

CALIFORNIA FOOTBALL ACADEMY 7 v 7 PASSING LEAGUE RULES, POLICIES, & PROCEDURES



2023 Edition

California Football Academy (CFA) Flag Football League was created to provide a fun sports program for children in our community. The goal is for our children to learn and enjoy the game of football in a family friendly environment, through passionate volunteer coaches and team parents, managed by a caring team of CFA Leaders. We are a kid first organization. We consider competition healthy and constructive; our emphasis is on participation and fun.

As coaches, parents, and management team of CFA, we must all remember that we are a community. As a community, we all need to remember to encourage all our CFA players, regardless of what team they play on, so our children understand good sportsmanship. As adults, we must set good examples and always maintain a safe, structured, fun environment.

7 v 7 PASSING LEAGUE GAME RULES

Field Dimensions:

Field Length – 50 yards (40 yards of play with 10 yards behind the 40 yards line)

Field Width – 160 Feet (53 ½ yards - high school field standard width)

End Zone – 10 yards deep

Length of Halves – 20 minutes/each (continuous clock, only stoppages to running clock is under 2 minutes on incomplete passes & penalties)

BASE RULES

- We will be using traditional 7-on-7 “touch” rules where a player is down where he/she is touched with one hand below the neck area; a ball carrier is down where the ball carrier’s front foot is located.
- Offense always starts on the 40-yard line playing to the end zone, even after any change of possession.
 - Offenses always move in the same direction.
 - Any offensive play resulting in a loss of yardage beyond the 40-yard line, will be repositioned back to the 40 for the next play. (NO Safety)
- Offense has 3-downs to gain a first down. First down markers will be located at the 25-yard and 10-yard lines.
- Once inside the 10-yard line, the offense has 3 downs to score a TD.
- Scoring – 6 points for TD, 1-point for PAT from 3-yard line, 2-point PAT from 10-yard line.
- Play clock – 25 seconds

- No player may run the ball, all passes must be forward (any pass caught behind the line of scrimmage must be a forward pass.)
- Only the player receiving the snap (QB) may pass the ball.
- All offensive players other than the quarterback are eligible to receive a pass. The offense will have six players – the quarterback and 5 eligible receivers (WRs, RB's, TE's). The defense will have seven players (LB's and DB's.)
- Once a forward pass has been thrown, no laterals are allowed. (i.e., swing passes are allowed, but double passes are not.)
- NO blitzing allowed (to promote learning of high school pass coverages, quarterback development, and more opportunities for more players to touch the ball on offense)
- The passer (QB) is allowed **4.0** seconds to throw the ball. The offense will use a QB-Tee (aka Center stand) in place of a player at center. This means that the offensive team will have six actual players on the field, with the QB-Tee taking the place of a 7th offensive player (the Center is not an eligible receiver in traditional 7-on-7 passing league play.) The quarterback will begin all offensive plays by taking the “snap” from the stand. Once the quarterback removes the ball from the stand, the stand's built-in 4.0 second countdown timer begins.
 - If the quarterback's release is under 4.0 seconds, the play goes on.
 - If the referee hears the clock has exceeded 4.0 seconds (the QB-Tee beeps loudly at 4.0), he/she will call the play dead if the football is not thrown before the 4.0 second mark, signaling a sack by the defense. The penalty flag is thrown, and the play is blown dead, the ball is spotted back at the original line of scrimmage with loss of down.
 - If the quarterback throws the ball, but his release is still after the timer clearly has sounded off (as determined by the referee), the referee will throw the penalty flag and the results of the play once it concludes will be null due to the down resulting still in a sack by the defense. The ball is spotted back at the original line of scrimmage with loss of down. No interceptions may occur if the clock has exceeded 4.0 seconds, regardless of whether the action on the field continues despite the play being determined dead due to a sack by the referee.
- No blocking. There is no blocking for runners once a ball carrier has the football. (Or before a receiver receives it, like on a screen pass.)
- Fumbles are dead balls at the spot with the last team retaining possession.

- A muffed snap is **NOT** a fumble/dead ball. The 4.0 second count remains in effect on dropped snaps by the QB.

- Interceptions by the defense will not be returned BUT an automatic 3 points given to the defense and then defense will start with the ball from the 40-yard line.

Defensive Penalties

Illegal Contact, Defensive Holding, and Defensive Pass Interference – The responsibility to avoid contact is with the defense. There will be **NO** chucking, jamming or deliberate bumping or grabbing allowed.

- Defensive Holding/Illegal Contact (Bump) – 10-yard penalty and automatic 1st down. (In the event there is a defensive holding penalty and a sack on the same play, the defense will be penalized, and the sack will be ignored.)
- Defensive Pass Interference – 15-yard penalty and automatic 1st down.
- Illegal Rush – 5-yard penalty and replay down - No defender may cross the line of scrimmage before the ball is exchanged (passed) from the QB to another player.
- Unsportsmanlike Conduct/Unnecessary Roughness – 15-yards and automatic 1st down (tackling, taunting, etc.)

Offensive Penalties

No penalty will be assessed more than the 40-yard line. (The starting offensive LOS)

- False Start – 5-yard penalty and repeat down.
- Illegal Procedure/Motion – 5-yard penalty and repeat down. (Two men in motion at same time or Illegal motion forward at the snap, not enough men on LOS at snap, illegal forward pass, etc.)
- Delay of Game – 5-yard penalty and repeat down.
- Offensive Pass Interference – 15-yard penalty and repeat down.
- Offensive Formations – The offensive team must have at least two players other than the Center lined up on the line of scrimmage, at the snap of the ball. Offensive players cannot be lined up within 3-yards of the quarterback tee (tackle box) on the line of scrimmage.

Overtime Rules

If the score is tied at the end of 40 minutes, the game will go into a 5-minute overtime.

Overtime (OT) Period will be used to determine a winner.

- Coin flip will be held to see which team will have possession of the ball on offense and who will be on defense. The winner of the coin toss has the option to be on offense or defense.
- Each team will be given one possession to score a touchdown from the Fifteen-yard line. If a touchdown is scored the offense will then have to convert a two-point conversion. If the game is still tied after each team has a possession, then the next team to score wins.
- If the defense gets an interception returned for a touchdown, then the game is over.
- All regulation period rules and penalties are in effect. There are no timeouts at all during overtime. This clock also runs continuously. If at the end of the 5 minutes and the game is still tied. The game will then end in a tie.
- The winner is the team that scores in each round and the other team fails to score. The point value will be added to the regular game score and turned in on the appropriate score card.

Coach Rules

- There will be only one offensive coach allowed on the field at any time.
- The coach must be positioned behind the offensive huddle and can have up to three subs with him behind the offensive line taking one knee.
- Remaining team coaches can work from the sideline.
- No defensive coaches are allowed on the field.

Additional Coaches information

Each Team can have a maximum of four (4) official coaching staff members on the game sideline, consisting of a head coach, and up to three (3) members of the coaching staff (assistant coaches/team manager). The coaching staff is distinguished by their LEAGUE ISSUED team coaching shirt for the current season, that matches the players on their team. **Only up to 4 coaching staff members are permitted on the team sidelines with the players during any league game. Everyone MUST be registered for the current season. For safety, no other adults or children are permitted on the team sidelines during the game.**

The Head Coach is the only member of the coaching staff that is permitted to interact and speak with the game officials during the game. The Head Coach must stress to his Coaching Staff and players that they are not permitted to talk to the referees at all during the game. They must go through the Head Coach who is authorized to **interact and speak with** the referees. All interactions must be conducted in a calm and professional manner. **(*Please see Unsportsmanlike Conduct)**

If a head coach is unable to be present at a game, he must designate one of his assistant coaches to act as the head coach or designate a parent. Please make the referee aware that they are standing in for the Head Coach. **Any unregistered parent substituting for a head coach or assistant coach must complete a volunteer registration and submit to the field manager before the start of the practice for that game day.** The field manager will notify the referee coordinator that a volunteer application for the coach has been received and is on-file so that they may be approved to coach that particular day.

(*You may wear a jacket, hoodie, or long sleeve shirt but your CFA coach's shirt MUST be worn OVER your jacket, hoodie, or long sleeve shirt. All Coaches and Team Managers MUST WEAR their CURRENT team shirt and it MUST be visible at ALL times.)

Player Eligibility

All players must be registered with California Football Academy before participating in any league activities.

A player's age must fall within the specified age range. The age cutoff is as follows:

Spring – Age as of **April 16** of the same year

Summer – Age as of **July 16** of the same year

Fall - Age as of **October 16** of the same year

Age divisions may vary by league location.

Players may play up a division, so 12-year-olds may play in the 13–16-year division.

No coach, parent, or player can add, change, or transfer a player on any team once the rosters have been set without the approval from the league president. Any unauthorized changes may result in player disqualification.

Any team playing with an unregistered player will result in an immediate game forfeiture and possible league suspension.

If a player is found playing on a team illegally, the coach and illegal player may be removed from the league.

Once the team rosters have been distributed to the team coaches, if a player is a “no show” or unable to commit to playing the season, we ask that the parent / guardian and or coach communicate any roster changes to CFA admin immediately.

Equipment and Uniform for 7 v 7 Passing

The league provides the Head Coach with a practice kit for the duration of the current season. The practice kit will consist of 2 footballs, a QB football tee, and cones.

****The Football tee retails at \$129 + tax and shipping. Please take care in keeping all equipment, especially the QB Tee, in good working condition. The head coach will be responsible for returning the equipment back to CFA after the final game of the season. If the QB Tee is not returned in good working condition or is not returned, the head coach will be billed the cost of the QB tee, including taxes and shipping so CFA can purchase a new replacement.***

The practice kit must be returned to the league on Championship Day each season.

Football sizes:

13-16 years divisions:

youth, if available / official

1. Players may wear any athletic shoe. Football cleats are encouraged. However, cleats with exposed metal are not allowed and must be removed.
2. Players may tape their forearms, hands, and fingers. Players may wear gloves, elbow pads, and knee pads. Braces with exposed metals are not allowed.
3. Players must remove all watches, earrings, and any other jewelry that the officials deem hazardous. Players will not be allowed to participate in any games if they are wearing a hard cast or soft cast. Also, some braces have exposed metal components and they cannot be worn during games.
4. The uniform shirt provided by the league **must** be worn during play. **A player without the official uniform shirt for the current season may not play. Please see the field manager immediately, prior to practice, if your child does not have their current CFA issued shirt on game day.** Players' shirts must be tucked into the shorts if they are hanging below the belt line.
5. The league will supply uniform shorts, shorts are part of your registration and are included in the registration payment. Shorts are mandatory, any substitution of shorts must be approved by the league prior to game play. No compression shorts, or shorts with pockets

or loops will be approved. If a player loses their shorts or needs an additional set of shorts, they may be purchased at the league table.

6. Coaches **must** wear the **current season** league provided uniform shirt for every game **and remain visible for the entire duration of the game. Only the head coach will be allowed to wear the coach's shirt that is marked with the HC logo on the upper right chest area.**
7. **If a coach does not have his/her current season league supplied shirt. must check in at the league table and receive a field pass to be on the team sideline. The field pass must be worn and visible for the duration of the game.**
8. If a coach needs a substitution on gameday, the subbing coach must fill out volunteer application prior to the beginning of Sundays practice, the sub coach must be registered prior to gameplay. **The coach must complete the coach volunteer registration form before coaching. This form may be obtained from the CFA league table.**

Unsportsmanlike Conduct

1. If the field monitor or referee witnesses any acts of intentional tackling, elbowing, cheap shots, blocking or any unsportsmanlike act, the game will be stopped, and the player will be ejected from the game. The decision is made at the referee's discretion. No appeals will be considered. **FOUL PLAY WILL NOT BE TOLERATED!**
2. Offensive or confrontational language is illegal. Officials have the right to determine What constitutes offensive language. The head coach is responsible for the overall conduct of his players, the player's parents, and friends on the sidelines. The referees can give the coaches a warning to control their players and parents before assessing a misconduct penalty.

There are certain unsportsmanlike conduct situations that will not be given a warning, and will be an immediate removal from the field, and possible suspension from ALL field/league activity or removal for the season. This includes any kind of profanity or derogatory/offensive statements, fighting, and any physical contact deemed negative or harmful. Any threats to any league representatives, referees, players, coaches, or spectators will be an immediate removal for the season.

3. Players, coaches, or parents may not physically or verbally abuse any opponent, coach or official.
4. Ball carriers MUST make an effort to avoid defenders with an established position.
5. Defenders are not allowed to run through the ball carrier when pulling flags.
6. Fans must also adhere to good sportsmanship, as well:
 - a. Yell to cheer on your players, not to harass officials or other teams.
 - b. Keep comments clean and profanity free.
 - c. Compliment ALL players, not just one child or team.
7. Fans are required to keep fields safe and kids friendly:
 - a. Keep younger kids and equipment such as coolers, chairs and tents a minimum of 10 yards off the field in the end zone area.
 - b. Stay in the end zone area, not between fields.

Score Cards and Standings

Upon completion of your game the line judge will complete the score card and present it to the head coach for signature.

The Head coach is responsible for verifying prior to signing the card that the score is correct. If there is a problem with the score it has to be resolved prior to leaving the fields. Once a score card is signed the coaches agree to the scores as posted on the score card. It is recommended that a member of the coaching staff keep track of the score on a table so they can verify the final score. If you do this, it would be a good idea to check at half time with the game official to make sure the score is correct at that point.

After every game day, all the score cards are collected, and they are posted to the California Football Academy website (www.californiafootballacademy.com). This will give you all the information as to wins, loss, ties, points scored, points allowed, and points differential.

To view the scores and standings, go to www.californiafootballacademy.com and find the tab SCORES AND STANDINGS for your league/location.

CFA POLICIES & PROCEDURES

1. Inclement Weather / Game Changes

California Football Academy's Inclement Weather Policy can vary depending on the type of field (turf or grass) and who manages the property. The property manager (city or school district) dictates when fields are closed in the event of inclement weather. Generally, turf fields are suitable for playing in rain, while grass fields are often closed by the property manager. The league will notify families of field closures and game cancellations as soon as the property manager notifies the league. Parents are expected to check their e-mail or check the CFA website for updated information on weather. Game cancellations can occur up to the morning of play. **Due to field availability limitations, there is no guarantee that there will be make up dates for games cancelled.**

2. Assignment of Players to Teams

Upon completion of final registration, all in-person registration will be added to the system. All coach and friend requests are made by completing the field in either the on-line registration or on the paper registration.

Players may request a coach by completing the coach request field on the on-line or in-person registration form. This must be done on or before the league's final **in-person** registration to have a better chance of your request being approved. **Coaches may NOT request players. The player must have the field completed with the coaches' name in order for it to be accepted. Please make sure you verify that the coach is on the coaching roster for the current season, and you are registering in the same division as the coach you are requesting. Your request will not be accepted if these conditions are not met.**

Coach requests are assigned after all registered coaches, assistant coaches, and team managers children have been assigned to the team. Coach requests are assigned on a first come basis.

Each team will be **guaranteed** 5 coach requests. Included in the 5 guaranteed players are the Head coach, assistant coach(es), and team manager's children. Exceptions may be made on a case-by-case basis. **We do try to accommodate as many requests as possible, but do not guarantee that they will be placed with the coach requested.**

The league will start the process of assigning players to teams in the following order:

- 1 – Team officially registered coaching staff children.
- 2 - Coach requests (number of coach requests approved depends on number of guaranteed spots left.)
- 3 – Exceptions. There must be a written request as to why an exception must be made and they are reviewed on a case-by-case basis. Not all exceptions will be granted. There must also be approval and confirmation by coach that a hardship exists if the player is not with the requested coach.
- 4 – All other players are added to teams with consideration of city they live and/or school of players and players' age. **Friend requests will be added together to a team, as long as the friend request is mutual. Please make sure that the friend(s) you are requesting are also requesting you. Limit to 3 friend request groups, and no coach request may be submitted. If a coach request is submitted by one or more of the friend groups, the coach request will take precedence.**

Any player that registers after the closing of registration will be placed on a waiting list and will be assigned to a team only after all teams have been established and to a team with the least number of players.

CFA non-coaching staff will form the teams.

Rosters will be given to the coaches before the first league scheduled practice of the season so that they can contact members of their teams. Players may be added to a team prior to the 2nd game **only upon approval of the league.**

*California Football Academy strives to run a fair and balanced league. Children learn about the game of football, the rules, good sportsmanship and team concept. We believe in friendly competition, which builds character. Coaches and parents have a responsibility to be good role models to all the children in our league and community. (*See Unsportsmanlike Conduct and Kids First Policy)*

3. Rosters

1. Teams are composed of at least eight players.
2. Teams must start a game with a minimum of 7 players. **In the event of an injury, a team with insufficient substitute players may play with a minimum of four players on the field to continue the game.** Their opponent must also reduce their number of players to equal the number of players on the other team.
3. **California Football Academy reserves the right to add and/or move players from teams before the start of the second game of the season if it is deemed necessary by the league.**
4. If approved by the league, a new player may only be added to a team during the season (after 2nd game) only when a team's roster falls below 1 more than the number of players necessary to play a game. Prior to adding an additional player to a team, the league must first have confirmation that players on their current roster have dropped out permanently for the remainder of the current season.

4. Additional Coaches Policy and Procedures

1. Coaches are typically volunteer parents, family members, or a member of the community helping the players learn and enjoy the game. Parents are encouraged to support the coach at all times.
1. All coaches are required to complete the on-line Coach Volunteer Registration on our website www.californiafootballacademy.com. The Coaches Code of Conduct is now a part of the registration process. If you do not check that you have read this document, it will not allow you to continue with the registration process. A photocopy of your driver's license for verification is required on file if you are a new coach with CFA. Please e-mail a photocopy of your driver's license to californiafootballacademy@hotmail.com. Background checks are run once a year.

2. Coaches are expected to adhere to CFA philosophies, coaching guidelines, and code of conduct as stated in our most current California Football Academy Rules, Policies, & Procedures Handbook.
3. A team may have as many adult/teen helpers as needed during practice. It is required that all adults, age 18 and up, who are directly involved with the players, whether in the capacity as an official coach or parent helpers, must register on our website under registration – Coaches / Volunteers/ Referees.
4. **The head coach is required to hold a parent meeting at the start of the season.** He will review important league policy and procedures (as they pertain to the parents and players). Although the parents Code of Conduct is now a part of the registration process, this is one of the most important documents you need to review with your parents and guardians. The code of conduct also applies to any spectators coming out to support a player and/or team.
5. All Head Coaches or a team representative are required to attend the coach's Mandatory training meeting. If a team does not have a representative at the coach's meeting, the team will not be allowed to challenge any call in their games for the complete season. (Due to COVID, only 1 representative from each team is required to attend)

5. SEASON PLAY AND TEAM PRACTICES

The Spring and Fall seasons will consist of eight practice/game days including Playoff Weekend and Championship Sunday. **All division teams are scheduled for games for all 8 Sunday.** (**There is a possibility for a weekday or Saturday game, depending on field availability.*)

Each team has a league scheduled practice prior to each scheduled game played. These practices usually last 55 minutes and 5 minutes to get to the game field. The game follows right after the league scheduled practice.

In addition to the season schedule, coaches may include additional practice days during the week, t. These additional practices (location/days/time) are at the discretion of the head coach, there will not be more than two additional practices and they cannot exceed more than two hours in length. Once the coach has set their additional practice schedule, they will

share the information with the league. This will help improve communication between coaches, players and the league.

Players should attend at least 1 hour of practice, which includes the Sunday league scheduled practice. Additional practices, although not mandatory, are recommended if the head coach has made time to schedule them. Additional practice can help a player become more proficient in the game. However, a player WILL NOT be penalized for not attending the additional practice.

NO practices may be conducted without the head coach or assistant coaches in attendance. The Head coach must conduct or approve all practice that is not scheduled by the league. The Head Coach or designated assistant coach is responsible for the players during practices and are to remain at the practice location until all players have been picked up by parents or guardians.

6. Player's First Policy – Equal Play Rule

CFA emphasizes the importance of participation for all players, regardless of skill level and athletic ability. We have implemented the Kid's First Policy, also known as the Equal Play Rule, to ensure that all players are given a fair amount of playing time as their teammates during games.

It is the responsibility of the Head Coach and his coaching team to make sure every child is participating at least 50% of each half.

An Equal Player tracking form can be used as a tool to help coaching staff easily keep track of their players playing time. The form will be available on-line and at the field (Referee / CFA League table). This is an optional form unless a complaint has been made. If a complaint regarding playing time is brought to our attention, we will request a member of the coaching team or a parent on the team to use the form in order to assist the head coach in managing their team's playing time.

Other methods of keeping track of playing time can be used, including assigning player to an A group and a B group, and allowing each group to play both offense and defense during each half.

If a player is injured, leaves the game, or chooses not to participate (only wants to play offense, defense, or a specific position), please make sure that this is communicated to the player's parent(s) or guardian.

Coaches in ALL divisions are required to allow each player to possess the ball on offense either with a handoff or a pass attempt at least once during the game. The purpose of this policy is to ensure that ALL players are given the opportunity to possess the ball. This does not include positions as a quarterback or center.

Any concerns regarding playing time should be first addressed to the coach, at an appropriate time. Please do not address the coach while there are children and families present. Please set up a meeting with your coach to discuss any concerns that arise. If you are unable to coordinate a time to speak or meet with your child's coach or you are unable to come to an agreement with your coach, you may contact CFA by leaving your question or complaint with your CFA field manager or by contacting CFA by e-mail to californiafootballacademy@hotmail.com. We will contact you as soon as possible to address your concern(s).

If the playing time issue has not been resolved, a CFA league representative will be assigned to track the team's player rotation in a game. If it is proven that the coaching staff is not playing all their players at least 50% of each half, the league will require the coaching team to use the CFA recommended method (A group / B group) **and will assign them a mentor coach as needed to ensure all players are participating.**

7. Playoff Seeding:

Single division seeding (Division with 6 or fewer teams): The top four (4) teams qualify for playoffs. (1 v 4 / 2 v 3). The winners of each Playoff game will face each other in the Championship Game. Consolation games are a required part of each season, and ALL consolation teams will be scheduled to play on playoff Sunday and Championship Day.

division with 10 or 12 teams: The top six (6) teams qualify for playoffs. (1 & 2 get a bye for the first round of playoffs; in the first round, 3 v 6 / 4 v 5) First round of playoffs will be played on the Saturday of playoff weekend. Each winner from the first round of playoffs will play 1 or 2 in the 2nd round of playoffs on playoff Sunday, the same weekend.

Subdivision seeding (Divisions with 12 teams or more): Each subdivision will have separate playoff games, consisting of 2 rounds of games. The top four (4) seeded teams in each subdivision will play in the first round (1 v 4; 2 v 3) on the Saturday of playoff weekend. The second round of playoff games will be played on Playoff Sunday and consist of the winners from each game in the first round. The winners of the second round of playoff games played on Playoff Sunday will then face each other in the Championship game. All playoff games will be played on playoff Sunday. ALL other teams will be scheduled a consolation game on playoff Sunday, which is a required part of the season and will be scheduled to play on Championship Day.

Team divisions are set as follows: Single division will be any division with 10 or less teams. Any division that has 12 or more teams will be divided into two subdivisions (example 7 – 8 North and 7 - 8 South).

All playoff games will use the same format as the regular season, with the only exception being if the game is tied at the conclusion of the regulation time, the game will go into overtime mode until we have a winner. The rules for overtime will be the college rules as written up in section 9. Timing and Overtime; 7a-d of the GAME RULES.

The seeding for the playoff games will be determined using the following criteria (A) Division Standings, **(B) Head-to-head competition*** and (C) points differential. (Points differential is the same as utilized in the NFL)

***(B)Head-to-Head will not be used in these criteria during a tie, when all the teams in the tie have not played each other equally. In this case, go directly to (C) points differential.**

8. Championship Sunday

This is the last of the games to be played in the season. **All teams in all divisions will have a game scheduled. It is important to make sure all teams participate to be considerate to their opponent.**

All six of the regular season games and the playoff Sunday games will be used in determining the seeding for championship day consolation games.

If possible, we do try to make sure that teams who may have not played each other in the regular season have an opportunity to play each other.

The winners of the Championship games will receive Trophies and the 2nd place team will receive medals.

9. Medical Emergencies

For any injury or accident that requires more than basic first aid (cleaning a wound, bandage, ice, etc.) coaches and parents should seek professional medical treatment.

*Each field will have a first aid kit with necessary supplies for minor injuries. The referees will make sure all first aid kits are fully stocked and updated with fresh supplies each game day.

CFA Safety Policies

CFA's 1st concern for our children is SAFETY while having FUN playing and learning the game of Football.

For the Safety of all players and coaches, here are the following Safety Rules & Policies of CFA.

1. Athletes are encouraged to wear cleats with rubber/plastic bottoms. No METAL is allowed.
2. Shorts with NO POCKETS or belt loops must be worn in games. Uniform shorts are provided by the league for this purpose.
3. No watches, earrings, necklaces, or other jewelry can be worn by any players during games.
4. Hard or Soft Casts are NOT allowed for the safety of the player with the cast and the safety of all other players. Players are allowed to wear braces or supports which DO NOT have any METAL or hard plastic.
5. All players must use a mouth guard. Designed to absorb and distribute the forces of impact received while **your child** participates in athletic activities. Your **mouth guard** is a protective appliance that covers and cushions your teeth and gums to prevent and reduce injury to your teeth, jaws, lips, and gums. If your child has braces, please ask your child's dentist which type of mouthguard he recommends.
6. **A soft-shelled helmet must be worn during ALL games to help protect the player from incidental contact.** Please note that soft shelled helmets **DO NOT** prevent concussions but reduce the risk greatly when properly worn.

***The **Head COACH and coaching staff** are responsible for making sure your players follow these policies for each game.

***Please notify the league and your head coach if your child has a pre-existing medical condition (i.e., allergies, medications, physical impairments, etc.).**

Most Common Health Issues while playing Flag Football are:

A) **Dehydration** is the most common health issue seen in flag football. Symptoms are dry mouth, thirst, headache, dizziness, cramps, fatigue. The treatment is to move the child to a shaded or air condition area then give the child water to drink. **Prevention** is the key with plenty of water before, during and after games or practices. (Player **should not** be allowed to return to game if **dehydrated**.)

B) **Concussion** is a brain injury which results in a disruption of normal brain function caused by the Head or Jaw hitting the ground or another player. **Please read Concussion Information** included in the rule book to learn **Signs & Symptoms of Concussion**. CFA is being proactive by requiring that all players wear a soft-shelled helmet during all games. The helmet DOES NOT prevent concussions. However, wearing a soft-shelled helmet will provide more protection for a player in the event of incidental contact. If a concussion is suspected or determined, player is NOT ALLOWED to reenter the game or play in any future games until player's parents get written medical clearance from their primary doctor. The clearance note is given to the Head Coach who will forward written medical clearance over to the CFA Field Manager, Safety Coordinator, CFA League Advisors/ Director, or Referee Coordinator/Manager for approval.

C) Other **common injuries** are sprains or strain to neck, back, fingers, shoulders, knees or ankles with treatment of rest and cold pack. Once the pain is gone, players may return to the game or practice. If it is a more serious injury and pain persists, have the player see their primary care doctor for an evaluation.

If a player has a scratch or wound, ask Referee for First Aid Kit then clean and bandage the area.

CFA Protocol for Major Injury

****DO NOT MOVE PLAYER! Only the parent, EMT, or licensed health care professional may authorize movement of player. ****

Immediately call 911 for ambulance and EMT assistance by field manager or nearest available CFA personnel. 911 must be called for any severe injury on or around the field. NO EXCEPTIONS. Only the parent or legal guardian may let the EMT know if they are refusing the ambulance ride to the hospital.

1. Referee calls time out and has player lie on the ground.
2. Head Coach, Referee Coordinator and/or Field Manager will go to where the player is lying to assess the player's injury. Immediately notify Referee that 911 has been called.
Assign personnel to find player's parents/guardian who can come onto field.
3. The referee is to find Field Manager and Head Referee Official for assistance.
4. If the player has a concussion or a severe injury, this player is NOT ALLOWED to reenter the game or play in any future games until the player's parents get written medical clearance from their primary doctor. The clearance note is given to the Head Coach who will forward written medical clearance over to the CFA Field Manager, Safety Coordinator, CFA League Advisors/ Director, or Referee Coordinator/Manager for approval.

10. Alcoholic Beverages, Tobacco, and Drugs

Alcoholic beverages and drugs are not permitted on any property where CFA hold practices and games, or in conjunction with any sanctioned California Football Academy event. No coach or volunteer shall participate in any football game or practice, while under the influence of alcohol or drugs.

Smoking or the use of any tobacco products (cigarettes, cigars, pipes, Electronic Cigarettes and chewing tobacco) is not permitted in or around any youth sports practices or games. If you are observed breaking these rules you will be asked to leave the playing field and go to the parking lot, where you can have your tobacco products.

11. Dog/Animal Policy

Dogs and other animals are not permitted on any property where California Football Academy is playing games, or in conjunction with any sanctioned California Football Academy sponsored event. Please DO NOT bring any animals onto the grass area or playing field. Dogs and other animals are not allowed in the stadium during a CFA event per the property owners' guidelines.

12. Trash Policy

California Football Academy expects each team to be responsible for maintaining clean field conditions prior to leaving the premises. Please ensure that all trash is disposed of properly by your team and guests. All water bottles and other items left on the field will be held for 1 week, and if not claimed will be disposed of or donated.

13. Music Policy

While we all enjoy music, please ensure that all music is instrumental only and cannot drown out or distract other teams playing nearby and their spectators.

BACKGROUND CHECK POLICY AND DISCLAIMER

California Football Academy is the premier flag football program in Northern California - Bay Area, and actively welcome new players, both boys and girls. At California Football Academy, we are committed to providing a safe and positive sports experience for all participants. Part of our dedication to our community is screening for coaches who might present a threat or do harm to children. California Football Academy performs national and local criminal background checks on all volunteer coaches and reserves the right to exclude coaches from participation based on the criteria listed herein.

Individuals interested in participating as a coach for California Football Academy or any event and season affiliated with California Football Academy must submit, complete, and clear a criminal background check. The background check must be completed before any engagement with players, parents or associated matters.

The background check will be conducted via an independent third-party service, and we do not store any of your personal identifying information.

California Football Academy has the full authority to deny eligibility to potential coaches that may pose a threat to vulnerable subjects, such as children, game day officials, administrators, opposing players/coaches, and spectators, regardless of the results of the background check.

Potential Coaches are screened for the following:

Crimes Against a Minor

Screening includes but is not limited to crimes such as:

Indecent solicitation of a child

Abandon/Endangerment of a child

Sexual abuse of a child

Child molestation

Child abuse

Furnishing alcohol to a minor

Sexual conduct with a minor

Aggravated sexual abuse or assault of a child

Indecency with a child

Kidnapping

Child Neglect

Child Trafficking or Human Trafficking of any nature

Use, Possession or Sale of a Controlled Substance

Screening includes but is not limited to crimes such as:

Possession

Possession with intent to distribute

Trafficking

Possession of drug paraphernalia

Drug Manufacturing and Cultivation

Use or Threatened Use of Violence against a Person or Property

Screening includes but is not limited to crimes such as:

Murder

Domestic Violence/Abuse
Theft/Burglary/Armed Robbery/Larceny
Breaking and Entering
Assault (Simple and Aggravated)
Any Crimes of Violence Against a Person
Disorderly conduct
False imprisonment
Escape from penitentiary
Manslaughter
Harassment/Stalking
A Sexual Offense
Screening includes but is not limited to crimes such as:
Prostitution
Rape
Sexual Assault
Solicitation
Indecent Exposure
Statutory Rape
Child Pornography
Pimping and Pandering
Illegal Gambling or Financial Crimes
Screening includes but is not limited to crimes such as:
Embezzlement
Fraud
Identity Theft

California Football Academy's Definition of felony:

Any crime that results in the eventual conviction of what was originally a Felony charge.
That includes:

Felony-level crimes that were "plead down" or conviction of lesser level crimes due to acceptance of a plea bargain.
Convictions for lesser level crimes that have been expunged from a record by successful completion of terms of probation.

UNDER REVIEW / "PRE-ADVERSE ACTION" PERIOD

Applicants are placed under review and into a pre-adverse action period if the background check violates the listed criteria below.

If the background check reveals any Criminal History or Other Incidents, California Football Academy will be unable to offer a coaching position. Applicants will be informed in writing. An applicant has 15 days to dispute the findings via written correspondence to California Football Academy.
All documentation supporting an applicant's position must be submitted directly to California Football Academy via email prior to the application deadline listed above.

Crimes that violate the California Football Academy criteria for coaching eligibility include but are not limited to:

- ANY felony level conviction
- More than one (1) felony on Lifetime criminal record
- ANY crime of sexual nature
- ANY crime of violence against a person
- ANY crime toward or involving a child or minor
- ANY crime resulting in loss of life
- ANY Domestic Violence convictions on Lifetime criminal record
- ANY DUI/DWI/OWI offense in the last 5 years
- Three (3) or more DUI/DWI/OWI offenses in the last ten (10) years

DENIAL OF COACHING ELIGIBILITY: PROCESS AND PROCEDURE

All candidates must supply documentation in order to dispute the background check results. This requirement applies solely to coaches that have been placed into an adverse action period and it is being implemented by California Football Academy due to state-wide legislative requirements.

Letters of Reference will not be accepted

Letters of Appeal will not be accepted

Crimes of all levels (misdemeanor, reckless misconduct, gross misdemeanor and felonies) are considered when screening a coaching applicant.

Upon receipt of information that indicates that an applicant will be denied membership, an email notification will be sent to the coaching applicant. If the applicant does not provide adequate legal documentation to dispute findings in the background screen the following steps will be taken:

The information will be deemed true and accurate.

The applicant will receive an email notification that their attempt to become a coach in California Football Academy has been denied.

The corresponding location/field manager will be sent a notification that the coaching applicant has not met the eligibility standards for participating as a coach for California Football Academy or its affiliates.

CFA Football Coach's Code of Conduct

CFA's coaches code of conduct is to ensure that our coaches understand what the expectations are in coaching a team in our program and representing the CFA community.

- As a coach, through your words and actions set the example for your players, parents, and fans. You lead by example and set the team and fans environment with your actions.
- Know the rules of the game and teach the rules of the game to your players.
- Encourage and guide players to accept responsibility for their own actions, never condone unacceptable behavior.
- Respect the decisions of the game officials on the field as being fair and called to the best ability of the officials. Officials are being held accountable and their decisions are final.
- Ensure each player is wearing the proper equipment and uniform for practice and game day.
- Coaches must demonstrate fair play and sportsmanship to all their players.
- Always be courteous and direct when dealing with league officials, referees, and opposition coaches.
- Refrain from using profane language while representing CFA during practice and game day.
- Demonstrate positive support for all players, coaches, spectators, and referees, encourage team parents and spectators to do the same.
- Refrain from using alcohol products while representing CFA during practices and game day.
- Remember you are a youth flag football coach. The game is for and about the children, not the adults.
- Your actions, character and conduct are a reflection of CFA; you are expected to promote yourself and the league in a positive manner.
- Promote Fun!!

I also agree that if I fail to abide by the aforementioned rules and guidelines, I will be subject to disciplinary action that could include, but is not limited to the following (**see Unsportsmanlike Conduct: 1-7 in CFA Rule Book**):

Verbal warning by official, head coach, and/or head of league organization Game

Forfeiture Written warning

Game suspension with written documentation of incident kept on file by organization involved Coaching

Season Suspension

I understand and accept that I am a representative of CFA, that if I or my child does not comply with these codes of conduct, we will not be allowed to participate in CFA Youth Sports Program. **(Refunds are not available)**

Coach's Name (print)

Coach's Signature

Date

CFA Representative

Date

CFA Parent Code of Conduct

The highest potential of sports is achieved when competition reflects these "six pillars of character." The six core principles: trustworthiness, respect, responsibility, fairness, caring, and good citizenship. I therefore agree:

1. I will not force my child to participate in sports.
2. I will remember that children participate to have fun and that the game is for youth, not adults.
3. I will inform the coach of any physical disability or ailment that may affect the safety of my child or the safety of others.
4. I will learn the rules of the game and the policies of the league.
5. I (and my guests) will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, officials and spectators at every game, practice or other sporting event.
6. I (and my guests) will not engage in any kind of unsportsmanlike conduct with any official, coach, player, or parent such as booing and taunting; refusing to shake hands; or using profane language or gestures.
7. I will not encourage any behaviors or practices that would endanger the health and wellbeing of the athletes.
8. I will teach my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
9. I will demand that my child treat other players, coaches, officials, and spectators with respect regardless of race, creed, color, sex or ability.
10. I will teach my child that doing one's best is more important than winning, so that my child will never feel defeated by the outcome of a game or his/her performance.
11. I will praise my child for competing fairly and trying hard, and make my child feel like a winner every time.
12. I will never ridicule or yell at my child or other participant for making a mistake or losing a competition.
13. I will emphasize skill development and practices and how they benefit my child over winning. I will also deemphasize games and competition in the lower age groups.
14. I will promote the emotional and physical well-being of the athletes ahead of any personal desire I may have for my child to win.
15. I will respect the officials and their authority during games and will never question, discuss, or confront coaches on the game field, and will take time to speak with coaches at an agreed upon time and place.
16. I will demand a sports environment for my child that is free from drugs, tobacco, and alcohol and I will refrain from their use at all sports events.
17. I will refrain from coaching my child or other players during games and practices unless I am one of the official coaches of the team.
18. I also agree that if I fail to abide by the aforementioned rules and guidelines, I will be subject to disciplinary action that could include, but is not limited to the following (**see Unsportsmanlike Conduct: 1-7 in CFA**

Rule Book): o Verbal warning by official, head coach, and/or head of league organization o Written warning
o Parental game suspension with written documentation of incident kept on file by organizations involved o Game forfeit through the official or coach o Parental season suspension

20. I understand that if I or my child does not comply with these codes of conduct, we will not be allowed to participate in CFA (Diablo) Programs. (**Refunds are not available**)

CFA PLAYERS CODE OF CONDUCT

DATE _____ TEAM # _____ COACH _____

We pledge to follow the CFA Player's Code of Conduct:

I will remember that games are played for fun!

I will display good sportsmanship ahead of my own personal desire to win.

I will demonstrate good sportsmanship regardless of the score by acting in a positive manner towards all players, officials, parents, and coaches.

I will show respect to all game officials, coaches, players, and parents and never act in a manner that would be disrespectful toward them.

I will shake hands with the other team at the conclusion of all games.

I will shake hands with the officials at the conclusion of all games.

Player's Name and Signature:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____



California Football Academy Play Up Waiver Release of Liability

I, _____, hereby request that

California Football Academy Inc. allow my child, _____, to play in the CFA Co-ed Flag Football League, _____ age division, instead of _____ age division, which is appropriate for his/her age/size this _____ 20__ season.

I understand that my child will be playing with older, larger, higher skilled and more mature children and therefore, is at a greater risk of getting injured. I feel my child is capable of playing at this level and fully accept the liability of this request, releasing California Football Academy Inc. and CFA Co-ed Flag Football League.

Signature Date _____ Parent/Guardian

California Football Academy Date _____