

Rochester JFL

Player & Parent Handbook

The Rochester Junior Football League aims to provide development and instruction in youth football within the Village of Rochester. The organization focuses on promoting respect, sportsmanship, self-esteem, leadership, teamwork, and community. It also encourages players to achieve both academically and athletically.

JFL Student-Athletes, referred to as "Athletes," are any Junior Rocket football players registered in the league for the current season. Athletes represent the league on the field, in school activities, and while wearing their uniforms.

Attendance & Commitment

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- Practices and Games: Attendance is mandatory. Missing practice without prior approval may result in reduced playing time.
- Punctuality: Arrive at least 15 minutes early to practices and 45 minutes early for games. Unless otherwise noted by coaches.
- Excused Absences: Illness, family emergencies, or academic obligations must be communicated to a coach before practice or games.
- Unexcused Absences: Missing practice or games without notice will result in disciplinary action, up to suspension from the next contest.

On-Field Conduct

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- Effort & Discipline: Give maximum effort every rep, every drill, every play.
- Sportsmanship: Show respect to teammates, opponents, coaches, and officials. No trash talking, taunting, or unsportsmanlike conduct.
- Respect for Equipment & Facilities: Treat uniforms, pads, and facilities with care. Misuse or damage may result in financial responsibility.

- Safety First: Follow coaching instruction on technique to reduce risk of injury. Report all injuries immediately.

Zero Tolerance

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Rochester The Junior Football League (“League”) is committed to creating a safe, respectful, and positive environment for all players, coaches, parents, officials, and spectators. This **Zero Tolerance Policy** ensures that inappropriate behavior is addressed immediately and consistently.

Who This Policy Covers

- ✓ Players
- ✓ Coaches & Assistant Coaches
- ✓ Parents/Guardians
- ✓ Officials & Volunteers
- ✓ Spectators

Prohibited Conduct

The following actions will not be tolerated:

Harassment & Abuse

- Bullying, threats, or intimidation
- Discrimination or derogatory comments (race, gender, religion, etc.)
- Verbal or physical abuse

Unsportsmanlike Conduct

- Arguing with officials, coaches, or staff
- Taunting, trash-talking, obscene gestures, or language
- Intentionally trying to injure another player

Substance Use

- Drugs, alcohol, or tobacco at League events
- Arriving under the influence

Non-Compliance

- Refusal to follow League rules, schedules, or officials’ instructions
- Interfering with practices, games, or League operations

Social Media Policy

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- **Think Before You Post:** You represent your school, team, and community. Any inappropriate, disrespectful, or offensive content will have consequences.
- **No Negative Comments:** Do not post criticism of teammates, coaches, referees, or opponents.
- **Team Business Stays In-House:** Practice strategies, playbooks, or internal matters must not be shared online.
- **Positive Use:** Share accomplishments, promote team spirit, and support school events.

Consequences for Violations

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- **First Offense:** Meeting with coach, possible reduction in playing time.
- **Second Offense:** Suspension from game(s).
- **Third Offense:** Possible removal from the team.
- **Coaches and JFL board reserve the right to adjust based on the severity of behavior.*

Player Commitment

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- **Effort:** Give 100% on the field and in the classroom.
- **Respect:** Treat teammates, coaches, and staff with dignity.
- **Pride:** Wear your school colors with honor and represent the community well.

Acknowledgment Form

By signing below, I acknowledge that I have read, understood, and **agreed** to the Rochester Junior Football Team Rules and Expectations. I agree to uphold these standards as a player/parent in support of the program.

Player Name: _____

Signature: _____ Date: _____

Parent/Guardian Name: _____

Signature: _____ Date: _____