



IVINS CITY
PARKS & RECREATION

Youth Flag Football Volunteer Coach Booklet



THANK YOU



for being the Head Coach of your child's team!

**We could not hold Youth
Flag Football without
volunteer coaches like you!**

Requirements to be a Head Coach

- Willing and able to lead team:
 - o **Teach and exemplify good sportsmanship** to help players learn and practice good sportsmanship and make friends
 - o **Teach players rules and fundamentals** through practices and at games to help players learn and develop skills of sport
 - o **Start positive communication** with players and parents (and continue throughout season) to make sure everyone on the team is included
 - o **Distribute/communicate league information** to players and parents to help season run smoothly
 - o **Involve parents** in season to ensure player safety and development of sportsmanship and skill
- Pass local/national background check
- Fill out Ivins City Volunteer paperwork

Teach and Exemplify Good Sportsmanship

This is a recreational league!

Having fun, learning fair play and sportsmanship, making new friends and developing new skills are always most important.

Remember, as a coach, your team will learn from your example! Be respectful in how you treat officials, the rules of the game and of the facility and the players and coaches of other teams.

Do not let players pick on or make fun of any player, especially those on their team. Teach players to cheer on and encourage their teammates.

Great sportsmanship involves valuing others.
Teach your team how to value their opponents as well as their teammates.

Keep players near you when they are not in the game. Teach them to pay attention to the game and cheer on their teammates.

Trash talking is not allowed. Trash talk is talk that may be offensive to officials, opposing players, teams or spectators. Trash talk will receive a warning and then will result in removal from the game.

Use of profane or abusive language will result in removal.

We expect all participants (players, coaches etc.) and spectators (parents, families etc.) to behave appropriately.

Teach Rules and Fundamentals

Teach the players on your team the rules of the game and help them improve. Run practices using drills and activities that will help each player on your team develop and improve skills.

Focus on a few skills at a time as you teach so that players can learn each one well.

We strongly encourage you to **hold at least one practice before the season starts.** There are a lot of kids in our programs who are not experienced. Holding at least one practice before the season starts will help the first game go better for everyone.

During the season, it is up to you as Head Coach to determine where/when/how often you hold practice.

We do not schedule practices, but we can put in free field reservations at Ivins parks. Contact the Parks and Recreation Dept for availability/to schedule.

Positive Communication with Players

Show enthusiasm as you meet each player at the first practice!

Make every player welcomed, appreciated and part of the team at every game or practice throughout the season.

Always speak in a way that the players can understand. They're kids and some have not had a lot of experience playing this sport.

Smile, laugh, cheer! Never criticize!

Positive Communication with Parents

Contact all of the players on your team as soon as you get your team roster!

Positive Communication w Parents CONT

Parents have been eagerly waiting to hear from their child's coach! You don't need to wait until you have practices planned. At least first introduce yourself as the coach of their child's team.

Make sure you contact everyone on your team. Invite everyone to practice and make sure they know when your games are. If you cannot get a hold of a player/do not hear back, let the Parks and Recreation Dept know right away! We can contact them or give you alternative contact information.

Be sure you communicate with the parent(s)/ guardian(s)/ adult(s) responsible for each player and responsible for getting the player to games/practices. Sometimes an adult who needs to be included in team information does not have their number on the provided team roster.

Suggestion: Contact each player on your team individually first and ask if there are other adult(s) who need to be included in the team information.

Most teams tend to make a group message to send out information throughout the season. With this suggestion, you will know you have included everyone in one group message from the beginning.

Distribute/Communicate League Info

Before and throughout the season, you will receive things from Parks&Rec you will need to pass to your team. This includes:

Team jerseys. You will be able to pick up jerseys from City Hall usually the week before the season starts, if you want. Otherwise, jerseys will be brought for your team on the first night of games.

Sizes will be taped to the bag of jerseys. Hand out jerseys according to these sizes, not just by jersey number.

Distribute/Communicate League Info CONT

Equipment bag. You will receive an equipment bag containing all the supplies you need for games and practices. Bring the equipment bag to each game and practice. If a parent is filling in for you at a game, get the equipment bag to them. We will have extra equipment at games, if needed.

After the last game of the season, empty your personal belongings from your equipment bag and turn it into staff. If you don't turn in your equipment bag on the last night, you will need to bring it to City Hall.

Reminders. Reminders about the schedule (including any changes/updates), Picture Day, practices etc. Throughout the season, you may get email(s) from Parks&Rec with reminders about league rules etc. Please pass these reminders along to your team.

Participation certificates. You will be given certificates at the end of the season (usually last game or 2nd to last game) to hand out. If there are kids on your team who are not at those game(s), give their certificate to staff and we will mail it to them.

Weather updates, if applicable. We will play in rain, but not in lightning. Games will be cancelled when lightning is within 6 miles. Games will usually not be cancelled until about ½ hour or closer to game start time.

If games are cancelled before teams would arrive, all participants will be sent an email. After you get this email, also alert your team. The cancelled games will be rescheduled and the updated schedule will be sent out. There is not a website to check.

If games need to be cancelled after they have already started, staff present at the games will make the call. Staff will alert coaches that playing needs to stop. Cancelled games will only be rescheduled if cancelled in first half of the game.

Involve Parents

Do not be alone with the players. Always make sure that you have another adult/parent with you at all practices. Encourage parents to stay and watch or help with practices.

As the adult who has passed the background check, you must be present at all practices, but you cannot be the only adult present. Involve parents as assistant coaches.

If you plan on having an assistant coach RUN PRACTICE WITHOUT YOU present, they MUST first complete the coach volunteer paperwork and background check. Contact the Parks&Rec Dept.

If you plan on having an assistant coach ASSIST YOU at practices and games WITH you present, they DO NOT need to complete the coach volunteer paperwork and background check.

Any parent/assistant coach can fill in for you at games, without needing to complete the coach volunteer paperwork and background check, as there are several other adults present at games who have met these requirements.

Do not offer to give players a ride home. Make sure parents either stay for practice or are there on time to pick them up.

When registering, every parent signed a Parents Code of Conduct (included here) agreeing to create a safe, positive environment for all participants. We expect parents to behave appropriately at games and practices.

Encourage parents to work on skills at home with their child. Practicing at home reinforces what players learn in practice or at games and can help players improve.

Additional Resources

National Alliance for Youth Sports: nays.org/health-and-safety
FREE trainings on Concussion in Sports, Bullying Prevention,
Child Abuse, Mental Health, Sudden Cardiac Arrest

Parent Code of Conduct

- I agree to provide positive support, care and encouragement for my child participating in this or any Parks and Recreation program.
- I will encourage good sportsmanship by demonstrating positive support for all players, coaches and staff at every program I attend.
- I will place the emotional and physical well-being of my child ahead of any personal desire to win.
- I will insist that my child play in a safe and healthy environment.
- I will provide support for coaches and officials working with my child to provide a positive, enjoyable experience for all.
- I will demand a drug, alcohol and tobacco free sports/recreation environment for my child and agree to assist by refraining from using these substances at all Parks and Recreation events.
- I will remember that the game is for children and not for adults.
- I will do my very best to make youth sports fun for my child.
- I will ask my child to treat other players, coaches, fans staff, and officials with respect regardless of race, sex, creed or ability.
- I promise to help my child enjoy the youth sports experience within my personal constraints by assisting with coaching, being a respectful fan, providing transportation or whatever I am capable of doing.

Ivins Flag Football Rules

Players

Teams must field a minimum of five (5) players at all times. Teams consist of 7 to 9 players (5 on the field with substitutes). Each player must play at least half of the game.

Timing/Overtime

Games are 40 minutes long, running time (the clock does not stop, except for time outs). There will be two twenty-minute halves with a 1 (one) minute half time. Each team has two 60-second time outs per half. Time outs do not carry over.

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.

Officials can stop the clock at their discretion.

Playing the Game

All players must wear a protective mouthpiece; there are no exceptions. Shirts must be tucked in.

No blocking, screening or tackling is allowed.

At the start of each game, captains from both teams shall meet at midfield for the coin toss to determine who shall start with the ball. The visiting team shall call the toss.

The winner of the coin toss has the choice of offense or defense. The loser of the coin toss has the choice of direction.

At the start of the game, and the start of the half, the offensive team takes possession of the ball at its 5-yard line and has four (4) plays to cross midfield. Once a team crosses midfield, they have four (4) plays to score a touchdown.

If the offense fails to cross the midfield line, or score, the ball changes possession and the new offensive team starts its drive on its own 5-yard line and has four (4) plays to cross

Once a team crosses midfield, they have four (4) plays to score a touchdown.

All possession changes, except interceptions, start on the offense's 5-yard line. Interceptions are the only change of possession that do not start on the 5-yard line. Interceptions cannot be advanced. Interceptions change the possession of the ball at the point of interception.

Teams change sides after the first half. Possession changes to the team that started the game on defense.

If a safety occurs, the defense gains possession of the ball on their own 5-yard line.

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

Running

The quarterback cannot directly run with the ball. The quarterback does have the ability to scramble in the back field, but cannot advance beyond the line of scrimmage. The quarterback is the offensive player that receives the snap.

Absolutely NO laterals or pitches of any kind. Only direct handoffs behind the line of scrimmage are permitted. Handoffs may be in front, behind or to the side of the offensive player, but must be behind the line of scrimmage. The offense may use multiple handoffs.

“Center Sneak” play – the ball must completely leave the center's hands on the snap and he/she must step back backwards off the line of scrimmage in order to receive a direct hand off from the QB before advancing the ball.

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

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

Running CONT

Once the ball has been handed off in front, behind or to the side of the quarterback, all defensive players are eligible to rush.

“No-running zones,” located 5 yards before each end zone and 5 yards on either side of midfield are designed to avoid short-yardage power-running situations. Teams are not allowed to run in these zones if the subsequent line is live. If the offensive team passes the midfield line, and then loses yards to end the play in the “no run zone”, they are eligible to run because they are attempting to gain a touchdown and not eligible to receive another first down.

(Reminder: Each offensive squad approaches only TWO No-Run Zones in each drive – one 5 yards from midfield to gain the first down, and one 5 yards from the goal line to score a TD).

Runners may not leave their feet to advance the ball. Diving, leaping, or jumping to avoid a flag pull is considered flag guarding.

Spinning is allowed, but players may not leave their feet to avoid a flag pull. Jumping in the air in a forward motion to advance the ball, while attempting to avoid a flag pull, is not allowed. Lateral moves to the left or right are permitted.

Runners may leave their feet if there is a clear indication that he/she has done so to avoid collision with another player without a flag guarding penalty enforced.

No blocking or “screening” is allowed at any time.

All jerseys must be tucked in before the play begins. The flag belts have three flags, two flags must be on the players’ hips and the third flag must be on the runners back side and free from obstruction

Offensive players must stop their motion once the ball has crossed the line of scrimmage. No running with the ball carrier.

Passing

All passes must be from behind the line of scrimmage, thrown forward and received beyond the line of scrimmage.

Shovel passes are allowed but must be received beyond the line of scrimmage.

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 change the possession of the ball at the point of interception. Interceptions are the only change of possession that do not start on the 5-yard line. Interceptions cannot be advanced.

Receiving

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

Only one player is allowed in motion at a time. All motion must be parallel to the line of scrimmage and no motion is permitted towards the line of scrimmage.

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

In the case of simultaneous possession by both an offensive and defensive player, possession is awarded to the offense.



Dead Balls - substitutions can be made on any dead ball

Play is ruled “dead” when:

- Ball carrier’s flag is pulled or falls off

- Ball carrier steps out of bounds.

- Touchdown or safety is scored.

- At the point of an interception (returns are not allowed)

- Ball carrier’s knee hits the ground.

- Anytime a live ball touches the ground.

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 7 yards behind 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.

Once the ball is handed off, the seven-yard rule is no longer 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.

Players rushing the Quarterback may attempt to block a pass; however, no contact can be made with the Quarterback in any way. Blocking the pass or attempting to block the pass and then making contact with the passer will result in a roughing the passer penalty.

The offense cannot impede the rusher in any way. The rusher has the right to a clear path to the quarterback, regardless of where they line up prior to the snap.

If the “path or line” is occupied by a moving offensive player, then it is the offense’s responsibility to avoid the rusher. Any disruption to the rusher’s path and/or contact will result in an impeding the rusher penalty. If the offensive player does not move after the snap, then it is the rusher’s responsibility to go around the offensive player and to avoid contact.

Remember, no blocking, screening or tackling is allowed.

A legal flag pull takes place when the ball carrier is in full possession of the ball. A defensive player may not intentionally pull the flags off of a player who is not in possession of the ball.

Defenders can dive to pull flags, but cannot tackle, hold or run through the ball carrier when pulling flags.

It is illegal to attempt to strip or pull the ball from the ball carrier's possession at any time.

If a player's flag inadvertently falls off during the play, the player is down immediately upon possession of the ball and the play ends.

Flag guarding is an attempt by the ball carrier to obstruct the defender's access to the flags by stiff arming, dropping the head, hand, arm or shoulder, or intentionally covering the flags with the football jersey.

Penalties - All penalties will be called by the referee.

Defensive penalties - 5 yards & automatic first down

Offsides

Interference

Illegal contact (holding, blocking etc)

Illegal flag pull (before receiver has ball)

Illegal rushing (starting from inside 7 yds)

Offensive penalties - 5 yards & loss of down

Illegal motion (more than 1 person moving, false start)

Illegal forward pass (pass received behind line of scrimmage)

Offensive pass interference (illegal pick play, pushing)

Flag guarding

Delay of game

*Referees determine incidental contact that may result from normal run of play.

All penalties will be assessed from the line of scrimmage.

Sportsmanship/Roughing

If the field monitor or referee witness 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 league. Foul play will not be tolerated!

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

Attire

Cleats are allowed, except for metal spikes. Inspections must be made.

Official league jerseys must be worn during play.

Players must remove all watches, earrings and any other jewelry that the officials deem hazardous.

Players jersey must be tucked into the pants.

Scoring

No score or standings are kept.

Touchdown: 0 points

Extra point from 5yd line (pass only): 0 points

Extra point from 12 yd line (pass or run): 0 points

Safety: 0 points (defensive team takes possession of the ball on their 5 yd line)

**“Do not let what you
cannot do interfere
with what you can do.”
-John Wooden**



IVINS CITY

Ivins City Parks and Recreation

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