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*A proud member of  
Southern California  
Junior All-American  
Football Conference*



## 2011 INFORMATION HANDBOOK

### SOUTHERN CALIFORNIA JUNIOR ALL AMERICAN FOOTBALL CONFERENCE OBJECTIVE

The objective of this program is to inspire youth, to practice ideals of health, citizenship and character, to bring our youth together through a common interest in sportsmanship, fair play and fellowship, to import elements of safety, sanity, and intelligent supervision keeping the welfare of the youth first and foremost.

### ORANGECREST JAAF MISSION STATEMENT

The goal of the Orangecrest J.A.A.F. Youth Football and Cheer Organization is to teach young men and women the fundamentals of football and cheer in an atmosphere that challenges and supports team sportsmanship, individual self-discipline, physical fitness, and positive competition. We seek to comply with the rules and guidelines set forth by the Southern California J.A.A.F. conference and our own Chapter by-laws. We hope to create meaningful experiences for each participant that they may take what they have learned and the relationships they have formed, to remain active in this and other youth programs. It is our desire that the participants witness the value of adult volunteer service and that the Orangecrest J.A.A.F. Youth Football and Cheer organization serves as a positive presence in the community.

**This information handbook is a guide to our program. It is an overview of the JAAFSC and Orangecrest chapter rules. Failure to comply with these rules may result in the suspension or termination of one's right to attend practices and/or games.**

Dear Orangecrest JAAF Participants,

I am thrilled to announce that we have 14 teams in this, our twelfth season. That means over 400 active kids and more community involvement in OCJAAF than ever before! Thank you to everyone who participates to make this an outstanding organization.

As we move into this season, there are a few things on my mind. First, football is a team sport that requires knowledge of the game, athleticism, determination, attitude, attendance, and endurance. Some of these can be taught or developed, others are habits or part of a person's personality. As we begin the season, coaches are looking for a group of players whose attributes turn individuals into a team. Our coaches believe in and understand the "kids first" mantra. Yes, we want to win. More importantly, we want our players to love football, to play hard, give 100%, become a better player than they even knew they could be, and embrace teamwork.

Second, we're all here because our kids or your family decided to play football or to cheer. In choosing to be part of this league, you chose to volunteer and follow the rules. It is my hope that we adults follow, in word and action, the mission statement and continue to be outstanding examples for our children whether at practice, games, or out and about.

Finally, I want you to know that some of the board members will be leaving the league within the next few years. However you feel about that, there is going to be a need for people to step up in a very big way. I'm letting you know so that you can start to consider learning these positions that will need to be filled. The work is voluntary and done from the heart, but it is as important and any paid job.

In my eighth year as president and twelfth year on the Board of Directors, I remain excited and proud to be involved with this organization.

Charlie Hernandez, President  
Orangecrest JAAF Youth Football and Cheer

**2011 BOARD OF DIRECTORS**

The duties of The Board of Directors are to recommend Chapter Policy and future activities, and any other matter for approval. The board of Directors includes the Executive Council as voting members and the League Directors who participate in all Board meetings, discussions, and actions required of the Board.

- Charlie Hernandez, President (951) 789-9227
- Rick Basurto, Commissioner (951) 500-4832
- Chad Davis, Deputy Commissioner (951) 323-3458
- Michele Sparks, Cheer Treasurer (951) 367-9431
- Jamie Johs, Chapter Athletic Director (951) 640-0995
- Jeff Johs, Equipment Manager (951) 640-1037
- Dennis West, Assistant Equipment Manager (951) 205-8930
- Kristi Hernandez, Secretary (909) 238-7072
- Tera West, Purchasing Agent (951) 205-9147
- Suzette Lyons, Fundraising Coordinator (951) 741-5661
- Lydia Markworth, Cheer Coordinator (951) 756-0460
- Anita Wolf, Asst Cheer Coordinator
- Starr Alvarez, Asst Cheer Coordinator (951)743-1565
- Monique Cisneros, Asst. Cheer Coordinator
- Yvette Evans, Cheer Treasurer
- Craig Yocum, Sponsorship Coordinator (951) 776-0755
- Elaine Miskell, Snack Bar Coordinator
- Jason Sparks, Assistant Snack Bar Coordinator
- Deeanna Serrato, Yearbook/Photo Coordinator (951) 347-1728
- Jose Orozco, Field Maintenance (951) 518-8146
- Marco Garibay, Field Maintenance
- Ray Basurto, Member-at-large (951)850-0049
- Debbie Yocum, Member-at-large (951) 780-3659
- Travis Dustin, Member-at-large (951) 403-8520
- Inga Madison, Member-at-large (951) 901-9085
- Bill Carr, Member-at-large (951) 660-6071
- Bobby Lyons, Member-at-large

**2011 Orangecrest  
Football Teams**

All Jerseys: White / Navy / Red

<b>Team</b>	<b>Head Coach</b>
<b>Jr- Micro 1 (JM1)</b>	<b>Travis Dustin</b>
<b>Jr Micro 1A (JM2)</b>	<b>Dennis West</b>
<b>Jr Micro 1A (JM3)</b>	<b>Mario Zavala</b>
<b>Micro 1 (Micro1)</b>	<b>Danny Cisneros</b>
<b>Micro 1A (Micro2)</b>	<b>Mark Brewer</b>
<b>Micro 1A (Micro3)</b>	
<b>Jr. Pee Wee 1 (JP1)</b>	<b>Chad Davis</b>
<b>Jr PeeWee 1A (JP2)</b>	<b>Robert Bavier</b>
<b>Jr PeeWee 1A (JP3)</b>	<b>Craig Yocum</b>
<b>Jr. Pee Wee 1A (JP4)</b>	<b>Chris Kostka</b>
<b>Pee Wee 1 (PW1)</b>	<b>Rick Basurto</b>
<b>Pee Wee 2 (PW2)</b>	<b>Charlie Hernandez</b>
<b>Pee Wee 2 (PW3)</b>	<b>Dwayne May</b>
<b>Midget (1East)</b>	<b>Bobby Lyons</b>

## LEAGUE RULES OF CONDUCT, NOT LIMITED TO:

1. Our Mission Statement should guide your actions. Cooperation is key to the success of our teams and our organization. Volunteer whenever you asked to do so.
2. Participants, parents, spectators, and guests are to refrain from any derogatory remarks or actions directed to the opposing teams or chapters, in any manner, which may incite confrontations.
3. No person is allowed to harass, provoke or strike a game official, board member, coach, staff member, participant, or spectator at any time during, before or after a practice or game.
4. No one is allowed on the practice field or playing field unless they are a coach, staff member, participant or board member. Others must stay in the areas designated for spectators. Some fields have stands with a fence utilized as the barrier. Some chapters simply put up a temporary barrier.
5. No one is allowed to hinder the designated medical personnel while they are fulfilling their duties on the field or elsewhere within the jurisdiction of our program.
6. No coach, staff member or board member is allowed to give a child medication at the field, except for inhalers, which must be administered by the Team AD. Parents, likewise, are not allowed to give their child medication and then return them to practice.
9. Follow rules and be respectful at the practice field, at home, and away. It is the responsibility of the members of this league (all of us) to make sure our guests and all spectators know what is expected!
10. At all times during the season and beyond remember that you represent and should exemplify the pride of Orangecrest JAAF and Cheer...on and off the field!

## CONCERN PROCEDURE

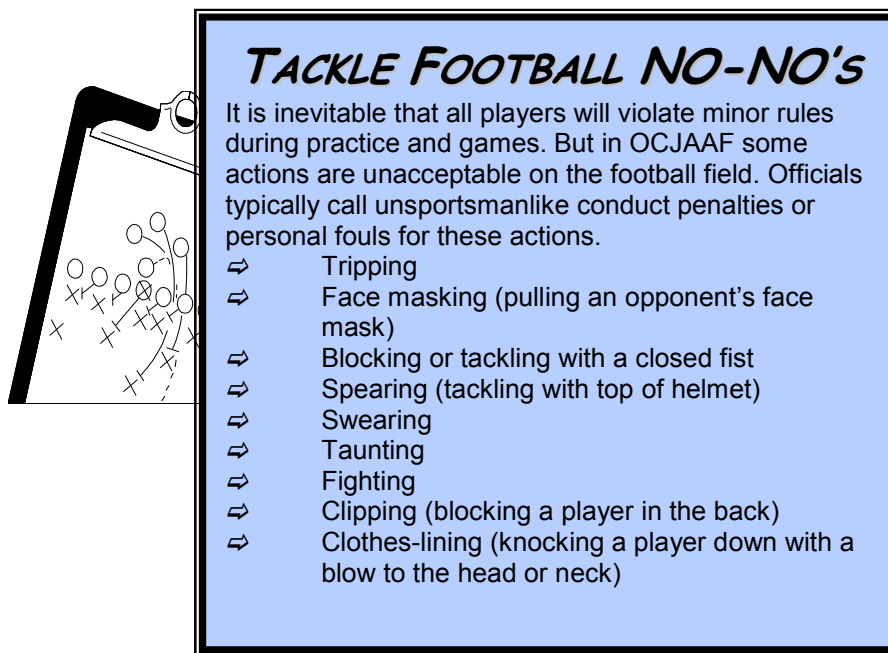
If a parent has a concern, they should first talk with the Head Coach at an appropriate time and location. If parent is not satisfied with the outcome of the conversation, they should fill out a Concern Form (found online) and go to the Commissioner or Deputy Commissioner. If the parent is still not satisfied, they should seek out the President. At any time, parents may address the Board during the "other business" time at a Board meeting.

## PARTICIPANT RULES FOR CONDUCT, NOT LIMITED TO:

Come prepared mentally and physically everyday! Be on time!

All players must keep up with their schoolwork. Players will be required to turn in a progress report from school during the sixth week of games. Poor grades in school and not completing homework will result in disciplinary actions by the coaches.

We have a ten play minimum rule that is recorded each game for players who attend every practice for the whole time. All excused absences must be coordinated with the coaches before practice. If practice time is missed, the coaches are not required to play a player all ten plays.



**TACKLE FOOTBALL NO-NO'S**

It is inevitable that all players will violate minor rules during practice and games. But in OCJAAF some actions are unacceptable on the football field. Officials typically call unsportsmanlike conduct penalties or personal fouls for these actions.

- ⇒ Tripping
- ⇒ Face masking (pulling an opponent's face mask)
- ⇒ Blocking or tackling with a closed fist
- ⇒ Spearing (tackling with top of helmet)
- ⇒ Swearing
- ⇒ Taunting
- ⇒ Fighting
- ⇒ Clipping (blocking a player in the back)
- ⇒ Clothes-lining (knocking a player down with a blow to the head or neck)

## DISCIPLINARY ACTIONS

Running or pushups will be used for minor incidents (i.e., not paying attention, not following instructions). A player will be asked to leave practice for more severe incidents (i.e., fighting or profanity). If a parent is not present, the player will be supervised until the child is picked up. The last resort is to use game suspensions.

**COACHES RULES OF CONDUCT, NOT LIMITED TO:**

1. All of our coaches are volunteers, donating their time, doing their personal best to allow each child to enjoy the experience of playing tackle football. The SCJAAF Conference and the OCJAAF Chapter certifies all of our coaches via seminars and coaches clinics.
2. It is the responsibility of our coaches to get the players in shape for contact football, work on individual skills for each position, work on team execution of plays, motivate their players, communicate effectively, and lead their team in all ways.
3. Our coaches must have the freedom to develop three things in each of their athletes: pride, poise, and self-confidence. Our coaches do the best they can to use their individual players' talents for the team's advantage. Coaches are to explain what is required, demonstrate the technique, and have each player perform the technique, explain the consequences of not performing the techniques properly, and if necessary, execute the consequences.

**SPECTATOR BASIC RULES OF CONDUCT. NOT LIMITED TO:**

1. Through word and action, parents/spectators are expected to be a positive presence in this organization before, during, after practices, games, and competitions.
2. Parents/Spectators are not allowed to interrupt practices or games expecting to talk with the coaching staffs. If a concern requires immediate attention, the AD may be approached. All conversations with the coaching staff are to be reserved for after practices or games (conversations before practices or games will be at the coach's discretion).
3. No spectator is allowed to harass, provoke or strike a game official, board member, coach, staff member, or player at any time during, before or after a game or practice.
4. Volunteers required for sideline duty (chain-gang) during games must not coach while working the chains, and must not provoke, confront or incite the opposing teams by word or action while on their sidelines.

**INJURIES, CONCUSSIONS AND RETURN TO PLAY**

Football is a contact sport that may result in injuries. On the player contract, parents assume all risks and hazards incidental to such

participation. It is therefore, the parents responsibility to cooperate with the team Athletic Director and requirements of the league. If your child is injured, a release is required before he/she is allowed to return to play.

**FOOTBALL PLAYER ELIGIBILITY**

All players must be amateurs. Players may not play for monetary benefits, against any professional athlete, and they may not compete on any other tackle football team during the same season.

<b>JAAF WEIGHT AND AGE LIMITS FOR THE 2011 SEASON (weight is listed in pounds)</b>				
Division	League Age	Max. Weight on Certification Day	5% Weight Max on Physical	Max. Weight to Scrimmage
JR MICRO	7	95	99.75	100
	8	85	89.25	90
MICRO	8, 9	105	110.25	110
	10	90	94.5	95
JR PEE WEE	9,10,11	125	131.25	130
	12	110	115.5	115
PEE WEE	10,11,12	145	152.25	150
	13	130	136.5	135
MIDGET	11,12,13	190	199.5	195
	14	180	189	185

**PAPER AND WEIGHT CERTIFICATION**

Your AD will need an original birth certificate by Thursday, August 11. All players will be weight certified on Sat. Aug. 27<sup>th</sup>

What must be worn for weigh-ins: gym shorts, t-shirt, socks or shoes.

**If the player fails to make weight at the first certification date, we urge the parents to make the decision to move the player up if age is allowable and there is room. If the player fails to make weight on the second certification date, that player will not be able to play at all this season.**

No spectators are allowed within 50 feet of the scale during weigh-ins per conference rules.

Players who have been paper and weight certified may not change team and/or division.

### PRACTICE

- Practice will begin Monday, Aug. 1. Jr Micros and Micros from 5-7 PM and JP, PW and Midget 7-9PM at Orange Terrace Park, Monday through Friday, After Labor Day, practice will be Tues, Wed, and Thur. same times. Scrimmages will be announced.
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- For the first ten hours, your child needs to come to practice in athletic shorts and a t-shirt with the player's last name written in BOLD, BLOCK LETTERS on the back, wearing a soft cup and rubber-molded football cleats. They need to bring a water bottle and their helmet.
- Each player must put in 10 hours of conditioning. After that, they will come to practice in their full practice uniform.
- Your child needs to be on the field, ready for warm-ups by their practice time.
- For the first 8 days all players on a particular division are together. Then the teams are created based on many factors...age, ability, etc... There is so much more than people realize in putting these teams together.
- This year, at each division, we will have one D1 team and the rest will be D1A. We want to caution parents from putting an emphasis on division placement. Most of us who have been around for a while have experienced both and it is not the division that makes a player great or a season fun...it is the parents and our attitudes about the season.
- Practice is a time of conditioning, team building, and learning the game. The kids practice drills and plays. If your child misses practice, he/she may not get 10 plays in a game. Football players rely on each other for protection and to execute plays. If a player does not know what they are doing, they should not be on the field.
- While at practice, the coach is in charge. Please do not signal to your child and distract him. As well, if you have something to discuss with the coach, please make sure it is in private, away from the team. And remember, as much as you may want your child to play a certain position, even if they played that position in the past....the dynamics of *this* team may not make this possible. The best thing for you to do is to encourage your child to play their hardest whenever they are called to do so. Monitor how the team is doing. Football is a team sport and even we parents are part of that!

### SPONSORSHIP AND FUNDRAISERS

Sponsorship and fundraisers assist in paying for insurance, chapter fees, clinic costs, storage fees, referee fees, additional equipment, field costs, cheer fees, and all other expenses voted on by the Board.

Sponsorship: This year, each football team is required to raise \$500.00. Once the goal has been reached, all sponsorships will be shared 30% to the league, 70% to the team.

Fundraisers: There is a mandatory League Raffle Ticket fundraiser or \$60 buy-out. Once the Team Parents (volunteers handling your team) have been designated, they will be given the rules for team fundraisers. It is MANDATORY that these rules are followed. There are stringent legal fundraising rules for a non-profit organization and we must comply so as to not jeopardize our non-profit status. Your registration fees include a spirit pack (t-shirt and water bottle), a picture packet, a yearbook, a trophy, and playoff patches if your team is in playoffs. Your Team Parent may be asking you to participate in fundraising, touchdown jars, etc... to support pizza parties or your end-of-the-season party. You may also agree, as a team, that you want to raise money for jackets, beanies, etc... that will be a group decision but you do not have to participate.

### ORANGECREST SPIRIT GEAR

The Orangecrest Youth Football and Cheer name and/or logo or any part thereof may not be used without consulting the Board (except in the case if Team Parents creating flyers) It is the intention of this league to provide our teams with quality Orangecrest merchandise that the Board has approved and endorses. When a team wishes to buy something for their team to use or sell, they must consult with the Purchasing Agent. If the team feels the Purchasing Agent cannot accommodate, or a person would like to purchase outside the league, they must submit a drawing and specifications to the Board for review. Absolutely no equipment may be purchased without the direct consent and approval of the Board. The Board will not be held responsible for merchandise purchased outside the league.

### SNACK BAR

Teams will be responsible for scheduling volunteers in the Snack Bar for all home games. We do not have a "buy out" option as we need the help.

## OCJAAF Income/ Expense for 2010

### Revenue

<b>Registration</b>		
Football		69,975.00
<b>Total Registration</b>		<b>69,975.00</b>
<b>Fundraiser</b>		12,076.05
<b>Sponsors</b>		12,469.68
<b>Equipment</b>		1,296.00
<b>Kick Off</b>		264.00
<b>Snack Bar</b>		8,955.08
<b>Spirit Sales</b>		4,155.38
<b>Total Revenue</b>		<b>109,191.19</b>

### Expense

<b>League</b>	Storage Fees	2,015.00
	Web Services	787.50
	Kick Off BBQ Expense	564.92
	Sponsorship Expenses	1,701.02
	Participant Package	9,185.31
<b>Football</b>	Staff Shirts	1,610.47
	Uniforms	35,437.33
	Equipment and replacement	11,025.83
	Office Supplies/Operations/ Bank Fees	3,825.79
	AD Supplies	1,705.96
	SCJAAF Conference/ Insurance Fees	7,250.00
	Field Maintenance	1,228.04
	Advertising	225.11
	Field Fees	13,289.76
	Referee Fees	7,020.00
	Team Parties reimbursement	5,685.00

**Total Expense** **102,557.04**

With the carry-over, we were able to keep sign-up fees the same and lower both the fundraising and sponsorship requirement. Higher field and ref fees are anticipated.

### FOOTBALL PLAYER EQUIPMENT

Football is a full-contact sport. Caution on any playing field is a must, and the wearing of certain equipment is essential. It must fit correctly, be used properly, and be in good repair. The following is a list of the equipment often used in tackle football.

#### Helmet (Provided by O.C.J.A.A.F.)

Helmets have a special scientifically developed lining that completely protects the head. The purpose of the helmet is to absorb the impact of a blow or fall before it reaches the skull. The helmet must fit snugly around head and in jaw section; head should be in contact with crown suspension when front edge is approximately one inch above the eyebrow.

#### Shoulder Pads (Provided by O.C.J.A.A.F.)

Body padding should not extend beyond the tip of the shoulder; neck area should fit snugly when arms are extended over head.

#### Clothing (Provided by O.C.J.A.A.F.)

Jersey should fit close to body and should always be tucked in pants to hold shoulder pads in place (If your shirt won't stay tucked in, you could end up with exposed skin and a grass burn). Some jerseys are not made to tuck, but must cover the abdomen. Pants should hug the body to keep the thigh and knee pads in place. If they're either too small or big, they won't hold the pads where they're needed for protection.

#### Thigh and Knee Pads (Provided by O.C.J.A.A.F.)

Must be the proper size and inserted properly into the lining of the player's pants. Make sure that the knee pads stay in front and cover the knee cap. Be certain that the pads can't slide.

#### Girdle Pads (Provided by O.C.J.A.A.F.)

Hip pads must cover point of hip and give proper lower-spine protection.

#### Mouth Piece (1<sup>st</sup> one is provided by O.C.J.A.A.F.)

See instructions attached to mouthpiece for proper fitting instructions.

#### Rubber molded Football Cleats (not provided by league)

When you're wearing shoes that fit well, your weight will be evenly distributed over the cleated area. Check your shoes from time to time to make sure they're wearing evenly. Signs of uneven wear – for instance, a few cleats wearing down more than all the others – are signs of improper fit and instability. **NO DETACHABLE CLEATS ARE ALLOWED!**

#### Optional: Elbow Pads, Neck Guards (rolls), and Wrist Guards (not provided by league)

These items are not mandatory but are recommended.

**Parents must provide the following equipment in order to participate:**

- ~ Athletic supporter (soft cup)
- ~ Navy blue athletic shorts (no jeans, pocketed, or zippered shorts)
- ~rubber-molded cleats

## ORANGE TERRACE PARK, CITRUS HILL, KING, AND OTHER STADIUM RULES

Because we need lights, we are limited to where we practice. Orange Terrace Park has been our practice field for 10 years. Please make sure we are able to stay for years to come by parking only in parking lots, picking up trash, and never dropping off your children in the street.

As for games, scheduling for all the teams in this conference is a difficult job. Every chapter has restrictions. We know that the conference coordinator does his very best to accommodate everyone while being fair.

On game days, if you have to travel, then you have to travel. The important thing is that your child is playing! If this is the case, please make the best of it and have fun.

In our chapter, we ask for the fields as much as possible so everyone gets a chance to play at home. This means we need a tremendous amount of volunteer hours not just from board members, but from all parents. Please be available whenever asked.

There are many rules at now that most of the sites have turf. You may not agree or understand these rules, but they must be enforced. It is sometimes difficult to get visitors on board, but it is downright frustrating to go head-to-head with our own members. Please let your family members know ahead of time what to expect and ask them to follow. The most important:

- NO SEEDS WITH SHELLS
- NO CHEWING GUM
- NO PETS (EVEN IN CARRIERS, ETC...)
- NO COFFEE ON THE FIELD
- NO COLORED SPORTS DRINKS
- NO FOOD
- NO EZ-UPS OR SHADE COVERS ON THE FIELD
- (handheld umbrellas are okay in the stands)
- WALK ONLY ON THE MATS ON THE TRACK
- NO ONE ENTERS THE FIELD GATES WITHOUT A PASS
- NO SMOKING
- NO ALCOHOL
- ICE CHESTS MAY BE CHECKED
- NO SKATEBOARDS, SKAKES, BIKES ON CAMPUS
- PARK IN DESIGNATED AREAS ONLY
- PICK UP TRASH

*Thank you in advance for making this another outstanding year!*