



Parents Information Packet

2021 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

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

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.

➤ **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.

To learn more, go to cdc.gov/HEADSUP



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 SBCPRD

- 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 SBCPRD.

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 and Minor Tackle Evaluations
Girl's Flag Football – All Age Groups
Tiny Mite Evaluations | August 17 th and August 19 th
August 19 th
August 23 rd and August 26 th |
| 2. | Team Post Date Midget and Minor Tackle

Team Post Date for Girl's Flag

Team Post Date Tiny Mite Tackle and PeeWee Flag | August 23 rd

August 23 rd

August 30 th |
| 3. | Midget and Minor Tackle Practices Begin

Tiny Mite Tackle and PeeWee Practices Begin | August 26 th

September 2 nd |
| 4. | 1 st Games | September 11 th |
| 5. | BOE Fall Break | October 18 th – October 22 nd |

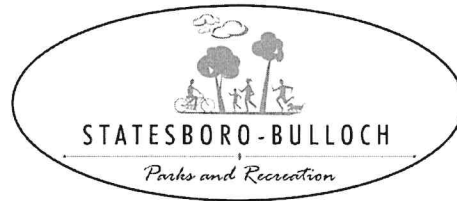
Young Athlete Code of Conduct

- ✓ 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

SBCPRD 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 Park	P	US Hwy 80 West, Portal, GA
Stilson Park	ST	15340 Hwy 119 Connector, Brooklet, GA

P.O. Box 408
1 Max Lockwood
Statesboro, GA 30459 (30458)



Phone: (912) 764-5637
Fax: (912) 764-2425
mail@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 THE MAIN ENTRANCE TO MILL CREEK PARK FOR THE 2021 FALL FOOTBALL AND SOCCER SEASON.

THANKS,
SBCPRD

**STATESBORO BULLOCH COUNTY PARKS AND RECREATION
DEPARTMENT
Tackle Football Rules 2021**

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 1st (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. SBCPRD 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 SBCPRD programs, therefore, each participant is to adhere to a high standard of conduct and maintain an atmosphere of friendly competition.

Article 2. SBCPRD 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 SBCPRD will be automatically suspended for the activity in question.
- Article 4. SBCPRD 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 SBCPRD 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 SBCPRD.

Rule 4. Equipment

- Article 1. All players will be provided the following by SBCPRD:
-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 SBCPRD staff prior to the first practice or game where which the brace or cast is worn.
- Article 5. SBCPRD 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.**

Section II. Half-Time

Between the end of the 1st half and the start of the 2nd 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 SBCPRD 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 SBCPRD 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:

1st offense: Verbal warning

2nd offense: Written warning

3rd 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.)