



2011 Fitchburg Pop Warner Participant Rules and Regulations



I. Rules and Policies

The Fitchburg Pop Warner Association is comprised of a group of volunteers and is not funded by the city of Fitchburg. To ensure smooth management and integrity of the program, rules and policies have been implemented.

1. School is priority. Homework should be done before practice. If participant is absent from school, they should not take part in practice sessions or games. Discretion is up to the Parent/Guardian.
2. Parental Consent (Registration) Form must be signed by Parent/Guardian and on file with Fitchburg Pop Warner to participate in the program.
3. Medical Form must be signed by physician, dated after January 1st of current year and on file with Fitchburg Pop Warner prior to the first practice or child will not be able to participate. NO EXCEPTIONS!
4. All participants must be scholastically fit according to National Pop Warner requirements or they will not be able to participate.
5. Equipment/Uniforms are to be cleaned before each game. All participants must be in full uniform to play in or cheer at a game. Each participant is responsible to return all equipment or uniforms issued to them in acceptable condition or reimbursement to Fitchburg Pop Warner will be due at current replacement cost.
 - Football uniforms include: helmet, pads, game pants, belt, game shirt, mouthpiece with strap, athletic supporter, sneakers or rubber cleats.
 - Cheering uniforms as determined by coaches. Make-up, nail polish, glitter lotion is not allowed. Shoulder length hair must be tied back; metal barrettes not allowed.
6. Jewelry of any type is prohibited except medical medallions, which must be covered by the player's uniform.
7. Practice Attire for FOOTBALL players includes helmet, practice pants, practice shirt, pads, belt, athletic supporter, mouthpiece, sneakers or rubber cleats.
Practice Attire for Cheerleaders includes t-shirts long enough to tuck in, comfortable/loose fitting pants, and laced up sneakers with good support. Jeans are not allowed.
8. The wearing of headgear under a helmet is prohibited. This includes, but is not limited to skullcaps, stocking caps or wraps of any kind.
9. Attending practices, games and team meetings is mandatory. Exceptions are allowed if coach is notified, otherwise participation will not be allowed at next game.
- 10. The following behaviors are unacceptable and may result in disciplinary action: Repeated tardiness, Theft, Fighting, Destruction of private/public property or equipment, Insubordination, Intimidation, Threats, Obscene language, Bodily harm, Physical force, Abuse/misuse of Pop Warner equipment, Lying and Cheating.**
11. Chewing gum during practices or games is not allowed. It is suggested that participants eat something light before practices and games. Always bring water or Gatorade type of drink to practices and games, SODA or glass bottles are NOT allowed. Each participant is responsible for picking up after themselves at end of practices and games.
12. Smoking is not allowed in the vicinity of practice or game fields.
13. Any participant under the influence of alcohol or drugs will be instructed to turn in their equipment/uniform immediately.
- 14. Friends or siblings are not allowed at practices or games unless supervised by an adult, other than a coach.**
15. Participants should not be dropped off at practices or games unless a member of their coaching staff is present. Participants should be picked up promptly after each practice or game.
16. Provide coach with medications or other items required by participant appropriately.
17. Parents/Guardians attending any football games are not allowed on the football field or in cheering lines during games. Children are only excused after notifying their coach.
18. All participants, parents and/or guardians are expected to help with all league Fundraising events which includes working at the concession stand during home games.

II. Disciplinary Procedures

1. All disciplinary actions will be communicated to the participant and Parent/Guardian immediately, as well as to the Fitchburg Pop Warner Board of Directors.
2. The Board of Directors approve all suspensions/expulsions before becoming final.
3. Participants and Parents/Guardians have the right to request an appeal of any disciplinary actions to the Fitchburg Pop Warner Board of Directors, then Central Mass. League Board.

I, by my signature below, have read, understand and agree to abide by the Fitchburg Pop Warner Association Rules and Regulations.

Participant's Printed Name: _____ Parent/Guardian Printed Name: _____

Participant's Signature: _____ Parent/Guardian Signature: _____

Date Signed: _____ Date Signed: _____