

Football Contract Fall 2025

These guidelines are provided to inform players and parents/guardians of the expectations of participating in the football program offered by Niskayuna Youth Football and Cheerleading (NYFC) . Football players selected for the teams must be in agreement with these guidelines and must adhere to them during their tenure on the team.

Standards for Football Players

Niskayuna Youth Football players are expected to be role models to not only their fellow students but to the community as well. They are to exemplify the high standards we have set before them. To achieve these ends, we require all cheerleaders to commit to and abide by the following:

- I will attend all scheduled practices and games, unless it is an excused absence.
- I will set an example of good behavior at all times (whether in uniform or not) in school, on the bus, games, and at all community functions. **This is to include all social media sites.**
- I understand that I am a representative of Niskayuna Youth Football and Cheer and therefore my behavior and attitude is a reflection on the league as a whole.
- I will use language that is socially acceptable and age appropriate. Profanity, vulgarity, and/or inappropriate gestures will not be tolerated.
- I will cooperate with teammates and follow the instructions of the coaches and team leaders.
- I will respect and abide by all rules and policies established by coaches, the league and Capital District Youth Football League (CDYFL) during practices and games.
- I will treat the opposing team with respect regardless of the outcome of the game.
- I will respect the dignity of all persons; I will not physically, mentally, or psychologically abuse or bully any person, this is to include my coaches.
- I will respect the property of others; I will neither abuse nor tolerate the abuse of property.
- I understand that we have a zero tolerance policy on bullying. Any bullying may result in my removal from the team.

*Any violation of the rules outlined in this contract will result in one or more consequences administered at the discretion of the President of NYFC: verbal warning, parent conference, temporary suspension from game(s), or permanent removal from the team.

Attendance

Football is a team sport. When players are absent, it impacts the rest of the team. Our practice time is when our players learn the game, the plays and become a team. While we know that things will come up, we ask that you let us know ahead of time so that we can adjust appropriately.

- You are expected to reach out to your coach asap if you will not be at a practice or a game.
- If you are at school, you are expected to be at practice that day unless prior arrangements have been made. We will, to the best of our ability, put together a schedule to assist each member in arranging their schedules. However, these times are subject to change. All changes to the schedule will be communicated as quickly as possible.
- Please arrive to practice early enough to get ready. Taking time out of practice to get into your gear takes time out of our limited practice time.

Injury/Illness

- If a player is injured and unable to participate, they will not participate until medical clearance has been provided. Doctor's notes must be specific in nature of injury and restrictions.
- Please keep sick players home.

Game Expectations

- Arrive 1 hour early. Players may not leave the game early without prior approval.
- You are responsible for the upkeep of your uniform. Uniforms need to be kept neat and clean throughout the season.

Consequences

Possible Consequences Include:

- Parent notification of violation.
- Suspension
 - Half game suspension
 - Full game suspension
- Dismissal from team (no refund of participation fees)