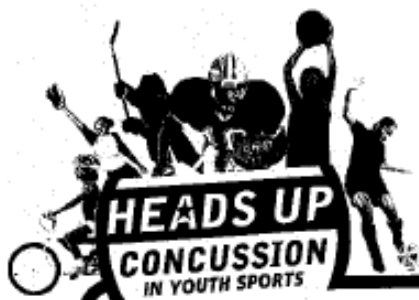




Flag Football Rules and General Information 2011 Season

Table of Contents

Section	Page
Concussion Information	3
Mission Statement / Code of Ethics	5
League Organization	5
League Administration	6
Flag Football Committee Duties	6
Coaches Duties	6
Selection of Players	8
Draft	8
Substitutions	9
Teams	10
Equipment and Uniforms	10
Practices	11
Games	11
Overtime	12
Kickoff	12
Offense	13
Punting	15
Defense	15
Officials	16
Penalties	17
Rescheduling Policy	18
Protests	18
Disciplinary Rulings	19
League Standings/Tournament	20
Insurance	20
General	20
Flag Football Committee	21



A Fact Sheet for **COACHES**

To download the coaches fact sheet in Spanish, please visit www.cdc.gov/ConcussionInYouthSports
Para descargar la hoja informativa para los entrenadores en español, por favor visite:
www.cdc.gov/ConcussionInYouthSports

THE FACTS

- A concussion is a **brain injury**.
- All concussions are **serious**.
- Concussions can occur **without** loss of consciousness.
- Concussions can occur **in any sport**.
- Recognition and proper management of concussions when they **first occur** can help prevent further injury or even death.

WHAT IS A CONCUSSION?

A concussion is an injury that changes how the cells in the brain normally work. A concussion is caused by a blow to the head or body that causes the brain to move rapidly inside the skull. Even a "ding," "getting your bell rung," or what seems to be a mild bump or blow to the head can be serious. Concussions can also result from a fall or from players colliding with each other or with obstacles, such as a goalpost.

The potential for concussions is greatest in athletic environments where collisions are common.¹ Concussions can occur, however, in **any** organized or unorganized sport or

recreational activity. As many as 3.8 million sports- and recreation-related concussions occur in the United States each year.²

RECOGNIZING A POSSIBLE CONCUSSION

To help recognize a concussion, you should watch for the following two things among your athletes:

1. A forceful blow to the head or body that results in rapid movement of the head.
- and-
2. Any change in the athlete's behavior, thinking, or physical functioning. (See the signs and symptoms of concussion listed on the next page.)

ACTION PLAN

WHAT SHOULD A COACH DO WHEN A CONCUSSION IS SUSPECTED?

1. Remove the athlete from play. Look for the signs and symptoms of a concussion if your athlete has experienced a bump or blow to the head. Athletes who experience signs or symptoms of concussion should not be allowed to return to play. When in doubt, keep the athlete out of play.

2. Ensure that the athlete is evaluated right away by an appropriate health care professional. Do not try to judge the severity of the injury yourself. Health care professionals have a number of methods that they can use to assess the severity of concussions. As a coach, recording the following information can help health care professionals in assessing the athlete after the injury:

- Cause of the injury and force of the hit or blow to the head
- Any loss of consciousness (passed out/knocked out) and if so, for how long
- Any memory loss immediately following the injury
- Any seizures immediately following the injury
- Number of previous concussions (if any)

3. Inform the athlete's parents or guardians about the possible concussion and give them the fact sheet on concussion.

Make sure they know that the athlete should be seen by a health care professional experienced in evaluating for concussion.

4. Allow the athlete to return to play only with permission from a health care professional with experience in evaluating for concussion.

A repeat concussion that occurs before the brain recovers from the first can slow recovery or increase the likelihood of having long-term problems. Prevent common long-term problems and the rare *second impact syndrome* by delaying the athlete's return to the activity until the player receives appropriate medical evaluation and approval for return to play.

REFERENCES

1. Powell JW. Cerebral concussion: causes, effects, and risks in sports. *Journal of Athletic Training* 2001; 36(3):307-311.
2. Langlois JA, Rutland-Brown W, Wald M. The epidemiology and impact of traumatic brain injury: a brief overview. *Journal of Head Trauma Rehabilitation* 2006; 21(5):375-378.
3. Lovell MR, Collins MW, Iverson GL, Johnston KM, Bradley JP. Grade 1 or "ding" concussions in high school athletes. *The American Journal of Sports Medicine* 2004; 32(1):47-54.
4. Institute of Medicine (US). Is soccer bad for children's heads? Summary of the IOM Workshop on Neuropsychological Consequences of Head Impact in Youth Soccer. Washington (DC): National Academy Press; 2002.
5. Centers for Disease Control and Prevention (CDC). Sports-related recurrent brain injuries-United States. *Morbidity and Mortality Weekly Report* 1997; 46(10):224-227. Available at: www.cdc.gov/mmwr/preview/mmwrhtml/00046702.htm.

***If you think your athlete has sustained a concussion...
take him/her out of play, and seek the advice of a health care professional
experienced in evaluating for concussion.***

MISSION STATEMENT

The general purpose of the City of Sunrise Flag Football program is to provide a well-supervised program that teaches good sportsmanship, and promotes physical fitness and mental well being to the youth of our community, to encourage the interest of youth in the game of flag football and teach the fundamentals of the game.

NYSCA COACHES CODE OF ETHICS

I will place the emotional and physical well being of my players ahead of any personal desire to win.

I will remember to treat each player as an individual, remembering the large spread of emotional and physical development for the same age group.

I will do my very best to provide a safe playing situation for my players.

I will do my best to organize practices that are fun and challenging for my players.

I will lead, by example, in demonstrating fair play and sportsmanship to all players.

I will provide a sports environment for my team that is free of drugs, tobacco, and alcohol, and I will refrain from their use at all youth sporting events.

I will insure that I am knowledgeable in the rules of each sport that I coach, and that I will teach rules to my players.

I will use those coaching techniques appropriate for each of the skills that I teach.

I will remember that I am a youth coach, and that the game is for children and not adults.

LEAGUE ORGANIZATION

A. There will be the following divisions within the City of Sunrise Flag Football Program.

1. Instructional – Must be 5 by 9/1/11
2. Pee Wee – Must be 6 by 9/1/11
3. Junior – Must be 8 by 9/1/11
4. Intermediate – Must be 10 by 9/1/11
5. Senior – Must be 12 by 9/1/11

LEAGUE ADMINISTRATION

A. Athletic Supervisor – Kevin Pickard

1. The Sunrise Flag Football Program will be administered by the Leisure Services Department.
2. Will act as overall coordinator for the program.
3. Responsible to assist the Department of Leisure Services in implementing all rules and regulations.
4. Recommends the selection of coaches and the Flag Football Committee.
5. Coaches will be approved by the Department of Leisure Services.

B. Flag Football Committee Duties

1. Make recommendations for rule modifications, procedures and guidelines regarding a specific sport league.
3. Make recommendations toward the general improvement of the sports program.
4. Will serve as a sounding board to the Athletic Supervisor on issues brought to the committee for consideration.
5. Make staff aware of existing problems relative to the sports program.
6. Interpret program goals, decisions and changes to the public.
7. Conduct official protest hearing and serve as a forum for fielding complaints and or suggestions for the program.
8. Serve in various volunteer capacities as appointed by the department and is convenient to and agreed upon by the committee members.

C. COACHES DUTIES

1. Will undergo a criminal background check as well as a CPR/AED certification and ensure that assistant coaches have completed and submitted the necessary paperwork. City will recognize one head coach and two assistant coaches by providing for them each a coaches shirt.
2. Will be of good moral character and able to deal with children, assistant coaches, parents, game officials, city officials, and league administrators in a positive manner.
3. Responsible for the selection of his/her team.

4. Responsible for the return of all equipment issued to him/her. Failure to return issued equipment may result in disciplinary action as deemed appropriate by the Department of Leisure Services.
5. Responsible for the team's actions, including parents and fans, and to represent the team in communications with the official and opposing team.
6. Responsible to appoint a representative to replace him/her if he/she is unable to be present.
7. Responsible to ensure that there shall be no more than three (3) mandatory practices per week before the season and no more than one (1) practice per week during the season.
8. A City provided game sheet will be completed by the home team and turned into the City of Sunrise representative.
9. Responsible to keep himself/herself, his/her coaches and team in the appropriate areas throughout the game.
10. A coach may take disciplinary action against a player but must report such action to the Athletic Supervisor prior to game. All such disciplinary action shall be reviewed by the Athletic Supervisor.
11. A coach's tone of voice shall be informative, not harassing.
12. There shall be no mechanical devices used to amplify a coach's voice.
13. Responsible to ensure that all equipment is in good condition and complies with the requirements of NIRSA and/or City Flag Football rules before and during all games and practices.
14. All youth athletic volunteers that have cleared their criminal background checks are required to wear a photo identification badge when working with the children enrolled in a City of Sunrise youth athletic program.

Volunteers not displaying the identification badge will not be permitted to remain on the field with the children. City staff will be strictly enforcing this rule. Head coaches are asked to assist in this process by informing volunteers of the procedures necessary to work with children in youth athletic programs.

Head coaches who are unable to attend a particular game must inform assistant coaches to take over the team for that game. If either the head coach or assistant coach cannot attend, it is the responsibility of the head coach to contact Leisure Services. If a team does not receive any adult supervision including, but not limited to: an approved

youth volunteer coach from another team, division, or sport, the game will result in a forfeit. No game will be rescheduled due to coaches being absent.

SELECTION OF PLAYERS

RATINGS

Players will be rated in respective divisions by a minimum of 3 volunteers/staff with knowledge of the sport. If additional persons are needed the Athletic Supervisor shall appoint them. Ratings will be an individual effort and rater's cannot discuss ratings with each other or participants.

Players will be rated on a scale of 1 through 5 (one being excellent). This will be based on their ability to perform. The highest and lowest score will be eliminated and the remainder will be averaged and that rating will be assigned to the player. Every attempt will be made to make teams equal.

ELIGIBILITY

Only players of eligible age, whose eligibility is determined by the Leisure Services Department, shall have active participation in the program.

Birth certificates, hospital certificates, or other legal documents, which must be presented to a league official at the time of registration, shall certify date of birth of new players, or registrations will not be accepted. Photostat copies of any of these certificates are acceptable. Notarized statements of birth dates are not acceptable.

DRAFT

Coaches will draw numbers prior to the draft. Numbers drawn will determine seating order. Every effort possible should be made to keep teams as evenly balanced as possible.

Draft cards will be placed face down on a table with the rating numbers displayed. The player names will be on the bottom of the card. The coach currently drafting will select a player card and place the player on the team he/she is drafting. Coaches with rated frozen players will skip their turn in the draft dependent upon the rating given to their freeze. Frozen players who did not receive a rating will go into the draft with a 1 rating. Order of draft will reverse after each round. This process will continue until all rated and frozen players have been drafted to a team.

Coaches will receive one trade. This will take place after the teams have been selected. A team without a coach will be frozen and no trades will be allowed. Parent requests will be reviewed and honored appropriately. There are no guarantees for parent requests.

Unknown Non-Rated players will be placed on teams based upon numbers of on each team.

Once the draft has been completed no trades will be made and no players can be transferred from one division to another division.

FROZEN PLAYERS

Coaches can only freeze their own children. Coaches with no children, in the division they are coaching, may freeze one participant. Authorization from the parent must be received prior to the draft.

If more than one is in the same playing division, all of the children will be placed on the team and counted as one freeze. All coaches and assistant coaches must complete the background check prior to the draft in order for a freeze to be accommodated. Frozen players must attend ratings or they will receive a rating of 1 going into the draft.

NON RATED PLAYERS

Unknown Non-Rated Players - Coaches will have the opportunity to rate any players, in which they have knowledge of the participant's skill level. Player will be assigned that rating.

Any unknown players with no rating will be randomly placed on teams, through a blind drawing. These players cannot be traded. Siblings will automatically be assigned to the same team if ability and league age allows. The team involved will forego the draft round in which these children were rated.

SECRECY

Players shall never be told their rating or the round in which they were drafted.

The Department of Leisure Services will hold the waiting list confidential.

LATE SIGN UPS

1. Late sign-ups will be placed on the waiting list based on date and time of sign-up.
2. Late signups will be placed on teams according to draft order.

SUBSTITUTIONS

- A. All participants must play at least one entire quarter in each half either on offense or defense. If they play offense the first half, they must play defense the second half. If they play defense the first half, they must play offense the second half. There are no substitutions during the quarter, except for injuries. If a player is injured, the opposing coach will select which player will enter the game.
 1. A player who arrives after the start of the first quarter but before beginning of second quarter must play the second quarter and at least one quarter in the second half.
 2. A player who arrives after the start of the second quarter but before beginning of third quarter must play at least one quarter in the second half.

3. A player who arrives after the beginning of the third quarter but before beginning of the fourth quarter must play in the fourth quarter.
- B. Failure to comply with this rule may result in forfeiture of the game and and/or suspension of the coach for one game.
- C. EXCEPTIONS:
 1. A referee and opposing coach are notified prior to the game that the player is sick, injured or being disciplined by the league or game official.

TEAMS

Teams will field the following number of players:

All Divisions:

Maximum: 7 Players

Minimum to START a game: 6 Players

Minimum to COMPLETE a game: 5 Players

EQUIPMENT AND UNIFORMS

- A. Players must wear the jerseys supplied by the Leisure Services Department. No jewelry or hair clips may be worn during a game. No sunglasses are permitted and prescription eyeglasses must be secured. Players cannot wear bandanas. Earrings may not be concealed with tape.
- B. Molded cleats or tennis shoes will be acceptable. Shoes with metal spikes, screw-in or squared off molded cleats are prohibited. In cases of cold weather, long sleeved shirts and long pants may be worn underneath the official uniform.
- C. All teams shall have jerseys with numbers.
- D. Jerseys will be tucked inside player's shorts at ALL times. Every player (offense and defense) will constantly check to keep jersey tucked inside shorts so as not to interfere with the flags.
- E. Any clothing (shirt, towels, shorts, etc.) that might tend to conceal flag is prohibited. Examples - players shorts same or similar color as flags, thick stripes on shorts that are the same or similar color as flags; etc.
- F. Shorts with pockets or belt loops are NOT permitted.
- G. Only elbow and knee pads are allowed. Taping of pads or body is not permitted.
- H. It is mandatory that all players have a mouthpiece for games and practices.

(EXCEPT THE INSTRUCTIONAL DIVISION.)

- I. No hard casts may be worn in games or practices. All soft casts must be approved by the officials prior to the game.

PRACTICES

- A. Practice facilities shall be shared equally by teams engaging in practice simultaneously.
- B. Practice schedules for teams will be set by the Leisure Services Department and shall be strictly adhered to. There will be no practices or games on Sunday mornings before 12 p.m.
- C. There shall be no more than three mandatory practices per week before the season and no more than one mandatory practice per week during the season.

GAMES

A. GENERAL

All rules are governed by the National Intramural-Recreational Sports Association with modifications herein.

1. Games will be played at designated times. Failure to start a game at referees' command may result in a forfeit by one or both teams. The first game(s) of the night will have a 10 minute grace period. All ensuing games will not have any grace period.
2. The head coach is the official team representative.
3. The head coach and his/her staff are responsible for the conduct of her/her spectators. Officials may penalize (or even forfeit) a team for undesirable behavior of its spectators as determined by the game officials.
4. Coaches on the field MAY NOT converse with their players, once the offensive line is set until the end of the play. Penalty: 5 yds from line of scrimmage.
5. Field is 80 yds. long by 40 yds. wide with 10 yd. end zones. Three 20-yd. markers divide the field into 4 sections.

B. LENGTH OF GAMES

1. Time: There are four ten minute quarters in each game. Clock will run continuously except for time outs and during the following times:

During the last 2 minutes of the second and fourth quarters the clock will be stopped as in regulation tackle football (incompletions, out-of-bounds). The clock will be restarted after first downs, penalties, injuries, change of possession, and dead balls, once the ball has been set.

2. Each team has 2 time-outs per half with no carryover. Time-outs are 1 minute long. Official time-outs are not called for equipment repair or for bringing in the ball. (1 Timeout for OT).
3. A team has 30 seconds to put the ball in play once the referee has marked the ball and blown the whistle. No play will start until ball is marked and whistle is blown.

C. RULES OF PLAY

1. A first down is gained when a team reaches a 20 yd. Marker in 4 downs or less.

D. SCORING

Safety = 2 points

Touchdown = 6 points

Extra Points = 1 point for attempt from the three (3) yard line.

2 points for attempt from the ten (10) yard line.

3 points for attempt from the 20 yard line.

OVERTIME: (No Overtime for Regular Season Games. Games finish in a tie.)

1. Each team will begin at the twenty yard line and have up to four plays to score more points or gain more yards than the opposing team to win the game.
2. If a team turns the ball over (i.e. interception) all yards gained prior to turnover are nullified.
3. Once a team gains more yards than the other team, that team wins, and the game is over. For example, team one runs four plays and gains 10 yards. Team two runs one play and gains 11 yards, the game is over, and team two wins. It is not necessary to run all four plays to win the game.
4. All penalty yardage gained by team offensive is included when determining what team gained more yardage.

D. KICK-OFF

1. At the start of the game, visitors call coin toss. The winner of a coin toss will have a choice of goals, to receive or to kick the ball, or defer. At the start of the second half, the loser will have the choice to receive or to kick the ball. Exception, if a team defers, they will have the choice in the second half. Note: Teams must switch sides before the 2nd half.
2. The kicking team will kick off from their own 20 yd. Line (Senior Division) and 40 yd. Line for all other divisions. All kicks must be done from either a tee or the ground only. The kicking tee must be placed at least 10 yards from each sideline.

3. There are no onside kicks. The receiving team is always in possession of a kick-off. (However, if the receiving team tries to lateral the ball and the kicking team catches the ball before it hits the ground, the kicking team will have possession of the ball).
4. A kick-off that goes out-of-bounds, the ruling will be: the receiving team will take the ball at the 30 yard line.
5. Kick-off receiving team must have 3 players on the 40-yd line until ball is kicked off (Senior Division) and own 20-yd. line for all other divisions.
6. A kick-off receiver may advance a kick-off that is caught on the fly or picked up on bounces.
7. A kick-off receiver may not advance a kick-off: If the receiver muffs the ball and the ball hits the ground. The ball is dead where it first hits ground. If the ball is touched by the receivers teammate(s) and the ball hits the ground the ball is dead where it hits the ground. If a bouncing ball is downed by the kicking team, kicking team cannot down ball until the ball hits the ground.

As soon as the kick-off receiver fields the ball, all screening rules go into effect (see section on screen blocking)

8. Touchbacks go to receiving teams 14 yd. line.

F. OFFENSE

All offensive players must be in the huddle between plays. This eliminates all sleeper plays. Officials must be notified of all "No huddle" situations. Team official must advise referee, "I am going to run 2 plays." Referee will notify defensive coach. Once first play is completed and referees spots ball and blows whistle, offense may run second play without huddle.

Offense will have a minimum of 4 players on line of scrimmage. (Including center)

All offensive players are eligible receivers. Receivers (or defenders) must have one foot in bounds to catch pass. The player while on knee(s), catches ball is credited with legal catch but play is dead at spot of catch. Sidelines and end lines are out of bounds.

Only one forward pass is permitted per down, regardless of whether or not they are still behind the line of scrimmage.

A pass or lateral to a teammate who is even with or behind the ball carrier is permitted regardless if the ball is ahead of or behind the line of scrimmage.

NOTE – Any player may hand the ball forward or backward at anytime.

A ball carrier may not:

Stiff arm.

Shield flags in any way.

Slap a defender reaching for ball carrier's flag(s).

Jump into an opponent

Dive to avoid having flag(s) pulled.

Charge (defined as not trying to avoid a defender) into a defender who has established position).

NOTE: Contact may occur sometimes between the ball carrier and defender. It is the referee's judgement if contact was caused by ball carrier (charging), by the defender (may either be charging, pushing, or tackling) or by incidental contact (no penalty).

The center may receive a hand-off if the hand-off is completed at least 1 yd. behind the line of scrimmage.

All snaps from center must be caught in the air. A snap that bounces before it gets to intended player is down at the spot where it first hit the ground. The down is not replayed. NOTE – Direct Snaps may only be taken in the Pee Wee Division. Quarterbacks in all other divisions must be at least 2 yards back from the center.

A fumble or free ball will be dead at the spot where it first hits the ground and will belong to the team that last had possession. The play counts and down will advance as usual. When a returnee muffs a punt or kick-off, the ball immediately will be dead at the spot where the ball first hit the ground after being touched by the returnee. If the ball first hits in the end zone after the returnee touches the ball, a touchback will be awarded. In both cases, the ball belongs to the returnee's team.

Forward fumbles are not allowed. Sometimes a ball carrier will intentionally "fumble" the ball forward in an attempt to gain extra yardage or a first down. In this situation, the ball will be returned to the spot where the ball carrier "lost possession" of the ball. However, if a defender should catch the ball before the ball hits the ground, the ball would belong to the defense. If the ball is fumbled forward into the end zone, the play will result in a touchback for the opposing team.

G. PUNTING

1. A punt must be announced and completed during the 30 seconds allotted to snap the ball. It is offensive coach's responsibility to advise the referee.
2. The punter picks up ball at line of scrimmage, then proceeds to punt ball. No part of the punter's body may cross the scrimmage line when making the punt. The punting team must stay behind the line of scrimmage until the punt is away.
3. There is no minimum number of players that need to be on the defensive scrimmage line when receiving a punt. The defense may not block a punt.

NOTE: During last 2 minutes of a half, the clock will be stopped for all punting plays.

4. Quick-kick - The offense may quick-kick on 1st, 2nd, or 3rd down by lining up in regular offensive formation and announcing to the official that they are punting. All players will not move until the punt is away.

H. DEFENSE

1. The defensive "line of scrimmage" or restraining line is 5 yds. in front of the ball (5 yards for Pee Wee and Junior). Exception: When the ball is within 5 yards of a first down or the goal line, the defensive restraining line will be half of the distance.
2. A legal "tackle" is made by pulling a flag from the ball carriers flag belt. The defender will hold up the flag for the referee to see. Tying of flags is prohibited.
3. Defensive player(s) may not:
 - Grab or hold any part of a ball carrier's body or clothing.
 - Tackling the ball carrier
4. If a ball carrier is missing a flag, the defense merely has to one hand touch the ball carrier anywhere between the shoulders and waist to make a legal "tackle."
5. Defensive players must go around a screen blocker. The defender may touch the screen blocker only to keep balance: pushing, pulling, or sliding across a screen blocker is not permitted.
6. Roughing the passer is defined as when momentum carries the rusher(s) into the quarterback's arm or body.

7. A defensive player who intercepts in the end zone may either down the ball for a touchback or advance the ball at own risk.
8. Safety - the team charged with a safety will either kick (from the tee or ground) or punt the ball from their 20 yd. line.

OFFICIALS

A. Referees shall have complete authority over the game, players, coaches and spectators. They may expel any player, coach or spectator for indecent language, unsportsmanlike conduct, or any infraction of rules. Refusal of expelled player, coach or spectator to leave the "playing area" within 2 minutes will constitute a forfeit.

NOTE: League administrators WILL NOT interpret any rule from the time a game begins, until the time it ends. They may however, enforce any and all rules regarding conduct of players, coaches, parents as contained herein.

- B. Officials will wear distinctive uniforms equipped with a whistle, a penalty flag or handkerchief, and a rule book.
- C. Referees will be responsible for inspecting playing field surface irregularities and sideline hazards prior to game. Referees will also check player's equipment and uniforms to determine if they are acceptable.
- D. One referee will officiate Instructional games. All other divisions will have two officials. Games may only start with one official if both coaches are in agreement.
- E. Referees are instructed to discuss matters in question ONLY with the Head Coach, NOT an assistant.
- G. Head referee shall be the official timekeeper. There will be no clock at the fields.
- H. Coaches shall not demand the removal or the scheduling of a particular referee/official.

PENALTIES

Loss of 5 yards

A. Dead Ball Fouls

Delay of Game, Encroachment, False Start, Illegal Snap

B. Live Ball Fouls

Illegal Equipment, Substitution Infraction, Illegal Motion, Illegal Shift, Intentional Grounding*, Illegal Forward Pass*

*=Loss of Down

Loss of 10 Yards

Illegal Player equipment, Quick Kick, Two or more encroachment penalties, Offensive Pass Interference**, Defensive Pass Interference, Illegally secured flag belt***, Unsportsmanlike Conduct, Stripping, Illegal Contact, Hurdling, Roughing the Passer**, Illegal Screen Blocking, Flag Guarding, Illegal Participation, Unfair Acts

*=Loss of Down

**=Automatic first down

***=Loss of Down on Offense, Automatic First down on Defense

Loss of 10 yards

Flagrant Unsportsmanlike Conduct

Flagrant Personal Fouls

Illegally Securing Flag Belt

All Penalties may be declined, except player disqualification and forfeit

RESCHEDULING POLICY

A. All games will be played as per schedule. Games will only be rescheduled under the following conditions:

1. In case of inclement weather, the decision to play scheduled games will be determined by the Leisure Services Department prior to the game; or the referee at game time, or thereafter.
2. Unsafe field conditions as determined by the Department of Leisure Services.
3. School educational functions that will affect a team's roster. Only if the team falls below the minimum number of players needed to start a game.
4. Religious functions may constitute reason for re-scheduling games, only if attendance at these type of functions effects a team's ability to start a game with the required number of players.
5. If the above situation should occur, coaches must notify Athletic Supervisor in writing of re-scheduling request. The request must be made at least 72 hours in advance to the Athletic Supervisor. This 72 hours does not include weekends, holidays or other non-business hours. Time of notification should be no later than 5:00 p.m. on regular business day.
6. Once a game has been approved for re-scheduling, the Athletic Supervisor along with the coaches involved will set the rescheduled date, time, and location. A coach has 24 hours to verify with parents. This process can only be repeated once if a school or religious function still occurs. The game must be played within 72 hours of the second request for reschedule. This policy is exclusive of games that have been cancelled due to inclement weather or any other rescheduled games by the department of Leisure Services.

PROTESTS

All protests on violations of playing rules of officially scheduled games must be made in writing in addition to being noted on the game sheet and filed with Leisure Services within 24 hours of the scheduled starting time of the subject game. **Judgement calls are not subject to protest.** The rule and section under protest must be clearly denoted and specified in the protest in addition to being added on the game sheet.

All protests received on playing rules after the time specified above will not be considered. Coaches contemplating protest on violations of playing rules must notify the referees immediately of their desire, and **before the next play**. Time and conditions of protest shall be noted on the game sheet by the referees at this time.

A protest fee of twenty-five dollars (\$25.00) must accompany each protest. In the event the protest is upheld, said fee will be refunded. In the event the protest is overruled or declared not valid by the

Department of Leisure Services or Flag Football Committee; the Leisure Services Department will retain said fee.

All protests will be reviewed by the Athletic Supervisor to determine whether it is a valid protest and if it should be brought before the Flag Football Committee.

If a hearing is granted the Athletic Supervisor must notify both involved teams of the time and place of hearing.

NOTE: Whenever a matter of protest arises during the progress of any game, the Coach, or appointed team representative of the protesting team will notify the referees and coach of the opposing team immediately that the game is being continued under protest. This will enable all interested parties to take notice of the conditions, which aid in the proper determination of the issue.

Coaches of both teams involved, Referees, or their designated representatives will be invited to the hearing.

All protests must be noted on the game sheet before the referee signs it.

Protests are subject to immediate decisions if an appropriate city representative is present to rule on the situation.

DISCIPLINARY RULINGS

Players guilty of using profanity, either by word or sign, against players, coaches, spectators, referees, City Officials or any other person just before or during a game shall be suspended for the current game. If found guilty of such infraction following a game then the suspension will be the next game. Coaches, volunteers and/or spectators guilty of such infraction shall be ejected from the current game plus the next game. If found guilty of such infraction following a game then the suspension will be the next two games. It shall be noted on the game sheet and notification given to the Leisure Services Department.

Players, volunteers, coaches, and/or spectators guilty of making a verbal threat or making threatening gestures against other players, coaches, volunteers, spectators, referees, city officials, or any other person shall be ejected and receive a minimum of a two game suspension.

Players guilty of pushing, striking or any other physical contact against any other participant, volunteer, spectator, referee, city officials, or any other person may receive a minimum 3 game suspension to a maximum of lifetime suspension.

Coaches, volunteers and/or spectators guilty of pushing, striking or any other physical contact against any other participant, volunteer, spectator, referee, city officials, or any other person may receive a minimum of one (1) year suspension to a maximum of lifetime suspension.

Players, volunteers, coaches and/or spectators ejected from a game that approach the game referees at any time after their ejection or go onto the court may face additional game suspensions and/or be suspended for the remainder of the season.

Volunteers or coaches who are found to have intentionally violated the terms and/or the spirit of these rules shall be subject to discipline upon recommendation of the Flag Football Committee, with the final

approval of the Department of Leisure Services. If suspension is not appropriate, the offender may be placed on probation under conditions specified by the Flag Football Committee/ Department of Leisure Services.

All conditions surrounding any disciplinary case must be placed in writing and placed in the Leisure Services office files.

All appeals will be reviewed by the Leisure Services Department to determine if it should be brought before the Flag Football Committee.

NOTE: An ejected participant, volunteer, coach, or spectator must leave the playing area within 2 minutes. They may not sit in the stands and may not be recalled. Any disciplinary action taken will carry over the eligibility of an individual to coach or otherwise participate in all programs/sports administered by the Department of Leisure Services.

LEAGUE STANDINGS/TOURNAMENT

In all divisions, at the end of regular season play, trophies will be awarded for first, second, and third place only if the division has six or more teams. Trophies will be awarded for first and second place in divisions that have five or fewer teams. All other teams will be awarded participation trophies only. All teams will participate in a single elimination tournament at the end of regular season play. The tournament champions will receive recognition awards.

At season's end, should two or more teams be tied for first, second, or third place; the following tiebreaker system will be in effect:

Step 1: Head to head competition.

Step 2: Least number of points yielded in the head to head competition

Step 3: Least number of points yielded for the entire season.

NOTE: Once a tie is broken by the system, referring back to step 1 will break any subsequent ties.

INSURANCE

As part of your registration, the City of Sunrise provides a secondary medical insurance plan for all youth sports participants. In the event of injury, participant's parent or guardian should notify their coach first, in order to fill out the proper paperwork. If the coach is not available, please contact the Leisure Services Office. If medical attention is needed, all participants must first file with their primary insurance carrier. This plan is secondary in nature only.

GENERAL

Coaches will observe and enforce lightening prediction system policies at all times.

All Parents are not guaranteed a request for a manager or coach when signing up their child.

Names may not be printed on the back of player's shirts.

Prior to the start of the season, all coaches and head referees must meet in a general meeting of questions and answers pertaining to the overall program.

Persons under the influence of alcohol/drugs, or the use of alcohol/drugs in any form, by players or adults, are not permitted during games or practices.

All coaches are required to become NYSCA certified.

Names of the Flag Football Committee will be given to all managers and coaches.

Two coaches are allowed to occupy the coaching area during a game.

All coaches must wear their ID badge at all times during practices and games. Although not mandatory, it is suggested that coaches wear City provided coaches shirts.

Chatter is strictly prohibited by parents, coaches, or other players who attempt to distract opposing players in any way.

No heckling of any player, coach, referee, shall be permitted in any division.

Teams without a coach with a City-issued ID card on game days can result in forfeiture of a game. Games forfeited due to this rule cannot be protested.

There will be no parent vs. players or coaches vs. coaches games played without the prior approval of the Athletic Supervisor.

All teams must adhere to the flag football picture schedule. NO exceptions allowed.

In case of inclement weather, coaches (only) may contact the sports information line approximately 1 1/2 hours prior to game time - 572-BALL (572-2255).

All rules contained herein are subject to interpretation and/or change, upon the recommendation of the Flag Football Committee and with the approval of the Department of Leisure Services.

2011

Youth Flag Football Committee

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