

FREDERICKSBURG PARKS AND RECREATION DEPARTMENT

GENERAL YOUTH SPORTS PROGRAM POLICIES & PROCEDURES

*INITIATED SEPTEMBER 1987
UPDATED MARCH 2017
REVIEWED ANNUALLY*

GENERAL YOUTH SPORTS POLICIES & PROCEDURES
FREDERICKSBURG PARKS & RECREATION DEPARTMENT

2017

I. MISSION:

The mission of the Fredericksburg Parks and Recreation department is to enhance the lives of our citizens by providing a diverse package of recreation and park opportunities.

II. ORGANIZATION:

The Fredericksburg Parks & Recreation Department Youth Sports Program consists of: Baseball, Basketball, Field Hockey, Football, and Soccer. Youth Football is a collaborative effort of the City of Fredericksburg participating as a member of the Rappahannock River Youth Football league, and therefore, operates under the rules written by that coalition. The Fredericksburg Recreation Commission herein approves all policies.

Policies specific to each youth sport are attached as addenda as appropriate. The specific youth sports rules will be published and maintained by the Youth Sports staff.

III. FEES:

Each Youth Sports registrant falls under one of three categories:

- A. City Resident: any person living within the boundaries of the City of Fredericksburg, who works for the City Government, or who owns a business in the City.
- B. Non-City Resident: All those who do not meet the definition of City Resident.
- C. Waivered Resident: Those who meet the definition of City Resident and who qualify for a full fee waiver with the Department of Social Services: Applications are available at the Dorothy Hart Community Center.

IV. COACHES:

- A. Each team is permitted two coaches at time of registration, one head coach and one assistant coach. Each team is allowed three coaches, 1 head coach and 2 assistants. Youth Sport Coaches may only select one assistant coach during a tenure in a division, regardless of the tenure being one, two, three or four years. The only exceptions would be if the assistant coach and their child leave the age division, whether that is due to age or participation elective, then the head coach may select one other assistant coach prior to the start of placement procedures, OR if the assistant coach decides to move within the division to coach another team, in which case the head coach may select one other assistant coach prior to the start of placement procedures. One additional assistant coach may be selected after player placement but may not carry with his/her a child to be placed on that team.

Unfortunately, it may be that all coaching positions will not be filled by player placement. When this situation occurs, coaches will then be sought from that team's roster, and practice for the team will not occur until an approved coach is found. In this situation, the identified coach may select two assistant coaches from their team roster only. All coaches must be approved by the Parks & Recreation Department before being officially designated as such.

- B. Youth Sports Program coaches are considered volunteer agents of the city and could receive remuneration for their time. All youth sports team needs must be processed through the Department of Parks and Recreation.
- C. All persons wishing to be a head coach or an assistant coach for any youth sports program team under the auspices of the Fredericksburg Parks and Recreation Department must complete a Release of Information form to the Department for a background check. Persons who have been determined to have an adverse police record will be withdrawn from consideration as a youth sports coach. Individuals who fall into this category may be reconsidered by submitting a written and signed appeal to the Director of Parks and Recreation. The appeal document should contain any information relevant for reinstatement. However, because of the extreme care taken to protect our youth, reinstatement is unlikely.

V. GENERAL COACHING DUTIES:

- A. To meet with team parents to review areas identified by the Recreation Department. This meeting may be a short review at the first team practice.
- B. To keep the Parks & Recreation Department informed of player injuries and withdrawals, and to communicate to players. Official withdrawals are accomplished only when the player's parent/guardian has notified the department.
- C. To safeguard all equipment issued by the Department and to be responsible for its return.
- D. To supervise the conduct of team members, assistants, and team followers.
- E. To organize team practice schedules in accordance with department guidelines.
- F. To keep team members and parents informed of schedules, policies, changes and other information.
- G. To coach team members on the fundamentals and strategies of a given sport as appropriate to the age of the participants and the recreational nature of the Youth Sports Program.
- H. To carry forth the Recreation Department's philosophy of a recreational sports program designed for team involvement, fun and excitement, and the development of self esteem as well as sports skills.
- I. All coaches will be asked to read and sign the Department's "Code of Conduct" for coaches before coaching his/her team.

VI. INCLEMENT WEATHER:

- A. The Recreation Department will use the Fredericksburg Alert system to inform participants of any cancellation in the Youth Sports program. Participants will be encouraged to sign up for Fredericksburg Alert when they register. If weather conditions are questionable and participants do not receive an alert, they should report for their game or practice.
- B. The Recreation Department will re-schedule postponed games as necessary. The Department will also cancel games when appropriate due to weather or otherwise. Schedule changes will be disseminated to the affected team coaches as soon as reasonably possible. In turn, coaches are expected to inform team members in the same manner.

VII. SEVERE HEAT PRECAUTIONS:

During conditions of unusually high temperatures, the following provisions will be in effect at the discretion of the on duty Sports Supervisor. This is to insure the safety of all youth sports participants and coaches:

The Department shall follow the guidelines of the Virginia High School League when it comes to heat precautions. These guidelines provide for set humidity temperatures (combination of temperature and relative humidity level) to guide our outside activities.

<u>HUMITURE</u>	<u>VHSL RECOMMENDATION</u>
105 and above	Recommend no outside activities
95 to 104	Recommend no equipment (helmets, pads, etc) to be used during activity
90 to 94	Recommend equipment be removed as often as possible (during rest breaks, on sideline, etc). Careful monitoring of all athletes for signs of heat problems.
Below 89	Recommend adequate water supply at all practices and competitions with breaks every 20 to 30 minutes for rehydration.

The full guidelines can be found at <http://www.vhsl.org/doc/upload/smac-heat-guide-July%202010.pdf>

Additionally, the following restrictions will become effective when the humidity is between 90 to 94.

T-BALL, COACH PITCH, and ROOKIE BASEBALL:

- a. Morning games will conclude no later than 11:00 a.m.,
- b. Evening games will start at no earlier than 6:30 p.m.,
- c. A one hour time limit for each game will be in effect,
- d. Coaches will check each player's physical condition between each inning,
- e. Coaches will require mandatory water intake between each inning for each player.

T-BALL: Games will consist of 2 innings only.

COACH PITCH: Games will consist of 3 innings only.

ROOKIE BASEBALL: Games will consist of 4 innings only.

JUNIOR and SENIOR BASEBALL:

- a. Morning games will conclude no later than 12:00 noon,
- b. Evening games will start no earlier than 6:00 p.m.,
- c. All games will have a two-hour time limit,
- d. Coaches will check each player's physical condition between each inning,
- e. Coaches will require mandatory water intake between each inning for each player.

Under the most severe conditions, the Director of Parks and Recreation or designee may find it necessary to cancel all youth sports activities until conditions moderate to a safe level.

VIII. UNSPORTSMANLIKE CONDUCT:

- A. All players and their parents will be asked to read and sign the Department's "Code of Conduct" before playing in league play.
- B. Any player or coach found guilty of unsportsmanlike conduct on the field or adjacent to the field towards officials, players, or participants will be subject to at least a penalty enforced by officials. Ejection from a given game or suspension for the balance of a given season could result from more serious offenses.
- C. Any player, coach, or team follower ejected from the game by an official shall automatically be suspended from the next game to be played by his/her team. If a player, coach, or team follower deviates from this ruling, it will constitute an immediate suspension from the remainder of the league games.
- D. When a coach or team follower is ejected from a ball game, he/she must leave the playing area by a distance of at least 100' and he/she is prohibited from any contact (direct or indirect) with the team for the remainder of the game. Failure to comply will result in termination of the game. A substitute coach will be named as a replacement for the ejected coach.

IX. PROTESTS:

Protests of a game or of an official's call are discouraged. The philosophy behind the Department's Youth Sports Program is for the recreational benefit of our youth. Protests which may change the outcome of a particular game due to an oversight or an official's ruling will most likely be rejected. Coaches who still feel the urgency to file a protest will receive a review. Protests should be submitted to the Parks and Recreation Department. The Head Official, Sports Supervisor, and the Director of Parks and Recreation will jointly make a final decision. Any coach who submits a protest with an accompanying threat of any kind will have the protest automatically rejected, and will not serve as a youth sports coach for the City of Fredericksburg in the future.

X. GENERAL TEAM POLICY:

- A. Games will begin as scheduled. A five minute grace period will be allowed for the first games of the day.
- B. A maximum of three hours of practice may be scheduled per week.
- C. Coaches should ask players and parents to wait in their cars during lightning storms until an official rules on game continuance. Exception for all indoor sports.
- D. All coaches and parents must remain off the playing field/court area during games. Designated coaching areas should be observed. Exception for Novice sports and T-Ball coaches.
- E. Coaches, players, substitutes, team assistants, parents, or team followers shall not coach or address any players from the opponent's side of the field/court.
- F. If an ineligible player is used, the game will be declared a forfeit.
- G. The team appearing second on the game schedule will be considered the home team. This will be noted on all schedules.
- H. Game and practice schedules will not be modified for the convenience of individual team members.
- I. In the event a game must be suspended because of conditions, which make it impossible to continue play, the head referee shall declare it an official game if one complete half or more has been played. If less than one half has been played, the game will be rescheduled in its entirety. This rule does not apply to playoffs or baseball. Playoffs will pick up at the point at which the game was suspended. For baseball, please see baseball rules.
- J. Casts and hard splints are prohibited during games.
- K. No jewelry, earrings, or hard hairpieces may be worn during games. Soft hair bands are permitted. Medic Alert or religious jewelry must be taped to the body.
- L. Players who wear external hearing aids should have them fastened securely, with tape if necessary.
- M. Players who wear eyeglasses shall wear a safety strap to keep them in place.
- N. The use of tobacco products by coaches, spectators, and players is prohibited in the proximity of the playing field/court area during games and/or practices.
- O. Standings in each league, when appropriate, will be determined by: a) League record, b) Head-To-Head competition between tied teams, and c) Parks and Recreation staff.

- P. Any player bleeding must leave the ball game until medical attention has been performed, bleeding has stopped, and affected area has been adequately covered with a bandage. Any affected clothing must be removed and replaced.
- Q. Teams participating within the City of Fredericksburg's Youth Sports Program are prohibited from participating in formal or informal game-contests or scrimmages with outside teams or programs, without prior approval from Sports Division Staff. If a team or coach schedules or participates in an unauthorized game or scrimmage, then the coach in violation will be immediately suspended, and the team subject to additional penalties to be determined by the Sports Division Staff.
- R. Teams participating within the City of Fredericksburg's Youth Sports Program are prohibited from conducting practices, scrimmages or game-contests at facilities not approved by the Sports Division Staff. To conduct practices, scrimmages or game-contests at a facility not operated by the Department, the interested team must request an inspection of the desired facility, to be performed by the Sports Division Staff. If a team or coach schedules or conducts a practice, scrimmage or game-contest at an unauthorized facility, then the coach in violation will be immediately suspended, and the team subject to additional penalties to be determined by the Sports Division Staff.
- S. Teams participating within the City of Fredericksburg's Youth Sports Program are prohibited from conducting additional practices, or practices beyond the allotted practice time established by the Sports Division Staff. If a coach or team schedules additional practices or continues past their allotted practice time, then the coach in violation will be immediately suspended, and the team subject to additional penalties to be determined by the Sports Division Staff. Additionally, teams may not conduct practices before league games. Teams may participate in no more than thirty (30) minutes of warm-up time before participating in a league game.

XI. PLAYER PARTICIPATION:

- A. **REGISTRATION:** A youth is not considered registered unless: 1.) all applicable forms are fully completed and signed, 2.) the youth's birth certificate has been reviewed and documented, 3.) all relevant fees have been assessed and a receipt issued to the parent or guardian.
- B. **PLACEMENT:** A youth is placed on to a team only by the Department of Parks and Recreation. Registered youths will be placed on team rosters. Coaches will be provided their respective team's roster. Coaches will then contact team members or their parents.
- C. **WAITING LIST PLACEMENT:** Individuals who are taken from the waiting list and who have subsequently completed the registration process explained in A above, will be placed on a team only when the following two procedures have taken place: 1.) the registrant has been contacted by Parks and Recreation and given information about the team on which he/she has been placed, and 2.) the coach has been contacted by Parks and Recreation and given information about the youth being added to his/her team, and subsequently issued a revised roster containing the registrant in question. No guarantee of return to the previous team, previous coach, or practice night preference will be granted. An additional late fee

may be imposed. If a waiting list player withdraws, then they will be refunded their registration fee, but not their late fee. Should a player choose to enter the waiting list again, then they will be charged the registration fee and late fee again.

- D. **TEAM VACANCY:** A vacancy does not occur on any team until there is formal communication between the parent of a player in question and Youth Sports personnel from the Department of Parks and Recreation. Players will not be removed from team rosters until the above takes place. Coaches are advised to contact parents of team players about whom they have concerns.
- E. **ALL players MUST participate in at least one half of the total game time.** If a coach does not play a player the required amount of time, a warning will be issued, followed by a suspension for subsequent violations. A suspension is defined as a specific amount of time and includes the conditions of: no coaching or interacting with team members during suspension period to include practice sessions, and no conduct during suspension period which may be perceived as conduct typical of a coach. Non-adherence to these conditions may facilitate additional suspension time. Championship games will be monitored for participation in all cases and subject to automatic forfeiture for a violation.

EXCEPTION: Players, who miss practice or games, may have limited playing time depending on the ruling by the team coach. However, for such situations, the coach must inform the parent, participation recorder (Baseball and Basketball), and opposing coach. Failure to do so may result in forfeiture.

XII. PLAYER PLACEMENT:

- A. Most sports activities will be divided into divisions based on the overall age range, and number of children within that league. As leagues become larger, the age range within divisions may become less. Children will be placed in those divisions that are most appropriate for their age. The age cut off will be specific to each particular sport and will be based on the following rule:

A "first day of the month or the fifteenth day of the month will be chosen prior to registration of a given sports league season which approximates the end of that league season, and will be called the AGE DETERMINATION DATE. The age of any given youth on this date will be the age used in determining the appropriate division in which to place that child.

In order to be fair to every child, this rule will hold even if the difference is one day.

- B. Youth Football is governed by the bylaws of the Rappahannock River Youth Football League, which render this policy not applicable.
- C. Children who are mentally or physically impaired, or have a reduced capacity may play in age divisions below the age for which they would otherwise be appropriate, provided a pediatrician specifies in writing the appropriateness of this application for each league for which the request is made. Physicians and parents must fill out a Youth Sports Age Exemption Form.

- D. New players who have siblings either currently on a given team will automatically be assigned to that team, unless parent declines placement to that team, in which case the children in question will be placed in the general pool of players and be assigned using the placement procedure as discussed herein.
- E. Parents who have a child who is at the oldest permissible age in a given division may declare that child to be physically matured and skill-wise developed for appropriate placement in the next older division. In this circumstance, the child will be classified at the lowest age of the next age division and be permitted to play in that division for the duration of that specific league, and only for that season. Repeated exceptions for the same child will require separate application for each additional request. In rare instances, a parent may request that their child be considered for a two-year age waiver (see attached). This special waiver will require the parent to solicit the child's previous coach's endorsement of a two year age waiver, and will require the Youth Sports staff and the Parks and Recreation Department Director or his designee to endorse the two year waiver as well. The Youth Sports staff will inform the Recreation Commission in the instances when these special two year age waivers are allowed. A parent will be required to complete a SPORTS AGE WAIVER FORM, which will include a special section designed to place the liability on the parent for such a decision (see attached). Children may not use an age waiver to enroll in camps or the youngest division of tot programs.
- F. Parents are not allowed a waiver to place a child in an age division younger than one for which the child qualifies. Exception for Rule XII, Section C.
- G. Based on the total number of registrants, the number of teams in a given league is established by using the minimum, optimum, and maximum number scale specified below. These numbers may be adjusted by the Youth Sports staff if the number of registrants in a division requires the specific division in a league to play with smaller sided contests. The Youth Sports staff must advise the Recreation Commission if this adjustment has been instituted for a given season. This adjustment is not to remain a permanent change in policy for the following season or year.

<i>LEAGUE/DIVISION</i>	<i>MINIMUM</i>	<i>OPTIMUM</i>	<i>MAXIMUM</i>	<i>ON FIELD</i>
<i>Tot Soccer</i>	<i>15</i>	<i>50</i>	<i>60</i>	<i>N/A</i>
<i>Spring/Fall Soccer:</i>				
<i>Novice Division</i>	<i>8</i>	<i>9</i>	<i>10</i>	<i>6</i>
<i>Rookie Division</i>	<i>10</i>	<i>11</i>	<i>12</i>	<i>8</i>
<i>Junior & Senior Division</i>	<i>13</i>	<i>14</i>	<i>15</i>	<i>11</i>
<i>Tot Field Hockey</i>	<i>15</i>	<i>50</i>	<i>60</i>	<i>N/A</i>
<i>Spring/Fall Field Hockey:</i>				
<i>Rookie Division</i>	<i>11</i>	<i>12</i>	<i>13</i>	<i>9</i>
<i>Junior Division</i>	<i>13</i>	<i>14</i>	<i>15</i>	<i>11</i>
<i>Senior Division</i>	<i>13</i>	<i>14</i>	<i>15</i>	<i>11</i>
<i>Tot Football</i>	<i>15</i>	<i>50</i>	<i>60</i>	<i>N/A</i>
<i>Youth Football</i>	<i>18</i>	<i>25</i>	<i>35</i>	<i>11</i>
<i>Tot Basketball</i>	<i>15</i>	<i>50</i>	<i>60</i>	<i>N/A</i>
<i>Youth Basketball</i>	<i>7</i>	<i>8</i>	<i>9</i>	<i>5</i>
<i>Tot Baseball</i>	<i>15</i>	<i>50</i>	<i>60</i>	<i>N/A</i>
<i>Youth Baseball</i>				
<i>T-Ball Division</i>	<i>13</i>	<i>14</i>	<i>15</i>	<i>11</i>
<i>Coach Pitch Division</i>	<i>13</i>	<i>14</i>	<i>15</i>	<i>10</i>
<i>Rookie Division</i>	<i>13</i>	<i>14</i>	<i>15</i>	<i>9</i>
<i>Junior Division</i>	<i>13</i>	<i>14</i>	<i>15</i>	<i>9</i>
<i>Senior Division</i>	<i>13</i>	<i>14</i>	<i>15</i>	<i>9</i>

- H. Players are not to be placed on a team or with a coach for the convenience of the parents. This includes car-pooling, location in the city, or for any other reason. This rule is not intended to cause inconvenience, but to insure that the nature of the league maintains a recreational philosophy.
- I. After teams have been assigned all players from the available pool, a waiting list will be available. Players will be assigned to teams from this list as spaces become available. Players will not be assigned beyond the maximum spaces determined at the outset of player assignment. Such assignments may occur as a result of an initial team roster imbalance. The following provides the maximum time permitted for individuals to be placed from the waiting list to a given sports division:

<i>LEAGUE/DIVISION</i>	<i>TIME PERIOD AFTER THE PLACEMENT CUT-OFF DATE THAT PLAYERS CAN BE TAKEN FROM THE WAITING LIST</i>
<i>Tot Programs</i>	<i>unlimited</i>
<i>Youth Sports</i>	<i>until day before 2nd season game</i>
<i>Youth Football</i>	<i>In accordance with the Rappahannock River Youth Football League rules</i>

- J. Registrants who have previously played in a particular league and who have registered after the deadline for placement in that league will abide by the same waiting list rule as any other late registrants. They will be placed in the first available space, regardless of the team and night preference, when that player is next on the list.
- K. Players may not move to another team at the request of parents. If a coach is deemed unsatisfactory, he/she may be replaced. It is suggested that the parent try to work out any concerns or differences with a given coach. Until removed, each coach has the full backing of this department.
- L. Each youth sport is presented below by division and the associated age spread.

LEAGUE/DIVISION	AGES
Tot Soccer	4 & 5
Spring/Fall Soccer:	
Novice	6 & 7
Rookie	8 & 9
Junior	10 - 12
Senior	12 - 15
Spring/Fall Field Hockey:	
Tot	5 & 6
Rookie	7 - 9
Junior	10 & 11
Senior	12 - 15
Youth Football	See football rules
Tot Flag Football	7
Tot Basketball	5 & 6
Youth Basketball:	
Novice	7 & 8
Rookie	9 & 10
Junior	11 & 12
Senior	13 - 15
Tot Baseball	4 & 5
Youth Baseball:	
T-Ball	6
Coach Pitch	7 & 8
Rookie	9 & 10
Junior	11 & 12
Senior	13 - 15

XIII. DRAFT PLACEMENT PROCEDURE:

- A. Receive registrations for a given sport.
- B. Place previous year's players on the same team.* If a player chooses a different practice night preference than the previous season, then the player will go into the general draft pool. (*-Effective January 1, 2010, during placements, all returning players will re-enter the placement pool in the Senior Division. Furthermore, no player will automatically return to their previous year's Senior Division team during years ending in even numbers (e.g., 2010, 2012, 2014, etc.).
- C. Place the balance of the players in a general pool. They are not assigned to a team based on a parent's preference, coach's request, or child's preference.
- D. Express team content before placement to indicate each team's relative POWER QUOTIENT (PQ). This is determined by assigning each player a number based on age in

- F. Apply the following special cases prior to the actual placement of names to teams, and in accordance with placement policy:
 - a. Place the head coach's children and those of his one assistant coach, if he so chooses, to the team they are coaching.
 - b. Place any siblings from the pool with the team to which other siblings are currently returning.

- G. Divide names by age, then draw at random and place in accordance with the predetermined age breakdown of each team. If a name is drawn which is blocked for return to the previous year's team (if spring sport, then previous spring etc), that name is returned to the pool and another is drawn.

- H. Ensure there are no extra players, since the total pool and total waiting list is utilized for the placement procedure.

XIV. EVALUATION:

All Youth Sports Programs will be evaluated at the conclusion of each season using the attached standard evaluation form. After a reasonable waiting period, the Sports Program Supervisor will develop a consolidated report on each team. Consolidated team reports will be made available to each team coach and reviewed if appropriate. Consolidated reports will be made available in accordance with the Quarterly Program Report System.

XV. TEAM TROPHIES/PARTIES:

Effective January 1, 2010, all participants of the Novice Division, whose teams are not sponsored, will receive a standard Participation Trophy at the end of the season. Participants of the Rookie, Junior, and Senior Divisions, whose teams are not sponsored, will receive a standard medal for participation, and trophies given to playoff finalists of Rookie, Junior, and Senior Divisions. Participants of sponsored teams will receive an upgraded participation award of similar type, according to their division. In addition, sponsored teams receive an end-of-the-season party, scheduled by Sports Division Staff at the conclusion of the season.

Teams that compete in the finals of playoff tournaments will be awarded standard trophies, to be presented at the end of the game.

FREDERICKSBURG PARKS & RECREATION DEPARTMENT
YOUTH SPORTS AGE WAIVER FORM

I, the parent, request that my son/daughter be considered one year older than his/her true age for consideration in youth sports league placement. I realize the inherent and potential danger of such a decision with respect to the nature of the sport specified on this document.

In consideration of accepting my waiver request, I hereby, for myself, and my dependent, waive and release any and all rights and claims against the City of Fredericksburg Parks and Recreation Department, its agents, employees, and sponsors for any and all injuries, circumstances, and outcomes affecting my son/daughter during the youth sports program specified below, sponsored by the Fredericksburg Parks & Recreation Department.

SPORT: _____ AGE DIVISION: _____

CHILD'S NAME: _____ DOB: ____/____/____

PARENT'S NAME: _____ PHONE #: _____

PARENT'S SIGNATURE: _____ DATE: ____/____/____

FREDERICKSBURG PARKS AND RECREATION DEPARTMENT

YOUTH SPORTS TWO YEAR AGE WAIVER FORM

I, the parent, request that my son/daughter be considered two years older than his/her true age for consideration in youth sports league placement, and therefore, realize the inherent and potential danger of such a decision, with respect to the nature of the sport specified on this document.

In consideration of accepting my exemption request, I hereby, for myself, and my dependent, waive and release any and all rights and claims against the City of Fredericksburg Parks and Recreation Department, its agents, employees, and sponsors for any and all injuries, circumstances, and outcomes affecting my son/daughter during the youth sports program specified below, sponsored by the Fredericksburg Parks and Recreation Department.

SPORT:_____ **SEASON:**_____ **AGE DIVISION REQUESTED:**_____

CHILD'S NAME:_____

DATE OF BIRTH:_____

PARENT'S NAME:_____ **PHONE:**_____

PARENT'S SIGNATURE:_____ **DATE:**_____

I agree that the child named above should be considered two years older than his/her true age for consideration in youth sports league placement, in accordance with the Fredericksburg Parks and Recreation Department policies.

PREVIOUS COACH NAME:_____ **DATE:**_____

PREVIOUS COACH SIGNATURE:_____

SPORTS SUPERVISOR NAME:_____ **DATE:**_____

SPORTS SUPERVISOR SIGNATURE:_____

APPROVAL BY DEPARTMENT DIRECTOR:

DIRECTOR SIGNATURE:_____ **DATE:**_____

FREDERICKSBURG PARKS AND RECREATION DEPARTMENT

YOUTH SPORTS AGE EXEMPTION FORM

I, the parent, request that my son/daughter be considered one year younger than his/her true age for consideration in youth sports league placement, and therefore, realize the inherent and potential danger of such a decision, with respect to the nature of the sport specified on this document.

In consideration of accepting my exemption request, I hereby, for myself, and my dependent, waive and release any and all rights and claims against the City of Fredericksburg Parks and Recreation Department, its agents, employees, and sponsors for any and all injuries, circumstances, and outcomes affecting my son/daughter during the youth sports program specified below, sponsored by the Fredericksburg Parks and Recreation Department.

SPORT: _____ **SEASON:** _____ **AGE DIVISION REQUESTED:** _____

CHILD'S NAME: _____

DATE OF BIRTH: _____

PARENT'S NAME: _____ **PHONE:** _____

PARENT'S SIGNATURE: _____ **DATE:** _____

I, the physician named below, agree that the child named above should be considered one year younger than his/her true age for consideration in youth sports league placement, in accordance with the Fredericksburg Parks and Recreation Department policies (stated below).

“Children who are mentally or physically impaired, or have a reduced capacity may play in age divisions below the age for which they would otherwise be appropriate, provided a pediatrician specifies in writing the appropriateness of this application for each league for which the request is made.”

For the benefit of the coaches, please have physician explain below the nature of the condition or conditions which have brought about the request. Please attach additional sheets if necessary.

PHYSICIAN'S NAME: _____ **PHONE:** _____

PHYSICIAN'S SIGNATURE: _____ **DATE:** _____