

Dear Coaches and Parents,

Welcome to the 2016 BFFC Flag Football season. We hope you enjoyed your summer and are ready for a new season of football! To help your day at the fields go as smoothly as possible we thought it would be helpful to highlight some important items:

- Please make sure that your child is in full uniform (including their COLORED mouthpiece) when they arrive for their game. The uniform consists of their team jersey, league issued shorts, colored mouthpiece and cleats (rubber soled). If for some reason the league shorts cannot be worn (doesn't fit, lost, etc) the only other acceptable alternative is solid black shorts with NO STRIPES OR POCKETS. If your player shows up to the field with shorts that have pockets, they WILL NOT be allowed to play until they change their shorts-NO EXCEPTIONS. This is a safety issue and it will be enforced.
- Please make sure that your child removes all jewelry prior to games and practices. There are no watches, earrings, rings or necklaces allowed for safety reasons. Regarding ear piercings, players cannot play with tape over them even if the player's ears were just pierced. They must be taken out for games and practices. In addition, silicone bracelets (that a finger can fit under) are not allowed. The only jewelry allowed is medical alert bracelets or necklaces and they must be taped to the wrist or the chest.
- Coaches MUST wear their league issued coaches shirts whenever coaching a game. If a coach has any problem with their coaches shirt, please see the field manager, Sue, to discuss.
- All parents and spectators must stay between the 20 yard lines and at least 5 yards off the sideline. Any breaking of this rule can result in a penalty assessed on your child's team so we would appreciate strict compliance with this.
- Parents are to sit and watch the game in the designated 'parents areas' near each field. If you go to our website, www.bocafootball.com , and go to the 'rules' tab you will see a diagram detailing where parents will be allowed to sit.
- The home team is responsible for the chains, down markers (volunteers must be at least 16 yrs old), setting up the fields if the 1st game of the day and cleaning up after the final game. Please help your coach out and volunteer.
- Please make sure you send your child to practices and games with plenty to drink, especially on Saturdays.
- When watching your child's game it is OK to cheer for them and your team but there cannot be any negative displays of sportsmanship towards the opposing team. Noise makers, horns, etc. are NOT allowed during the game.
- All coaches sign the BFFC Coaches Code of Conduct prior to the season. You can find a copy of this document in our rules (www.bocafootball.com, then click 'rules' tab). All parents are expected to comply with these rules as well in order to ensure a great season so please familiarize yourself with the Code of Conduct.
- DO NOT KEEP ANY VALUABLES IN YOUR CAR AND MAKE SURE YOUR CAR IS LOCKED WHILE YOU ARE AT THE PARK.
- THERE ARE NO PETS ALLOWED INSIDE THE PLAYING AREA-- all pets must stay on the sidewalk behind the wooden fence on the parking lot side. If you have a service dog we need to see the documentation before they are allowed near the fields.
- THERE IS NO ALCOHOL OR SMOKING (including VAPING). If you wish to smoke, it must be done in the parking lot area.

Thank you for complying with our policies. We hope you and your child have a great season!

Print name

Date

Parent Signature