions that may affect the player's ability to practice or play.

**11. INJURY** - If a player has an injury that will affect practice or playing time, they must have a doctor's release to resume practice and playing.

## **12. ATTENDANCE for PRACTICE**

Attendance is expected at all practice functions; if unable to attend, please notify your assigned **Head Coach** at the earliest possible date.

One (1) **unexcused** absence from practice during the week prior to a game will result in the player not starting in the upcoming game.

Two (2) **unexcused** absences from practice during the week prior to a game will result in the player not playing one (1) complete quarter of the upcoming game.

Three (3) **unexcused** absences from practice during the week prior to a game will result in the player not playing in the upcoming game.

Examples of **excused** absences: Doctor appointments, sickness/injury, family sickness, religious obligation, completion of commitments for vacation which started prior to CJFCP equipment issue,

academic activities that cannot be rescheduled, court ordered visitations and participation in the Charleston Middle School Baseball Program.

Examples of **unexcused** absences: Parties, dances, picnics, games/practices/camps for other sports, participation in other non-school related sports and day to day heat concerns.

The CCJFCP Board of Directors makes every effort not to conflict with any other Community Unit School District #1 functions or activities. If our schedule conflicts with other events, it is not intentional on our part.

**13. ATTENDANCE for GAMES** – any unexcused absence for a game will result in not starting in the next game. (same rules for excused and unexcused as practices)

#### **14. TARDINESS**

Any tardiness of **30 minutes** or less will be considered excused as long as the player makes up any lost conditioning time and participates in the balance of practice.

An unexcused tardiness of **more than 30 minutes** will only be considered one-half (1/2) of an unexcused absence as long as the player makes up any lost conditioning time. This means that two (2) unexcused tardies of this nature during the week prior to a game will be disciplined in the same manner as one (1) unexcused absence, and the player must make up any lost conditioning time as stated.

**15. CONDITIONING** – each football participant will need to complete 10 hours of conditioning. This is done during the first week of practice. If a participant is unable to attend the first week of practice, they will not be able to put “pads” on and participate in hitting drills, until this conditioning is made up. Each head coach will do different conditioning drills; they do not have to be the same through out JFL.

#### **DISCIPLINARY SUSPENSION OF ATHLETES**

Any coach may suspend an athlete from the CJFCP program for violation of the Athletic Code of Conduct, training rules, or other appropriate policies, rules and regulations. Suspension is defined as removal of the athlete from participation in one or more athletic practices, games, meets or other activities but less than dismissal from the balance of the season. The following procedure(s) shall apply to disciplinary suspensions.

1. Prior to dismissal, the athlete shall be provided an explanation of the charges against him or her. The athlete shall be given the opportunity to present his or her version of the incident.
2. Disciplinary suspensions may be imposed pending dismissal proceedings.

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Please keep for your records and sign the attached sheet for our files. Thank you.

