

# 2025 Turkey Bowl Registration Checklist

## Date Reminders:

<b>Registration Fee Paid in Full</b>	Due BEFORE November 1st
<b>Completed Team Waiver, 2 Physical Copies of Team Roster, Signed Code of Conduct and Concussion Agreement:</b>	Due November 19 <sup>th</sup> at Team Weigh-In/Check-In

### Team Book Organization:

1. Front Page of 1<sup>st</sup> Sheet Protector:
  - a. **Printed Team Roster** (2 copies) including **jersey number(s), player name, and date of birth.**
2. Back Page of 1<sup>st</sup> Sheet Protector:
  - a. **Player ID form** – must be notarized with player’s picture and parent/guardian signature
3. Front Page of 2<sup>nd</sup> Sheet Protector:
  - a. **Birth Certificate** (date must be easily visible) or **State ID**

**\*\*Please note: Team Book is due at team weigh-in and MUST be kept on the sidelines during competition\*\***

- Proof of age *must be presented* to all players who are participating in the 2025 Turkey Bowl. Acceptable proof of age is a state ID, certificate of birth (with an official state seal), conference ID cards, National Sports ID, court documents or another official document that shows the date of birth. Photocopies of birth certificates without official seals, school records or other documents are not acceptable as proof of age. Incorrect, false, or doctored documents can lead to athlete ineligibility, forfeiture of games, banning from future participation in our tournament, and potential liability to others for any injuries that occur due to the use of an ineligible player. The age cut off for each age division is **August 1<sup>st</sup>** of the current year.

### Age/Weight Divisions: Skill positions must be under the listed weight limits:

7U | 90.5LBS

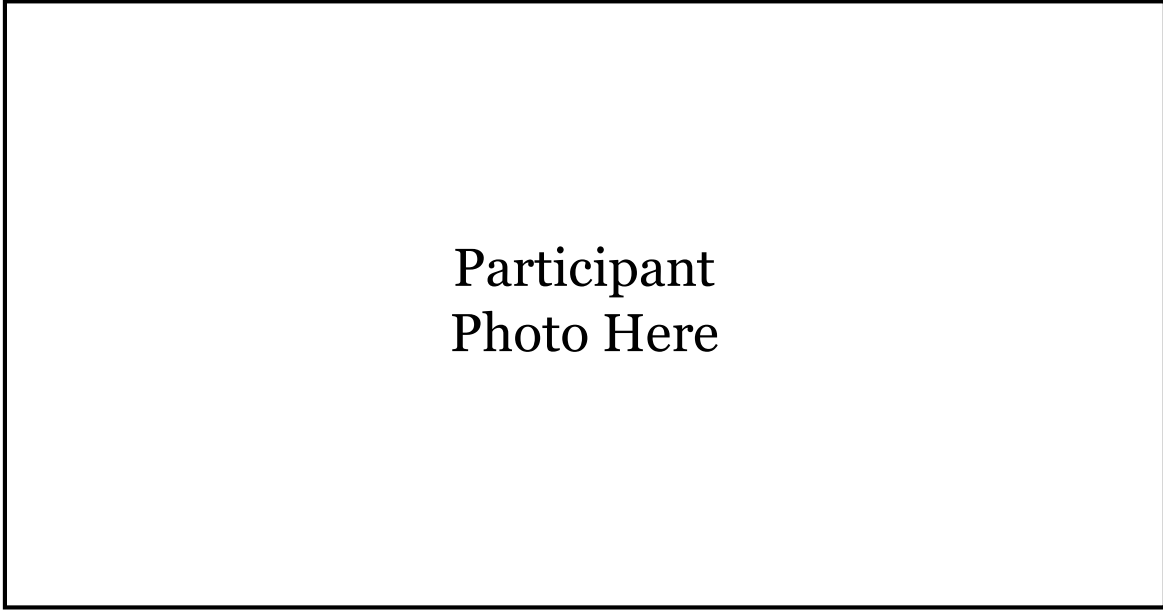
9U | 105.5LBS

12U | 130.5LBS

**Skill Positions are as followed QB, RB, FB, WR, TE, LB, DB**

# 2025 Turkey Bowl Player Identification

Use this form as an original. Duplicate and include this form with your Team Book for presentation at Team Weigh-In. Each player **MUST** have this form completed to be eligible for the competition.



Parent/Guardian Signature \_\_\_\_\_

<b>Participant's Name:</b>	
<b>Birth Date:</b>	
<b>Team Name:</b>	
<b>Head Coach:</b>	
<b>Division:</b>	
<b>Player Jersey Number:</b>	

***Please have this form notarized by a notary public BEFORE check-in BELOW:***



*\*Head Coach Only Signs\**

2025 Turkey Bowl code of conduct

**Respect** Each Other, Our Staff, Officials, Coaches, Athletes, Facility and the Integrity of the Game

**Together** Through Setting the Example We Can Influence the Landscape of Youth Sports in America

**World Class** Conduct is a Culture at City of Attalla Turkey Bowl and an Expectation of Our Guests

Compete at a ***HIGHER*** Level

I, \_\_\_\_\_, acknowledge that my team, coaches, and spectators will abide by the City of Attalla Code of Conduct while participating in the 2025 Turkey Bowl.

Head Coach Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## **\*HEAD COACH ONLY SIGNS\***

### **Sudden Cardiac Arrest Education and Information**

#### **What is sudden cardiac arrest?**

Sudden cardiac arrest (SCA) is when the heart stops beating, suddenly and unexpectedly. When this happens, blood stops flowing to the brain and other vital organs. SCA is NOT a heart attack. A heart attack may cause SCA, but they are not the same. A heart attack is caused by a blockage that stops the flow of blood to the heart. SCA is a malfunction in the heart's electrical system, causing the heart to suddenly stop beating.

If not treated within minutes, SCA results in death. The normal rhythm of the heart can only be restored with defibrillation, an electrical shock that is safely delivered to the chest by an automated external defibrillator (AED).

#### **How common is sudden cardiac arrest?**

The Centers for Disease Control and Prevention estimate that every year there are about 300,000 cardiac arrests outside hospitals. About 2,000 patients under 25 die of SCA each year.

#### **Are there warning signs?**

Although SCA happens unexpectedly, some people may have signs or symptoms, such as:

- dizziness;
- lightheadedness;
- shortness of breath;
- difficulty breathing;
- racing or fluttering heartbeat (palpitations);
- syncope (fainting);
- fatigue (extreme tiredness);
- weakness;
- nausea;
- vomiting; and
- chest pains.

These symptoms can be unclear and confusing in athletes. Often, people confuse these warning signs with physical exhaustion. SCA can be prevented if the underlying causes can be diagnosed and treated.

#### **What are the risks of practicing or playing after experiencing these symptoms?**

There are risks associated with continuing to practice or play after experiencing these symptoms. When the heart stops, so does the blood that flows to the brain and other vital organs. Death or permanent brain damage can occur in just a few minutes. Most people who have SCA die from it. Symptoms are the body's way of indicating that something might be wrong. Athletes who experience one or more symptoms should get checked out.

## What is the best way to treat Sudden Cardiac Arrest?

- Early Recognition of SCA

Early 9-1-1 access

Early CPR

Early Defibrillation

Early Advance Care

## Public Chapter 325 – the Sudden Cardiac Arrest Prevention Act

The Act is intended to keep youth athletes safe while practicing or playing in an athletic activity. The Act require

- Require that, on a yearly basis, a sudden cardiac arrest information sheet be signed and returned by each coach and athletic director
- The immediate removal of any youth athlete who passes out or faints while participating in an athletic activity, or who exhibits any of the following symptoms:
  - (i) Unexplained shortness of breath;
  - (ii) Chest pains;
  - (iii) Dizziness
  - (iv) Racing heart rate; or
  - (v) Extreme fatigue; and
- Establish as policy that a youth athlete who has been removed from play shall not return to the practice or competition during which the youth athlete experienced symptoms consistent with sudden cardiac arrest.
- **Before returning to practice or play in an athletic activity, the athlete must be evaluated by a **Alabama** licensed medical doctor or an osteopathic physician. Clearance to return to full or graduated practice or play must be in writing.**

"Coach understands and agrees to assume full responsibility in enforcing compliance in all respects known as the "Concussion Statute" requiring all organized athletics to provide training and policy on concussion awareness and treatment to all staff, coaches, volunteers and parents involved in organized athletics. Coach further understands and agrees to assume full responsibility in enforcing compliance in all respects and requires all coaches, youth athletes, and their parents or guardians to be informed and educated on the symptoms of a sudden cardiac event, to require removal of an athlete demonstrating these symptoms and require medical clearance prior to return to the game."

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Printed Name

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Signature

Date