

Player/Cheerleader Disciplinary Actions

All players must follow the leagues rules without exception. For those players that are not able to follow these rules, there will be disciplinary actions.

Missing practice:

- 1st offense – warning to parent and extra exercise deemed suitable by head coach
- 2nd offense – player will sit out the first quarter of next game

Forgetting Equipment (helmet, shoulder pads, mouth piece, cleats, pomp oms):

- 1st offense – warning
- 2nd offense – hill runs
- 3rd offense – suspended first quarter of next game

Unsportsmanlike Conduct:

- 1st offense - ½ game suspension
- 2nd offense – whole game suspension
- 3rd offense – suspended for two consecutive games
- 4th offense – permanent dismissal

Disrespect towards player/coach/official/board member or profanity:

- 1st offense – warning
- 2nd offense – hill runs
- 3rd offense – suspended for next game

If a parent yells or downs a coach, their child will sit out of the game with their parent on the first offense; if there is a second offense, the child will be removed from the team

If a player/cheerleader is dropped off or picked up at the home side gate, that player will sit out of the 1st quarter of the next game on the first offense; if there is a second offense, the player will sit out the 1st quarter of the following game and run 5 laps at the next practice

Player's Name _____

Parent Name _____

Parent Signature _____

Date _____