

Parents please read and sign all required documents and present at registration!

2016 Manchester Youth Football League

Flag (1st through 3rd grade)
Tackle (4th through 6th grade)

\$15.00 Flag Fee
\$35.00 Tackle Fee

Cash_____ Check#_____
(please provide check number for tracking purposes)

Team from 2015_____ School_____

Name_____ Birth Date_____

Address_____ Phone_____

E-mail address_____ Grade_____ Weight_____ Height_____ Age_____ Shirt Size_____

(Name of Child)_____ has my permission to participate in the Manchester Youth Football League.

I do hereby waive, relinquish, release, discharge, and hold harmless from any and all liability for any physical or mental injury or aggravation of any pre-existing illness or handicap, death, loss of enjoyment or any other harm or loss of any nature whatsoever which may be sustained by me or my son/daughter in travel, participating in, and returning from Manchester Youth Football League sponsored activities, the following: Manchester Youth Football League, Manchester Area Programming, Manchester Community Schools, League Personnel and Volunteers.

I, parent and/or guardian of the above named participant, in consideration of the acceptance of the entry, hereby join and confirm the above waiver and release.

Signature of parent/guardian_____ Date_____

Name of Insurance Company_____ ID#_____

Name of insured parent_____ Employer_____

***Registration and new player draft for tackle will be held at Warvel Park–Sunday, August 21, 2016 starting at 1:00pm.**

Flag Players will be assigned a team and notified by their coach at a later date.
Tackle Draft – approx. 2:00 pm.

The League Coordinator will assign any new player not at the draft on a team. The League Coordinator reserves the right to assign or reassign any player to any team. All players must pay fees before practicing.

Tackle fee will be \$35.00. Fee must be paid by equipment pass out date to receive your equipment. We will pass out tackle equipment at Scout Hall in Warvel Park on Thursday, August 25, 2016.

6th grade at 6:00pm

5th grade at 6:30pm

4th grade at 7:00pm

*****Do Not return this form to school.*** Bring it to the sign-up on Sunday, August 21, 2016.**

Thank you,
Byron Brunn 982-2154
League Coordinator

You must read, sign and bring the Concussion Acknowledgement and Signature Form on Registration Day. (Concussion Acknowledgement and Signature Form is located on the back side of the Registration Form)

You must read, sign and bring the Code of Conduct Form on Registration Day.

You must fill out, sign and bring this registration form on Registration Day

HEAD CONCUSSION ACKNOWLEDGEMENT AND SIGNATURE FORM
FOR PARENTS AND STUDENT ATHLETES

Student Athlete's Name (Please Print): _____

Sport Participating In: _____ Date: _____

Due to the new law "Student Athletes: Concussions and Head Injuries" (IC 20-34-7), schools are now required to distribute information sheets to inform and educate student athletes and his/her parents of the nature and risk of concussion and head injury to student athletes, including the risks of continuing to play after concussion or head injury. The law requires that each year, before beginning practice for an interscholastic or intramural sport, a high school student athlete and the student athlete's parents must be given an information sheet, and both must sign and return a form acknowledging receipt of the information to the student athlete's coach. The law further states that a high school athlete who is suspected of sustaining a concussion or head injury in a practice or game, shall be removed from play at the time of injury and may not return to play until the student athlete has received a written clearance from a licensed health care provider trained in the evaluation and management of concussions and head injuries.

Parent - please read the attached "Heads Up – Concussion in High School Sports – A Fact Sheet for Parents" and ensure that your child has also received and read "Heads Up – Concussion in High School Sports – A Fact Sheet for Athletes". After reading these fact sheets, please sign below and ensure that your child also signs the form. Once signed, have your student athlete return this form to his/her coach.

I am a student athlete participating in the above mentioned sport. I have received and read the Student Athlete Information Fact Sheet. I understand the nature and risk of concussion and head injury to student athletes, including the risks of continuing to play after head concussion or head injury.

(Signature of Student Athlete)

(Date)

I, as the parent or legal guardian of the above named student, have received and read the Parent Information Fact Sheet. I understand the nature and risk of concussion and head injury to student athletes, including the risks of continuing to play after head concussion or head injury.

(Signature of Parent or Guardian)

(Date)

HEADS+UP

CONCUSSION IN HIGH SCHOOL SPORTS

A FACT SHEET FOR **ATHLETES**

What is a concussion?

A concussion is a brain injury that:

- Is caused by a bump, blow, or jolt to the head or body.
- Can change the way your brain normally works.
- Can occur during practices or games in any sport or recreational activity.
- Can happen even if you haven't been knocked out.
- Can be serious even if you've just been "dinged" or "had your bell rung."

All concussions are serious. A concussion can affect your ability to do schoolwork and other activities (such as playing video games, working on a computer, studying, driving, or exercising). Most people with a concussion get better, but it is important to give your brain time to heal.

What are the symptoms of a concussion?

You can't see a concussion, but you might notice **one or more** of the symptoms listed below or that you "don't feel right" soon after, a few days after, or even weeks after the injury.

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Bothered by light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Difficulty paying attention
- Memory problems
- Confusion

What should I do if I think I have a concussion?

- **Tell your coaches and your parents.** Never ignore a bump or blow to the head even if you feel fine. Also, tell your coach right away if you think you have a concussion or if one of your teammates might have a concussion.
- **Get a medical check-up.** A doctor or other health care professional can tell if you have a concussion and when it is OK to return to play.
- **Give yourself time to get better.** If you have a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have another concussion. Repeat concussions can increase the time it takes for you to recover and may cause more damage to your brain. It is important to rest and not return to play until you get the OK from your health care professional that you are symptom-free.

How can I prevent a concussion?

Every sport is different, but there are steps you can take to protect yourself.

- Use the proper sports equipment, including personal protective equipment. In order for equipment to protect you, it must be:
 - The right equipment for the game, position, or activity
 - Worn correctly and the correct size and fit
 - Used every time you play or practice
- Follow your coach's rules for safety and the rules of the sport.
- Practice good sportsmanship at all times.

If you think you have a concussion:
Don't hide it. Report it. Take time to recover.

It's better to miss one game than the whole season.

For more information and to order additional materials **free-of-charge**, visit: www.cdc.gov/Concussion.

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
CENTERS FOR DISEASE CONTROL AND PREVENTION



HEADS+UP

CONCUSSION IN HIGH SCHOOL SPORTS

A FACT SHEET FOR **PARENTS**

What is a concussion?

A concussion is a brain injury. Concussions are caused by a bump, blow, or jolt to the head or body. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.

What are the signs and symptoms?

You can't see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days after the injury. If your teen reports **one or more** symptoms of concussion listed below, or if you notice the symptoms yourself, keep your teen out of play and seek medical attention right away.

Signs Observed by Parents or Guardians	Symptoms Reported by Athlete
<ul style="list-style-type: none"> • Appears dazed or stunned • Is confused about assignment or position • Forgets an instruction • Is unsure of game, score, or opponent • Moves clumsily • Answers questions slowly • Loses consciousness (<i>even briefly</i>) • Shows mood, behavior, or personality changes • Can't recall events <i>prior</i> to hit or fall • Can't recall events <i>after</i> hit or fall 	<ul style="list-style-type: none"> • Headache or “pressure” in head • Nausea or vomiting • Balance problems or dizziness • Double or blurry vision • Sensitivity to light or noise • Feeling sluggish, hazy, foggy, or groggy • Concentration or memory problems • Confusion • Just not “feeling right” or is “feeling down”

How can you help your teen prevent a concussion?

Every sport is different, but there are steps your teens can take to protect themselves from concussion and other injuries.

- Make sure they wear the right protective equipment for their activity. It should fit properly, be well maintained, and be worn consistently and correctly.

- Ensure that they follow their coaches' rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.

What should you do if you think your teen has a concussion?

- 1. Keep your teen out of play.** If your teen has a concussion, her/his brain needs time to heal. Don't let your teen return to play the day of the injury and until a health care professional, experienced in evaluating for concussion, says your teen is symptom-free and it's OK to return to play. A repeat concussion that occurs before the brain recovers from the first—usually within a short period of time (hours, days, or weeks)—can slow recovery or increase the likelihood of having long-term problems. In rare cases, repeat concussions can result in edema (brain swelling), permanent brain damage, and even death.
- 2. Seek medical attention right away.** A health care professional experienced in evaluating for concussion will be able to decide how serious the concussion is and when it is safe for your teen to return to sports.
- 3. Teach your teen that it's not smart to play with a concussion.** Rest is key after a concussion. Sometimes athletes wrongly believe that it shows strength and courage to play injured. Discourage others from pressuring injured athletes to play. Don't let your teen convince you that s/he's “just fine.”
- 4. Tell all of your teen's coaches and the student's school nurse about ANY concussion.** Coaches, school nurses, and other school staff should know if your teen has ever had a concussion. Your teen may need to limit activities while s/he is recovering from a concussion. Things such as studying, driving, working on a computer, playing video games, or exercising may cause concussion symptoms to reappear or get worse. Talk to your health care professional, as well as your teen's coaches, school nurse, and teachers. If needed, they can help adjust your teen's school activities during her/his recovery.

If you think your teen has a concussion:

Don't assess it yourself. Take him/her out of play. Seek the advice of a health care professional.

It's better to miss one game than the whole season.

For more information and to order additional materials *free-of-charge*, visit: www.cdc.gov/Concussion.

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
CENTERS FOR DISEASE CONTROL AND PREVENTION



MANCHESTER YOUTH FOOTBALL LEAGUE

CODE OF CONDUCT and CONSEQUENCES FOR VIOLATION

Manchester Youth Football League, ("MYFL") requires that the following Code of Conduct shall apply to ALL PARTICIPANTS in our programs. This includes players, all coaches, league coordinators, volunteers and parents in attendance at games, practices or events. MYFL shall in all instances related thereunto be guided by the core values of FUN, SAFETY, INTEGRITY, RESPECT, RESPONSIBILITY, GOOD SPORTSMANSHIP and PLAYER DEVELOPMENT.

PLAYERS:

Violations for players shall include but are not limited to:

- Profanity or inappropriate language.
- Arguing or showing disrespect to football officials, coaches or other players.
- Threatening, taunting, hazing, harassing, bullying or any other degrading activity.
- The use of alcohol, tobacco or illegal drugs on or off the field.
- Misuse of Manchester Youth Football League or Manchester Community School equipment/facilities.

Violation of the above may result in a warning (verbal or written), suspension (1st offense); suspension (2nd offense); and/or expulsion (3^d offense) depending on the severity of the action.

ADULTS (Board members, Head Coaches, Assistant Head Coaches, Staff Coaches, Volunteers/Parents/Guardians and all adult family members):

At any MYFL event, practice, or competition, any adult who:

- Verbally abuses, attempts to intimidate, is flagrantly rude, or cannot control their language or actions with an official, coach, player, volunteer or fellow parent, will be asked to leave that event. He or she will receive a written warning regarding their behavior. In addition, his or her child(ren) may be immediately removed from that MYFL event.
- Any adult, who commits a second similar offense that is pursuant to a preceding offense during the same season, will be banned from attending MYFL events for the remainder of the season. In addition, the offending adult's child(ren) may be barred from participating for the remainder of the season.
- Any adult who physically assaults an official, coach, player, fellow parent or volunteer will be banned from MYFL participation and their child(ren) may be removed from participation for one full year from the date of the offense. Upon culmination of the one year suspension, parents may reapply for re-instatement of their child(ren). If the adult commits a subsequent offense, he or she and their child(ren) will be permanently banned from participating in MYFL with no opportunity for appeal.
- The term "physically assault" includes, but is not limited to: hitting, striking, slapping, pushing, spitting, kicking or contact in any way with any part of the body or the usage of any physical implement as a weapon.
- Misuse any of the Manchester Youth Football League, Manchester Community Schools equipment/facilities will be in violation and will be subject to appropriate consequences. Use of tobacco, drugs, or alcohol is strictly prohibited at practices and games. The use of alcohol prior to a practice or game is also strictly prohibited by coaches. Parents/spectators fans are prohibited from being on the playing field/immediate sidelines during games unless they coach or are an appointed volunteer serving a specific purpose.
- During Flag Football games parents, spectators and fans are to be on the east side of the field at least 10' away from the edge line. Teams and coaches are to be on the west side. During tackle games parents, spectators and fans are to be outside the fence unless we are playing on the lower field then they shall be at least 10' away from either edge line.

The league coordinator(s) and/or a coordinator(s) appointed committee may review any Code of Conduct infractions, violations or incidences as outlined above. All suspensions and/or expulsions will be at the sole discretion of the league coordinators.

I hereby acknowledge that I have received and read the Manchester Youth Football League Code of Conduct and by signing it agree to abide by it.

Player / Participant Name _____

Player / Participant Signature _____

Parent(s) or Guardian(s) Name(s) _____

Parents(s) or Guardian(s) Signature(s) _____ Date: _____

Head Coach Signature _____ Date: _____

Team: _____

A copy of this form must be maintained on file with the MYFL during the course of the season it pertains. Any violation of the MYFL Code of Conduct may be subject to board review and/or may result in disciplinary action including up to suspension or expulsion from MYFL participation. Any player charged with violating the Code of Conduct shall be given full course of due process if he or she chooses. Players and their parents have the right to request a meeting with the MYFL Rules & Safety Committee about any situation they feel merits a review or discussion.

Table 1 MYFL Player Code of Conduct and Consequences for Violation

Violation	1 st Offense	2 nd Offense	3 rd Offense
The use of alcohol, tobacco or Illegal drugs on or off of the field	Suspension	Expulsion	n/a
Profanity or inappropriate language	Verbal and/or written warning	Suspension	Expulsion
Arguing or showing disrespect to Football officials or coaches	Verbal and/or written warning	Suspension	Expulsion
Threatening, taunting, hazing, bullying, fighting or any other degrading activity	Verbal warning, suspension and/or expulsion	Suspension or expulsion	Expulsion
Misuse of MYFL, Manchester Community Schools equipment of facilities	Verbal warning, suspension and/or expulsion	Suspension or expulsion	Expulsion

Suspension or Expulsion may be immediate.

Table 2 MYFL Adult Code of Conduct and Consequences for Violation

Applicable to all people including Coaches, Staff, Volunteers, Parents/Guardians and ALL Family members at any MYFL event, practice or competition.

Violation	1 st Offense	2 nd Offense
Verbal abuse, is flagrantly rude or cannot control their language or actions with an official, coach, volunteer or any other person	Asked to leave that event Written warning Child(ren) removed from event	Banned from MYFL events for the season. Child(ren) may be barred from participation for the remainder of the season
Physical assault* of an official, coach, player, volunteer of any other person	Banned from MYFL events for one full year from the date of the offense	Permanent ban including child(ren) from MYFL

*The term physical assault includes but is not limited to: hitting, striking, spitting, kicking or contact in any way with any part of the body or the usage of any physical implement as a weapon.

The league coordinator(s) may make changes as necessary for the safety of the players, coaches, staff, parents/guardians family or any other spectator.