

2017 OFFICIAL FOOTBALL RULES

The following are the playing rules for the 2017 Boys & Girls Clubs - Alaska (BGCA) Football Season. These rules were established and assembled with help from the BGCA Football Technical Advisory Board. The Rules are not to be deviated from nor altered. Any question(s) regarding the Rules should be directed to the BGCA Director of Athletics. If there is a dispute to any rule or if the rule is not stated here, reference will be made to National Federation High School Sports (NFHSS) Football Rules printed rulebook.

1:00:00 **AUTHORITIES AND RESPONSIBILITIES**

1:01:00 Boys & Girls Club – Alaska Football program is governed and regulated by the Boys & Girls Club - Alaska (BGCA). The program is managed by Boys & Girls Club – Alaska Athletics Staff and advised by the BGCA Football Technical Advisory Board, Members being comprised of at least one Head Coach Representative from each Anchorage School District High School community boundary - Bartlett, Chugiak, East, Dimond, Service, South and West - and a Referee/Officials Representative.

All recommendations decisions made by the BGCA Football Technical Advisory Board are subject to review and approval by Boys & Girls Clubs – Alaska Director of Athletics.

1:02:00 Decisions made by the Director of Athletics regarding the Football program are made in accordance with BGCA policy and are made in the best interest of the league. These decisions are final.

1:03:00 The rules contained herein shall govern all participating members of this organization except when these rules are inconsistent with the adopted Policies of the Boys & Girls Clubs – Alaska.

1:04:00 All competition, including tournament play, shall be governed by these rules unless specific competition requires otherwise.

1:05:00 The Head Coach of each team is responsible for informing his/her Assistants, Team Managers, parents, and players of 2017 BGCA Football Rules. Specific Coaching Responsibilities and other coaching information can be found in section 11:00:00 Coaches Responsibilities.

1:06:00 **Scrimmages versus non-BGCA Football Teams is strictly prohibited.**

2:00:00 **REGISTRATION**

2:01:00 Boys and girls residing within the boundaries and territories of Boys & Girls Clubs – Alaska are eligible to register and become members.

2:02:00 Player eligibility will be in accordance with the Policies of Boys & Girls Clubs – Alaska. All players are required to submit a properly completed BGCA Registration Form, whether online or paper application, including Consent to Treat, Parent and Player Codes of Conduct, and an Activities Release.

2:03:00 The registration period shall be designated for each season with a Discounted and Late registration period, and closing date. Registration after closing date will be permitted based on roster availability. The BGCA Athletics Staff will determine roster availability.

2:04:00 Players are required to provide a copy of a current physical examination. Examination must be current through the end of the playing season and must be provided prior to the first game of the Regular Season.

- 2:05:00 Proof of age must be provided prior to the first game of the Regular Season. A birth certificate or any other record specified by the Boys & Girls Clubs - Alaska would suffice.
- 2:06:00 Placement will be based on birthdate and elementary, middle or high school enrollment (verified by report cards or Zangle) and will be determined by high school boundaries and roster availability. A Report Card or other proof of school enrollment must be provided prior to the first game of the Regular Season.
- 2:07:00 Teams will be formed and registered players assigned to them in accordance with the following rules. Exceptions to these rules may be allowed, on a case-by-case basis, as determined by the BGCA Director of Athletics.
- Teams shall be comprised with the following considerations:
1. ASD High School player is zoned for based on the address the child resides at
 2. ASD Middle or Elementary School player is zoned for based on the address the child resides at
 3. Teams where rosters still need to be filled to balance player allocations league wide
 4. Teams composed of late registrants (if all current Rosters are full)
 5. Waiting List
- 2:07:01 Players may be on a team coached by their parent(s) or guardian(s) regardless of the above criteria. This rule will apply up to two coaches per team (to not include the Head Coach).
- 2:07:02 Late registrants on the Waiting List will be assigned to a team as roster vacancies become available. They will be assigned to a team within their neighborhood Anchorage School District school, when possible. Precedence will be based on the date of the waiting list registration.
- 2:07:03 Special circumstances e.g. children registered in an Immersion program or the gifted program, will be taken into consideration on a case-by-case basis.
- 2:08:00 Players will not be grandfathered onto a team outside of his/her high school zone that he/she played for the previous season(s) and he/she will be assigned to the team within his/her high school zone based on the address the child resides at. If there are not enough Members to form a team or the roster is full in the particular high school area, which the player is zoned for, he/she will be assigned to a roster a roster outside of his/her high school zone which is in the best interest of the league.
- 2:09:00 The Boys & Girls Clubs – Alaska Director of Athletics will make final approval of all player assignments to a team.
- 3:00:00 SEASON**
- 3:01:00 The Season for the 2017 Boys & Girls Clubs – Alaska Football League shall be from July 24 – October 7, 2016 (or thereabouts).
- 3:02:00 The duration of the 2017 BGCA Football Season will last a total of 10 weeks with an additional 2 weeks reserved for a Postseason Tournament/Playoffs for U10 Divisions and older. The first two weeks will be designated solely for practice with the first week involving no pads.

3:02:01 After the first two weeks, there will be 4-5 practices and 1 game per week, with each practice lasting 1 hour 30 minutes to 2 hours in length for the U10-U14 Divisions. No practices are to be held on Sundays.

3:02:02 No team may practice anytime prior to the start of the season unless approved by the BGCA Director of Athletics.

3:03:00 No games will be scheduled and no team may practice over Labor Day weekend.

4:00:00 DIVISIONS

4:01:00 Divisions for the 2017 BGCA Football Season will be as follows:

4:01:01 U10 Freshman Division: Players in this division must be born between September 1, 2007-August 31, 2009

1. Players over 105 lbs. cannot be ball handlers.
2. Players between 106 lbs. – 160 lbs. will be designated with a single red stripe on their helmet and can play offense and defense, but cannot carry and/or advance the ball. (See 8:04:01 Red Stripe players may not line up in the backfield and must play on the line of scrimmage)
3. Players 161 lbs. and over are permitted to play, but are restricted to offensive line only (center, guard, or tackle) and will be designated by a double red stripe on their helmet.

4:01:02 U12 Junior Division: Players in this division must be born between September 1, 2005-August 31, 2007

1. Players over 140 lbs. cannot be ball handlers.
2. Players between 141 lbs. – 185 lbs. will be designated with a single red stripe on their helmet and can play offense and defense, but cannot carry and/or advance the ball. (See 8:04:01 Red Stripe players may not line up in the backfield and must play on the line of scrimmage)
3. Players 186 lbs. and over are permitted to play, but are restricted to offensive line only (center, guard, or tackle) and will be designated by a double red stripe on their helmet.

4:01:03 U14 Varsity Division: Players in this division must be born between September 1, 2003-August 31, 2005

1. Players over 165 lbs. cannot be ball handlers.
2. Players between 166 lbs. – 210 lbs. will be designated with a single red stripe on their helmet and can play offense and defense, but cannot carry and/or advance the ball. (See 8:04:01 Red Stripe players may not line up in the backfield and must play on the line of scrimmage)
3. Players 211 lbs. and over are permitted to play, but are restricted to offensive line only (center, guard, or tackle) and will be designated by a double red stripe on their helmet.

4:02:00 ALL players will be required to weigh in at the beginning of the Regular Season (at the Jamboree). Any Player can re-weigh at BGCA between the hours of 3-5:30pm, Monday-Thursday and 3-5pm on Friday if need be.

- 4:02:01 A second weigh-in of ALL players will be done at the end of Regular Season just prior to their first playoff game. Players must weigh-in without equipment. Stripes for helmets will be adjusted accordingly., at which point no allowance will be given.
- 4:02:02 Players within 10 lbs. of the Max. Ball Carrier weight MUST weigh-in prior to each game without equipment. Stripes for helmets will be adjusted accordingly.
- 4:02:03 Players over 10 lbs. of the Max. Ball Carrier weight MAY weigh-in prior to each game without equipment. Stripes for helmets will be adjusted accordingly.
- 4:02:04 Any player found to be engaging in a “Sweat Down” or other Extreme weight loss activities in order to make ball-carrier or Max weight limits will be subject to immediate suspension. **These practices are dangerous, and may cause permanent physical harm and, in some cases, may be fatal.** Any Coach, Administrator, or Team Volunteer found to have advised, encouraged, or tolerated any “Sweat Down” or “Extreme” weight loss techniques will be subject to immediate suspension. Suspension will be for the remainder of the current season, and may result in a permanent ban depending on nature and severity of the infraction.
- 4:03:00 No player will be allowed to participate out of his/her Age Division except on a case-by-case basis. Players will be assigned to Divisions based on their birthdate and prescribed weight requirements and may only participate on one team during a season.
- 4:03:01 Players in 8th grade who do not fit the above birthdate range for U14 may be eligible to play, but must register in person and show proof of grade.
- 4:04:00 Players will be allowed to play in the next higher or next lower Age Division provided they meet the following requirements:
- 4:04:01 Players must have the permission from his/her parents to Play Up or Down outside his/her appropriate Age Division. Players will meet with the BGCA Football Waiver Committee to verify compliance with current waiver metrics to determine eligibility to play in a lower or higher Age Division. All approved Waivers are subject to and must have the prior approval from the BGCA Director of Athletics.
- 4:04:02 Participants may move up or down one Age Division only.
- 4:04:03 No player may leave a higher division after registering and participating in that division to play in a lower division, even if they are eligible to play in the lower division.
- 4:05:00 Divisions may be gender specific or coed
- 4:06:00 Divisions are subject to change or cancellation due to lack of enrollment
- 5:00:00 PLAYING AREA, EQUIPMENT & UNIFORMS**
- 5:01:00 The field size, its markings, and the goal size will be determined by the Director of Athletics based on the facilities available.
- 5:01:01 U10 Division: The field size for these Divisions shall be a 35 X 45 yards
- 5:01:02 U12-U14 Divisions: The field size for these Divisions shall be a 53 1/3 X 100 yards

- 5:02:00 Boundaries should be clearly marked by 2-4" thick lines.
- 5:03:00 All Players who are not on the field must remain out of the designated playable area. This area will be known as the Team Box or Technical Area. Coaches may stand next to the field and may move along the side of the field within this area.
- 5:03:01 Teams will sit on opposing sides of the field with their spectators will take up occupancy on the same side
- 5:03:02 Spectators are not permitted to view the game from behind end zones
- 5:04:00 The official ball for U10 Division will be any ball designated as Peewee Junior. The official ball for the U12 Division will be any ball designated as Junior. The official ball for the U14 Division will be any ball designated as Youth. All balls must be approved by Major Youth Football Leagues: NFHS & AYF.
- 5:04:01 The game ball shall be stamped with the official size and weight
- 5:04:02 No other size ball shall be substituted for the respective division
- 5:04:03 Proper inflation and condition of the ball is at discretion of the Head Referee/Official.
- 5:04:04 The team on offense has the option to furnish the ball on each possession.
- 5:05:00 Each player must wear their helmet, shoulder pads, colored mouth guard, team jersey, pants and any other necessary equipment in compliance with the safety standards as specified in the current National Federation of High School Sports Football Rules Book during all games. No other uniform will be permitted. Jerseys must also be tucked in at the start of the game.
- 5:05:01 Players are responsible for personal items including but not limited to: pants, girdle, pads, colored mouthpiece, belt, practice jersey, and his/her own shoes that are molded one piece or removable cleated football shoes with maximum 1/2" NON-METAL cleats
- 5:05:02 A full colored mouthpiece be worn and that the mouthpiece be attached to the helmet except as prescribed by medical professionals
- 5:05:03 A player's name may appear on the back of the jersey across the players' shoulders. However, no nicknames will be permitted e.g. "Killer", "Headhunter", etc.
- 5:05:04 High School jersey numbering rules will not apply to BGCA Football. Appropriate position numbers are desirable, but not required by rule. Any jersey number is eligible to play any position on the field.
- 5:06:00 In the event the colors of the uniform are similar, the home team must effect a change to colors, which are distinctive from those of the opponent.
- 5:07:00 No player is permitted to participate in a contact practice or game without the full equipment necessary for such activity.
- 5:08:00 Players MAY NOT wear jewelry during practices or games. Stud earrings cannot be covered by tape. The only exception is for a religious symbol or medic alert bracelet or necklace. If worn, the jewelry must be protected under the player's uniform or wristband.

5:09:01 Players may not chew gum prior to or during the game and will be asked to leave the field to discard if found doing so.

5:10:00 Players MAY NOT wear a guard, cast or brace made of hard and unyielding leather, plaster, pliable (soft) plastic, metal or any rigid substance, even though padded, on the finger, hand, wrist or distal ½ of the forearm unless he/she has a medical release signed by his/her physician, a signed parent approval, and final approval by the Director of Athletics. Supports/braces are permitted on other parts of the body in judgment of the Referee/Official so long as they are not considered dangerous. The Referee/Official will, however, require the support/brace to be covered and padded if a sharp edge or point is exposed.

5:10:01 All medical devices must be padded to meet National Federation of High School Sports rule specifications.

6:00:00 SCORES & STANDINGS AND POSTSEASON SEEDING

6:01:00 Final scores will be recorded and Standings will be kept during the Regular Season for scheduling purposes for the Second Stage of the Regular Season (when applicable) and seeding for the Postseason Tournament/Playoffs for the U10-U14 Divisions

6:01:01 To balance out the level of competition and further promote player development, teams in each Division will play each other at least once in round-robin play during the First Stage of the Regular Season (when applicable). The remaining schedule for each team for the Second Stage of the Regular Season will consist of games versus a more balanced level of competition e.g. at the end of round-robin play, Team Ranked #1 vs. Team Ranked #2, Team Ranked #3 vs. Team Ranked #4, Team Ranked #5 vs. Team Ranked #6, etc.

6:01:02 Teams will be seeded for the Postseason Tournament/Playoffs by their point standing at the end of the Regular Season. The team with the greatest number of points at the end of the Regular Season will play the eligible team with the least number of points, the team with the second greatest number of points will play the eligible team with the second least number of points and so on.

6:01:03 In the event that two teams finish the Regular Season with an equal number of points, the following system will be used to break the tie until one team ranks ahead of the other(s):

1. Head-to-head
2. Point Differential (PD)
3. Points For (PF)
4. Points Against (PA)
5. Coin Toss (2 teams) or Drawing of Lots (3 or more)

7:00:00 TIME CONSIDERATIONS

7:01:00 Games must start and end on time to remain on schedule.

7:02:00 All Divisions will play four 15 minute running quarters, with the exception of the last 4 minutes of each half when the clock will stop for all situations according to the National Federation of High School Sports Football Rules Book. There will be a 10

minute “half-time” between halves. Teams will change sides after each quarter. The games shall be terminated regardless of the time remaining to accommodate the next scheduled time.

- 7:03:00 Referees/Officials will use their discretion before forfeiting a game. The grace period for late arriving players to meet the minimum number of players to play is 10 minutes after the scheduled start time
- 7:03:01 A team delaying the start of a game by more than 10 minutes will forfeit the game to the opponent by a score of 1-0.
- 7:03:02 In the event that both teams fail to show up for a game and the contest has not been postponed, both teams will be assessed a loss.
- 7:04:00 If any game begins late, that game will be shortened accordingly in order to return to the original playing schedule.
- 7:04:01 All quarters must be the same time in length if the full game time is shortened due to a delayed start time
- 7:05:00 If time expires with the game tied, the score will remain as such.
- 7:05:01 Postseason/Playoff tiebreakers will be in accordance with the current National Federation of High School Sports Football Rules Book.
- 7:06:00 Each team is allowed three full time-outs per half. Full time-outs will be one minute from the official’s time out and clock stop signal.
- 7:07:00 After a team scores, the game clock will be stopped for a maximum of 2 minutes to allow the team that just scored to play for the extra point and transition between plays and teams to prepare accordingly. The game clock will begin running again after 2 minutes irrespective of whether or not teams are ready to begin play again.
- 7:07:01 The Official Time will be maintained by the Head Referee and will instruct whomever is managing the visible game clock to make adjustments accordingly.

8:00:00 ROSTER SIZES, NUMBER OF PLAYERS ON THE FIELD, AND BALL CARRIERS

- 8:01:00 In the U10 Division, each team will play with 7 players on the field while in the U12-U14 Divisions, each team will play with 11 players on the field. The roster maximum for each team in the U10 Division shall be no more than 16 players and no less than 10 players while in the U12-U14 Divisions the roster maximum for each team shall be no more than 26 players and no less than 14 players.
- 8:01:01 If a team has less than 7 players in the U10 Division and 11 players in the U12-U14 Divisions present the game will be canceled and the short team will forfeit the game 1-0.
- 8:01:02 If a situation arises where a team is unable to field the minimum number of players as the result of an injury once a game has started, and the team who is short players is losing in score, the current score will serve as the final score. If the team is winning the game and falls below 7 players in the U10 Division and 11 players in the U12-U14 Divisions due to injury, the team short players shall forfeit the game 1-0. The team who can still field the minimum number of players on the field can still play with 7 players in the U10 Division and 11 players in the U12-U14 Divisions for the four consecutive plays.

1. An official time-out will be called to assess the injury before play is resumed
- 8:01:03 If a game is forfeited for any reason other than ability to field the minimum number of eligible players to play, the Head Coach must meet with the Boys & Girls Clubs – Alaska Football Technical Advisory Board before his/her next game and explain the decision to forfeit the game and how/why there were no other viable options to continue to play. If the BGCA Football Technical Advisory Board determines the explanation does not justify the decision to forfeit or does not meet with the Boys & Girls Clubs – Alaska Football Technical Advisory Board before his/her next game, the forfeiting team will assess a 1-0 loss and the team will be ineligible to participate in the Postseason.
1. The two teams may play a scrimmage with mutual consent of both Head Coaches. If one team is “short” players, the opposing team shall reduce their number of players on the field to equal the number of the opposition.
- 8:02:00 For the U10 and U12 Divisions, one coach per team is permitted to be on the field during the game. Each coach is to be at least 10 yards behind the deepest player on his/her respective side and he/she may talk to the players in the huddle and call the plays. He/She, however, may not interfere with any play that is in progress. The intent of this provision is to provide added instruction with less confusion.
- 8:02:01 Each coach may be replaced by another coach as the game progresses, such as when shifting from offense to defense, but no more than one coach from the same team may be on the field during play at any one time.
- 8:03:00 A Ball Handler is any player eligible to advance the ball in a designed offensive play including pass reception, running play, kickoff or punt returns.
- 8:03:01 All ineligible Ball Handlers will have their helmets distinctly marked with a single or double red stripe from front to back in the middle of the top of the helmet. Whenever he/she obtains possession of a live ball, the officials shall immediately call the ball dead at the spot of possession.
- 8:03:02 Attempts to advance the ball by a single or double red striped player will result in an unsportsmanlike penalty being assessed to the player and team.
- 8:03:03 An intentional attempt by the coach/team to use single or double striped players in Ball Handler positions will be considered a flagrant violation of the rules. All responsible persons will be ejected from the game and rule 12:01:00 will apply.
- 8:04:00 Weight limits apply to advancement of the ball in offensive/defensive positions.
- 8:04:01 Red Stripe players may not line up in the backfield and must play on the line of scrimmage
- 8:04:02 Red Stripe players are eligible to play the tight end position, but are not eligible to act as receivers and may not run pass routes nor carry the ball and may only play on the line of scrimmage as blockers.
- 8:04:03 Players not eligible to be ball handlers may play any position on defense as long as they have a single Red Stripe.
- 8:04:04 Red Stripe players in U12 Divisions are allowed to punt the football

- 8:04:05 Double Red Stripe players cannot line up for kick off or kick off returns in the U12-U14 Divisions
- 8:04:06 Punters cannot advance the ball in the U12 Division. Punters in the U14 Division must be eligible Ball Handlers.
- 8:04:07 In the U14 Division Double Red Stripe players may remain on the field in the center, guard, or tackle positions during a punt or fake punt. In this instance ONLY, a Double Red Stripe Player may be permitted to tackle the ball carrier. However, a Double Red Stripe player may not carry the ball and rule 8:03:02 will apply.

9:00:00 **MINIMUM PLAYING TIME**

- 9:01:00 All players are required to play a minimum number of plays per game regardless of their skill level:
- 9:01:01 Participants must play a minimum of 12 plays in every game with a minimum of 6 plays being played in the first half.
- 9:01:02 Special team plays (including punts, kickoffs and kickoff returns) qualify as plays to meet the minimum plays required.
- 9:01:03 It is strongly recommended for developmental reasons that each player be given the opportunity to play both offense and defense and at various positions.
- 9:02:00 Playing time is at the Head Coach's discretion and he/she will make every effort to ensure each player on his/her team meets the minimum number of plays per game required. However, certain exceptions may apply which may result in a player seeing limited or no playing time. Those exceptions may include, but are not limited to:
- 9:02:01 A player that has not met the minimum three contact practices rule.
- 9:02:02 A Player who exhibits behavioral issues, a disrespectful attitude, and/or an overall unsportsmanlike conduct during a game
- 9:02:03 A player who is being disciplined for violating a Boys & Girls Clubs – Alaska Athletics Codes of Conduct and/or team rule such as, but not limited to disrespect, fighting and belligerency.
- 9:02:04 A player who becomes injured to the point where he/she does not wish to continue or when further play could result in a more serious injury.
- 9:03:00 Coaches are expected to inform the player, parents/legal guardians of the player, and the BGCA Director of Athletics regarding exceptions to the participation requirements at least 24 hours prior to the next scheduled game.
- 9:04:00 Team Managers or designated parents will keep track of the number of plays per player. This information must be provided to BGCA Athletics by 12pm the Tuesday following each game. If requested, this documentation must be made available to BGCA Athletics Department Staff and/or Members of BGCA Technical Advisory Board upon request. If infractions are occurring, the Head Coach and his/her Assistant Coaches will meet with BGCA Athletics Staff and BGCA Technical Advisory Board Members to resolve the concerns. If infractions continue, the Head Coach and his/her Assistant Coaches will appear before a Disciplinary Committee. If these concerns are not resolved at this level, Boys & Girls Clubs - Alaska Athletics Staff will

make a final decision which may result in suspension or removal from the BGCA Football program.

9:05:00 If playtime allotted by coaches becomes “unreasonable” (to be determined upon a BGCA Athletics Staff review), BGCA Athletics Staff will assess concerns specific to the situation.

10:00:00 GENERAL RULES OF PLAY

10:01:00 National Federation High School Sports (NFHSS) Football Rules will be followed with the following exceptions:

10:02:00 All players must participate in at least 5 conditioning practices in clothing appropriate for conditioning and 5 contact practices in full gear before they are eligible to play in the first game.

10:02:01 No football equipment, with the exception of helmets, is to be worn prior to completion of conditioning practices.

10:03:00 Players are required to have **3 contact practices** during the week prior to game day in order to be eligible to play

10:03:01 Full, speed tackling drills will be limited to a maximum of 3 days per week. Scrimmages between offense and defense are not subject to this rule.

10:04:00 Scoring may be done by the following means:

10:04:01 A Touchdown is worth 6 points.

10:04:02 Points after touchdown shall be scored as followed:

1. *1 extra point when kicking*
2. *2 extra points for a run or pass*

10:04:03 A Field Goal is worth 3 points

10:05:00 There are no restrictions on the number or type of offenses or defenses a coach may use in the U12-U14 Divisions. However, in the U10 Division, the Offense must have a minimum of 3 players, but no more than a maximum of 5 players on the line of scrimmage. Irrespective of the formation within that range, one player must be designated as a Center.

10:05:01 The use of multiple offenses and defenses and/or complex systems of play may not be developmentally appropriate and may result confusion and less enthusiasm on the part of the players. For this reason, coaches are advised to refer to the USA Football Player Progression Development Model to familiarize themselves with age appropriate abilities when selecting team offenses and defenses.

10:06:00 For the U12 Divisions, the team in possession of the ball must inform the Referee/Official if it is their intention to punt, kick an extra point or kick a field goal. In this event, the Referee/Official will notify the defensive team that the offensive team

will be granted a “free kick” where the kicker may not be rushed and no defensive player is allowed to cross the line of scrimmage until after the ball is kicked.

- 10:06:01 An illegal punt rush will result in a 10 yard penalty with an automatic first down.
- 10:07:00 Onside kicks are permissible in the U12-U14 Divisions.
- 10:08:00 Any player can kick the ball during kickoff in the U12-U14 Divisions.
- 10:09:00 There are no special teams in the U10 Division. U10 teams must inform the Referee/Official of their intention to turn the ball over on downs or scrimmage on Fourth Down.
- 10:10:00 In the U10 Division, all play will begin from the 40 yard line in the direction towards the ‘natural’ end zone irrespective of where the defense stops the offense with the following exceptions:
- 10:10:01 For the purposes of a safety or turnover, the 45 yard line will be considered a goal line” and any rules that apply to an end zone line will be applied there to include an interception, fumble recovery, and run for a touchdown.
- 10:11:00 Substitutions are at the discretion of the Head Coach and may be made on an unlimited basis provided there are no more than the maximum number of players allowed on the field at any one time, and provided that said substitutions do not violate any other rules as specified in the current High School Rule Book.
- 10:12:00 **Fair Play Rule:** If a team is up by 28 points or more, the Fair Play Rule will go into effect and the following amendments to the BGCA Rules of Football will be applied:
- 10:12:01 The official clock will be a running clock. No advance or shortening of the game clock will be allowed while the Fair Play Rule is in enacted (unless, after consultation with the leading Head Coach and Head Referee, the losing Head Coach forfeits his/her team’s right to the running clock option).
- 10:12:02 The team that is leading will have three downs to achieve a first down instead of four.
- 10:12:03 The extra point will begin from the 10 yard line.
- 10:12:04 Playing by the Fair Play Rule will be dismissed once the score for both teams fall within a 14 point difference. The Fair Play Rule may be enacted again if the point difference again becomes 28 points or greater
- 11:00:00 COACHES RESPONSIBILITIES**
- 11:01:00 Any person interested in being a Head Coach, Assistant Coach, Team Manager or any other volunteer staff member who will be in direct contact with participants must complete a Boys & Girls Clubs – Alaska Volunteer Coaching Application and Consent for Criminal Background Check. The BGCA Football Technical Advisory Board and/or Director of Athletics will interview and make placement decisions for qualified, incoming Head Coach candidates. The BGCA Football Technical Advisory Board and/or Director of Athletics will also evaluate and make decisions regarding current Head Coaches who request assignment to a new Division. BGCA Athletics Staff will make final approval pending Background Check verification.
- 11:02:00 All Head and Assistant Coaches will be required to complete the USA Football Heads Ups Coaching certification course, which is sponsored by Boys & Girls Clubs – Alaska Athletics: <http://usafootball.com/headsup>

- 11:03:00 All Head and Assistant Coaches will be required to obtain a CDC Heads Up: Concussion in Sports Intro Course (available at no cost on-line):
<http://www.cdc.gov/concussion/HeadsUp/Training/index.html>
- 11:04:00 The Head Coach and/or Assistant Coach must be present at all practices and games. If either the Head Coach or Assistant Coach is not available, then another adult, who has completed the Consent for Criminal Background Check and been cleared by Boys & Girls Club – Alaska Athletics Staff may substitute.
- 11:05:00 The Head Coach is responsible for the conduct of his/her players before, during, and immediately following practice or the game, until the time when the player's parent or guardian assumes responsibility of the player.
- 11:05:01 The Head Coach is also responsible for ensuring all player equipment is in proper order and safe
- 11:06:00 The Head Coach is responsible for the conduct of the parents of his/her players during the game and at practice.
- 11:07:00 It is expected that Coaches instill a high level of sportsmanship in their players. Players should develop and demonstrate a high level of respect for the sport of Football, officials, coaches, parents, teammates, and opponents. This includes high fiving opponents and shaking referee's hands after the game, irrespective of the result.
- 11:08:00 Along with sportsmanship, Coaches should instruct players, using the four components of coaching – technical, tactical, physical, psychosocial – which are age appropriate and prepare them for competition.
- 11:09:00 Coaching from the sidelines by giving direction to one's own team on the points of technique, tactics, and positioning is permitted provided:
- 11:09:01 No mechanical or electronic devices are used between coaches and players. Coaches may use these devices to communicate with each other but not with the players.
- 11:09:02 The tone of voice is constructive and informative. Harsh and abusive language is not permitted.
- 11:09:03 No coach, player, or spectator may make derogatory remarks or gestures towards the referees, opposing players, coaches or spectators.
- 11:09:04 No coach, player, and spectator is to use profanity and incite, in any manner, disruptive behavior of any kind.
- 11:10:00 Coaches may, in the best interest of player development, discuss with the opposing coach specific tactics to be used while the Fair Play Rule is enacted.
- 12:00:00 REFEREES/OFFICIALS RESPONSIBILITIES**
- 12:01:00 Referees/Officials are the official authority on the field and exercise of the powers granted by the current high school rulebook. Referees/Officials will speak only with team captains or the Head Coach during the game. Coaches, Players, and Parents may not at any time touch a Referee/Official. Violation of this rule will result in an ejection from the game and may result in removal from the Football program.
- PLEASE NOTE: ANY EJECTION will result in a one-game suspension and require an immediate review by the BGC Athletic Dept. if further disciplinary**

action is needed. If said individual is EJECTED a second time during the season, he/she will be suspended for the remainder of the season.

- 12:02:00 Preamble
- 12:02:01 The Referee/Official shall check the playing area and its immediate surroundings to ensure it is safe and playable. If the Referee/Official does not feel the playing area is safe or can be brought up to a safe, playable standard in a reasonable amount of time which won't interfere too much, if at all, with the start of the game, he/she has the right to abandon the game in the best interest of player safety.
- 12:02:02 The Referee/Official will check Player Cards to ensure everyone is able to play and inspect the players to make sure they are wearing the proper jersey and equipment.
- 12:02:03 Referees/Officials shall remind coaches to enter the roster of their team into the scorebook.
- 12:02:04 Referees/Officials shall remind the Coaches of parental scoring and time keeping duties and ensure that those requirements are fulfilled before the beginning of the game (if applicable).
- 12:02:05 Referees/Officials will start the game on time. They may use their discretion before forfeiting a game (see 7:02:00).
- 12:03:00 During the Game
- 12:03:01 If, after the game has begun, the Referee/Official does not feel the playing area is safe or can be brought up to a safe, playable standard in a reasonable amount of time which won't interfere too much, if at all, with the completion of the game, he/she has the right to abandon the game in the best interest of player safety. If a game is eventually abandoned due to unplayable and unsafe field conditions, the score at the time the game was abandoned shall stand provided at least one half of the game has been completed. Should less than one half of the game have been completed at the time of abandonment, the game will be recorded as a tie if both Head Coaches cannot agree to the Boys & Girls Clubs – Alaska replay date/time. If both Head Coaches agree to the date/time proposed by Boys & Girls Clubs – Alaska Athletics for the remainder of the abandoned game to be played, the game will replay from the time of its abandonment.
- 12:03:01 Referees/Officials shall use discretionary powers of enforcement of all rules of the game depending on the age and skill level of the players.
- 12:03:02 A Referee/Official may initially give a verbal warning to a player that they are committing an infraction. If the player continues to violate the rule, the Referee/Official will stop the game, explain the infraction, and describe the correct way to play.
- 12:03:03 The Referee/Official will use the discretion to ensure a safe playing environment which promotes fair play, but should allow all players, regardless of ability, to compete and have fun.
- 12:03:04 Referees/Officials will help time keepers keep track of time outs, time between quarters, time between halves, time between games, etc.
- 12:03:05 Referees/Officials will use their discretion for the ejection of coaches, players, parents, and fans from games or venue.

- 12:03:06 Referee/Official calls and decisions are final. Under no circumstances shall a coach, player, or parent approach the Referees/Officials and attempt to change or argue the outcome of a call. If a coach, player, or parent does so in a hostile manner, the officials have the option of ejecting said person from the venue.
- 12:04:00 Post Game
- 12:04:01 Referees/Officials shall report any coaches, players, and/or fans that were ejected from the venue by submitting a written Incident Report to the Boys and Girls Clubs – Alaska Director of Athletics within 48 hours of said incident(s). Referees/Officials may also verbally report the issue to a member of the BGCA Athletics Staff if the incident requires immediate attention.
- 12:04:02 The final scores of each game for Divisions keeping scores and standings must be reported to the BGCA Director of Athletics within 48 hours immediately following the game.
- 12:04:03 Contests terminated prior to completion will be decided according to applicable rules.
- 12:05:00 No games shall be played unless the proper number of Referees/Officials are present.
- 12:05:01 U10 Freshman Division will have a minimum of 2 Referees/Officials.
- 12:05:02 U12 Junior Division will have a minimum of 3 Referees/Officials.
- 12:05:03 U14 Varsity Division will have a minimum of 4 Referees/Officials.
- 12:06:00 The Referee/Official is the official timekeeper and scorer.
- 13:00:00 SPECTATORS RESPONSIBILITIES**
- 13:01:00 Parents, family, fans, or other spectators should keep in mind that the Boys and Girls Clubs – Alaska Football program emphasizes developing players who possess good sportsmanship and basic fundamental football skills while giving each player similar playing time. Winning games may be a byproduct of the previously mentioned program emphasis, but at no point should winning games take precedent over the program emphasis.
- 13:02:00 Spectators (parents, fans, siblings, etc.) are restricted to the track (when played at field with a track) and bleacher viewing areas during games and are prohibited from being on the turf (to include behind the endzone). (At AFS and Tom Huffer Fields, spectators (as defined above) are prohibited from entering the field inside the track (fenced area) surrounding the field.) All spectators must show respect towards all players, coaches, and referee officials and must use only positive encouragement when cheering for players or teams. Spectators are also expected to demonstrate good sportsmanship at any Boys and Girls Clubs – Alaska Football venue.
- 13:03:00 There is **ZERO TOLERANCE** for disrespectful behavior and the spectator(s) could be asked to leave.
- 13:04:00 Spectators who display unsportsmanlike conduct should be approached by the Head Coach and will be asked to calm down or leave the premises. Further action may be taken by BGCA Athletics Staff.

- 13:05:00 Spectators who have questions about the Rules or complaints about the program should first speak to the Head Coach. If the issue or situation cannot be resolved at the team level, then a spectator may contact the BGCA Director of Athletics for further clarification. Spectators (parents, fans, siblings, etc.) should not contact the BGCA Director of Athletics unless they feel the Coach is doing something illegal, unethical, immoral or unsafe. Every effort must be made to adhere to the chain of command.
- 14:00:00 UNSPORTSMANLIKE CONDUCT**
- 14:01:00** **Unsportsmanlike** conduct and/or unsafe behavior by a player, coach or parent, or spectator will not be tolerated.
- 14:02:00** **Unsportsmanlike** conduct by a player will result in a 15 yard penalty for the first offense and ejection for the second offense and will not be permitted to play in the rest of the match in addition to being suspended for the team's next scheduled game.
- 14:03:00** **Unsportsmanlike** conduct by a coach will result in a 15 yard penalty for the first offense and ejection for the second offense and the coach will be suspended for the team's next scheduled game in addition to being placed on probation for the remainder of the season. If the coach receives a second ejection from the game, he/she will be removed from the program.
- 14:04:00** **Unsportsmanlike** conduct by a parent/spectator will result in a removal from the game venue. A second offense by the parent/spectator will result in their removal from the game venue for the remainder of the season.
- 15:00:00 INJURIES**
- 15:01:00** If a player is injured, the game will be stopped and coaches will be allowed on to the field to attend to the player. Every effort will be made to remove the injured player (as long as it is safe to do so) from the field as quickly as possible so the game can be resumed. Once the player has recovered or been helped to the sideline, the game will resume. Time will not be added to the allotted game time to because of the injury.
- 15:02:00** **All injuries must be reported to the BGCA Athletics Department as soon as possible. Injury Reports must be forwarded to Boys & Girls Clubs – Alaska Athletics Staff within 24 hours upon witnessing the injury or being notified. All injuries need to be reported as soon as possible regardless of how minor or severe. To report an injury, call the Athletics Department at 249-5445. Use the included Incident/Accident Report Form.**
- 16:00:00 BANNED SUBSTANCES**
- 16:01:00** The use of, possession and/or consumption of alcoholic beverages, tobacco, or legal/illegal drugs (unless prescribed by a doctor for a medical condition) by coaches, players or officials, immediately before, during or after the playing of any youth football game, practice, or Team Event/Activity is **EXPRESSLY PROHIBITED!** Any infraction will be considered extremely serious and there is a **ZERO TOLERANCE POLICY!** Any offender is subjected to immediate suspension.
- 17:00:00 CHANGES AND/OR EXCEPTIONS**
- 17:01:00** Any change and/or exception to these rules must be addressed to the BGCA Director of Athletics and/or the BGCA Football Technical Advisory Board. The BGCA Director of Athletics, upon the BGCA Football Technical Advisory Board, can change any of these rules if they feel it is appropriate and in the best interest of the BGCA Football program.

