

GOLDEN ELKS POP WARNER CHEER  
ACKNOWLEDGEMENT OF RULES & REGULATIONS

I hereby acknowledge I have read, and agree to the following:

- PARENTAL/PARTICIPANT RULES & REGULATIONS
- PARENT'S CODE OF CONDUCT
- POP WARNER TEAM CONTRACT
- PARTICIPATION AGREEMENT & ACKNOWLEDGEMENT OF RISK
- POST SEASON RESPONSIBILITIES

By signing below, I acknowledge that I have received, read, and understand the rules and regulations that I have read, including Parental/Participant Rules & Regulations (including fundraising and volunteer/snack stand requirements), Parents Code of Conduct, Pop Warner Team Contract, Release & Acknowledgement of Risk, and Post Season Responsibilities, and I agree to abide by these terms. I AM ALSO AWARE THAT I CAN ACCESS THE FOLLOWING WEBSITE FOR THESE RULES AND REGULATIONS:

[WWW.GOLDENELKSPOPWARNER.COM](http://WWW.GOLDENELKSPOPWARNER.COM) UNDER "FORMS".

**I ALSO UNDERSTAND AND AGREE TO THE FOLLOWING:**

**1. REFUNDS --**

- NO REFUNDS WILL BE GIVEN AFTER AUGUST 15, 2010.
- IN THE EVENT OF A REFUND, ALL REFUND REQUESTS MUST BE ON A REQUEST FORM (ALSO FOUND ON OUR WEBSITE UNDER "FORMS") **THEN SUBMITTED DIRECTLY TO THE BOARD AND ALL UNIFORMS MUST BE RETURNED AT THE NEXT PRACTICE** .
- NO REFUNDS WILL BE ISSUED ON \$100.00 RAFFLE. IF WARM-UP SUIT HAVE BEEN ORDERED AND RAFFLE BOOK HAS NOT BEEN RETURNED, UNIFORM CHECK WILL BE CASHED.

**2. SNACK STAND & UNIFORM DEPOSIT**

- I UNDERSTAND THAT \$150.00 UNIFORM DEPOSIT & \$50 SNACK STAND DEPOSIT IS DUE UPON RECEIVING YOUR UNIFORM
- IF I DO NOT SIGN UP AND DO NOT WORK MY DESIGNATED VOLUNTEER DUTY (I.E. SNACK STAND), CHECK WILL BE CASHED
- IF I DO NOT RETURN MY UNIFORM ON TIME OR MAKE ALTERNATE ARRANGEMENTS, CHECK WILL BE CASHED

**3. ANY UNRETURNED UNIFORMS WILL BE SUBJECT TO LEGAL ACTION**

THIS MAY INCLUDE FILING A POLICE REPORT AND/OR SMALL CLAIMS COURT ACTION. ALL UNIFORMS ARE THE PROPERTY OF GOLDEN ELKS POP WARNER.

**4. BOUNCED CHECKS**

WILL BE SUBJECT TO A \$30 FEE IN ADDITION TO PAYMENT OF THE ORIGINAL AMOUNT. PARTICIPANTS BOUNCING CHECKS WILL BE REQUIRED TO PAY CASH FOR FUTURE FEES.

## PARENTAL/PARTICIPANT RULES & REGULATIONS

Welcome to the GOLDEN ELKS Pop Warner Programs. Practice officially starts on or about August 1. For the month of August, practice will be held Monday through Friday up to 10 hours per week. After Labor Day, practice will be limited to six hours per week. Practice begins at **6pm sharp**.

### RULES AND REGULATIONS

A child will not be allowed to participate at practice on (or about) August 1st unless they meet the following criteria:

1. Registration fee paid in full
2. Physical fitness & Medical History form received & completed, signed and stamp by your doctor.
3. Picture of player received (passport size photo)
4. Copy of Birth Certificate AND Original (Original is required by Jersey Shore League Officials) **The original will be required on August 1<sup>st</sup>** for the Jr. Pee Wee, Pee Wee & Midget teams.
5. 2 Copies of JUNE'S Report Card received  
REPORT CARDS MUST BE LEGIBLE & SHOW ALL FOUR MARKING PERIOD
6. Completed 2010 Participant Contract & Parental Consent Form and received
7. \$150.00 Uniform deposit and \$50.00 Snack Stand deposit is paid
8. Participant is required to purchase sneakers, bows, socks, and gyms fees for competition teams.
9. \$100.00 raffle ticket book is purchased in order to receive your cheer warm-ups.
10. No Cell phones at practice or games. In case of emergency each Coach has a cell phone, and their numbers will be supplied.

**These are Golden Elk Pop Warner & Jersey Shore Pop Warner Football League regulations. They will be strictly enforced.**

As a member of the Golden Elks Pop Warner Cheer Program, you have made a commitment to YOUR TEAM. This means that any practices, games, fund-raisers, or any activity in connection with YOUR TEAM comes first.

Each participant must always abide by the following rules.

#### A. ATTITUDE

1. Always show respect towards all coaches and fellow teammates. Pursuant to Pop Warner Rules, any misconduct and/or extreme disciplinary problems by a player will result in a mandatory cut from the team. No refund of registration fee & \$100.00 raffle.
2. Always show respect for the uniform, the organization, and the town it represents.
3. Always show respect to other teams and their coaches.
4. Always stay together as a team -- do not wander off.

5. Any confrontation, either verbal or physical by a parent or player, will not be allowed during any Golden Elks Pop Warner event. This will result with immediate termination from the team.

6. No chewing gum during games, practices and competitions.

7. No eating during games including half-time & practices.

8. No smoking, drugs, or use of alcohol at any time.

## B. ATTENDANCE

1. Attendance will be taken at each practice and game. The success of the team depends on many elements. One of the most important is the team practicing together without any players being absent. Religious reasons will be an acceptable excuse for missing practice, however, a phone call to the Head Coach prior to the start of practice is mandatory. If practices is missed due to illness, a doctor's note will be required after the missed practices.

2. Lateness is defined as not being at the practice or game and ready to begin at the time designated by the Head Coach. If you arrive 5 minutes late you will be sent home. You are expected to be dressed in Golden Elks attire, hair up, sneakers on, ready to practice. Please visit the bathroom prior to coming to practice.

3. All participants must arrive at game day activities at the time the coach specifies. All participants are required to stay for their entire game. They must stay together and participate in game. All participants must participate in regional and playoff games in and out of state.

4. At all practices, games and competitions, each participant should bring at least 2 bottles of water. Water is the best drink for athletes. In cold weather participant must wear their full uniform and warm-ups ONLY. No exceptions.

5. Schedule all vacations prior to the start of the season **they will no longer be excused** absences.

6. After two absences will result in termination on the team.

## C. DEMERITS

The following is a detailed list of rules regarding practices, season games and competitions. These will be strictly enforced.

1. Practice for the month of August will be 5 days a week and after labor Day they will be at least three times a week, unless otherwise stated by the coach. For the competition teams there will be a Saturday Practice.

A. Practice can be called any day and any time a place is available. Three (3) demerits will be given for every unexcused absence. Illness will be an acceptable excuse WITH a doctor's note for missing practice. **Please note after 2 missed practices** you will be removed from the team and no refund on registration or \$100 raffle.

B. Excessive lateness will result in two (3) demerits or termination of the team.

C. Three (3) demerits will be given per incident for the following:

- Eating while in uniform
- Wearing jewelry, nail polish, artificial nails, improper dress (jeans, wrong socks, dirty shoes, hair not in proper manner) Golden Elk attire and proper uniform attire.
- Fingernails shall be kept at a short length appropriate for safe participation.
- Only make-up of the clean, natural type will be permitted

**These are Jersey Shore Pop Warner Rules and will be strictly enforced by GEPW**

2. IF YOU RECEIVE SIX (6) DEMERITS, YOU MAY BE DISQUALIFIED FROM COMPETITION & REMOVED FROM THE TEAM.

Coaches are required to hand in their demerits on a weekly basis to the Coordinator. Everyone must cooperate fully at all practices, games and competitions. If there are any problems, please go through the chain of command. Speak to your Head Coach first, then to your Cheer Coordinator, then to the President, if necessary send a letter to the Grievance Committee. Mail to GEPW P.O. Box 881 Pt Pleasant Bch , NJ 08742

D. TRANSPORTATION

1. It is the responsibility of the parents to see that the participant has transportation to and from all practices, games, and other activities, at the time and place designated by the Head Coach. Please be prompt. The coaches should not have to wait for any participant to be dropped off or picked up. Parents are not to drop off their child unless their Coach is present.

2. All parents must be present at least 15 minutes before practice ends. This gives parents the opportunity to receive any daily announcements, paperwork, etc., and to ensure that parents are available to pick up their child on time from the practice field. Coaches ask for parent's cooperation in this matter so that they may also leave practice and go home at the completion of practice. Each parent is to meet their child at the fields gate or at the schools doors. Children are not allowed to walk thru the parking lot without their parent. If your child is going home with another parent, a participant a note shall be given at the beginning of practice. We do not recommend any participant to ride their bike to practice or games, but if they must, a note should be given in advance.

3. In case of rain, you still must report to the practice field or game site and wait to receive further instructions. Parents should remain for at least ½ hour in case practice has been canceled due to inclement weather. If bad weather (i.e. lightning or a thunderstorm) should occur in the middle of practice, please report back to the practice field promptly to pick up your child. **REMINDER: On game days, if the boys play, the girls cheer.** Please purchase poncho for rain days. Jersey Shore Pop Warner will install a fine on GEPW if the cheer teams fail to show at any game or event.

4. At least one parent or guardian **MUST** accompany the player to and from and be present during games. **THIS IS IMPORTANT IN CASE OF INJURY**

## E. APPEARANCE

1. Hair must be worn away from the face, off the shoulders and in the style the coach requires. No use of headbands or beads.
2. Proper Golden Elk attire at practices, games and competitions is required.
3. Jewelry of any kind is prohibited at games, practices and competitions.
4. Nail polish and artificial nails are also prohibited at games, practices and competitions. FINGERNAILS SHALL BE KEPT AT A SHORT LENGTH.

## F. UNIFORMS

1. A participant will receive her uniform and warm-ups only if her registration fee is paid, her uniform & snack stand deposit are paid and any required fundraisers have been completed, INCLUDING \$100 RAFFLE.
2. During practices, all participants shall wear socks and tied athletic sneakers, Golden Elks Shorts, T-shirts, for practice. Hooded shirts, over-sized shirts, tank-tops, jeans, jean shorts, silky or satin shorts may not be worn at practice for safety reasons.
3. Each participant will be responsible for the proper care of her uniform. Uniforms must be clean when they are returned at the end of the season. Uniforms should be washed separately in cool water with Woolite, on the delicate cycle and hung to dry. Uniforms must not be dry cleaned as per the manufacturer's cleaning instructions.
4. Parents must sign for the uniform when it is received and also sign when they return the uniform in accordance with the parental uniform/volunteer contract. Uniforms must be returned at their Award/Pizza party to receive your uniform deposit back. No other exceptions.
5. Any part of the uniform that is lost or damaged must be replaced at your expense.  
APPROXIMATE REPLACEMENT COST OF UNIFORMS:  
Shell (top) \$95 Skirt \$95

**UNRETURNED UNIFORMS WILL BE SUBJECT TO LEGAL ACTION WHICH MAY INCLUDE FILING A POLICE REPORT AND/OR SMALL CLAIMS COURT ACTION. ALL UNIFORMS ARE THE PROPERTY OF GOLDEN ELKS POP WARNER.**

If a participant leaves Golden Elks Pop Warner, for any reason, after uniform distribution, she must return her uniform to the Cheer Coordinator at the next scheduled practice or you forfeit your \$150 uniform deposit.

## G. MEDICAL AND SCHOLASTIC FITNESS

1. Proof of medical fitness is required. A 2010 physical fitness & medical history form must be signed and stamped by a physician. ( Please note your physical must have been completed after January 1, 2010.)
2. Proof of scholastic fitness will be required. June 2010 report card must be received. Your child must maintain a C grade point average.

## H. FUNDRAISING

1. Golden Elks Pop Warner is funded primarily through fundraising activities, therefore, each participant **MUST** participate in all fundraisers.
2. Each Pop Warner participant is required to purchase \$100 book of raffle tickets.
3. All **COMPETITION TEAMS** are required to tag. Time and date will be announced by your coach.
4. Each participant must have one parent/guardian to work the snack stand.

## I. PARENTS PARTICIPATION

Due to school regulation and insurance liability, there will be no parents allowed on the practice/game fields or gym floor. This will be strictly enforced. You may wait at the doors. At the field, please pick up your child at the field gate -- not in the parking lots. When practice commences inside, the practice will be closed to parents. **YOUR** child's organization requires **ALL** parents to donate at least two hours of time during the season. We need cooperation from the parents in the following areas: snack stand, 50/50-ticket sellers, etc. Your child's team parent, who will be handling the scheduling of these assignments, will contact you. If you are not contacted, it is your responsibility to contact a Golden Elks Pop Warner Fundraiser official to schedule you. Also, parental and volunteer contracts must be adhered to. Parents are required to supply a cell phone # and your email address to your Head Coach.

## J. COMPETITION

All of our cheer squads (with the exception of our Mitey Mites and Flag Cheerleaders) will compete in competition(s) set forth by the Jersey Shore Pop Warner Football League. This date has been scheduled on October 10, 2010. If our team(s) qualify, there will also be competition(s) at the Qualifiers, Regional and National levels. Once the GEPW, Inc. Board of Directors has received and considered all of the new guidelines set forth by the JSPWFL, Qualifiers, Regional and National levels for the competition(s), the GEPW Board of Directors will have the authority to make any changes or stipulations they deem necessary. Should a team advance to Nationals, each participant on that team will be required to raise \$1,000.

## K. ALL-STAR AND SCHOOL CHEER AND/OR DANCE PROGRAMS

According to Pop Warner National Rules, cheerleaders and cheer dancers may not try out for and participate in fund-raising for a non-Pop Warner cheer or dance team during the Pop Warner season. They may not be rostered on a non-Pop Warner cheer or dance team, and they may not compete on that team until their commitment to their Pop Warner football team and their commitment to their Pop Warner competition season is completed. If these guidelines are not adhered to, the participant will be removed from our Elks team, and will not be eligible for a refund. **REMEMBER:** During your GEPW season your commitment to the Elks comes first!!

## L. VOLUNTEER/ SNACK STAND REQUIREMENT

The volunteer/snack stand requirement can be fulfilled by donating a minimum of 2 hours (during a season) of your time in assisting on various duties. Team mom is responsible for scheduling dates and times. These duties include the following:

Snack Stand - counter help at snack stand, 50/50 sales, etc. ,Team Mom – (One per team)  
(You must sign the Duty Roster in the snack stand each time you work in the snack stand) in order to receive your \$50.00 deposit check back. It is your responsibility to make sure your time is recorded.

Failure to return the uniform and/or participate as stated above will result in forfeiture of your uniform & snack stand deposits. **YOUR SNACK STAND DEPOSIT WILL BE FORFEITED IF YOU DO NOT SIGN UP AND WORK YOUR DESIGNATED VOLUNTEER DUTY (I.E. SNACK STAND)**

#### M. INJURY CLAIMS

Please remember, we will do everything we can to make this process work as smoothly as possible; however, the timely filing of all injury claims is your responsibility. The Golden Elks Pop Warner have no responsibility, beyond our medical insurance policy, to pay any medical expense incurred as the result of an on-field or gym injury. In the event that your child is injured during a practice or game, it is important that he or she gets the appropriate medical care immediately. The Golden Elks Pop Warner carries insurance for such incidents but it is also important that you understand and follow the process of medical claim submission. If an injury does occur you should let the head coach know immediately. He or she will give you an accident report to fill out. Please be advised that the Pop Warner insurance is always secondary to any other insurance coverage you may have. This means that you must submit all associated medical bills to your primary insurance carrier first. If there are still balances due after the primary insurance makes their payments, you must submit the balance due bills along with a fully completed claim form to the Golden Elks Pop Warner Vice President. You can ask your Head Coach for more information, or you can contact the Vice President via our website, [www.goldenelkspopwarner.com](http://www.goldenelkspopwarner.com). All claims must be submitted to our insurance company within 30 days of the injury, so it's important that you follow-up on all bills in a timely matter.

#### N. BOUNCED CHECKS

**BOUNCED CHECKS WILL BE SUBJECT TO A \$30 FEE IN ADDITION TO PAYMENT OF THE ORIGINAL AMOUNT. PARTICIPANTS BOUNCING CHECKS MAY BE REQUIRED TO PAY CASH FOR FUTURE FEES.**

## PARENT'S CODE OF CONDUCT

I hereby pledge to provide positive support, attitude and encouragement for my child as he/she participates in youth sports for the GEPW by agreeing to all of the following:

- I will encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials, at all times.
- I will place the emotional and physical well being of my child ahead of my personal desire to win.
- I will support coaches and officials working with my child to model appropriate behavior and encourage a positive and enjoyable experience for all.
- I will demand an environment for my child free from drugs, tobacco, and alcohol, and will refrain from their use at all GEPW events.
- I will remember that youth sports are for the children and not for the adults.
- I will do my best to make participating in GEPW fun for my child.
- I will help my child enjoy their GEPW experience by being a respectful fan, assisting with coaching or volunteering as needed and whenever possible. As both a parent and a fan, I will refrain from inappropriate, threatening or violent language, gestures or behavior aimed at officials, coaches, other volunteers or children.
- I will require my child to treat other players, coaches, fans, and officials with respect regardless of race, gender, creed, or ability.
- In the spirit of good sportsmanship I understand that I am accountable for my own conduct as well as for those attending on my behalf.
- No person or persons affiliated with the GEPW may issue any statement, either written or verbal, to any newspaper, radio, television or any other media which might be interpreted to be an official statement, policy or position of this franchise or any of its affiliates without the expressed permission of the Board of Directors.
- -No person shall use the Golden Elks Pop Warner name or logo on any article, clothing or otherwise, without prior approval of the Board of Directors. The President shall serve as the official spokesperson for GEPW except in those instances where the President & the Board of Directors direct other personnel to handle public relations.

All parents and guardians of GEPW participants are expected to adhere to this Parents Code of Conduct. The signature below acknowledges receipt of this Parents Code of Conduct. I understand that failure to comply with the above may result in:

- Immediate removal from an event either by GEPW BOARD members or a local Police Department.
- Depending on the severity of the offense, a two-week suspension from all GEPW activities and/or criminal prosecution.
- For repeated violations, permanent removal from all GEPW activities

## POP WARNER TEAM CONTRACT

I \_\_\_\_\_ now being a member of the Golden Elks Pop Warner program, hereby promise not to get involved with any form of tobacco products, alcohol products, or controlled dangerous substances.

I am aware that tobacco products mean the use of cigarettes, cigars, pipes, chewing tobacco or any other product made from the tobacco plant.

I am also aware that alcohol means the use of any beer, wine, liquor, whisky, or any product that contains alcohol that is controlled for sale or consumption by the Attorney General Division of Alcoholic Beverage Control.

I am further aware that controlled dangerous substances means any illegal substances such as steroids, inhalants, marijuana, crack, cocaine, amphetamines, ecstasy, GHB, or any other illegal product listed as schedule I or II of the State of New Jersey Criminal Code of Justice.

I acknowledge that if I am caught using any of the above aforementioned products that I will be subjected to suspension or expulsion from any athletics now or in the GEPW PROGRAMS.

I agree that this is a binding contract between me and the Coach of my team or any other Assistant Coach or Board member of the above organization.

Participation Agreement & Acknowledgement of Risk

I understand that I / my child \_\_\_\_\_ participate(s) in the above program or activity through GEPW FOOTBALL INC. at my / our own risk and responsibility. The GEPW FOOTBALL INC. and its coaches shall be held harmless in the event of an injury.

In the event of necessity of emergency medical treatment, the Point Pleasant Police and First Aid will be the immediate first responders. The injured will be transported to the nearest medical facility for treatment. Parents and/or guardians or an appropriately designated emergency contact will be advised.

POST-SEASON RESPONSIBILITIES

I understand Post-Season playoff and championship games in state or out of state are included in the cheer season and I will follow all of the rules and regulations attend all practices and games. Any costs for competition and play-off games will be the parent's sole responsibility to pay.

**YOUR TIME, COOPERATION, COMMITMENT AND SUPPORT WILL MAKE YOUR CHILD'S ORGANIZATION A SUCCESS!!!!**

We look forward to your support and to a GREAT season.

Thank you for your cooperation & support.

Adrienne Dayton Director of Cheer - email: [daytonpp@aol.com](mailto:daytonpp@aol.com) PHONE: 732-892-8171

**BY SIGNING BELOW, I ACKNOWLEDGE THAT I HAVE RECEIVED, READ AND AGREE TO THE GOLDEN ELKS POP WARNER RULE AND REGULATIONS**

**PARENT SIGNATURE** \_\_\_\_\_

**PRINT NAME** \_\_\_\_\_

**DATE** \_\_\_\_\_

**PARTICIPANT SIGNATURE** \_\_\_\_\_

**PRINT NAME** \_\_\_\_\_

**DATE** \_\_\_\_\_

**SQUAD** \_\_\_\_\_