



Coaches, Coaching “Staff” and Players

Have Fun- It is extremely important that all coaches make the game of flag football an enjoyable experience for every player on the team. Sylvania Recreation will provide advice and other information to get you started with your team; however, your creativity, enthusiasm, and personality are the major factors that make football fun for the kids, parents and the coach. Without a doubt, winning a game is more fun than the alternative, but far less emphasis should be placed on winning and more focus on having fun, development, and learning the skills of the game.

Your Role- All coaches and assistant coaches present at each game and practice are expected to serve as a positive role model to the children who are involved with our program, whether they are on your team or not. Showing good sportsmanship in all situations will eventually be learned by the players program wide. Remember, that children learn through our actions and we should always be conscious of that. The children of today’s football program will be our leaders of tomorrow with the help of a positive fall flag football experience.

Dedication- As a volunteer, remember that all players need to be taught the importance of dedication. As a coach you will gain the respect of your team members if they understand that they are accountable for their actions. Set guidelines regarding when they need to show up for games/practices. You should also formulate a policy for notification regarding schedule conflicts (i.e. missing practices for other activities). You will be surprised how an organized structure and team policy will help you become more effective as a coach.

Communication- Clearly communicate to the parents and players the league philosophy and expectations. Be sure to confirm game/practice times and locations. Although email is the preferred means of communication with your parents, don’t rely on email as the sole means of communication as many do not actively check them.

Organization- Spend a few minutes to organize a practice plan for each practice. Keep drill break ups short, in order to accommodate the attention span of children. Parents and players react better to coaches who appear to be organized and are able to keep the team on tasks during practice. Encourage involvement from other parents to help at practices if they show interest. This helps build relationships and make the season more enjoyable.

Assistant Coaches- You will want to have two assistant coaches. Three assistants is not a bad idea since then several can switch off if needed.

Any parent, older teen, or community member can be an assistant, provided they are *willing to commit* to being at all practices and games. Although it is helpful if they have football playing and/or coaching experience, it is not necessary. As head coach, make *sure* to give the assistant good clear directions and help them get started if they are not well versed in football!

Delegation- Do not hesitate to delegate some of the organizational responsibilities to assistant coaches and interested parents. This includes, but isn't limited to, snack and drink schedules.

Positions- As a recreation program, we encourage coaches to move players around as much as possible throughout the course of the games. Each player should experience as many positions as possible.

Patience- Be patient and be committed. Realize that not all the kids can be stars yet try to get the best out of them. If they make mistakes calling plays, missing a pass or a block, give them a bit of time before pointing out errors. Some kids break down in tears after being corrected by a parent/coach immediately after making a mistake - you should help them overcome their errors in play but do so in the next possession or the next practice. The kids can be pretty hard on themselves at the youth level. At the same time, having a player overcome a shortcoming to play much better in the next game is a lot of what this game is all about and teaches them great life lessons. Strive for the best, but use good judgment in doing so.

3rd/4th & 5th/6th GRADE INDOOR FLAG FOOTBALL RULES

Since the goal of the Flag Football program is to give children a positive football experience, all players must play equal playing time on both offense and defense. The cause for less playing time is left to the coach's discretion but should never get to the point where cutting playing time is necessary.

Team Organization

Teams will consist of no more than 16 players and must have no more than 7 players on the field at one time. Players may play both offense and defense. All players are eligible for pass receptions.

Player Attire

1. All players are designated as home or away based on the schedule.
2. Players are strongly encouraged to wear protective mouthpieces at all times during both games and practices.
3. All players must wear the Sylvania Recreation provided league t-shirts. All shirts must be tucked in at all times along with flag belts being secured to ensure they do not hang. Flag guarding may be called.
4. No jewelry is permitted during games.

Equipment

1. Sylvania Recreation will provide each team with its own league t-shirts, flags, and footballs. These footballs are used for practice only. Sylvania Recreation will provide game balls. No other football may be used during game play.
2. At the end of the season, each team must return their equipment to Sylvania Recreation.

Coaches

1. Coaches are permitted to assist on the playing field to ensure the game stays on pace.
2. Each team is responsible for cleaning up the field and sidelines after the game.

Time of Play

1. 2 (22) minute halves with a running clock.
2. The clock will not stop on penalties, incomplete passes, touchdowns, and play that run out-of-bounds. The clock will stop during the last minute of play on injuries, penalties, incomplete passes, touchdowns, first downs and plays that run out-of-bounds, **if the score is within 8 pts.**
3. Teams receive 2 time outs per game - 1 minute each. Players and coaches may request time outs.
4. There is a 5 minute break between halves.

Kick Offs

There are no kick offs. Play will start at the offensive team's 8 yard line.

Punts

On every 4th down the offensive team will tell the referee 'punt' or 'go'. (They can only change that decision if they use a timeout)

If a team punts the defense may not cross the line of scrimmage and the punter must throw the ball instead of a kick. A player must touch or be touched by the football before the play is blown dead for the ball striking the ground. There are no returns.

Scoring

Touchdown: 6 points

Try: 1 point - After a team has scored a touchdown, the ball will be placed on the 2 yard line. Teams may run or pass the ball on the PAT.

2 Pt. Try 2 points - After a team has scored a touchdown, the ball will be placed on the closest first down line. Teams may run or pass the ball on the PAT.

Safety: 2 points - A safety is scored when a defensive player removes a flag from an offensive player in the end zone. Two points are awarded to the defensive team for a safety. After a safety, the ball will be spotted on the 8 yard line and the team who scores the safety takes possession of the ball.

Formation

Teams on offense must have at least 4 players on the line. The center may snap the ball in a conventional manner through the legs or "side saddle" and a full exchange must be made with the quarter back.

Blocking

This is a non-contact league. There will be no blocking permitted.

Possessions

1. A coin toss determines which team takes first possession of the ball. The designated away team for the game will call the coin toss. The winner of the toss has the option to begin on offense or defense. The team that begins on offense in the first half will begin on defense in the second half.

2. The team on that loses the toss is allowed to choose which goal to defend.

3. A first down can only be obtained by reaching the first down marker every 17 yards, or a defensive penalty occurs with the result being an automatic first down.

4. If the offense fails to reach a 17 yard line marker or reach the end zone within four downs, the

result is a turnover.

Rules of Play

1. The playing field is 51 yards long and 32 yards wide – 8-yard end zones.
2. Each 17 yard line (yellow lines) will constitute a first down.
3. Play stops when a defensive player pulls a flag from the offensive player who has possession of the football.
4. If one flag falls off of the offensive player who has possession of the ball one hand touch rules will apply. (If a flag pull is attempted and the flag fall off the runner the runner is down)
5. A quarterback will be ruled sacked if a flag is pulled before the ball is released or if a pass is not thrown within 7 seconds.
6. The quarterback cannot run with the ball. “Center sneaks” are not permitted.
7. Hand-offs, laterals and pitches are allowed. The player who takes the hand-off, lateral or pitch can throw the ball from behind the line of scrimmage.
8. Defensive players are required to hold a pulled flag in the air after removing it from the ball carrier.
9. There are no fumbles and defensive player may not strip the ball. In the event of a loose football, it will be blown dead and spotted at the point it impacts the ground.
10. Diving to advance the ball is illegal. However, an offensive player may jump over a defensive player on the ground to avoid a collision. Jumping or diving to catch a pass is permitted. Spinning or any other football move is allowed.
11. Rushing The QB- All Players who rush the QB must be 7-yards from the line of scrimmage when the ball is snapped. Any number of players can rush the QB. Players not rushing the QB cannot cross the line of scrimmage until after the ball has left the quarterback’s hands (via pass, hand off, lateral, etc).
12. Once the ball leaves the quarterback’s hands, the seven-yard rule is no longer in effect, and all defenders may go behind the line of scrimmage. Prior to the snap of the ball, the referee will designate the seven yards from the line of scrimmage.
13. Press Coverage. Defensive players may press wide receivers at the line of scrimmage. Contact should be limited and penalties will be enforced if a defensive player grabs, pulls or pushes (No “jamming”) an offensive player. There may be some contact when positioning, but a defensive player cannot foul the offensive player. As long as the contact is not intentional, it is up to the referee’s discretion.

14. Offensive blocking – This is a non-contact league. There will be no blocking permitted.
15. No overtime. Games can end in a tie.

Penalties

5 YARD PENALTIES

1. Offside: Player over the line of scrimmage prior to the snap. (Repeat Down)
2. Illegal Procedure:
 - a.) Offensive team not having 3 players on the line of scrimmage
 - b.) Movement on the offensive team, other than on player called in motion by the quarterback.
 - c.) More than 7 players on the field for either team.
 - d.) Delay of game: when 25 seconds expires before the ball is snapped.
3. Other infractions:
 - a.) Illegal Forward pass: past the line of scrimmage or 2 forward passes on the same play (loss of down).
 - b.) Guarding the flag, preventing the defensive player from grabbing the flag (slapping or hitting the defensive players hand away). Penalties will be assessed from the point of the foul. (Spot Foul) (Loss of Down)
 - c.) Blocking or Shielding, Illegal Forward Pass or Charging. (Loss of Down).
 - d.) Pass Clock Violation – Loss of Down. (No Yardage).

10 YARD PENALTIES

Personal Foul:

- a.) Unnecessary roughness resulting in the throwing another player to the ground.
- b.) Roughing the passer (line of scrimmage)
- c.) Unsportsmanlike Conduct

UNSPORTSMANLIKE CONDUCT

Vulgar or abusive language by any player, coach or fan, one warning will be given, the second occurrence, the offender will be ejected from the game. Any act by a player, coach or fan that is unsportsmanlike according to the referee's discretion.