



Flag Football Coaching Packet

Overview:

- All games held at Kliever Lake Fields; 17950 Johnson Street NW; Elk River, MN 55330.
- Please follow the schedule and work on skill building for the first 15 minutes, and then the last 30 minutes will be a game.
- Each week you will be assigned to a field with another team, it is up to you and the other coach assigned to that field to decide where your teams will be practicing.
- All of the gear will be made available to you each week at the fields.
- Flag football pictures will be taken on the second session of the program.
- T-Shirts will be available at the ball fields on the first night.
- To find out if games are going to be canceled due to weather please call the Weather Hotline at 763.635.1160.

Rules:

- Each team will have their own designated color.
- A coin toss will determine first possession; the team losing the coin flip will select the end zone to defend
- The offensive team takes possession of the ball at its 5 yard line and has three (3) plays to cross midfield. Once a team crosses midfield, it has three (3) plays to score a touchdown. If the offense fails to score, the opposing team takes possession on its 5 yard line.
- If the offense 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 offenses 5 yard line.
- Teams change sides after 25 minutes, but possession does not change and the clock does not stop.

Weekly Layout

:00	Warm up	Take players on a lap around the field, pass the football and then stretch.
:05	Skills and Drills	Build basic skills of your players through drills. Focus on a new skill each week.
:15	Game Time	Flip the coin, huddle, and have the players ready to go! 20 minutes of play time.
:35	Half Time	5 minute water break and team huddle
:40	Start Second Half	20 minutes of play time

Weekly Breakdown of Emphasized Skill

(Not Set To)

Week 1-Focus on offense positions, lining up the offence, and starting play (2 plays to start off with)

Week 2-Focus on flag pulling (defense) / review plays

Week 3-Focus on basic handoffs / learn a new play

Week 4-Focus on basic football skills of passing and receiving / learn a new play

Week 5-Focus on specific offense plays

Starting the Play

Huddles

Coach may run the huddle. Huddle breaks after each player receives instruction, when the coach says 'ready' (to confirm everyone knows what play to run) then 'break.'

Cadence

A series of words or numbers uttered by the QB in a rhythmical or non-rhythmical manner to start a play.

Down
Set
Hut
Hut

Players, Uniforms, Officials, and Game Schedules

- Five Players per team on the field **(5 on 5)**.
- All players must receive equal playing time and must be given the option to play each position.
- Uniforms, flag belts, and footballs are provided by the league. Belts and footballs must be returned.
- Jerseys must be tucked into a player's pants. This is mandatory so there will be no interference with flag pulling.
- Shoes: Rubber soled or spikes with molded, non-removable cleats are allowed.
- It is strongly suggested that all players wear a protective mouthpiece.
- Practices are encouraged at the rate of a 1 to 1 practice to game ratio. Coaches can make up their own practice schedule, but is not required.
- Games will be officiated by coaches – Game Facilitators (Staff) will assist coaches.

Any concerns about officiating will be directed to Elk River Parks and Recreation Department. Any coach, parent, or player verbally or physically abusing a referee or league official will be automatically suspended from league play for the rest of the season.

Timing/Overtime

Games are played to 45 minutes running time. 20 minute halves with 5 minute halftime
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 time out and one 30 second timeout per half.

Running:

- The quarterback **cannot** run with the ball
- Only direct hand offs behind the line of scrimmage are permitted. Offense may use multiple hand offs.
- “No Running Zones,” located 5 yards from each end zone and 5 yards on either side of midfield, are designed to avoid short yardage, power running situations.
- The player who takes the hand off 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 **may not** leave their feet to avoid a defensive player.
- No diving is allowed
- The ball is spotted where the ball carrier’s feet are when the flag is pulled, not where the ball is.

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 other forms of football, only one player is allowed in motion at a time.
- A player must have one foot inbounds when making a reception

Passing:

- All passes must be forward and received beyond the line of scrimmage
- Shovel passes are allowed but they must be received beyond the line of scrimmage
- The quarterback has a seven second “pass clock”. If the pass is not thrown within the seven seconds, play is dead, loss of down. Once the ball is handed off, the seven second rule is no longer in effect.
- Interceptions change the possession of the ball at the point of interception. Interceptions are the only changes of possession that do not start at the 5 yd line.

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
 - At the point of an interception (interception run backs are not allowed)
 - Ball carrier’s knee hits the ground
 - Ball carrier’s flag falls out

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.
- 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 blocking or tackling is allowed.**

Sportsmanship/Roughing:

- If the 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.
- 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 talk occurs, the referee will give one warning. If it continues, the player or players will be ejected from the game.

Penalties:

Defense:

Offsides: 5 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 the ball) 10 yards and automatic first down

Illegal Rushing: (starting rush from inside the seven yard marker) 10 yards and automatic first down

Offense:

Illegal Motion:(More than 1 person moving, false start, etc.) 5 yards and loss of down

Illegal Forward Pass: (Pass received behind the line of scrimmage) 5 yards and loss of down

Offensive Pass Interference:(Illegal pick plays, pushing off/away from defender) 10 yards and loss of down

Flag Guarding: 10 yards (from line of scrimmage) and loss of down

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 coach may ask the referee for rule clarification and interpretations. Players cannot question judgment calls.
- Games cannot end on a defensive penalty, unless the offense declines it.

Note: There are no kickoffs or blocking, and tackling is not allowed.

