



## **Parents Information Packet**

### **2023 TACKLE 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.

THANK YOU.

# Concussion

## INFORMATION SHEET



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](http://cdc.gov/HEADSUP)

## CONCUSSIONS AFFECT EACH CHILD AND TEEN DIFFERENTLY.

While most children and teens with a concussion feel better within a couple of weeks, some will have symptoms for months or longer. Talk with your children's or teens' healthcare provider if their concussion symptoms do not go away, or if they get worse after they return to their regular activities.

### What Are Some More Serious Danger Signs to Look Out For?

In rare cases, a dangerous collection of blood (hematoma) may form on the brain after a bump, blow, or jolt to the head or body and can squeeze the brain against the skull. Call 9-1-1 or take your child or teen to the emergency department right away if, after a bump, blow, or jolt to the head or body, he or she has one or more of these danger signs:

- One pupil larger than the other
- Drowsiness or inability to wake up
- A headache that gets worse and does not go away
- Slurred speech, weakness, numbness, or decreased coordination
- Repeated vomiting or nausea, convulsions or seizures (shaking or twitching)
- Unusual behavior, increased confusion, restlessness, or agitation
- Loss of consciousness (passed out/knocked out). Even a brief loss of consciousness should be taken seriously

► **Children and teens** who continue to play while having concussion symptoms, or who return to play too soon—while the brain is still healing—have a greater chance of getting another concussion. A repeat concussion that occurs while the brain is still healing from the first injury can be very serious, and can affect a child or teen for a lifetime. It can even be fatal.

### What Should I Do If My Child or Teen Has a Possible Concussion?

As a parent, if you think your child or teen may have a concussion, you should:

1. Remove your child or teen from play.
2. Keep your child or teen out of play the day of the injury. Your child or teen should be seen by a healthcare provider and only return to play with permission from a healthcare provider who is experienced in evaluating for concussion.
3. Ask your child's or teen's healthcare provider for written instructions on helping your child or teen return to school. You can give the instructions to your child's or teen's school nurse and teacher(s) and return-to-play instructions to the coach and/or athletic trainer.

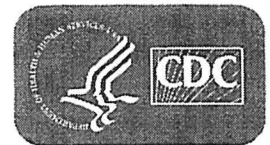
Do not try to judge the severity of the injury yourself. Only a healthcare provider should assess a child or teen for a possible concussion. Concussion signs and symptoms often show up soon after the injury. But you may not know how serious the concussion is at first, and some symptoms may not show up for hours or days.

The brain needs time to heal after a concussion. A child's or teen's return to school and sports should be a gradual process that is carefully managed and monitored by a healthcare provider.

To learn more, go to [cdc.gov/HEADSUP](http://cdc.gov/HEADSUP)



CDC HEADS UP



#### Discuss the risks of concussion and other serious brain injuries with your child or teen, and have each person sign below.

Detach the section below, and keep this information sheet to use at your children's or teens' games and practices to help protect them from concussion or other serious brain injuries.

- I learned about concussion and talked with my parent or coach about what to do if I have a concussion or other serious brain injury.

Athlete's Name Printed: \_\_\_\_\_ Date: \_\_\_\_\_

Athlete's Signature: \_\_\_\_\_

- I have read this fact sheet for parents on concussion with my child or teen, and talked about what to do if they have a concussion or other serious brain injury.

Parent or Legal Guardian's Name Printed: \_\_\_\_\_ Date: \_\_\_\_\_

Parent or Legal Guardian's Signature: \_\_\_\_\_

## EQUIPMENT

### TACKLE FOOTBALL

#### *Provided by the BCRPD*

- Game Jersey
- Shoulder pads, Helmet
- Mouthpiece
- \*\$10 Deposit is required. This deposit will be returned at the end of the season after ALL equipment has been turned in to the BCRPD.

#### *Provided by Parents/ Players*

- Shoes/Cleats
- Football pants and pants pads (hip, thigh, knee)
- Any Necessary and Approved Braces

### Important Dates to Remember

- |    |   |   |
|----|---|---|
| 1. | Midget Tackle Evaluations                       | August 22 <sup>nd</sup>                             |
|    | Minor Tackle Evaluations                        | August 15 <sup>th</sup> and August 17 <sup>th</sup> |
|    | Girl's Flag Football – Midget and Minor         | August 17 <sup>th</sup>                             |
|    | Tiny Mite Tackle Evaluations                    | August 21 <sup>st</sup> and August 24 <sup>th</sup> |
| 2. | Team Post Date Midget Tackle                    | August 25 <sup>th</sup>                             |
|    | Team Post Date Minor Tackle                     | August 25 <sup>th</sup>                             |
|    | Team Post Date for Girl's Flag                  | August 25 <sup>th</sup>                             |
|    | Team Post Date Tiny Mite Tackle and PeeWee Flag | August 25 <sup>th</sup>                             |
| 3. | Midget Tackle Practices Begin                   | August 29 <sup>th</sup>                             |
|    | Minor Tackle Practices Begin                    | August 29 <sup>th</sup>                             |
|    | Girl's Flag Football Practices Begin            | August 29 <sup>th</sup>                             |
|    | Tiny Mite Tackle and PeeWee Practices Begin     | August 28 <sup>th</sup>                             |
| 4. | Labor Day                                       | September 4 <sup>th</sup>                           |
| 5. | 1 <sup>st</sup> Games                           | September 9 <sup>th</sup>                           |
| 6. | BOE Fall Break                                  | October 16 <sup>th</sup> – October 20 <sup>th</sup> |

# Sport Parent Code of Conduct

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We, the Statesboro Bulloch County Park & Recreation Department, have implemented the following Sport Parent Code of Conduct for the important message it holds about the proper role of parents in supporting their child in sports. Parents should read, understand and sign this form prior to their children participating in our league.

Any parent guilty of improper conduct at any game or practice will be asked to leave the sports facility and be suspended from the following game(s). Repeat violations may cause a multiple game suspension, or the season forfeiture of the privilege of attending all games.

## *Preamble*

The essential elements of character-building and ethics in sports are embodied in the concept of sportsmanship and six core principles:

- Trustworthiness
- Respect
- Responsibility
- Fairness
- Caring
- Good Citizenship

The highest potential of sports is achieved when competition reflects these “six pillars of character.”

## *I therefore agree:*

1. I will not force my child to participate in sports.
2. I will remember that children participate to have fun and that the game is for youth, not adults.
3. I will inform the coach of any physical disability or ailment that may affect the safety of others.
4. I will learn the rules of the game and the policies of the league.
5. I (and my guests) will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, officials and spectators at every game, practice or other sports event.
6. I (and my guests) will not engage in any kind of unsportsmanlike conduct with any official,

coach, player, or parent such as booing and taunting; refusing to shake hands; or using profane language or gestures.

7. I will not encourage any behaviors or practices that would endanger the health and well being of the athletes.
8. I will teach my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
9. I will demand that my child treat other players, coaches, officials and spectators with respect regardless of race, creed, color, sex or ability.
10. I will teach my child to do one's best.
11. I will praise my child for competing fairly and trying hard.
12. I will never ridicule or yell at my child or other participants for making a mistake or losing a competition.
13. I will emphasize skill development and practices and how they benefit my child over winning. I will also de-emphasize games and competition in the lower age groups.
14. I will promote the emotional and physical well-being of the athletes ahead of any personal desire I may have for my child to win.
15. I will respect the officials and their authority during games and will never question, discuss, or confront coaches at the game field, and will take time to speak with coaches at an agreed upon time and place.
16. I will demand a sports environment for my child that is free from drugs, tobacco, and alcohol and I will refrain from their use at all sports events.
17. I will refrain from coaching my child or other players during games and practices, unless I am one of the official coaches of the team.

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Parent/Guardian Signature

## 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

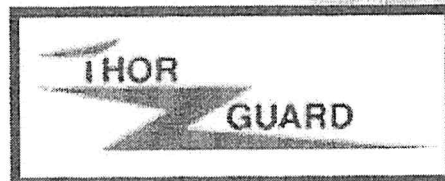


# Thor Guard Lightning Prediction System

**"A Proactive Solution for Lightning Safety"**

## How it Works

- \* Sensors measure and analyze the electrostatic fields in the atmosphere
- \* Predicts the possible occurrence of lightning 8 - 20 minutes before it could potentially strike



## Operational Statistics

- \* The system has a coverage area radius of 2.5 miles
- \* It is 97% accurate within a 2-mile radius
- \* System operates seven days per week, from 8am - 9:30pm in the months of March - November.

## When a Threat is Detected

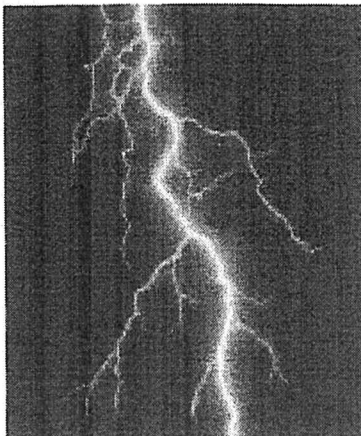
- \* Warning horn will sound with an uninterrupted 15-second blast and a strobe light will flash when there is the potential for a lightning strike within the coverage area
- \* Once a threat is detected, the system continuously updates data about energy in the air 50 times per second to see if the atmosphere still retains the potential energy necessary for a lightning strike
- \* Upon hearing the horn blast and/or seeing the strobe light, park users must leave the park and seek appropriate shelter

## What Qualifies as Appropriate Shelter

- \* Inside buildings, hard-top vehicles or other lightning protected facilities and amenities  
*As a Last Resort: Seek low-lying areas or dense woods*

## What to Avoid

- \* Open areas/isolated trees
- \* Water
- \* Metal
- \* Wire Fences
- \* Overhead wires/power lines
- \* Elevated ground
- \* Maintenance Machinery
- \* Open top or soft top vehicles



## When the Threat has Diminished

- \* The horn will sound three short 4-second blasts and the strobe light will turn off
- \* The horn signals that normal activity may resume

## Thorguard Location

- \* near pond at Mill Creek Regional Park

## Other Non-covered Locations

- \* Signal horns may not be at your site, but at a site within ear shot. If you hear the alarm, please leave the park immediately.

If you have any questions or concerns regarding the Thorguard Lightning Prediction System, please contact the Statesboro-Bulloch Parks and Recreation Department at (912) 764-5637 or [mail@bullochrec.com](mailto:mail@bullochrec.com).

Please visit our website for more details: [www.bullochrec.com](http://www.bullochrec.com).

Please enjoy your day at beautiful Mill Creek Regional Park!

## BCRP COMPLEX ADDRESSES

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





BULLOCH COUNTY  
**recreation**  
*and parks*

1 Max Lockwood Drive  
PO Box 408  
Statesboro, GA 30458 (30459)  
[www.bullochrec.com](http://www.bullochrec.com)

## \*PLEASE NOTE\*

NO PARKING WILL BE ALLOWED IN THE MILL CREEK ELEMENTARY SCHOOL PARKING LOT. ALSO, NO STOPPING AND UNLOADING IS ALLOWED ON BEASLEY ROAD OR THE MAIN ENTRANCE TO MILL CREEK PARK FOR THE 2023 FALL FOOTBALL AND SOCCER SEASON.

THANKS,  
BCRPD

**Bulloch County Recreation and Parks  
Tackle Football Rules 2023**

***Rule 1: Eligibility of Players***

Section I. Age Division

Tiny Mite (7-8 yr olds)  
Minor (9-10 yr olds)  
Midget (11-12 yr olds)

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

Section II. Weight Limit

No player exceeding the weight limit can advance or carry the football. The weight limit for Tiny Mite is 85lbs, Minor 105lbs and Midget League 125lbs

Section III. Ineligible Ball Carriers

All players exceeding the weight limit must wear a strip of black tape on their helmet. An ineligible ball carrier can not intentionally receive a pass on offense. (Penalty: offensive pass interference.) Any time an ineligible ball carrier gains possession of the ball. (Ex. fumble or interception) the play will be blown dead.

***Rule 2. Player Assignment and Teams***

Section I. BCRPD staff will divide teams.

Section II. Coaches must accept all players assigned to their team. NO TRADING OF PLAYERS WILL BE ALLOWED!

***Rule 3. Conduct***

Article 1. The Football program is constantly in the public eye. In fact, it is many times the first experience with football and BCRPD programs, therefore, each participant is to adhere to a high standard of conduct and maintain an atmosphere of friendly competition.

Article 2. BCRPD officials, coaches, assistant coaches, players, spectators and any other persons administered hereunder, shall conduct themselves in a gentlemanly manner; exercising due restraint and acting responsible under generally accepted principles of good conduct.

Article 3. Any coach, team member, scorekeeper or fan who physically abuses in any way to a game official, league supervisor or

employee of the BCRPD will be automatically suspended for the activity in question.

- Article 4. BCRPD coaches should stress hustle, self-discipline and the will to give a good effort at all times. Coaches should promote respect for and pride in the BCRPD sports programs and all of Bulloch County. Coaches should also promote the importance of good discipline and good academics in the respective classrooms of the players.
- 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.

#### ***Rule 4. Equipment***

- Article 1. All players will be provided the following by BCRPD:  
-One (1) protective helmet  
-One (1) set of protective shoulder pads  
-One (1) mouthpiece  
-One (1) jersey
- Article 2. The provided helmet, shoulder pads and jersey MUST be returned at the end of the season.
- Article 3. The player is to provide the following:  
-Protective football pants with sewn in hip, thigh and knee pads.  
-Plastic cleats
- Article 4. Any player that is experiencing a medical condition to where a protective brace or cast must be worn must have the item approved by BCRPD staff prior to the first practice or game where which the brace or cast is worn.
- Article 5. BCRPD to provide balls, practice equipment and other items that pertain to game operation.

#### ***Rule 5. Playing Rules***

##### Section I. Duration of the Game

Midget league will play two (2) **twenty-five** (25) minute running clock halves divided by a halftime. The clock will only stop for time-outs or injuries in the first twenty-three (23) minutes of each half. **The last two (2) minutes of each half, the clock will be run according to Georgia High School Rules.** Minor and Tiny Mite leagues will play two (2) **twenty** (20) minute running clock halves divided by a halftime. The clock will only stop for time-outs or injuries in the first twenty-three (18) minutes of each half. **The last two (2) minutes of each half, the clock will be run according to Georgia High School Rules.**

Tiny Mite the clock will only stop for Time-outs and injuries. 9-17-22

Section II. Half-Time

Between the end of the 1<sup>st</sup> half and the start of the 2<sup>nd</sup> half, there will be a ten (10) minute intermission. (Teams will only change ends at half time.)

Section III. Time-Outs

Each team may take two (2) time-outs per half.

Section IV. Touchdown Rule

Any team leading by three (3) touchdowns (18 points) **cannot** call time-out during the last four (4) minutes of the second (2) half. (Except to remove their starting backfield.)

**Rule 6. Kick-Offs and Punts**

Section I. Kick-Offs

There will be no (kick-offs) in the tackle leagues.

\*\*\*The ball will be spotted on the 20 yard line to start.

Section II. Punts

Article 1. NO defense is allowed to rush on punts. (Midget & Minor league only)

Article 2. NO punts are allowed in **Tiny Mite** tackle. The ball will be marked 30 yards from the line of scrimmage. The ball cannot be spotted inside of the 20-yard line.

**Rule 7. Scoring**

Section I. All touchdowns are worth six (6) points

Section II. Points After Touchdowns (PAT's)

After a touchdown, a team has the option of going for: one (1) point from the three (3) yard line or two (2) points from the five (5) yard line. (The ball will be placed as soon a player of the scoring team tells the official what option they will take. Taking a time-out can only change the decision.)

Section III. Safety = 2 points for the opponents.

### ***Rule 8. Special Offensive Rules***

Section I. All offensive linemen must be in a down position in a 2, 3, or 4-point stance.

Section II. After the ball is ready and before the snap, each player on offense must be within **twelve** (12) yards of the spot where the ball is to be snapped.

Section III. At any point during the ball game, if a team is **eighteen** (18) or more points ahead, the entire starting backfield (quarterback, fullback and tailback) as designated by the BCRPD staff, must come out of the backfield. Also, they may not receive the ball by hand, pass or punt return.

Section IV. No unbalanced lines are allowed. You must have a guard and tackle on both sides of the center. You may have a tight end on either or both sides, but not on the same side. Split end must be **five** (5) yards or more outside of the tight end.

Section V. No Quarterback sneaks will be allowed except inside the 5 yard line or when a nose guard is present.

### ***Rule 9. Special Defensive Rules***

Section I. Defensive Lineman

Article 1. **A team may have no more than six (6) men on the line of scrimmage. (Except inside the five (5) yard line).**

Article 2. You may have a nose guard inside the five-yard line only.

Article 3. All defensive linemen must be in either a three (3) or four (4) point stance. (Including defensive ends)

Article 4. Defensive linemen must line head up (no gaps). (Except inside the five (5) yard line).

Section II. Line Backers

Article 1. Line Backers must play at least **three** (3) yards off the defensive line of scrimmage and behind the marker placed by the official. (Except inside the **five** (5) yard line). If on the line of scrimmage, the player must be in the down position.

Article 2. Defensive backs (cornerbacks & safety) must line up **one** (1) yard behind the linebackers. They can be even with the linebackers if they are split wide.

***Rule 10. Coaches Position During the Game***

Section I. In Midget Tackle all coaches must be on the sideline between the **twenty** (20) yard line and the **forty** (40) yard line. No coach is allowed on the field except for time-outs or an injury.

Section II. In Minor and Tiny Mite tackle, **one** (1) coach for each team will be allowed on the field during the games.

***Rule 11. Playing Requirements***

Section I. All players listed on the team roster are recommended to play a minimum of **twenty** (20) minutes of each ball game provided they have met practice requirements.

Section II. **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.

Section III. 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.



## ***Rule 12. 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
    - Offense (Loss of Down)
    - Defense (Automatic First Down)
  - 3. Unsportsmanlike Conduct ( Players or Coaches)
  - 4. Illegal Contact
  - 5. Roughing the passer (Automatic First Down)
  - 6. Illegal Participation
  - 7. Face Mask

## **League Standings**

League Standings will be determined by ***winning percentage***.

Winning percentage is figured by wins/losses/ ties.

Win = 1 Point

Loss = 0 Point

Tie = 0.5 Point

The percentage is figured by Total Points divided by Total Games Played.

In the event of a tie in the league rankings the tie breaker will be head-to-head competition. If the teams remain tied after head-to-head competition, the next tie breaker would head-to-head record against the next highest ranked team in the league. This will continue down through the ranks until a winner is determined. If the teams remain tied after the head-to-head records, a coin flip will be used to determine the winner.

## **Provisions for Minor and Tiny Mite Tackle**

### **1. Offense**

Minor and Tiny Mite tackle will be required to run specific formations on offense as to promote uniformity of the teams and focus on the fundamentals of the game. These formations include the I formation, the Pro Set, and the Wishbone.

### **2. Defense**

Minor and Tiny Mite tackle will also be required to run specific defensive sets. These formations include 4-4, 6-2, 4-3, 5-3/5-2 head up. (Inside the 5 yard line defensive formation will be coaches' choice.)