SEAHAWKS YOUTH CHEER

PARENT | ATHLETE

CODE OF CONDUCT AGREEMENT

TOGETHER WE SOAR. 11 AS 1.

PURPOSE

Seahawks Youth Cheer (SYC), under the Seahawks Sports Association (SSA), is committed to providing a **safe, structured, and positive cheer experience** for all athletes.

This Code of Conduct establishes expectations for **players and parents/guardians** and aligns with the governing standards of the West Sound Youth Football League (WSYFL), including all league rules, eligibility requirements, and conduct policies. Seahawks Youth Cheerleading is a volunteer organization. Please be respectful of the coaches' time and effort. All athletes, parents and coaches are responsible for adhering to Code of Conduct guidelines.

SECTION 1 | LEAGUE ALIGNMENT AND COMPLIANCE

All athletes and parents agree to:

- Follow all rules set forth by the West Sound Youth Football League (WSYFL)
- Adhere to league eligibility, safety, and conduct standards
- Respect that WSYFL rules take precedence in league play and administration

SECTION 2 | ATHLETE CONDUCT EXPECTATIONS

Athletes are expected to:

- Demonstrate **respect** toward coaches, teammates, officials, and opponents
- Show **effort, discipline, and accountability** at all times
- Follow coaching instruction and team rules
- Maintain appropriate sideline and game behavior
- Represent Seahawks Youth Cheer positively in the community. Athletes should remain mindful that their decisions, whether or not they are wearing anything displaying the SYC brand or logo at the time, reflect on themselves, parents, fellow teammates, coaches, staff, and the entire SYC program. Athletes should take pride in representing SYC and conduct themselves in a respectful and responsible manner.

Prohibited behaviors include:

- Fighting, bullying, or harassment. Types and examples of bullying include but are not limited to:
    - ✦ **Physical:** Hitting, pushing, tripping, kicking, spitting, or breaking belongings.
    - ✦ **Verbal:** Name-calling, teasing, taunting, and threatening.
    - ✦ **Social/Relational:** Spreading rumors, purposeful exclusion, embarrassing someone, or ruining reputations repetitively.
    - ✦ **Cyberbullying:** Sending mean text messages, sharing embarrassing photos, or posting insults on social media repetitively.
    - ✦ **Sexual:** Inappropriate touching, abusive comments, or posting sexualized content.
- Disrespect toward teammates or coaches
- Use of profanity or unsportsmanlike conduct

SECTION 3 | PARENT / GUARDIAN CONDUCT EXPECTATIONS

Parents and guardians agree to:

- Promote a **positive and supportive environment.** Encourage their athlete to always treat fellow teammates, coaches, and SYC staff with respect.
- Respect coaches, athletes, officials, and opposing teams
- Refrain from coaching from the sidelines during practices or games
- Avoid confrontational or disruptive behavior during practices or games
- Parents are to remain in the stands during games and off to the side a safe distance during practices.
- Please address concerns through appropriate channels (see Section 5)
- Please do not withhold a child from practice, games or competition (if applicable) as a form of punishment. Since this is a team sport, this punishes not only your child but every other team member and parent. Especially when the team is planning to stunt.
- Please look at team communication regularly for updates

Any violation may result in removal from the event or further disciplinary action.

SECTION 4 | PRACTICE AND GAME ATTENDANCE

Athletes are expected to:

- Attend all scheduled practices and games to the best of their ability
- Arrive on time and prepared with proper attire, hair up and jewelry off.
- Appropriate attire is expected at all practices. This includes athletic shorts or pants, shirt or sweatshirt with no hood. No midriff showing. Athlete must wear cheer shoes, white tennis shoes are not permitted.
- Hair should be pulled back out of the face. For safety reasons, jewelry- including any earrings or permanent jewelry are prohibited. Jewelry cannot be taped over. NO NEW PIERCINGS after APRIL 1 to ensure proper healing time as they must come out during practice and games.
- For safety and professionalism, no gum, candy or food is permitted while cheering at any practice or game.
- BRING WATER TO EVERY PRACTICE AND GAME, clearly labeled with athlete's name.

Parents agree to:

- Communicate absences in advance when possible

Failure to attend practices may impact:

- Participation time

- Cheerleader readiness and position assignment

Consistent absences may result in further reduced participation. Cheerleaders need to be consistently on at practice to learn essential routines and safety skills for themselves and other cheerleaders.

SECTION 5 | COMMUNICATION AND CONFLICT RESOLUTION

SYC follows a structured communication process:

1. Player → Coach communication encouraged when appropriate
2. Parent → Head Coach discussion (scheduled, not during games)
3. Escalation to SYC President or Vice President
4. Escalation to SSA leadership

Parents agree to:

- Avoid addressing concerns during games or immediately after emotional situations. By rule, we require 24 hours to pass after an emotional situation before approaching a coach. This allows for parties to properly cool down before a solution is found.
- Communicate respectfully and constructively

SECTION 6 | INJURY REPORTING AND RETURN-TO-PLAY

Safety is a top priority.

Parents and athletes agree that:

- All injuries must be **reported immediately to coaching staff**
- Athletes showing signs of concussion or serious injury will be **removed from participation**
- Return to participation requires **medical clearance when appropriate**

SYC follows WSYFL, NFHS and WIAA safety guidelines for injury management. Please email the president to report serious practice or game injuries at ADMIN@SeahawksYouthCheer.org as soon as possible. If medical clearance is required you may email such clearance to this email address as well.

SECTION 7 | DISCIPLINARY ACTION

Failure to comply with this Code of Conduct may result in:

- Verbal warning
- Suspension from practice or games
- Removal from team activities
- Review by SYC / SSA leadership

SECTION 8 | MEDIA RELEASE AUTHORIZATION

I grant permission to Seahawks Sports Association to:

- Photograph and video record my child during practices, games, and events
- Use images, video, and likeness for:
    - Website and social media
    - Promotional and marketing materials
    - Fundraising and sponsorship campaigns
    - Program highlights and community outreach

I understand:

- No compensation will be provided
- Media may be used indefinitely unless revoked in writing
- Seahawks Sports Association and their teams will use media respectfully and appropriately

SECTION 9 | DRONE & GAME FILM CONSENT

I acknowledge that SSA may use:

- Drone footage
- Sideline filming
- Game film for coaching, training, and promotional use

I grant permission for:

- Recording of athletes and participants during events
- Use of footage for development including but not limited to: marketing and program promotion

SSA agrees to:

- Operate drones safely and responsibly
- Avoid inappropriate or misleading use of footage
- Respect athlete privacy and dignity

SECTION 10 | RELEASE OF LIABILITY

I release Seahawks Sports Association (to include Seahawks Youth Football and Cheer), its coaches, volunteers, and affiliates from any claims related to:

- Use of media for promotion and ads
- Participation in football activities
- Standard program operations

SECTION 11 | AGREEMENT

By signing below, we acknowledge that we have read, understand, and agree to abide by the Seahawks Youth Cheer Athlete & Parent Code of Conduct and all WSYFL rules.

Athlete Pledge

- I will demonstrate good sportsmanship and ethical conduct at all times, including respect for teammates, coaches, officials, opponents, and spectators.
- I will practice and perform only skills that have been taught and approved by my coach and that comply with current Cheer Safety Rules.
- I will follow all safety rules, spotting requirements, and progression standards and will not attempt stunts or skills without proper supervision.
- I will not wear any jewelry (INCLUDING PERMANENT JEWELRY) and will keep long hair pulled back at all practice and events. Jewelry cannot be taped over.
- I will immediately report any injury, pain, dizziness, or symptoms of concussion to a coach.
- I understand that unsafe conduct, unsportsmanlike behavior, or refusal to follow safety instructions may result in removal from participation.
- I will notify coaches immediately if I am unable to attend practice or an event.
- I will take the time to learn any educational material sent home to prepare me for team practices.
- I understand that missing summer or game season practices will affect my eligibility to participate in game day activities, and is at the discretion of individual coaches.

Athlete Name: _____

Signature: _____

Parent Pledge

- I will promote sportsmanship, ethical conduct, and fair play, and I will model these behaviors at all times.
- I will not engage in sideline coaching or interfere with coaches, officials, or athletes.
- I will address concerns through proper channels and refrain from confrontational or abusive behavior.

- I understand that officials' and coaches' decisions are final and are made in the best interest of athlete safety.
- I acknowledge that failure to adhere to this Code may result in removal from events or suspension of privileges.

Concussion, Cardiac & Safety Compliance (Washington State)

- In accordance with the Zackery Lystedt Law (RCW 28A.600.190), any athlete suspected of sustaining a concussion shall be immediately removed from participation and may not return the same day.
- Written medical clearance from a licensed healthcare provider trained in concussion management is required prior to return to participation.
- Athletes and parents acknowledge education on concussion and sudden cardiac arrest warning signs as required by Washington State youth sports law.

SSA Legal & Nonprofit Statement

- Seahawks Youth Cheer is a program of Seahawks Sports Association (SSA), a Washington State nonprofit organization recognized as a 501(c)(3).
- Participation in cheerleading involves inherent risk; SSA, its officers, coaches, and volunteers are not liable for injuries except as required by law.
- SSA reserves the authority to enforce this Code of Conduct to ensure a safe, ethical, and positive environment.

Name: _____

Signature: _____

Date: _____

Phone: _____

Email: _____

WEST SOUND YOUTH FOOTBALL LEAGUE
PARENT PLEDGE

PARENT NAME: _____

YEAR: _____

AFFILIATED ORGANIZATION: Seahawks Sports Association Youth Cheer

FOOTBALL TEAM: _____

WSYFL AGREEMENT

(Found Here: https://www.wsyfl.org/wsyfl-by-laws-rules)

By my signature below, I pledge to:

1. Abide by the by-laws, general rules, and playing rules of the **West Sound Youth Football League (WSYFL).**
2. Conduct myself in a mature and sportsmanlike manner to promote the objectives of youth football, including good sportsmanship, honesty, loyalty, courage, respect, and community.
3. Refrain from the use of profanity or any behavior that could negatively influence youth athletes.

Furthermore, recognizing that the safety and well-being of players is of the highest importance, I pledge to:

4. Make every effort to learn and implement proper training techniques to minimize the chance of injury through conditioning, instruction, and supervision.
5. Understand that if charged with violation of this pledge, I may be required to appear before the WSYFL League Board to address the matter.

ZERO-TOLERANCE DISCIPLINARY PROTOCOL

No inappropriate behavior will be tolerated at any time by anyone associated with WSYFL. All players, coaches, parents, and spectators are required to conduct themselves appropriately to promote a safe and rewarding experience.

Officials will assess ejection for unsportsmanlike conduct whenever any individual:

- Excessively disputes or argues decisions by officials
- Uses obscene or vulgar language
- Engages in misconduct before, during, or after a game

Any individual ejected from a game:

- Is suspended for the remainder of that game
- Will also be suspended for the next scheduled game

A second ejection results in:

- Suspension for the next three games

A third ejection results in:

- Suspension for the remainder of the season
- Mandatory review by the WSYFL League Board

There shall be no exceptions to these rules.

I acknowledge that WSYFL has the authority to restrict or remove me as a participant or spectator.

PARENT SIGNATURE: _____

DATE: _____