



MYAA POLICIES & PROCEDURES MANUAL

Track and Field Coaches,
Volunteers, Parents &
Players

Medford Youth Athletic Association (MYAA) Youth Sports Program!

Participation in youth sports plays a valuable role in the development of children. Aspects of teamwork, dedication, discipline, physical fitness, self-esteem, and fair play all contribute to the overall growth and maturation of young people. MYAA takes this responsibility seriously and strives to offer quality programs which will aid in this development.

This handbook is presented to serve as a reference for you, as a parent, volunteer, or coach, so you will understand the philosophies of this organization regarding youth sports and allow you to do your part to make each program a success.

We look forward to your involvement with MYAA.

PHILOSOPHY OF YOUTH SPORTS

MYAA believes in the benefits of participation in organized youth sports. Participation in sports has proven to build self-esteem, promote teamwork, develop the body as well as the mind, and is an integral part of the maturation process. Therefore, the goal of the MYAA is to provide programs and services to young people of all backgrounds that will build the foundation for them to grow up to be healthy, competent, and caring individuals in our community.

OBJECTIVES

The objectives of MYAA are as follows:

- To offer sports programs to fulfill the recreation/travel needs and wants as a service to the community.
- To offer an equal amount of participation opportunities to both young men and women regardless of race, creed, religion, or socio-economic status.
- To make these programs safe and enjoyable in an atmosphere that promotes learning and participation first and competition second.
- To have the best possible people volunteer as coaches and to thoroughly train them to do the best that they can.
- To expect that good sportsmanship and fair play are standard behaviors.
- To demand from our parents to respect our volunteer coaches by being supportive of their coaching strategies and philosophies.
- To ensure that the child's participation in youth sports is a positive and worthwhile experience.

SPORT SPECIFIC POLICIES FOR TRACK AND FIELD

Participation

Rec Policy: The rec program is a developmental program open to children turning 7 through 18 this calendar year, although high school-aged athletes are encouraged to participate with their high school program when available.

Junior Olympics Policy: The Junior Olympics program is open to athletes turning 9 through 18 this calendar year who are willing to put in the work required to compete at a higher level.

Registration

1. Every sports program has registration deadlines and unique rules on how the league must assemble teams. Each sport establishes registration and allows enough advance time for complete teams to be assembled before league registration deadlines.
2. Teammate Requests – Recreational Sports realize requesting certain teammates for reasons of transportation, childcare, friends, etc., would be appreciated by parents. However, filling every request sometimes isn't always possible and is at the Sport Commissioner's discretion.
3. Because of team size restrictions, signing up does not guarantee a position on a team roster. Therefore, each sport takes sign-ups on a first-come, first-serve basis. Reasonable efforts will be made to create additional teams or roster spots for teams that are over-enrolled when possible and are sometimes limited because of a lack of coaches available as well.
4. All registrations are required to be paid in full at the time of registration. If you are on a waitlist and moved to active. You will be required to pay prior to the season start to participate.

Payments and Refunds (Where applicable)

- A. Payments are due for all programs at the time of registration.
- B. Participants who are moved from Waitlist to Active as required to pay the balance due prior to the season starting or they will not be allowed to participate until paid in full.
- C. If a program is canceled, the participant is entitled to a full refund or a credit to the individual's household account for use within the current fiscal year.
- D. Refunds to those who choose to drop a program will be determined on a case-by-case basis. In order to cancel and receive a refund you must personally contact the Sport Commissioner or the MYAA Registration Director. If MYAA has any sunken costs or a season was partially played, partial refunds may be given versus full refunds. These decisions are at the discretion of the Sports Commissioner

Team Size

- A. Each sport establishes maximum team sizes based upon experience. This is done to assure that each athlete has the opportunity to receive appropriate amounts of direction from the coaches.

- B. The Sport Commissioner, from time to time, will approve minor changes to the minimum or maximum team sizes to deal with unique circumstances that may arise. The Commissioner may consult a coach if we are considering making changes.

Playing Up or Down:

- A. All athletes will compete with children of the same birth year, per league bylaws.
- B. Sports Commissioners may allow athletes to train with other age groups based on their experience and ability.

Rules of Out-of-Town Player Participants:

Out-of-town athletes are allowed; however, if they live in a town that has its own team within our league, they are encouraged to participate with that team. When teams reach their cap, athletes who live in town will get priority.

Creating Balanced Teams

- A. Please note, before you register a participant for this program, that Recreation Sports comprises teams of equal age groups, ability, coaching availability, etc. when possible.
- B. Only the HEAD coach's son/daughter is guaranteed a slot on the team he/she is coaching.
- C. We cannot guarantee a specific coach, team or any other player in the league since this would take away from the purpose of our philosophy of developing teams. Thanks for your support.

Team Formation Process

- A. Recreational Team Formation Process: Athletes are grouped by birth year and gender, but the commissioner may make adjustments based on the number of coaches available for each group, etc.
- B. Junior Olympics Team: There is no try-out for the Junior Olympics team. Athletes must be willing to put in the appropriate amount of effort and stay focused. All age groups on the Junior Olympics team will practice together.

Playing Time

- C. Recreation Sports Policy: All athletes may participate in up to three events at any league meet. Athletes turning 13 or older this calendar year may compete in up to four events. Spots on relay teams are limited and are up to coaches' discretion.
- D. Junior Olympics Policy: All participants may participate in up to three events at the District Meet. Athletes turning 13 or older this calendar year may compete in up to four events. Athletes must qualify based on AAU/USATF standards to continue on to compete in the Regional Meet. Our program is committed to seeing athletes through the Regional Meet. Athletes who qualify for and wish to participate in Nationals may do so on their own.

Practice and Meet Schedules

Practice and meet schedules are prepared according to the following criteria:

- A. Facility availability. There may be times, with limited notice, that regularly scheduled activities may be canceled or relocated to a different facility.
- B. Coach's availability: For some programs coaches are able to choose which days they are available to practice. Most times we do not know who is coaching until registration has been completed and coaching applications have been accepted.

Meet Cancellations and Rescheduling

- A. If a meet is canceled due to weather or other unforeseeable circumstances, it is up to the host team whether it will be rescheduled. Rescheduling depends on facility availability and time constraints.

Locations

Field locations and facility locations are indicated on the schedules of each individual sport.

Sports Specific League Rules

The Garden State Track and Field Association By-Laws can be found here:
<https://s3.amazonaws.com/my.lffiles.com/00302205/GSTFA-2018-Bylaws.pdf>

Medical Emergencies

- A. For any injury or accident that requires something other than cleaning and covering with a bandage, coaches and parents are required to seek professional medical assistance through 911 calls.
- B. If medical transportation is required, the charges incurred will be the responsibility of the parents and/or the parent's/guardian's insurance policy.
- C. Please notify the Sports Commissioner if your child has a pre-existing medical condition (i.e. allergies, medications, physical impairments, etc.) on the registration form; the Commissioner will then inform the coach of the situation. This is essential in order to determine the severity of an accident and to assist the medical personnel who respond to the scene.

Weather

- A. The safety of participants, officials, and spectators is the primary concern in cases of inclement weather. Once the meet has started the officials will have the responsibility to remove the athletes from the track or field if the conditions become extreme.

- B. Lightning Policy: Follow the 30/30 rule: seek shelter if the flash to bang is 30 seconds in length or less, and stay inside this shelter until 30 minutes past the last clap of thunder.
- C. If ordered to do so, please find a safe shelter in an automobile or building until instructed to return to the track or told that the meet has been canceled.
- D. Meets can be run rain or shine. Cancellations occur only due to severe weather or persistent rain.
- E. Practices will be canceled if the temperature is below 40 degrees F before the start time, if there is heavy rain, strong wind, lightning, or any other condition the commissioner deems unacceptable for practice. Sometimes younger age groups will cancel while older age groups will still practice.
- F. Certain events at meets and practices may be canceled in the event of rain if there is concern of damaging the fields/pits and/or if there is increased risk for injury.
- G. Programs that use school facilities will be canceled in the event that the school is closed for a snow day.
- H. If Medford Township closes Parks because of weather, that means that all practices and/or games that day will need to be canceled.

Medford Youth Sports Scholarship

Medford Youth Athletic Association provides scholarships for registration fees to children, who without financial assistance would be unable to participate in MYAA Sports programs. MYAA is a 501(c) 3 non-profit organization with limited funding available for scholarships. There is no guarantee of assistance by filling out an application. All applications will be reviewed and voted on by The Executive Board of MYAA. Email registration@myaa.net if you would like an application sent to you.

Eligibility:

- A. Athlete must live in Medford or Medford Lakes and attend one of the schools within the Medford or Medford Lake Townships.
- B. Athlete should attend a minimum of 80% of scheduled practices and games.
- C. Parent/Guardian should volunteer for MYAA event during the scholarship season requested.
- D. Application must be completed by a Commissioner, Parent, Guardian, or School District Employee with all requested information provided, including each child's name and the sport each child would like to play. It is also very important to include the reason the scholarship is needed.

- E. The scholarship is limited to one recreational sport per season per child.
- F. There is a 12-month rolling CAP, per family, for financial assistance of \$1000.
- G. The maximum amount provided for each sport per child will cover the amount equal to the registration cost of the recreational fee for the sport selected.
- H. If additional funding is needed to cover additional fees, such as uniform, training or travel fees, a meeting will be conducted to evaluate the need for the additional scholarship. The commissioner, a parent or guardian and one or more members of the executive board will be included in the meeting. The meeting may be in person or conducted virtually.

Qualifications:

- A. Provide a written statement on the Scholarship Form of immediate financial hardship that explains current situation. MYAA recognizes that families may not be receiving assistance from other programs and may still need financial assistance in MYAA Sports. If possible, please provide supporting documentation that may support the facts in your financial hardship statement.

Procedures:

- A. Scholarship requests must be submitted to MYAA, at registration@myaa.net, 1 month prior to the start of a sport's season to be considered.
- B. Incomplete or late applications may be denied.
- C. The Executive Board of MYAA will consider all scholarship applications completed with all necessary documentation. Depending on the number of applicants and scholarship funds available, the amount of scholarship awarded may be partial or full. The Executive Board will notify the parent or guardian if scholarship is approved or denied.
- D. Approval of scholarship does not register athlete for activity. You will receive a coupon code from MYAA. You will need to register the athlete and use coupon code as payment.
- E. If deemed necessary, Executive Board Member of Sportsmanship will reach out to the designated Guardian for further information.

Participant Responsibilities and Expectations

Participation in youth sports programs can have a lasting and meaningful effect on children's lives. Therefore, it is the goal of MYAA to provide the highest quality of athletic programs to ensure that a child's experience with sport is a positive one. It takes the cooperation of everyone involved, including the participant, to make this happen. Therefore, MYAA has established the following responsibilities for participants to adhere to:

- A. Athletes will listen to their coaches and be respectful.
- B. Athletes will take care of the facilities, equipment, and uniforms, which they are given. This includes picking up trash.
- C. Athletes will avoid all types of taunting, bullying, and belittling remarks to their teammates or opponents. Athletes will show good sportsmanship at all times, win or lose.
- D. Athletes will refrain from horseplay and all other dangerous activities, in which they may become hurt.
- E. Players will participate for the love of the game and competition.

SAFETY

- A. This youth sports program exists to help children in the development of positive life skills and self-concepts. Our goal is to provide safe, enjoyable recreation opportunities for participants.
- B. We are against any forms of abuse or maltreatment of children in youth sports. We each have a responsibility to do what we can to prevent any and all forms of child abuse.
- C. We intend to take reasonable and intentional action to protect participants from any form of abuse or maltreatment and to deal with any transgressions in a timely and appropriate manner.
- D. MYAA uses all reasonable efforts to screen and train coaches and volunteers in order to avoid instances where young athletes may be endangered, neglected, or abused.
- E. Although no organization can make every participant 100% safe from all forms of abuse, through screening, training, supervision, and steps to create a healthy environment for children to thrive in youth sports, we are taking critical steps toward protecting all participants.
- F. It is our mission to teach the basic skills which young people need to play sports in a safe and nurturing environment, where all children get an equal chance to play regardless of play level.
- G. Every child in our program has the right to have fun while participating in our program.
- H. We will not tolerate any abusive behaviors that may jeopardize a child's well-being.

Coaching and Volunteer Background Check Requirements:

To ensure the safety of all participants in MYAA, all individuals wishing to volunteer as a coach for a youth sports team within MYAA must follow this procedure:

- A. Background Checks: All coaches and volunteers are required to undergo a criminal background investigation through our platform with Sports Engine. This process is to ensure the safety and well-being of all participants. All coaches and volunteers will have initial background check which includes an annual recheck which includes 2 national database screenings, 2 national sex offender searches, and all counties within the last 5 years automatically searched.
- B. Background Checks must be completed prior to the season starting.
- C. Commissioners will send the Background Check Information and Trainings to the volunteers and coaches prior to the start of the season and the Commissioner will be responsible for ensuring all are completed.
- D. If a coach/volunteer fails a background check, they will not be allowed to participate in the program. If the failure is in error, it is that individual's responsibility to resolve directly with Sports Engine.

Disqualification Criteria for MYAA Background Check Screenings

Reportable convictions, pending dispositions or registrations, for any of the following criminal offenses or registrations will prompt a determination that a registrant 'does not meet' the End-User's initial criminal background screening criteria and a Review notation will be indicated as a result of the Screen.

1. All sexual offenses, regardless of the amount of time since the offense.

Examples include, but are not limited to: Child molestation, rape, sexual assault, sexual battery, sodomy, prostitution, solicitation, indecent exposure.

2. All felonies that constitute offenses against the person, regardless of the amount of time since the offense.

Examples include, but are not limited to: Murder, manslaughter, aggravated assault, kidnapping, robbery, and aggravated burglary.

3. Any crimes involving children, regardless of the amount of time since the offense.

4. All felony offenses other than those against the person or sexual within the past 7 years.

Examples include, but are not limited to: Drug offenses, theft, embezzlement, fraud.

5. All misdemeanors that constitute offenses against the person within the past 7 years.

Examples include, but are not limited to: Simple assault, battery, domestic violence, hit & run, reckless endangerment, harassment, and menacing. Includes domestic "issues" such as order of protection violations, restraining orders, etc

6. All misdemeanor drug and alcohol offenses within the past 5 years or multiple of such offenses in the past 7 years.

Examples include but are not limited to: Driving under the influence, simple drug possession, drunk and

disorderly, public intoxication, possession of drug paraphernalia, and providing alcohol to underage persons.

7. A current sex offender registrant

Coaching and Volunteer Training Requirements:

Rutgers S.A.F.E.T.Y. Certification - This is a three-hour course which is conducted by a Rutgers Certified Trainer. It teaches player safety and coaching liability. It is highly recommended that a coach completes this course prior to stepping on the field to coach at any level. The Rutgers S.A.F.E.T.Y. Clinic (Sports Awareness for Educating Today's Youth TM) is a three-hour program that meets the "Minimum Standards for Volunteer Coaches Safety Orientation and Training Skills Programs" (N.J.A.C. 5:52) and provides partial civil immunity protection to volunteer coaches under the "Little League Law" (2A:62A-6 et. seq.). More information is available by clicking this link. [Link to Schedule Page](#)

Positive Coaching Alliance - Positive Coaching Alliance is a national non-profit developing "Better Athletes, Better People" by working with coaches to provide all youth athletes a positive, character-building youth sports experience. Learn more in this short video. MYAA Requires every coach to be certified in the one Double-Goal Coach class offered each year.

- 1 - Double-Goal Coach®: Coaching for Winning and Life Lessons
- 2 - Double-Goal Coach®: Culture, Practices and Games
- 3 - Double-Goal Coach®: Coaching the Mental Game

We, MYAA, have been a partner with PCA for many years and these courses have become part of our coach training as well as a coaching discipline program. Each class offered annually needs to be completed by all people who wish to coach any of our teams. Additional information about PCA can be found by clicking on this link.

All classes will be offered on-line. Notification of open classes will be posted 30 days prior. 2 sessions will be offered prior to each sports season.

Questions email – vp_sportsmanship@myaa.net

Abuse Awareness Training – Coaches and volunteers will be required to take a 45-minute Abuse Awareness Training concluding with a quiz that must be passed through Sports Engine. This training is to make coaches and volunteers aware of what to look for and protocols on what to do if an incident is reported.

Code of Conduct Policy Waiver Completion– Coaches are required to read and agree to MYAA's Code of Conduct Agreement. Reviewing this agreement makes coaches and volunteers aware of what behavior will and will not be tolerated, as well as the consequences for bad behavior.

Photo & Social Media Waiver Completion– Coaches are required to read and agree to MYAA's Photo & Social Media Waiver.

MYAA Coaching Expectations:

Now you're a Coach

For your players, you, the coaches are the single most important adult leader. You will help the players have fun, learn skills, develop sportsmanship, and discuss values in a meaningful way.

Coaching Philosophy

As the coach, forget the professional and college coach models and the win at all cost approach. Do not try to get your feeling of self-worth from your team's win-loss record. Coaching youth sports calls for teaching the fundamentals properly, developing the basic team concepts, working on fair play values and encouraging all players to participate and enjoy the sport. The most important element is the relationship between the coach and the team. The coach is a leader, role model, teacher and friend. This relationship is far more significant than points scored or the games won.

The quality of the coach-team relationship is the ultimate measure of success for youth sports coaches.

- a. **Keep it simple:** Most sports are relatively simple to play and can be enjoyed by all ages. Overcomplicated formations, plays and strategies tend to confuse and frustrate youth. By keeping it simple, it will build self-esteem and confidence.
- b. **Work on basic skills:** Younger teams especially should concentrate on fundamentals. Teach skills and concentrate on the basics. Help players become conscious of the importance of proper execution. Stop the action often to help individual athletes improve, but don't interfere excessively.
- c. **Work with every athlete on your team:** The most highly skilled and least skilled athletes on your team should be given equal attention. Every player should be helped to improve in ability and to enjoy the game. It is important that every athlete participates and has fun, rather than just a few good players dominating the action.
- d. **Teach 'Fair Play':** Playing fair is an essential part of youth sports. Respect for one's self, team mates, the other team, the rules and the officials who uphold them.
- e. **Help players set and evaluate individual goals:** Competing against oneself is perhaps the best way to improve skills, help players measure their skills, set goals for the future and work to reach those goals. What is important is not so much how athletes measure up against each other, but how much each player learns and reaches new levels of skills and enjoyment.
- f. **Keep winning in perspective:** Winning games is only one of the many goals that are important in sports. Help athletes and their parents become aware of other important goals: learning skills, becoming better physically fit, being a good leader and a good follower, dealing with the emotions of sports and having fun.

Coaching Policies, Procedures & Guidelines

Requirements:

- a. Read and review all league rules and paperwork pertaining to the season prior to the first scheduled day.
- b. Coaches should arrive to practice at least 15 minutes early to set up and should not leave until every child has been picked up by a parent/guardian.
- c. Utilize Team Snap to communicate all practices and games in a timely manner.
- d. Start and end practices on time.
- e. Conduct parent/players meeting.
- f. Distribute all materials given to you by the Sports Commissioner in a timely manner.
- g. Return any paperwork distributed to you by the Sports Commissioner in a timely manner.
- h. Participate in all fundraising activities, MYAA days, banquets, etc.
- i. Explain your discipline procedures for behavior problems, missed practices, etc., (nothing too severe, unless cleared with Sports Commissioner)
- j. Stress parental and player conduct during a game.
- k. Inform parents about proper equipment: appropriate clothing, good-fitting shoes and water.
- l. Players are responsible for their own equipment.
- m. Ensure all trash is cleaned up after meets and practices.
- n. Require clean uniforms for every game.
- o. Stress the need for players to maintain good school grades.
- p. Get parents involved: at practice, umpire, score keeper, team mom, etc.
- q. Verify your roster, making sure all player information is correct; pass on any corrections to the Sports Commissioner. Absolutely no roster changes without notifying the Sports Commissioner first!

Conducting Practice Sessions:

- a. Come prepared to practice. Prepare a practice plan outlining the skills you will be teaching and the drills you will use to teach them for that day.
- b. Get to know your athletes personally.
- c. Help them set goals and work towards them.
- d. Teach appropriate skills, chants and physical fitness.
- e. Build teamwork.
- f. Enjoy yourself and let your athletes know it.
- g. Practices are not always allowed outside of the season per some leagues. Check with your Sports Commissioner for approval first.

Meet Responsibilities:

- a. See that your athletes are present and ready to compete.
- b. Warmups.
- c. Introduce yourself to the meet officials and the opposing teams coaches.
- d. Fill out any paperwork (rosters etc.) prior to the start of the meet and submit properly where applicable.
- e. Control yourself, players, and parent behavior during and after the meet. (where applicable)
- f. Coach and encourage your team during the meet.
- g. Coaches and athletes must clean their bench area before leaving the facility!

MYAA CODE OF CONDUCT AND DISCIPLINARY PROCEDURES

1. PREAMBLE. Maintaining appropriate conduct of players, coaches and spectators is important to achieving the mission and goals of youth athletic and recreational programs. Although all involved in our program conduct themselves properly in the overwhelming majority of instances, occasionally there are times when their behavior is not in the best interests of the participants. Although it is impossible to establish a code of conduct that sets definitive rules and guidelines that address every possible situation that might occur, we have established this Code to set forth certain minimum standards and expectations concerning those behaviors that will result in disciplinary action and to establish procedures for disciplinary action where warranted.

2. CONDUCT COMMITTEE

A. The Conduct Committee (Committee) will consist of the President of MYAA, the Executive Vice President of MYAA, the Vice President of Athletics of MYAA and two sports Commissioners appointed by the President.

B. If a proceeding of the Committee involves conduct that occurred in any activities of a sport of which a Committee member is the Commissioner, that member may not participate in those proceedings and the President may appoint another sports Commissioner to act as a member of the Committee for that proceeding.

3. DISCIPLINARY PROCEEDINGS

A. The Commissioner of a sport may make disciplinary decisions resulting from conduct that occurred in any activity of a sport of which he is the Commissioner. The Commissioner of a sport may employ those procedures for gathering information and imposing disciplinary measures that he deems appropriate in his discretion, although he will ordinarily consult the Vice President of Athletics of MYAA and meet in person with the individuals who are subject to potential disciplinary action.

B. Any person who is the subject of any disciplinary decision made by a Commissioner may challenge that decision, and ask the Committee to review that decision, by sending a notice to the President in writing or by email, in which he must explain the reason why he is challenging the decision and believes the decision was wrong.

C. The President, in his sole discretion, will establish the procedures to be used by the Committee in each instance of a challenge. In ordinary circumstances:

i. upon receiving a notice challenging a disciplinary decision made by a Commissioner, the President will convene a disciplinary meeting of the Committee as soon as it is practical to meet;

ii. the disciplinary meeting will take place in person, but may be conducted by telephone if the President deems it appropriate;

iii. the person challenging the decision will be permitted to attend the disciplinary meeting along with others who witnessed the events that led to the decision;

- iv. if the person challenging the decision is a player, his parents or guardians will be permitted to attend the disciplinary meeting;
- v. the Commissioner who made the decision will attend the disciplinary meeting; and
- vi. the Committee will accept written statements by any interested person, including those who witnessed the events that led to the decision.

D. The President in the first instance, and then the Committee, may in their discretion stay the disciplinary decision made by a Commissioner pending the disciplinary meeting and the decision of the Committee.

E. The President will preside and make decisions concerning the conduct of the disciplinary meeting, including decisions concerning the conclusion or adjournment of the disciplinary meeting, the persons who may attend the disciplinary meeting and those who will be permitted to speak at the disciplinary meeting.

F. Upon the conclusion of the procedures to be used by the Committee in each instance, the Committee will determine the discipline, if any, to be imposed in its sole discretion, and may impose discipline that is more lenient or more stringent than that imposed by the Commissioner. A quorum of more than 50% of the members 2 of the Committee is required to make a determination of the discipline to be imposed. A member of the Committee who was not present during the disciplinary meeting of the Committee is permitted to cast a vote concerning the discipline to be imposed.

G. In making disciplinary decisions, Commissioners and the Committee may consider any information and facts that they deem relevant, including the past conduct and disciplinary history of the persons involved and prior disciplinary decisions for similar conduct.

H. All decisions of the Committee are final, may not be appealed to any person or body, including the Board of Directors of MYAA, and may not be challenged in a court of law.

I. The Vice President of Athletics of MYAA may perform the duties of the President under this Code in the event that the President is unavailable. The Executive Vice President of MYAA may perform the duties of the President under this Code in the event that the President and the Vice President of Athletics of MYAA are unavailable.

4. STANDARDS OF CONDUCT

A. Disciplinary sanctions, ranging from a suspension to permanent exclusion and disqualification, may be imposed for any conduct that a Commissioner or the Committee determines in their sole discretion is detrimental to MYAA or the players, participants, coaches, officers, directors, Commissioners, officials, referees, umpires, parents or spectators.

B. The following is a non-exclusive list of the conduct for which a suspension will ordinarily be imposed:

- i. Intentionally striking a player, coach, spectator or game official with any object or body part, other than in the usual course of participation in a sport;

- ii. Throwing an object (including balls, snow, mud, ice, dirt, rocks, equipment, tape) at a player, coach, spectator or game official with an intent to strike the player, coach, spectator or game official;
- iii. Spitting at or on a player, coach, spectator or game official;
- iv. Verbally or otherwise abusing a player, coach, spectator or game official, including gesturing or signaling obscenely or the use of profane language;
- v. Threatening bodily harm or property damage to any player, coach, spectator or game official;
- vi. Failing to comply with the directives of a game official;
- vii. Failing to leave a field, arena, gym or other location at which an activity is being conducted when directed to do so by a game official or other person with authority to do so;
- viii. Being suspended by a sports league or association in which an MYAA team participates or failing to report that suspension to the Vice President of Athletics of MYAA;
- ix. Violating the terms of a suspension or other disciplinary decision; and
- x. Causing or advising another person to engage in any of the above behavior.

C. A person who is suspended may not participate in any activities of the MYAA during the course of the suspension. For example, players and coaches may not participate in practices, scrimmages or games. Spectators and other non-players who are suspended may deliver players to and pick players up from locations at which activities take place, but must leave the location immediately thereafter.

D. Players are subject to disciplinary action for the conduct of their parents, guardians or other family members.

E. Coaches are subject to disciplinary action for the conduct of their players and spectators.

MYAA Photo Release & Social Media Policy

Careful consideration has been given to the development of the MYAA Social Media Policy. All coaches, players, and parents must adhere to this policy. The policies and procedures contained herein may be updated and/or changed at any time and from time to time.

- a. MYAA maintains the following social media profiles: Facebook, YouTube, Twitter, and Instagram.

- b. Please direct all questions regarding Social Media to your sports commissioner.
- c. No social media accounts should be created on behalf of MYAA or represent MYAA without express written permission from the MYAA Board. There are no exceptions to the approval requirement.
- d. Coaches, players, and parents are welcome and encouraged to repost anything MYAA releases.
- e. Parents and players are encouraged to tag or send the sports commissioners pictures from all team-related events and competitions.
- f. Coaches, players, and parents are encouraged to post positive MYAA-related pictures by tagging MYAA or their specific MYAA sports page.
- g. When traveling as a team in any circumstance relating to MYAA, do not post the location of where you are staying.
- h. When traveling as a team in any circumstance relating to MYAA, do not post any photos from inside the private hotel rooms.
- i. Do not reach out to players, coaches, referees, or parents from other teams through social media.
- j. Coaches, players, and parents are strictly prohibited from using profanity or slurs of any kind in any social media posting regardless of whether or not such posts are related to MYAA. We remind each of you that your association with MYAA will impact MYAA.
- k. Coaches, players, and parents are strictly prohibited from posting anything negative about another player, team, coach, or club by name or in general terms.
- l. Coaches, players, and parents are strictly prohibited from posting anything negative about game officials, leagues, or tournaments/showcases.

- m. Coaches, players, and parents are strictly prohibited from posting anything negative about MYAA, our players, coaches, staff, parents, and/or facilities by name, location, or in general terms. If you are unhappy, address it with your coach, the sports commissioner, or the MYAA President.

Social Media Photo Release

The parent or legal guardian of the player completing this form gives MYAA absolute right and permission to use my and my child's likeness in a photograph, video, broadcast, publish or copyright and use pictures/videos of your child (that are taken during MYAA events such as practices, games, camps, celebrations and any other MYAA event) in which I or he or she may be included in whole or in part, composite or retouched in character or form, without payment or any other consideration.

I acknowledge that all photographs and videos will become the property of MYAA.

I further acknowledge that photographs and videos may be used without any further consent or authorization.

MYAA will never publish the address or phone number of any player.