

Dear Coach/Parent/Guardian:

Thank you for enrolling your child(ren) in the 5th Grade Flag Football Program with the Jefferson City Parks and Recreation Department and the Jefferson City Public Schools. We hope you and your child have a great season!

I wanted to give you some information regarding the league.

Any forms, rules packets, maps, etc. can be downloaded on-line.

5th Grade Flag Football 2015

(http://www.jeffersoncitymo.gov/programs_and_activities/youth_sports/5th_grade_flag_football.php)

- League/Rules Packet 2015
- Indemnification Form 2015
- Schedule 2015
- Map of Game Fields - Binder Park

IMPORTANT INFORMATION!

- **FLAG Belts and Shirts** – All players must wear a flag belt. All flags must be legal - if a player does not have a flag or an illegal flag the ball will be ruled dead. All shirts must be tucked in at all times. Soccer or tennis shoes only.
- **SHORTS/PANTS:** shorts/pants cannot have belt loops or pockets. If they do, they must be taped.
- Your child will need to wear a **mouth piece**. If you purchase a mouth piece that has the piece for a helmet, please remove that piece or cut it off so that an opposing player cannot grab it by accident and possibly injure your child. Mouth pieces will be sold at the concession stand as well.
- **Spectators** will be able to sit along the sidelines behind a designated spectator line – you will need to bring your own seating. Please make sure you sit on the same side as your team and on either side of the coach/player box.
- Only head coach and 3 assistant coaches allowed in coach/player box (this box is designated by white lines). Head coach is allowed to roam length of field.
- Teams need to have parent volunteers to operate the down marker and chains.
- Reminder: **NO pets, tobacco products, alcoholic beverages or glass containers** allowed at our ballparks during youth sports – this is a health and safety issue!
- 70 x 30 yard field
- **No Practices on Game Fields**
- **Schedules are posted on-line** at www.teamsideline.com/jeffersoncity. Just click on the + signs next to Flag Football, grade, team name, etc. You can print the schedule for just your team or for all the teams in your league. You can also download your child's football schedule to your calendar if you use Outlook. The schedule lists home and away – this determines if you wear the light side or dark side for your child(ren)'s jersey.

- **In case of inclement weather, please call our Hotline at 634-6485 ext 4.** Games canceled due to inclement weather will not be rescheduled unless two or more nights are canceled.
- **Sign up for text alerts:** Text **5THFB15** to **84483** to receive **Football 5th Grade Flag 15** alerts from **Jefferson City (MO) Parks and Recreation**.
- **Rules Highlights:**
 - Helmets will not be worn by any players.
 - Three point stance will not be allowed; only two point stance will be allowed.
 - 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 sent out three or more times, they will not be allowed to play the remainder of the game.
 - 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.
- **NFL Punt, Pass and Kick Local Competition (FREE)** – 6-15 year olds – Sunday, August 30 – Jefferson City High School Football Field. For details/registration information, please visit us at http://www.jeffersoncitymo.gov/programs_and_activities/punt_pass_and_kick.php.

If you have any questions and/or concerns, please don't hesitate to contact me.

Thank You,

Angie Toebben
Recreation Supervisor
Jefferson City Parks and Recreation
573-634-6491
atoebben@jeffcitymo.org