

CY-FAIR SPORTS ASSOCIATION

NFL Flag Football Program

Rules and Regulations

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**Cy-Fair Sports Association
NFL Flag Football Program**

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Section 1: GENERAL PROGRAM

- A.** The purpose of this program is to provide the youth of the Cy-Fair ISD (“CFISD”) an opportunity to participate in an organized NFL Flag Football program that will stimulate healthful recreation, teach responsibility, discipline and fair play, and build self-confidence in an atmosphere of competitive group sports.
- B.** Although the sport is competitive, the winning of games shall be of secondary importance. The primary goal is to help youths develop traits of good citizenship and sportsmanship.
- C.** All head coaches are responsible for seeing that they, their assistant coaches, players, and player supporters conduct themselves in such a way that the purpose and objectives of the CFSA achieved.
- D.** All rules and regulations governing this program are approved by the CFSA Operations Team and shall remain in effect throughout this season. Rule enforcement and interpretation will be the responsibility of the CFSA Football Committee.
- E.** Equipment will be issued by CFSA and will include flags, reversible jersey & team football.
- F.** The season will consist of one (1) preseason scrimmage, eight (8) regular season games and each team will make the post-season single elimination tournament. The games will be played at CFSA or CFISD facilities, at the time and dates scheduled by the Football Committee, or their designee.

Section 2: SPONSORSHIPS

- A.** Each team is required to have a \$150 mandatory team sponsor (team, community member, or business). Teams that do not fulfill this requirement will not be allowed to participate in the playoffs after league play has concluded. See the sponsor web page for information on due dates and other information on the matter.

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Section 3: CFSA REFUND POLICY

As approved by the General Membership of CFSA, the following Refund Policy is in effect as of Oct 2, 2015.

Cy-Fair Sports Association will issue a refund *minus* a \$50 administrative fee any time **PRIOR** to the close of **REGULAR** registration for any program.

Once REGULAR registration has ended no refund request will be accepted nor will refunds be issued.

Exceptions to this policy are limited to the following reasons and require Sports Commissioner Approval:

1. A player submits proof of making their school's team within the same CFSA registered sport.
2. CFSA fails to perform the duty of placing the child on a team. This does not include placing the child on a team other than the one desired, not liking the coach, or any other issues other than CFSA not offering the child a spot within the sport for which registration was submitted.

All refunds within the "exception policy" are subject to approval by the Sports Commissioner and CFSA Treasurer and are subject to a \$50 processing fee.

To receive a refund prior to the close of REGULAR registration CFSA must receive a refund request form prior to the close of REGULAR registration. All information on the form must be complete to ensure a proper refund. Refund request forms can be faxed, mailed, dropped off at the CFSA office or emailed to refunds@cy-fairsports.org.

Section 4: PLAYER ELIGIBILITY

- A.** To be eligible to participate in this program, a child must be at least seven (7), but not yet thirteen (13), years old by September 1st of the current season, and currently registered in school. A birth certificate or other approved document will be required at the time of registration in order to establish proof of age.
- B.** A registration period will be established by the CFSA Operations Committee, during which the registration fee, player contract and insurance waiver must be submitted to the Vice President of Registration or other approved CFSA Official. The player is ineligible to participate in practice sessions or games until the fee, player contract and insurance waiver are submitted.
- C.** Players who have a returned check on file with CFSA are not eligible to participate in CFSA practices or games, until such time as appropriate fees have been provided to and confirmed by CFSA. Returned checks must be paid in full by either a money order or a cashier's check within ten (10) days of notification.
- D.** Players who are suspected of having sustained a concussion must be removed from the activity immediately and are therefore designated as an ineligible player. To become eligible, the player suspected of sustaining a concussion must abide by the following:
 - 1. Be evaluated by a physician of his or her choosing.
 - 2. Have the treating physician sign a written statement indicating that, in their professional judgment, it is safe for the participant to return to play.
 - 3. The player's parent or guardian or another person with legal authority to make medical decisions for the player acknowledges in writing:
 - a. He/she has been informed concerning and consents to the player returning to play.

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- b. He/she understands the risks associated with the player returning to play and will comply with any ongoing requirements.
 - c. He/she consents to the disclosure to appropriate persons, consistent with the Health Insurance Portability and Accountability Act of 1996 (Pub. L. No. 104-191), of the treating physician's written statement regarding the return-to-play recommendations of the treating physician.
 - d. He/she understands that CFSA and its representatives are immune from liability.
- E. If a player becomes ineligible prior to, or during the season, the head coach will be notified by the Football Commissioner, or their designee.
- F. A TEAM WILL FORFEIT ALL GAMES WHERE AN INELIGIBLE PLAYER HAS PARTICIPATED. CONTINUED PARTICIPATION OF INELIGIBLE PLAYER(S) WILL RESULT IN THE REMOVAL OF THE HEAD COACH.**

Section 5: TEAM ORGANIZATION

- A. Players shall be defined as follows:
- 1. REGULAR – those who attend a CFISD school they would normally attend based on their current address.
 - 2. TRANSFER – those who attend a CFISD school other than the one they would normally attend based on their current address.
 - 3. IN DISTRICT PRIVATE – those who live within CFISD boundaries and attend a private school.
 - 4. OUT OF DISTRICT – those who do not live within CFISD boundaries and attend a non-CFISD public school.

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5. OUT OF DISTRICT PRIVATE – those who do not live within CFISD boundaries and attend a private school.

6. HOME – those who attend a home school, regardless of the residence.

B. The player definitions above shall register as follows:

1. REGULAR – through the school they attend.

2. TRANSFER – through the school they attend or would normally attend as a REGULAR player.

3. IN DISTRICT PRIVATE – through the school they attend or would normally attend as a REGULAR player.

4. OUT OF DISTRICT – through the school closest to their residence as determined by a straight-line measurement from the residence to the school.

5. OUT OF DISTRICT PRIVATE – through the school they attend or would normally attend as an OUT OF DISTRICT player.

6. HOME – register through the school they would normally attend as a REGULAR or OUT OF DISTRICT player, according to where they live, respectively.

C. Players that choose to register through a PRIVATE or TRANSFER school must provide proof of enrollment to their respective division commissioner. This proof must be obtained from the school on the official letterhead. If this proof has not been provided prior to team formation, the player will be redefined as REGULAR or OUT OF DISTRICT, accordingly.

D. Team Divisions will be established as follows. The ages are as of Sept 1st of the current season:

- | | |
|--------------------|----------------|
| 1. 7-8U DIVISION | Ages 7 and 8 |
| 2. 9-10U DIVISION | Ages 9 and 10 |
| 3. 11-12U DIVISION | Ages 11 and 12 |

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- E. Teams from each age group will be placed into conferences. For divisions that have less than eleven (11) teams, the teams will form one (1) conference. Otherwise, the teams will form two (2) conferences.
- F. Division commissioners are responsible for team formation. Each team will have at least seven (7) and at most nine (9) players. Schools unable to meet the minimum requirements will have their players combined with other schools in close proximity until the requirements have been met. Combined teams will be filled by blind lottery pick. Preferential treatment **will not** be given to players in respect to their registration date as all players will be treated equally. Siblings will be placed on the same team. Players who have a representative volunteer selected for a Head Coach position will be exempt from the lottery pick. Upon completion of team formation for combination teams, the Division Commission will submit the list of teams and their players to the Football Committee for approval. The Football Committee will approve all combination teams.
- G. Teams will **not** be formed by request, either by perspective coach, parent, nor player.
- H. Anyone signing up after Team Formation will be assigned to a team by the Football Commissioner or designated person based on space available.

I. COACHING ASSIGNMENTS

1. There shall be a Coach's Application filled out by each coach volunteer. The Football Committee shall meet to consider the coaches and shall approve or disapprove the appointments based on all information available and in such a way that protects the best interests of the players registered for the team in question and the league as a whole.

2. Head coaches or their designated assistant **MUST** attend the scheduled coaches meeting in its entirety.

3. A criminal background check will be required by all head coach volunteers.

Section 6: CONDUCT VIOLATIONS

A. GENERAL

1. Suspension from CFSA Football activities may be imposed for unsportsmanlike or flagrant misconduct. It is contrary to the purpose and objectives of the CFSA Football Program and therefore, must be avoided.

Examples of such misconduct include but are not limited to: abusive or offensive language, harassment of players, officials or CFSA Officials, intoxication at match or practice sites, fighting, any violent or destructive behavior, or coming onto the playing court without the permission of the match official (except in the case of an injury). The use or being under the influence of drugs, tobacco or alcohol is strictly prohibited at CFSA events.

2. Any coach or player, who conducts himself/herself in an unsportsmanlike manner resulting in expulsion from a match will be suspended from all CFSA activities for a period of time determined by the CFSA Football Committee or until an appeal is made in writing to the CFSA Operations Team at the next scheduled Board meeting. The minimum suspension time is suspension from the next scheduled match. Participation by the expelled coach or player at any CFSA activity during the period of suspension will result in the permanent suspension of the coach.

3. Any coach, commissioner, committee member, or Operations Team member failing to fulfill his/her duties, may be removed as described in the Cy-Fair Sports Association By-Laws. Person(s) subject to removal may not vote.

4. Any coach, commissioner, committee member, or Operations Team member knowing of a violation is obligated to report it to the Operations Team.

5. In the event the CFISD requires paid security, CFSA reserves the right to charge a spectator fee for entry to the games.

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B. MISCONDUCT

1. The official will banish any coach, player or player supporter from the field/complex if, in the official's judgment, that person is guilty of flagrant misconduct as described in **Rule 6 A 1**.

2. **FAILURE** of a banished adult individual **TO IMMEDIATELY LEAVE** the court or stands **CAN RESULT IN** the official declaring a **FORFEITURE** of the game on the team whose coach, player, or player supporter is guilty of the misconduct. The official will decide if the remainder of the game will be played. If both teams are guilty of flagrant misconduct, the official shall end the game and declare a double forfeiture resulting in a loss for each team.

3. Forfeitures will be called only as a last resort.

4. Further disciplinary action may also be taken as outlined in **SECTION 6 A**. The Football Committee will review all action of this type. Committee actions are subject to review by the CFSA Operations Team.

Section 7: ELIGIBILITY

- A. The NFL FLAG FOOTBALL rules will govern the CFSA NFL FLAG program, the NFL Flag Rules will take precedent unless specifically stated in this document.
- B. Each team shall consist of at least five (5) properly suited players to start a game. Failure to field a team of five (5) from game start time will result in a **FORFEIT** of that game. A practice game or scrimmage may be played and officials will then officiate such practice or scrimmage game.
- C. All players must wear a CFSA league issued uniform.

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- D. Each coach is required to keep a first-aid kit on the sideline during a match. The kit must contain a minimum of two “ice packs”, assorted Band-Aids, antiseptic, and an Ace bandage. Players with fresh blood on their uniform, or who are bleeding will **not** be permitted on the field.
- E. Each team will be required to provide one adult scorekeeper and one adult linesman. An adult is defined as a person who has reached their eighteenth birthday.
- F. Exceptions to these rules for male players may be made by majority vote of the Football Committee.

Section 8: SUBSTITUTION RULES

- A. A game will consist of the best two (2) twenty minute halves with a one (1) minute halftime. All players are expected to play throughout the course of the game. It is the responsibility of the opposing coach to monitor substitutions, not the officials.
- B. All players must participate in games with an objective that each player plays 50% of the game. Coaches determine when but each player must play a minimum of seven (7) plays per half. Each team will track the other teams players. This is based on a player being present at the start of the game. If a player is missing when the first half begins the minimum play rule does not apply for that half of play.

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- C. Each team is required to provide a Statistician who will be on the player's side of the field. The Statistician will keep track of the opposing team's players to insure that each player plays the required ten (10) plays per game. Each team shall provide the opposing Statistician with a completed Stat Form promulgated by the Football Committee. Each Statistician shall do his or her best to notify the opposing Statistician when the opposing team is at risk of not getting its players the minimum number of plays. At the conclusion of the game, the Statistician and the Head Coach must sign the bottom of the form. A Statistician who determines that a player did not play the required number of points shall notify the opposing Head Coach and the Division Commissioner. If any person believes a child did not get their minimum number plays, they should notify the Division Commissioner, who shall perform a follow-up investigation at the next scheduled game to determine whether a coach is violating the rules.
- D. Violation of the substitution rule will result in action taken against the coach by the Football Committee. The Football Committee, based on their assessment of the circumstances surrounding the violation, will decide the actual penalty imposed with a minimum penalty of a one game suspension of the Head Coach if determined all players did not play the required plays.

Section 9: MATCH RULES AND REGULATIONS

- A. In the 7&8U Division one coach per team is permitted in the huddle. These on-field coaches must remain quiet and refrain from coaching or instructing players after the offensive huddle has broken. First violation for coaching after the huddle has broken will be loss of timeout (if team does not have their timeout then penalty assessed is same as the second violation); second violation will be a 10 yard penalty and loss of down if committed by offensive team and automatic first down if committed by defense; third offense will result in removal of any coach from the field of play for remainder of the game.
- B. **For all other rules associated with game play see NFL FLAG RULES**

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Section 10:PRACTICE

- A. The safety and welfare of each player is to be maintained at all times.
- B. Practice sessions (including scrimmages with other teams) may not exceed two (2) hours in duration from actual starting time.
- C. No teams or players may practice before the start date established by the Football Commissioner. A practice is to be defined as any activity (i.e. chalk talks, meetings or gathering which last more than thirty (30) minutes with a coach and three (3) or more players present).
- D. Each team may participate in no more than three (3) activities per week, which includes practice sessions, Scrimmages and games. A week begins at 12:01 AM (Midnight) Monday Morning. If for rescheduling purposes, a team is scheduled to play three (3) games in one week, they may have one (1) practice.
- E. Any organized drills, warm-ups, or other physical activities which begin prior to forty-five (45) minutes before a scheduled gametime are considered a practice session.

Section 11:PLAYOFFS

- A. Playoffs for each Division will commence upon completion of the regular season games, on the date(s) and locations to be announced by the Football Committee.
- B. Team seedings will be based on the overall match win / loss records at the conclusion of the regular season. If there are more than one conference within an age division the seedings will cross conference with first from one division as the 1 seed and first from the other as the 2 seed.
- C. Format for Tiebreakers will be as follows:
 - 1. Head-to-Head match record.
 - 2. Game percentage: Games won divided by total games played.

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3. Records vs Common Opponents
 4. Point Differential against common opponents
 5. Coin toss.
- D.** All teams are eligible for post-season play unless team loses eligibility due to rules violation (i.e. failure to comply with sponsorship or illegal players).

Section 12: CHANGES TO RULES AND REGULATIONS

- A.** Rules and Regulations can only be changed by a majority vote of the Football Committee. The Football Commissioner will present these changes to the CFSA Operations Team for approval.
- B.** The Football Committee will consider proposed changes that are submitted in writing to the Football Commissioner for implementation in the next season.

Section 13: LEAGUE ADMINISTRATION

- A.** Any complaints by parents or coaches shall be communicated to the Division Commissioner. If the complaint is not addressed to the satisfaction of the complaining party, then he or she may direct the complaint to the Football Commissioner. Football Committee action on any complaint shall be subject to review by the Operations Team and if recommended by the Operations Team, the Membership if the issue is raised at the next monthly Executive Board meeting.
- B.** Parents may be called upon by the Football Commissioner to assist with the administration of the league or such other duties as may be reasonable and necessary.