

**Fair Oaks / Carmichael
Recreation and Park District
Jr. NFL Flag Football**



2018 Parent Handbook



FAIR OAKS

RECREATION & PARK DISTRICT

Dear Parent/Guardian,

The Fair Oaks & Carmichael Recreation Park Districts would like to welcome you and your participant to the 2018 NFL Youth Flag Football League.

The NFL FLAG Football program is designed to educate young people about football while emphasizing participation and sportsmanship. Players learn skills and lessons that help them succeed both on and off the field.

It is the responsibility of the coaches and parents alike to make sure that we constantly encourage sportsmanship and teamwork to the players. Parents, fans, and coaches must always demonstrate and conduct a positive attitude to all participating players. Any obscene or degrading behavior displayed by parents or any observer will not be tolerated.

We hope that you and the players enjoy the program and together we look forward to a fun and exciting 2018 season!

Thank you,

Nick Davison

Recreation Supervisor

Principles for Parents

Parents, athletes and coaches must work together for the best possible youth football experience and performance. The following suggestions are meant as general guidelines for parents.

- As a parent, you understand the daily pressures your child faces. We believe that football should be an outlet for fun. Encourage your child and allow them to have a good time.
- Remember that your child learns more from your actions than your words. Practice good sportsmanship by being respectful to players, parents and coaches on both teams.
- There is nothing wrong with applauding a good play made by the opponents. Parents can be good role models by appreciating the efforts made by both teams.
- Most coaches are volunteers and work hard at what they do. To lessen confusion, and out of respect for their position, please allow your child's coach to be the only one coaching players on the field.
- Please refrain from loud or rude behavior.
- Offer encouragement and positive reinforcement, not criticism, to your star player.
- Encourage discipline by having your child arrive on time for practices and games.
- Belonging to a team requires commitment. Parents can help children understand this through regular attendance and preparation.
- Whenever possible, volunteer. This shows participants the value of being a team player.
- Please respect the officials and their calls. It's OK to disagree, but inappropriate to disparage.



League Information

LEAGUE INFORMATION

1. All players must be registered in the Jr. NFL FLAG Football program before participating in any league activities. This includes the completion of the Parks and Recreation waiver/release form, signed by the participant's parent(s) or guardian(s).
2. The league is composed of individual sign ups with teams of 7-10 participants who play against each other in a friendly environment.
3. Teams will be comprised via coach/staff selection. We are unable to accommodate coach and player requests. The only two exceptions are siblings and same household participants.
4. Coaches automatically get their kid(s) on their team.
5. The Recreation Supervisor reserves the right to add players to and/or remove players/coaches from teams as necessary.
6. During the season, practices will be scheduled by the coaches based on availability of players, parents and the Fair Oaks Recreation and Park District fields. Practices may be held outside of the Fair Oaks Park District with the approval of the Recreation Supervisor and property owner.
7. Parents, families, and friends must sit on the opposite side of the field from the players and coaches during the games. One coach may coach on the field during play.

SCHEDULES & STANDINGS

1. League schedules and game results will be posted online at www.teamsideline.com/fairoaks

PARENT/GUARDIAN INFORMATION

1. Parents or guardian of children under 8 years old must remain at practices for the full duration.
2. All participants must be picked up within 10 minutes of practice or games scheduled completion.

FIELD

1. The playing field is 30 yards wide X 70 yards long including 10 yard end zones. Corners of the playing field, goal lines, 5 yard lines, and midfield will be marked by pylons and/or cones.

INCLEMENT WEATHER

1. We will play in light rain as long as the field conditions are deemed safe.
2. To find out if games will be played or not during inclement weather you will be notified in one or more of the following ways:
 - a. Email – If we have the ability to email you in a timely manner we will.
 - b. TeamSideline Page – This is the best way to check for the most up to the minute status. A notification will be posted on top of the main page with the current status. It is recommended to check this before you head out to the game.
www.teamsideline.com/fairoaks
 - c. Coaches – If we can get ahold of the coaches they can send a text or email out to the team with the status.
3. If the games are cancelled we will make every effort to make up the games. Games may be made up the following weekend or during the week.

Here is an example of what you would see on the www.teamsideline.com/fairoaks site for the game status:



FLAG FOOTBALL GAMES ARE TO BE PLAYED AS SCHEDULED 10/13 (updated 9:30am)

Schedules

Oct '16

- FALL DH SOFTBALL
 - Tuesday Men's D

Fall '16

- Jr. NFL Flag Football
 - 5-7 Division
 - 8-10 Division
 - 11-14 Division

Summer II '16



Looking for a Team to Join?
Click here to get on our "Free Agent" list.



Softball Registration
Basketball Registration
Bubble Soccer Registration
Sports Social Series Registration



Click here to put your email address on the list to receive updates on what is happening from registration to rain outs.

ATTIRE

1. Players receive a reversible NFL Flag jersey and flag belts.
2. Cleats are allowed, except for metal spikes. Inspections will be made. No bare feet or open-toes shoes allowed. Pants/shorts **without pockets or taped closed** are also required.
3. **All players must wear protective mouth pieces; there are NO EXCEPTIONS.** Players are responsible for supplying their own mouthpiece.
4. Players are responsible for their jersey, flags, and mouthpiece.
5. Players are not allowed to wear jewelry, hair barrettes, hats, casts or any hazardous items.

YOUTH SPORTS CONCUSSION PROTOCOL

FAIR OAKS RECREATION & PARK DISTRICT

YOUTH SPORTS CONCUSSION POLICY



The Fair Oaks Recreation & Park District (FORPD) recognizes the potential danger and long-term health consequences of this, often difficult to diagnose form of traumatic brain injury. This policy is intended to provide easy to understand guidelines related to participants who have been diagnosed with or are suspected of having a concussion.

This policy applies to all FORPD Youth Sports programs and is for all players, coaches, parents, staff and officials.

Removal from Play Policy – “When in Doubt, Sit them Out”

If a participant exhibits any signs, symptoms, or behaviors that he or she may have had a concussion, that athlete must be removed from all physical activity for the remainder of the day. The participant's parent or guardian must be informed that they had a suspected concussion and what signs or symptoms were observed and any treatment that was provided.

Return to Play Policy

Following a suspected concussion, the participant can only return to play with permission from a health care professional and a written clearance to return to athletic activity.

Concussion Information Sheet

A concussion information sheet will be supplied to all coaches, parents, players and staff detailing the definition of a concussion, how to prevent concussions, signs and symptoms of a concussion and what to do if a child has a suspected concussion. All parents, coaches and staff must sign stating that they have read and understand the concussion information sheet.

Concussion Training – CDC Heads Up Concussion Training

All coaches and staff must complete the online concussion training provided by the CDC Heads Up Concussion program.

Document References

Assembly Bill 2007 –

http://leginfo.legislature.ca.gov/faces/billTextClient.xhtml?bill_id=201520160AB2007

Heads Up online training video for Parents –

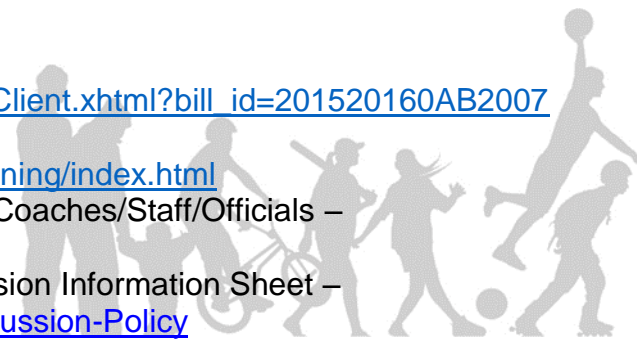
<http://www.cdc.gov/HeadsUp/youthsports/training/index.html>

Required Heads Up online training video for Coaches/Staff/Officials –

<https://headsup.cdc.gov>

Fair Oaks Recreation & Park District Concussion Information Sheet –

<http://www.forpd.org/316/Youth-Sports-Concussion-Policy>



League Rules

GETTING THE GAME STARTED

1. A coin toss determines first possession.
2. Game length is two (2) 20 minute running time halves. Each team is allowed two (2) one minute time-outs per half. There may be an official time-out to assist an injured player at the discretion of the referee. There will be a 5 minute halftime.
3. The offensive team takes possession on its five (5) yard line and has four (4) plays to cross the first down marker. If the offense fails to make a first down, the ball changes possession and the new offensive team takes over on its own five (5) yard line.

DURING THE GAME

1. All possession changes, except interceptions, start on the offense's five (5) yard line.
2. Prior to the start of the 2nd half, teams change sides with possession of the ball going to the team that started the game on defense.
3. Each time the ball is spotted, a team has 30 seconds to snap the ball. Teams will receive one (1) warning each before a delay of game penalty is enforced.
4. Ball must be snapped between the legs, not off to the side, to start play. (Except for 5-7 year old group)

OVERTIME

1. A coin toss determines first possession. The team losing the toss will determine which end zone to defend. Each Team will get one attempt to either go for 1 point (from 5-yard line) or 2 points (from 12-yard line). The team that has the most points after their possession will win. If the game is still a tie after the 3rd overtime, the game will end in a tie.

SCORING

1. Touchdown: 6 points
Extra points: 1 point (from 5-yard line)
2 points (from 12 yard line)
Safety: 2 points & Defensive team takes possession

RUNNING

1. The quarterback cannot run the ball.
2. Direct hand-offs behind the line of scrimmage are permitted. The offense may use multiple hand-offs.
3. Minimum of one pass per 4 downs.
4. The player who takes a hand-off can throw the ball from behind the line of scrimmage. This is considered a Running Play.
5. Once the ball has been handed-off, all players are eligible to rush.
6. Spinning is allowed, but players cannot leave their feet to avoid a defensive player (no diving).
7. The ball is spotted from where the ball carrier's feet are not where the ball is, when the flag is pulled.
8. Laterals or pitches are not allowed
9. All offensive players must stand still when the ball is in possession past the line of scrimmage.
10. **"Center sneak" play is no longer allowed. The QB is not allowed to handoff to the center on the first handoff of the play.**

No-Handoff Zone

No-handoff zones are located 5 yards before each end zone and 5 yards on either side of the midfield are designed to avoid short-yardage power-running situations. Any team within the zone can **NOT** handoff the football, a pass must be thrown by the Quarterback. Any penalty, sac or 7 seconds that brings the line of scrimmage out of the No-handoff zone **Does NOT** allow a team to run, the No-handoff zone is still in effect

11.

RECEIVING

1. All players are eligible to receive passes (including the quarterback if the ball has been handed-off behind the line of scrimmage).
2. As in the NFL, only one (1) player is allowed in motion at a time.
3. Players must have at least one (1) foot in-bounds when making a catch.

PASSING

1. All forward passes must be beyond the line of scrimmage. Shovel passes are allowed.
2. The quarterback has a seven (7) second "pass clock". If a pass is not thrown within the seven seconds, the play is dead, and is ruled a sack. Once the ball is handed off, the seven second rule is no longer in effect.
3. Interceptions can be ran back. This is the only change of possession that doesn't get marked on the offense's five (5) yard line.

BLOCKING

1. **No blocking or "shadow" blocking is allowed.**
2. Any attempts to cause "hard contact" between players will result in an illegal contact penalty which can be upgraded to unsportsmanlike conduct if the hard contact is considered malicious.
3. Offensive players cannot impede the defender's opportunity to make a play on an offensive player. Crossing routes are permitted. However, if it appears to the official an offensive player is doing a "chip block" (purposely getting in the defenders way on a route) a penalty can be called.

DEAD BALLS

1. Substitutions may be made on any dead ball.
2. Play is ruled "dead" when:
 - Ball carrier's flag is pulled.
 - Ball carrier's flag falls off.
 - Ball carrier steps out of bounds.
 - Ball carrier's knee hits the ground.
 - Seven (7) second passing rule comes into play
 - Ball is fumbled
 - Touchdown or safety is scored.

RUSHING THE QUARTERBACK

1. All players who rush the quarterback must be a minimum of seven (7) yards from the line of scrimmage when the ball is snapped. Any number of players can rush the quarterback.
2. Players not rushing the quarterback may defend on the line of scrimmage.
3. Once the ball is handed off, the seven (7) yard rule is no longer in effect. Special markers on the field or referee will designate the seven (7) yard rush line.

SPORTSMANSHIP/ROUGHING

1. If a referee or program staff member witnesses any unsportsmanlike conduct such as, but not limited to, tackling, elbowing, cheap shots, blocking, or actions deemed inappropriate to the game, the game will be stopped, the referee will assess a penalty and the player will be excused from the game.

FOUL PLAY WILL NOT BE TOLERATED

2. Trash talking is forbidden. Officials have the responsibility to determine offensive language, gestures or actions. (Trash talk is talk that may be offensive to officials, opposing players, teams or spectators.) If trash talking occurs the referee will assess a penalty for unsportsmanlike conduct and warn the offending player or coach. If it continues, the offender(s) will be excused from the game.
3. The head coach is ultimately responsible for the on field and sideline behavior of everyone associated with his team: assistants, players, guests. If proper decorum is not maintained, the offending team will forfeit and the game suspended.
4. The purpose of Fair Oaks Recreation and Park District programs is to promote and encourage safe and positive leisure time activities for all participants.
5. Showboating is not allowed and a warning will be given but may be upgraded to an unsportsmanlike conduct penalty.

PENALTIES

All penalties will be called by the referee. Referees decision is final and no protests will be allowed.

DEFENSIVE

Offsides - ***Five yards and automatic first down***

Interference - ***10 yards and automatic first down***

Illegal contact (holding, blocking, etc.) - ***10 yards and automatic first down***

Illegal FLAG pull (before receiver has ball) - ***10 yards and automatic first down***

Illegal rushing (starting rush from inside 7-yard marker) - ***5 yards and automatic first down***

OFFENSIVE

Illegal motion (more than one person moving, false start, etc.) - ***Five yards and loss of down***

Illegal forward pass (pass thrown beyond line of scrimmage) - ***Dead ball and loss of down***

Offensive pass interference (pushing off/away defender) - ***10 yards and loss of down***

FLAG guarding - ***5 yards (from line of scrimmage) and loss of down***

Delay of game - ***Clock stops, 5 yards and loss of down***

**** Games cannot end on a defensive penalty, unless the offense declines it.***

****Referees determine incidental contact that may result from normal run of play. All penalties will be assessed from the line of scrimmage.***

****The coach may ask the referee questions about rule clarification and interpretations but is prohibited from questioning judgment of call.***

EJECTION'S AND SUSPENSIONS

1. Any player ejected from a game will be suspended for a minimum of one (1) game, possibly longer if warranted. In addition to the ejection, the suspension will be served at the next scheduled game.
2. Any coach/spectator ejected from a game will be suspended for a minimum of one (1) game, and may be removed entirely from the program and future programs if necessary.
3. The program coordinator reserves the right to remove any player/coach/spectator from the program that creates an unsafe or negative act during the program time.

A more in-depth Rule Book can be found online at: www.nflflag.com

Any rule listed in the Park District Jr. NFL Flag Football Parent Handbook will supersede the "NFL Flag Official Rule Book".

Fair Oaks Recreation & Park District

4150 Temescal St.,
Fair Oaks, CA 95628
(916) 966-1036
www.forpd.org