



Football Player Expectations & Guidelines

Dear Parents, Please review with your son/daughter the DMYFL Player Expectations and Guidelines. This is to ensure that each player understands what is expected of him/her when on the field and while in the presence of their teammates and coaching staff. All expectations and guidelines stem from the school district's "Core Values" along with DMYFL's mission statement. Thank you for your cooperation.

DMYFL Mission Statement

To promote the growth of our student athletes from the towns of Durham, Middlefield, Rockfall and neighboring towns through the spirit of competition and teamwork.

For You and Your Student Athlete

Prior to participating in the DMYFL program, each player must have a TEAM RULES ACKNOWLEDGEMENT FORM signed and dated by the player and parent/guardian — and returned to the head coach to have on file.

Football Player Expectations & Guidelines

1. Players are expected to call the head coach when not attending practice.
2. Players are expected to be at practice every day.
3. No **HORSEPLAY** (hitting or kicking) of any kind will be tolerated on the practice field.
4. Players are expected to be on time for every practice... being early is better!
5. No **BULLYING** of any kind will be tolerated. If a player is found to be bullying he/she will be disciplined.
Discipline may include suspension from the team or removal from the team. To be determined by the coaching staff and board of directors
6. Players are to follow all safety rules set up by the head coach/organization.
7. Players are expected to demonstrate drills as directed by head coach/coaching staff. (No modifying drills)-**SAFETY**.
8. No jewelry – chains or earrings are allowed under the helmet by any player - **SAFETY**.
9. No Player shall return to practice after an injury until a doctor's note is given to a head coach.
10. Players are expected to demonstrate good sportsmanship on or off the field (win or lose).
11. Players are expected to pick up after themselves when practice/game has finished. (Coaches are NOT responsible for picking up after the players.)
12. Foul language will **NOT** be tolerated on the football field.
13. No talking while coaches are addressing the team.
14. Players must maintain good grades in school. Student/Athlete.
15. **GIVE 100% EVERYDAY** to achieve team success!!

TEAM RULES ACKNOWLEDGEMENT FORM

Please sign, date, and return to your head coach:

I _____ have read the above expectations and guidelines with my son/daughter.
Print Full Name (Parent/Guardian)

I _____ have read the above expectations and guidelines with my parent/guardian.
Player/Participant (print)

Signature (Parent/Guardian)

Date