

RIVER VALLEY JR. FALCONS

RIVER VALLEY JR. FALCONS ATHLETE AND PARENT CONTRACT 2025-2026

Welcome to River Valley Jr. Falcons Football and Cheer Organization (RVJF). Our organization places great importance upon 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. In that vein, we have developed these standards by which we expect each athlete and parent to abide by. RVJF, combined with **SACRAMENTO YOUTH FOOTBALL** rules and regulations, have developed these standards by which each athlete and parent are to abide by.

ATHLETE'S NAME: _____

ATHLETE SECTION:

1. I understand that being a Jr. Falcon is a privilege, and I promise to uphold the high standards of RVJF.
2. I agree to follow the instructions of coaches and directions of RVJF without dissent.
3. I understand that disruptive behavior and failure to follow instructions are grounds for Penalties or dismissal from the program.
4. I agree to attend all scheduled practices and games. If I am unable to attend, my parents/guardians or I will contact my Head Coach no later than 30 minutes prior to a scheduled practice or one (1) hour prior to scheduled game check-ins (this is usually one (1) hour before the scheduled game time).
5. I agree to encourage my teammate's efforts. I also agree NOT to criticize their mistakes and by doing so may be grounds for penalties or dismissal from the program.
6. I agree to take GOOD care of my uniform/equipment.
7. I agree to work hard in school and complete all my homework in an effort to maintain good grades. I further understand that any use or possession of tobacco, alcohol, or drugs on or off the field will be grounds for immediate dismissal from RVJF.
8. **[Cheer Only]** I understand that **NO STUNTING** may be performed by any cheerleader(s) at any game, camp, competition or any other function without a coach present. Cheerleader(s) may not stunt under the supervision of parents.

PARENT AND ATHLETE SECTION:

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. Staff are unpaid volunteers and will be supported at all times. 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

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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. Current phone numbers, addresses, emails and the like, are the responsibility of the parent to notify the coach or team mom. I also agree to the following:

1. I will remember that children participate to have fun and that the game is for youth, not adults.
2. I agree to work with the coaches and directions of RVJF without dissent.
3. I will inform the coach of any physical disability or ailment that may affect the safety of my child or the safety of others.
4. I (and my guests) will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, officials and spectators at every game, practice or other sporting event.
5. I understand that disruptive behavior and failure to follow instructions are grounds for Penalties or dismissal from the program.
6. I (and my guests) will not engage in any kind of unsportsmanlike conduct with any official, coach, player, or parent such as booing and taunting; refusing to shake hands; or using profane language or gestures.
7. I will respect the officials and their authority during games and will never 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.
8. I will refrain from coaching my child or other players during games and practices, unless I am one of the official coaches of the team.
9. I will refrain from using any type of social media to discriminate against my child's team, or any players, board member, coaching staff or any of their actions. I will make all efforts to settle any disagreements through conversations with my child's head coach and/or assistant coaches.
10. I also agree that if I fail to abide by the aforementioned rules and guidelines, I will be subject to disciplinary action 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 the league
 - Game forfeit through the official or coach
 - Parental season suspension
 - Removal from the social media site for RVJF

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

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be provided at the parent's expense. My signature on this form indicates my express permission for RVJF and their representatives to order such care to be given should the need arise.

EQUIPMENT/UNIFORM AND GAME RESPONSIBILITY: I agree to assume full responsibility of my athlete's equipment/uniform, which includes any accessories, such as bows, poms, shoulder pads, helmets and anything else that is issued by RVJF. Uniform will be complete for all games and competition. It is my responsibility to keep my equipment/uniform clean and in my possession. If the equipment/uniform is not complete, the athlete will be required to sit out of the game, but stay in attendance to support his/her teammates. If the participant leaves, it will count as a missed game. It will be the coach's discretion whether leggings, under armors, jackets, etc., will be worn. Athletes may not go in the stands during the game. Athletes must check in with their coach one (1) hour before kick-off, in complete uniform. Transportation is not provided by RVJF. All athletes are to be at all practices, games and other mandatory events. All athletes are required to change out of their entire uniform and shoes at the completion of their game. Wearing their uniform and shoes after their game is not permitted.

Game attendance is mandatory. This includes playoff games. Without an excused absence in writing for a playoff game, your athlete could be removed from the squad, lose veteran status, and not be able to attend the end of year banquet.

PRACTICES:

I understand that my athlete is required to be at every practice on time and ready to practice. Football and Cheerleading is a sport and expectations include training and conditioning for the demands of the sport. All athletes are to have 10 hours of conditioning the first week of practice. If 10 hours of conditioning are not completed by the end of the second practice week, the athlete may be dropped from the program with no refund. While all coaches will try and keep the same days and times for practices; it is understood that some changes will be made to accommodate all squads, especially when weather is a factor or when it is near playoffs/competition and there is limited gym availability.

[Cheer Only] Water is to be brought to every practice. Hair is to be pulled up with no bangs. Fingernails are to be kept at a "stunt" length. No nail polish at any events. 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. No denim or jean style shorts, halter tops, midriff or spaghetti strap shirts are to be worn at practice. All clothing must be free of buttons, zippers and snaps. Shorts cannot be shorter than fingertip length when standing. Shoes must be white, athletic and cheer appropriate.

All athletes are expected to be productive at practice. If an athlete becomes disruptive to coaches or other athletes, they may be asked to leave, and the absence from practice will be unexcused. Friends are not allowed to hang out during practice.

TARDIES/ABSENCES: Athletes are not to arrive earlier than 30 minutes before practice begins and will be picked up when practice ends. Penalties may occur for constant tardiness. If an athlete is unable to attend a practice, the Head Coach or their designated person needs to be contacted no later than **5:30 pm**. Excused absences are limited to illness, funerals, any court ordered visitation (*prior to school beginning*) and academic school functions. **Vacations ARE NOT excused absences.** Any unexcused absence will result in the athlete benched during a quarter of the game. This includes absences from

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games. A benched athlete 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 an athlete meets or exceeds the limited amount of unexcused absences, they may without further notice be excused from the team.

VOLUNTEERING/FUNDRAISING: I understand that I will volunteer at a minimum of six (6) hours per cheerleader and/or football player for RVJF per year. Families with 3 or more kids are only required to volunteer 12 hours. I also understand that it is my own responsibility to seek out and sign up for my volunteer hours. Failure to adhere to this policy will result in loss of one or more of my children's veteran status. Note: For information regarding volunteering and/or fundraising, please check the RVJF Facebook page or website weekly AND inquire with RVJF's Fundraising Coordinator, board members, and/or team mom. If I chose to pay a volunteer for the mandatory 6 hours, I will pay upon sign in for duty. I understand that I will be required to participate in fundraising for RVJF. Failure to do so may result in loss of veteran status for the following season. I also understand that RVJF has "Fundraising Buy-Out" program in which I have the option of submitting a \$300 payment to RVJF in lieu of fundraising. I understand that should I choose to take advantage of this program, I am required to submit my payment to RVJF NO LATER than the first day of practice. *NOTE: Buy-Out options must be done online at www.rivervalleyjr Falcons.com.* Board members, team moms and coaches will not be accepting payment. This ensures we have a method to track all payments received.

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

OUTSIDE COMPETITION(S): I understand that my athlete may compete in outside competitions and. outside competition expenses are at your own cost. Additional fees or fundraising may be necessary.

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, RVJF reserves the right to remove the athlete, 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 Head Coach choice, meeting with Parent(s)
- 4th Violation: Benching for Halftime, half a game, meeting with Coordinator, Board Member, and parent(s)
- 5th Violation: 1 Game Suspension, Referral to RVJF Board for Athlete Removal.

I hereby authorize the RVJF organization to take pictures/videos of my son/daughter during scheduled events and post them on the internet (RVJF 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

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first day of practice. 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.

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| Parent Printed Name | Parent Signature | Date |
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| Athlete Printed Name | Athlete Signature | Date |
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