



2016

Football Policies & Procedures



2016 Football Policies & Procedures

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MISSION STATEMENT

This Corporation was established as an instructional youth football and cheerleading league to teach and promote the highest ideals of sportsmanship, fellowship, teamwork, and dedication. Our emphasis will be on playing the game and not winning at any cost. We will provide athletic participation as a recreational pursuit, and competition for all participants regardless of race, creed, color, religion or sex, by providing a supervised football and cheerleading program for eligible participants. We offer the opportunity for adult members to coach, supervise, instruct or otherwise participate in the activities of the Corporation.

MOTTO

“YOUTH FIRST, SPORT SECOND” is the motto of the Frisco Football League (FFL). All actions and decisions will be predicated on the advancement of this ideal.



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REMARKS

The FFL policies and procedures are written as a guideline to govern football & cheer. The FFL Board will refer to the University Interscholastic League (UIL) and NCAA rules to make a decision regarding any situation, which arises, that are not covered by this handbook.

ALL FOOTBALL POLICIES

ELIGIBILITY

- A. Each participant must register with the FFL and must be residents of the city of Frisco or live within the Frisco Independent School District (FISD). Non-city and non-FISD residents require Board approval and will be considered on a first come, first serve basis.
- B. The participant must provide a certified copy of their birth certificate.
- C. The participant must be at least (5) years old or entering Kindergarten, and not more than (12) years old or entering 6th grade, on or before September 1st of the registration year. The September 1st birthdate applies to eligibility of each age division. Divisions are determined by age. Participants will play in the division according to their age level for the fall football season. However, players may appeal to play according to grade level. Appeals will be reviewed by the Board for approval or denial based on case-by-case circumstances. The grade levels by age are as follows:

Age Division	Grade Level
5	Kindergarten
6	1 st
7	2 nd
8	3 rd
9	4 th
10	5 th
11/12	6 th

- D. AIR ASSAULT Divisions 2nd grade-6th grade will be separated by age and/or gender based upon registration numbers at the Board's discretion.



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- E. Students who are home schooled must present evidence to the Board from the State of Texas (or similar governing authority) to confirm current grade level. Home-schooled students must be in grade level 6 or below to participate.
- F. Standard variations regarding eligibility will be governed as follows:
 - a. Playing experience / Skills evaluation
 - b. Weight at registration/Skills evaluation as outlined below:

DIVISION	AGE	GRADE	#WEIGHT EXCEPTION
Flag	5	Kindergarten	No Exceptions
Flag	6	1 st	No Exceptions
Tackle	7	2 nd	8 year old allowed if weight is less than 53 lbs.
Tackle	8	3 rd	9 year old allowed if weight is less than 62 lbs.
Tackle	9	4 th	10 year old allowed if weight is less than 70 lbs.
Tackle	10	5 th	11 year old allowed if weight is less than 79 lbs.

*Weight exceptions are based off of the average weight of the Division from the prior year.

- G. PARTICIPANTS, REGARDLESS OF DATE OF BIRTH, WHO WANT TO BE CONSIDERED FOR AN APPEAL, MUST DO THE FOLLOWING:**
 - a. Complete an eligibility appeal form
 - b. Attend Skills evaluations
 - c. Appeals down are based on prior experience, size, and skill rating.
- H. The Board will not consider ANY appeal unless the potential player has attended Skills Evaluation.**
- I. All variations must be requested in writing on an FFL “Eligibility Appeal – Request Form” no later than registration/Skills evaluation.
- J. Eligibility variations are case by case and subject to review and change by the Board.
- K. The Board will make all decisions concerning a change in eligibility, and is the **final** authority in determining eligibility.

PLAYER SKILL EVALUTIONS



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- A. All players will attend Skills Evaluations prior to the season. This is not in order to make a team roster, but for skill evaluation to be drafted to a team. If the Board feels it is necessary, a make-up Skills session may be offered to those who were unable to attend skills at registration or registered late. It is the intent of the Board to make sure every player has participated in the Skills Evaluations.
- B. All Returning Players must attend Skills Evaluations. **ALL returning Players who do NOT participate in the Skills Evaluations will be graded as a “one” (1).** New players who do not attend Skills Evaluations will not be given a rating and will be placed in the blind draft. No new players’ names will appear on the draft sheet if they have not attended skills. The player will be assigned a number (not a ranking) and only the number will be listed on the draft sheets.
- C. The skill test performed at Skills Evaluations will be pre-determined by the FFL Board.
- D. Players will be evaluated and ranked between “one” (1) and “five” (5). Their performance at each task will be recorded exactly, and the combination of these skills along with the player’s weight will determine the ranking. A “one” (1) will be considered an outstanding player at that age group. Please note that the Board will monitor participants’ skills rankings from year to year. Significant downward ranking from year to year will be questioned and subject to the Board assigning a more realistic ranking based on previous evaluations.

TEAMS

- A. Eligibility restrictions described previously in this document will apply at all ages.
- B. **Participants who are “five” (5) or “six” (6) years old on or before September 1st will be eligible to play 5v5 non-contact flag football. Participants “seven” (7) thru “twelve” (12) are eligible to continue playing in the 5v5 non-contact flag league or our standard full contact (tackle) football league.**
- C. Full contact (tackle) football will be categorized into “five” (5) age groups, defined: 7, 8, 9, 10, and 11/12.
- D. Every team in the 5v5 non-contact flag division will have a maximum of “ten” (10) and a minimum of “seven” (7) players. Every tackle football team will have a maximum of “twenty-two” (22) and a minimum of “fifteen” (15) players. When available, the Board will add players



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from a wait list at their discretion. Players not registered with the FFL are never eligible to participate, regardless of the situation.

- E. A team must use their regular season roster in any and all post-season games sponsored by the FFL.

DRAFT – SELECTION OF PLAYERS

Draft rules have been implemented by the FFL to allow participation by all children, boys and girls. It is our intent to make each team in every division as competitive with each other as possible.

5 YEAR OLD FLAG DIVISION

- A. All teams in the 5-year-old flag division will be created thru a draft process. **The team is created by protecting a maximum of “three” (3) players: A Head Coach, and “two” (2) Assistant coaches.** The remainder of the team will be chosen in the draft process. Draft order is determined by the average ranking of your protected players. (Coin toss breaks all ties).
- B. An assistant coach may help in drafting of players, but only if they have been designated as an assistant coach prior to the draft. **Max of “one” (1) assistant at the draft: (2) coaches total.**
- C. You must draft your protected players in the round based on their skill level. In other words, you must draft your protected “ones” (#1s) before you can draft an unprotected “one” (#1) ranked player. This holds true for all of your protected players and at all skill levels. If you have no protected players of the skill level being drafted, then you can choose any unprotected player of any skill level or from the “blind pool”. (see letter D below)
- D. All players that have completed the Skills Evaluations will have their information (name, height, weight, Skills assessment rating, etc.) listed on the draft sheet.
- E. All **NEW** players that have **NOT** completed the Skills Evaluations will be placed into a “Blind Pool”. The player will be given a Draft Number (i.e. Player #87) and only this number will be on the draft sheet. Once the draft is completed for all teams, the identity of all the “Blind Pool” players chosen will be revealed to their respective teams. ****At Board discretion, a number of players equal to or greater than the total number of “blind” picks will be added to the “blind**



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pool” from the “five” (5) skill ranking category to insure the integrity of the blind system. Any player added from the “five” (5) skill ranking will only be listed by draft number and no other information will be on the draft sheet.

- F. Players will not be told the position they were drafted.
- G. All Draft decisions are final and there will be no negotiating, “gentlemen’s agreements”, or trading of players.
- H. All Draft sheets will be turned into the FFL Board designee at the conclusion of the draft.
- I. **The FFL does not honor requests to play on a particular team, for a particular coach, or “play with a friend” in the 5 year old Flag Division.**

6 YR OLD FLAG - 11/12 YR OLD TACKLE DIVISIONS

- A. All returning players wanting to play for the same Head Coach/team will be included on the draft sheet, but are **ONLY** available to that said Head Coach/team. They are protected.
- B. Only **RETURNING** players opting to return to the same Head Coach/team are protected in the draft.
- C. An assistant coach may help in drafting of players, but only if they have been designated as an assistant coach prior to the draft. **Max of “one” (1) assistant at the draft: (2) coaches total.**
- D. All new players coming into the league will be placed in the draft and is eligible to be selected by any coach. All players listed on the draft sheet will be selected to a team.
- E. Any returning player, who does **NOT** want to return to his Head Coach/Team, will be placed into the draft. The player is eligible to be selected by any coach except the previous year’s Coach.
- F. All players that have completed the Skills Evaluations will have their information (name, height, weight, Skills assessment rating, etc.) listed on the draft sheet.
- G. All **NEW** players that have **NOT** completed the Skills Evaluations will be placed into a “Blind Pool”. The player will be given a Draft Number (i.e. Player #87) and only this number will be on the draft sheet. Once the draft is completed for all teams, the identity of all the “Blind Pool” players chosen will be revealed to their respective teams. ****At Board discretion, a number of players equal to or greater than the total number of “blind” picks will be added to the “blind pool” from the “five” (5) skill ranking category to insure the integrity of the blind system. Any player added from the “five” (5) skill ranking will only be listed by draft number and no other information will be on the draft sheet.**
- H. Players will not be told the position they were drafted.



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- I. All Draft decisions are final and there will be no negotiating, “gentlemen’s agreements”, or trading of players.
- J. All Draft sheets will be turned into the FFL Board designee at the conclusion of the draft.
- K. Combining of teams is not an option, due to the maximum number of protected players allowed.
- L. **The FFL does not honor requests to play on a particular team, for a particular coach, or “play with a friend” in the 6 year old Flag Division, or any Tackle Division.**
- M. Teams with low retention rates from year to year or other matters deemed appropriate may be disbanded at the discretion of the FFL Board. Players affected will be placed into the draft. This decision cannot be appealed.

RETURNING TEAMS

- A. The draft order will be determined by last year’s regular season standings. New teams will draft first (draft order for more than one new team will be determined by the average Skill rating of the protected players for each team). Next to draft will be returning teams with “one” (1) or few regular season wins from the prior year (last season’s final regular season ranking is the tie-breaker). Then the returning teams with “two” (2) or more regular season wins will draft in a worst record to best record order (last season’s final regular season ranking is the tie-breaker). ****See Letter A below for additional draft pick awarded to new teams and teams with “one” (1) or fewer regular season wins from the prior year.**
- B. Players will be drafted and count against a team according to their evaluation ranking. For purpose of illustration: assume Coach X has “fourteen” (14) returning players that break down after Skills Evaluations as follows: (3) - #1 ranked players; (6) - #2 ranked players; (2) - #3 ranked players; (2) - #4 ranked players, and (1) - #5 ranked player. This coach will be allowed to pick up additional players until reaching the assigned roster max as follows: The coach must take his returning #1 ranked players in the first three rounds; if there are still #1 ranked players on the board during the next round, this coach will be allowed to draft a #1 ranked player. If the selection level has dropped to the #2 ranked players, this coach must start drafting the #2 ranked players. A coach must continue to draft their returning players unless the skill level being drafted, when it is their turn to pick, is higher ranked than their highest ranked skill player left from their returning team.



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NEW TEAMS – RETURNING TEAMS WITH (1) OR FEWER WINS FROM PRIOR SEASON

- A. A new team is created when an opening is available and either a new coach or current assistant coach is selected from the interview process. All new teams created after the “five” (5) year old season will begin with protecting the new Head Coach’s child (children) and up to “two” (2) protected players with **NO PREVIOUS FFL EXPERIENCE in the age division**, with a max of “three” (3) protected players. Players with prior FFL experience are not eligible to be protected under a new team; they must be selected thru the normal draft process. The remainder of the team will also be chosen in the draft process.
- B. All new teams and returning teams with “one” (1) or fewer regular season wins from the prior year will receive “one” (1) additional draft choice in the opening draft order.
- C. New teams will be placed in the front of the draft order. The average skill rating of the protected players will determine draft order, worst average to best average in order.
- D. Each NEW team will have the ability to exclude “one” (1) #1 ranked player during their initial draft pick and may select any unprotected player on the board. This exception is **ONLY FOR NEW TEAMS** and does not apply to teams with “one” (1) or fewer wins from the prior season.
- E. Once the new teams have been weighted (average skill of protected players) and the draft order is determined, all new teams AND those returning teams with “one” (1) or fewer regular season wins from the prior year will receive an additional draft choice at the conclusion of the first round of the draft order. Here is an example of the draft order for the first three draft rounds:

Round # 1	Round # 2	Round # 3
Bulldogs (New with “one” #1)	Bulldogs	Bulldogs
Cobras (New with “three” #1s)	Cobras	Cobras
Falcons (prior year 0-8)	Falcons	Falcons
Bears (prior year 1-7)	Bears	Bears
Horns (prior year 2-6)	Horns	Horns
Raiders (prior year 4-4)	Raiders	Raiders
Bucs (prior year 5-3)	Bucs	Bucs
Hawks (prior year 6-2)	Hawks	Hawks
Ravens (prior year 7-1)	Ravens	Ravens
Steelers (prior year 8-0)	Steelers	Steelers
*Bulldogs (extra pick for any unprotected player)		
*Cobras (extra pick for any unprotected player)		
*Falcons (extra pick, must use on any returning #1)		



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before selecting an unprotected player)		
*Bears (extra pick, must use on any returning #1 before selecting an unprotected player)		

- F. You must draft your protected players in the round based on their skill level. In other words, you must draft your protected #1s before you can draft an unprotected #1. This holds true for all of your protected players and all skill levels. If you have no protected players of the skill level being drafted, you can then choose any unprotected player from any skill level or the “blind pool”.

ALLOCATION OF PLAYERS

- A. All teams (5/6 year old Flag-11/12 Contact Tackle) are created by the draft process.
- B. When siblings are involved, a coach drafting one child must also draft the other at the same time. The siblings will be annotated on the draft sheet. Any deviation from this will require the parents’ consent.
- C. The FFL Board designee(s) will place participants who register after the official draft and do not attend the scheduled Skills Evaluations.
- D. **PLAYER TRANSFER REQUEST:** No returning player will be allowed to transfer to another team. They must enter the draft.
- E. Players that quit a team prior to the season, or during the season, may be replaced with a new replacement player from the wait list. Admittance of the replacement player will be at the discretion of the Board and the Board will be the final authority concerning the status of the replacement player. Availability of replacement players is dependent on the number of participants on any potential wait list.
- F. Players who were not on a team’s final roster from the previous year, **for whatever reason**, and now wish to participate again, will be placed back into the Draft.

AIR ASSAULT

- A. All AIR ASSAULT teams are created thru a modified draft process. AIR ASSAULT is a co-ed division; boys and girls may play together.



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- B. All players will attend Skills Evaluations prior to the season. This is not in order to make a team roster, but to aid in a competitive formation of teams. It is the intent of the Board to ensure every FFL player has participated in the Skills Evaluations.
- C. A potential Head Coach may form a team by meeting the following requirements:
 - a. Have a starting roster that meets the minimum number of players – “seven” (7).
 - b. Register with the FFL, pay the coaching fee, and pass a background check.
 - c. **Teams formed by a coach may also have additional players added from the “pool” players as long as the team size does not exceed “ten” (10).**
- D. In the event a potential Head Coach does not meet the minimum players required, a team may still be formed with the addition of “pool” players on a case by case basis based on registration numbers for any given division.
- E. AIR ASSAULT players may request to play for a particular Head Coach/Team. All efforts will be made by the FFL to assure these requests are met. However, a team roster will not exceed the maximum number of players – “ten” (10).
- F. All players without any requests will be considered “pool” players. The league will assign these players at their discretion based on Skill Evaluations, gender, and/or school district location. It is our intent to make each team in every division as competitive with each other as possible.
- G. **Once AIR ASSAULT teams for formed, ALL teams will be required to have a representative attend the normal league Draft day. Teams will be given their official roster, discuss rules, draw for schedules, and will follow the jersey color selection process and turn in the jersey design form.**

GAME JERSEYS AND HELMETS

- A. All game jerseys must be FFL issued. Coaches can select to either have the player’s last name printed on the back or leave blank.
- B. All helmets with the exception of the 11/12 year old division will be white in color. The 11/12 year old division may use any color helmet.

JERSEY SELECTION PROCESS

- A. Jersey selection will take place during the formation of each team’s 5 year old season or in the inaugural year of AIR ASSAULT (7-11/12). Color selection is FINAL and will ONLY take place



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during the 5-year-old year or inaugural year of AIR ASSAULT. Colors stay with the team throughout their FFL tenure. In all future years, only jersey designs based around the team color will be required in the jersey portion of draft day.

- B. All coaches will draw numbers to establish color selection order. All previous FFL HEAD COACHES returning to any age division/league will have seniority and select first. In the event there are multiple senior coaches, they will draw numbers to establish their selection order.
- C. Coaches will proceed in order and select their jersey color from the available colors provided. No duplicate colors will be allowed. Once a color is selected it is then owned by the selecting team.
- D. Coaches may **TRADE** colors with another team provided:
 - a. Both coaches agree to the trade and understand that the trade is final and each team loses all rights to the traded color. Each team will have the traded color as their new primary color.
 - b. There is NO requirement for any team to trade a color back to its original team. Once traded it becomes team property.
 - c. BOTH coaches must submit a proposal to vpofffootball@friscofootballleague.com a minimum of two weeks prior to draft day for Board review and approval. Once approved, the trade is FINAL and no changes will be allowed on draft day.
- E. All colors not selected and any new colors that our vendor may introduce will be considered in the unassigned pool and are not available to any established team once the initial year selection process is complete.
- F. All non-returning/disbanded teams will have their team color placed in the unassigned pool of colors and will only be available for selection by new teams.
- G. Any **NEW/ADDITIONAL** teams entering an age division/league at any point following the 5 year old year/inaugural year of AIR ASSAULT MUST select a jersey color from the unassigned pool of colors.

PLAYER PARTICIPATION RULE – TACKLE DIVISIONS

- A. In keeping with our motto, **“YOUTH FIRST, SPORT SECOND”**, coaches are required to play all participants.
- B. The FFL is an instructional league. **All players must have at ALL times**, a starting position on either Offense or Defense. This means if a player is not playing on an Offensive series, then the



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player must take the field and play when the Defense goes out on the field, and vice versa. There will be no substitution of ONE-WAY players except for injury, ejection, or equipment change. As soon as the equipment is repaired or the player is ready to return from injury, the player must be returned to the field as soon as play will allow. When a roster is less than the maximum of “twenty two” (22) players, the TWO-WAY roster **POSITIONS** may be filled by any player on the team, as long as every player maintains a starting position of Offense or Defense for the entire game.

- C. All players will be required to attend and participate in 75% of a team’s weekly practices prior to a game in order to be considered a starter under this Player Participation rule. The required attendance is kept week to week and is not cumulative. If a player does not meet the 75% requirement the Board must be notified using an FFL “Player Participation Form” prior to the scheduled game. Upon request, the League will make available to any coach the Player Participation status sheets for the opposing team prior to their game. Sunday practices are excluded from the 75% rule. Once a Player Participation Form is turned in, it is at the coach’s discretion as to when the player enters the game. However, once the player enters the game, from that point forward the player is considered a starter and must maintain his starting position for the remainder of the game.
- D. Special team plays are excluded from the player participation policy. Special teams plays include kick-offs, kick returns, punts, punt returns, and all extra point attempts.
- E. Any coach deemed to be in violation of the FFL PLAYER PARTICIPATION RULE as to gain an advantage, will be subject to the following restrictions during the current season:
 - a. Completion of coach registration constitutes acknowledgement of the Player Participation Policy and is considered the first warning.
 - b. The first violation will constitute written censure, one-week suspension from coaching (including practices and games) and possible forfeiture of the game.
 - c. The second violation will result in termination of coaching privileges immediately and possible forfeiture of the game. The Board will appoint a new Head Coach to a team in case of termination.
- F. Any tackle player, who is injured and cannot play further in a game, must remove their shoulder pads, thus eliminating any confusion in the Player Participation Rule.

COACHING STAFF



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- A. In attempt to provide adequate instruction and attention to each participant, each team will have a Head Coach and recommended minimum of “two” (2) assistants in the tackle division and at least “one” (1) assistant in both all flag divisions.
- B. All 5v5 non-contact Flag teams will have a maximum of “three” (3) coaches.** Maximum coaching staff for tackle teams will be “seven” (7) coaches.
- C. All coaches are required to register online with the FFL each season prior to the first practice.
- D. All TACKLE (FULL CONTACT) coaches will be required to complete the online USA Football course as part of the FFL-USA Football Heads Up program. Any coach that does not complete this requirement will NOT be allowed to coach in the tackle division.**
- E. A criminal background check will be processed on all coaches.
- F. An outside vendor will process and review the information obtained during the background check and notify the Board of anyone who does not pass the pre-determined criteria. The FFL Board will not be notified of what the exclusion was, only that a “clear background” was not received based on the criteria that was given to the vendor. All information obtained will be confidential.
- G. The FFL Board Designee shall take all coach applications, after a coach has been certified and the background check procedure completed, and submit them to the Board for final approval. The Board is the final authority concerning the selection of team coaches.
- H. Each coaching staff must have at least one coach in attendance at the annual mandatory coach’s clinic organized by the FFL. This requirement is MANDATORY as the league Player Safety Coach will give required training on the USA Football Heads Up program.**
- I. All coaches who have met the registration requirements, USA Football course (if applicable), and passed the background check will be given a coach badge to indicate they are approved to coach in the FFL. These must be visible at all practices and games. Those who do not have a badge are not approved coaches and may not act as a coach in any manner.
- J. In the event someone is caught wearing someone else’s badge, a false badge, or a non-current year badge they will immediately be removed from the game facility. The Head Coach and any coach allowing their badge to be used for this purpose will be subject to suspension and/or complete loss of coaching privileges.**

THE HEAD COACH

- A. The FFL Board will award each head coaching position at their discretion.



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- B. Head Coaches will have the opportunity to purchase a coach bag on Draft day for a non-refundable \$100 fee. **This is mandatory for all NEW Head Coaches in any division.** Coach bags will be available for pick up prior to the first day of practice. The bags will consist of the official league stamped footballs and assorted equipment specific to either tackle or flag.
- C. All Head Coaches will be responsible for seeing that the assistant coaches, players, fans, and the players' parents conduct themselves in a manner as to attain the mission, and adhere to the motto of this organization. Failure to maintain control will result first in game penalties, and then possible forfeiture of the game. (See All Coaches Conduct Section).
- D. Will be responsible for obtaining medical care for players injured during games or practices if parents are not present. Parents will sign forms ahead of time to allow for medical care. The League will provide electronic or hard copies of medical release forms to each coach for all of his/her players.
- E. Will be responsible to recruit and enlist assistant coaches.
- F. Must report injuries to the League on the provided "Accident Form" within "seven" (7) days of any player injury, or by the next game day, whichever comes first.
- G. Must attain assistance from parents for:
 - a. Setting up the game fields
 - b. Taking down and storing field equipment/speaker systems
 - c. Announcing, timekeeping, and chain crew as instructed by the League
 - i. ***ANNOUNCERS and TIMEKEEPERS MUST be at least "eighteen" (18) years of age. No "over-announcing" by the announcers. Announcers must keep the announcing fair for both teams without giving away the play to the players on the field. ANNOUNCERS MAY NOT ANNOUNCE while the play is going on.**
 - d. Insure Team Area and sidelines are cleaned following each game
- H. Will encourage all assistants to attend the coaching clinic(s) organized by the FFL.
- I. Must keep attendance records at practices for every player.
- J. Will select a first assistant that will be in charge in their absence.
- K. Will appoint a team parent and give their name, email, and phone number to the VP of Team Support.
- L. **Must report to the Board any player that drops out of the program within "twenty-four" (24) hours.**
- M. Will not leave participants alone on the field or practice sites, unless supervised by a certified assistant coach.



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- N. Must inform the FFL Board Designee in writing on the FFL “Player Participation Form” prior to the scheduled game.
- O. Will be responsible for seeing that assistant coaches fulfill duties and responsibilities as listed under All Coaches Responsibilities.
- P. In order to guarantee good communication, all Head Coaches must have a cell phone number and e-mail address and make them available to their team and the FFL Board.
- Q. May evaluate the game officials following each game. Referee evaluations forms are available on the FFL website and should be e-mailed to: vpoffootball@friscofootballleague.com.

ALL COACHES CONDUCT

- A. The FFL regards bad sportsmanship as unnecessary and completely intolerable. Coaches are constantly being monitored and are considered role models, and will be held to an extremely high standard.
- B. All FFL coaches are required to demonstrate positive sportsmanship in respect to their players, cheerleaders, team, parents, opposing team’s players, cheerleaders, parents, coaches, and game officials. Coaches who are unable to demonstrate proper sportsmanship will be suspended from further coaching in the FFL.
- C. Any coach who is ejected from a game for un-sportsmanlike conduct will be required to leave the complex and will be unable to attend practice for the next week, nor coach in the next scheduled game. The Coach may be required to meet with the Board or Board Designee(s) in order to resume coaching. This includes post-season play. The continued demonstration of improper sportsmanship may constitute suspension from any number of practices and game as the FFL Board deems appropriate. **No appeal is offered for a coach who has been ejected.**
- D. Confrontation with the officials by any coach is not permitted. The FFL has established a **ZERO TOLERANCE** policy for unsportsmanlike conduct by any coach. Any such confrontation will result in a “fifteen” (15) yard penalty. A second unsportsmanlike penalty will result in the above stated penalty and also an immediate ejection of that coach from the game.
- E. ALL confrontations with referees or FFL officials prior to, during, or following a game may result in the immediate ejection of that coach from the current game, the next scheduled game, or expulsion from the League. All ejections will be at the discretion of the head game official.



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- F. Coaches are responsible in assisting game officials with the sportsmanship of all playing and non-playing team members, as well as spectators and fellow coaches.

ALL COACHES RESPONSIBILITIES

- A. Will teach each player the rules and fundamentals of football.
- B. Will stress the fact that football is a team effort.
- C. Will teach and encourage good sportsmanship by players.
- D. Will treat all players equally.
- E. Will not physically or verbally abuse any player.
- F. Will be responsible for checking safety of players' equipment and having equipment replaced if necessary in the coach's judgment.
- G. Will teach players proper care of equipment.
- H. Will provide or be certain that water or drink is available for every child.
- I. Will be responsible for keeping practice fields clean.
- J. Should NOT administer medication.
- K. Will appear before the Board when notified for disciplinary purposes or forfeit all rights to appeal.
- L. Who fail to make payment to the FFL for registration and equipment, unless waived by the Board, shall not be able to coach the next year.
- M. Are required to work at least "eight" (8) hours for the League during the year, in addition to their regular coaching duties.
- N. Will line up all participants at mid-field after the game to shake hands with the opposing team players, coaches, and game officials in order to demonstrate good sportsmanship.
- O. Will not film or photograph games or practices of other teams.
- P. Will not exchange scrimmage/practice film of future or past opponents with any other teams or provide film to officials.
- Q. Will not organize, participate, or facilitate any practices or "camps" prior to the official practice start date without specific prior approval from the FFL Board.



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GAME OFFICIALS

- A. Prior to the season the Board will approve a Head League Official. It will be the Head League Official's responsibility to enlist qualified officials and schedule adequate officials for game days.
- B. The game officials will be considered in charge of the game field and sideline activities once the game begins.
- C. The game officials can be evaluated by the coaching staffs after the game has been completed.
- D. The Head League Official will be responsible for advising the game officials of the FFL game rules.

PRACTICES

- A. Practice is defined as a gathering of players, prospective players, a team, or individual players on a team(s) to discuss the subject of football, to view films of football, to exercise, or study football.
- B. Any organized activity that could be viewed and defined as a "practice" is not allowed before the first allowed date provided by the FFL. No team practices or conditioning is allowed unless you are participating in a flag league. Violations will result in suspension of the Coaches and All participating players in attendance at the event.
- C. **The FFL is a recreational; USA Heads Up football affiliated league and player safety is paramount. There are NO FFL APPROVED CONTACT CAMPS OR CONTACT ACTIVITIES for the duration of the offseason being defined as the initial onsite skills date to the first allowed practice date in pads.**
- D. **Any COACH instructing FFL eligible players or any FFL eligible PLAYER that participates in any contact football activities during the listed offseason period will not be eligible to participate in the FFL Recreation Football season.**
- E. **Each player MUST have "four" (4) days of conditioning without pads, but may wear a helmet, prior to being allowed to participate in full padded practices. NO EXCEPTION to this rule.**
- F. Mouthpieces must be worn at all time.
- G. Practices can be held on any day except scheduled game days. Games are not included in the practice total. Practices must not exceed "two" (2) hours and only "one" (1) practice may be held per day. Participants must be released by 9:00pm.



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- H. It is recommended NOT to practice on Sundays. However, if Sundays are used for practice, a player cannot be penalized towards the Player Participation rule for missing a Sunday practice.
- I. Practices are defined as **Pre-Season** (prior to regular season) and **Season** practices. A maximum number of practices are allowed for each time period and are based on a **WEEK** (“seven” (7) day period). The FFL begins on a Saturday, so the WEEK time frame will be considered **SATURDAY-FRIDAY**. ***Any FFL organized Round Robin scrimmage is considered one of the team practices for the WEEK.**
 - a. **Pre-Season Practices**
 - i. **TACKLE DIVISIONS: Maximum of “four” (4) practices per WEEK**
 - ii. **ALL FLAG DIVISIONS: Maximum of “two” (2) practices per WEEK**
 - b. **Season Practices**
 - i. **TACKLE DIVISIONS: Maximum of “three” (3) practices per WEEK**
 - ii. **ALL FLAG DIVISIONS: Maximum of “two” (2) practices per WEEK**
- J. All practice sites will be determined by the FFL. All practice sites have been coordinated between the FFL, other youth sport leagues, the City of Frisco Parks and Recreation Department, and/or the Frisco Independent School District. No other sites are permitted unless approved by the FFL in writing prior to use. **A WORD OF WARNING** – The Frisco Police Department will issue tickets to coaches that use any irrigated areas maintained by Fisd and anyone parking on city streets and surrounding streets encompassing the practice site. Uses designated parking areas and follow all traffic regulations when attending any FFL practice or game.
- K. Conditions of participants must be watched, especially during hot weather. Frequent breaks will be provided throughout practice for water. Adherence to Heat Index guidelines is required.
- L. Practice will stop immediately if, in the coach’s opinion, deteriorating weather (i.e. lightning, wind, etc.) might cause injury to the participants.
- M. Any scrimmage during the week will be considered and counted as a practice.
 - a. Scrimmages are only permissible when conducted between “two” (2) Frisco Football League teams in the SAME division.
 - b. Any coach desiring to scrimmage ANY team outside of the FFL must receive Board approval.
 - c. Scrimmages between different age division teams, i.e. 7 year olds vs. 8 year olds, are **ABSOLUTELY NOT TOLERATED**.

GAME SCHEDULE



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- A. Draft league schedules will be released to the Head Coaches on the day of the Draft (without times or locations) by the FFL Board. Final league schedules will be released to the Head Coaches no later than two weeks prior to opening day. The FFL Board will attempt to reschedule any game canceled for any reason.
- B. All games, pre-season, regular season, or post-season must be scheduled and approved by the FFL Board. Participation in a game without approval will result in the loss of future coaching positions.

GAME WARM UPS AND COMPLETION

- A. In order to start games on time, teams will meet and warm up prior to coming on the playing field unless the field is clear from the prior game.
- B. Pre-game warm-ups will NOT exceed “one” (1) hour prior to the scheduled game time.
- C. Teams will clear the field immediately after their game is completed in order to allow the following game to start on time. Teams leaving the field must clean up the area around their bench and sidelines before leaving the field.
- D. Post-game team meetings must happen off the field and away from the sidelines to allow the next teams to move onto the field and prepare for their games.
- E. **Coaches are responsible for keeping their players and fans off of the game field during halftime. GAME FIELDS are ONLY open to cheer squads during intermission.**
- F. Teams are not allowed to warm-up; practice PATs, etc. during halftime or any other pre-game other than their scheduled game.
- G. BOTH TEAMS scheduled to play the first game on any given field are responsible for setting up all field equipment prior to the start of the game. BOTH TEAMS scheduled for the last game of the day on any given field are responsible for taking down and storing all field equipment or risk forfeiting their next game.

GAME SUSPENSIONS, POSTPONEMENT, AND CANCELLATION

- A. Prior to kickoff of any FFL game, the decision to postpone or cancel the game is solely that of the FFL Board, Referee, or their designee.
- B. After kickoff, the referee may suspend the game temporarily when conditions warrant such action. The referee may declare and charge himself with a timeout for any contingency not elsewhere covered by the rules.



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- C. When the game is stopped by actions of person(s) not subject to the rules or of any other reason not in the rules, and cannot continue, the referee shall:
 - a. Suspend play and direct the players to their team area or off the field in the case of threatening weather.
 - b. Refer the problem to the FFL Board or their designee.
 - c. Resume the game when they (game officials) determine conditions are satisfactory.
- D. A suspended game due to weather (if resumed) will begin with the same time remaining and under the identical game condition of down, distance, and field position.
- E. **All games reaching halftime shall be considered official if stopped due to weather and cannot be completed on the scheduled game day. All games postponed prior to halftime that are determined to still be of a competitive nature are considered incomplete and subject to rescheduling. Board discretion on rescheduling will apply and the league will attempt to reschedule all games that are incomplete.**
- F. The FFL will follow the procedures posted on our website in regards to the City of Frisco's Lightning Predictors. Play must cease immediately in the event that the siren blows and the fields of play must be cleared. Play will not resume until the all clear is given: "three" (3) short blasts. Please refer to the Lightning Policy on the website: www.friscofootballleague.com.

FORFEITS

- A. Any tackle division team not fielding "ten" (10) players, any Flag team not fielding "four" (4) players at game time will result in a forfeit of the game. If neither team fields the requisite amount of players, a loss will be counted against both teams.
- B. Officials may forfeit a game due to misconduct of spectators or coaches.
- C. The home team is responsible for providing a timekeeper or risk forfeiting their next game.
- D. The visiting team is responsible for providing an ADULT chain crew or risk forfeiting their next game.
- E. Game forfeits will result in the offended team being awarded "one" (1) point. If a game in progress is forfeited and the offended team is behind, they will be awarded an equal score plus "one" (1) point. If the offended team is ahead, the score will stand.



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CHAMPIONSHIPS

- A. Division(s) Champions are determined by:
 - a. Win/Loss record in Division
 - b. Head to Head
 - c. Overall Record
 - d. Fewest points allowed in Division (PAD)
 - e. If above steps are applied and the tie has not been broken, the teams will be considered tied and a coin toss will determine seeding for playoffs.
- B. This same format will be used to determine which teams qualify for the post-season. The playoff format is an “eight” (8) team bracket based on either the top “eight” (8) teams in a single division age group or the top “four” (4) teams out of each division in a two division age group.
- C. Teams that do not make the post-season will play against each other during the first week of the playoffs, but not for advancement.
- D. The Divisional winners in the regular season will be considered the Division Champion(s). The winner of the post-season tournament will be considered the Frisco Bowl City Champion.
 - a. Trophies will be presented to Division Champions based on regular season standings.
 - b. Only the Frisco Bowl Champion and runner-up will receive trophies in the playoff round.
- E. **Playoff games must have a winner. If at the end of a regulation game it is tied, a modified overtime tiebreaker will be used. *See General Rules for OT procedures.**

GENERAL RULES FOR ALL TACKLE DIVISIONS

- A. All Frisco Football League games will be played in accordance with the current UIL/NCAA rules except as specified in this section of the FFL Policies and Procedures.
- B. **FFL Game Day trainers are the sole authority to diagnose a player experiencing concussion like symptoms. If a player is diagnosed with a concussion, they will be removed from the current game and will be subject to the FFL Return to Play Policy found on the website.**
- C. Youth sized FFL issued footballs will be used. K-2s are used in ages 7 thru 9 year old and TDJs are used for the 10 and 11/12 divisions. League will provide FFL game balls.
- D. Each quarter will be “eight” (8) minutes.



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- E. Halftime will be at least “eight” (8) minutes and will terminate at the end of that time period or at the conclusion of the cheer squads halftime routine, whichever occurs last.
- F. Only coaches and players are allowed in the TEAM AREA defined by the head coach. Non-badged spectators, fans, and parents are NOT allowed in this area.
- G. All players must have a mouthpiece in place during all plays from scrimmage. If the ball is snapped and a player does not have a mouthpiece in place, the play will be blown dead and a dead ball five-yard penalty will be enforced on the offending team.
- H. **If one team leads another by “twenty-five” (25) points or more at any point in the 2nd half, the clock will begin to run continually. It will only stop if the trailing team calls a timeout. The team in the lead will NOT be granted any timeouts by the game officials. The running clock is immediately suspended if the lead falls below “twenty-five” (25) points.**
- I. Jerseys will remain tucked in during the game.
- J. SCORING – When crossing the goal line the team shall be awarded “six” (6) points. A successful rushing PAT will count as “one” (1) point and a forward pass (completed beyond the line of scrimmage) or a kicked PAT will count as “two” (2) points.
- K. **All games that end in a tie after regulation play will advance to an Overtime in the following manner:**
 - a. **A coin toss is used to determine ball possession. The winner of the coin toss can choose to start on offense or defense.**
 - b. **The ball will be placed on the 20-yard line and both teams will be given an offensive possession. All penalties are officiated that same as regulation time.**
 - c. **If the score remains tied, a 2nd overtime period will ensue. The teams will invert with the initial team on Offense starting on Defense first. The ball will be placed at the 40-yard line and both teams will be given an offensive series. All penalties are officiated that same as regulation time.**
 - d. **The winner will be declared based on:**
 - i. **Neither team scores – the team with the furthest penetration toward the goal line is the victor. Penetration is yard line in which the drive ENDS.**
 - ii. **Both teams score and still tied– play a 3rd or any subsequent OT periods in same format as 2nd OT. From 40yd line and penetration rule applies.**
- L. Blocking below the waist rule is in effect. There will be absolutely no blocking below the waist outside the tackles in any division.
- M. **EJECTION POLICY:**



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- a. **ANY player ejected from a game will be out the remainder of that game AND will be suspended a minimum of one week, to include all practices and the following game. Further disciplinary action is at the discretion of the Board.**
- b. The suspended player must attend the next game and be on the sideline with his/her jersey on. The player will not be allowed to participate until this requirement is fulfilled. Should the player not attend the next game, the player will be held accountable for fulfilling this requirement prior to returning to participate in the League.
- c. The Head Coach of the ejected player must contact the League within “twenty-four” (24) hours of the ejection by email to: vpoffootball@friscofootballleague.com. Failure to notify the League could result in suspension of the Coach.
- d. The Head Coach may appeal the suspension to the Board. However, there must be conclusive evidence, i.e. game tape, etc. to warrant a Board review.
- e. The Head Coach must submit a money order or cashier’s check in the amount of \$100.00 upon request for an appeal. The fee is to assist with any and all applicable administrative and miscellaneous charges, i.e. facility rental for appeal meeting. The fee is non-refundable.

TACKLE RULES

FIELDS

- All tackle football games will be played on regulation UIL fields if available.

COACHES ON THE FIELD OPTION

- A. Only the 7-year-old tackle division will have a “Coaches on the Field Option”.
- B. A team may have one coach on the field during plays from scrimmage.
- C. At the snap of the ball, both Offensive and Defensive coaches must be a minimum of “ten” (10) yards behind the deepest player on their respective team.
- D. The coach may not interfere with the flow of the play in any manner.
- E. Once the ball is put into play, the coach must remain motionless, and may not gesture or speak to the players until the whistle blows the ball dead.



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- F. A coach may not touch a player after the ball has been put into play. Use of the hands to aid any player will result in an unsportsmanlike penalty.
- G. A coach may give verbal instruction until the huddle is broken. Once the huddle is broken, all communication (verbal and non-verbal) from both the Offense and Defense coaches on the field is prohibited.
- H. The coach on the field may not question the official's judgment. He can speak to a game official to ask a question as long as it is done so in a respectful manner. Excessive confrontation with the game officials by any coach will result in the immediate ejection from the game.

KICK OFFS

- A. Unless relocated by penalty, the kicking team restraining line for any kick off will be the 40-yard line.
- B. Kicking teams must have at least "four" (4) on each side of the ball. If loading a side for an onside kick, there must be "four" (4) maintained on the other side of the ball.
- C. A team up by "fifteen" (15) or more points cannot kick an onside kick. For this purpose, an onside kick is defined as a kick that travels less than "twenty" (20) yards from the point of the kick. If a team that is up by "fifteen" (15) or more points kicks an onside kick, the receiving team will be awarded the ball at the point of recovery by either team, regardless of which team touches the ball first.
- D. **In any situation, if the kickoff travels more than "twenty" (20) yards from the point of the kick, it is a LIVE ball and can be covered by the kick off team.**

PUNTS

A. 7 AND 8 YEAR OLD DIVISIONS

- a. The offensive team will declare its intention to punt. Once a punt is declared, it is a dead ball and the clock does not run on the change of possession. **A PLAYER KICK WILL ALWAYS OCCUR once a punt is declared.**
- b. Once the offense declares its intention to punt, the punter must remain at least "three" (3) yards behind the deep snapper until after he receives the ball.
- c. If the ball contacts the ground before the punter attempts to punt the ball, the punter may retrieve the ball; position himself at least "three" (3) yards behind the deep snapper and in between the offensive tackles and punt the ball.



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- d. Punts are dead balls and the punt team cannot recover a receiving team's fumble, nor are any runbacks allowed by the receiving team.
- e. The receiving team may have no more than "two" (2) punt returnees. All other punt return team members must be positioned within "three" (3) yards of the line of scrimmage. There is NO RUSH on the punter.
- f. Once the ball is punted, the receiving team will gain possession of the ball at the farthest spot from the line of scrimmage resulting from either:
 - i. End result of the PLAYER kick
 - ii. Automatic 30-yard change of possession.
- g. The receiving team can ONLY be pinned inside their own 20-yard line as a result of a PLAYER kick. If the automatic 30-yards is used, the minimum position for the new offensive series will be the 20-yard line.

B. 9, 10, AND 11/12 YEAR OLD DIVISIONS

- a. The offensive team will declare a punt. Fake punts are NOT allowed.
- b. Once the offense declares its intention to punt, the punter must line up at least "three" (3) yards behind the center.
- c. There is a delayed LIVE rush. The line judge will count and initiate the rush. This will be clearly communicated to both coaching staffs by the game official. The penalty for rushing early will be a 5-yard penalty, replay of down. The delayed LIVE rush is as follows:
 - i. 9 year old division – "four" (4) second delay
 - ii. 10 & 11/12 year old divisions – "two" (2) second delay
- d. The punter may not leave the pocket until after the delay time has been counted. He may only leave the pocket to protect himself while avoiding the rush. However, the punter may not advance the ball past the line of scrimmage and **NO FAKE PUNTS ARE ALLOWED.**
- e. The punting team may send "two" (2) gunners at the snap of the ball. "One" (1) gunner must be lined up on each side of the ball and gunners are considered the **widest player** lined up. No loading of gunners on one side of the ball.
- f. The receiving team may use "one" (1) defender per gunner to block the gunner.
- g. The receiving team may have no more than "two" (2) punt returnees. All other punt return team members must be positioned within "three" (3) yards of the line of scrimmage.



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- h. After the rush delay, any resulting block or when the ball is punted (whichever occurs first), it is a LIVE ball and can be returned.

KICKING A PAT OR FIELD GOAL

A. 7 AND 8 YEAR OLD DIVISIONS

- a. The offensive team will declare its intention to kick a PAT or Field Goal.
- b. Once the ball is snapped, the kicking team has “ten” (10) seconds to complete the attempt. The game officials will initiate and keep the count. If after “ten” (10) seconds the ball has not been kicked, the play is dead and the PAT/Field Goal is no good.
- c. The defensive team may NOT rush the kick. They may raise their hands and arms straight up and jump straight up in an attempt to block the ball.
- d. Once the ball is kicked the defending team will gain possession of the ball in accordance with UIL/NCAA rules.
- e. No runbacks of kicked PATs or Field Goals are allowed.

B. 9 AND 10 YEAR OLD DIVISIONS

- a. The offensive team will declare its intention to kick a PAT or Field Goal.
- b. Once the offense declares its intention to kick, the holder must remain at least “three” (3) yards behind the center until after receiving the ball.
- c. There is a delayed LIVE rush. The line judge will count and initiate the rush. This will be clearly communicated to both coaching staffs by the official. The penalty for early rushing will be a 5-yard penalty and replay the down.
 - i. 9 year old division – “four” (4) second delay
 - ii. 10 year old division – “two” (2) second delay
- d. Fake PATs/Field Goals are NOT allowed. However, any resulting block of a kicked ball is a LIVE ball and can be advanced by either the kicking team or the defense.

C. 11/12 YEAR OLD DIVISION

- a. LIVE PAT and Field Goal rules are in effect. After the ball is snapped, it is a LIVE ball.

GENERAL RULES FOR 5/6 YR OLD FLAG FOOTBALL



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- A. **FFL Game Day trainers are the sole authority to diagnose a player experiencing concussion like symptoms. If a player is diagnosed with a concussion, they will be removed from the current game and will be subject to the FFL Return to Play Policy found on the website.**
- B. Youth sized FFL issued K-2 footballs will be used. League will provide FFL game balls.
- C. Each HALF will be a “twenty” (20) minute running clock. ***The last minute of each half will be a live game clock and stop on incompletions or out of bounds.**
- D. Halftime will be at least “eight” (8) minutes and will terminate at the end of that time period or at the conclusion of the cheer squads halftime routine, whichever occurs last.
- E. Only coaches and players are allowed in the TEAM AREA defined by the head coach. Non-badged spectators, fans, and parents are NOT allowed in this area.
- F. All players must have a mouthpiece in place during all plays from scrimmage. If the ball is snapped and a player does not have a mouthpiece in place, the play will be blown dead and a dead ball five-yard penalty will be enforced on the offending team.
- G. Once a team goes ahead by “twenty-five” (25) points or more the mercy rule will go into effect:
 - a. The team leading may not rush the quarterback when on defense, even if lined up behind the rush line.
 - b. When on offense, the team in the lead must **PASS** the ball.
 - c. All other rules remain unaffected.
 - d. Mercy rule goes into immediate effect once a team gains a “twenty-five” (25) point or more lead and is immediately suspended the instant the lead falls below 25 points.
- H. Jerseys will remain tucked in during the game.
- I. **SCORING** – When crossing the goal line the team shall be awarded “six” (6) points. A successful PAT from the 5-yard line (no run zone) will count as “one” (1) point and a successful PAT from the 10-yard line will count as “two” (2) points. A defensive safety is worth “two” (2) points.
- J. **All games that end in a tie after regulation play will advance to an Overtime in the following manner:**
 - a. **A coin toss is used to determine ball possession. The winner of the coin toss can choose to start on offense or defense. All penalties are officiated that same as regulation time.**
 - b. **The ball will be place on the 10-yard line and both teams will be given an offensive possession.**
 - c. **If the score remains tied, a 2nd overtime period will ensue. The teams will invert with the initial team on Offense starting on Defense first. The ball will be placed at the**



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midfield and both teams will be given an offensive series. The winner will be declared based on:

- i. Neither team scores – the team with the furthest penetration toward the goal line is the victor. Penetration is yard line in which the drive ENDS.
- ii. Both teams score and still tied– play a 3rd or any subsequent OT periods in same format as 2nd OT. From midfield and penetration rule applies.

K. EJECTION POLICY:

- a. **ANY player ejected from a game will be out the remainder of that game AND will be suspended a minimum of one week, to include all practices and the following game. Further disciplinary action is at the discretion of the Board.**
- b. The suspended player must attend the next game and be on the sideline with his/her jersey on. The player will not be allowed to participate until this requirement is fulfilled. Should the player not attend the next game, the player will be held accountable for fulfilling this requirement prior to returning to participate in the League.
- c. The Head Coach of the ejected player must contact the League within “twenty-four” (24) hours of the ejection by email to: vpoffootball@friscofootballleague.com. Failure to notify the League could result in suspension of the Coach.
- d. The Head Coach may appeal the suspension to the Board. However, there must be conclusive evidence, i.e. game tape, etc. to warrant a Board review.
- e. The Head Coach must submit a money order or cashier’s check in the amount of \$100.00 upon request for an appeal. The fee is to assist with any and all applicable administrative and miscellaneous charges, i.e. facility rental for appeal meeting. The fee is non-refundable.

AIR ASSAULT RULES

PLAYER PARTICIPATION RULE

- A. In keeping with our motto, “YOUTH FIRST, SPORT SECOND”, coaches are required to play all participants.



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- B. The FFL is an instructional league. The non-contact Flag divisions are designed to introduce young players to all aspects of the game and get acclimated to a team environment before entering the contact aspect of tackle football. **All players must have at ALL TIMES, a starting position on EITHER OFFENSE and DEFENSE. THEREFORE, no player will sit out consecutive series at any point in the game. If not on OFFENSE, they must go out on next DEFENSIVE series or vice versa.** There will be no substitution of any players except for injury, ejection, or equipment damage. As soon as the equipment is repaired or the player is ready to return from injury, the player must be returned to the field as soon as play will allow.
- C. All players will be required to attend and participate in 50% (1 of 2) of a team's weekly practices prior to a game in order to be considered a starter under this Player Participation rule. The required attendance is kept week to week and is not cumulative. If a player does not meet the 50% requirement the Board must be notified using an FFL "Player Participation Form" prior to the scheduled game. Upon request, the League will make available to any coach the Player Participation status sheets for the opposing team prior to their game. Sunday practices are excluded from the 50% rule. Once a Player Participation Form is turned in, it is at the coach's discretion as to when the player enters the game. However, once the player enters the game, from that point forward the player is considered a starter and must maintain his starting position for the remainder of the game
- D. **Any coach deemed to be in violation of the FFL PLAYER PARTICIPATION RULE as to gain an advantage, will be subject to the following restrictions during the current season:**
- a. **Completion of coach registration constitutes acknowledgement of the Player Participation Policy and is considered the first warning.**
 - b. **The first violation will constitute written censure, one-week suspension from coaching (including practices and games) and possible forfeiture of the game.**
 - c. **The second violation will result in termination of coaching privileges immediately and possible forfeiture of the game. The Board will appoint a new Head Coach to a team in case of termination.**
- E. Any flag player, who is injured and cannot play further in a game, must remove their flags, thus eliminating any confusion in the Player Participation Rule.

EQUIPMENT AND DEAD BALL RULES



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- A. AIR ASSAULT DIVISIONS (7-11/12): MANDATORY REQUIREMENT to wear FFL provided safety halo headgear to participate in any game. Headgear will be issued with team flags before the beginning of the season.**
- B. "Two" (2) flags MUST be worn by each player. They are worn on the outside of the hips, directly below the armpits.
- C. All players must have their jersey tucked into their pants to avoid covering any portion of the flag.
- D. ONLY FFL issued flags are to be used in games and MUST NOT be altered in any fashion.
- E. A player not wearing flags may NOT advance the ball.
- F. If a player who is not wearing flags gains possession of the ball, the ball is dead at the spot where possession was gained.
- G. A ball carrier whose flags inadvertently fall off (wind, runner's hand, etc.) is declared down and the ball is spotted where the flags fell off.
- H. It is the Head Coach's responsibility to check and assure all flags are in proper working order.
- I. Flags worn should be contrasting in color to the uniform pants as not to blend in.
- J. Excess flag belts must be tucked in as not to be accidentally pulled by a defender. If excess belt tail or any other part of the belt is pulled, the ball carrier will be considered down and the ball spotted where the belt was pulled.
- K. The ball shall be blown dead:
- The ball touches the ground
 - Any part of the ball carrier other than their hands or feet touch the ground
 - The ball carrier steps out of bounds
 - The ball carrier's flags fall off or are pulled by a defender
 - The ball carrier scores
 - A run is attempted from the no running zone, either during play or on an extra point attempt
 - The "seven" (7) second clock expires
 - A defensive interception occurs
 - A forward pass is completed behind the line of scrimmage

COACHES ON THE FIELD OPTION



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- A. **ONLY the 5 & 6 flag divisions will have a “Coach on the Field Option”. There is no “Coach on the Field” for any division of Air Assault**
- B. A team may have one coach on the field during plays from scrimmage.
- C. At the snap of the ball, both Offensive and Defensive coaches must be a minimum of “ten” (10) yards behind the deepest player on their respective team.
- D. The coach may not interfere with the flow of the play in any manner.
- E. Once the ball is put into play, the coach must remain motionless, and may not gesture or speak to the players until the whistle blows the ball dead.
- F. A coach may not touch a player after the ball has been put into play. Use of the hands to aid any player will result in an unsportsmanlike penalty.
- G. A coach may give verbal instruction until the huddle is broken. Once the huddle is broken, all communication (verbal and non-verbal) from both the Offense and Defense coaches on the field is prohibited.
- H. The coach on the field may not question the official’s judgment. He can speak to a game official to ask a question as long as it is done so in a respectful manner. Excessive confrontation with the game officials by any coach will result in the immediate ejection from the game.

PLAYING FIELD

- A. Games to be played on a 30yd wide x 70yd long field. Two end zones of 10yd each and two playing zones of 25yds each.
- B. Offensive possession by either team will ALWAYS begin at the 5-yard line.
- C. Extra point attempts following a touchdown will be either from the 5-yard line (no run zone) – (1) point or the 10-yard line (2) points.

OFFENSE

- A. GAME FLOW
 - a. Each team has “one” (1) timeout per half.
 - b. The clock only stops during timeouts, halftime, injuries, LIVE clock at end of each half, or at any other times deemed appropriate by the game officials.
 - c. The offense has a “twenty-five” (25) second play clock from the “ready for play” whistle.



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- d. An initial coin toss determines which team begins on offense to start the game. The winner of the toss has the option to begin on either offense or defense. The team that begins on offense the 1st half will begin on defense in the 2nd half.
- B. START OF POSSESSION**
- a. Both teams will begin any offensive possession from the 5-yard line.
 - b. Dropped snaps inside the end zone will be considered dead balls and placed back on the 5-yard line with a loss of down.
 - c. Once the ball is received on a snap any flags pulled by defenders on the rush or on running backs inside of the end zone will result in a safety for the defending team. (2) Points will be awarded and change of possession will occur, with the new offensive team beginning a new possession from the 5-yard line.
- C. SNAPPING THE BALL**
- a. The center must snap the ball between the legs and must release the ball to the quarterback for a legal play to occur. Shotgun snaps are allowed, but not required.
 - b. Handoffs to the center are legal, but the center cannot receive a handoff between the legs.
- D. NUMBER OF DOWNS**
- a. Each team will have “three” (3) downs to advance the ball across the first down marker: 25-yard line or into the end zone.
 - b. If a team crosses the first down marker (25-yard line) but does not score, the team receives “three” (3) more downs to advance to the end zone.
 - c. If the Offense fails to get a first down or a touchdown, possession passes to the opposing team and they will begin their offensive series on the 5-yard line.
- E. BALL POSITION**
- a. The location of the **RUNNER’S FOOT** (NOT the ball) at the end of the play determines where the ball is to be spotted.
- F. RUNNING**
- a. The player who receives the snap is considered the quarterback and may not advance the ball beyond the line of scrimmage until it has been given to another player. Once a pass, hand off, pitch, or lateral to another player has occurred, this restriction no longer applies. The quarterback then becomes eligible to run, pas, or receive the ball.
 - b. Spin moves are allowed.



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- c. If a runner's flag inadvertently falls out, the play is blown dead at the spot the flag fell to the ground.
 - d. It is the ball carrier's responsibility to avoid colliding with defenders in their pathway. Unintentional contact shall not be penalized, provided the ball carrier makes an attempt to avoid it. Failure to attempt to avoid contact with a defender may be penalized, even if it does not result in a collision.
- G. NO RUNNING ZONE**
- a. There is "one" (1) no running zone on a game field: any offensive play from the 5-yard line in.
 - b. The offense must attempt a pass beyond the line of scrimmage. Handoffs, pitches, and laterals are NOT allowed in the no running zone.
 - c. This applies to all extra point attempts from the 5-yard line.
- H. LATERALS**
- a. Laterals are allowed but may occur ONLY behind the line of scrimmage. Once the ball is advanced past the line of scrimmage, laterals cannot occur.
 - b. There is no limit to the number of laterals on any given play provided they all occur behind the line of scrimmage.
- I. HANDOFFS**
- a. Handoffs may ONLY occur behind the line of scrimmage. Once the ball is advanced past the line of scrimmage, handoffs cannot occur.
 - b. There is no limit to the number of handoffs on any given play provided they all occur behind the line of scrimmage.
 - c. Handoffs can be forward or backward and do not impede the ability to throw a forward pass.
- J. "SEVEN" (7) SECOND RULE**
- a. After the ball is snapped, the quarterback has "seven" (7) seconds to pass, handoff, or pitch the ball. After this time expires, the play will be blown dead and placed at the original line of scrimmage with loss of down.
 - b. Once the ball leaves the quarterback's hands, the "seven" (7) second rule NO longer applies for that down.
- K. PASSING**
- a. Only "one" (1) forward pass is allowed on the same play.



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- b. ALL forward passes MUST be completed beyond the line of scrimmage. Failure to complete a pass beyond the line of scrimmage will result in the play being blown dead and spotted back at the original line of scrimmage with loss of down.
- c. All players (including the quarterback) are eligible receivers.

L. BLOCKING

- a. **FFL 5/6 FLAG and AIR ASSAULT are designed to be a NON-CONTACT league. NO BLOCKING of any kind is allowed.**

M. RECEIVING

- a. A completion results when the receiver has control of the ball with at least one foot in bounds.
- b. If a receiver catches a pass and has lost a flag, the ball shall be blown dead at the spot of the reception.

N. MOTION

- a. No more than "one" (1) player at a time is allowed to be in motion.
- b. A player in motion may NOT move toward the line of scrimmage until the ball is snapped.

O. RESTRICTIONS

- a. Ball carriers may not use hands, arms, or the ball to impede a defender from pulling their flags.
- b. The ball carrier shall not lower their head and charge a defender. No intentional contact is allowed, to include using a stiff arm.
- c. NO DIVING is allowed. If a ball carrier dives, a diving penalty will be imposed from the spot of the foul, to include disallowing a score if the player dives into the end zone.

DEFENSE

A. FLAG PULLING

- a. To stop a ball carrier, the defensive player must pull a ball carrier's flag(s) or force (without contact) the ball carrier out of bounds.
- b. No intentional contact is allowed. This includes tackling, pushing, grasping, and bumping. No contact with any offensive player's face or head is ever allowed.
- c. Contact with a passer's arm or the ball while attempting a throw is NOT allowed.
- d. Incidental contact to the ball carrier's body while reaching for the flags is not a violation.



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- e. Defenders are not required to touch the ball carrier if the runner's flags unintentionally fall off. The play is blown dead at the spot the flags fell to the ground.
- B. DEFENSIVE RUSHING
 - a. Any numbers of defensive players are eligible to rush the quarterback provided all rushers are behind the rushing line when the ball is snapped.
 - b. The rushing line is marked by a game official and is "seven" (7) yards from the line of scrimmage. The "seven" (7) yards applies to all offensive plays.
 - c. Once the ball leaves the quarterback's hands (handoff, pitch, lateral, or pass) all defensive players immediately become eligible to rush, regardless of whether they were lined up behind the rush line

CHANGE OF POSSESSION

- A. A Team failing to advance beyond the 1st down marker (25-yard line) or into the end zone after "three" (3) downs loses possession of the ball. The opposing team takes possession from the 5-yard line.
- B. **INTERCEPTIONS CAN BE RETURNED.** The offense will take possession at the spot the intercepting player's flags are pulled or attempt a PAT if returned for a score.

PENALTIES

- A. All procedural penalties are "five" (5) yards. All other penalties are "ten" (10) yards. Some infractions may carry additional penalties, including loss of down, automatic 1st down, or ejection.
- B. Penalties are either imposed from the basic spot or from the point at which the infraction occurred.
- C. For infractions that occurred before or during (prior to the catch) a legal forward pass, the basic spot is the original line of scrimmage. Otherwise, the basic spot is the point at which the ball would be spotted if no penalty had occurred.
- D. The offended team always has the right to decline the penalty.
- E. When the penalty is greater than the distance to the goal line, it shall be spotted half the distance to the goal line.



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- F. A period of play cannot end on a defensive penalty, unless the offense chooses to decline it. In the event of a defensive penalty that is not declined, the offense receives another play (along with an extra point attempt if a score occurs).

LOSS OF (5) YARDS

- A. Delay of Game
- B. Encroachment
- C. False Start
- D. Illegal Motion
- E. Attempting to run inside a no running zone
- F. Illegally rushing the quarterback
- G. Offensive pass interference (loss of down)
- H. Defensive pass interference (automatic 1st down)
- I. Roughing the passer
- J. Removing a receiver's flags before they contact the ball
- K. Aggressive contact with a ball carrier
- L. Obstructing or holding the ball carrier
- M. Interference by a Coach on the field

LOSS OF (10) YARDS FROM BASIC SPOT

- A. Unsportsmanlike Conduct (automatic 1st down), to include, but not limited to:
 - a. Spiking, Kicking, or Inappropriately throwing the ball
 - b. Spiking or Throwing a flag
 - c. Holding an Unauthorized Conference or being on the field illegally
 - d. Stripping or Attempting to Strip the Ball
 - e. Too many players on the field
 - f. Equipment violation
 - g. Ejected player entering the game
 - h. Blocking in any form

LOSS OF (10) YARD FROM POINT OF FOUL



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- A. Flag Guarding
- B. Stiff Arming
- C. Diving by a ball carrier
- D. Failure to attempt to avoid a defender by the ball carrier (charging)

AUTOMATIC EJECTION IN ADDITION TO PENALTY

- A. Using Profanity, taunting, or any other insulting/vulgar language or gestures
- B. Intentionally contacting a game official
- C. Fighting
- D. Intentionally tampering with equipment
- E. Flagrant unsportsmanlike conduct or personal fouls (at Official's discretion)
- A. Flag Guarding
- B. Stiff Arming
- C. Diving by a ball carrier
- D. Failure to attempt to avoid a defender by the ball carrier (charging)

LEAGUE POLICIES

PARENT AND SPECTATORS

- A. Parents will acknowledge a Parent's Code of Ethics prior to the season, and are requested to conduct themselves accordingly; and in a manner as to attain the mission and adhere to the motto of the organization.
- B. All parents and spectators will be expected to demonstrate positive sportsmanship. Young athletes form attitudes from what is demonstrated by their parents and coaches. Parents and spectators who cannot demonstrate proper sportsmanship will be required to leave the game complex and will not be allowed at the next game. **This expectation of behavior applies to all team practices, functions, and events.**
- C. If a parent is ejected from a game, their child is also subject to ejection from the game.
- D. A parent ejected from a game will leave the complex immediately and is considered ejected for "one" (1) week. This would include all remaining FFL games scheduled that day at all locations.



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- E. If a parent has a complaint concerning a game official, officiating, or judging; that parent should voice their complaint concerning this matter to their HEAD COACH. The Head Coach is the first point of contact and they will discuss the matter with the official involved at an appropriate time. If satisfaction is not obtained at this level, the parent has the right to file a formal complaint that will be handled by the Board.
- F. Parents will notify the Board immediately with any concerns regarding a Head Coach or an Assistant Coach.
- G. Parents and Spectators are not allowed in the TEAM AREA no closer than 5-yards from the game field. Parents and spectators are not allowed inside the 10-yard line extending around the back of the end zone to the opposing team's 10-yard line.
- H. **Parents and spectators are NOT allowed on the field of play at any time. This includes halftime. All parents and spectators should be respectful of the cheer teams that are performing.**

PARENT CODE OF ETHICS

- A. Each Parent in the FFL should strive to confirm to the following pledge: **I hereby pledge to provide positive support, care, and encouragement for my child participating in the Frisco Football League by following this Parent Code of Ethics Pledge:**
 - a. I will encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every game, practice, or other Frisco Football League event.
 - b. I will place the emotional and physical well-being of my child ahead of a personal desire to win.
 - c. I will insist that my child play in a safe and healthy environment.
 - d. I will support coaches and officials working with my child, in order to encourage a positive and enjoyable experience for all.
 - e. I will be responsible for transporting my child to and from all FFL events, arriving at the appointed time, and picking my child up at the end of the scheduled event.
 - f. I will demand a sports environment for my child that is free from drugs and alcohol, and will refrain from their use at all Frisco Football League events.
 - g. I will remember that the game is for youth athletes, and NOT for adults.
 - h. I will do my best to make the Frisco Football league experience FUN for my child.
 - i. I will ask my child to treat other players, coaches, fans, and officials with respect regardless of race, creed, or ability.



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- j. I promise to help my child enjoy the youth sports experience by doing whatever I can, be that being a respectful fan, assisting with the coaches, or providing transportation.
- k. I will require that my child's coach be trained in the responsibilities of being a youth football/cheer coach and that the coach upholds the Coaches' Code of Ethics.
- l. I will strive to attain the mission of this organization, and adhere to the motto of this organization: "YOUTH FIRST, SPORT SECOND".
- m. I will adhere to all posted city ordinances while attending all FFL functions. This includes City parking restrictions and the no dogs allowed in parks policy.

SPONSORS

- A. Individual football and cheerleading teams will solicit for team sponsors. All sponsorship checks are made payable to the Frisco Football League (FFL). Sponsorship fees are the property of the FFL.
- B. There will be no unauthorized solicitation of funds or products from team sponsors.
- C. Team designated Sponsors: Coach must adhere to all guidelines set forth in the Team Sponsorship Form:
 - a. Turn in the completed Sponsorship Form to the League at FFL, PO BOX 2136, Frisco, TX 75034.
 - b. All sponsorships received by October 1st will be listed in the End of Season Program.
 - c. All sponsorships received by August 1st will be issued their team check by August 15th. Sponsor money received after August 1st will be issued during the regular season at Board discretion.
 - d. Head Coach is responsible for picking up and delivering the Sponsor Team Plaque.
 - e. The FFL Board will issue Sponsor acknowledgement letters for tax purposes at the close of the season.
 - f. Head Coach will be responsible for providing any applicable information for web site / banner advertising to the League.
 - g. Any complaints from Team Sponsors will be directed to the appropriate Head Coach.
 - h. Head Coach will provide documentation of receipts for all items purchased with the Sponsor monies to the League upon request.

FUNDRAISING



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- A. No Team fundraisers are allowed unless submitted and approved by the FFL Board.
- B. The FFL Board will not be held accountable in the case of unauthorized fundraisers.

VIOLATIONS

- A. Any person witnessing misconduct from any FFL member during an FFL function should report directly to a Board member.
- B. If any adult with the FFL is found guilty of misconduct in any way, such as fighting, intoxication, using abusive language, etc. at games or practice sites, the Board will take action. The Board will not be tolerant of violations.
- C. Any coach failing to fulfill their duties will be subject to probation or suspension.
- D. Use of alcohol products by any member will not be allowed during a team game, practice, or FFL sponsored event. The Head Coach is solely responsible for ensuring that the use of these substances is not permitted during all aforementioned functions especially in the presence of minors.

REFUNDS

- A. There shall be NO refunds of registration fees unless there is an appeal application that is denied. All registration fees will be assessed a \$30.00 administrative fee.
- B. **Football equipment purchases are NON-refundable. Parents will approve all equipment sizing. The League is not responsible for equipment that does not fit, but will assist in getting it corrected.**

EXPENDITURES

- Besides the regular expense of registration and any necessary football or cheer equipment; parents may be required to fund the expense of such things as: game pants, helmet decals, gifts, team equipment, parties, etc. These expenses should be held to a minimum and should be the decision of the Head Coach and team parents to monitor these expenses within reason. Any unusual or unnecessary funds should be brought to the attention of the FFL Board. We encourage all coaches and teams to take advantage



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of the team sponsor program to help cover these expenses. The expenses will NOT EXCEED: \$125 for any tackle and cheer team or \$75 for any 5/6 Flag or AIR ASSAULT team.

CORPORATE DOCUMENTS

- A. The Articles of Incorporation, bylaws, and financials of the Frisco Football League, Inc. (FFL) may be obtained from the Corporation for a fee of \$50.00. Requests must be submitted in writing to the FFL, PO BOX 2136, Frisco, TX, 75034.
- B. The FFL Bylaws will take precedent over any possible conflicts with this manual.