



Parents Information Packet

2024 Girls FLAG FOOTBALL

Packet Includes:

1. Concussion Information
2. Information on Equipment
3. Important Dates to Remember
4. Youth Sports Parent Code of Conduct
5. Addresses of Game Sites / Directions
6. Set of Rules (Please read over these carefully)

PLEASE TAKE THE TIME TO READ OVER ALL OF THE ENCLOSED INFORMATION. IT WILL HELP MAKE THIS A GREAT SEASON FOR YOU, YOUR CHILD, AND THE BULLOCH COUNTY COMMUNITY.

Concussion

INFORMATION SHEET



CDC HEADS UP
SAFE BRAIN. STRONGER FUTURE.

This sheet has information to help protect your children or teens from concussion or other serious brain injury. Use this information at your children's or teens' games and practices to learn how to spot a concussion and what to do if a concussion occurs.

What Is a Concussion?

A concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth. This fast movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging the brain cells.

How Can I Help Keep My Children or Teens Safe?

Sports are a great way for children and teens to stay healthy and can help them do well in school. To help lower your children's or teens' chances of getting a concussion or other serious brain injury, you should:

- Help create a culture of safety for the team.
 - Work with their coach to teach ways to lower the chances of getting a concussion.
 - Talk with your children or teens about concussion and ask if they have concerns about reporting a concussion. Talk with them about their concerns; emphasize the importance of reporting concussions and taking time to recover from one.
 - Ensure that they follow their coach's rules for safety and the rules of the sport.
 - Tell your children or teens that you expect them to practice good sportsmanship at all times.
- When appropriate for the sport or activity, teach your children or teens that they must wear a helmet to lower the chances of the most serious types of brain or head injury. However, there is no "concussion-proof" helmet. So, even with a helmet, it is important for children and teens to avoid hits to the head.



Plan ahead. What do you want your child or teen to know about concussion?

How Can I Spot a Possible Concussion?

Children and teens who show or report one or more of the signs and symptoms listed below—or simply say they just "don't feel right" after a bump, blow, or jolt to the head or body—may have a concussion or other serious brain injury.

Signs Observed by Parents or Coaches

- Appears dazed or stunned
- Forgets an instruction, is confused about an assignment or position, or is unsure of the game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can't recall events *prior to or after* a hit or fall

Symptoms Reported by Children and Teens

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness, or double or blurry vision
- Bothered by light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Confusion, or concentration or memory problems
- Just not "feeling right," or "feeling down"

Talk with your children and teens about concussion. Tell them to report their concussion symptoms to you and their coach right away. Some children and teens think concussions aren't serious, or worry that if they report a concussion they will lose their position on the team or look weak. Be sure to remind them that *it's better to miss one game than the whole season.*



cdc.gov/HEADSUP

CONCUSSIONS AFFECT EACH CHILD AND TEEN DIFFERENTLY.

While most children and teens with a concussion feel better within a couple of weeks, some will have symptoms for months or longer. Talk with your children's or teens' healthcare provider if their concussion symptoms do not go away, or if they get worse after they return to their regular activities.

What Are Some More Serious Danger Signs to Look Out For?

In rare cases, a dangerous collection of blood (hematoma) may form on the brain after a bump, blow, or jolt to the head or body and can squeeze the brain against the skull. Call 9-1-1 or take your child or teen to the emergency department right away if, after a bump, blow, or jolt to the head or body, he or she has one or more of these danger signs:

- One pupil larger than the other
- Drowsiness or inability to wake up
- A headache that gets worse and does not go away
- Slurred speech, weakness, numbness, or decreased coordination
- Repeated vomiting or nausea, convulsions or seizures (shaking or twitching)
- Unusual behavior, increased confusion, restlessness, or agitation
- Loss of consciousness (passed out/knocked out). Even a brief loss of consciousness should be taken seriously

Children and teens who continue to play while having concussion symptoms, or who return to play too soon—while the brain is still healing—have a greater chance of getting another concussion. A repeat concussion that occurs while the brain is still healing from the first injury can be very serious, and can affect a child or teen for a lifetime. It can even be fatal.

What Should I Do If My Child or Teen Has a Possible Concussion?

As a parent, if you think your child or teen may have a concussion, you should:

1. Remove your child or teen from play.
2. Keep your child or teen out of play the day of the injury. Your child or teen should be seen by a healthcare provider and only return to play with permission from a healthcare provider who is experienced in evaluating for concussion.
3. Ask your child's or teen's healthcare provider for written instructions on helping your child or teen return to school. You can give the instructions to your child's or teen's school nurse and teacher(s) and return-to-play instructions to the coach and/or athletic trainer.

Do not try to judge the severity of the injury yourself. Only a healthcare provider should assess a child or teen for a possible concussion. Concussion signs and symptoms often show up soon after the injury. But you may not know how serious the concussion is at first, and some symptoms may not show up for hours or days.

The brain needs time to heal after a concussion. A child's or teen's return to school and sports should be a gradual process that is carefully managed and monitored by a healthcare provider.

To learn more, go to cdc.gov/HEADSUP



Discuss the risks of concussion and other serious brain injuries with your child or teen, and have each person sign below.

Detach the section below, and keep this information sheet to use at your children's or teens' games and practices to help protect them from concussion or other serious brain injuries.

I learned about concussion and talked with my parent or coach about what to do if I have a concussion or other serious brain injury.
Athlete's Name Printed: _____ Date: _____

Athlete's Signature: _____

I have read this fact sheet for parents on concussion with my child or teen, and talked about what to do if they have a concussion or other serious brain injury.

Parent or Legal Guardian's Name Printed: _____ Date: _____

Parent or Legal Guardian's Signature: _____

EQUIPMENT

FLAG FOOTBALL

Provided by the BCRPD

- Game Flags
- Jersey (1) will be handed out prior to first game

Provided by Parents/ Players

- Shoes/Cleats
- Shorts/Pants with NO pockets and/or belt loops!
- Any Necessary and Approved Braces
- Mouthpieces

Important Dates to Remember

- | | | |
|----|---|---------------------------|
| 1. | Team Post Date Midget Tackle | August 23 rd |
| | Team Post Date Minor Tackle | August 23 rd |
| | Team Post Date for Girl's Flag | August 23 rd |
| | Team Post Date Tiny Mite Tackle and PeeWee Flag | August 23 rd |
| 3. | Midget Tackle Practices Begin | August 27 th |
| | Minor Tackle Practices Begin | August 27 th |
| | Girl's Flag Football Practices Begin | August 27 th |
| | Tiny Mite Tackle and PeeWee Practices Begin | August 26 th |
| 4. | Labor Day | September 2 nd |
| 5. | 1 st Games | September 7 th |

2024 BCRP FOOTBALL EVALUATIONS

Midget Tackle

Evaluations: Tuesday, August 13th and 15th (make-ups)

| <u>Area</u> | <u>Location</u> | <u>Time</u> |
|---------------|-----------------------------------|-------------|
| Statesboro | Mill Creek Field 3 | 5:30pm |
| Portal | Portal High School Baseball Field | 6:00pm |
| South Bulloch | Brooklet Field 1 | 6:00pm |

Post Teams: Friday, August 23rd after 5:00pm. Practices will begin on Tuesday,
August 27th

Minor Tackle

Evaluations: Tuesday, August 13th and Thursday, August 15th (MAKE-UPS)

| <u>Area</u> | <u>Location</u> | <u>Time</u> |
|-------------|----------------------------|-----------------------|
| Statesboro | Mill Creek Field 3 | 7:00pm |
| Portal | Portal High Baseball Field | 6:00pm (Tuesday Only) |
| Brooklet | Brooklet Field 1 | 6:00pm (Tuesday Only) |
| Nevils | Nevils Field 1 | 6:00pm (Tuesday Only) |
| Stilson | Stilson Field 1 | 6:00pm (Tuesday Only) |

Post Teams: Friday, August 23rd after 5:00pm. Practices will begin on Tuesday,
August 27th

Tiny Mite Tackle

Evaluations: Monday, August 12th and Saturday, August 17th (MAKE-UP)

| <u>Area</u> | <u>Location</u> | <u>Time</u> |
|-------------|----------------------------|----------------------|
| Statesboro | Mill Creek Field 4 | 5:30pm |
| Portal | Portal High Baseball Field | 6:00pm (Monday Only) |
| Brooklet | Brooklet Field 1 | 6:00pm (Monday Only) |
| Nevils | Nevils Field 1 | 6:00pm (Monday Only) |
| Stilson | Stilson Field 1 | 6:00pm (Monday Only) |

Make-ups-Saturday, August 17th @9:00am Mill Creek Field 4

Post Teams: Friday, August 23rd after 5:00pm. Practices will begin on Monday,
August 26th

Pee Wee Flag

Evaluation: There will be no evaluations for this age group.
Post Teams: Friday, August 23rd after 5:00pm. Practices will begin on Monday,
August 26th

2024 BCRP FOOTBALL EVALUATIONS (Continued)

Girls Flag Football (Minor and Midget)

Evaluations: Tuesday, August 13th

| <u>Area</u> | <u>Location</u> | <u>Time</u> |
|---------------|----------------------------|-------------|
| Statesboro | Mill Creek Field 4 | 6:00pm |
| Portal | Portal High Baseball Field | 6:00pm |
| South Bulloch | Brooklet Field 1 | 6:00pm |

Post Teams: Friday, August 23rd after 5:00pm. Practices will begin on Tuesday,
August 27th

Teams may be combined with different age groups

Girls Flag Football (Tiny Minor)

Evaluation: There will be no evaluations for this age group.

Post Teams: Friday, August 25th after 5:00pm. Practices will begin on Tuesday,
August 29th

Teams may be combined with different age groups

Young Athlete Code of Conduct

- ✓ To have sports be a safe experience, free from abuse and violence
- ✓ To have fun learning, trying new things and being able to practice and play
- ✓ To follow rules
- ✓ To tell parent (or other trusted adult) about any abuse
- ✓ To try our hardest and best
- ✓ To learn the values of teamwork – helping and supporting one another
- ✓ To learn ways to deal with pressure and frustrations
- ✓ To care about what happens to others
- ✓ To settle conflicts without saying or doing things that hurt others
- ✓ To treat coaches and officials with respect
- ✓ To treat others as you want to be treated
- ✓ To be a good sport (how you talk to others and how you behave)
- ✓ To let your parents and coaches know what you need

Complex Addresses

| | | |
|-----------------------------|-----|---|
| Brooklet Park | BR | 416 N. Cromley Street, Brooklet, GA |
| Mill Creek Park | MC | 1388 Hwy 24 East, Statesboro, GA |
| Nevils Park | N | 117 Nevils Denmark Road, Statesboro, GA |
| Stilson Park | ST | 15340 Hwy 119 Connector, Brooklet, GA |
| Portal High Baseball | PHS | US Hwy 80 West, Portal, GA |

Bulloch County Recreation and Parks Department
Youth Girls Flag Football Rules & Regulations 2024

Section I: Administration

Athletic
teamwork,

The Youth Flag Football program is an integral part of the BCRPD Program. It will be administered and controlled by the Athletics Manager through a very dedicated coaching staff. The purpose of this program is to provide an enjoyable atmosphere that enhances the advancement of sportsmanship and development of the fundamental skills of football.

Section II: Coaches

Article 1. Each team in the BCRPD league shall have a coaching staff approved by the BCRPD athletic staff.

Article 2. Head Coach

- A. Will be a part-time staff member/volunteer.
- B. Shall be totally responsible for his assigned team and all that this implies, in any BCRPD event.
- C. Must be certified by the NYSCA (offered through BCRPD).
- D. Must attend all clinics.

Article 3. Assistant Coaches

- A. Must be 18 years of age by September 1st of the current year.
- B. Shall be directly responsible and accountable to their head coach in so far as BCRPD activities are concerned.
- C. Must be NYSCA certified (offered through BCRPD).

Article 4. One approved coach may be on the field during the course of the game.

Section III: Eligibility of Players

Article 1. Age Divisions: 7 & 8 (Tiny-Mite)
9 & 10 (Minor)
11 & 12 (Midget)
***Age Control Date is September 1st (Zero Tolerance)

Section IV: Practice Requirements

Article 1. A player is to attend all practices unless he has a legitimate excuse turned in in writing from a parent or guardian. This excuse must be to the BCRPD staff. Legitimate excuses include participant being ill and school field trips. All other excuses will be considered by BCRPD athletic supervisors.

Section V: Games

Article 1. Games are to be scheduled, published and announced by BCRPD.

Article 2. Game management shall be provided by BCRPD.

Article 3. Player requirements for games:

- A. All players must report to their game fields at least twenty (20) minutes prior to the designated game time.
- B. Players must be in approved uniforms.
(See Section VII for description of approved uniforms)

Section VI: Conduct

Article 1. The Flag Football program is constantly in the public eye. In fact, it is many times the first experience with football and BCRPD programs, therefore, each participant is to adhere to a high standard of conduct and maintain an atmosphere of friendly competition.

Article 2. BCRPD officials, coaches, assistant coaches, players, spectators and any other persons administered hereunder, shall conduct themselves in a gentlemanly manner;

exercising due restraint and acting responsible under generally accepted principles of good conduct.

- Article 3. Any coach, team member, scorekeeper or fan who physically abuses in any way a game official, league supervisor or employee of the BCRPD will be automatically suspended for the activity in question.
- Article 4. BCRPD coaches should stress hustle, self-discipline and the will to give a good effort at all times. Coaches should promote respect for and pride in the BCRPD sports programs and all of Bulloch County. Coaches should also promote the importance of good discipline and good academics in the respective classrooms of the players.
- Article 5. Fans, players and coaches who verbally abuse other players, fans or officials may be asked to leave the park.
- Article 6. All individuals not directly involved with the event in progress must remain off the playing surface. Failure to do this could result in the suspension for the remainder of the activities in question.
- Article 7. Repeated violations of any of the above policy statements may result in expulsion from any activities sponsored by BCRPD.

Section VII: Player Equipment

- Article 1. Each player shall be issued a team jersey to keep and wear during games.
- Article 2. All jerseys must remain tucked into the pants or shorts during the entire down.
- Article 3. Players must furnish their own pants or shorts.
- Article 4. **Pants or shorts shall not have any belt(s), belt loop(s), pockets(s), or exposed drawstrings. If a player has any of the following, they will not wear a flag.**
- Article 5. Players may wear a style knit or stocking cap on their heads, but the cap may have no bill.

- Article 6. Each player must furnish his own shoes. Metal and detachable cleats are illegal.
- Article 7. It is strongly recommended that a mouth piece be worn by all players.

Section VIII: Game Time

- Article 1. Playing time shall be 40 minutes, divided into two halves of 20 minutes each.
- Article 2. The clock will run continuously for 20 minutes for the 1st and 2nd half of the game unless it is stopped for an injury or time-out.
- Article 3. Each team may have 2 time-outs per half.
- Article 4. The intermission between halves shall be 5 minutes.

Section IX: Playing Rules

- Article 1. The game shall be played between 2 teams of 7 players each.
5 players are required to start a game.
- Article 2. At least 4 offensive players must be on the line of scrimmage.
- Article 3. All players are eligible to catch a pass.
- Article 4. Quarterbacks will be allowed to take direct snaps, but quarterback sneaks, center sneaks and Quarterback draws are illegal.

-OR-

A quarterback will be allowed to lineup 2 yards off the line of scrimmage with the ball to put the ball in play.

- Article 5. The snapper shall pass the ball back between his legs from its position on the ground with a quick and continuous motion of the hand(s).
- Article 6. A team has 45 seconds to snap the ball.

- Article 7. Anytime the ball touches the ground and it is not in player possession, it is dead.
- Article 8. Only two defensive players are allowed to rush into the offensive backfield. These players will line up *one yard* off the ball.
- Article 9. Two rushers on the line max. All other defensive players must line up behind the back marker. This will be 3 yards from the line of scrimmage.
- Article 10. If a team is 18 or more points ahead, the entire starting backfield (quarterback, fullback and tailback) as designated by the BCRPD staff, must come out of the backfield.

Section X: First Downs

- Article 1. A team shall have 4 consecutive downs to advance to the next zone.
- Article 2. A new series of downs shall be awarded when a team moves the ball into the next 10 yard zone.

Section XI: Scoring

- Article 1. All touchdowns are 6 points.
- Article 2. The player scoring the touchdown must raise their arms so the nearest officials can de-flag the player. If the player is not de-flagged with one pull and the official determines the flag belt has been secured illegally, the touchdown is disallowed.

Section XII: Kickoffs and Punts

- Article 1. There will be no kickoffs or punts.
- Article 2. For the start of each half, after a try, or after a safety, Team A will start a new series of downs on their own 20 yard line.
- Article 3. Prior to making the ball ready for play on fourth down, the Referee must ask the Team A captain if he wants to “punt.” If Team A elects to “punt,” the ball will be moved 30 yards towards Team B’s end line. Team B will then be awarded a

new series of downs. No punts will advance past the 20 yard line.

- Article 4. After an announcement to “punt,” Team A can only change their decision if a time-out is called.

Section XIII: Blocking

- Article 1. The offensive screen block shall take place without contact.

- Article 2. The screen blocker shall have his hands and arms on his chest, at his side, or behind his back.

- Article 3. The screen blocker must be on his feet before, during, and after screen blocking.

- Article 4. The screen blocker shall not take position so close to a moving opponent that his opponent cannot avoid contact by stopping or changing direction. This position varies between 1 to 2 steps from the opponent.

- Article 5. No interlocking blocking.
(Two screen blockers “locking” arms together)

Section XIV: Passing

- Article 1. All players are eligible to catch a pass.

- Article 2. During a scrimmage down and before team possession has changed a forward pass may be thrown provided the passer’s feet are behind Team A’s scrimmage line when the ball leaves the passer’s hand.

- Article 3. Only one forward pass can be thrown per down.

**A forward pass is a pass thrown with its initial direction toward the opponent’s end line. Handing the ball forward is considered a forward pass.*

**A backward pass is a pass thrown with its initial direction parallel with or toward the passer’s end line.*

Section XV: Try For Point

Article 1. Any opportunity to score 1 point from the 3 yard line or 2 points from the 5 yard line shall be granted to the team scoring a touchdown. Only Team A's captain can communicate this decision to the Referee.

Article 2. Once the Team A captain makes the decision, he may change the decision only by taking a charged team time-out.

Article 3. A team's choice cannot be changed if a penalty should occur. Enforcement of yardage penalties does not change the value of the try.

Article 4. Once possessed by Team B the ball becomes dead.

Section XVI: Playing Requirements

Article 1. All players listed on the team roster are recommended to play a minimum of **twenty** (20) minutes of each ball game provided they have met practice requirements.

Article 2. **Players missing practice must provide a written excuse to their coach.** The coach must then give that excuse to a BCRPD staff member. Coaches should notify the scorekeeper of the game if they have a player who has not met the practice requirements. **These players will be allowed to participate in only the first ten (10) minutes of the second half. If a player misses more than two practices he can be suspended for the next game. Only the Athletics Manager can withdraw this suspension.**

NOTE: If there are any questions on a rule, all interpretations will be made by the Athletics Manager.

Article 3. If any player does not play for disciplinary reasons or if she or he is unwilling or unable to play half of a match, it is the responsibility of the coach to notify the field supervisor. Coaches not playing their players the required time will receive:

1st offense: Verbal warning

2nd offense: Written warning
3rd offense: Suspension of coaching duties
***Any confirmed violations may result in immediate

dismissal.

Section XVII: Penalties

- A. Loss of 5 yards.
 - 1. Failure to wear required equipment.
 - 2. Delay of Game (Dead Ball)
 - 3. Encroachment (Dead Ball)
 - 4. False Start (Dead Ball)
 - 5. Illegal Snap (Dead Ball)
 - 6. Illegal Motion
 - 7. Illegal Shift
 - 8. Illegal Forward Pass (Loss of Down)
 - 9. Intentional Grounding (Loss of Down)
 - 10. Illegal Formation

- B. Loss of 10 yards
 - 1. Two or more consecutive encroachments
 - 2. Pass Interference
 - Offensive (Loss of Down)
 - Defensive (Loss of Down)
 - 3. Illegally Secured Belt (Loss of Down)
 - 4. Unsportsmanlike Conduct (Players or Coaches)
 - 5. Illegal Contact
 - 6. Roughing the Passer (Automatic First Down)
 - 7. Guarding the Flag Belt
 - 8. Illegal Participation