



# FLAG FOOTBALL

## **7 v 7 Youth Flag**

Updated March 2019

BREC ATHLETICS  
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Baton Rouge, LA  
225.272.9200

## THE RECREATION AND PARK COMMISSION FOR THE PARISH OF EAST BATON ROUGE

Dear Team Manager,

On behalf of the Recreation and Parks Commission for the Parish of East Baton Rouge, we would like to welcome you as a participant in our Adult Football Program.

Our goal is to offer quality sports programming at affordable prices and see that each participant has an enjoyable leisure experience.

Please read the rulebook at your first opportunity to familiarize yourself with our league's rules and regulations.

We now have an online registration system. You can establish your online account at [www.brec.org](http://www.brec.org). For additional information, you can contact [athletics@brec.org](mailto:athletics@brec.org) or you can also visit our department's web site at <http://www.brec.org/index.cfm/subhome/athletics>.

All managers/coaches must take the SPORTSMANSHIP class. (NFHS Sportsmanship Course <http://nfhslearn.com/courses/37000>) Submit completion certificate with team registration form.

All manager/coaches must take the CONCUSSION training course (Center for Disease Control and Prevention Concussion Training Course <https://www.cdc.gov/headsup/youthsports/training>) Submit completion certificate with team registration form.

Again, welcome to our program. Wishing you and your team a very enjoyable and successful season.

Sincerely,

BREC Athletics

The Recreation and Park Commission for the Parish of East Baton Rouge reserves the right to make changes to this document as necessary during the season.



# THE RECREATION & PARK COMMISSION FOR THE PARISH OF EAST BATON ROUGE

## BREC YOUTH FLAG 8 V 8 FOOTBALL BYLAWS

### 7 v 7 Flag Game Format

- Field is 30 yards wide and 60 yards long, including the 5-yard end zones.
- Games are 7 players v 7 players
  - (Games can start with at least five (5) players present at game time)
  - Less than five (5) players at the beginning of the game will result in a forfeit.
- Two 20-minute running clock halves (*5-minute break at half*)
- Each possession starts at the 5-yard line after scores, turnover on downs and/or halftime.
- 30 second play clock (*45 second play clock for 6U & 8U Grade Division*)
- The offensive team has three downs to get a first down at mid-field, then 4 downs to score once they have crossed mid-field.
- All players are eligible!
- **NO RUSHING THE QUARTERBACK!** Unless the QB fakes a handoff, which will trigger a defensive player to cross the LOS and rush the QB.

### Scoring

- Touchdowns = 6 points
- Extra Point (5-yard line) = 1 pt.
- Extra Point (10-yard line) = 2 pts.

## BREC Flag Rules

### 6U & 8U Division Rules & Goals

- UNLIMITED Runs
- 45 second play clock
- ONE Coach is allowed on the field for both offense and defense

In this division we want to get the players lined up properly and running in the right direction. We want to be flexible with the rules and teach the players the proper fundamentals of football. The Deception Rule will be in effect to help with the integrity of the passing game for both offense and defense.

### 10U Division Rules & Goals

- 30 second play clock
- ONE run per offensive possession
- NO runs 5yds from the End Zone
- NO runs on extra points
- ONE Coach is allowed on the field for both offense and defense
- In this division we want to encourage the teams to start focusing on passing the ball more than running the ball. The Deception Rule will be in effect to help with the integrity of the passing game



for both offense and defense. We want the players to start applying proper QB, WR, and DB fundamentals in the passing game.

### **12U & 14U Grade Division Rules & Goals**

- 30 second play clock
- NO Runs
- NO Coach allowed on the field

In this division we make the transition into an every-down is a pass play or a scaled down version of HS 7v7 pass game. We want the players to start working on their skills as a QB, WR, and DB that they have learned from their coach and apply it in a fun, competitive format.

### **6U 8U & 10U Run Game Rules**

- *A play will be considered a run play, when the ball carrier crosses the line of scrimmage, or if a player takes a hand-off from the quarterback and does not cross the line of scrimmage in the allotted time. A play in which a player takes a hand-off from the quarterback, and then throws a forward pass will be considered a pass play, and not count as a team's run play.*

The play is dead when the following occurs to the ball carrier:

- Flag is pulled
- Runner's knee touches the ground
- Runner steps out of bounds
- Runner loses his flag then the opposing team must touch him down.
- Runner dives, jumps or leaps; ball is spotted where the runner left his feet.
- **NO direct QB runs**
- The ball carrier can spin to avoid their flag being pulled but cannot flag guard.
- No fumbles (*a fumbled, or stripped ball is dead and placed at the spot of the fumble with the offensive team retaining possession*)

### **6U – 14U Pass Game Rules**

- The Offense must throw the ball within:

**6U 8U & 10U – 6 seconds**

**12U – 4 seconds**

**14U – 3 seconds**

- ***The sack count starts on the snap of the ball no matter what the offensive play is attempted.***
- Forward pass can be underhand or overhand if it is beyond the LOS.
- If the QB does not release the ball before time expires, the result of the play is a sack and the ball stays at the LOS.
- There are NO passes behind the LOS. This is a 5-yard penalty and loss of down.
- NO RUSHING THE QUARTERBACK!



- **6U-10U**, the QB can HAND or PITCH the ball off to another player and they can throw the ball within the allotted time. If/When the QB hands or pitches or throws a backward pass to another player, this alerts the defense that they CAN cross the LOS to pull the flag of the player with the ball.

## **Basic Rules**

- Coin flip determines choice of possession or direction (winning team can elect to defer to the 2nd half)
- The clock will only stop for time-outs and injuries unless it is the last 2-minutes of the game. (*it does not stop for incomplete passes, out of bounds, change of possession*)
- **LAST 2 MINUTE OF THE GAME**
  1. The clock will stop in the final 2 minutes of the game on these actions:
    - Incompletions
    - Out of Bounds
    - QB Sack
    - Change of Possession
    - Penalties. If it's an offensive penalty the clock will start on the official unless dead ball foul.
- TWO 30-second timeouts per half
- If a timeout is called after a touchdown, the clock will not start until the play after the conversion attempt
- Teams switch sides at halftime.
- If there is a bad snap, the ball is dead and placed at the LOS. There is NO loss of yardage.
- Center cannot take a handoff from the QB.
- Ball is placed where a flag pulled, not where the ball is when the flag is pulled.
- A receiver must have **one** foot in bounds when making a reception.
- Laterals are allowed but if the ball hits the ground, the ball is spotted at that yard mark.
- Absolutely no tackling or blocking (*stationary pick is allowed but player cannot move*)

## **Special Alert Rules**

- Defensive players can cross the line of scrimmage when a handoff, fake handoff or backward pass has occurred. This *Deception Rule* is applied to define the integrity of the LOS and development of the passing game for both offense and defense. This rule applies to all Divisions.
- Interceptions can be returned for a TD, if intercepting teams' flag is pulled before the end zone then possession will begin where the defender is flagged.

- **MERCY RULE**

If a team is up by 20 or more, they only have 2 downs to get a first down and 2 downs to score until that point difference is trimmed below 20 pts. Than regular game rules apply.

The team that is behind by 20 or more points will start their offensive possession at the +10 yard line and get 4 downs to score. If the point difference is trimmed below 20 pts, then regular game rules apply.

- Only one player can be in motion at the same time.
- 3 Players must be on the Line of Scrimmage or Illegal Formation; The Center counts as 1 player on the LOS.
- Games cannot end on a defensive penalty.



## SUBSTITUTIONS

No substitute shall enter during a down. All substitutions must enter the game during a dead ball.

## **Overtime Format (ONLY IN THE PLAYOFFS)**

- Overtime period will take place with each team receiving a possession.
- Coin flip determines choice of 1st or 2nd possession
- Possession begins at the 10-yard line (both teams will go in the same direction)
- If a touchdown is scored, a team can elect to go for a 1- or 2-point conversion.
- If the Defense intercepts the ball it's a change of possession starting at the 10-yard line unless the Defense returns it for a TD. Game could be over if the intercepting team was ahead in points in OT prior to playing Defense or intercepting team returns it for a TD on its 1st Defensive possession per OT.
- If the game is still tied, overtime will be repeated until there is a winner.
- Offensive team will get 2 downs to score from the +10-yard line
- Teams alternate first possession each overtime period

## **FLAG and 7v7 GAME PENALTIES**

### **OFFENSE PENALTIES:**

**Offensive Pass Interference** – 10-yard penalty and replay the down

**Illegal motion (2 men in motion)** – 5-yard penalty and replay the down

**Illegal Formation** – 5-yard penalty and replay the down

**Illegal Run** – 5-yard penalty and loss of down

**False Start** – 5-yard penalty, replay the down

**Illegal Forward Pass** – 5-yard penalty and loss of down (QB steps over the LOS or QB throws a forward pass behind the LOS)

**Blocking** – ball is placed at the spot of the foul and loss of down

**Leaping** – ball is placed at the spot of the foul and loss of down

**Flag Guarding (including stiff arms)** – 5-yard penalty from the spot of the foul and loss of down

**Unsportsmanlike conduct** – 15-yard penalty (*possible ejection*)

**Delay of Game** – clock is stopped and a 5-yard penalty

- No Intentionally Grounding Penalty



## **DEFENSIVE PENALTIES:**

**Defensive Pass Interference** - 10-yard penalty and replay down unless it's an offensive catch; Offense decides. *1st down can occur depending on the yardage.*

**Illegal Contact (holding, jams, etc.)** – 5-yard penalty and replay down unless it's an offensive catch; Offense decides. *1st can occur depending on the yardage.*

**Defensive Holding while pulling flag** – 5-yard penalty added to the end of the play and replay down. *1st down can occur depending on the yardage.*

**Illegal Flag Pull (before player has ball)** – 5-yard penalty and replay down. *1st down can occur depending on the yardage.*

**Off-sides** – 5-yard penalty and replay down. *1st down can occur depending on the yardage.*

**Illegal Rushing (before a hand-off has occurred)** – 5-yard penalty and replay the down; offense decides depending on the result of the play. *1st down can occur depending on the yardage.*

**Inadvertent tackle** – 5-yard penalty added to the end of the play and replay down.

**Inadvertent tackle From Behind w/clear path to end zone** – Automatic Touchdown

**Unsportsmanlike conduct (Fighting, Pushing, or Cursing)** - 15-yard penalty and automatic 1st down (*possible ejection on Officials discretion*)

*Defensive Penalties inside the 10-yard line will result in half the distance to the Goal line if applicable.*

## **AGE DIVISIONS**

**6U**- Any player who has not reached his or her 7th birthday **on or before August 1, in the year of the current flag football season** is eligible to play.

**8U**- Any player who has not reached his or her 9th birthday **on or before August 1, in the year of the current flag football season** is eligible to play.

**10U**- Any player who has not reached his or her 11th birthday **on or before August 1, in the year of the current flag football season** is eligible to play.

**12U**- Any player who has not reached his or her 13th birthday **on or before August 1, in the year of the current flag football season** is eligible to play.

**14U**- Any player who has not reached his or her 15th birthday **on or before August 1, in the year of the current flag football season** is eligible to play.

Players of younger division age may play/participate in older divisions, but an older division age player may not play in the younger divisions.

**\*Players may not play on more than one team per league per season\***



**Player Post-Season Eligibility:** Any player on your roster must play in at least fifty percent (50%) or more of their scheduled league games for the regular season their team is currently playing in. If not, he or she will be deemed ineligible for any post-season games.

## **TEAM REGISTRAION**

### **Player Contracts**

All players' registration forms must be completely filled out with a copy of the original birth certificate and a current photo. Every registered player must be listed on the team roster.

### **Coaches Registration Volunteer Coach Registration**

All Coaches a required to complete and submit a BREC Volunteer Coaches Background Check Form

Teams/organizations with multiple teams and/or age groups are required to have more than one (1) coach per team. No Exceptions.

People who have not registered, and been approved, as a coach will not be allowed to coach in any capacity (practice or games).

People who are not listed on the team roster will not be allowed to coach in any capacity during games.

A coach who does not have their Volunteer ID Badge is not allowed on the sideline/bench area as coach.

All coaches and officials are required to take and complete a Sportsmanship Course offered through the National Federation of State High School Associations (NFHS). Coaches and officials are also required to complete a concussion training course offered through the Centers for Disease Control and Prevention. The completion certificates for the Sportsmanship training as well as the Concussion training must be submitted when your team registration packet is submitted. If any coach does not submit his/her certificates will not be eligible to coach until the coursed are completed and their certificates are submitted.

- Sportsmanship Course Link: <http://nfhslearn.com/courses/37000>
- Concussion Course Link: <https://www.cdc.gov/headsup/youthsports/training/>



## ELIGIBILITY

It is recommended that teams have no less than five (5) players and no more than twenty (20).

Each player must be on their signed roster in order to be eligible for play.

The registration fee for the league per be turned in to BREC's Athletic Department with the complete team packet by the deadline date established each season. Schedules will then be drawn up and mailed to each coach.

Coaches must turn in a completed player contract for each player on their roster. A recent photograph copy of the original birth certificate and a recent photo of the player must accompany this contract.

a. In case of an age eligibility question the coach must be able to present an original birth certificate within 72 hours. If the original is not presented the player will automatically be suspended until the original birth certificate is produced.

Players will not be permitted to sign with a team after the deadline date (After the second scheduled playing date) established yearly.

Players will not be allowed to play in more than one (1) BREC league within the Youth Junior Basketball program.

All games in which an ineligible player has played will be forfeited.

## OFFICIALS & SCHEDULES

All officials will be furnished and approved by BREC.

All games will be played at the field indicated on the schedule. Games will be played as scheduled.

All teams will play a minimum of six (6) and a maximum of ten (10) regular season games.

## GAME BALL

Each team is responsible for bring their own game ball for each game.

-6U, 8U, & 10U will use a K2 size ball

-12U will use a junior size ball

-14U will use a high school regulation size ball

Each team is responsible for keeping their ball dry in the rain.

## UNIFORMS

Matching t-shirts/jersey. Similar colored t-shirts/jersey, other than grey, with 6" number on the back. T-shirts/jerseys must be tucked in, and no shorts or sweats with pockets or outside drawstrings. Mouth guards must be worn at all times. No article of clothing may cover any portion of a player's flag. Pants/shorts with belt loops, and pockets are not allowed. **No hats with bills. No "do-rags". No sunglasses. No Jewelry. No flip flops or opened toed shoes. Uniform violations will result in a player being deemed ineligible for the game.**



## **ILLEGAL EQUIPMENT**

A player wearing illegal equipment shall not be allowed to play. Types of equipment that shall be declared illegal include:

- A. Headwear containing any hard, unyielding, stiff material, including billed hats, or items containing exposed knots, such as bandanas.
- B. Jewelry of any kind.
- C. Shoes with metal, ceramic, screw-in, or detachable cleats unless the screw is part of the cleat.
- D. Jerseys that have been altered in any manner which produces a knot-like protrusion. E. Leg and knee braces made of hard, unyielding material, unless covered on both sides and all edges.
- F. Towels may not hang from a participant's waist.
- G. Shoulder pads
- H. Stickum of any kind (on body, gloves, or ball)

**Penalty:** Ineligible until removed and a loss of ten (10) yards

## **FLAGS**

Teams will provide flags. Velcro or Triple Threat. **NO BALL & SOCKET FLAGS ALLOWED.** Flags must be of contrasting color to pants, trim, or shorts. Flags must be worn as intended. Any looping, cutting, or alteration of any kind will result in an unsportsmanlike conduct penalty and a loss of down.

## **TEAM ROSTER**

Teams can carry fourteen (14) players on their rosters. Your roster must be turned in to a BREC sports manager prior to the first week of the season. Coaches must have all players listed in readable print and signed by each player before they can participate in the youth flag football season. It is the coach's responsibility to make sure the roster has all the players listed. **NO NICKNAMES ARE ACCEPTED.** Full names must be printed and signed. No new player can be added after the 2<sup>nd</sup> week of the season.

## **PLAYER/TEAM DISQUALIFICATION**

All Non-athletes/coaches are responsible to see that their team meets all eligibility requirements. If a player is found to be ineligible prior to the start of a sanctioned competition, the player will be expelled from the competition and the team will continue. If a player is found to be ineligible after the competition has started, the player will be expelled from the competition and the team will forfeit all games in which the ineligible player was listed on the official score sheet. The team may continue to participate, if applicable, without the expelled player.

## **ROSTER DISPUTE**

Teams that want to dispute the opposing team's roster may do so the first ten (10) minutes of the 1<sup>st</sup> half only. After ten (10) minutes, the right to dispute is forfeited. Roster disputes are done by checking birth certificate and/or any school issued ID, if a player does not have a birth certificate on file with BREC the player will be removed from the game and cannot play until he or she shows proof. The player will have until the next game to show proof or the team will forfeit all games that the disputed player has played in.



## **CONDUCT RULES**

We ask that you maintain a positive approach at all times throughout the league and adhere to the following guideline:

Game officials shall have the respect and support of the coach. The coach shall not indulge in conduct which will incite the players or spectators against the officials. Public criticism of the officials or players is unethical

The coach should respect his opponents, display gracious behavior during competition and require his players to conduct themselves in similar fashion. Before and after the contest, rival coaches should meet and exchange friendly greetings to set the correct tone for the event.

Coaches shall actively use their influence to enhance sportsmanship by spectators

## **PLAYER BEHAVIOR**

Any coach, or player verbally or physically abusing a game official, opposing player, or any other individual, will be ejected from the game and must leave the facility immediately. Any player refusing to leave will cause his team to forfeit the game. In the case of physical abuse or extreme unsportsmanlike conduct, additional disciplinary action can/will be taken by BREC's Athletic Department including but not limited additional suspensions and/or removal from the league.

**COACHES WILL BE HELD**

**RESPONSIBLE FOR THE ACTIONS OF THEIR TEAM MEMBERS AND FANS.**

## **SUSPENSIONS**

A player who is ejected from a game will be required to leave sight and sound of the facility within 2 minutes. If a player fails to leave after an ejection, the game will be forfeited by the umpire. Managers should see that your player leaves promptly. If any player is ejected from the game he/she shall be automatically suspended for a minimum of one game, additional punishment could be handed down pending review by BREC staff. If the player is ejected a second time, he/she will be suspended for the remainder of the season, or if circumstances so warrant, be suspended from participation in any program and/or facility of BREC indefinitely, pending review by staff

## **EJECTIONS**

All ejections carry a \$25.00 player reinstatement fee. If a player or coach is ejected twice (2) within one playing season, they are not allowed to participate within the playoffs.

## **PROTEST**

All protest must be made on site prior to play resuming. Only coaches can confer with the officials. Protest must be lodged only for misinterpretation of rules. Protest must be lodged properly in writing and must be submitted to Athletic Department within two working days (Mon.-Fri.) after protested incident. If the protest is upheld the \$25.00 fee will be returned. The protest fee will be forfeited if the protest is not upheld.



## **CODE OF CONDUCT**

- No manager, coach, player, or spectator shall physically/verbally threaten, lay a hand upon, shove, or strike an official, field supervisor, staff member, player and/or spectator.
- No manager, coach, player, and/or spectator shall be guilty of objectionable and/or disruptive verbal demonstrations of dissent at an official's or field supervisor's decision or refuse to abide by official's or field supervisor's decision. No manager, coach, player, and/or spectator shall be guilty of verbal abuse to include references to an individual or group's race, religion, gender, national origin, disability or age.
- Participants shall not use flagrant rough tactics against an opposing player.
- There shall be no unnecessary throwing of equipment, or any other objects.
- There will be no cause for defacement or destruction to any public facility or equipment.
- Participants (managers, coaches, players, etc.) may not falsify their own name or any other player's name on a team roster, scoresheet, or any other league document. The use of ineligible or illegal players is not permitted.
- Individuals and/or teams violating the Code of Conduct will be subject to league discipline action which may include one or more of the following actions: game ejection, game forfeiture, game suspensions, probation and/or seasonal suspension.

## **PARK POLICIES**

No alcoholic beverages may be brought onto or sold on BREC property. (City Parish Ordinance, Title 13: Section 13:1010)

Pets must be leashed at all times and droppings removed. For information on our Dog Park locations, please call 272-9200 ext. 400. (City Parish Ordinance Title 14, Chapter 2, Sec. 14:204)

Firearms, explosives and weapons of any type are prohibited in all park areas. (City Parish Ordinance, Title 13: Section 13:1011)

Gambling or games of chance are prohibited on BREC property. (City Parish Ordinance, Title 13: Section 13:90.2)

Firearms, explosives and weapons of any type are prohibited in all park areas. (City Parish Ordinance, Title 13: Section 13:1011)

Please help keep your parks clean by placing all trash and litter in receptacles provided at all BREC parks. For safety purposes glass containers are prohibited within parks.

Sale of merchandise, food and beverage, solicitation of fees or donations, or conducting any type of business or event, including distribution of flyers, signs or other advertising mediums is prohibited without permit from BREC Commission. (City Parish Ordinance Title 3, Chapter 5, Sec 3:90- 93) For additional information regarding permits see Special Events.

Park patrons are advised to be cautious of purchasing any product or merchandise from a vendor in a BREC park not displaying a BREC Permit or not selling from a designated BREC concession stand.

Teams/Spectators may not play their own music inside of a BREC park before, during, or after games.



**Teams/players violating any BREC park policy may be subject to forfeiture of the game and/or expulsion from the league.**

## **RETURNED CHECKS**

Teams will be eliminated from any further league play for non-payment of league fees.

## **FORFEITS**

Game time is forfeit time!!

- The field supervisor, official or umpire watch represents the official time. Any time ten players are on the field; the game must start.
- Teams with fewer than five (5) players will be given a forfeit.
- The score of a forfeited game will be 21-0.
- In the event of a double forfeit each team will be credited with a loss with the score being recorded as 0-0.
- Forfeit Limits: A team which exceeds its maximum limit may be dropped from the league without a refund and loss usage of practice at BREC facilities, ball fields, and green spaces. Maximum limits:
  - Teams which play one game per week .....2 forfeits
  - Teams which play two games per week .....3 forfeits

## **REFUND POLICY**

No refunds will be given unless a league is cancelled. In the event that rule violations result in a team being removed from the league, the following refund formula will be used.

- Teams expelled between the date of registration and the beginning of their leagues first game **will forfeit 100%** of their registration fee.
- Teams expelled after the start of their first game **will forfeit 100% of fee.**

## **RAIN MAKE UPS**

In most cases, teams will receive at least one week notice of schedule changes.

In emergencies, teams may be asked to play with less notice.

Managers will receive a rain make-up schedule through email upon games being rescheduled.

## **ROSTER CHECKS**

BREC staff reserves the right to randomly check team rosters for player validity. The manager is responsible for keeping up-to-date team roster records. This practice can eliminate any question as to whether a team member is eligible to play. Players must present BREC staff with a form of photo identification upon request. Any player or team information which is not correct on a team's roster, and/or the use of illegal or ineligible players will result in league discipline.



## **PLAY-OFFS**

Play-offs will consist of the top 6-8 teams from each league. (Discretion of the Athletic Coordinator will be enforced)

## **COACHES**

All coaches and officials are required to take and complete a Sportsmanship Course offered through the National Federation of State High School Associations (NFHS). Coaches and officials are also required to complete a concussion training course offered through the Centers for Disease Control and Prevention. The completion certificates for the Sportsmanship training as well as the Concussion training must be submitted when your team registration packet is submitted. If any coach does not submit his/her completed certificates will not be eligible to coach until the courses are completed and their certificates are submitted.

- Sportsmanship Course Link: <http://nfhslearn.com/courses/37000>
- Concussion Course Link: <https://www.cdc.gov/headsup/youthsports/training/>

## **Injury, Bleeding or Open Wound:**

A player/substitute, manager, coach, trainer, or other team member or sports official who is bleeding or who has an open wound shall be prohibited from participating further in the game until the bleeding is stopped and the wound covered.

1. If treatment can be administered in a reasonable amount of time the individual would not have to leave the game. The length of time that is considered reasonable is umpire judgment.
2. If excessive time is involved, the re-entry rule would apply to players.
3. If there is an excessive amount of blood on the uniform/bandage must be changed before the individual may participate.

## **Concussion Protocol:**

Any player that exhibits signs, symptoms or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the game and shall not be returned to play.



### **Communicable Disease Procedures:**

While risk of one athlete infecting another with HIV/AIDS during competition is close to non-existent, there is a remote risk that other blood borne infectious diseases can be transmitted. For example, Hepatitis B can be present in blood as well as in other body fluids. Procedures for reducing potential or transmission of these infectious agents should include, but not be limited to, the following:

1. The bleeding must be stopped, the open wound covered and if there is an excessive amount of blood on the uniform it must be changed before the athlete may participate.
  2. Routine use of gloves or other precautions to prevent skin and mucous-membrane exposure when contact with blood or other body fluids is anticipated.
  3. Immediately wash hands and other skin surfaces if contaminated (in contact) with blood or other body fluids. Wash hands immediately after removing gloves.
  4. Clean all blood contaminated surfaces and equipment with a solution made from proper dilution of household bleach (CDC recommends 1-100) or other disinfectants before competition resumes.
  5. Practice proper disposal procedures to prevent injuries caused by needles, scalpels and other sharp instruments or devices.
  6. Although saliva has not been implicated in HIV transmission, to minimize the need for emergency mouth-to-mouth resuscitation, mouthpieces, resuscitation bags, or other ventilation devices should be available for use.
  7. Athletic trainers/coaches with bleeding or oozing skin conditions should refrain from all direct athletic care until the condition resolves.
  8. Contaminated towels should be properly disposed of/disinfected.
  9. Follow acceptable guidelines in the immediate control of bleeding and when handling bloody dressings, mouth guards and other articles contain body fluids.
- The referee shall not permit any team member to participate if in his/her judgement any item constitutes a safety concern, such as, but not limited to, a player's fingernails or hairstyles.

**BREC reserves the right to re-evaluate the rules and place improvements in place for any current rules and/or violations. BREC reserves the right rule on any items not covered in the document and to expand the rule basis. Rules that are not covered in the BREC rules and operating code, will automatically defer to NIRSA rules and procedures.**





## PARENTS CODE OF ETHICS

***I hereby pledge to provide positive support, care and encouragement for my child participating in youth sports by following this Code of Ethics.***

*I will encourage good sportsmanship by demonstrating positive support for all players, coaches and officials at every game, practice or other youth sport events.*

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

*I will insist that my child play in a healthy environment.*

*I will provide support for coaches and officials working with my child to provide a positive, enjoyable experience for all.*

*I will demand a drug, alcohol and tobacco-free sports environment for my child and agree to assist by refraining from their use at all youth sports events.*

*I will remember that the game is for children and not for adults.*

*I will do my very best to make youth sports fun for my child.*

*I will ask my child to treat other players, coaches, fans and officials with respect regardless of race, sex, creed or ability.*

*I will promise to help my child enjoy the youth sports experience within my personal constraints by being a respectful fan, providing transportation or whatever I am capable of doing.*





## COACHES CODE OF ETHICS PLEDGE

*I hereby pledge to live up to BREC's 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 promise to review and practice the necessary first aid principles needed to treat injuries of my players.*

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

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

*I will insure that I am knowledgeable in the rules of each sport that I coach, and that I will teach these 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.*





## COACH & SUPPORTER CODE

**NO COACH or SUPPORTER** who is associated with your team is allowed under no circumstances to say (shout/criticize/heckle) anything to a BREC Sports official (Court/Scores Table). Any coach/parent/supporter who is cited with saying anything to a BREC Sports Official will be the result of a technical foul (2 shots) called/charged against the team (issued to the Head Coach) in which the erratic supporter is affiliated. In the event that a second (2<sup>nd</sup>) technical foul is called/charged against the team of the coach/parent/supporter, the team with two (2) Fan/Supporter Technical Fouls will forfeit the game immediately and the Head Coach will serve a one (1) game suspension. Coaches are responsible for the actions of their supporters.

