



2023 ROCHESTER FOOTBALL & CHEER ATTENDANCE & PARTICIPATION POLICY

In Article II of the Bylaws, the Rochester Football & Cheer organization sets out its purpose:

“This corporation is organized to educate and instruct juvenile boys and girls without regard to race, color, or religion in certain sports and athletic endeavors so that they may increase their capabilities as individuals, improve their physical, mental, and moral well-being, and develop a sense of fair play and good sportsmanship.”

Both football and cheerleading are physically intensive, team-oriented sports that depend on a high level of physical conditioning and group coordination for success. As such, attendance at every practice and game is expected by the Board and the respective coaching staff.

Attendance Policy

Once the Rochester Football & Cheer season begins, every participant is expected to attend every practice and game. There are instances where absences from practice may be excused; all of these instances should be discussed with the appropriate VP of Football or VP of Cheer beforehand (whenever possible).

Examples are:

- Death in the Family
- Child Sickness (with doctor's note is required on the 3rd day)
- Special Event with approval from the VP of Football Operations or the VP of Cheer Operations
- School Commitments
- Church Commitments

If any child incurs three (3) unexcused absences during the year, they are subject to dismissal from the team. Additionally, if any cheerleader incurs more than three (3) absences, they are subject to removal from competition rounds.

Participation Policy

Any child who misses two or more practices during the week will not participate in that week's game but is expected to attend. Attendance at every practice and game is expected and is a very important part of our football and cheer programs. All absences should be discussed with the appropriate VP of Football or VP of Cheer beforehand.

IRON MAN / SPIRIT AWARD POLICY

Any child who meets the participation policy and the stringent attendance expectations will be rewarded with an Iron Man / Spirit Award at the year-end banquet. There are several circumstances where participants cannot attend every practice or game because of a more important family, religious, or school commitment (i.e., 5th Grade Camp). Although these instances count as excused absences for the Attendance policy purposes, they are not exceptions to the Iron Man and Spirit Award eligibility. The Iron Man and Spirit Awards are not meant to punish those who cannot attend every practice and every game but instead to recognize those participants who are able to meet the strict attendance requirements.

Iron Man Policy

Recipients must attend every practice in its entirety and the entirety of every game, including playoff games and Super Bowl, to be eligible for the Iron Man Award. Please note that walk through practices for Freshman, JV, and Varsity count as a regularly scheduled practice and will take place either on Friday night or Saturday before the games as determined by the Head Coach. The only exception for a missed practice is an unscheduled voluntary practice.

Spirit Award

Cheer participants are required to attend every scheduled practice in its entirety, the entirety of every game where they are scheduled to cheer and the entirety of the Super Cheer event to be eligible for the Spirit Award. Cheer participants are also required to attend every playoff game in its entirety with the exception of the weekend of Super Cheer. The only exception for a missed practice is an unscheduled voluntary practice.

Lifetime Achievement Award

Football Lifetime Achievement

Any football player who gave **six (6) consecutive** years of hard work and dedication to the Rochester Football & Cheer organization will be given a Lifetime Achievement Award at the year-end Banquet. To receive the Lifetime Achievement Award, a player must have completed the required years in the program and exhausted, due to age or grade, his eligibility as set forth by the current year League Rules.

Cheer Lifetime Achievement

Any cheerleader who gave six (6) **consecutive** years of hard work and dedication to the Rochester Football & Cheer organization will be given a Lifetime Achievement Award at the year-end Banquet. To receive the Lifetime Achievement Award, a participant must have completed the required years in the program and exhausted, due to age or grade, his or her eligibility as set forth by the current year League rules. (Example: Must Cheer through the 8th grade if eligible).