

BLOOMINGDALE ATHLETIC CLUB

<http://www.bloomingtonbears.com>



BEARS 2016 PROGRAM RULES & REGULATIONS

**A BILL GEORGE YOUTH FOOTBALL LEAGUE ‘BGYFL’
MEMBER
BLOOMINGDALE TOWNSHIP**

“No Man Stands So Straight As When He Stoops Down To Help A Child”

The Bloomingdale Athletic Club
Endorses The
Parents' Code Of Ethics

Of The Parents Association Of Youth Sports

I hereby pledge to provide positive support, care, and encouragement for my child participating in youth sports by following this Parents' Code of Ethics:

I will encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every game, practice or other youth sports event.

I will place the emotional and physical well being of my child ahead of my personal desire to win.

I will insist that my child play in a safe and healthy environment.

I will require that my child's coach be trained in the responsibilities of being a youth sports coach and that the coach upholds the Coaches' Code of Ethics.

I will support coaches and officials working with my child, in order to encourage a positive and enjoyable experience for all.

I will demand a sports environment for my child that is free from drugs, tobacco and alcohol and will refrain from their use at all youth sports events.

I will remember that the game is for youth - not adults.

I will do my very best to make youth sports fun for my child.

I will ask my child to treat other players, coaches, fans and officials with respect regardless of race, sex, creed or ability.

I will help my child enjoy the youth sports experience by doing whatever I can, such as being a respectful fan, assisting with coaching, or providing transportation.

I will read the National Standards For Youth Sports and do what I can to help all youth sports organizations implement and enforce them (inside back cover).

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Disclaimer: While we have done everything possible to ensure accuracy, we are not responsible for mistakes or typos in this document. The information contained herein is subject to change without notice.

1. The Bears Football & Cheerleading Program

Purpose

The purpose of the Bloomingdale Athletic Club is to inspire youth, regardless of race, creed, or national origin, to practice the ideals of sportsmanship, scholarship, physical fitness, fellowship, and athletic competition and to promote a successful and harmonious spirit that breeds enjoyment for all, further, to encourage adult leaders to exemplify these ideals when supervising the youth, while keeping the welfare of the youth foremost at heart.

Adopted June 1, 1975

Revised January 15, 2014

1.1. Geographical Boundaries

A player should live within the following towns in order to participate in the program:

Bloomingdale, Roselle, Medinah, Itasca, and Keenyville

Individuals residing outside of the posted boundaries that have reasons to participate in the Bloomingdale Athletic Club may do so by following the Bill George Youth Football League Rules & Regulations and with consent of the Bloomingdale Athletic Club Board of Directors.

1.2. General Information

The Bloomingdale Athletic Club is a youth travel football and cheerleading program and we provide an excellent opportunity for the young boys and girls in our community to participate in football and cheerleading on many different levels of competition. We have been providing these services for our youth for over 60 years!

We are proud to be a member of the Bill George Youth Football League. We are one of the only clubs in this area that is a founding member of the Bill George Youth Football League, "BGYFL" and the former Chicago Suburban Youth Football League. This is not only an honor, but a testament to the caliber of the entire Bloomingdale Athletic Club program. If you've played youth football or have cheered for a few years, you already know that the Bloomingdale Athletic Club has one of the best football programs you can find anywhere.

Over the years, the Bloomingdale Athletic Club has earned an outstanding reputation for fielding Super Bowl Champion football teams & State Champion cheer/pom squads, and for teaching youngsters how to cheer, block, tackle, and enjoy the game we call football.

The Bloomingdale Athletic Club has become a model for many other clubs in the area. Success has been based on offering a solid, honest, modestly priced program.

We can promise you an opportunity of excitement, lifelong friendship, and learning in one of America's greatest youth football programs. We look forward to having you and your child being a part of the Bloomingdale Athletic Clubs' family.

You can find the most current information on our web site at www.bloomingdalebears.com The Bill George Youth Football League's web site is at <http://www.bgyfl.org>.

1.3.The Bloomingdale Athletic Clubs' Football Philosophy

The Bloomingdale Athletic Clubs' Flag and Tackle Football program is designed for players ages 5-14 and all skill levels, regardless of playing experience. However, we are part of a travel league and, as such; the physical and mental elements of the game will be at a higher level than that of an in-house program.

Our program is directed toward the players. Winning is not an end in itself. Emphasis is placed on providing a great experience for the players and in developing character in each and every one of them. The Bloomingdale Athletic Clubs' approach to football is one of knowledge, skill, development, and speed. All while keeping the players safety our number one priority!

1.4.The Bloomingdale Athletic Clubs' Cheerleading Philosophy

The Bloomingdale Athletic Clubs' Cheerleading program is designed for girls from Kindergarten thru 8th Grade, regardless of skill level. Our program is directed toward providing a great experience and developing character in the girls. Emphasis is on learning new skills, improving skills and being part of a team. The Bloomingdale Athletic Clubs' program offers both Pom and Cheer Squads. All girls cheer at football games. Pom squads compete in dance based routines and Cheer squads compete in routines including chants and stunting. All while keeping the participants safety our number one priority!

1.5.The Bloomingdale Athletic Clubs' Code of Conduct

- Obey the letter and spirit of the Bloomingdale Athletic Club and the Bill George Youth Football League Bylaws and Rules & Regulations.
- Observe the highest standard of integrity.
- Avoid any action that might lead to embarrassment or damage to your, the Bloomingdale Athletic Club's, or the Bill George Youth Football League's reputation.
- Lead by example.

Light of Day Test

A "rule of thumb" on how to test the ethical quality of our actions. The rule is to ask, "Would I, the Bloomingdale Athletic Club, or the Bill George Youth Football League be embarrassed if my actions were to become public?"

Interpretation

The expectations set forth in this Code of Conduct are both fundamental and important. The Bloomingdale Athletic Club is committed to providing members all resources necessary to understand and comply with its terms and the terms of the underlying policies. All Code of Conduct terms should be construed in tandem with the Bloomingdale Athletic Club's policies, procedures and other stated guidelines, and in conjunction with any applicable laws, rules or regulations. Any member who is uncertain as to the meaning or interpretation or application of this policy to a specific situation should seek guidance from any Bloomingdale Athletic Club Board of Directors.

1.6.BAC Booster Club

All parents/guardians are members of the Booster Club. The success of the Bloomingdale Athletic Club program is reliant upon the time and talents donated by our members. We encourage every participant in the program to become as actively involved as possible.

The main purpose of the Booster Club is to: promote family participation; establish unity and pride in our program; and, to defray the cost of our program.

Each football team will need: a Head Coach and Assistant Coaches; a Team Manager (to handle paperwork and schedule volunteers as needed); and a Field Manager (to ensure our home field is ready). Every home game will require a crew of members for field set-up and field tear-down. Each team will require a crew to man the yardage and down marker, a field announcer, and a scorekeeper. All teams will also request statisticians, videographer, team photographer or media liaison person (for newspaper articles).

Each Cheer or Pom Squad will need: a Head Coach or Manager; at least one junior coach (to create and teach the routines to the kids), and a Team Parent (Manager)

Volunteers are always needed for various Committees (e.g., Banquets, Bear Wear, Bloomingdale Bowl, Score 6, Coaches Certification, Concessions, Equipment, Field improvements, Fundraising, Homecoming).

Our organization is only limited to the vision and participation of our members. Please contact a Bloomingdale Athletic Club Board of Directors, Team Manager, or Head Coach, to find out what you can do.

1.7.Where the Bears Will Be Playing

The Bloomingdale Athletic Club will be playing at some or all of the towns in the Bill George Youth Football League; towns include Glendale Heights, Bartlett, Lyons Township, Glen Ellyn, Lombard, Lemont, Carol Stream, Wheaton, Elmhurst, Hanover Park, Downers Grove, West Chicago, Hinsdale, Palatine, Arlington Heights, and Elk Grove. Maps are available on the Bloomingdale Athletic Club and Bill George Youth Football League web sites.

All of our home games will be played at the Circle Park facility located on Fairfield Way, south of Schick Road, in Bloomingdale with the possible exception of the Bloomingdale Bowl preseason games.

1.8.Bloomingdale Athletic Club Board Meetings

The Bloomingdale Athletic Club is governed by a Board of Directors. The Bloomingdale Athletic Club Board of Directors are responsible for performing the administrative duties of the organization. The Bloomingdale Athletic Club meetings are held on the 2nd Tuesday of every month at the Bloomingdale Village Hall. The meeting times are 7:30 PM during the off season and 8:30 PM during the playing season (Aug.- Nov.).

The Board is composed of volunteers that are voted on at the November general board meeting; however, exchange of the board will not take place until the Annual December meeting. Each Director fulfills an official office and/or oversees an area of responsibility. Those responsibilities are:

- President/Athletic Director*
- Vice President of Football*
- Vice President of Cheerleading*
- Secretary*
- Treasurer*
- Cheer Director
- Coaches Director
- Camp Director
- Concessions Director
- Fundraising Director
- Picture Day Director
- Trophy Director
- Equipment Manager
- Bill George Representative – Football*
- Bill George Representative – Cheer*
- Booster Club President
- Bowl Director
- Field Manager
- Registration (Committee of the whole)
- Bear Wear Director
- Website Director
- USA Football Director
- Uniform Manager – Cheer
- Flag Director

*denotes mandatory board membership to hold office.

Members of the Bloomingdale Athletic Club that want to run for a seat on the Board of Directors during the November election must attend four (4) general meetings within the current term. Individuals who want to vote at the November elections must have attended at least four (4) general meetings within the current term, and be a participant (current board member/coach/manager/parent/guardian) in the program. The Board of Directors will consist of a minimum of eleven (11) or a maximum of fifteen (15) members at the initial time of election. The board seats will be determined by the initial elected members. To be elected to the board, all candidates must receive at least the majority number of votes from the present eligible voters. Example: if there are 18 people eligible to vote, a candidate must receive at least 10 votes to be elected. If there are 14 people running for the board and only 9 receive the number of votes required then the Board of Directors for that year will consist of only 9 members. Those vacant seats at the time of the initial election will be determined by the newly seated board.

1.9. Program Costs and Fundraising

The Bloomingdale Athletic Club program is one of the finest in the area. We have always had some of the best equipment, facilities, and uniforms, and have play in the most competitive league in the Chicago suburban area. All of these items come with a big cost to the program.

The Bloomingdale Athletic Club Board of Directors has evaluates its operating expenses and league fees each year. It has been determined that the fees will be as follows:

- Football \$290.00/Tackle \$125.00/Flag – The amount is due in full at registration or payable in two equal installments, one at registration and one at equipment handout. Or by other agreed upon arrangements if necessary.
- Cheerleading \$260.00– The amount is due in full at registration, or two equal payments, one at registration and one at equipment handout, Or by other agreed upon arrangements if necessary.
- Football players and cheerleaders, who have not paid their fees as scheduled, will not receive equipment/uniforms or be allowed to participate in the program. All monies must be paid in full, unless other arrangements have been made.

A Mandatory fundraising fee of \$100 **per family** is in place to help offset the actual costs the BAC occurs. This fee is then made back by the families if they choose to sell the raffle tickets they receive with the paid fundraising fee.

*Individual team fees- It is customary for Team Managers to take up a collection from each participant in order to create a “slush fund” to be used for, team parties, homecoming activities, participant gifts, etc.. These fees can range from \$50-\$70 depending on the size of the team

2. Bloomingdale Athletic Club Football Rules & Regulations

2.1. Football Teams

2.1.1. Roster Size

The roster size will be determined by the BGYFL current rules. (As of 2014, the maximum number of football players allowed per team is 27 players) The Gold and Silver Division splits are at the discretion of the Gold Team Head Coach and the number approved by or set by the Board of Directors Executive Board.

2.1.2. Player Classification and Assignment

Players are divided into age/weight levels. No players are allowed to play outside their age/weight level unless it has been approved by the Board of Directors. Any parent wishing that their child be moved must petition the board in writing and a special meeting will be called. All age/weight levels are based on the current year. Weight and age requirements may change due to the Bill George Youth Football League's rules. The current requirements are described in the table below. All players must be non-high school students.

With the exception of the Flag & 73 lb teams, there **may** be a Gold and Silver Division at each age/weight level in the BGYFL. The Gold Division is typically for the most experienced football players and Teams. While instructional football is emphasized throughout the league for both divisions at all levels; the Silver Division focuses on player development, concentrating on instruction and fundamentals.

Players will be assigned to the Gold or Silver Divisions, or any other divisions set forth by the BGYFL, based on an evaluation of their ability and the team needs. The coaching staff in each age/weight classification will conduct evaluations and assign players by the end of the first week of practice and inform the players/ parents of their team assignments. The Gold Division Head Coach will make final determinations and evaluate all players even if they sign up late for the season. If at any given level, there are more than one silver team being fielded, than either one of the Gold Head Coaches, or an active board member shall be present for the silver team player selections.

Parents of players that are selected for the Gold Division that wish to have their player play in the Silver Division should first discuss their concerns with the Gold Division Head Coach. If a satisfactory resolution can not be reached, the parent must submit a written petition to a member of the Executive Board. Petitions must be received by the end of the second practice session following the player's assignment (the second Tuesday of practice).

The Board of Directors shall form a Player Selection Committee to review the petition. The head coach, whose selection is being questioned, shall reclude himself from the review proceedings. Once the committee has reviewed the merits of the request, it will make the final ruling on team assignment.

Stripers have been added at all levels. A player that is designated a striper must play the line. On offense, the player can play anywhere from tackle to tackle. If they play on the defensive line, they have to line up over, or inside, the offensive tackles. For all levels except varsity, the striper allowance is no more than 10% of that weight level. Example 83# level will allow striper to be 92# plus equipment allowance. Once a player is designated a striper, by week two, they will remain a striper for the remainder of the season including playoffs.

SENIOR LEVEL -155#, Stripers are #155-200, Double Stripers are #201-unlimited weight)

AGE: Basically an 8th Grade team or players younger than cannot make the other weigh class. 8th graders that are less experienced, may play at the SENIOR SILVER level. 8th Graders that are classified as Older-Lighters (#104 and below) may play at the 119# (JV) weight class, provided the roster allows this and is approved by the Board. Players may not be 15 before SEPTEMBER 1st.

WEIGHT: Maximum of 154 lbs. with an 1 lb. per week growth factor during the football season. Stripers are players that weigh more than 154 lbs. Double Stripers are more than 200 lbs. (Only 1 Double Striper is allowed on the field during game play per team)

SENIOR SILVER LEVEL

AGE: Basically a 7th and 8th Grade team. With less experienced players. Players may not be 15 before SEPTEMBER 1. *Some boys at the younger age levels, who cannot make their age level weight, sometimes play at this level..

WEIGHT: Maximum of 134 lbs. with a 1 lb. growth factor per week during the football season. Stripers are players that weigh more than #135 LBS. Double Stripers are more than #200 Lbs. (Only 1 Double Striper is allowed on the field during game play per team)

119# JV

AGE: Basically a 7th Grade team. Players may not be 13 before SEPTEMBER 1st of the current year. Players classified as Older-Lighter (104 lbs. and under and NOT 15) may play at this level... 11 year olds weighing 131-141 lbs. are considered Younger-Heavier (Striper) and play at this level.

WEIGHT: Maximum of 119 lbs. with a 1 lb. growth factor per week during the football season. Stripers are players weighing between 120-131 lbs.

103#

AGE: Basically a 6th Grade team. Players may not be 12 before SEPTEMBER 1st of the current year. Players classified as Older-Lighter (84 lbs. and under and NOT 13) may play at this level.... 10 year olds weighing between 115-124 lbs are considered Younger-Heavier (Striper) and play at this level.

WEIGHT: Maximum of 104 lbs. with a 1 lb. growth factor per week during the football season. Stripers are players weighing between 104-114 lbs.

93#

AGE: Basically a 5th Grade team. Players may not be 11 before SEPTEMBER 1st of the current year. Players classified as Older-Lighter (74 lbs. and under and NOT 12) may play at this level..... 9 year olds weighing between 103-114 lbs are considered Younger-Heavier (Striper) and play at this level.

WEIGHT: Maximum of 94 lbs with an 1 lb. growth factor per week during the football season. Stripers are players weighing between 95-103 lbs.

83#

AGE: Basically a 3rd & 4th Grade team. Players may not be 10 before SEPTEMBER 1st of the current year. Players classified as Older-Lighter 64 lbs. and under and NOT 11) may play at this level.... 8 year olds weighing between 92-102 lbs. are considered Younger-Heavier (Striper) and play at this level.

WEIGHT: Maximum of 84 lbs. with an 1 lb. growth factor per week during the football season. Stripers are players weighing between 85-92 lbs.

73#

AGE: Basically a 2nd and 3rd Grade team. Players may not be 9 before SEPTEMBER 1st of the current year. Players may be 6, but preferably 7, by September 1st of the current year. (6 year olds are allowed only after an evaluation by the Head Coach and his recommendation that tackle is best suited for the athlete instead of the flag level) NO Older-Lighters are allowed at this level.

WEIGHT: Maximum of 74 lbs with a 1 lb. growth factor per week during the football season. Stripers are players weighing 75-81 lbs.

FLAG LEVEL

AGE 5 & 6 Year Olds.. (Some 7 year olds with no athletic experience or little football fundamental ability, may be allowed at this level. However the BAC board highly recommends tackle at this age.) Players over 75 lbs. will be classified as Stripers.

2.1.3. Practice Sessions

1. Practice will begin on the first Monday of the week that includes July 30th as a weekday.
2. The month of August a team may practice five (5) days per week. The months of September, October, and November a team may practice three (3) days full contact and one (1) day non-contact per week with the non-contact practice being non-mandatory with no disciplinary actions taken. Practice sessions will be limited to 2 hours maximum.
3. Practices are to be run only by the assigned, certified USA Football coaches with no outside assistance from others on the practice field during the practice session.
4. FLAG FOOTBALL practices 3 days a week in August, and 2 days a week in September

5. The maximum number of regular season scheduled games at each weight level can be 9. This does not include preseason, playoff, or championship games.

2.1.4. Games

Home games are played at Circle Park, 155 Fairfield Way in Bloomingdale, adjacent to Westfield Jr. High. We have the best facilities in the BGYFL with a full service BAC ran Concession stand, Bear Wear Store, comfortable indoor restrooms, coaching tower, and a great all natural grass playing surface. Games may start as early as 8:30am or as late as 5:30pm Saturday or Sunday. Away games can be at any of the other 17 BGYFL member towns.

2.1.5. Participation

Rostered players in the 83# and higher divisions shall play a minimum 10 plays in each game. Depending upon his/her participation and attendance at practice and attitude towards fellow teammates, as determined by the coaching staff. All exceptions must be noted and reported to the President/Athletic Director before the next scheduled game.

Rostered 73# players are required to play fifteen (15) and shall play downs in both halves. Depending upon his/her participation and attendance at practice and attitude towards fellow teammates, as determined by the coaching staff. All exceptions must be noted and reported to the President/Athletic Director before the next scheduled game.

Rostered FLAG players will play a Minimum of 20 minutes per half. (BGYFL game time rules for flag are two (2) 40 minute halves) Each Flag player wanting a chance to “Run” the football, and meets all rule requirements, will be giving a minimum 4 chances during the course of the season.

*It is ultimately the **Head Coaches** responsibility that the minimum number of plays, or playing time, is accurately accounted for each player! If any player, other than the reasons listed in this rule, plays less than the required minimum, disciplinary action may be taken by the Executive Board against the Head Coach.

2.1.6. Parental Consent

Each child in the program must have a written waiver, signed by their parent or guardian, on file with the Bloomingdale Athletic Club, giving them permission to participate in the Bloomingdale Athletic Club program. Copies of birth certificates must also be presented and kept on file.

2.2. Football Players

2.2.1. Physical Requirements

1. All Players will be required to be of sound physical condition in order to participate in any contact events.
2. The assignment of all players to one of the Bloomingdale Athletic Club **levels** will be based upon their age and weight. Players will be notified of their **team** assignment, by the Gold Team Head Coach, prior to the beginning of the second week of practice.
3. Any participant contracting a serious injury or contagious illness requiring a doctor’s care, must obtain a doctor’s release and provide said note to the head football coach / Cheer Manager before resuming their place on the team/squad.

2.2.2. Conduct

All players must conduct themselves in a manner befitting the high ideals and standards set by the Bloomingdale Athletic Club. Failure to conduct themselves in the proper manner will result in disciplinary action or dismissal from their particular team.

2.2.3. Self-Purchased equipment and Rules

1. All Players must provide their own supporter and NON CLEAR mouth guard and it must be worn at all practices and games.
2. All players MUST provide their own helmet CHIN STRAPS, and PRACTICE PANTS they can be purchased at any Sporting goods store.
3. Shoes, helmets, and uniforms will be cleaned and/or polished for all games.
4. Only Clear Visors are allowed
5. Arrival time for practices is at 5:45 PM. A buddy system could be worked out with players in your area, where one parent drives to practice and another picks up.
6. Practice ends at 8:00 PM.
7. Because of the strenuous nature of football, we suggest that homework is completed before practice.
8. A good diet and plenty of sleep are necessary to aid in physical conditioning. Parental help in these two areas will not only help the player, but the whole team.
9. Parents must call the Head Coach, Assistant Coach, or Manager if your child will be absent from a practice or game.
10. No jewelry of any kind can be worn during practice or games. Bicep bands are not allowed per IHSA rules. Eye Black with logs are not permitted. Players may **not** practice in game pants.

2.2.4. BAC Issued Equipment

1. Players are responsible for the cost of all equipment issued to them. Equipment is to be used only at Bloomingdale Athletic Club sponsored activities. Do not wear game uniforms to practice. Do not alter uniforms. Any infraction will result in disciplinary action.
2. Playing equipment will be distributed and returned on specified dates.
3. The following equipment must be worn at all practices involving contact and all games: Bloomingdale Athletic Club issued helmet, shoulder pads, rib guards, hip pads, knee pads, thigh pads, practice or game pants, practice or game jerseys. Self-Purchased Mouthpiece, supporter, and football or pre-molded baseball or soccer cleats.
4. All of the teams will wear the same Bloomingdale Athletic Club issued uniform. No helmets, game jerseys or game pants not purchased and issued by the Bloomingdale Athletic Club will be allowed at any given time unless approved by the Board of Directors. This rule also applies to any and all decals which will be placed on helmets. NO individual team shall alter ANY part of the Bloomingdale Bear issued uniform, including but not limited to, helmet decals.
5. Any variations to the initially assigned uniform needs to be acquired thru and approved by the Board of Directors.

2.3. Parent Responsibilities

1. Top and foremost is to ensure all boys and girls maintain proper rest and diet.

2. Maintain and **keep clean** all practice and game uniforms during the season and before the end of season turn in.
3. Ensure all boys and girls are on time to all practice sessions and games, and to transport them to and from same.
4. Parents are welcome to observe all practice sessions, but are to **stay off** the field during practice.
5. **Do not drop your player off for practice in the Glengarry Apartments' parking lots or directly on Butterfield. Players will receive an automatic suspension for that night's/day's practice session. Players are to be dropped off and picked up only in the parking lot of Stratford Jr. High.**
6. Parents are welcome to speak to Coaches and Managers only before and after practice sessions and games.
7. Parents are not allowed inside the cordoned area during games.
8. Parents are responsible for assisting in the setup and tear down of the game equipment at all home games.
9. Parents should attend all games.
10. Alcoholic beverages **are not permitted** on park district property.
11. Animals **are not allowed** on park district property.
12. **Do not criticize** your child during practices or games.
13. To be as **actively** involved as possible in the BAC Booster Club.
14. All parents must be Score 6 certified in accordance with the Bloomingdale Park District's and Bill George Youth Football League's requirements.
15. If your son/daughter contracts a serious injury or contagious illness that requires a doctor's care during the season you must obtain and provide the football head coach/cheer manager with a doctor's release.

2.4. Football Coaches

2.4.1. Requirements

1. All coaches must complete the coaches application and be approved by the Board of Directors to ensure competent coaching at all levels. The coaches are required to have a State Police background check and USA Football certification.
2. All head coaches must attend at least two clinics per year and assistant coaches must attend at least one per year.
3. Each team will have one head coach (over 21 years of age) who will assign assistant coaches to specific aspects of the game. At least two assistant coaches are required per team. The silver head coach can protect two (2) assistant coaches with their approval.
4. In order to have a cohesive coaching staff, all coaches are required to be at practice sessions the majority of the time.
5. Head coaches must attend two required Board meetings during July, August, September, October, and/or November. Assistant coaches must attend any 1 of the above.

2.4.2. Responsibilities

1. Coaches must see that the players are properly conditioned before any contact begins. Six hours of conditioning is mandatory before contact begins.

2. The basic fundamentals of football must be taught and stressed throughout the entire season.
3. Daily practices must be planned prior to the beginning of the week.
4. Coaches will not be allowed to smoke while on the field with the players, during practices, or games.
5. In order to have an effective team, discipline must be heavily stressed.

2.4.3. Conduct

1. At all times, coaches must ensure their behavior sets a good example for the players in their charge.
2. The Bill George Youth Football League ejection rule will be fully enforced by the Bloomingdale Athletic Club.
3. Coaches must accept the decisions of the officials on the field as being fair, and called to the best of their ability.
4. Coaches must not **ever** criticize an opposing team or its coaches.
5. Coaches must not allow a player to re-enter a game after the player is badly injured.

Any violation of these rules will result in disciplinary action or dismissal by action of the Grievance committee and the Board of Directors.

The Grievance Committee will review alleged conduct violations and bring forth disciplinary actions to be voted on by the Board of Directors.

2.5. Team Manager

1. The Team Manager is responsible for delegating their Parents/Guardians (Booster Club members) to assigned duties ensuring all requirements are met for the participation of their team in our program; the collection of funds and required documents (banquet, birth certificates, etc.); and being the communication liaison between football teams and cheer squads.
2. Team Managers do not perform any coaching, but they must abide by the code indicated under the coaching section.
3. The Team Manager must ensure that all parents have both the Head Coach's and Team Manager's phone numbers by the commencement of the practice season.

2.6. Insurance

1. Bloomingdale Athletic Club carries supplemental medical insurance. If necessary, contact the Bloomingdale Athletic Club Treasurer for details.
2. The Bloomingdale Athletic Club will assume no liability or responsibility for any off field celebrations, activities, or gatherings.

3. Bloomingdale Athletic Club Cheerleading Rules & Regulations

3.1. Cheerleading and Pom Squads

3.1.1 A Birth Certificate is required to participate. A new cheerleader to the BAC will not cheer unless we have a copy of their BC on file.

3.1.2 Roster Size

- Cheer squads compete in 3 divisions
 1. Small 6 - 15 members
 2. Medium 16 - 25 member
 3. Large 26 - 36 member
- Pom squads compete in 2 divisions
 1. Small 6 - 17 members
 2. Large 18 -36 member

3.1.3 Squad Assignment

Cheerleaders are divided into grade levels. All grade levels are based on the Cheerleader's age and grade as of September 1 of the playing year.

3.1.4 Practice Sessions

- Practice may begin on the first Monday of the week that includes July 1st as a weekday.
- A squad may practice five days a week in July and August / Three days a week in September, October and November.
- Practices are 1 ½ to 2 hours long.
- Practices are to be run by the assigned, certified coaches.
- Parents are responsible for transporting the cheerleaders to and from practices on time.
- Only cheerleaders are allowed in the practice area during practice sessions. If a parent wishes to discuss matters with the head coach, they may be contacted before or after practice.
- Parents must notify the head coach if the cheerleader will be absent from a practice or game.

3.1.1. Games

- BAC is a traveling league. Games will be played in Bloomingdale and surrounding communities.
- The number of regular season games scheduled at each weight level is 8. This does not include preseason, playoff, championship games or bowls.
- Games are played Labor Day Weekend.
- Each squad is rostered to one football team.
- A designated area, between the 20 and 40-yard lines, shall be used for sideline cheers.
- Cheerleaders will cheer no matter what the weather will be. **If the boys are playing, the cheerleaders are cheering!!**

3.1.2. Participation

- Cheerleaders must attend every practice, cheer competitions, Pep Rally, Girls Night Out,

- regular season, pre season and playoff football games.
- More than 3 unexcused absences may result in dismissal. Unexcused absences include: Not notifying the head coach in advance of games/practices that they will not be attending, due to vacations, school functions, or illness. Please note excessive amount of excused absences will be addressed with cheerleader, parents/guardian and directors.
- Missing practice the week before competition will result in not participating in the competition.
- Cheerleaders are to remain with their squad at games until dismissed by the head coach/coaches
- Cheerleaders are expected to cheer with their squad in a manner that exemplifies good sportsmanship and team spirit.

3.1.3. Responsibilities

1. The head coach/manager is responsible for running the team.
2. The Jr. Coach is responsible for choreography and teaching the girls the routines and cheers.
3. The head coach/manager is responsible for delegating their Parents/Guardians (Parents Auxiliary Members) to assigned duties ensuring all requirements are met for the participation of their squad in our program. Other duties include the collection of funds) and required documents (birth certificates), and to be the communication liaison between football teams and cheer squads.
4. Other than the assigned parents, no spectators are permitted in the roped areas.

3.2. Parental Consent

Each child in the program must have a written waiver, signed by their parent or guardian, on file with the BAC, giving them permission to participate in the BAC program. Copies of birth or baptismal certificates must also be presented and kept on file by BAC.

3.3. Conduct

All participants must conduct themselves in a manner befitting the high ideals and standards set by the BAC. Failure to conduct themselves in the proper manner will result in disciplinary action or dismissal from their particular squad.

Any disrespect to cheerleading directors, managers, coaching staff, or behavior unbecoming the image of a Bloomingdale Bear Cheerleader will be grounds for dismissal.

3.3.1. Rules

- Laced white gym shoes, white socks and uniforms will be cleaned for all games and competitions.
- No jewelry is to be worn at practices, games or competitions.
- Nails should be trimmed short and neat. No nail polish or fake nails
- Hair needs to be secured off the face for practices and games.
- No gum chewing is allowed.
- Laced soft-soled gym shoes are required for practice and games. **Competition gym shoes will be Only worn for competitions. NO GAMES.**
- Any injured cheerleader will not be allowed to participate without a doctor's written release.
- Cheerleaders are assigned teams based on age and grade in school.

- Cheerleading and Poms are governed by High School Safety Rules.

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3.3.2. Equipment

- Participants are responsible for the replacement cost of all loaned uniform items.
- Equipment is to be used only at BAC sponsored activities. Do not wear game uniforms to practice.
- Do not alter uniforms. Any infraction will result in disciplinary action.
- Uniforms will be distributed and returned on specified dates determined by the head coach and cheer directors.
- Laced soft-soled gym shoes, loose fitting attire such as, soft style shorts (no jeans or jean shorts) is required for practice.

3.4. Parent Responsibilities

- Parents should ensure that all cheerleaders maintain proper diet and rest.
- Maintain and keep clean all uniforms and equipment clean during the season and return all required materials in a neat, clean fashion.
- Ensure cheerleaders are on time to all practice session and games, and to transport them to and from these locations.
- Do not drop your child off for practice unless there is an adult coach present.
- Parents who are exceedingly tardy in picking up their child will have to pick up the child at the local police department.
- Parents are welcome to speak to coaches and Jr. Coaches only before and after practices sessions and games.
- Parents are not allowed inside the cordoned area during games.
- Parents should attend all games.
- Alcoholic beverages and tobacco usage are not allowed on park district property.
- Animals are not allowed on park district property.
- Do not criticize your child during practices and games.
- Parents should be actively involved in the BAC Booster Club.
- All parents must be certified in accordance with the Bloomingdale Park District and BGFL's requirements.

3.5. Head Coaches/Managers/Jr. Coaches

- Are all Volunteers
- The BAC Board prior to the start of the season votes in the Head Coaches.
- Must complete a coach's application.
- Must have a State Police Background Check.
- Complete a coach's certification course, N.Y.S.C.A
- Will attend two regular BAC board meetings during the year.
- All coaches and Jr. coaches must attend a mandatory BGYFL Coaches Clinic.
- Each team will have one Head Coach/Coach (over the age of 21) who will assist the Jr. Coach.
- Jr. Coaches are High School girls who volunteer to choreograph, teach and lead a squad of current BAC cheerleader under the supervision of the squad's head coach/coaches.

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3.5.1. Responsibilities

- Head Coach/ Coaches are responsible for the supervision of the cheerleader at practice, games and competitions.
- Practice times and dates are determined and coordinated by the Head Coach/Coaches and Jr. Coaches.
- The head coach and cheer directors determine practice location.
- Head coach will maintain emergency calling information as well as a first aid kit at all practices, games, etc.
- Communication of information to parents is the responsibility of the head coach.
- Discipline for inappropriate behavior as defined in this handbook through proper channels is the head coach's responsibility.
- Guidelines for Demerit System are detailed in the Coach/Head Coach Handbook.
- Coaches will not be allowed to smoke while performing Cheerleading duties.
- In order to have an effective squad, discipline must be stressed.

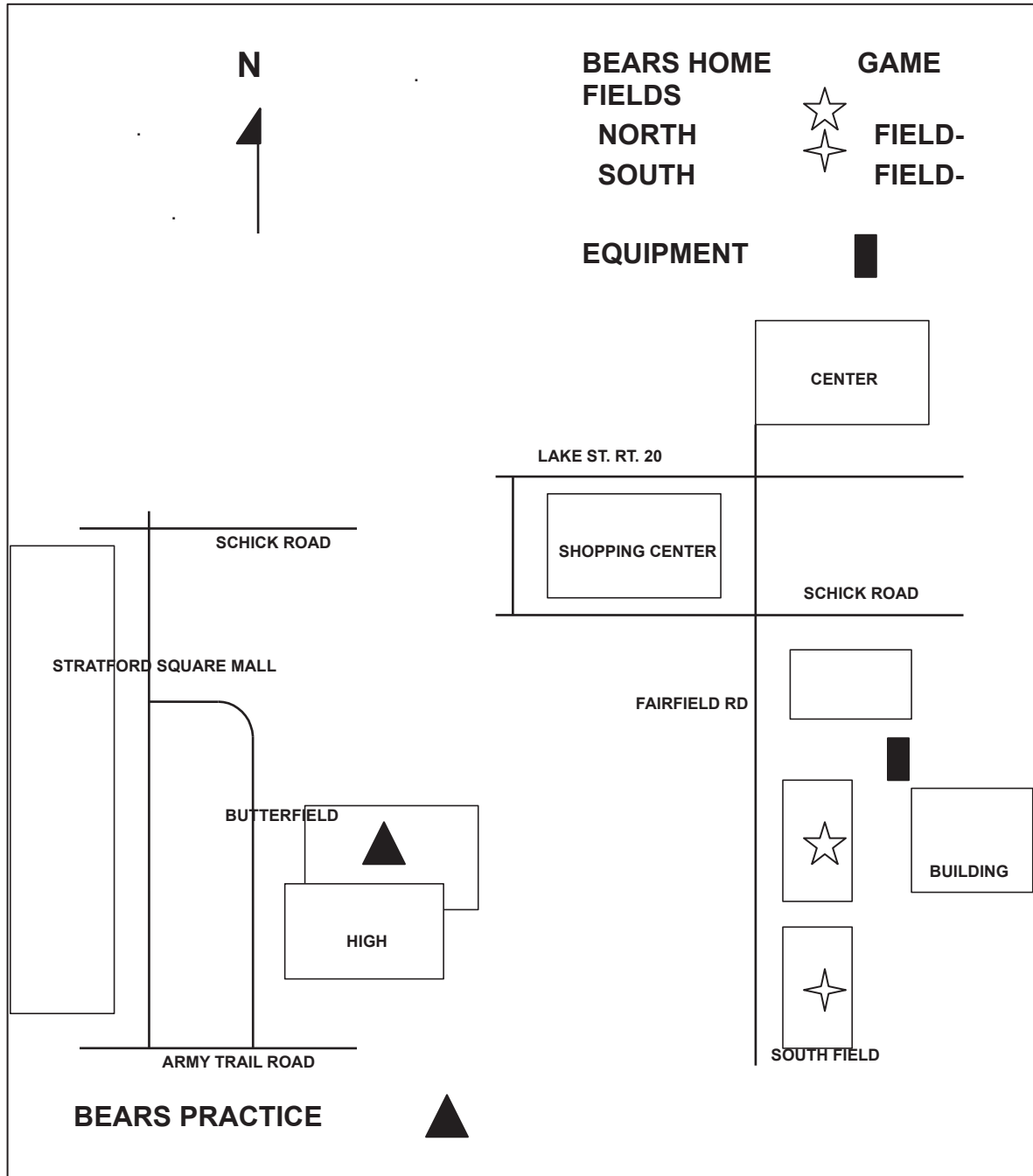
3.5.2. Conduct

- At all times, coaches must ensure their behavior sets a good example for the cheerleader in their charge. The BAC Board of Directors will address any coach not performing within the guidelines of the BAC program.

Practice & Playing Fields

Cheerleading practices will begin in July. Practice locations and times will be determined by the Manager/Coach. On Monday, July 30th, the Bloomingdale Bears football players will begin their first practice sessions. You will be notified by your head coach/manager of the exact time.

The football players' practice field is located on Butterfield Drive, just east of Stratford Square



Shopping Center. It is next to Stratford Junior High School.

2016 Board of Directors

President-Athletic Director..... Chris Helms*
 1st Vice President (Football Operations) & BGYFL Rep..... Frank Bucaro*
 2nd Vice President (Cheer Operations) & BGYFL Rep Denise Miranda*
 Secretary Tracey Caravello*
 Treasurer Fran Mazeska*
 Logistics Director / BGYFL Rep..... Luke Stapleton*
 Team Manager & Homecoming Director. Paula Helms
 General Manager of Footnall. Bob Bucaro
 Equipment Director/Pep Rally Phil Terry
 Concessions Director. Nick Aloisio
 Cheer Uniform Director Dawn Schram
 Facilities & Fields Director / Flag Director. Darren Kowal
 Pep Rally Director..... Jim Esposito
 Fundraising Director..... Cindy Dotson
 Asst Concessions/ Asst Team Manager Director..... Sheri Degen

*Denotes Executive Board Director

NON-BOARD POSITIONS

Booster Club Co-Director..... Jim Schrimmenti
 Website Support..... Rob Degen

Bill George Youth Football League Members

Bartlett	Elmhurst	Lombard
Bloomingtondale	Glendale Heights	Lyons Township
Carol Stream	Glen Ellyn	
Downers Grove	Hanover Park	West Chicago
Lemont	Hinsdale	Wheaton
Arlington Heights	Palatine	Elk Grove

National Standards For Youth Sports

1. Proper Sports Environment

Parents must consider and carefully choose the proper sports environment for their child, including the appropriate age and development for participation, the type of sport, the rules of the sport, the age range of the participants, and the proper level of physical and emotional stress.

2. Programs Based on the Well-Being of Children

Parents must select youth sports programs that are developed and organized to enhance the emotional, physical, social, and educational well-being of children.

3. Drug, Tobacco & Alcohol-Free Environment

Parents must encourage a drug, tobacco and alcohol-free environment for their children.

4. Part of a Child's Life

Parents must recognize that youth sports are only part of a child's life.

5. Training

Parents must insist that coaches are trained and certified.

6. Parent's Active Role

Parents must make a serious effort to take an active role in the youth sports experience of their child providing positive support as a spectator, coach, league administrator, and/or caring parent.

7. Positive Role Models

Parents must provide positive role models, exhibiting sportsmanlike behavior at games, practices, and home while giving positive reinforcement to their child and support to their child's coaches.

8. Parental Commitment

Parents must demonstrate their commitment to their child's youth sports experience by committing to their child to uphold the Parent's Code of Ethics (inside front cover).

9. Safe Playing Situations

Parents must insist on safe playing facilities, healthful playing situations, and proper first aid applications, should the need arise.

10. Equal Playing Opportunity

Parents, coaches, and league administrators must provide equal sports play opportunities for all youth regardless of race, creed, sex, economic status or ability.

11. Drug, Tobacco & Alcohol Free Adults

Parents as coaches, fans, and league administrators must be drug, tobacco and alcohol free at

**2016 Bloomingdale Athletic Club Calendar Of Events- See
website- www.bloomingdalebears.com**