

# RECREATIONAL FLAG FOOTBALL COACHES PACKET





**SPORTS of All SORTS**



**Youth Association**

# "TEAM PARTY"

*Everyone's a winner with a team party at SPORTS OF ALL SORTS.*

***\$40.00 per team***

***Includes:***

***2 large pizzas***

***3 pitchers of Soft Drinks***

***100 Tokens***

***Add 1 game of BOWLING for your team for only \$20 more!***

***\*Additional Pizza can be purchased for \$12 each***

## Policy for Complaints on (COACHES)

- A. Complaints from coaches about a coach/parent** (this lets us know if we have a problematic situation with a particular coach that we need to address)  
EXAMPLE: We have had several scenarios in which complaints have been received on what others feel are abusive or unsporting coaches and felt that the issue needed to be addressed with the coach. These issues could be related to his conduct in addressing his players, officials, parents or the other team's coaches, players or parents. This also pertains to showing overall good sportsmanship towards the game itself. All complaints received on a coach will be kept on file for proper tracking.
- B. Complaints from officials about a coach/parent**  
Follows the procedures listed below. However, it is expected that if an official has game related mis-conduct from a coach that the rules pertaining to the issuing of a technical foul be given. If a coach receives a technical foul either directly or indirectly then all coaches must remain seated on the bench for the remainder of the game. If any other technicals are issued against the bench then the head coach will receive either a direct or indirect technical foul. If a coach receives 3 indirect or 2 direct or 2 indirect and 1 direct, then the coach is removed from the current game and receives an additional 1 game suspension. This follows the standard rules for all basketball leagues. If a coach is ejected from a game, they must leave the immediate area of the game (out of site and sound of the court).

ANY COACH, PARENT OR PLAYER THAT CONFRONTS AN OFFICIAL, THREATENS AN OFFICIAL OR ANOTHER COACH/PARENT BEFORE, DURING OR AFTER THE GAME WILL BE REMOVED FROM THE FACILITY, AND SUSPENDED. THE NUMBER OF GAMES WILL BE DETERMINED BY THE DIRECTOR AND IF NECESSARY, COULD BE SUSPENDED FROM LEAGUE PLAY FOR THE REST OF THE SEASON.

When complaints are received, the following procedures are used to address the situation. (ALL COMPLAINTS ON COACHES MUST BE SUBMITTED THROUGH THE HEAD COACH OF THE TEAM ISSUING THE COMPLAINT. ALL COMPLAINTS FROM PARENTS WILL BE KEPT ON FILE) this administration WILL NOT communicate with a teams parents individually on these issues, any response from this administration will go to the Head Coach ONLY!

1. If a coach receives a written complaint from another coach then the director will discuss the matter with the coach either verbally or in written form. The complaint will remain on file for the remainder of the current season.
2. If a coach receives a second complaint occurring on a different day/game, then the director will send a written correspondence with details from the written correspondence from the coach issuing the complaint and then allowing them to provide a rebuttal to the statements. I will then share those with the initial coach. A warning will be issued to the coach in question that their conduct must reflect the proper sportsmanship that follows the codes of conduct of this organization as well as AAU or the KHSAA.
3. If a coach receives a third complaint occurring on a different day/game bringing the total complaints during the season to 3, the coach will be suspended for 1 game by this administration for failure to follow the standards of the organization.
4. Further complaints may result in the coach/team being removed from the current league as well as possible future leagues.

## Policy for Complaints on (OFFICIALS)

### JUDGEMENT CALLS WILL NOT BE ADDRESSED BY THIS ADMINISTRATION

A. Complaints about an official (this lets us know if we have an official that needs more training, or simply should not be used). EXAMPLE: We had an official that started experiencing frequent complaints. After noticing the trend, the assignor talked to this official and discovered that he was having some personal problems that caused him to be a bit uptight. We requested that he take some time off from officiating until his personal life was back in order to avoid the additional stress.

B. Complaints FROM a coach/parent (this lets us know if that complaints are simply from someone whose team may not be doing well, or is simply more proan to complaining.) We have had these scenarios in the past; however, we take into consideration when complaints are filed by this type of coach that we do not hold it against the coach, league or the officials.

When complaints are received, the following procedures are used to address the situation. (ALL COMPLAINTS ON OFFICIALS MUST BE SUBMITTED THROUGH THE HEAD COACH OF THE TEAM ISSUING THE COMPLAINT. ALL COMPLAINTS FROM PARENTS WILL BE KEPT ON FILE) this administration WILL NOT communicate with a teams parents individually on these issues, any response from this administration will go through the Head Coach ONLY!

5. If an official receives a written complaint then the director will discuss the matter with the assignor either verbally or in written form. The complaint will remain on file for the remainder of the current season. The assignor, under his/her discretion, may investigate to determine if any issues are involved or if training is needed.
6. If an official receives a second complaint occurring on a different day/game, then the director will send a written correspondence with details from the written correspondence from the coach issuing the complaint to the assignor. From that point the assignor will handle any correspondence and action needed to resolve any issues if found with the official directly. There will not be any additional information supplied back to the coach unless it pertains to a rules question/issue. The officials, although are individual contractors, are considered a part of this administrations extended staff and therefore, any action taken will be handled on a professional level within the organization.

# SPORTS OF ALL SORTS YOUTH ASSOCIATION

## COACH CODE OF CONDUCT

### **COACHES HAVE A RESPONSIBILITY TO:**

- Have knowledge/understand the Laws/Rules of the game and the Spirit of how the Laws/Rules are enforced.
- Develop team respect for the ability of opponents, and for the judgment of referees and opposing coaches.
- Concentrate on coaching rather than on the accuracy of referee's decisions.
- Be a role model of fair play. Set a good example and be generous with your praise when it is deserved.
- Use of alcohol, tobacco products or illegal drugs is strictly prohibited when in the presence of his/her players or any SOASYA sponsored event.
- Be positive; avoid confrontation with any official, coach or parent.
- Refrain from the use of profane, insulting, harassing or otherwise offensive language in the conduct of his/her duties.
- Support and Practice "Everyone plays" and "Positive Coaching" philosophies
- Be reasonable in your demands on the young players' time, energy, enthusiasm and their performance on the field/court.
- Impress on your players that they must abide by the rules/laws of the game at all times.
- Attend coaching classes to learn the most effective ways to conduct practices and to keep informed about sound principles of coaching, growth and development principles relating to your players.
- Give good guidelines to parents.
- Enlist the support of your team's parents in your efforts to instill the proper attitudes and values in the players.
- Ensure that your players' experience is one of fun and enjoyment (winning is only part of it). Players should never be yelled at or ridiculed for making mistakes or losing a game.

## **COACHES MUST:**

- Allow only those players assigned to your team and appear on your team roster to play within the league. If a team is found in violation of this rule prior to the game, the illegal player(s) will not be permitted to play. If a team is found in violation during or after the game, the offending team will forfeit that game(s) in which the illegal player(s) played. Also, the coach will be suspended for one game for violating this rule.
- Discuss with each player the “Player Code of Conduct” **Attached**
- Discuss with each Parent the “Parent Code of Conduct” **Attached**
- Ensure the safety of the players with whom they work.
- Respect athletes dignity; verbal or physical behavior’s that constitute harassment or abuse are unacceptable.
- Never advocate or condone the use of drugs or other banned performance enhancing substances.
- Never provide under age players with alcohol; never encourage its use.
- Coordinate the team pictures as related to your team (when applicable).  
ALL coaches must use the same Photographer assigned by Sports Of All Sorts Youth Association
- Keep track of and maintain all equipment and facilities issued to you for your use (when applicable). Insist that players keep facilities clean and litter in garbage cans.
- Collect all equipment issued and return to league officials immediately at season’s end along with an inventory sheet (when applicable).
- Work with officials. Report problems to the SOASYA Administration or head official as quickly as possible.
- You are responsible for controlling the conduct of players, parents, and other spectators.
- Officials have the authority to remove coaches, players or spectators from the game and/or premises due to unsportsmen-like conduct. It is their discretion to define unsportsmen-like conduct.
- You or a team representative are to attend the awards ceremony at the end of the season (when applicable).

## **Coaches Penalty:**

- If a coach is ejected from a game for any reason an additional one game suspension will be automatically enforced. If a coach is found to be in violation of the code of conduct outside the confines of the playing field/game the standard one game suspension will be enforced. Also, the SOASYA Administration may in his/her judgement issue up to an additional 2 game suspension for that violation. The SOASYA Administration in cooperation with the Official(s) has the authority to take control of a game in the event of problems. This may include ejection of a coach, player, or spectator as well as possible termination of the game. The result of such conditions may result in forfeiture of the game by either one or both teams. Repeatedly and/or intentionally violating this code of conduct will result in the coach being removed from his/her position for the remainder of the season.. In cases of illegal conduct the local authorities will be notified and the coach will be removed immediately from his/her position.

**TURN IN TOP PAGE ONLY!**

# SPORTS OF ALL SORTS YOUTH ASSOCIATION

## COACH CODE OF CONDUCT

**I have read and understand the “Coach Code of Conduct” and agree to conduct myself in a manner that demonstrates the standards established in the “Coach Code of Conduct” and as a representative of the Sports Of All Sorts Youth Association. I also certify that I have never been convicted of a crime of violence or a crime against a child. My signature below gives the SOASYA permission to verify all information listed and complete a background check.**

**\*\*\* Any convictions will be grounds for non-acceptance.**

PLEASE PRINT CLEARLY

Name \_\_\_\_\_ Home Phone \_\_\_\_\_

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Baseball                       Softball                       Cheerleading                       Bowling

Soccer                       Basketball                       Volleyball                       Flag Football

**Head Coach**                      **Division Coaching (i.e. U-10 Soccer)** \_\_\_\_\_

**Assistant Coach** \* **Must list Head Coaches Name** \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

\*Return to Administration

SOASYA Administration _____ Date Checked _____
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## COACH CODE OF CONDUCT

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- Develop team respect for the ability of opponents, and for the judgment of referees and opposing coaches.
- Concentrate on coaching rather than on the accuracy of referee's decisions.
- Be a role model of fair play. Set a good example and be generous with your praise when it is deserved.
- Use of alcohol, tobacco products or illegal drugs is strictly prohibited when in the presence of his/her players or any SOASYA sponsored event.
- Be positive; avoid confrontation with any official, coach or parent.
- Refrain from the use of profane, insulting, harassing or otherwise offensive language in the conduct of his/her duties.
- Support and Practice "Everyone plays" and "Positive Coaching" philosophies
- Be reasonable in your demands on the young players' time, energy, enthusiasm and their performance on the field/court.
- Impress on your players that they must abide by the rules/laws of the game at all times.
- Attend coaching classes to learn the most effective ways to conduct practices and to keep informed about sound principles of coaching, growth and development principles relating to your players.
- Give good guidelines to parents.
- Enlist the support of your team's parents in your efforts to instill the proper attitudes and values in the players.
- Ensure that your players' experience is one of fun and enjoyment (winning is only part of it). Players should never be yelled at or ridiculed for making mistakes or losing a game.

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- Discuss with each player the “Player Code of Conduct” **Attached**
- Discuss with each Parent the “Parent Code of Conduct” **Attached**
- Ensure the safety of the players with whom they work.
- Respect athletes dignity; verbal or physical behavior’s that constitute harassment or abuse are unacceptable.
- Never advocate or condone the use of drugs or other banned performance enhancing substances.
- Never provide under age players with alcohol; never encourage its use.
- Coordinate the team pictures as related to your team (when applicable).  
ALL coaches must use the same Photographer assigned by Sports Of All Sorts Youth Association
- Keep track of and maintain all equipment and facilities issued to you for your use (when applicable). Insist that players keep facilities clean and litter in garbage cans.
- Collect all equipment issued and return to league officials immediately at season’s end along with an inventory sheet (when applicable).
- Work with officials. Report problems to the SOASYA Administration or head official as quickly as possible.
- You are responsible for controlling the conduct of players, parents, and other spectators.
- Officials have the authority to remove coaches, players or spectators from the game and/or premises due to unsportsmen-like conduct. It is their discretion to define unsportsmen-like conduct.
- You or a team representative are to attend the awards ceremony at the end of the season (when applicable).

## **Coaches Penalty:**

- If a coach is ejected from a game for any reason an additional one game suspension will be automatically enforced. If a coach is found to be in violation of the code of conduct outside the confines of the playing field/game the standard one game suspension will be enforced. Also, the SOASYA Administration may in his/her judgement issue up to an additional 2 game suspension for that violation. The SOASYA Administration in cooperation with the Official(s) has the authority to take control of a game in the event of problems. This may include ejection of a coach, player, or spectator as well as possible termination of the game. The result of such conditions may result in forfeiture of the game by either one or both teams. Repeatedly and/or intentionally violating this code of conduct will result in the coach being removed from his/her position for the remainder of the season.. In cases of illegal conduct the local authorities will be notified and the coach will be removed immediately from his/her position.

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**Assistant Coach** \* **Must list Head Coaches Name** \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

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- You or a team representative are to attend the awards ceremony at the end of the season (when applicable).

## **Coaches Penalty:**

- If a coach is ejected from a game for any reason an additional one game suspension will be automatically enforced. If a coach is found to be in violation of the code of conduct outside the confines of the playing field/game the standard one game suspension will be enforced. Also, the SOASYA Administration may in his/her judgement issue up to an additional 2 game suspension for that violation. The SOASYA Administration in cooperation with the Official(s) has the authority to take control of a game in the event of problems. This may include ejection of a coach, player, or spectator as well as possible termination of the game. The result of such conditions may result in forfeiture of the game by either one or both teams. Repeatedly and/or intentionally violating this code of conduct will result in the coach being removed from his/her position for the remainder of the season.. In cases of illegal conduct the local authorities will be notified and the coach will be removed immediately from his/her position.

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**Head Coach**                      **Division Coaching (i.e. U-10 Soccer)** \_\_\_\_\_

**Assistant Coach** \* **Must list Head Coaches Name** \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

\*Return to Administration

SOASYA Administration _____ Date Checked _____
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# SPORTS OF ALL SORTS YOUTH ASSOCIATION

## PLAYER CODE OF CONDUCT

- Have knowledge/understand the Rules/Laws of the game. Help fellow players do the same.
- Show respect to officials, players, coaches, parents and spectators before, during and after any game or practice.
- Play for the fun of it, not just to please your parents or coach.
- Be positive; avoid confrontation with any official, coach or parent before, during or after any game or practice.
- Refrain from criticism of other players, coaches or officials before, during or after any game or practice.
- Control your temper and most of all, resist the temptation to retaliate when you feel you have been wronged.
- Use of alcohol, tobacco products, or illegal drugs is strictly prohibited when involved Sports of All Sorts Youth Association functions.
- Stay calm when confronted with emotional reactions from officials, players, coaches and parents.
- Support good sportsmanship.
- Show courage and confidence; avoid arrogance.
- There will be no name calling, taunting, foul language, or arguing

### **PLAYERS PENALTY:**

- If a player is ejected from a game for any reason, that player will return to his/her bench and become the coach's responsibility. If further misconduct occurs, that player will be removed from the area of the playing field and turned over to a parent or guardian if one is present. If none are present then that player(s) will be turned over to the administration until either that game is over or the parent or guardian is contacted and arrangements made for pickup. Also, an automatic one game suspension will be enforced. In cases of fighting the offender(s) will be suspended for the rest of the season and **NO REFUNDS / CREDITS** will be given.

- If a player is ejected while being a spectator, they must leave the immediate area of the playing field immediately

(i.e. indoor – they must leave the building, outdoor – they must go to the parking lot). If a parent or guardian is present, that player/spectator will be released to them and will assume full responsibility. If none are present then that player(s) will be turned over to the administration until either that game is over or the parent or guardian is contacted and arrangements made for pickup. Also, an automatic one game suspension will be enforced. In cases of fighting the offender(s) will be suspended for the rest of the season and **NO REFUNDS / CREDITS** will be given.

This Code of Conduct remains in force at all times. Repeatedly and intentionally violating this code of conduct will result in suspension from league play for the remainder of the current season and **NO REFUNDS / CREDITS** will be given. Also, further action could result in a one-year to permanent suspension. In cases of illegal conduct the local authorities will be notified.

# SPORTS OF ALL SORTS YOUTH ASSOCIATION

## PARENT/SPECTATOR CODE OF CONDUCT

### **CODE**

As a parent/spectator, you play a special role in contributing to the needs and development of youngsters. Through your encouragement and good example, you can help assure that all the boys and girls learn good sportsmanship and self-discipline. In Sports of All Sorts Youth Association, young people learn to work together, to sacrifice for the good of the team, to enjoy winning and deal appropriately with defeat - all while becoming physically fit and healthy. *Best of all, they have fun.*

Parents/Spectators are subject to the same laws of conduct and good sportsmanship as the coaches. No vulgar language, heated discussions, use of alcohol, any controlled substance, physical abuse (contact) or any other acts detrimental to the purpose of the organization will be tolerated.

### **SUPPORT YOUR CHILD**

Supporting your child by giving encouragement and showing interest in their team is very important. Help your child work toward skill improvement and good sportsmanship in every game. Teach your child that hard work and an honest effort are often more important than victory - *that way your child will always be a winner despite the outcome of the game!*

### **ALWAYS BE POSITIVE**

Parents serve as role models for their children. Become aware of this and work to be a positive role model. Applaud good plays by your child's team *as well as* good plays by the opposing team. Support all efforts to remove verbal and physical abuse from youth sports activities. Avoid confrontation and criticism of/with any official, coach, parent or player. Use of alcohol or illegal drugs is strictly prohibited when involved in Sports of All Sorts Youth Association functions.

### **REMEMBER: YOUR CHILD WANTS TO HAVE FUN**

Remember that your *child* is the one playing, not you. It's very important to let children establish their own goals - to play the game for themselves. Take care not to impose your own standards and goals on them. Don't put too heavy a burden on your child to win games. Surveys reveal that **72% of children would rather play for a losing team than ride the bench for a winning team.** Children play for the fun of playing.

### **REINFORCE POSITIVE BEHAVIOR**

Positive reinforcement is the best way to help your child achieve their goals and their natural fear of failure. Nobody likes to make mistakes. If your child does make one, remember it's all part of learning, so encourage your child's efforts and point out the good things your child accomplished.

### **DON'T BE A SIDELINE COACH OR OFFICIAL**

Coaches and Officials are usually parents or children. They work hard to do the best job they can do and to help make your child's athletic experience a positive one. They need your support too. That means refraining from coaching or officiating from the sidelines.

### **PARENT/SPECTATOR PENALTY:**

If a Parent/Spectator is ejected from a game for any reason they will be required to immediately leave the area of the playing field and/or facilities. If situations allow, A **WARNING** may be issued for UN-sportsmanlike conduct and any infraction of the stated program rules. If a second **WARNING** becomes necessary for any infraction, there will be an automatic ejection from the current game. The offender has two (2) minutes to leave the confines of the playing field (Outdoor = parking lot, Indoor = building). If the offender refuses to leave or returns prior to fifteen (15) minutes after completion of the game, the local authorities will be called. Additional action may be taken by the League Administration and/or Board of Directors in determining if further disciplinary action should occur. Repeated violations of this code of conduct would be subject up to a one-year suspension or further action as deemed necessary by Sports of All Sorts Management. In cases of illegal conduct the local authorities will be notified.

## ADMINISTRATIVE

### ➤ Divison Structure

7 and Under	(5, 6 & 7 years old, not 8 before 09/01 current year)
9 and Under	(8 & 9 years old, not 9 before 09/01 current year)
11 and Under	(10 & 11 years old, not 11 before 09/01 current year)
13 and Under	(12 & 13 years old, not 13 before 09/01 current year)

- WHEN A PLAYER'S BIRTHDAY FALLS AFTER 09/01 OF PREVIOUS/CURRENT YEAR THEN THEY ARE PERMITTED TO CONTINUE PLAYING IN THAT DIVISION UNTIL 09/01 OF THE FOLLOWING YEAR

. EXAMPLE: (Child A is 5 years old as of 09/01 of current year, but his birthday is on 09/02 or later now making him 6 years old but still eligible to play in the Under 6 program. Child A will be permitted to play in the Under 6 program until the following Fall in which at that time, Child A will then be moved up to the next division).

### ➤ Exceptions

A player may move up to the next age division at the request of the parent(s), **BUT** only if they are within one (1) year of that division. SOASYA League Director reserves the right to adjust age groups and/or participants based upon abilities and/or total number of participants.

### ➤ Participation and Eligibility within Sports of All Sorts Youth Association (SOASYA)

Participation of a player or manager in SOASYA. Soccer program will not be permitted if they or their family have any outstanding obligations to the organization.

Violation of any Codes of Conduct or rules pertaining to participation and or suspension will result in a player or manager being declared ineligible.

### ➤ Player Registrations

Player registrations contain player waivers and are for the current soccer season which starts when the parent signs the agreement and ends when the player's team finishes its regular playing season and is determined not to participate in any post season tournaments representing the SOASYA.

Each player's parent or guardian must have signed this waiver before a player participates in a regular season game.

### ➤ Age Verification

Must have access to a birth certificate and must be presented if asked by the SOASYA administration. It is recommended that all players have a physical examination and have a Doctor's permission to participate in SOASYA Activities

### ➤ Team Formation (Legal Team)

\*\* Teams will be formed as registrations are received. If requesting a coach or player all requests will be received on a first come basis with returning players being honored first from the previous session. Once a team has reached the maximum number of players, any additional players requesting a coach or a player that plays for a team that is full will be placed in the draft and assigned to a team. Also, every effort will be made to equal the boy/girl ratio, which may impact those teams that consist of mostly one gender. The Administration reserves the right to establish a standard number of players per team based upon number of participants.

**\*\*ONLY those players assigned to a team and appear on the teams roster are permitted to play.** If a team is found in violation of this rule prior to the game then that player will not be permitted to play during that game. If a team is found in violation during or after the game in question then the offending team will forfeit the game. Also, the coach will be suspended for one game for violation of this rule.

### ➤ Season Duration

The regular playing season will consist of a minimum of a 7 game schedule and maximum of 10 game schedule.

➤ **Equipment / Uniform**

**All players must be in full SOASYA issued uniform**

The standard flag football uniform consists of a numbered shirt (SOASYA provides); shorts and rubber soled shoes or cleats (parents provide).

**NO** JEWELRY of any kind is permitted as well as any item of clothing that the Referee determines unsafe.

Mouth guards **MUST BE** used by **EVERYONE**.

**NO** loose fitting clothing. (identified as anything that someone could trip, or get caught on and cause injury, i.e. hooded sweatshirts)

Players who wear prescription glasses must wear elastic bands or sports goggles.

Players with long hair must use elastic hair bands when tying hair up. **NO** metal of any kind is to be worn on the hair bands. This would prevent injury when heading the ball or players bumping heads during play.

➤ **Restricted Areas**

**NO** one is permitted to coach from the spectator sidelines.

Coaches **MUST** stay within the confines of their designated coaching area except as noted within the U7 rules.

➤ **Award Presentations**

Award will be handed out after the last regular season game

➤ **SOASYA Director (Perry Wing)**

The Administration has the authority to suspend any manager, coach, or player for additional games if situation warrants.

All ejection's and forfeitures will be reported to the Administration by the referee. All ejection's and forfeitures will be reviewed by the Administration to determine if additional action is necessary.

Once the first game of the season has been played, no games will be rescheduled.

➤ **Weather Hotline**

Coaches and players may contact Sports of All Sorts at 372-7754 or visit the web site at [www.sportsofallsortsky.com](http://www.sportsofallsortsky.com) to see if any game has been canceled due to weather conditions. The Administration in the interest of safety reserves the right to cancel games when weather conditions may place parents, coaches and players at risk when in route to or from the facility.

## ***The Basics***

- A coin toss determines first possession.
- The offensive team takes possession of the ball at its 5-yard line and has three plays to cross midfield. Once a team crosses midfield, it has three plays to score a touchdown. If the offense fails to score, the ball changes possession and the new offensive team takes over on its 5-yard line.
- If the offensive team fails to cross midfield, possession of the ball changes and the opposition starts its drive from its 5-yard line.
- All possession changes, except interceptions, start on the offense's 5-yard line.
- Interceptions may be returned.
- Teams change sides after the first 20 minutes. Possession changes to loser of coin toss unless deferred and the clock does not stop.

IF THE FLAG FALLS OFF WITHOUT BEING PULLED OR CAUSED BY THE DEFENSE, THE PLAY WILL BE BLOWN DEAD – (\* IF RECEIVER HAS IT FALL OFF WHILE IN ROUTE, THE BALL WILL BE PLACED AT THE POINT THE PASS WAS CAUGHT BY THE RECEIVER.

A PLAYER MUST HAVE ALL FLAGS ATTACHED TO HIS PLAYER BELT BEFORE BEING ELIGIBLE TO PLAY IN ANY GAME.

7 AND 9 DIVISIONS – ONE COACH IS PERMITTED ON THE FIELD DURING THE COURSE OF EACH GAME. THEY ARE NOT TO INTERFERE WITH PLAY AND MUST STAY IN THE BACKFIELD. ANY INTERFERENCE CALLS WILL BE REFEREE JUDGEMENT.

11 & 13 DIVISION – ONE COACH IS PERMITTED ON THE FIELD DURING THE FIRST GAME OF THE SEASON ONLY. REMAINING GAMES ALL COACHING STAFF MUST REMAIN ON THE SIDE LINES.

### ***Players/Game Schedules***

Teams must field a minimum of five players at all times.

Teams consist of 10 players – five on the field, with five substitutes.

### ***Timing/Overtime***

Games are played to 40 minutes running time. If the score is tied at the end of 40 minutes, teams move directly into overtime. The first team to score wins.

Each time the ball is spotted, a team has 30 seconds to snap the ball. Teams will receive one warning before a delay-of-game penalty is enforced.

Each team has one 60-second and one 30-second time-out per half.

Officials can stop the clock at their discretion.

### **Scoring**

Touchdown:

6 points

Extra point:

1 point (played from 5-yard line) or

2 points (played from 12-yard line)

Safety:

2 points

### ***Running***

The quarterback cannot run with the ball.

Only direct handoffs behind the line of scrimmage are permitted. Offense may use multiple handoffs.

“No-running zones” located five yards from each end zone and five yards on either side of midfield are designed to avoid short-yardage, power-running situations.

***EXCEPTION: THE “NO-RUNNING ZONE” WILL NOT APPLY FOR THE UNDER 7 DIVISION.***

The player who takes the handoff can throw the ball from behind the line of scrimmage.

Once the ball has been handed off, all defensive players are eligible to rush.

Spinning is allowed, but players cannot leave their feet to avoid a defensive player (no diving).

The ball is spotted where the ball carrier’s feet are when the flag is pulled, not where the ball is.

Absolutely NO laterals or pitches of any kind are allowed.

### ***Receiving***

All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage).

As in the NFL, only one player is allowed in motion at a time.

A player must have at least one foot inbounds when making a reception.

### ***Passing***

Shovel passes are allowed.

The quarterback has a seven-second "pass clock." If a pass is not thrown within the seven seconds, play is dead, loss of down. Once the ball is handed off, the seven-second rule no longer is in effect.

Interceptions may be returned.

### ***Dead Balls***

The ball must be snapped between the legs, not off to one side, to start play.

Substitutions may be made on any dead ball.

Play is ruled "dead" when:

- Ball carrier's flag is pulled
- Ball carrier steps out of bounds
- Touchdown or safety is scored
- Ball carrier's knee hits the ground
- Ball carrier's flag falls out

(EXCEPTION: IF THE FLAG FALLS OFF WITHOUT BEING PULLED OR CAUSED BY THE DEFENSE, THE PLAY WILL REMAIN ALIVE and REVERT to one hand touch.)

**\*\* A PLAYER MUST HAVE ALL THREE FLAGS ATTACHED TO HIS PLAYER BELT BEFORE BEING ELIGIBLE TO PLAY IN ANY GAME.**

Note: There are no fumbles. The ball is spotted where the ball hits the ground.

### ***Rushing the Quarterback***

All players who rush the passer must be a minimum of seven yards from the line of scrimmage when the ball is snapped. Any number of players can rush the quarterback. Players not rushing the quarterback may defend on the line of scrimmage.

The quarter back cannot have his hands on the ball until the ball has been snapped by the center.

Once the ball is handed off, the seven-yard rule no longer is in effect, and all defenders may go behind the line of scrimmage. A special marker, or the referee, will designate seven yards from the line of scrimmage. Remember, no tackling is allowed.

Blocking is allowed and defined as “A player may impede the progress of an opponent by placing themselves in the path of their opponent. At no time should a player initiate contact with the body of their opponent. Referee judgment will determine if any infractions result in fouls or change in advantage. In such cases where illegal actions do occur the referee may issue a warning first and if necessary the player will be ejected from the game.

### ***Sportsmanship/Roughing***

If the field monitor or referee witnesses any acts of tackling, elbowing, cheap shots, blocking or any unsportsmanlike act, the game will be stopped and the player will be ejected from the game. FOUL PLAY WILL NOT BE TOLERATED.

Trash talking is illegal. Officials have the right to determine offensive language. (Trash talk is talk that may be offensive to officials, opposing players, teams or spectators.) If trash talking occurs, the referee will give one warning. If it continues, the player or players will be ejected from the game.

### ***Penalties***

All penalties will be called by the referee.

#### **Defense:**

##### Offsides

Five yards and automatic first down

##### Interference

10 yards and automatic first down

##### Illegal contact

(holding, blocking, etc.)

10 yards and automatic first down

##### Illegal FLAG pull

(before receiver has ball)

10 yards and automatic first down

##### Illegal rushing

(starting rush from inside 7-yard marker)

10 yards and automatic first down

## **Offense:**

Illegal motion

(more than one person moving, false start, etc.)

Five yards and loss of down

Illegal forward pass

(pass thrown beyond line of scrimmage)

Five yards and loss of down

Offensive pass interference

(illegal pick play, pushing off/away defender)

10 yards and loss of down

## **FLAG guarding**

10 yards (from line of scrimmage) and loss of down

DEFINITION: A player cannot knock at or swat at an opponent in order to keep them from reaching for the player's flag.

Delay of game

Clock stops, 10 yards and loss of down

Referees determine incidental contact that may result from normal run of play. All penalties will be assessed from the line of scrimmage.

Only the team captain may ask the referee questions about rule clarification and interpretations. Players cannot question judgment calls.

Games cannot end on a defensive penalty, unless the offense declines it.

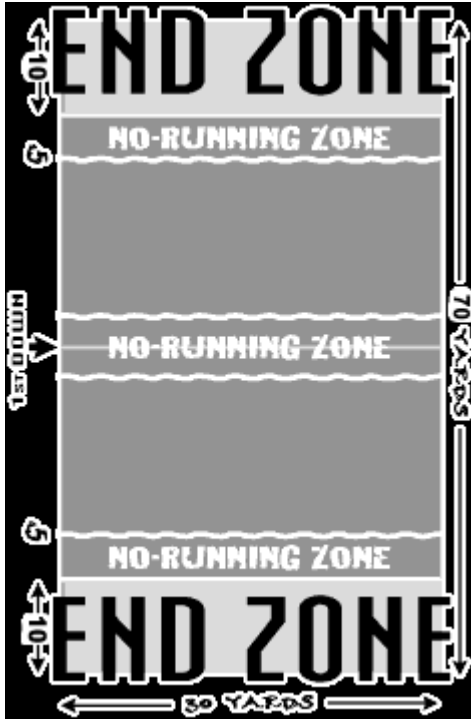
## **Attire**

Cleats are allowed, except for metal spikes. Inspections must be made. All players must wear a protective mouthpiece; there are no exceptions.

Note: There are no kickoffs, and no PHYSICAL blocking is allowed.

**ALL PLAYERS MUST BE WEARING THE SOASYA ISSUED SHIRT.**

Diagrams



The "NO RUN ZONES" will not apply to the Under 7 division. EXCEPT WHEN DIVISIONS ARE MERGED

# Coaching Tips and Principles

## General Youth Coaching Principles

Coaching is an extremely important responsibility. A good coach always places the best interests of a player before winning.

Coaching youth sports is a difficult job because parents expect professional results from people who are mostly volunteers. High school, college and pro coaches start as assistants and work their way up through years of intense professional training.

The players and their parents have placed you in a position of leadership, and you have a responsibility to give them your best effort. Additionally, this football experience will play a significant factor in determining whether the players continue participating in football.

## ***Coaching Tips***

Whether you are an experienced coach or a novice taking the reins of your first team, your main goal should be to create a fun and safe learning environment for your players. Many of the skills your players will practice and play with are just like those of their NFL heroes. Feel free to emphasize this connection to the real-life game!

## ***Everybody Plays***

FLAG games were designed to make it easy for every player to participate in their team's success. While size and skill certainly come into play when the action starts, your coaching should emphasize this aspect of "working together."

## ***Tackle Tackling Early***

Don't let your practices dissolve into a giant pile of rambunctious kids. For both their safety and your sanity, make sure to discourage any tackling or roughness early on. Remind them that they won't help their team in a game by tackling or being rough.

## ***Sportsmanship Rules!***

Help your players be good sports. After a game, shake hands with or do a cheer for the other team. Applaud good play by both sides. Treat officials with respect. While imitating you, your team won't even recognize the good lesson they're learning.

## ***Let Them Play Football!***

## ***Ten Coaching Guidelines***

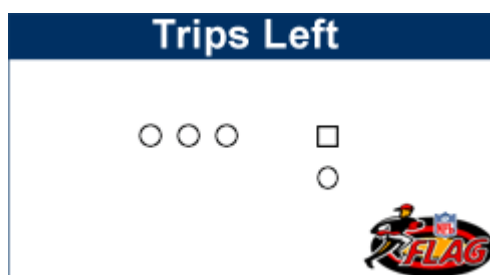
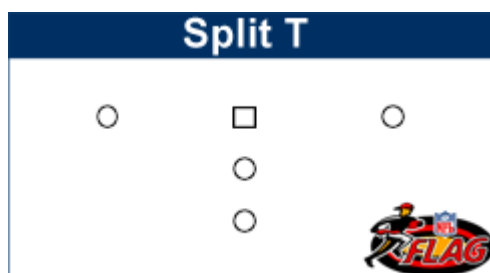
1. A coach should be enthusiastic without being intimidating. They should be sensitive to the children's feelings and genuinely enjoy spending time with them. A coach should be dedicated to serving children and understand that football provides physical and emotional growth for its participants. Remember, NFL FLAG is for the children.
2. A coach needs to realize that they are a teacher, not a drill sergeant. They should help children learn and work to improve their skills. Personal gains are never a consideration. The job does not depend on winning. The best interest of the child transforms into the best interests of the game.
3. The safety and welfare of the children never can be compromised. A coach will consider these factors above all others.
4. Be patient. Don't push children beyond limits in regards to practice. Children have many daily pressures – the football experience should not be one of them. Playing football should be fun.
5. Care more about the players as people than as athletes. The youth football program is a means to an end, not an end in itself.
6. A coach should encourage players to dream and set lofty goals. It is important to remain positive and refrain from discouraging remarks. Negative comments are remembered far more often than positive affirmations.
7. Remember that the rules of the game are designed to protect the participants, as well as to set a standard for competition. Never circumvent or take advantage of the rules by teaching deliberate misconduct. A coach who puts his or her opponents' team at risk should not be involved with children.
8. Be the first person to demonstrate good sportsmanship. Take a low profile during the game and allow the kids to be the center of attention.
9. Parents and players place a lot of trust and confidence in the coach. The coach has an important role in molding the athletic experience of the child.
10. A coach can measure success by the respect he gets from his or her players, regardless of victories or defeats. Children who mature socially and physically while participating in sports are the best indication of good coaching.

## ***The Referees' Responsibilities***

1. On the youth level, referees should be aware that participants are new to the game. Often, it is their first experience with organized sports.
2. Be familiar with rule modifications and their implementation.
3. A referee can act as a teacher by explaining a rule or call that is made.
4. Make calls consistent with the level of play.
5. Insist that the playing field and equipment are safe for the children. Use good judgment in assessing weather conditions (e.g. cancel games immediately in the event of lightning).
6. Promote good sportsmanship through respectful behavior to both coaches and teams.

# How to Set and Call a Formation

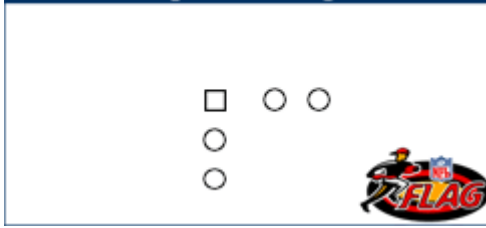
- In FLAG we work with the understanding that there are three basic formation calls: Split T, Twins and Trips. Variations and adjustments to the formation may be made.
- In our first series of plays we run out of the most basic formation, the Split T, where one receiver is on either side of the ball, split out approximately 10-12 yards from the center, with a single running back set behind the quarterback. This is a balanced formation in NFL FLAG with no strong side, therefore we will not have a call side (no right or left). The formation when set looks like the letter "T."
- The first call made when setting a play will be the formation.



In this diagram, three receivers go to the call side of the formation. This is a no back formation.



## Twins Right - Single Back



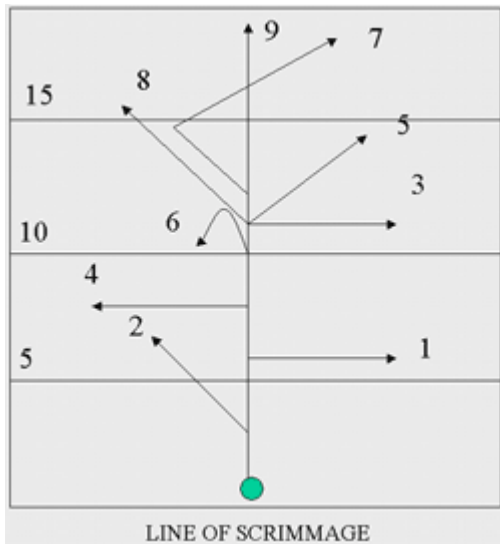
In this diagram, two receivers go to the call side of the formation. There is the option to have a single back or no backs.

# Passing Tree

Click the passing tree to view a larger, printer-friendly version.

Passing Tree – Routes / Number

- Slant – 2
- Drag / In – 4
- Curl–6
- Post– 8
- Quick Out- 1
- Deep Out- 3
- Flag– 5
- Post Corner – 7
- Fly – 9



The Passing Tree is a numbered system used for the passing routes.

The passing tree system is designed so that all even-numbered routes (2,4,6,8) are run towards the middle of the field and all odd-numbered routes (1,3,5,7,9) are be run towards the sideline.

These routes are used for all positions on the field.

The running back has extra routes that are always be referred to by name.

Since the ball is always placed in the middle of the field, the center faces the dilemma, and all of the center's routes should be based on the play design.

# Passing Tree Receiver Route Definitions

---

**Quick Out (1):** This is a 5-8 yard route forward then the receiver cuts out towards the sideline then looks for the ball.

---

**Slant (2):** This is a 3-5 yard route forward then the receiver breaks towards the middle of the field on a 45 degree angle and looks for the ball.

---

**Deep Out (3):** This is a 10-15 yard route. It should be run exactly like the quick out only deeper.

---

**Drag/In (4):** This is a 5-8 yard route forward then the receiver breaks into the middle of the field on a 90 degree angle and looks for the ball.

---

**Flag (5):** This is a 10-15 yard route forward then the receiver breaks at a 45 degree angle towards the sideline and looks for the ball.

---

**Curl (6):** This is a 5-8 yard route forward then the receiver stops and turns to the ball.

---

**Post Corner (7):** This is a 12-20 yard route forward then the receiver cuts on a 45 degree angle to the middle of the field for a few steps then the receiver cuts on a 45 degree angle towards the sideline and then looks for the ball.

---

**Post (8):** This is a 12-20 yard route forward then the receiver breaks on a 45 degree angle towards the middle of the field and looks for the ball.

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**Fly (9):** This route is run straight up the field with the receiver looking for the ball after he gets past about 15 yards.

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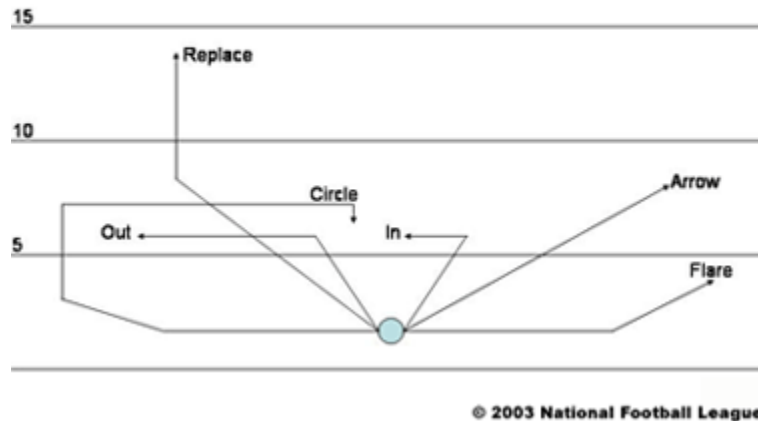
\* For younger participants the passing routes can be reduced by half

# Passing Tree Running Back Routes

While your backs may run any of the assigned routes on the primary passing tree, these routes have been designed as a high-percentage second option to complete a pass.

These routes will not be numbered. You will always refer to them by name.

## Running Back Routes



## Passing Tree Running Back Route Definitions

**Replace** This is a 8-15 yard route where the running back angles forward on a 45 degree angle and then goes straight up the field and looks for the ball.

**Arrow** This route the running back drives on a 45 degree angle towards the sideline and looks back for the ball.

**Circle** This route starts toward the sideline and then circles back to in front of the QB.

**Out/In** This route starts straight up the field then the running back breaks "out" or "in" depending on the play.

\* For younger participants the passing routes can be reduced by half

# Passing Tree Secondary Routes

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**Replace** Exactly what the route is called. Your secondary or safety receiver should drive to and replace the area where your receivers were aligned. Works well in the case when receivers clear out one side of the field.

---

**Arrow** A route in which the receiver drives on a 45 degree angle, always toward the side line. The receiver should always look over the outside shoulder for the pass.

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**Stop** Look for open space. Turn to the quarterback with your back to the defender. This should be a pass to the chest.

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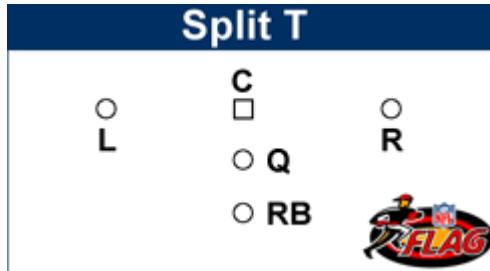
**Circle / Wheel**

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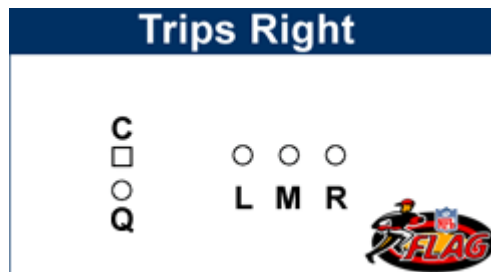
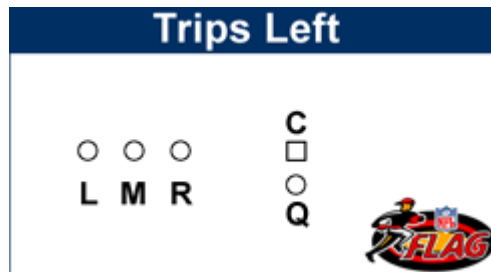
**Flare** Rounded off pattern in the backfield with the completion coming near or at the line of scrimmage. Usually executed by a running back being used as a second or third option. A pass option for a quarterback when his main options have been shut down.

## How to Call a Play

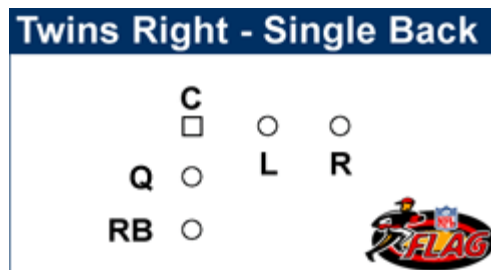
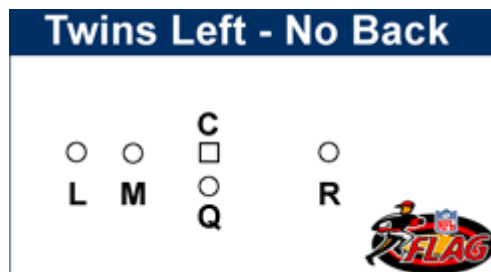
- Now that you've read your passing tree and understand the pass routes available, there are two options you have in play calling. The simple option is to use positions attached to route names. The more advanced option is to use the passing tree numeric system.
  - There will be a few constants when calling plays.
    1. You will always call the formation first, including the alignment (left or right, if necessary). You'll call an alignment in an unbalanced formation (anything but a Split T. See examples below).
    2. You will always call your receiver pass routes from left to right (then your Halfback (H) route, followed by the Center route)
-



**Position Key**  
 Q - Quarterback  
 L – Left Receiver  
 M – Middle Receiver  
 R – Right Receiver  
 RB – Running Back  
 C – Center



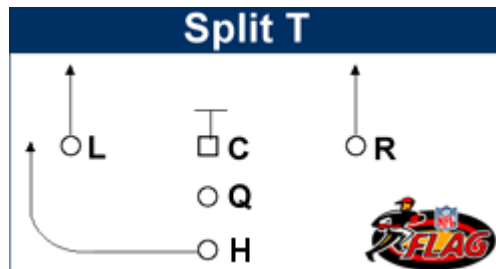
Three receivers go to the call side of the formation – This is a no back formation



Two receivers go to the call side of the formation – There is the option to have a single back or no backs.

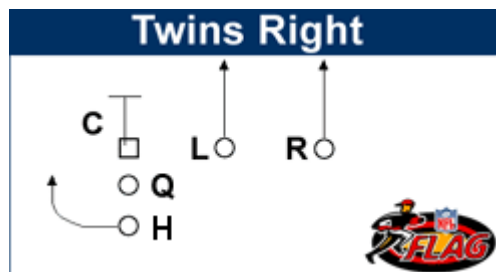
# Plays Examples

Based on the passing tree routes, and using our formula of calling your receiver routes from left to right followed by the running back route then the center route, the following play would be called:



Split T – Left Fly – Right Fly – H Flare Left – Center Stop

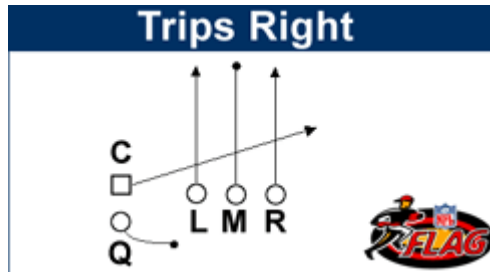
If we stick with our formula, the same play in a different formation will look like this:



Twins Right – Single Back – Left Fly – Right Fly – H Flare Left – Center Stop

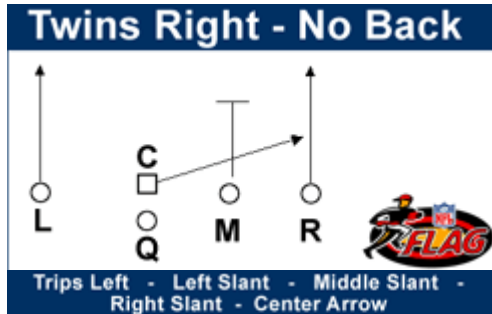
# Plays Examples

If we move to a three receiver set with no running back, (a Trips formation or Twins with a single receiver split opposite the call side), we now have a middle, or M receiver. Our play call formula remains the same – the play call is your receivers from left to right followed by the center call (since there is no running back in these formations there are no running back calls).

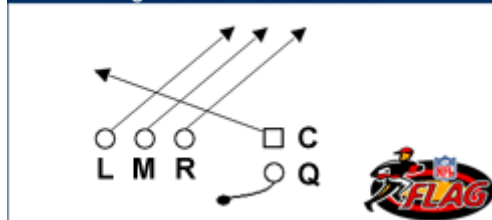


Trips Right – Left Fly – Middle Fly – Right Fly – Center Arrow

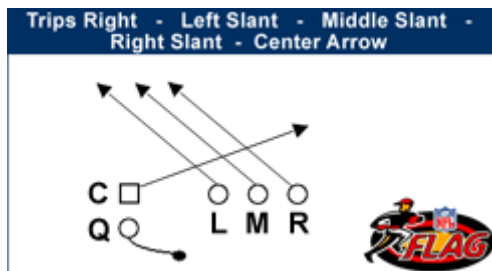
If we stick with our formula, the **same play in a different formation** will look like this.



Twins Right – No Back – Left Fly – Middle Stop – Right Fly – Center Arrow



Trips Left - Left Slant - Middle Slant - Right Slant - Center Arrow



Trips Right - Left Slant - Middle Slant - Right Slant - Center Arrow

1 – Quick Out, 2 – Slant, 3 – Deep Out, 4 – Drag/In, 5 – Flag, 6 – Curl, 7 – Post Corner, 8 – Post, 9 - Fly

If you are using the numeric play calling system from the passing tree we would call these plays:

**Trips Left – 222- Center Arrow or Trips Right – 222 – Center Arrow**

The goal of this play is to isolate your center for an easy completion. This play works well in a man-to-man cover situation with one safety and one rusher, where you are able to run all the defenders out of the area you want your center to go. The key to this play is to have your center delay for a count of two to three seconds to allow your other receivers the chance to cross the centers face at a deep angle (hopefully drawing the safety into the coverage) and take their defenders at full speed away from the play. Once the rusher is focused on the quarterback, the center can then release to the play side and should find himself/ herself wide open.