

Jefferson City Parks and Recreation
Jefferson City Area School Based
5th Grade Flag Football Packet



Fall 2016

**JEFFERSON CITY PARKS & RECREATION
JEFFERSON CITY AREA SCHOOL BASED
5TH GRADE FLAG FOOTBALL PROGRAM 2016**

Mission Statement:

"It is the mission of the Parks and Recreation Youth Sports programs to serve young players, their families and the Jefferson City community at large by providing fun, safe and enjoyable youth sports experiences by recognizing each player's physical and emotional well-being, by teaching skills development, by treating them with respect and dignity, by encouraging positive parent involvement and by enriching young lives with meaningful recreation and socialization."

Program Objectives:

The Jefferson City Parks and Recreation Department has established the following objectives for its youth sports program. It is our hope, our goal, and our responsibility to see that youth sports will be approached by all concerned as programs which will:

- 1) provide enjoyment for the participants, coaches, and parents;
- 2) contribute to the mental, emotional, physical, and social development of the children;
- 3) foster character by teaching participants how to win and how to accept defeat, while continually placing emphasis on fair play and fun;
- 4) provide an opportunity for parents and children to participate in a common leisure interest;
- 5) provide all children, regardless of skill level, the right to participate as a child with competent, caring adult leadership and guidance;
- 6) treat all children with dignity;
- 7) provide adults with an opportunity to teach children the importance of sportsmanship, mature behavior, and the fun of participation in sports.

Program Explanation/Sponsors Responsibilities:

As a program participant it is important that you understand the responsibilities of each of the program sponsors.

Parks and Recreation provides assistance with registration materials; prepares all league schedules; offers coaches training; conducts pre-season coach's orientation and administers all games; provides games site for outdoor sports, game equipment, personnel and officials necessary to provide a positive, enjoyable learning experience for all involved.

The schools organize the registration procedure, set cut-off registration dates to give school coordinators time to secure the necessary volunteer staff needed for the program; prepare and mail rosters; communicate directly with players and parents; enforce school eligibility rules; recruit and instruct volunteer coaches; distribute and review program sports packets, provide practice facilities and equipment for all of their teams; provide game uniforms, monitor the behavior of and instruct youth sports teachers and players as appropriate to insure that the program is meeting its objectives.

The Role of Volunteer Coaches:

You have generously volunteered to assist with a youth sports program offered and conducted by Parks and Recreation. We truly appreciate your willingness to help.

As a volunteer coach it is imperative that you understand our expectations for this position. These programs are designed to provide all participants with an opportunity for fun and success; an occasion for youngsters to improve their physical fitness, their social talents, and their attitudes towards exercise and sports while developing skills. These programs, as all programs offered by the schools, must be a positive learning experience for all children who wish to participate.

You, therefore, assuming that your application is accepted, will be a teacher! As with all teachers, the expectations are demanding. If you are good at instructing sports skills and the children perceive you to be a fair person, they will respect you. You have a wonderful opportunity to enrich their lives by setting an example of sportsmanship and personal integrity.

Your job is to instruct, guide, direct, and assist youngsters in developing skills and enjoying the sport; to help the youngsters grow, mature, and develop a healthy attitude toward recreation and sports; and to foster an atmosphere of mutual respect with the dignity and self-esteem of the children as the highest priority.

It is expected that you will provide safe, well-organized practice sessions; communicate constructively with the youngsters and their parents; effectively teach the fundamental skills of your sport; know and abide by all league rules; respect game officials and provide a positive example of sportsmanship for your team; properly care for all equipment and return it in good condition immediately after the season, and remain drug, alcohol and tobacco free at any and all activities involving your team and assure that your assistants do the same.

Teaching is a hard job! The children are watching all the time. We cannot let them down.

Have you ever been convicted of a crime other than a minor traffic violation? Yes No

If yes, please explain (use an additional sheet if necessary)

Agreement:

As a prospective volunteer coach responsible for teaching youth sports and all it involves, I understand my role as described herein, the nature of the program and its objectives. I pledge to fully comply with the expectations of the Department of Parks and Recreation and agree to willingly relinquish this position if Program Supervisors, Extramural Coordinators, or Physical Education teachers feel that my performance does not meet these requirements.

Volunteer Coach Applicant

Date

Application Accepted by:

School Program Coordinator

Date

"PLEASE RETURN TO YOUR SCHOOL PROGRAM COORDINATOR"

Department of Parks, Recreation and Forestry
427 Monroe Street
Jefferson City, Missouri
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To: Principals, Athletic Directors, Flag Football Coaches
From: Angie Toebben, Recreation Supervisor
Re: 5th Grade Flag Football Program
Date: August 2016

Please take a few minutes to read the following information regarding the 2016 flag football program.

Coaches Training: It is not mandatory, but we are **strongly recommending** that all flag football coaches be certified through the National Youth Sports Coaches Association (NYSCA). Youth sports can and should be a fun, positive experience for the children, as well as the parents. We feel training and education of volunteer coaches and parents are an important part of youth sports. Our goal is to eliminate the times when coaches with good intentions get caught up in the competition of sporting events and the event becomes more important than the child. We have scheduled two certification clinics for flag football:

On-Line
www.nays.org

New coaches must attend both the first year certification and the sports specific portion of the clinic. Coaches certified through NYSCA in another sport need only attend the sport specific portion.

The objective of NYSCA clinic is to make the volunteer coach aware of his/her responsibilities in the psychological needs of children, safety, conditioning, practice organization, and teaching proper techniques. The first year certification fee is \$20 (due the day of the clinic) and includes \$1,000,000 Excess Liability Insurance Coverage, Membership Card, and four issues of Youth Sports Journal. There is no charge for attending the sport specific portion only. ALL coaches interested in attending the clinic must call the Parks and Recreation office at 634-6482 to register.

Rules Clinic: There will not be a rules meeting this year.

Rosters: Football rosters must be turned in to the Parks and Recreation Department by **5:00 p.m., Monday, August 29**. Schedules will be sent to the PE teachers the week of August 24. **Rosters not turned in by the deadline will not be scheduled.** All games will be played on the football fields in Binder Park on Monday evenings at 6:00, 7:00, and 8:00. Games will begin the week of September 12.

5TH GRADE FLAG FOOTBALL PROGRAM

EQUIPMENT FOR FOOTBALL:

Helmets:

Helmets will not be worn by any players.

Ball:

The Parks and Recreation Department will provide game balls only. The ball used will be an intermediate size football (please see program supervisor for equipment). Contact your school's official for information regarding a practice site and equipment for practice purposes (Parks and Recreation does not provide practice fields).

The Field:

1. The field will be 60 yards by 40 yards plus end zones.
2. Marked yard lines will be spaced 10 yards apart starting with each goal line.
3. The marked yard lines starting with each goal line will be designated as follows: 10, 20, and 30 yard lines.

Shoes:

Rubber soled shoes should be worn. All purpose shoes such as turf or soccer shoes are permissible if cleats are rounded. **Metal cleats, hard plastic or polyurethane spikes of any kind will not be allowed.** Any hard surface padding such as shoulder pads or padding that covers any part of the hand or arm may not be used.

Equipment Check:

Before the start of each game, the officials will ask the coaches to line the players along the sideline to inspect all shoes, flag belts and mouthpieces. Players without the approved equipment will not be permitted to participate.

Shirts:

Please see your school coordinator for uniform shirts, all shirts must have at least a four inch number on the back. **PLEASE REMEMBER:** all shirts must be tucked in at all times. In the event of cooler weather, all jackets, sweat shirts or coats must be worn underneath the uniform jersey.

Flags:

Flags and belts will be supplied by the schools for practices. Parks and Recreation will provide the flag belts for games – the belts provided by Parks and Recreation are Flag-A-Tag belts.

Scheduling:

1. Each team will be scheduled for 6 games.
2. Game times will be 6:00, 7:00 p.m. and 8:00 p.m. (Depending on the number of team registered the time slots may change).
3. Canceled games may not be rescheduled.
4. For information on game cancellations during inclement weather call the Activities Hotline, 634-6485 ext. 4 after 4 p.m. or on the Internet at www.jeffersoncitymo.gov/parks. Parents and coaches may also sign up for text notifications in case of game changes or cancellations.

Scoring:

1. Touchdown: **6 points**
2. PAT (Point After Touchdown) **1 point** (5-yard line) or **2 points** (12-yard line) .*Note: 1 point PAT is pass only, 2 point PAT can be run or pass.*
3. Safety: **2 points**
 - a. A Safety occurs when the ball carrier is declared down in his/her own end zone. They can be called down when their flags are pulled by a defensive player, their flag falls out, they step out of bounds or they hit the ground with their knee or arm. A Safety also occurs when there is an offensive penalty in the end zone.

Tie Games:

1. Tie Games will not be broken.
2. A game that is tied at the end of the second half will be recorded as a tie game.

Official's Duties:

1. There will be three officials on each field: one referee, one umpire, and one linesman. The referee will be in charge of the field on which he is working. The remaining two officials will be subordinate to him.
 - a. The referee will deliver all warnings, make all ejections of players and coaches, and confer with the field supervisor on problems and decisions. If another official believes it is necessary to warn or eject a coach or player, he will confer with the referee who will make the decision.
 - b. The linesman will be responsible for control of the spot of the ball during the game.
2. A supervisor will be present at the field to check out game equipment and to record scores. If any questions arise during the games, see the supervisor.

5TH GRADE FLAG FOOTBALL RULES

Program Objectives:

Remember, this program is designed to develop skills and be fun for all the young participants involved. Although, football is a sport in which contact is sometimes necessary, we would strongly encourage the coaches to keep in mind that when teaching or demonstrating blocking and defensive techniques, safety and fair play should always be emphasized.

Players should be taught to avoid contact to the neck or above and below the waist, players should be taught that contact with the intent to harm is a serious violation of the programs objectives. Coaches should help police these matters in games as well as practice. Players should not be allowed to believe that contact with the intent to injure an opponent is in any way acceptable.

Malicious contact will be called a personal foul. The second malicious contact penalty on any team in one game will result in the offending player(s) being ejected from the game. A third such occurrence will result in the coach being ejected and the game being terminated. Any player or coach ejected from a game for malicious contact will be suspended from attending that team's next regularly scheduled game. Their attendance during the suspension will be cause for forfeiture of that game. TWO ejections in one season will be cause for dismissal from the program.

Participant Bleeding/Blood on a Uniform:

In youth football a player or coach who is bleeding or who has blood on his/her uniform shall be prohibited from participating further in the game until appropriate treatment, including bandaging as necessary to prevent recurrence, has been administered. If medical care is needed, the player must leave the game until the problem situation has been resolved! A 70% isopropyl alcohol solution must be used to disinfect the skin and uniforms. All infected areas must be thoroughly cleaned before this individual is allowed to continue participating in a game or practice. This may require that the player remove affected clothing and replace it in order to be able to continue participating in the event!

Drugs, Alcohol and Tobacco

We believe that youth sports should be drug, alcohol and tobacco free. Therefore the Department requests that coaches, fans, family and friends refrain from these activities to help set an example for the children.

Smoking (including e-cigarettes) and chewing tobacco is absolutely prohibited on or around the fields. Alcoholic beverages and/or drugs are not permitted in the complex during youth activities. Coaches and fans under the influence or in possession thereof will be asked to leave the premises immediately by the program supervisor(s). Failure to do so, even if the offender is a fan, will result in termination of the game and the Police Department will be called.

Coaches and Officials:

Flag football is a game of agility and skill both offensively and defensively. It is not a game in which rough tactics are to be used. Plays and tactics should be designed to employ speed and deception rather than violent conduct. The Flag Football Program is intended to introduce the basic fundamentals of the sport in a relaxed atmosphere. Let's keep the fun in fundamentals!

Rules:

Official rules of play shall be the 2016 National Federation Rules with the particular exceptions as listed.

Players:

Each team will field eight players. No game will be played with less than seven eligible players at the scheduled game time or the game will be forfeited. **All players must have equal playing time** (unless disciplinary action is needed - parents need to be informed).

Clock:

Games will be played with two, twenty-minute halves with a five-minute halftime. The clock will run continuously, but will stop for injury or time outs. Teams will change goals at the half. Each team will be allowed only 35 seconds to run each offensive play in order to speed up play. An official will carry a stop watch to enforce this rule. The 35 second clock will start at the placement of the ball (high school rule specify 25 seconds, so 35 should be plenty of time). Please practice this time limit with your team.

Time Outs:

Each team is permitted two, one-minute time outs per game.

Mouth Pieces:

Players will be told by officials to put their mouthpieces in before the play starts instead of being penalized. However, any player that is observed removing his/her month piece while a play is in progress will be **penalized** 10 yards.

Downed Ball:

In order to down a ball carrier either flag must be withdrawn from the belt by the "tackler". The "tackler" must stop at the point of tackle and extend his arm with the withdrawn flag upward. The ball carrier is declared down at this point. Play is also stopped if a flag falls from the ball carrier's belt, thus the ball is downed where the flag was removed. It is illegal for the ball carrier to deliberately touch his own flags or to defend them in any manner. **Penalty:** 10 yards from the point of the foul and the loss of a down.

Dead Ball Penalties:

Officials will stop the play on all off-sides, illegal motions or encroachment infractions. Remember, when any player enters the neutral zone prior to the snap it is a violation. Any offensive player, tackle to tackle, who moves is penalized for false start. Any receiver or running back upon movement can reset him/herself for one full second before the ball is snapped, without being called for an illegal motion penalty (unless this movement draws the defense off-sides or the player crosses into the neutral zone, then an illegal motion penalty is in effect).

Dead Ball:

The ball is ruled dead when a fumble or misdirected snap strikes the ground. A fumbled ball remains in possession of the offensive team unless the fumble occurs on the fourth down or the fumble is caught by an opposing player before striking the ground. If the fumble (which strike the ground) was forward, placement of the ball will be where the last point of possession had taken place. The offense will not be able to gain yardage by way of a forward fumble but may lose yardage on a backward fumble. In fumbled balls that occur backward (i.e. quick pitch from the quarterback to a running back or fumbled punt snap) the ball will be spotted where it first strikes the ground.

In the case of offsides if the defense crosses the line of scrimmage the ball becomes dead. Once anyone on offense or defense crosses the line of scrimmage play needs to be stopped by the official.

Loss of Flags:

If a player's flag is inadvertently lost, the player shall be ineligible to handle the ball. When a player without his/her flag(s) receives the ball it shall be ruled dead at that point and the placement will be at the point of receiving or catching of the football. It shall be illegal for a player to deliberately withdraw an opponent's flag unless that player is in possession of the ball. The official shall consider this action as unsportsmanlike conduct.

Rushing the Passer:

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. 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. The referee will designate the Rush Line seven yards from the line of scrimmage. Defensive players should verify they are in the correct position with the official on every play. **Penalty:** Illegal Rush (5 yards LOS and first down).

This rule is taken from the NFL Flag league – for full rule description, please visit www.nflflag.com.

Charging:

The ball carrier may not drop his head or run through a defensive player, but he must attempt to evade the defensive player. Spinning is allowed, but if spinning causes a collision the runner may be assessed a penalty (official's judgment call). **Penalty:** 10 yards and the loss of a down;

Tackling:

Tackling is not permitted. The ball is declared dead when the defensive player pulls one of the runner's flags. The defensive player must not hold, push, trip (attempting to tackle from a kneeling position) or run through the ball carrier but must "play the flag rather than the man". Any action against the runner, other than merely pulling his flag, is unnecessary roughness. **Penalty:** 10 yards from the point of the foul and an automatic first down. If flagrant the offender may be banished from the game at the discretion of the officials.

Hacking:

It shall be a foul for the ball carrier to hack (block the defensive player from retrieving his/her flag by means of hand guarding), push, or straight-arm another player. **Penalty:** 10 yards from the point of the foul and the loss of a down.

Blocking:

4 players will be eligible to block: 3 linemen and 1 blocking tight end. Blockers must remain inside the box on offense and defense (within 3 yards of the line of scrimmage).

All players are limited to the blocking techniques listed below.

- a) *Brush Block* - a block thrown from a standing position using the chest area with no shoulder contact.
- b) *Open Hand Block* – an open hand block is a block using the hands to ward off or push an opponent. The hands must be open and in advance of the elbows and the fingers extended.

1. Only brush blocks and open hand blocks may be used by all players.
2. All brush and open hand blocks must meet the following requirements:
 - a. The blocker must never strike a blow with any part of the body and must never throw an elbow or forearm.
 - b. At no time may the blocker make contact with the ground except with the feet. The blocker must remain on his/her feet at all times while blocking.
 - c. The blocker must not initiate contact with an opponent above the opponent's shoulders.
 - d. A blocker must not grasp, pull, or hold an opponent in any way.

PENALTY: Articles a, b, and c - Personal foul - 9 yards. If the infraction was flagrant, the offending player will be warned. If the same player commits another flagrant foul under Articles a, b, or c, that player will be ejected from the game.
Article d - Holding - 6 yards.

3. Brush Blocking

- a. The brush block is thrown from a standing position using the chest. Contact is made by the chest area, not the shoulder.
- b. During a brush block, elbows must be kept against the body and NOT extended. The hands must be kept on the jersey.
- c. A brush block may be used anywhere on the field by any player.

4. Open Hand Blocking

- a. An open hand block is a block using the hands to ward off or push an opposing player. The hands must be open and in advance of the elbows and the fingers extended.
- b. An open hand block may be used anywhere on the field by any player.

PENALTY: Sections 3 and 4 - Illegal use of hands or arms - 6 yards.

Unnecessary roughness may be declared if the blocker uses any part of the body below the waist, elbows, forearms, shoulders, or head in blocking or makes contact with the intent to physically harm a player. **Penalty:** 10 yards and possible ejection (officials judgment call).

If a block is attempted and the opposing player is hit in the face or below the belt, the official will penalize the player by having them retire from the game for the length of time that it takes for the coach to talk to them about what they did wrong and how to block properly. If a player is assessed a blocking in the back penalty it is a 10 yard penalty from the spot of a foul and usually is an automatic first down. If a player is sent out three or more times, they will not be allowed to play the remainder of the game.

Passing:

A forward pass may be thrown from any point behind the line of scrimmage. The passer is declared down if his flags are withdrawn by a defensive player or drop out without being pulled before the ball has left his hand in throwing a pass. A pass thrown from beyond the line of scrimmage will be penalized. **Penalty:** five yards and loss of down.

Conduct:

Unsportsmanlike conduct, coaches yelling at officials or walking on to the field of play to discuss an officials call/judgment on any play, players or coaches swearing, obscene language or actions, etc., either on or off the playing field shall not be tolerated. Players should be taught to encourage teammates rather than criticizing opponents or officials. Coaches are ultimately responsible for the conduct of players/assistant coaches/fans. **Penalty:** 10 yards per occurrence and possible

ejection or suspension (depending on the severity of the situation) of the offender or offenders from one or more games.

Miscellaneous Penalties:

Illegal use of flags - 10 yards; Defensive illegal use of the hands to the head - 10 yards; Encroachment - 5 yards; Pushing the ball carrier out-of-bounds - 10 yards; Ineligible man down field - 5 yards and loss of down; Illegal procedure - 5 yards; Illegal motion - 5 yards.

Kickoffs/Punting:

No punting or kicking - The offensive team takes possession of the ball at its 5-yard line. If the offense fails to score, the ball changes possession and the new offensive team takes over on its 5-yard line.

Safeties:

No player may return or advance the football if received in the end zone, the play will be whistled dead (i.e. Interceptions in the end zone): Passes intercepted by the defense in the end zone may not be returned. The play will be whistled dead and spotted on the intercepting team's 15 yard line. Do not confuse this rule with an offensive team that is starting a play from the line of scrimmage and steps in the end zone to handoff, pass or attempts a quick pitch. These plays will be allowed to proceed.

Intentional Delaying of a Game:

If in the opinion of the officials, a defensive coach for the second time, instructs his/her players to purposely commit a penalty to delay the game that team will be **penalized** for the 5 or 10 yard rule infraction plus a 10 yard **penalty** for unsportsmanlike conduct. On the third intentional delay of game penalty by the defense the game will be terminated/forfeited (this judgment call by the officials).