



2019 Parent and Player Handbook

Welcome to Sutter Jr. Huskies Football and Cheer Organization (SJH). Our organization places great importance on helping young people by involving them in an athletic program that builds character, self-esteem and emphasizes teamwork. Discipline, hard work, and cooperation act as the cornerstone of this effort. SJH, combined with Sacramento Youth Football (SYF) rules and regulations, have developed these standards by which we expect each athlete and parent to abide by. SJH is proud to be a feeder program of Sutter Union High School Football and Cheer. We value your input and always welcome more volunteers to help with our program.

Organization

SJH is affiliated with SYF and Sutter Union High School. The SYF rulebook can be downloaded [Sutter Jr. Huskies](#) under forms.

Football – there are four (4) teams, based on age and weight policies established by SYF. Minimum roster can have 11 players; the maximum roster will have 35 players. **The player's age as of August 1st of the current year shall determine team level of participation. Players can be age 6 but must be 6 by August 1st to be eligible for the 8U team.**

Cheer – All league associations are required to have cheerleaders at the four age levels. The maximum roster size will be 20 as per the recommendation by SYF. **The player's age as of August 1st of the current year shall determine team level of participation.**

Rules and Policies

Every parent/athlete is required to read this handbook and abide by the policies outlined here. All parents/athletes are required to return a Parent/Athlete Contract signed by both parents and athlete certifying they have read and understand this document.

In addition, every parent/athlete may download a copy of the official SYF rulebook at <http://www.sacyouthfootball.com/rules.aspx> and is required to abide by the policies, procedures, and guidelines outlined in the rulebook.

Registration

Registration requires parents to complete paperwork prior to the start of the season. Please refer to the 2019 Registration Checklist for further information.

For the 2019 season, fees are as follows:

- Football - \$300 (includes a \$100 non-refundable deposit)
- Cheer - \$400 (includes a \$100 non-refundable deposit).



Sutter Jr. Huskies
P.O. Box 376 Sutter, CA 95982
SutterJuniorHuskies.org



Registration fees are due in full no later than April 1, 2019. If payment is not received and you have not contacted the treasurer to set up a payment arrangement, your child will forfeit their spot on the roster.

Transfer

Any participant who transfers from one program to another. If said player transfers and does not reside or attend school within the gaining school/team boundary, they would be required to sit out the first 2 games of the season, to be deemed eligible to participate in this season, for the gaining team. This does not apply to 1st time participants, or participants who already have a legal sibling participating with the gaining association, or school you are feeding into.

Volunteering and Fundraising

Parents are required to volunteer a minimum of six (6) hours per cheerleader and/or football player for SJH per year, or a minimum of 12 hours per family. Parents are responsible to seek out and sign up for their required volunteer hours. Failure to adhere to this policy will result in the loss of one or more of your children's veteran status and/or the ability to join the SJH Board. Each parent is required to sign the Parent Volunteer Contract prior to the start of the season.

SJH has a "Volunteer Hour Buy-Out" program in which parents have the option of submitting a \$200 payment to SJH in lieu of volunteering. If you choose to take advantage of this program, payment is due NO LATER than the 2019 Mandatory Parent Orientation Meeting. Payments are to be submitted to the Volunteer Coordinator.

Parents are required to complete a minimum of \$50.00 in fundraising per year. This is defined as \$50.00 profit for SJH. Parents can meet this requirement either by selling \$50.00 in Raffle tickets or \$125.00 in Sutter Buttes Olive Oil. Please keep in mind in order to keep our registration fees down, fundraising is an integral part of the program and we strongly encourage every football player and cheerleaders to participate in all fundraising activities. Failure to complete the minimum will result in a loss of veteran status and/or the ability to join the SJH Board.

Volunteering for SJH and participating in its fundraising program(s) is essential to the success of our League. SJH needs additional support above and beyond these minimum requirements in order to continue being a successful program. Parents should make every effort possible to support SJH in this, as well as encourage other families to do the same.

Complaint Procedure

We want to make sure that all children involved with SJH have a positive experience. Parents or guardians may have questions or concerns that need to be addressed. In this case, parents are first encouraged to wait 24 hours to consider your approach. If you still feel you need to make a complaint, parents should first talk to their Head Coach. If the question or concern requires further clarification, the parent or guardian should contact the Vice President or Cheer Coordinator.

Any issues needing Board attention can be sent via email to the Secretary. The issue will be placed on the agenda for the next board meeting and the issue will be discussed there. Please keep in mind that rules and policies are in place for the safety and benefit of all children involved with SJH. Prior to making



Sutter Jr. Huskies

P.O. Box 376 Sutter, CA 95982

SutterJuniorHuskies.org



a complaint, please read the SYF Rules and the SJH By-laws to see if your issue has already been addressed or can be answered. The Board will evaluate complaints based on both SJH rules, SJH By-laws and SYF rules.

Scholastic Program

SJH encourages scholastic excellence from all participants. SJH would like to honor our athletes who achieved scholastic excellence during their season. Athlete will be honored at our award banquet. We strongly encourage participants to apply and participate. Applicants with a 4.0 to 3.0 GPA qualify. Please contact your team parent for more information.

Code of Conduct

The use of alcohol, tobacco, drugs, and profanity will not be tolerated from any parent or child. Arguments, bullying, lack of respect towards others (including other organizations), or any other harmful behavior that is deemed detrimental to the program and/or children in the program will not be tolerated. Any parent or child that has participated in this kind of behavior will be asked to leave the program with NO REFUND. Coaches, instructors, Board Members, etc. are unpaid volunteers and will always be supported. Any rude comments, swearing at any volunteer, directly or indirectly, may prevent parents from attending practices or games. Complaints must be handled respectfully, as well as privately. If a conference is needed with a coach, for any reason, it may be scheduled before, or after practice ONLY and NEVER on a game day. Exposure on ALL social media sites shall remain positive. Personal problems will be kept off the practice and game field.

Player Code of Conduct

- Being a Jr. Husky is a privilege and every football player and cheerleader will uphold the high standards of SJH.
- Every football player and cheerleader will follow the instructions of coaches, instructors and directors of SJH without dissent.
- Disruptive behavior and failure to follow instructions are grounds for Penalties and/or dismissal from the program.
- Every football player and cheerleader are required to attend all scheduled practices and games. If a football player or cheerleader is unable to attend, a parent or guardian will contact the Head Coach and/or Team Parent no later than 30 minutes prior to a scheduled practice or one (1) hour prior to a scheduled game check-ins.
- Every football player and cheerleader will encourage their teammate's efforts. There will be no criticizing their mistakes and by doing so, may be grounds for penalties or dismissal from the program.
- Every football player, cheerleader and their guest will not engage in any kind of unsportsmanlike conduct with any official, coach, teammate, players on the other or opposing teams, or parents such as booing or taunting, refusing to shake hands, or using profane language or gestures.
- Every cheerleader agrees to take GOOD care of their uniform.
- Every football player agrees to take GOOD care of the football equipment that is checked out to them. You are responsible for the loss or damage due to misuse or abuse of the equipment. All



Sutter Jr. Huskies

P.O. Box 376 Sutter, CA 95982

SutterJuniorHuskies.org



equipment issued will be returned to SJH on or before the designated equipment return date(s) at the conclusion of the season.

- Every football player and cheerleader agree to work hard in school and complete all homework to maintain good grades.
- The possession of tobacco, alcohol, and/or drugs on or off the field will be grounds for immediate dismissal from SJH.
- Officials and their authority will be respected during the games.

Parent Code of Conduct

- It is every parent's responsibility to ensure SJH has current phone numbers, addresses, emails and emergency contact numbers.
- Parents will work with the coaches and Board of SJH without dissent.
- Parents will inform the coach of any physical disability or ailment that may affect the safety of their child or the safety of others.
- Parents and their guests will be positive role models and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all football players, cheerleaders, coaches, officials and spectators at every game, practice or any SJH event.
- Disruptive behavior and failure to follow instructions are grounds for Penalties, being banned from all SJH events, or dismissal from the program.
- Officials and their authority during games will be respected.
- Parents will not question, discuss or confront coaches at the game field, and will take time to speak with coaches at an agreed upon time and place. This includes adhering to the 24 hour "cooling off" period. Parents will request to speak privately and will refrain from openly criticizing or questioning in a public forum.
- Parents will refrain from coaching their child or any other players during games and practices; unless you are one of the official coaches for the team.
- Parents will refrain from using any type of social media to discriminate against their child's team, any of the teammates on their team, coaching staff, or any of their actions, Board members or SJH. Parents will attempt to settle any disagreements through conversations with the head coach and/or assistant coach. If an agreement cannot be made, parents will seek out a Board Member to facilitate further discussion.
- To be nominated to the SJH board, you must be a parent in good standing which includes but is not limited to; completing all volunteer hours, participating in mandatory fundraising, setting a good example for the youth in our program, following all rules set forth by SJH, SYF and Parent Code of Conduct and all outstanding fees paid.
- If any part of the code of conduct is broken, parents will be subject to disciplinary actions that could include, but is not limited to the following:
 - Verbal warning by official, head coach, and/or board member
 - Written warning
 - Parental game suspension with written documentation of incident kept on file by SJH
 - Game forfeit through the official or coach
 - Parental season suspension
 - Removal from the closed social media site for SJH.



Sutter Jr. Huskies

P.O. Box 376 Sutter, CA 95982

SutterJuniorHuskies.org



Mandatory Parent Orientation Meeting

One or more parent/guardian is required to attend the SJH Mandatory Parent Orientation meeting scheduled for July 29, 2019 at 6:00 pm (location Sutter Union High School gym). Note: Football players and cheerleaders are encouraged to attend.

Practices

First Week's Practice Schedule:

Practice officially begins on July 30, 2019 at 6:00 pm. Due to the Parent Orientation Meeting, the first week's practice schedule will run Tuesday thru Friday 6:00 pm – 8:30 pm.

Practice Schedule beginning week #2:

Monday thru Thursday 6:00 pm – 8:30 pm.

Reduced practice schedule:

The week following Jamboree, practice will follow the reduced practice schedule.

Tuesday thru Thursday 6:00 pm – 8:00 pm.

Playoff and Championship Weeks:

Monday thru Thursday 6:00 pm – 8:30 pm.

Practice is mandatory for both football players and cheerleaders. Players should arrive on time and with all the needed equipment, unless excused by the head coach. Parents should understand that their football player and cheerleader are part of a unique program and that every effort will be made to physically prepare them for the demands of contact football and cheerleading. Cheerleading is a sport and expectations include training and conditioning for the demands of the sport.

NO FOOTBALL PLAYER OR CHEERLEADER WILL BE ALLOWED ONTO THE PRACTICE FIELD UNTIL THEIR PLAYER FILE IS DEEMED COMPLETE BY THE HEAD COACH OR TEAM PARENT.

Parents at no time may interfere with practice or be on the field and/or sidelines on game day. Only badged personal are allowed on the field. Being on the field could result in our team being disqualified.

RELEASE STATEMENT

In the event of an injury and no parent or guardian can be contacted, the participant may be sent to a hospital in an emergency or private vehicle where medical treatment may be provided at the parent's expense. My signature on this form indicates my express permission for SJH and their representatives to order such care to be given should the need arise.

FOOTBALL INFORMATION

Players are strongly encouraged to prepare themselves prior to the season with aerobic exercise and endurance training. This will quickly separate players from those who have not prepared themselves.

The 2019 SJH Football Camp will be hosted by North Valley Sports Camp. The SJH coaching staff will also take part in the camp. If you are new to our football program, the camp is a great way to get a feel for



Sutter Jr. Huskies

P.O. Box 376 Sutter, CA 95982

SutterJuniorHuskies.org



the sport. The camp is not mandatory but is a great opportunity to condition your player for the upcoming season. All players must attend the camp to get equipment issued early.

Football Playtime

SJH is guided by the principal of preparing our players for High School Football. We focus on improving and/or developing the football skills of our participants during the season. Several factors are taken into consideration when coaches determine playtime during games. These factors include your child's attendance to practices, their attitude during practices and games, their skill level in the position they play and their safety. Dedication to the program, as well as drive and determination on the field are key factors for their success in SJH.

Playtime for levels are as follows:

8U – Minimum of 6 plays (refer to the above factors to determine penalties for playtime)

10U – Minimum of 4 plays (refer to the above factors to determine penalties for playtime)

12U – No Minimum

14U – No Minimum

Minimum plays will be monitored by coaching staff.

During playoff and championship games, there is no minimum play requirement.

Football Uniforms

Football Equipment, Gear and Uniform are issued to each football player. Your player is expected to take GOOD care of the football equipment. Parent(s) or guardian(s) are financially responsible for any loss or damage due to misuse, neglect or abuse of the equipment. All equipment issued to your player is to be returned to SJH by the designated equipment return date.

Equipment must be returned in the condition it was issued:

- Helmets must be free of ALL award stickers and residue.
- Shoulder pads must contain ALL hardware/laces/etc.
- Practice and game day pants may not be cut or altered. Should any piece of equipment need to be repaired for reasons other than intentional doing or neglect, see your team parent.
- Away jerseys may not be cut or modified. If the issued Jersey needs repair or any other alteration, you must first consult your SJH Equipment Manager. NO EXCEPTIONS.
- Jerseys are to be tucked into football pants while on the field. If there are any issues with fitting or meeting this requirement, you must first consult your Head Coach. NO EXCEPTIONS.
- Should equipment be damaged, altered, or cut it will not be accepted. The cost for replacing the damaged gear will be due and payable upon receipt.
- If gear is not returned prior to the end of year Award Banquet, players will be ineligible for veteran status and will be required to wait for public sign ups of the following year.
- If gear is not returned (lost/kept) you will be billed accordingly. Equipment/Gear charges must be paid in full before the start of the next season in order to maintain my child's eligibility for



Sutter Jr. Huskies

P.O. Box 376 Sutter, CA 95982

SutterJuniorHuskies.org



the program. Players not returning to the program will be billed for any outstanding equipment or gear.

Football Gear Issued by SJH:

- Helmet
- Mouthpiece – one (1) mouthpiece will be issued by SJH; if more than one is needed, player is responsible for obtaining those.
- Helmet Chin Strap
- Shoulder Pads
- Practice Pants
- Game Pants
- Game Socks (are the players to keep)
- Game Jersey (away jersey will be issued on a as-needed basis).

Player is responsible for:

- Practice Jersey (SJH Booster will have some available to purchase)
- Football Cleats (must meet SYF cleat requirements – see SYF Rules for further information)

Weigh Ins

Each football player will weigh in to determine team/position eligibility one time. This will be done at the specified weigh in times during team certification. This will be completed the week before Jamboree. Any player certifying after Jamboree must be weighed in and certified prior to practicing with an individual association. A player's weight certification will be his/her certification for the remainder of the playing season (see age weight chart). Example, a player weighing in as an X-Man at certification may not drop into a lower category if there is a weight loss during the season.

- All players will be weighed by a SYF staff member or authorized organization personnel.
- The official weight as determined by the official scale will be final.
- In order to make weight, a player may remove any article of clothing except undergarments (a female staff member must be present for female players).

Football Divisions (Age and Weight)

- All players must meet the age/weight limits to certify.
- **The player's age as of August 1st of the current year shall determine team level of participation. Players can be age 6 but must be 6 by August 1st.**
- Player weight will determine position eligibility (skilled player, X-Man).
- Any player weighing heavier than the skilled player weight will then be certified to participate as an X-Man only.
- All incoming 8th graders are required to participate in 14U level only. NO EXCEPTION.
 - Ages 8U – 105 lbs.
 - Ages 10U – 152 lbs.
 - Ages 12U – 178 lbs.
 - Ages 14U – Unlimited
- SP = Skilled Player. Eligible to participate anywhere on the field of play.



Sutter Jr. Huskies

P.O. Box 376 Sutter, CA 95982

SutterJuniorHuskies.org



- X-Man = A player weighing more than the SP weights. Eligible to participate on the offensive line within the Free Blocking zone. Eligible to participate on the defensive line within the Free Blocking zone; may advance the ball on a fumble or interception. May participate on the kick off or kick off return teams on the front line only.
- X-Man will be encouraged to wear a jersey number in the 60's or 70's in order to be easily recognizable to the officials.
- X-Man can be a punter and kicker on special teams.
- X-Man will wear SYF authorized only sticker on the rear of the helmet.
- Cut blocking/Low blocking below the waist is NOT allowed at any level for safety reasons.

8U Special Teams

- The offensive team will declare a punt to the head official.
- The ball will be placed by the officials, 20 yards forward of the placement of the ball.
- The ball may never be moved inside the defenses 20-yard line on a declared punt (i.e. if the ball is located at the 25-yard line and punt is declared, the ball will be placed at the 20-yard line).
- All 8U field goal/punt attempts must be declared in advance (no fakes).
- Teams will be allowed one attempt to snap/hold/kick.
- Ball will be considered dead if ball strikes the ground.
- There will be no blocking or rushing during the kick (5-yard penalty).
- 8U will kick-off from the 50-yard line to start the game, after scores, and after halftime.
- X-Man rules apply.

Roster Size

Rosters will be a minimum of 11 players or a maximum of 35 players. After final book certification, if a team falls below 18 players, teams may appeal to league commissioners to move a certified player from a lower division to the upper team to fill a roster spot. Once moved, the player may not be moved down in the same calendar year.

Cheer Information

Cheerleaders are strongly encouraged to prepare themselves prior to the season with aerobic exercise and endurance training. This will help all athletes in learning and performing through clinic. Cheerleading is a competitive sport and requires a physical commitment.

Cheer Divisions

SJH Cheer Program has five divisions **(the player's age as of August 1st of the current year shall determine team level of participation):**

- Mascots – Ages 4 – 6 (participants must be 4 years old by August 1st)
- Ages 8U
- Ages 10U
- Ages 12U
- Ages 14U (No freshman)

*Weight limits do NOT apply to cheerleaders.



Sutter Jr. Huskies

P.O. Box 376 Sutter, CA 95982

SutterJuniorHuskies.org



- The cheerleader's age on August 1st of the current year shall be the certified age for the coming season.
- All cheerleaders must meet the age limits in order to certify.
- Cheerleaders are placed on squads at the discretion of the SJH Cheer Coordinator in combination with the age requirement. Participants being placed on squads "with friends" cannot always be accommodated.

Skill Placement

Please know that cheerleaders are placed in positions and teams that add value to the team. Some will be bases and some will be flyers depending on several factors. Please trust our head coaches have the experience to make this determination with your child's best interest in mind. This is a competitive cheer program. While we want everyone to have fun, competitive cheer does take hard work and commitment; not only by the cheerleaders but the family as well. We will be developing skills and teaching safety in all aspects of cheerleading. This includes dancing, jumping, motions and stunting. Along the way, your child will make great lasting friendships and memories.

Practice Guidelines

Water is to be brought to every practice. Hair is to be pulled away from the face. Fingernails are to be kept at "stunt" length. No jewelry is to be worn and tattoos are not to be visible at any time. Approved practice clothing must be worn to all practices. Practice attire needs to be snug but flexible. This includes all tops and bottoms. Tops are to cover mid-drifts when arms are raised, no spaghetti straps and no cut-outs. Bottoms must cover buttocks when cheerleader is asked to touch their toes with straight legs, cannot be Demin, and must be free of zippers, pockets, etc. Practice shoes must be athletic and cheer appropriate.

All cheerleaders are expected to be productive at practice. If a cheerleader becomes disruptive to coaches or other cheerleaders, they may be asked to leave, and the absence from practice will be unexcused. Friends are not allowed to hang out during practice. Parents and unbadged adults are not allowed within 20-yards of practices for the safety of cheerleaders.

Tardies and Absences

Cheerleaders are not to arrive earlier than 15 minutes before practice begins and will be picked up when practice ends. Penalties may occur for constant tardiness and/or late pick-ups. Three (3) tardies and/or late pick-ups will equal one (1) violation/unexcused absence. If a cheerleader is unable to attend a practice, the Head Coach needs to be contacted no later than 5:30 pm. Excused absences are limited to illness, funerals, and academic school functions. Vacations ARE NOT excused absences. Any unexcused absence will result in the cheerleader benched for a Quarter of the Game. This includes absences from games. A benched cheerleader is required to be on time to the game for check-ins. Unexcused absences are limited to 3 per season (excluding competition season, please see below). If a cheerleader meets or exceeds the limited amount of unexcused absences, they may without further notice be excused from the team. **Cheerleading is not like any other sport. There are NO BACKUPS. For example, if your cheerleader is part of a stunt group and misses a game or practice, that stunt group DOES NOT stunt. Every absence affects the entire team. It is crucial to maintain good attendance.**



Sutter Jr. Huskies

P.O. Box 376 Sutter, CA 95982

SutterJuniorHuskies.org



During competition season there WILL BE NO EXCUSED absences. Competition season starts at the start of the fifth week of the season. These practices will be CLOSED to parents. Parents are not allowed on the track, field, or gyms during practices.

SYF Rules will be followed at all times.

Game Day/Competition Uniforms

Hair is to follow all safety guidelines. All cheerleaders are to match in appearance. Jewelry and fingernails are to follow practice guidelines.

Mascots

These cheerleaders can participate in all 4 days of conditioning camp. Mascots will practice 3 days a week from 6:00 pm – 8:00 pm. Once Jamboree starts the practice will reduce to 2 days a week. Mascots will cheer at all games.

Competitions

SJH Cheerleaders will participate in SYF Cheer Showcase, SYF Cheer Competition and one (1) additional competition (at the discretion of the Head Coach). Mascots will only be participating in SYF Cheer Showcase and SYF Cheer Competition).

ALL Competition and SYF Showcase are **MANDATORY**. Failure to participate could result in your cheerleader losing their veteran status. In preparation of competitions, practices will increase the week prior to each event. The coach will determine the need and notify parents of additional hours.

PENALTIES

If the rules of this contract are not followed, there will be progressive disciplinary actions taken, beginning with a verbal warning and up to removal from the squad. Depending on the severity of the situation, SJH reserves the right to remove the cheerleader, with board approval, without going through all the progressions of action.

- 1st Violation: Verbal
- 2nd Violation: Written Warning
- 3rd Violation Benching for a quarter of the game, meeting with parent(s)
- 4th Violation: Benching for entire game but required to be there to support his/her team, meeting with Cheer Coordinator, Board Member and parent(s)
- 5th Violation: 1 Game Suspension, Referral to SJH Board for Cheerleader removal.



Sutter Jr. Huskies

P.O. Box 376 Sutter, CA 95982

SutterJuniorHuskies.org



ACKNOWLEDGEMENT OF RECEIPT OF 2019 SJH HANDBOOK

FINANCIAL AND OTHER OBLIGATIONS

I/We agree to pay all required fees for registration and any and all unpaid balances, furnish completed SJH Football or Cheer Application, signed Acknowledgement of Receipt of 2019 SJH Handbook, completed SYF Code of Conduct, Completed SJH Amateur Waiver and Release of Liability, Completed SYF Amateur Waiver and Release of Liability, completed SYF Concussion form, completed Parent Volunteer Contract, Completed SJH Physical Form (not to be done prior to April 1st of calendar year), completed School Eligibility Verification form, and 2x3 picture.

I ALSO UNDERSTAND THAT ALL FINAL REGISTRATION PAYMENTS ARE DUE TO SJH NO LATER THAN April 1, 2019. Should my child(ren) register after the April 1 deadline, **ALL REGISTRATION FEES ARE DUE IN FULL AT TIME OF REGISTRATION.** I understand that all deposits at time of registration are non-refundable. I understand that if my child's registration fees are not paid in full by the April 1st deadline, my child WILL be dropped from the roster, and (if appropriate) a child from that team's waiting list will obtain the open confirmed spot. **NO EXCEPTIONS.**

I hereby authorize the SJH organization to take pictures/videos of my son/daughter during scheduled events and post them on the internet (SJH website, YouTube, Facebook, etc.). If I do not wish to have my child's picture/video posted on the internet, I will contact my child's team mom NO LATER THAN the July Mandatory Parent Orientation Meeting.

I fully understand and agree with the above rules and regulations. Violations of these rules will result in disciplinary action. The rules and regulations are subject to change and I will be notified if changes occur.

Parent Printed Name

Parent Signature

Date

Athlete Printed Name

Athlete Signature

Date