

FFL FLAG FOOTBALL RULE BOOK

NATIONAL DIVISION 7 vs. 7



(Age group 8-10 Yr old)

*****SPRING 2017*****

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It is the Fremont Football League’s objective to provide the youth a flag football program that teaches the fundamentals of football in a safe and controlled environment. The rules listed in this book have been created by flag football coaches and have been done so in the interest of fair play and safety. They have been designed to allow all children to learn and thrive in a competitive setting.

RULE 1 - DEFINITIONS

SECTION 1 – BALL = LIVE BALL & DEAD BALL

ARTICLE 1 – LIVE BALL: A live ball is a ball in play. A ball being carried during a play or in flight during a pass is a live ball. Balls in flight are live & can be received by either team.

ARTICLE 2 – DEAD BALL: A dead ball is a ball that cannot be advanced. The ball is considered dead when a play is ruled to be over, when a ball is dropped during a play & in between plays. All fumbles that strike the ground will be considered dead balls.

SECTION 2 – BLOCKING

ARTICLE 1: Blocking is legally hindering the progress of an opponent in a fair & safe manner. When blocking, a player may raise their hands, putting them in front of their chest, while keeping them no more than 6 inches away from their bodies. During a block, players are prohibited from:

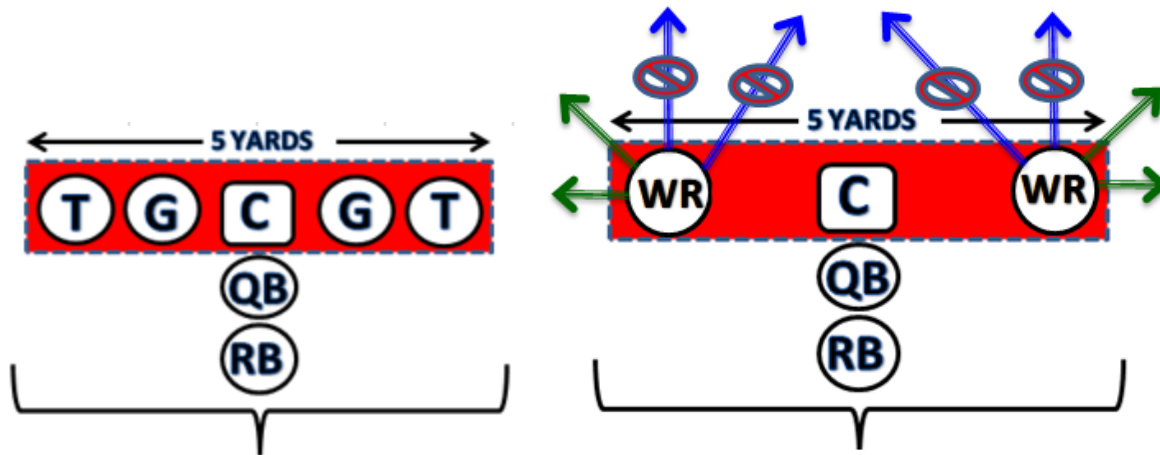
- Extending their hands forwards more than 6 inches
- Pushing an opponent in any way (this includes doing so with the body)
- Striking an opponent
- Tripping an opponent
- Grabbing an opponent, an opponent's jersey or an opponent's belt
- Touching an opponent's face or head
- Swinging, throwing or flipping their elbows or forearm
- Diving at an opponent

Regardless of the intent, violating any of the rules of blocking will result in an automatic first down. If the rules of blocking are not followed & a penalty occurs, the players & coaches of the offending team should consider themselves warned. When a referee or game supervisor deems a blocking violation to be intentional & done with a total disregard for the safety of others, the player will be immediately ejected from the game.

The function of the hands in the block is to protect the blocker from any potential impact, i.e., a fall or an accidental collision. The hands are not to be used as a weapon. The blocking technique being described is a modified screen block & is intended to involve minimal contact.

SECTION 3 – BOX

ARTICLE 1 – BOX: The box is an area that is defined as being 2 yards on each side of the center & includes the area that the center occupies (as shown below). In 11 man tackle football, this would be the area that would be considered from tackle to tackle. Once the center lines up on the ball, the field position of the box is established. Regardless of what happens after the snap, the area that is determined to be the box at the start of the play is off limits & no player shall run through it.



Regardless of their position at the start of a down, offense nor defense will be permitted to run through this area.

Receivers are allowed to line up in the box. However, they may not run through the box, at all. In the example above, the receivers can run the green routes but cannot run the blue ones.

ARTICLE 2 – RUNNING THROUGH THE BOX: Neither offense nor defense will be allowed to run through the box.

PLAY: The ball is hiked &:

- a) the quarter back takes the ball & runs towards his sidelines while remaining in the backfield. The defense pursues him in the backfield & forces the quarter back to run towards his opponent’s sidelines. Just as the quarter back reaches the center of the field, he makes a sharp turn & runs up field through the empty area where the box was established at the beginning of the play. He proceeds for 10 yards up field before one of his flags is pulled.
- b) the quarter back pitches the ball to a running back who is more than 5 yards to the right of him. The running back begins to move forwards with the ball but is immediately met by a member of the defense. The ball carrier changes course, runs into the backfield & proceeds to run through the area that was occupied by the center at the beginning of the play. The running back then successfully runs the ball into the end zone.
- c) a defensive lineman shouts “Blitz” & then runs in after the quarter back, taking one of his flags. The lineman began his pursuit outside of the box, but was only 1 yard away from the center when crossing the line of scrimmage.

RULING: In a) & b) will result in a 5 yard penalty with a loss of down & c) will result in an automatic 1st down for the offense.

SECTION 4 – CATCHES, SIMULTANEOUS CATCHES & INTERCEPTIONS

ARTICLE 1 – CATCH: A catch is an act of establishing player possession of a live ball inbounds.

ARTICLE 2 – SIMULTANEOUS CATCHES: A simultaneous catch is a catch in which there is a joint possession of a live ball by opposing players inbounds. When this occurs, the referee is to immediately blow the whistle & award possession to the offense. Once the whistle is blown, both players

are required to release the ball. If one of the receivers refuses to release the ball & attempts to forcefully remove it from their opponent, an unsportsmanlike conduct penalty will ensue (10 yards).

ARTICLE 3 – INTERCEPTION: A catch of an opponent’s pass, pitch or fumble in flight is an interception.

SECTION 5 – CLIPPING

ARTICLE 1: Clipping is running or diving into the back, throwing/dropping the body across the back of the leg or legs of an opponent or pushing an opponent in the back. Clipping will result in an unsportsmanlike conduct penalty (10 yards) & may get the offender ejected from the game.

SECTION 6 – DEFLAGGING

ARTICLE 1: Deflagging is the legal removal of a flag from an opponent in possession of the ball. Pushing, striking, holding, slapping or tripping when attempting to pull a flag is not permitted. Defensive players may leave their feet to pull a flag. Offensive players are not permitted to protect or guard their flags.

SECTION 7 – DOWNS & BETWEEN DOWNS

ARTICLE 1: A down is a unit of the game which starts when the ball is snapped & ends when the ball next becomes dead. Between downs is the interval during which the ball is dead.

SECTION 8 – FLAG GUARDING

ARTICLE 1: Flag guarding is the use of the hands, arms or ball to deny an opponent the opportunity to pull or remove a ball carrier’s flag. Flag guarding is *illegal*.

SECTION 9 – FUMBLE, MUFF, BATTING & TOUCHING THE BALL

ARTICLE 1 – FUMBLE: A fumble is any loss of player possession other than by handing, pitching or passing. A fumble which hits the ground is immediately considered dead.

ARTICLE 2 – MUFF: A muff is an unsuccessful attempt to catch or recover a ball, the ball being touched in the attempt. All muffs which then strike the ground are considered dead.

ARTICLE 3 – BATTING: Batting is intentionally striking or slapping the ball with the arm or hand. Batting a ball is a foul.

ARTICLE 4 – TOUCHING THE BALL: Touching refers to any contact with the ball.

SECTION 10 – HUDDLE:

ARTICLE 1: A huddle is two or more players of the same team grouped together before a down.
Offense must huddle after every play.

SECTION 11 – HURDLING

ARTICLE 1: Hurdling is an attempt by a player to jump over another player who is still on his feet. Penalty: 10 yards from the spot of the foul.

SECTION 12 – JUKING & LEAPING

ARTICLE 1: Juking or leaping to avoid having your flag pulled is *legal*. Guarding your flag while juking or leaping is *illegal*.

SECTION 13 – PASSING

ARTICLE 1: PASSING: Passing the ball is throwing it. In a pass, the ball travels in flight. A pass continues to be a pass until caught, intercepted or the ball becomes dead. The initial direction determines whether a pass is forward or backward.

ARTICLE 2: FORWARD & BACKWARD PASS: A forward pass is a live ball thrown towards an opponent's goal end zone. A backward pass is a live ball that is thrown towards a team's own end zone or parallel to the line of scrimmage.

SECTION 14 – PENALTY

ARTICLE 1: A penalty is a sanction called against a player or a team for a violation of the rules, called a foul.

SECTION 15 – PUNTING

ARTICLE 1: Punting is where the offense turns the ball over to the defense on 4th down, having them take possession on their 5 yard line. Punting is an option the offense has on 4th down. When deciding to punt, the head coach or a team captain for the offense will need to inform a referee that they are opting to punt after the 3rd down.

SECTION 16 – REMOVING A FLAG

ARTICLE 1 -FLAG REMOVAL: When a flag is clearly taken from a ball carrier, the down ends & the ball is declared dead. A player who removes the flag from the runner should immediately hold the flag above his/her head to assist the official in locating the spot where the capture occurred. If a flag inadvertently falls to the ground, a two hand tag between the shoulders & knees constitutes a capture. Players who remove flags from ball carriers may leave their feet when doing so.

ARTICLE 2 - CONTACT: While in pursuit, a defensive player may not hold, push or knock the ball carrier down in an attempt to remove the flag.

ARTICLE 3 – DROPPED FLAG: The flag may be dropped at the spot of the capture by the defense with no penalty.

SECTION 17 – SAFETY

ARTICLE 1: A safety is 2 point score by the defense that occurs when they deflag a ball carrier while they are in his/hers own end zone. After a safety occurs, the defense is awarded 2 points & then gains possession of the ball on their 5 yard line.

SECTION 18 – SHIFT

ARTICLE 1: A shift is the action of one or more offensive players who, after a huddle or after taking set positions, moves to a new set position before the ensuing snap. Offensive players may shift at will as long as they are set for at least one second prior to the snap, with the exception of a man in motion.

SECTION 19 – SNAPPING THE BALL

ARTICLE 1: Snapping the ball (a snap) is handing or passing it back from the position on the ground through the legs.

SECTION 20 – SPINNING

ARTICLE 1: Spinning is turning the body by more than 180 degrees, when being pursued by the defense. A ball carrier may only spin once per play.

SECTION 21 – TEAM & PLAYER DESIGNATIONS

ARTICLE 1 – BALL CARRIER: The ball carrier is a player in possession of a live ball. Once a player catches or intercepts a pass, he/she becomes a ball carrier.

ARTICLE 2 – INELIGIBLE RECEIVER/BALL CARRIER: The center is the only ineligible receiver on the field. Ineligible offensive players are required to wear a terry cloth wrist band so that the officials can easily see who is eligible & who is not. If a player moves from playing center to a different position (an eligible receiver), they must remove the wrist band & give it to the player who will replace them in the ineligible position.

SECTION 22 – UNSPORTSMANLIKE CONDUCT

ARTICLE 1: Unsportsmanlike conduct includes, but is not limited to:

- Acts that are intended or designed to embarrass, ridicule or demean others.
- Using profanity, insulting or vulgar language or gestures.
- Disconcerting acts or words prior to the snap in an attempt to interfere with a team's signals or movements.
- Kicking the ball
- Refusing to comply with an official's request.
- Taunting

ARTICLE 2 – TAUNTING: Taunting is an act that is intended or designed to embarrass, ridicule or demean others.

RULE 2 - THE GAME

SECTION 1 - OVERVIEW

ARTICLE 1: The game shall be played by 2 teams & will be 7 on 7. The offense must consist of at least 1 center & 1 quarter back. The remaining players are free to play any offensive position. The center must play on the line of scrimmage is an ineligible receiver. Blocking is permissible & done by using a modified screen block (discussed in Rule 1, Section 2, Article 1 of this book). Neither offense nor defense will be allowed to run through “The Box” (discussed in Rule 1, Section 3, Article 1 of this book).

SECTION 2 – START OF THE GAME

ARTICLE 1 – COIN TOSS: At the start of each game, 2 captains from each team shall meet at midfield for a coin toss. The visiting team shall call the toss. The winner of the coin toss has the choice of beginning the game as offense or defense & loser chooses which goal they want to defend. Teams may not choose to defer to the second half. At the start of the second half, the choices selected will be reversed.

ARTICLE 2 – BEGINNING THE GAME/ OFFENSE: The offensive team takes possession of the ball on their 5 yard line & has 4 opportunities (downs) to advance the ball into or past the next zone. Once they have reached the next zone, they will have another 4 opportunities (downs) to advance the ball into the following zone (15 yards). This pattern will continue until a touchdown is scored or the offense fails to reach the next zone in 4 downs. After 4 attempts, if the offensive team fails to reach the next zone, they shall lose possession of the ball & the opposing team will take possession of the ball where it was last declared dead.

SECTION 3 – OFFENSE

ARTICLE 1 – POSITIONS: The offense must consist of at least 1 center & 1 quarter back. The remaining players are free to play any offensive position.

ARTICLE 2 – ELIGIBLE/INELIGIBLE RECEIVERS: The *center is the only ineligible receiver.* Centers *must* wear a terry cloth wrist band (provided by the league) to make their ineligibility visible at all times. If a player moves from playing center or guard/tackle to a different position (an eligible receiver), they must remove the wrist band & give it to the player who will replace them in the ineligible position. All players are eligible receivers except for the center.

ARTICLE 3 – LINING UP: The center is required to line up on the line of scrimmage. The quarterback will be in the back field & the remaining players can line up either on the line of scrimmage or in the back field.

ARTICLE 4 – BEING SET, SHIFTING & MOTIONING: All players must be set for at least 1 second prior to the snap of the ball (except for a player in motion). Players may shift before the snap, as long as they are set for 1 second prior to the snap. During the snap, 1 offensive player may be in motion, but not in motion towards the opponent’s goal line.

ARTICLE 5 –BALL CARRIER/CHARGING: It is the ball carrier’s responsibility to change directions if a defender is blocking his path. Ball carriers are not permitted to run through the middle of 2 defenders that are side by side unless the gap between the 2 is large enough for him/her to run through without making contact. If a collision does occur & the ball carrier does not display an attempt to avoid contact with the defender, they will be penalized & given a warning (unless the referee or game supervisor deems the action intentional, which would then result in the player being ejected). If a second collision occurs involving the same player carrying the ball where they do not display an attempt to avoid contact with the defender, the team will be penalized & the player will be ejected (suspension from the following game may occur as well).

******Purposely running into a defender is a serious offense & will not be over looked or taken lightly.***

SECTION 4 – DEFENSE

ARTICLE 1 – POSITIONS: There are no defense position requirements. Defense can consist of any positions & can line up anywhere on their side of the line of scrimmage.

ARTICLE 2 – THE LINE OF SCRIMMAGE: All defensive players must be at least 1 yard off of the ball.

ARTICLE 3 – BLITZING: Defense is permitted to blitz once per series. Only one man is permitted to rush on a blitz. Regardless of the circumstances, if “Blitz” is called, only 1 player can pursue the ball carrier in the backfield. Blitzing more than 1 player or blitzing more than once in a series will result in a 10 yard penalty. **There is no blitzing on a PAT attempt.**

PLAY: After the ball is hiked, a defensive lineman shouts “Blitz” & then runs into the backfield, in pursuit of the ball carrier. The quarterback:

- a) holds the ball & runs towards his sidelines, while remaining in the backfield. A second player from the defense decides to join the pursuit, runs into the backfield & pulls a flag off of the quarterback.
- b) pitches the ball to a running back, which then runs towards their sidelines. While remaining in the backfield, the running back hands the ball off to another player on offense, who then runs towards the opposing team’s sides (while remaining in the backfield). A second player from the defense decides to join the pursuit, runs into the backfield & pulls a flag off of the ball carrier.
- c) throws the ball to a player who is in the back field. The player catches the ball & proceeds to move towards the line of scrimmage. A player from the defense (not the one who blitzed) rushes into the backfield & pulls a flag off of the ball carrier.

RULING: In a), b) & c) *Illegal* Blitz resulting in a 10 yard penalty.

ARTICLE 4 – COUNTING ALLIGATORS: One member of the defense is required to count 5 “Alligators”, out loud, before any player rushes across the line of scrimmage (except when blitzing). If a player is unable to vocalize the count, they must raise one hand & count to five using their fingers before

rushing. After the count, only one player may rush (as long as the quarterback is remaining in the pocket/box). Once the quarterback has left the pocket/box, any or all defensive players may cross the line of scrimmage (after 5 alligators have been counted). All syllables of the word “alligators” must be pronounced. **The referee must be notified about all players who are unable to vocalize the count, prior to the start of the game. Failure to do so may result in a first down for the offense.**

PLAY: The ball is hiked & the defensive lineman:

- a) shouts “One alley, two alley, three alley, four alley, five alley” & then crosses the line of scrimmage while the quarterback remains in the pocket/box.
- b) shouts “One gator, two gator, three gator, four gator, five gator” & then crosses the line of scrimmage while the quarterback remains in the pocket/box.
- c) waits five seconds then crosses the line of scrimmage while the quarterback is remaining in the pocket/box.

RULING: In a), b) & c) *Illegal* Rushing resulting in a 5 yard penalty & automatic first down.

SECTION 5 – GAME TIME

ARTICLE 1 – PLAYING TIME: The game’s playing time will be 48 minutes, which will consist of (4) 12 minute quarters. There will be a two minute rest period after the 1st & 3rd quarter & a five minutes rest period after the 2nd quarter (half time).

ARTICLE 2 – 2 MINUTE WARNING: The referee will notify the coaches when two minutes remain before the half & end of the game.

ARTICLE 3 – 2 MINUTE RULE: During the two minutes before the end of the 2nd & 4th quarter, the clock shall stop after all incomplete passes or when the ball is ran out of bounds.

ARTICLE 4 – OFFICIAL TIME: The playing time shall be kept on a stop watch operated by an official on the field.

ARTICLE 5 – TIE GAME: In the event of a tie game, an additional 12 minute quarter will be played (over time). This quarter will begin by the officials calling the captains to the midfield to have a coin toss. The winner of the 1st coin toss (at the beginning of the game) will get to choose between heads or tails. The winner of the 2nd coin toss will start the 5th quarter as offense. **The first team to score during the 5th quarter will be deemed the victors.** If the score is tied after the additional quarter ends, the game will be deemed a tie.

ARTICLE 6 – STOPPING THE CLOCK: The clock is stopped only for timeouts, emergencies & touchdowns (except for the 2 Minute Rule). After each touchdown, the clock is stopped & the ball is spotted for the extra point play. Once spotted, the offense will have 30 seconds to begin their play. The official clock is not started again until the extra point play is completed & the ball is spotted for the offense.

ARTICLE 7 – TIME OUTS: Each team is allotted 3 time outs for each half of the football game. A requested time out by a team shall not exceed 1 ½ minutes. Emergency time outs for injuries maybe extended longer if the referee deems it necessary. Time outs cannot be accumulated.

ARTICLE 8 – ILLEGAL DELAY OF GAME: The ball will be put into play within 30 seconds after it is declared ready for play by the referee. Any action or inaction by either team which is intended to prevent this from occurring is an *illegal* delay of game. This includes:

- A. Using more than 30 seconds in putting the ball into play.
- B. Interrupting the 30 second count for any reason except for calling a time out.
- C. Deliberately advancing the ball after it has been declared dead or ready for play

The referee may order the game clock stopped or started if, in his opinion, either team is trying to conserve or consume playing time by tactics obviously unfair.

Penalty for Delay of Game: 5 Yards.

ARTICLE 9 – GAME QUARTERS: Between the 1st & the 2nd & between the 3rd & the 4th quarters, the teams shall change goals. Team possession, number of downs, the relative position of the ball & the line to gain remain the same.

SECTION 6 – PLAYER’S PLAY TIME, SUBSTITUTIONS & BENCHING PLAYERS

ARTICLE 1 – PLAYER’S PLAY TIME: All players must play at least half of each game. This can be achieved in a variety of different ways; changing players every few plays, designating certain players for specific quarters, by creating rotating groups, etc...

Assigning players to offense or defense only is not encouraged, but allowed. Many games are played with either the offense or the defense on the field the majority of the time. These games typically don’t end with all players getting 24 of the 48 minutes of play time required.

ARTICLE 2 – SUBSTITUTIONS: Any number of players can be substituted between plays.

ARTICLE 3 – BENCHING PLAYERS: Coaches may bench players for specific quarters as a form of discipline. When doing so, the director must be contacted prior to the game & given the details behind the benching. ***Missing practice is not an acceptable reason for benching a player. Attending practices is not a league requirement***

RULE 3 - EQUIPMENT

SECTION 1 – THE BALL

ARTICLE 1: The National Division (8-10 yr olds) will use a brown, junior size ball. The ball may be leather or rubber covered. Each team will need to use their own ball on offense.

SECTION 2 – FLAG BELTS

ARTICLE 1: The league will supply each team with flag belts. Each belt shall contain 3 flags. One flag is to be worn on each hip (where the arms hang) & the remaining flag is to be positioned in the center of their back.

SECTION 3 – MOUTH GUARDS

ARTICLE 1: **Mouth guards are to be worn by every player who is on the field.** The league will provide each player with 1 mouth guard. Players who are on the field that do not have a mouth guard will be taken out of the game. **No exceptions.**

SECTION 4 – JERSEYS

ARTICLE 1: The league will provide each player with a game jersey. Players are required to wear their game jerseys during the games. If a situation arises & a player's game jersey is not available for a game, the player must wear a t-shirt or sweatshirt that resembles his teammates. Issues with jerseys will be handled on a case by case basis. All shirts (game jerseys, t-shirts, sweatshirts, etc...) must be tucked in.

SECTION 5 – SHOES/CLEATS

ARTICLE 1: Players must wear all-purpose shoes or cleats during games (cleats are preferred). Bare feet or sandals will not be allowed on the field.

SECTION 6 – MISCELLANEOUS EQUIPMENT

ARTICLE 1: The following accessories are permitted during games:

- Receiving Gloves
- Knee, ankle, elbow & wrist braces that do not have metal on their exterior
- Prescription glasses

SECTION 6 – ILLEGAL EQUIPMENT

ARTICLE 1: The following items cannot be worn by players during games:

- Necklaces, bracelets, rings or earrings
- Hats with a bill/peak
- Shoes with metal cleats/studs

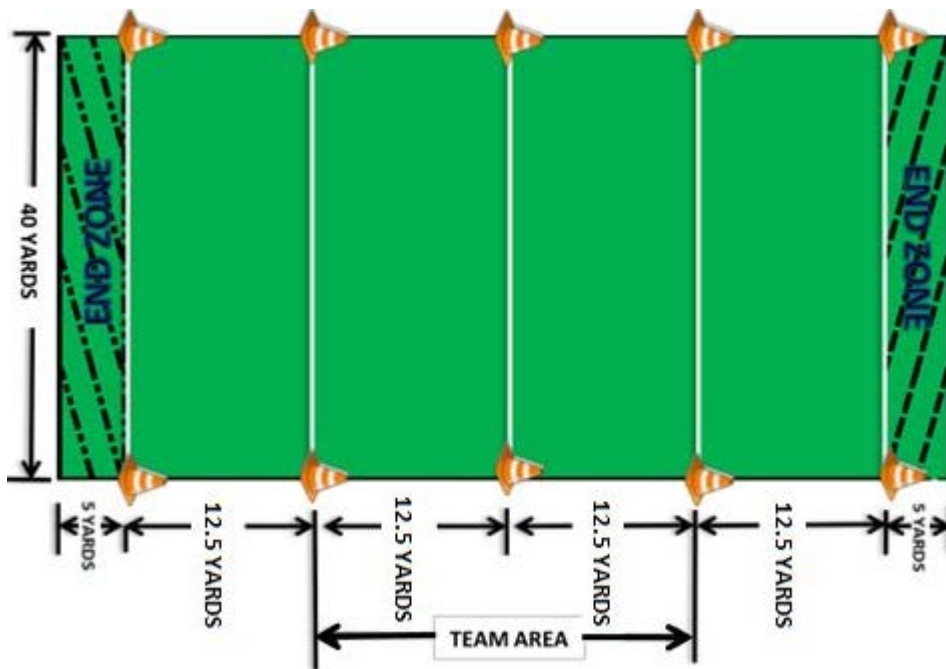
- Knee, ankle, elbow & wrist braces that have metal on their exterior
- Watches

RULE 4 - THE PLAYING FIELD

SECTION 1 – THE FIELD

ARTICLE 1: ZONE MARKINGS: The field shall be a rectangular area with lines & zones shown in the accompanying diagram. The field will be 70 yards long & 40 yards in shape & measure 60 yards long & 40 yards wide with 5 yard end zones. It will be lined at 15 yard intervals from goal line to goal line. The field layout will be painted onto a grass field. In addition, there will be cones placed on the corners of each zone (as shown below).

ARTICLE 2: TEAM AREA: On each side of the field a team area is designated for the players, coaches & authorized personal. Players & coaches must remain within this team area when not on the



field.

RULE 5 - SCORING

Touchdown:

6 Points

PAT (Point After Touchdown):

****Head Coach's Choice****

1 Point from the 3 yard line

2 Points from the 7 yard line

Safety:

2 Points

RULE 6 - PENALTIES

Illegal Spin: 5 yards from the spot of the foul.

Flag Guarding: 10 yards from the spot of the foul

Illegal Blocking: 10 yards from the spot of the foul & automatic 1st down

Illegal Blitz: 10 yard penalty

Illegal Blitz during PAT: PAT automatically awarded to offense

Illegal Rushing: 5 yard penalty & automatic 1st down

Delay of Game: 5 yard penalty

Illegal Motion: 5 yard penalty

Charging: 1st offense-10 yard penalty & warning *If deemed intentional, automatic ejection*

2nd offense-10 yard penalty & **player is ejected** (suspension from the following game may occur as well).

Taunting: 10 yard penalty & automatic 1st down

Unsportsmanlike Conduct: 1st offense-10 yard penalty & warning *If deemed intentional, automatic ejection*

2nd offense-10 yard penalty & **player is ejected** (suspension from the following game may occur as well).

RULE 7 – TEAM ORGANIZATION

SECTION 1 – PLAYERS PER TEAM

ARTICLE 1: Teams in the National Division will have no more than 12 players.

ARTICLE 2: A team must have 6 players to officially play a game (exception: A team with only 5 players available may play in an official game if both coaches agree on letting the game take place & count towards the standings).

SECTION 2 – TEAM FORMATION

ARTICLE 1: Players who played on a team during the previous season will be allowed to remain on the same team for the upcoming season. However, players do not have to remain on the same team. If a returning player requests not to be placed onto their previous team, their request will be granted as long as they have not attended any practices.

ARTICLE 2: Players can request to be assigned to the same team that a friend or sibling is on. The City of Fremont or the director of the league will need to be notified of their request at the time of sign up.

ARTICLE 3: The league reserves the right to place players onto teams at their discretion. This will only be done to accommodate the special needs of certain players & families. The league will make every effort to have all of its teams be even in size, age & ability.

SECTION 2 – COACHES FROM OUTSIDE THE LEAGUE

ARTICLE 1: Coaches who coached a team in a different league/sport during the previous season, who would like to form a team with some of their players may do so. These teams will have the following guidelines:

- No more than 3/4th of the maximum amount of players allowed on a team will be permitted to join one of these teams. In the National Division, no more than 9 players can be optioned to a team in this manner.
- Unassigned participants from the player pool may be placed onto one of these teams. The coach shall not show any favoritism or bias against any new players. Coaches will need to devote equal time to all of his/her players.

RULE 8 – COACHING

SECTION 1 – COACHING CONDUCT

ARTICLE 1 – TEACHING: All coaches are leaders. Most players will absorb their coach’s attitude and view their opinions as fact. The players must be taught perseverance, sportsmanship and the power of a positive attitude by their coach. Teaching and showing players the proper way to deal with challenges and adversity is an imperative part of their success. It is every coach’s responsibility to display and teach these abilities and traits. Players in organized sports not only learn the game they’re being taught, but they learn how to react the challenges life is going to throw their way. Coaches are to teach and lead by example.

ARTICLE 1 – ENCOURAGEMENT: Regardless of ability, effort or performance, coaches should always be encouraging their players. Coaches should use the gifts and talents that their players possess as a foundation and build them up from there. “Coach Them Up”!

ARTICLE 2 – POOR BEHAVIOR: Coaches should never:

- Encourage players to break the rules
- Display an attitude or a demeanor that they do not want their players to display
- Deprive them of water or medical attention
- Be inconsistent or unreliable
- Be overtly negative
- Use violent phrases when coaching (“*Rip their heads off*”, “*Kill’em*”, “*Put him on the ground*”, etc...)
- Promote ill will between players, coaches, teams, the City of Fremont or the Fremont Football League

SECTION 2 – COACH RESPONSIBILITIES

ARTICLE 1: Coaches are responsible for the conduct of their players. If a player is behaving improperly and the coach cannot control the player, the player should be removed from the game.

ARTICLE 2: Coaches are responsible for the conduct of their spectators. If a spectator is behaving improperly, the coach should ask the parent to refrain from acting out. If the behavior continues, inform them that their player will be removed from the game if they do not control themselves and have another parent or coach get the director. The next step is having the director remove the player from the field until the spectator leaves. Once gone, the player can return to the game.

ARTICLE 3: Coaches are responsible for making sure that their practice fields and their sidelines are kept clean.

ARTICLE 4: Coaches are responsible for all the communication that occurs between the league and the parents. When coaches are asked to pass information along to their team, it is their responsibility to make sure it happens. If there is an issue with a parent or child, the coach should be the first point of contact. If the issue cannot be resolved by the coach, the director needs to be notified by the coach (coaches should not refer parents to the director or the City of Fremont).

ARTICLE 5: Coaches are responsible for the fundraisers their team is involved with. They are to inform the families, promote and manage all fundraising that the league assigns to them. Failure to do so may result in their removal.

RULE 9 – MISCELLANEOUS RULES & NOTES

- Celebrating after a touchdown is permitted as long as it is not taunting. To insure that a celebration is not considered a taunt, it is best to do it away from your opponents. The difference between a celebration and a taunt will be at the official's discretion.
- Players who are ejected from 2 games will be suspended for the remainder of the season.
- Regardless of wording, if a referee or game supervisor believes that a player or coach is violating the spirit of a rule, they have the right to enforce the rule in question.
- When a referee or game supervisor deems a blocking violation to be intentional & done with a total disregard for the safety of others, the player will be immediately ejected from the game.
- If the rule book does not cover a situation or infraction that occurs during a game, the official will use his best judgment and decide the outcome. Questionable judgment calls made by the official may be reported to the director, but they will not be over turned.
- If a flag inadvertently falls to the ground, a two hand tag constitutes capture.
- There will be an FFL board member supervising the games. They will be carrying a red flag that will be used to stop games in the case of an issue or discrepancy. When the game supervisor throws his red flag, the game will be stopped and he will meet with the referees on the field to discuss the problem.
- The game supervisor will not over rule the referees. The referees are in charge of the games and their calls are final.