

Mineral Ridge Little Rams
Rules and Regulations

Age and Weight Limits:

Each player must meet the required age for his/her team and weight for their position. This is dictated by the QCJFL.

Attendance:

Participants MUST attend any and all practices and games. In case of emergency or illness you must contact the head coach before practice or game. There are certain instances that are excused (church function, family vacation, etc).

Each parent/guardian is to provide their coach 2 contact phone numbers, preferably, a home and cell phone number.

Refunds:

There are absolutely NO refunds issued to anyone for any reason other than a doctors excuse once practice starts.

Fundraiser's:

There will be three mandatory fundraiser's that each family is required to participate in. If you choose not to participate, you may choose to buyout for \$35.00 on each fundraiser. All monies are to be turned in by the deadline. We greatly depend on fundraiser's to run the league.

Concession:

All parents/guardians MUST help in the concession stand for one game. You do not have to work during your child's game. There will be a sign up sheet before our first game and you may choose your preferred time slot and game. If you do not choose one, you will be assigned one. If you can not work your scheduled time, it will be your responsibility to find someone to replace you.

Uniforms and Equipment:

All players are required to wear equipment that is passed out to them. All equipment that is passed out is your responsibility. If it is not turned in at the end of the season you will be asked to replace the equipment. If it is not turned in or replaced you will lose your trophy, banquet and other privileges.

Football Players: Helmet, shoulder pads, rib pads, thigh pads (2), knee pads (2), butt pad, girdle, practice jersey, pants. Each child will be given one mouth piece. If your child loses their mouth piece or needs to be issued another one there will be a \$1.00 charge.

football cleats are to be one piece cleats, there are absolutely no screw ins allowed.

Cheerleader: Skirts

Practices:

All practices will begin on July 30th. The practice times are as follows. Before school starts Monday through Friday 6:00pm until 8:00pm. When school starts, Monday through Thursday 5:30pm until 7:30pm. Parents are to drop their child off 15 minutes prior to the start of practice. Each child is to warm up for practice prior to the starting practice, even if your child arrives late. Practices are open to all parents/guardians, as long as it does not interfere with practice. If any problems arise the head coach has the right to close practice with the boards approval. All issues regarding your children are to be dealt with through the head coach. These should be handled in private. If the problem can not be resolved, you are to take it to the following individuals: Cheerleading, Courtney Kelly, Football, Don Pugh. They will work to resolve the problem or

bring it to the board for final resolution. All concerns are to be addressed before or after practice. There should be no calls to coaches at home for anything other than to report that your child is going to miss a practice or game.

Violations:

The league will not tolerate any misconduct which can include but is not limited to: disobeying coaches, horse play, profanity, or taunting another player or squad. If any of the above happens it will result in the following.

1st Offense: Warning

2nd Offense: Benched from one or more games

3rd Offense: Termination from the team until further notice

Any kind of violence of any sort, mental or physical from any parent/guardian, child, family member, or a member of the Little Rams staff will not be tolerated. That individual will be asked to leave the premises and shall not return until a meeting on the situation has been addressed by the Little Rams Board.

*** Everyone is to abide by all rules and regulations set forth by the Little Rams organization and the Quad County Junior Football League. ***

*** If you do not participate or choose the buy out option for fundraiser's or you do not take your turn in the concession you may lose your trophy, banquet and other privileges!!!!!! ***