

2017 OFFICIAL FLAG FOOTBALL RULES

The following are the playing rules for the 2017 Boys & Girls Clubs - Alaska (BGCA) Flag Football Season. These rules were established and assembled with help from the BGCA Football Technical Advisory Board. The Rules are not to be deviated from nor altered. Any question(s) regarding the Rules should be directed to the BGCA Director of Athletics. If there is a dispute to any rule or if the rule is not stated here, reference will be made to NFL Flag Rules.

1:00:00 AUTHORITIES AND RESPONSIBILITIES

- 1:01:00 Boys & Girls Club – Alaska Flag Football program is governed and regulated by the Boys & Girls Club - Alaska (BGCA). The program is managed by Boys & Girls Club – Alaska Athletics Staff and advised by the BGCA Football Technical Advisory Board, Members being comprised of at least one Head Coach Representative from each Anchorage School District High School community boundary - Bartlett, Chugiak, East, Dimond, Service, South and West - and a Referee/Officials Representative.
- All recommendations decisions made by the BGCA Flag Football Technical Advisory Board are subject to review and approval by Boys & Girls Clubs – Alaska Director of Athletics.
- 1:02:00 Decisions made by the Director of Athletics regarding the Flag Football program are made in accordance with BGCA policy and are made in the best interest of the league. These decisions are final.
- 1:03:00 The rules contained herein shall govern all participating members of this organization except when these rules are inconsistent with the adopted Policies of the Boys & Girls Clubs – Alaska.
- 1:04:00 All competition, including tournament play, shall be governed by these rules unless specific competition requires otherwise.
- 1:05:00 The Head Coach of each team is responsible for informing his/her Assistants, Team Managers, parents, and players of 2017 BGCA Flag Football Rules. Specific Coaching Responsibilities and other coaching information can be found in section 11:00:00 Coaches Responsibilities.

2:00:00 REGISTRATION

- 2:01:00 Boys and girls residing within the boundaries and territories of Boys & Girls Clubs – Alaska are eligible to register and become members.
- 2:02:00 Player eligibility will be in accordance with the Policies of Boys & Girls Clubs – Alaska. All players are required to submit a properly completed BGCA Registration Form, whether online or paper application, including Consent to Treat, Parent and Player Codes of Conduct, and an Activities Release.
- 2:03:00 The registration period shall be designated for each season with a Discounted and Late Registration period, and closing date. Registration after closing date will be permitted based on roster availability. The BGCA Athletics Staff will determine roster availability.
- 2:04:00 Players are encouraged to provide a copy of a current physical examination. Examination must be current through the end of the playing season and must be provided prior to the first game of the Regular Season.
- 2:05:00 Proof of age must be provided prior to the first game of the Regular Season. A birth certificate or any other record specified by the Boys & Girls Clubs - Alaska would suffice.
- 2:06:00 Teams will be formed and registered players assigned to them in accordance with the following rules. Exceptions to these rules may be allowed, on a case-by-case basis, as determined by the BGCA Director of Athletics.
- Teams shall be comprised with the following considerations:

1. Player's first-choice preference/ special request e.g. Coach, Teammate, Team, etc., if there is roster availability (Please Note: Only one special request will be honored)
2. Player's second-choice preference/ special request e.g. Coach, Teammate, Team, etc., if there is roster availability and if first-choice preference for a team's Roster is full
3. ASD High School player is zoned for
4. ASD "sister" High School player is zoned for e.g. Bartlett/East, Dimond/West, South/Service, Eagle River/Chugiak, etc.
5. Any Team which has roster availability
6. Teams composed of late registrants (if all current Rosters are full)
7. Waiting List

2:06:01 Players may be on a team coached by their parent(s) or guardian(s) regardless of the above criteria.

2:06:02 Late registrants on the Waiting List will be assigned to a team as roster vacancies become available. They will be assigned to a team within their neighborhood Anchorage School District school, when possible. Precedence will be based on the date of the waiting list registration.

2:06:03 Protests concerning player assignments on a team must be submitted to the BGCA Director of Athletics in writing before uniforms (and player equipment when applicable) are distributed; Otherwise, any protests on player assignments will not be reviewed.

2:06:04 Special circumstances will be taken into consideration on a case-by-case basis.

2:07:00 The Boys & Girls Clubs – Alaska Director of Athletics will make final approval of all player assignments to a team.

3:00:00 SEASON

3:01:00 The Season for the 2017 Boys & Girls Clubs – Alaska Flag Football League shall be from August 7 – September 29, 2017 (or thereabouts).

3:01:01 Players and Teams participating in the U8-U14 Divisions shall not see a Postseason Tournament/Playoffs for these Divisions

3:02:00 The duration of the 2017 BGCA Flag Football Season will last a total of 8 weeks. The first two weeks will be designated solely for practice.

3:02:01 After the first two weeks, there will be 1 practice and 1 game per week, with each practicing lasting 1-hour in length for the U8-U10 Divisions.

3:02:02 After the first two weeks, there will be 2 practices and 1 game per week, with each practicing lasting 1 hour 15 minutes in length for the U12-U14 Divisions.

3:03:00 No games will be scheduled and no team may practice on Labor Day.

4:00:00 DIVISIONS

4:01:00 Divisions for the 2017 BGCA Flag Football Season will be as follows:

4:01:01 U8 Division: Players in this division must be born between September 1, 2009-August 31, 2011

4:01:02 U10 Division: Players in this division must be born between September 1, 2007-August 31, 2009

- 4:01:03 U12 Division: Players in this division must be born between September 1, 2005-August 31, 2007
- 4:01:04 U14 Division: Players in this division must be born between September 1, 2003-August 31, 2005
- 4:02:00 No player will be allowed to participate out of his/her Age Division except on a case-by-case basis. Players will be assigned to Divisions based on their birthdate and may only participate on one team during a season.
- 4:03:00 Players will be allowed to play in the next higher Age Division provided they meet the following requirements:
- 4:03:01 The player must have the prior approval from the BGCA Director of Athletics.
- 4:03:02 Participants may move up one Age Division only.
- 4:03:03 No player may leave a higher division after registering and participating in that division to play in a lower division, even if they are eligible to play in the lower division.
- 4:04:00 Divisions may be gender specific or coed
- 4:05:00 Divisions are subject to change or cancellation due to lack of enrollment.
- 5:00:00 PLAYING AREA, EQUIPMENT & UNIFORMS**
- 5:01:00 The field size, its markings, and the end zone size will be determined by the Director of Athletics based on the facilities available.
- 5:01:01 U8-U14 Divisions: The field size for this Division shall be a 30 X 70 yards with two 10 yard end zones and a midfield line-to-gain
1. No-Runs Zones: 5 yards preceding each midfield line-to-gain and 5 yards preceding each end zone. No-Run Zones are in place to prevent teams from conducting power run plays. All plays must be pass plays, even with a handoff.
 2. Each offensive squad approaches only TWO No-Run Zones in each drive.
- 5:02:00 Boundaries should be clearly marked by 2-4" thick lines.
- 5:03:00 All Players who are not on the field must sit in a top of a different color from the players on the field and out of the designated playable area. This area will be known as the Team or Technical Area. Coaches may stand next to the field and may move along the side of the field (within their half to coach their team).
- 5:03:01 Teams will sit on the opposite side of the field while spectators will take up occupancy on the same side of the team they are supporting.
- 5:03:02 Spectators may not view the game from behind the end zones or on the sidelines parallel to the end zone or the No-Run Zone in front of the end zone.
- 5:03:03 Spectators must remain at least 5 yards from sidelines
- 5:05:00 The official ball for U8-U10 Divisions will be any ball designated as Peewee Junior. The official ball for the U12 Division will be any ball designated as Junior Varsity. The official ball for the U14 Division will be any ball designated as Youth. All balls must be approved by Major Youth Football Leagues: NFHS & AYF.
- 5:06:00 Each player must wear his/her team jersey and shorts during all games. No other uniform will be permitted. Jerseys must also be tucked in at the start of the game.

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- 5:06:01 Shorts with pockets or belt loops are prohibited and said player will be ineligible to play, for safety reasons
- 5:07:00 Each player must wear the appropriate flag belt provided by Boys & Girls Clubs – Alaska. The flags must be on the player's hips and free from obstruction. A player's jersey must be tucked into the pants if they hang below the belt line. Deliberately obstructed flags will be considered flag guarding.
- 5:07:01 Flag guarding is an attempt by the ball carrier to obstruct the defender's access to the flags by stiff arming, dropping the head, hand, arm or shoulder, or intentionally covering the flags with the football jersey.
- 5:08:00 Players MAY NOT wear jewelry during practices or games. Stud earrings cannot be covered by tape. The only exception is for a religious symbol or medic alert bracelet or necklace. If worn, the jewelry must be protected under the player's uniform or wristband.
- 5:09:00 Players MAY NOT wear a guard, cast or brace made of hard and unyielding leather, plaster, pliable (soft) plastic, metal or any rigid substance, even though padded, on the finger, hand, wrist or distal ½ of the forearm. Supports/braces are permitted on other parts of the body in judgment of the Referee/Official, they are not considered dangerous. The Referee/Official will, however, require the support/brace to be covered and padded if a sharp edge or point is exposed.
- 5:10:00 Footwear can be athletic shoes or soft cleated shoes. Metal spikes are prohibited.
- 6:00:00 SCORES & STANDINGS AND POSTSEASON SEEDING**
- 6:01:00 Final scores will not be recorded and Standings will not be kept for the U8 Divisions
- 6:02:00 Final scores will be recorded and Standings will be kept during the Regular Season for scheduling purposes for the Second Stage of the Regular Season (when applicable) for the U10-U14 Divisions
- 6:02:01 To balance out the level of competition and further promote player development, teams in each Division will play each other at least once in round-robin play during the First Stage of the Regular Season (when applicable). The remaining schedule for each team for the Second Stage of the Regular Season will consist of games versus a more balanced level of competition e.g. at the end of round-robin play, Team Ranked #1 vs. Team Ranked #2, Team Ranked #3 vs. Team Ranked #4, Team Ranked #5 vs. Team Ranked #6, etc.
- 6:02:02 In the event that two teams finish the Regular Season with an equal number of points, the following system will be used to break the tie until one team ranks ahead of the other(s):
1. Head-to-head
 2. Point Differential (PD)
 3. Points For (PF)
 4. Points Against (PA)
 5. Coin Toss (2 teams) or Drawing of Lots (3 or more)
- 7:00:00 TIME CONSIDERATIONS**
- 7:01:00 Games must start and end on time to remain on schedule.
- 7:01:01 U8-U10 Divisions: The game will be played with two continuous 20 minute halves. There will be a 5 minute "half-time" between halves. Teams will change sides after halftime. The games shall be terminated regardless of the time remaining to accommodate the next scheduled time.

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- 7:01:02 U12-U14 Divisions: The game will be played with two continuous 25 minute halves. There will be a 5 minute "half-time" between halves. Teams will change sides after halftime. The games shall be terminated regardless of the time remaining to accommodate the next scheduled time.
- 7:02:00 Each team is allowed one full time-out per half. Full time-outs will be one minute or less in duration.
- 7:02:01 A team is allowed to use a time out to question an Referee/Official's rule interpretation. If the Referee/Official's ruling is correct, the team will be charged a time out. If the rule is interpreted incorrectly, the time out will not be charged and the proper ruling will be enforced.
- 7:03:00 Each time the ball is spotted, a team has 30 seconds to snap the ball. Teams will receive one warning before a delay-of-game penalty is enforced.
- 7:04:00 In the event of an injury, the Referee/Official will stop the clock and should restart it once the injured player is removed from the field of play
- 7:05:00 Referees/Officials will use their discretion before forfeiting a game. The grace period for late arriving players to meet the minimum number of players to play is 10 minutes after the scheduled start time
- 7:05:01 A team delaying the start of a game by more than 10 minutes will forfeit the game to the opponent by a score of 6-0.
- 7:05:02 In the event that both teams fail to show up for a game and the contest has not been postponed, both teams will be assessed a loss.
- 7:06:00 If any game begins late, that game will be shortened accordingly in order to return to the original playing schedule.
- 7:06:01 All halves must be the same time in length of the full game time if shortened due to a delayed start time
- 7:07:00 If time expires with the game tied, the score will remain as such.
- 8:00:00 ROSTER SIZES AND NUMBER OF PLAYERS ON THE FIELD**
- 8:01:00 U8-U10 Divisions: Each team will play with 5 players on the field. The rosters maximum for each team shall be no more than 10 players and no less than 8 players.
- 8:01:01 The minimum number of players on the field shall be no less than 4 players. If one team is "short" players, the opposing team is asked to reduce their number of players on the field to equal the number of the opposition, but not obligated to oblige
- 8:01:02 If the team has less than 4 players present or able to play, the game will be canceled and the short team will forfeit
- 8:01:03 If Division is coed, at least 1 player participating on the field must be female. If there are not enough females to meet this minimum requirement, the "offending" team must play down a player up to the minimum allowed to play on the field for the game to commence.
- 8:02:00 U12-U14 Divisions: Each team will play with 7 players on the field. The rosters maximum for each team shall be no more than 12 players and no less than 10 players.
- 8:02:01 The minimum number of players on the field shall be no less than 5 players. If one team is "short" players, the opposing team is asked to reduce their number of players on the field to equal the number of the opposition, but not obligated to oblige

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- 8:02:02 If the team has less than 5 players present or able to play, the game will be canceled and the short team will forfeit.
- 8:02:03 If Division is coed, at least 1 player participating on the field must be female. If there are not enough females to meet this minimum requirement, the "offending" team must play down a player up to the minimum allowed to play on the field for the game to commence.

8:03:00 For the U8 and U10 Divisions, one coach per team is permitted to be on the field during the game. Each coach is to be at least 10 yards behind the deepest player on his/her respective side and he/she may talk to the players in the huddle and call the plays. He/She, however, may not interfere with any play that is in progress. The intent of this provision is to provide added instruction with less confusion.

- 8:03:01 Each coach may be replaced by another coach as the game progresses, such as when shifting from offense to defense, but no more than one coach from the same team may be on the field during play at any one time.

9:00:00 MINIMUM PLAYING TIME

- 9:01:00 All players are required to play a minimum number of minutes per game (or series of games) regardless of their skill level:
- 9:01:01 U8-U10 Divisions: Players are required to play at least half of each game
- 9:01:02 U12-U14 Divisions: Players are required to play at least 2/3 (or 4 out of 6 halves) over the duration of a 3 game series.
- 9:02:00 It is the coach's discretion to play a player half the minimum number of minutes per game (or series of games) if said player missed the practice (or two depending on the number of practices per week) prior to the next scheduled game. This rule is applicable to all players for all unexcused absences.
- 9:02:01 This rule is also applicable to players who exhibit behavioral issues or a disrespectful attitude
- 9:03:00 If playtime allotted by coaches becomes "unreasonable" (to be determined upon a BGCA Athletics Staff review), BGCA Athletics Staff will assess concerns specific to the situation.

10:00:00 GENERAL RULES OF PLAY

- 10:01:00 The current NFL Flag Rule Book will be followed with the following exceptions:
- 10:02:00 The game is started after Team Captains meet for the coin toss to determine who shall start with the ball with the Visiting Team calling the toss. (The winner of the coin toss has the choice of offense or defense. The loser of the coin toss has the choice of direction. Teams may not choose to defer to the second half).
- 10:02:01 The offensive team takes possession of the ball at its 5-yard line and has three plays to cross midfield. Once a team crosses midfield, they have three plays to score a touchdown.
- 10:02:02 If the offense fails to cross midfield or to score, the ball changes possession and the new offensive team starts its drive on its own 5-yard line.
- 10:02:03 All possession changes, except interceptions, start on the offense's 5-yard line.
- 10:03:00 A team can score points by the following means:
- 10:03:01 Touchdown = 6 points
- 10:03:02 PAT (Point After Touchdown) = 1 point (5-yard line) or 2 points (12-yard line)

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1. A team that scores a touchdown must declare whether it wishes to attempt a 1-pt. conversion (from the 5-yard line) or a 2-pt. conversion (from the 12-yard line). Decisions cannot be changed once declared to the Referee/Official.
- 10:03:03 Safety = 2 points
1. A Safety occurs when the ball carrier is declared down in his/her own end zone. They can be called down when their flags are pulled by a defensive player, their flag falls out, they step out of bounds or they hit the ground with their knee or arm.
- 10:04:00 The ball is live at the snap of the ball and remains live until the Referee/Official whistles the ball dead. Any Referee/Official can whistle the play dead and play is ruled "dead" when:
1. The ball hits the ground.
 2. The ball carrier's flag is pulled.
 3. The ball carrier steps out of bounds.
 4. A touchdown, PAT or safety is scored.
 5. The ball carrier's knee or arm hits the ground.
 6. The ball carrier's flag falls out.
 7. The receiver catches the ball while in possession of one or no flag(s).
 8. The 7 second pass clock expires.
 9. Inadvertent whistle.
- 10:05:00 The Referee/Official will indicate the neutral zone and line of scrimmage. It is an automatic dead ball foul if any player on defense or offense enters the neutral zone. In regard to the neutral zone, the official may give both teams a "courtesy" neutral zone notification to allow their players to move back behind the line of scrimmage.
- 10:06:00 The ball is spotted where the runner's feet are when the flag is pulled, not where the ball carrier has the ball. Forward progress will be measured by the player's front foot.
- 10:06:01 Spinning is allowed, but players may not leave their feet to avoid a flag pull. Diving, leaping, or jumping in the air in a forward motion to advance the ball, while attempting to avoid a flag pull, is not allowed. Lateral moves to the left or right are permitted.
- 10:06:02 Runners may leave their feet if there is a clear indication that he/she has done so to avoid collision with another player without a flag guarding penalty enforced.
- 10:07:00 The quarterback cannot directly run with the ball. The quarterback does have the ability to scramble in the backfield, but cannot advance the ball beyond the line of scrimmage. The quarterback is the offensive player that receives the snap.
- 10:07:01 Once the ball has been handed off in front, behind or to the side of the quarterback, all defensive players are eligible to rush.
- 10:08:00 Only direct handoffs behind the line of scrimmage are permitted. Handoffs may be in front, behind, or to the side of the offensive player, but must be behind the line of scrimmage. The offense may use multiple handoffs.
- 10:08:01 The player who takes the handoff can throw the ball from behind the line of scrimmage.
- 10:08:02 Laterals or pitches of any kind are prohibited.
- 10:08:03 Offensive players must stop their motion once the ball has crossed the line of

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scrimmage. No running with the ball carrier. Blocking or “screening” is also not allowed at any time.

- 10:09:00 All passes must be from behind the line of scrimmage, thrown forward and received beyond the line of scrimmage.
- 10:09:01 Shovel passes are allowed, but must be received beyond the line of scrimmage.
- 10:09:02 The quarterback has a seven-second “pass clock.” If a pass is not thrown within the seven seconds, play is dead, the down is consumed and the ball is returned to the line of scrimmage. Once the ball is handed off, the 7-second rule no longer is in effect. If the QB is standing in the end zone at the end of the 7-second clock, the ball is returned to the line of scrimmage.
- 10:10:00 All players are eligible to receive passes (including the quarterback, if the ball has been handed off behind the line of scrimmage).
- 10:10:01 A player must have a least one foot inbounds when making a reception.
- 10:10:02 There are no fumbles and the ball is spotted where the ball carrier’s feet were at the time of the fumble.
- 10:11:00 Interceptions change the possession of the ball at the point of interception. Interceptions are the only changes of possession that do not start on the 5-yard line.
- 10:11:01 Interceptions are returnable but not on conversions after touchdowns.
- 10:11:02 In the case of simultaneous possession by both an offensive and defensive player, possession is awarded to the offense.
- 10:12:00 All players who rush the passer must be a minimum of seven yards from the line of scrimmage when the ball is snapped. Any number of players can rush the quarterback. Players not rushing the quarterback may defend on the line of scrimmage.
- 10:12:01 Once the ball is handed off, the seven-yard rule no longer is in effect and all defenders may go behind the line of scrimmage.
- 10:12:02 Players rushing the quarterback may attempt to block a pass; however, NO contact can be made with the quarterback in any way. Blocking the pass or attempting to block the pass and then making contact with the passer will result in a roughing the passer penalty.
- 10:12:03 The offense cannot impede the rusher in any way. The rusher has the right to a clear path to the quarterback, regardless of where they line up prior to the snap. If the “path or line” is occupied by a moving offensive player, then it is the offense’s responsibility to avoid the rusher. Any disruption to the rusher’s path and/or contact will result in an impeding the rusher penalty. If the offensive player does not move after the snap, then it is the rusher’s responsibility to go around the offensive player and to avoid contact.
- 10:12:04 A sack occurs if the quarterback’s flags are pulled behind the line of scrimmage. The ball is placed where the quarterback’s feet are when flag is pulled. A Safety is awarded if the sack takes place in the offensive team’s end zone.
- 10:12:05 A special marker, or the referee, will designate a Rush Line seven yards from the line of scrimmage. Defensive players should verify they are in the correct position with the official on every play.
- 10:12:06 Teams are not required to rush the quarterback, seven-second clock in effect.
- 10:12:07 Teams are not required to identify their rusher before they play, however, if they do send a rusher, the rusher must verify with the official that they are in the correct position.
- 10:12:08 If rusher leaves the 7-yard line before the snap, he/she may immediately drop

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back to act as defender with no offside penalty enforced.

10:13:00 A legal flag pull takes place when the ball carrier is in full possession of the ball.

10:13:01 Defenders can dive to pull flags, but cannot tackle, hold or run through the ball carrier when pulling flags nor can they attempt to strip or pull the ball from the ball carrier's possession at any time. Additionally, a defensive player may not intentionally pull the flags off of a player who is not in possession of the ball.

10:13:02 If a player's flag inadvertently falls off during the play, the player is down immediately upon possession of the ball and the play ends.

10:14:00 Offense must have a minimum of one player on the line of scrimmage (the center) and up to four players on the line of scrimmage. The quarterback must be off the line of scrimmage. Only one player is allowed in motion at a time. All motion must be parallel to the line of scrimmage and no motion is permitted towards the line of scrimmage.

10:14:01 Offensive players must come to a complete stop for one second before the ball is snapped unless he/she is the only player in motion. Movement by a player who is set or a player who runs toward the line of scrimmage while in motion is considered a false start.

10:14:02 The center must snap the ball with a rapid and continuous motion between his/her legs to a player in the backfield, and the ball must completely leave his/her hands.

1. "Center Sneak" play – The ball must completely leave the center's hands on the snap and he/she must step backwards off the line of scrimmage in order to receive a direct handoff from the QB before advancing the ball.

10:15:00 Substitutions are at the discretion of the Head Coach and can be made during any dead ball situation during the game with the Referee's/Official's permission.

10:16:00 **Fair Play Rule:** If a team is up by 28 points or more, the Fair Play Rule will go into effect and the following amendments to the BGCA Rules of Football will be applied:

10:16:01 The team leading has two plays to cross midfield. Once a team crosses midfield, they have two plays to score a touchdown

10:16:02 The team leading, if after scoring a touchdown, must begin 1 point PATs from the 12-yard line and 2 point PATs from 5-yards in front of the midfield line in their own offensive half.

10:16:03 Additionally, the clock will remain running when the Fair Play Rule is in effect

10:16:04 Playing by the Fair Play Rule will be dismissed once the score for both teams fall within a 14-point difference. The Fair Play Rule may be enacted again if the point difference again becomes 14 points or greater

11:00:00 COACHES RESPONSIBILITIES

11:01:00 Any person interested in being a Head Coach, Assistant Coach, Team Manager or any other volunteer staff member who will be in direct contact with participants must complete a Boys & Girls Clubs – Alaska Volunteer Coaching Application and Consent for Criminal Background Check. The BGCA Football Technical Advisory Board and/or Director of Athletics will interview and make placement decisions for qualified, incoming Head Coach candidates. The BGCA Football Technical Advisory Board and/or Director of Athletics will also evaluate and make decisions regarding current Head Coaches who request assignment to a new Division. BGCA Athletics Staff will make final approval pending Background Check verification.

11:02:00 All Head and Assistant Coaches will be required to complete the USA Football Level 1 Flag Coaching certification course, which is sponsored by Boys & Girls Clubs – Alaska Athletics: <http://www.usafootball.com/>

- 11:03:00 All Head and Assistant Coaches will be required to obtain a CDC Heads Up: Concussion in Sports Intro Course (available at no cost on-line):
<http://www.cdc.gov/concussion/HeadsUp/clinicians/index.html?source>
- 11:04:00 The Head Coach and/or Assistant Coach must be present at all practices and games. If either the Head Coach or Assistant Coach is not available, then another adult, who has completed the Consent for Criminal Background Check and been cleared by Boys & Girls Club – Alaska Athletics Staff may substitute.
- 11:05:00 The Head Coach is responsible for the conduct of his/her players before, during, and immediately following practice or the game, until the time when the player's parent or guardian assumes responsibility of the player.
- 11:06:00 The Head Coach is responsible for the conduct of the parents of his/her players during the game and at practice.
- 11:07:00 It is expected that Coaches instill a high level of sportsmanship in their players. Players should develop and demonstrate a high level of respect for the sport of Flag Football, officials, coaches, parents, teammates, and opponents. This includes high fiving opponents and shaking referee's hands after the game, irrespective of the result.
- 11:08:00 Along with sportsmanship, Coaches should instruct players, using the four components of coaching – technical, tactical, physical, psychosocial – which are age appropriate and prepare them for competition.
- 12:00:00 REFEREES/OFFICIALS RESPONSIBILITIES**
- 12:01:00 Referees/Officials are the official authority on the field. Referees/Officials will speak only with team captains or the Head Coach during the game. Coaches, Players, and Parents may not at any time touch a Referee/Official. Violation of this rule will result in a Red Card, which could result in an ejection from the game and removal from the Flag Football program.
- PLEASE NOTE: ANY EJECTION will result in a one-game suspension and require an immediate review by the BGC Athletic Dept. if further disciplinary action is needed.**
- 12:02:00 Pregame
- 12:02:01 The Referee/Official shall check the playing area and its immediate surroundings to ensure it is safe and playable. If the Referee/Official does not feel the playing area is safe or can be brought up to a safe, playable standard in a reasonable amount of time which won't interfere too much, if at all, with the start of the game, he/she has the right to abandon the game in the best interest of player safety.
- 12:02:02 The Referee/Official will check Player Cards to ensure everyone is able to play and inspect the players to make sure they are wearing the proper jersey and equipment.
- 12:02:03 Referees/Officials shall remind coaches to enter the roster of their team into the scorebook.
- 12:02:04 Referees/Officials shall remind the Coaches of parental scoring and time keeping duties and ensure that those requirements are fulfilled before the beginning of the game (if applicable).
- 12:02:05 Referees/Officials will start the game on time. They may use their discretion before forfeiting a game (see 7:05:00).
- 12:03:00 During the Game
- 12:03:01 Referees/Officials shall use discretionary powers of enforcement of all rules of the game depending on the age and skill level of the players.

- 12:03:02 A Referee/Official may initially give a verbal warning to a player that they are committing an infraction. If the player continues to violate the rule, the Referee/Official will stop the game, explain the infraction, and describe the correct way to play.
- 12:03:03 The Referee/Official will use the discretion to ensure a safe playing environment which promotes fair play, but should allow all players, regardless of ability, to compete and have fun.
- 12:03:04 Referees/Officials will help time keepers keep track of time outs, time between quarters, time between halves, time between games, etc.
- 12:03:05 Referees/Officials will use their discretion for the ejection of coaches, players, parents, and fans from games or venue.
- 12:03:06 Referee/Official calls and decisions are final. Under no circumstances shall a coach, player, or parent approach the Referees/Officials and attempt to change or argue the outcome of a call. If a coach, player, or parent does so in a hostile manner, the officials have the option of ejecting said person from the venue.
- 12:04:00 **Post Game**
- 12:04:01 Referees/Officials shall report any coaches, players, and/or fans that were ejected from the venue by submitting a written Incident Report to the Boys and Girls Clubs – Alaska Director of Athletics within 48 hours of said incident(s). Referees/Officials may also verbally report the issue to a member of the BGCA Athletics Staff if the incident requires immediate attention.
- 12:04:02 The final scores of each game for Divisions keeping scores and standings must be reported to the BGCA Director of Athletics within 48 hours immediately following the game.
- 13:00:00 SPECTATORS RESPONSIBILITIES**
- 13:01:00 Parents, family, fans, or other spectators should keep in mind that the Boys and Girls Clubs – Alaska Flag Football program places an emphasis of the program is to develop players who possess good sportsmanship and basic fundamental flag football skills while giving each player similar playing time. Winning games may be a byproduct of the previously mentioned program emphasis, but at no point should winning games take precedent over the program emphasis.
- 13:02:00 Spectators (parents, fans, siblings, etc.) are restricted to the bleacher viewing areas during games. All spectators must show respect towards all players, coaches, and referee officials and must use only positive encouragement when cheering for players or teams. Spectators are also expected to demonstrate good sportsmanship at any Boys and Girls Clubs – Alaska Flag Football venue.
- 13:03:00 There is **ZERO TOLERANCE** for disrespectful behavior and the spectator(s) could be asked to leave.
- 13:04:00 Spectators who display unsportsmanlike conduct should be approached by the Head Coach and will be asked to calm down or leave the premises. Further action may be taken by BGCA Athletics Staff.
- 13:05:00 Spectators who have questions about the Rules or complaints about the program should first speak to the Head Coach. If the issue or situation cannot be resolved at the team level, then a spectator may contact the BGCA Director of Athletics for further clarification. Spectators (parents, fans, siblings, etc.) should not contact the BGCA Director of Athletics unless they feel the Coach is doing something illegal, unethical, immoral or unsafe. Every effort must be made to adhere to the chain of command.
- 14:00:00 UNSPORTSMANLIKE CONDUCT**

- 14:01:00** **Unsportsmanlike** conduct and/or unsafe behavior by a player, coach or parent, or spectator will not be tolerated.
- 14:02:00** **Unsportsmanlike** conduct by a player will result in an ejection from the game and will not be permitted to play in the rest of the match in addition to being suspended for the team's next scheduled game.
- 14:03:00** **Unsportsmanlike** conduct by a coach will result in an ejection from the game and the coach will be suspended for the team's next scheduled game in addition to being placed on probation for the remainder of the season. If the coach receives a second ejection from a game, he/she will be removed from the program.
- 14:04:00** **Unsportsmanlike** conduct by a parent/spectator will result in a removal from the game venue. A second offense by the parent/spectator will result in their removal from the game venue for the remainder of the season.
- 15:00:00** **INJURIES**
- 15:01:00** If a player is injured, the game will be stopped and coaches will be allowed on to the field to attend to the player. Every effort will be made to remove the injured player (as long as it is safe to do so) from the field as quickly as possible so the game can be resumed. Once the player has recovered or been helped to the sideline, the game will resume. Time will not be added to the allotted game time to because of the injury.
- 15:02:00** **All injuries must be reported to the BGCA Athletics Department as soon as possible. Injury Reports must be forwarded to Boys & Girls Clubs – Alaska Athletics Staff within 24 hours upon witnessing the injury or being notified. All injuries need to be reported as soon as possible regardless of how minor or severe. To report an injury, call the Athletics Department at 249-5445. Use the included Incident/Accident Report Form.**
- 16:00:00** **BANNED SUBSTANCES**
- 16:01:00** The use of, possession and/or consumption of alcoholic beverages, tobacco, or legal/illegal drugs (unless prescribed by a doctor for a medical condition) by coaches, players or officials, immediately before, during or after the playing of any youth flag football game, practice, or Team Event/Activity is **EXPRESSLY PROHIBITED!** Any infraction will be considered extremely serious and there is a **ZERO TOLERANCE POLICY!** Any offender is subjected to immediate suspension.
- 17:00:00** **CHANGES AND/OR EXCEPTIONS**
- 17:01:00** Any change and/or exception to these rules must be addressed to the BGCA Director of Athletics and/or the BGCA Football Technical Advisory Board. The BGCA Director of Athletics, upon the BGCA Football Technical Advisory Board, can change any of these rules if they feel it is appropriate and in the best interest of the BGCA Flag Football program.