



REQUIREMENTS TO BECOME A COACH FOR BGC LAREDO SPORTS LEAGUES 2018/2019

If you plan on coaching a team from a LISD, Private or Catholic Campus:

- Submit and successfully complete a background check through thru the Boys & Girls Clubs of Laredo.
- Complete all necessary paperwork which includes, Team Registration, Player Registration (Parents complete this and hand to you), Certified Player roster, Birth Certificate and Proof of Grade for each player on your roster, as well as the Coach, Assistant Coaches Background Check Forms.
- Pay all necessary league fees of \$375.00 per team. (Team will not be registered without complete payment of fees)
- Attend coaches meeting on: Football-September 5, 2018 at 5:30PM or Volleyball on September 6, 2018 at 5:30PM. Meetings will be held at the Benavides Club Learning Center.

If you plan on coaching a team from a UISD Campus:

- Submit and successfully complete a background check through thru the Boys & Girls Clubs of Laredo
- Submit and successfully complete the Parent Volunteer Form for the Campus you intend to coach a team. **(Team registration forms will not be accepted without prior UISD Clearance Form from the Principal, even if you are already a district employee.)**
- Complete all necessary paperwork which includes, Team Registration, Player Registration (Parents complete this and hand to you), Certified Player roster, Birth Certificate, and Proof of Grade for each player on your roster, as well as the Coach, Assistant Coaches Background Check Forms.
- Pay all necessary league fees of \$375.00 per team. (Team will not be registered without complete payment of fees)
- Attend coaches meeting on: Football-September 5, 2018 at 5:30PM or Volleyball on September 6, 2018 at 5:30PM. Meetings will be held at the Benavides Club Learning Center.

VOLLEYBALL TENTATIVE START DATE: SEPTEMBER 11, 2018 (TENTATIVE SCHEDULE RELEASE SEPTEMBER 7, 2018)

FLAG FOOTBALL TENATIVE START DATE: SEPTEMBER 12, 2018 (TENTATIVE SCHEDULE RELEASE SEPTEMBER 10, 2018)

NO SPECIAL REQUESTS FOR GAME TIMES OR GAME DAYS WILL BE ACCPETED THIS YEAR

COACHES MUST REVIEW THE COACHES HANDBOOK AND DISTRIBUTE THE SPECTATOR CODE OF CONDUCT FORM TO ALL PARTICIPATING IN THE BOYS & GIRLS CLUBS LEAGUES.

FORM 1, BACKGROUND CHECK FORM, & ENTRY FEE MUST BE SUBMITTED & PAID BY AUGUST 31, 2018. Principal Clearance Form (U.I.S.D. ONLY) IN ORDER TO PROCESS TEAM ALSO ROSTER, PLAYER APPLICATION, BIRTH CERTIFICATE AND PROOF OF GRADE LEVEL

BOYS & GIRLS CLUBS OF LAREDO

R.C. COLA

2018 FLAG FOOTBALL LEAGUE



_____ **SCHOOL**

_____ **GRADE**

- 1ST Grade (may not be 8 years old on 9/01/18)
- 2ND Grade (may not be 9 years old on 9/01/2018)
- 3RD Grade (may not be 10 years old on 9/01/2018)
- 4TH Grade (may not be 11 years old on 9/01/2018)
- 5TH Grade (may not be 12 years old on 9/01/2018)
- 6TH Grade (may not be 13 years old on 9/01/2018)

DEADLINE TO SUBMIT ENTRY FORM IS FRIDAY, AUG. 31, 2018

*****ONE FORM FOR EACH TEAM*****

- Entry Fee is \$375.00 per team, DUE UPON REGISTRATION.
 - All players must belong to the same school.
- All players are required to submit a copy of their birth certificate and proof of grade. Coaches must turn this required paper work in with their roster forms, and coaches must certify that each player meets the leagues eligibility requirement.
 - ONLY TWO coaches per team.
- Complaints about ineligible players should be made to the B.G.C. SPORTS HOTLINE at 722-7549 by COACHES ONLY.
 - If a team plays an ineligible player, said team will forfeit all games the ineligible player competed in.
- All coaches are required to submit and pass a Criminal Background check done by the Boys & Girls Club of Laredo.
 - Any Questions please call Sports Department or email Sports Director at (sportsdirector@bgcsports.com)

HEAD COACH _____
 CELL PHONE _____
 WORK PHONE _____
 HOME PHONE _____
 EMAIL _____

ASST COACH _____
 CELL PHONE _____
 WORK PHONE _____
 HOME PHONE _____
 EMAIL _____

**LEAGUE WILL START
SEPTEMBER 12, 2018**

www.bgcsports.com

PLEASE HAND DELIVER

TO 500 MOCTEZUMA



PLAYER ROSTER APPLICATION



*****PARENTS MUST SUBMIT COPY OF BIRTH CERTIFICATE & PROOF OF CURRENT GRADE*****

COACH: _____

PLAYER _____ **ADDRESS** _____

SCHOOL _____ **GRADE** _____

Date of Birth _____ **Age as of September 1, 2018** _____

Father's Name _____

Phone _____ **Work** _____ **Cell** _____

Mother's Name _____

Phone _____ **Work** _____ **Cell** _____

I understand that my son/daughter will be participating in FLAG FOOTBALL and I give my consent. I will not hold the Boys & Girls Clubs of Laredo, City of Laredo, Sponsors, Staff, League Coaches, Schools or anyone involved with this league/event responsible for injuries sustained before, during or after the games, as well as, transporting team members to and from the games.

I give my permission to the Boys & Girls Clubs of Laredo personnel to verify age information with school principal if needed.

I also give my consent for any photographs in which my son/daughter may appear to be used for promotion of such league/event.

I understand that the Boys & Girls Clubs of Laredo operate under an "OPEN DOOR POLICY".

Signature of parent/guardian

Date signed

BOYS & GIRLS CLUBS OF LAREDO

COACHES –CRIMINAL BACKGROUND CHECK AUTHORIZATION FORM

Authorization to release Arrest and Criminal Records to Boys & Girls Clubs of Laredo

The State of Texas or any other State; any Law Enforcement Agency of the State of Texas or any other State; any Law Enforcement Agency or any municipality of this State; or any Law Enforcement Agencies of the United States government are hereby authorized, directed and requested by me, full disclosure of any and all records pertaining to my arrest or criminal record.

By this authorization, I hereby request that copies of any and all my arrests and/or criminal records be made available to the Boys & Girls Clubs of Laredo,

P. O. Box 1419, Laredo, TX 78042.

This authorization is for the use in the Boys & Girls Clubs of Laredo evaluation of my volunteer work at the clubs or in volunteer work as a coach in Special Leagues sponsored by the Boys & Girls Clubs of Laredo.

A volunteer worker and/or volunteer coach, not agreeing to the background check WILL NOT be able to do volunteer work at the Boys & Girls Clubs of Laredo or do volunteer coaching with our Special Leagues.

ATTENTION

ALL SCHOOL COACHES AND/OR VOLUNTEER COACHES MUST PROVIDE A VALID E-MAIL ADDRESS.

E-MAIL: _____

FLAG FOOTBALL

SCHOOL _____ **GRADE** _____

NAME _____ **ADDRESS** _____

SS# _____ **PHONE # (H)** _____

CELL # _____ **WORK #** _____

DRIVER LIC# _____ **DATE OF BIRTH** _____

SIGNATURE _____ **DATE** _____

(Each questionable case will be dealt by the Committee Members.)

BOYS & GIRLS CLUBS OF LAREDO

R. C. COLA – CITY P.A.R.D.

FLAG FOOTBALL LEAGUE

RULES

1. **There are no height or weight restrictions on players.**
2. **Divisions:**

1st Grade (may not be 8 years on 9/01/2018) A younger player may play in a higher
2nd Grade (may not be 9 years on 9/01/2018) grade level, but an older player **MAY**
3rd Grade (may not be 10 years on 9/01/2018) **NOT** play in a younger division. Once
4th Grade (may not be 11 years on 9/01/2018) a player plays in a game, he can not be
5th Grade (may not be 12 years on 9/01/2018) promoted or demoted to another team.
6th Grade (may not be 13 years on 9/01/2018)
3. **All players are required to submit a copy of their birth certificate and proof of grade level. Coaches must turn this required paper work in with their roster forms, and coaches must certify that each player meets the leagues eligibility requirement.**
4. **League officials have the right to require additional proof if needed.**
5. **Individual & Team trophies to Champs and Runners up.**
6. **A game is played between two teams consisting of eight (8) players each.**
7. **Only players appearing on the official team roster form are to be counted as players. This form is completed before the first game of the season and verified by the league in a process called “Certification”.**
8. **Each team shall designate one player as “Captain” and only he shall represent the team and address an official on matters of interpretation of rules or to obtain essential information.**
9. **The offensive team may use any formation. The defensive team may choose any formation except in kicking situations.**
10. **OPEN ROSTER. Each player must be registered. Coach must certify by signature that all players meet eligibility requirements. For new roster changes, call 722-7549 before the first game or during the season. Changes cannot be made once the regular season ends and the playoffs start. (No exceptions)**
11. **If a player transfers to another school during the season, player has the option to play for his new school or play for his previous school.**
12. **Game termination. Lopsided score. Once a team is ahead in a game by 30 point or more, that game will be terminated. Once a differential of 20 points exists in a game, coaches should exercise prudence by substituting liberally to avoid termination of game. THIS RULE ALSO APPLIES TO TOURNAMENT PLAY.**
13. **A player may play for ONE TEAM ONLY. EXCEPTIONS: Only exception, see rule #11.**
14. **Coaches’ responsibility to check and certify by signature on his/her roster that all players meet ineligible requirements.**
15. **Using an INELIGIBLE player will cause team to forfeit all games said player played in and COACH is subject to suspension.**
16. **The Boys & Girls Clubs of Laredo will work closely with the Schools’ Principal. The principal has the ability to hold a player(s) and/or a team out from participating in any B.G.C. League due to conflict with grades, disciplinary violation, etc.**

EXECUTIVE DIRECTOR RESERVES THE RIGHT TO MAKE FINAL DECISIONS ON ALL MATTERS CONCERNING RULES AND REGULATIONS FOR THE BETTERMENT OF THE PLAYERS AND THE LEAGUE.

Football Rules-2018

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RULE 1: Playing fields

- A. The field shall be rectangular with lines and zones. Minor Field (commonly called “80 yd. field”).
- B. This field measures one hundred yards in length, divided into 4 zones of twenty yards each between two end zones of ten yards each. It is 40 yards wide.
- C. Goal posts are unnecessary as points after TD (Conversions) are made only by passing or running and there are no field goals kicked.
- D. A conversion line will be marked 3 yards from the goal line and at an equal distance from the sideline.
- E. The following field equipment will be used:
 - 1. A down-marker will be used to indicate the number of downs.
 - 2. A zone marker will be used to indicate the distance to go for a first down (placed at the forward zone line)
 - 3. Corner flags with flexible staffs will be placed at the four sections of the end zones and sidelines. Soft pylons may be used if flags are unavailable.

RULE 2: Equipment

- A. **Flags: (flags and shorts/pants should be different colors) TIP OF FLAGS MUST BE SQUARE. (DO NOT MODIFY FLAGS). VELCRO FLAGS ONLY.**
- B. **Each player must wear a belt with two flags**
- C. The flags will be attached to a belt and extend or hang from each side of the player’s body.
- D. Flags will be 16-20 inches long and 2 inches wide.
- E. The securing of flags to the body, waist or belt is illegal.
- F. Jerseys cannot be worn over the flags.
- G. If a player’s flag is inadvertently lost, ball is dead at the spot he catches the ball. If player catches the ball in the end zone, touchdown is accepted.
- H. Football size for 1st Grade & 2nd: Peewee Size
- I. Football size for 3rd -6th: Junior Size

RULE 3: Game uniforms

- A. All team members should wear the same color of jersey.
- B. Any type of pants or shorts may be worn (NO POCKETS).
- C. Jersey will be tucked in at all times.
- D. Sneakers are the preferred shoes, however, non-detachable, rubber-cleat shoes (soccer style) are allowed. No other footwear is acceptable.

RULE 4: Eye Glasses

- A. Eyeglasses when worn shall be of athletically approved construction with non-shattering glass.
- B. Contact lenses may be worn.

RULE 5: Prohibited Equipment

- A. Spikes or street shoes.
- B. Padding of any kind, including hard surface padding such as shoulder pads, hip pads, and helmets. (Knee pads only).
- C. Hard metal or any other hard substance on a player’s clothing.
- D. Anything that conceals the flags.
- E. Sticky substances such as grease or glue on player’s clothing.
- F. Any equipment, in the opinion of the referee that will endanger or confuse players.

Flag football - 2018

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RULE 6: Referees

- A. If an inadvertent call is made by the officials, the officials will meet and make a proper decision.
- B. There will be at least two (2) referees appointed prior to the game by the league.
- C. The league may assign more than two referees for a game.
- D. Each game official will carry a penalty flag and drop it when an infraction occurs.

RULE 7: Playing Rules

- A. **PLAYERS**
 - 1) If coach desires, he can play his best 8 player both offense and defense. However, every coach must make an effort to play all his players.
 - 2) The free substitution rule is always in effect and a player may enter the game any time ball is dead.
- B. **TEAM CAPTAIN**
 - 1) Each team must have at least one captain on the field at all times during game.
 - 2) The Captain will address the referees only on matters of interpretation and to obtain information.

RULE 8: The Game

- A. **TIME – THERE WILL BE:**
 - 1) Two 18 minute halves.
 - 2) One (1) time out first half. Second half (2) two time outs allowed. Overtime (1) one time out.
 - 3) Two (2) minutes between halves.
 - 4) ONLY last 2 minutes of the game, time will be stopped for incomplete passes, timeouts, or out of bounds. Otherwise, clock will only be stopped for regular timeouts or touchdowns.
- B. **AT THE START OF THE GAME AND AT HALF TIME** offensive team will start at the 30 yard line. (NO KICK OFFS)
 - 1) The referee will call the team captains together for a toss of a coin to decide a choice of who receives. The winning captain has the choice.
 - 2) Offensive team that started the game will start with defense on the second half.
 - 3) No on-side kickoffs.
- C. **PUNTING**
 - 1) The offensive team may punt at any time.
 - 2) A punt is always a free kick.
 - 3) Punting intentions are announced to the referee by the captain, or acting captain.
 - 4) Rushing the punter is prohibited. No offensive or defensive player may move across the line of scrimmage until the kick has been made.
 - 5) Free catch – there can be a free catch of a punt. The receiver shall signify his intentions for a free catch by waving his hand clearly over his head.
 - 6) The punt returner may advance the ball on first bounce, on the 2nd bounce it will be call a dead ball.
- D. **DOWNS (first down and zone to go)**
 - 1) Each team will have four consecutive downs to advance the ball into the next zone or to score a touchdown.
 - 2) Once a team enters into the next zone, it is a first down and a new series of downs begins.
 - 3) A team failing to move the ball into the next zone will lose possession. The opposing team takes over at the point where the ball is declared dead and begins its series of first down and zone to go.
 - 4) De-flagging point determines the spot of the ball.
 - 5) When an offensive team is within the last zone, it's first and goal.

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E. DE-FLAGGING

- 1) There shall be no tackling of the ball carrier, passer, or kicker.
- 2) The player carrying or having possessions of the ball is down when the flag is removed from his/her waist (de-flagging). The defensive player will hold the flag above his head and stand still.
- 3) The defensive player cannot hold or push the ball carrier down to remove his flag. Accidental touches of the body or shoulder while reaching for the flag will not be considered as a violation.
- 4) A defensive player may not turn over, push or pull a blocker away from him. He may push him sideways if he gets past him, but he cannot push the blocker down.

F. BLOCKING

- 1) A blocker must be on his feet at all times while blocking. All linemen, except the center, must not assume the three-point stance or otherwise spring from a coiled or crouching start. Instead, they must simply stand at the line of scrimmage and await the snap. The center, though crouching, if he is to block, must first stand straight up.
- 2) Cross body and roll blocking are not permitted.
- 3) A blocker cannot use his hands.
- 4) Blocking shall be done with the arms and body in the form of shoulder and brush only.
- 5) A defensive player cannot block or push a ball carrier out-of-bounds.
- 6) Butting, elbowing, or knee blocking is not permitted.
- 7) There will be no one-on-one blocking for the ball carrier beyond the line of scrimmage.
- 8) Blocking a player from behind is not permitted (clipping).
- 9) There will be no interlock blocking.
- 10) A defensive player will be restricted in the use of his hands to the block's body and shoulders.

G. BALL CARRIER

- 1) The ball carrier cannot use his hands or arms to protect his flags. The defensive player must have the opportunity to remove the ball carrier's flags.
- 2) The ball carrier cannot lower his head to drive or run into a defensive player.
- 3) Stiff arming by the ball carrier is illegal.
- 4) The ball carrier cannot hurdle to prevent a defensive player from removing his flags. Spinning is allowed.
- 5) He may run in any direction until the ball is declared dead.

H. CENTER

- 1) The center must snap the ball between his legs.
- 2) He must have both feet on the scrimmage line, with no part of his body beyond the forward point of the ball.
- 3) He may adjust the long part of the ball at right angles to the scrimmage line for one time only.

I. PASSING

- 1) Passing will be attempted from behind the line of scrimmage only.
- 2) A lateral pass is a pass thrown parallel to the line of scrimmage or back toward the passer's goal line. A lateral pass is not considered a forward pass.
- 3) A forward pass is a pass thrown from behind the line of scrimmage toward the defensive team's goal line.

J. RECEIVING

- 1) All players are eligible to receive forward passes.
- 2) A receiver may catch a ball as long as he comes down with one foot in bounds.
- 3) Two or more receivers may touch a ball in succession resulting in a complete pass.
- 4) If an offensive and defensive player catches a pass simultaneously, the ball is declared dead at the spot of the catch and the passing team is awarded possession.
- 5) An offensive player cannot be out-of-bounds and return in-bounds to catch a pass. This will be ruled an incomplete pass.

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- K. **DEAD BALL** – The ball is declared dead at the following times:
- 1) All balls touching the ground are immediately dead.
 - 2) When the ball carrier touches the ground with his body, other than hands or feet.
 - 3) When the ball carrier's flag has been pulled.
 - 4) If a pass receiver has a missing flag (ball is dead at that spot)
 - 5) Following a touchdown, safety, or touchback.
 - 6) When the ball gets out-of-bounds for any reason.
 - 7) If the center snap hits the ground before reaching a backfield man.
 - 8) When the ball hits the ground as a result of a fumble or muffed ball.
 - 9) If a lateral pass touches the ground (ball is declared dead at that point). If a lateral pass goes out-of-bounds, the ball is ruled dead at the point it crosses the boundary line.
 - 10) If a forward pass strikes the ground or is caught at the same time by an opposing player.
 - 11) When the player from the kicking team touches a punt before a player on the receiving team.
 - 12) A free catch (cannot be advanced).

RULE 9: Scoring Values

- A. Touchdown-----6 points
- B. Safety-----2 points
- C. Points after touchdown: Passing-----1 point
Running-----2 points
- D. Forfeit (offended team wins by) -----1-0

RULE 10: Tie Game

- A. Both teams will have a chance to win the game.
- B. Each team will start at the 20 yard line (End Zone) and will try to advance towards the goal line with four possession each.
- C. Team with the most yards or score will win the game.
- D. If team A throws an interception, Team A will go back to zero yards. Then Team B will only need to advance one yard from the end zone, to win the game. It is not necessary to play all 4 downs after one yard is gained, game will be over.

RULE 11: Coaches Code of Conduct

- A. Not criticize players in front of spectators
- B. Accept decisions of game officials on the field as being fair and called to the best ability of said officials.
- C. Refrain from excessive "sideline coaching".
- D. Together with game officials, be jointly responsible for the conduct and control of team fans and spectators.
- E. Not criticized an opposing team, its players, coaches, or fans by word of mouth or by gestures.
- F. Refrain from using abusive and profane language.
- G. Refrain from running up the score.
- H. Not permit and ineligible player to participate in the game.
- I. Not deliberately incite unsportsmanlike conduct.
- J. Abstain from drinking alcoholic beverages on both the game and practice fields.

RULE 12: Injured Players

- A. Once removed from game because of injury, a player must sit out at least one down.

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RULE 13: Penalties

- A. The offended team will always have the choice of accepting or declining a penalty. If the penalty is declined, the down will remain the same as if no infraction occurred. Also, when the penalty is greater than the distance to the goal line, the penalty shall be half the distance to the goal line.
- B. Rushing the quarterback, target should be the flags ONLY (hitting the quarterback in the arms will result in a penalty/ 10 yards).
- C. **LINE OF SCRIMMAGE – CENTERING**
 - 1) off sides, defensive or offensive (5)
 - 2) Illegal snap (5)
 - 3) Failure to observe 25-second rule (5)
 - 4) Illegal motion – more than one backfield man in motion (5)
 - 5) Illegal formation, offense (5)
- D. **PUNTING**
 - 1) Failure to announce to the referee (5) and punt is repeated, or the receiving team may take the ball at the spot were the ball is declared dead.
 - 2) If the kicking or receiving team enters the neutral zone before the punt (5) for the spot where the ball is declared dead after a kick.
 - 3) Less than five players on the line of scrimmage for the offensive (5) from where the ball is declared dead after the kick.
 - 4) De-flagging a receiver after a fair catch signal (10) from the spot of the foul.
- E. **PASSING**
 - 1) If an illegal forward pass thrown and intercepted, the play will continue until the ball is declared dead. The intercepting team has the option of possession from that spot or accepting the penalty (5).
 - 2) Passer crosses line of scrimmage (5) and loss of down.
 - 3) Intentional grounding (5) and loss of down.
 - 4) Offensive pass interference (10) from line of scrimmage and loss of down.
 - 5) Defensive pass interference or holding (5) automatic 1st down.
- F. **DELAY OF GAME**
 - 1) Continuing to play after the ball is dead (5) from where the ball is dead.
 - 2) Advancing delay of game for any reason (5)
- G. **FLAG WEARING AND DE-FLAGGING**
 - 1) Tackling (10)
 - 2) Wearing the flags illegally (5)
 - 3) Ball carrier using his hands to prevent a defensive player from de-flagging (10) line of scrimmage.

After regular season, top 5 teams will advance to the playoffs.



BOYS & GIRLS CLUBS OF LAREDO

ROSTER FORM

*****COACH MUST PROVIDE BIRTH CERTIFICATE & PROOF OF GRADE LEVEL WHEN ROSTER FORM IS SUBMITTED. ROSTER FORM MUST BE SUBMITTED BY TEAMS FIRST GAME*****

SCHOOL: _____ **GRADE:** _____ **LEAGUE:** FLAG FOOTBALL

COACHES NAME: _____

PLAYER'S NAME	D.O.B	AGE Sept. 1, 2018	ADDRESS	PHONE
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				

- Age as of September 1st, 2018
- If a coach plays an over age player, said team will forfeit all games over age player played in.
- Coach must certify by signature that all players meet eligibility requirements.

I _____ certify that I have checked the age, school and grade of each player and all players meet eligibility requirements. . I have read the coaches handbook and distributed the Spectators code of conduct to those who will be involved with our team.