



## **Parents Information Packet**

### **2025 Girls FLAG FOOTBALL**

Packet Includes:

1. Concussion Information
2. Information on Equipment
3. Important Dates to Remember
4. Youth Sports Parent Code of Conduct
5. Addresses of Game Sites / Directions
6. Set of Rules (Please read over these carefully)

PLEASE TAKE THE TIME TO READ OVER ALL OF THE ENCLOSED INFORMATION. IT WILL HELP MAKE THIS A GREAT SEASON FOR YOU, YOUR CHILD, AND THE BULLOCH COUNTY COMMUNITY.

# Concussion

## INFORMATION SHEET



**CDC HEADS UP**  
SAFE BRAIN. STRONGER FUTURE.

This sheet has information to help protect your children or teens from concussion or other serious brain injury. Use this information at your children's or teens' games and practices to learn how to spot a concussion and what to do if a concussion occurs.

## What Is a Concussion?

A concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth. This fast movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging the brain cells.

## How Can I Help Keep My Children or Teens Safe?

Sports are a great way for children and teens to stay healthy and can help them do well in school. To help lower your children's or teens' chances of getting a concussion or other serious brain injury, you should:

- Help create a culture of safety for the team.
  - Work with their coach to teach ways to lower the chances of getting a concussion.
  - Talk with your children or teens about concussion and ask if they have concerns about reporting a concussion. Talk with them about their concerns; emphasize the importance of reporting concussions and taking time to recover from one.
  - Ensure that they follow their coach's rules for safety and the rules of the sport.
  - Tell your children or teens that you expect them to practice good sportsmanship at all times.
- When appropriate for the sport or activity, teach your children or teens that they must wear a helmet to lower the chances of the most serious types of brain or head injury. However, there is no "concussion-proof" helmet. So, even with a helmet, it is important for children and teens to avoid hits to the head.



**Plan ahead.** What do you want your child or teen to know about concussion?

## How Can I Spot a Possible Concussion?

Children and teens who show or report one or more of the signs and symptoms listed below—or simply say they just "don't feel right" after a bump, blow, or jolt to the head or body—may have a concussion or other serious brain injury.

### Signs Observed by Parents or Coaches

- Appears dazed or stunned
- Forgets an instruction, is confused about an assignment or position, or is unsure of the game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can't recall events *prior to* or *after* a hit or fall

### Symptoms Reported by Children and Teens

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness, or double or blurry vision
- Bothered by light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Confusion, or concentration or memory problems
- Just not "feeling right," or "feeling down"

**Talk with your children and teens about concussion.** Tell them to report their concussion symptoms to you and their coach right away. Some children and teens think concussions aren't serious, or worry that if they report a concussion they will lose their position on the team or look weak. Be sure to remind them that *it's better to miss one game than the whole season.*



[cdc.gov/HEADSUP](https://cdc.gov/HEADSUP)

## EQUIPMENT

### **GIRL'S FLAG FOOTBALL**

#### ***Provided by the BCRPD***

- Game Flags
- Jersey (1) will be handed out prior to first game

#### ***Provided by Parents/ Players***

- Shoes/Cleats
- Shorts/Pants with NO pockets and/or belt loops!
- Any Necessary and Approved Braces
- Mouthpieces

### **Important Dates to Remember**

- |    |   |   |
|----|---|---|
| 1. | Midget Tackle Evaluations                       | August 18 <sup>th</sup>   |
|    | Minor Tackle Evaluations                        | August 19 <sup>th</sup> and August 21 <sup>st</sup> ( <b>make up only</b> ) |
|    | Girl's Flag Football – Midget and Minor         | August 21 <sup>st</sup>   |
|    | Tiny Mite Tackle Evaluations                    | No evaluations  |
| 2. | Team Post Date Midget Tackle                    | August 27 <sup>th</sup>   |
|    | Team Post Date Minor Tackle                     | August 27 <sup>th</sup>   |
|    | Team Post Date for Girl's Flag                  | August 27 <sup>th</sup>   |
|    | Team Post Date Tiny Mite Tackle and PeeWee Flag | August 27 <sup>th</sup>   |
| 3. | Midget Tackle Practices Begin                   | September 2 <sup>nd</sup>   |
|    | Minor Tackle Practices Begin                    | September 2 <sup>nd</sup>   |
|    | Girl's Flag Football Practices Begin            | September 4 <sup>th</sup>   |
|    | Tiny Mite Tackle and PeeWee Practices Begin     | September 2 <sup>nd</sup>   |
| 4. | Labor Day                                       | September 1 <sup>st</sup>   |
| 5. | 1 <sup>st</sup> Games                           | Fall Kick-off September 13 <sup>th</sup>                                    |
| 6. | BOE Fall Break                                  | October 13 <sup>th</sup> – October 17 <sup>th</sup>                         |

# 2025 BCRP FOOTBALL EVALUATIONS

## Midget Tackle

*Evaluations: Monday, August 18<sup>th</sup> (ALL Participants)*

**Monday, August 18<sup>th</sup>**

<u>Area</u>	<u>Location</u>	<u>Time</u>
Statesboro	Mill Creek Field 3	6:00pm
Portal	Portal High School Baseball Field	6:00pm
South Bulloch	Brooklet Field 1	6:00pm

Post Teams: Wednesday, August 27<sup>th</sup> after 5:00pm. Practices will begin on Tuesday, September 2<sup>nd</sup>

## Minor Tackle

*Evaluations: Tuesday, August 19<sup>th</sup> and Thursday, August 21<sup>st</sup> (Make up only)*

**Tuesday, August 19<sup>th</sup>**

<u>Area</u>	<u>Location</u>	<u>Time</u>
Statesboro	Mill Creek Field 3	6:00pm
Portal	Portal High Baseball Field	6:00pm (Tuesday Only)
Brooklet	Brooklet Field 1	6:00pm (Tuesday Only)
Nevils	Nevils Field 1	6:00pm (Tuesday Only)
Stilson	Stilson Field 1	6:00pm (Tuesday Only)

**Thursday, August 21<sup>st</sup> (Make-up Evaluations)**

<u>Area</u>	<u>Location</u>	<u>Time</u>
Statesboro	Mill Creek Field 3	6:00pm

Post Teams: Wednesday, August 27<sup>th</sup> after 5:00pm. Practices will begin on Tuesday, September 2<sup>nd</sup>

## Tiny Mite Tackle

Evaluation; There will be no evaluations for this age group  
Post Teams: Wednesday, August 27<sup>th</sup> after 5:00pm. Practices will begin on Tuesday September, 2<sup>nd</sup>

## Pee Wee Flag

Evaluation: There will be no evaluations for this age group.  
Post Teams: Wednesday, August 27<sup>th</sup> after 5:00pm. Practices will begin on Tuesday, September 2<sup>nd</sup>

# 2025 BCRP FOOTBALL EVALUATIONS (Continued)

## Girls Flag Football Midget

*Evaluations: Thursday, August 21<sup>st</sup>*

**Thursday, August 21<sup>st</sup>**

<u>Area</u>	<u>Location</u>	<u>Time</u>
Statesboro	Mill Creek Field 4	6:00pm
Portal	Portal High Baseball Field	6:00pm
South Bulloch	Brooklet Field 1	6:00pm

Post Teams: Wednesday, August 27<sup>th</sup> after 5:00pm. Practices will begin on Thursday, September 4<sup>th</sup>  
\*Teams may be combined with different age groups\*

# **Young Athlete Code of Conduct**

- ✓ To have sports be a safe experience, free from abuse and violence
- ✓ To have fun learning, trying new things and being able to practice and play
- ✓ To follow rules
- ✓ To tell parent (or other trusted adult) about any abuse
- ✓ To try our hardest and best
- ✓ To learn the values of teamwork – helping and supporting one another
- ✓ To learn ways to deal with pressure and frustrations
- ✓ To care about what happens to others
- ✓ To settle conflicts without saying or doing things that hurt others
- ✓ To treat coaches and officials with respect
- ✓ To treat others as you want to be treated
- ✓ To be a good sport (how you talk to others and how you behave)
- ✓ To let your parents and coaches know what you need

## Complex Addresses

<b>Brooklet Park</b>	BR	416 N. Cromley Street, Brooklet, GA
<b>Mill Creek Park</b>	MC	1388 Hwy 24 East, Statesboro, GA
<b>Nevils Park</b>	N	117 Nevils Denmark Road, Statesboro, GA
<b>Stilson Park</b>	ST	15340 Hwy 119 Connector, Brooklet, GA
<b>Portal High Baseball</b>	PHS	US Hwy 80 West, Portal, GA

Bulloch County Recreation and Parks Department  
Youth Girls Flag Football Rules & Regulations 2025

Section I: Administration

The Youth Flag Football program is an integral part of the BCRPD Athletic Program. It will be administered and controlled by the Athletics Manager through a very dedicated coaching staff. The purpose of this program is to provide an enjoyable atmosphere that enhances the advancement of teamwork, sportsmanship and development of the fundamental skills of football.

Section II: Coaches

Article 1. Each team in the BCRPD league shall have a coaching staff approved by the BCRPD athletic staff.

Article 2. Head Coach

- A. Will be a part-time staff member/volunteer.
- B. Shall be totally responsible for his assigned team and all that this implies, in any BCRPD event.
- C. Must be certified by the NYSCA (offered through BCRPD).
- D. Must attend all clinics.

Article 3. Assistant Coaches

- A. Must be 18 years of age by September 1<sup>st</sup> of the current year.
- B. Shall be directly responsible and accountable to their head coach in so far as BCRPD activities are concerned.
- C. Must be NYSCA certified (offered through BCRPD).

Article 4. One approved coach may be on the field during the course of the game.

Section III: Eligibility of Players

Article 1. Age Divisions: 7 & 8 (Tiny-Mite)  
9 & 10 (Minor)  
11 & 12 (Midget)

\*\*\* Age Control Date is September 1<sup>st</sup> (Zero Tolerance) \*\*\*

- Article 5. Fans, players and coaches who verbally abuse other players, fans or officials may be asked to leave the park.
- Article 6. All individuals not directly involved with the event in progress must remain off the playing surface. Failure to do this could result in the suspension for the remainder of the activities in question.
- Article 7. Repeated violations of any of the above policy statements may result in expulsion from any activities sponsored by BCRPD.

#### Section VII: Player Equipment

- Article 1. Each player shall be issued a team jersey to keep and wear during games.
- Article 2. All jerseys must remain tucked into the pants or shorts during the entire down.
- Article 3. Players must furnish their own pants or shorts.
- Article 4. **Pants or shorts shall not have any belt(s), belt loop(s), pockets(s), or exposed drawstrings. If a player has any of the following, they will not wear a flag.**
- Article 5. Players may wear a style knit or stocking cap on their heads, but the cap may have no bill.
- Article 6. Each player must furnish his own shoes. Metal and detachable cleats are illegal.
- Article 7. It is strongly recommended that a mouth piece be worn by all players.

#### Section VIII: Game Time

- Article 1. Playing time shall be 40 minutes, divided into two halves of 20 minutes each.
- Article 2. The clock will run continuously for 20 minutes for the 1<sup>st</sup> and 2<sup>nd</sup> half of the game unless it is stopped for an injury or time-out.
- Article 3. Each team may have 2 time-outs per half.
- Article 4. The intermission between halves shall be 5 minutes.



Section XI: Scoring

- Article 1. All touchdowns are 6 points.
- Article 2. The player scoring the touchdown must raise their arms so the nearest officials can de-flag the player. If the player is not de-flagged with one pull and the official determines the flag belt has been secured illegally, the touchdown is disallowed.

Section XII: Kickoffs and Punts

- Article 1. There will be no kickoffs or punts.
- Article 2. For the start of each half, after a try, or after a safety, Team A will start a new series of downs on their own 20 yard line.
- Article 3. Prior to making the ball ready for play on fourth down, the Referee must ask the Team A captain if he wants to "punt." If Team A elects to "punt," the ball will be moved 30 yards towards Team B's end line. Team B will then be awarded a new series of downs. No punts will advance past the 20 yard line.
- Article 4. After an announcement to "punt," Team A can only change their decision if a time-out is called.

Section XIII: Blocking

- Article 1. The offensive screen block shall take place without contact.
- Article 2. The screen blocker shall have his hands and arms on his chest, at his side, or behind his back.
- Article 3. The screen blocker must be on his feet before, during, and after screen blocking.
- Article 4. The screen blocker shall not take position so close to a moving opponent that his opponent cannot avoid contact by stopping or changing direction. This position varies between 1 to 2 steps from the opponent.
- Article 5. No interlocking blocking.  
(Two screen blockers "locking" arms together)

- Article 2. **Players missing practice must provide a written excuse to their coach.** The coach must then give that excuse to a BCRPD staff member. Coaches should notify the scorekeeper of the game if they have a player who has not met the practice requirements. **These players will be allowed to participate in only the first ten (10) minutes of the second half. If a player misses more than two practices he can be suspended for the next game. Only the Athletics Manager can withdraw this suspension.**

**NOTE:** If there are any questions on a rule, all interpretations will be made by the Athletics Manager.

- Article 3. If any player does not play for disciplinary reasons or if she or he is unwilling or unable to play half of a match, it is the responsibility of the coach to notify the field supervisor. Coaches not playing their players the required time will receive:

1<sup>st</sup> offense: Verbal warning

2<sup>nd</sup> offense: Written warning

3<sup>rd</sup> offense: Suspension of coaching duties

\*\*\*Any confirmed violations may result in immediate dismissal.

## Section XVII: Penalties

- A. Loss of 5 yards.
1. Failure to wear required equipment.
  2. Delay of Game (Dead Ball)
  3. Encroachment (Dead Ball)
  4. False Start (Dead Ball)
  5. Illegal Snap (Dead Ball)
  6. Illegal Motion
  7. Illegal Shift
  8. Illegal Forward Pass (Loss of Down)
  9. Intentional Grounding (Loss of Down)
  10. Illegal Formation
- B. Loss of 10 yards
1. Two or more consecutive encroachments
  2. Pass Interference
    - Offensive (Loss of Down)
    - Defensive (Loss of Down)
  3. Illegally Secured Belt (Loss of Down)
  4. Unsportsmanlike Conduct (Players or Coaches)
  5. Illegal Contact
  6. Roughing the Passer (Automatic First Down)
  7. Guarding the Flag Belt
  8. Illegal Participation