

# Youth Flag Football



**Welcome to the City of Brighton  
Coaches Meeting!**

# Welcome!!

- Thank you for volunteering, without your participation and support we could not run this program!
- 100% of your child's fee will be refunded as a household credit at the end of the year

# Contact Parents- Timeline

- **As Soon As Possible!**
- **Tell them.....**
  - Team Name
  - How you prefer to be contacted
  - Practice days, times and locations  
Ex. We practice on Tuesdays from 5pm-6pm at the fields outside the Brighton Rec. Center
  - When you will have your first practice
- They will not have met you before your first practice, so please give them specifics on where to find you.
- Also, how to contact you if they get lost!
- **If you cannot reach them or they have not responded...**
  - Please email Julie or Carleen they will put a notification into the player's household account

# League Information

- **Official Practices Begin**: September 9th
- **League Games Begin**: Saturday, September 21st
- **Picture Day**: Saturday, October 12th
  - Reminders:
    - Link to purchase pictures will be provided by photography company
    - Pictures will be handed out to coaches two weeks later to pass out pictures to parents

# Practice Information

- U7 Once a week for 1-hour (Potential for more)
- U9 and U12 Practice **twice** a week for 1 hour or **once** a week for 2 hours  
\*\*\*Please have your parents contact Tyler or Amanda if they cannot make the practice you have signed up for. We will do our best to accommodate their needs.

# How to Treat our Referees

- Please respect their calls
- Understand they are members of our community who have come up through our programs
- They are not PROFESSIONALS, Officiating will improve throughout season but will never be perfect.
- Never, and we mean never, criticize a referee for making a bad call or mistake.
- Addressing Refs should be clarifying questions.
  - Ex: I thought offside was a 5 penalty instead of a 10.
- Please contact Tyler or Amanda with any issues that arise



# Protecting Our Youth From Potential Predators

## Coaches:

- You are part of a network of people committed to protecting our kids
- Never be alone with a football participant EXCEPT in the case of an emergency
- Be aware of body contact

## Parents:

- Create a buddy system for your child when you are not around
- Encourage open communication with your child
- Listen to your gut feelings

# First Aid

- Referees will have additional supplies such as extra ice packs
- Please notify parents of any accidents that arise so that they can monitor their condition

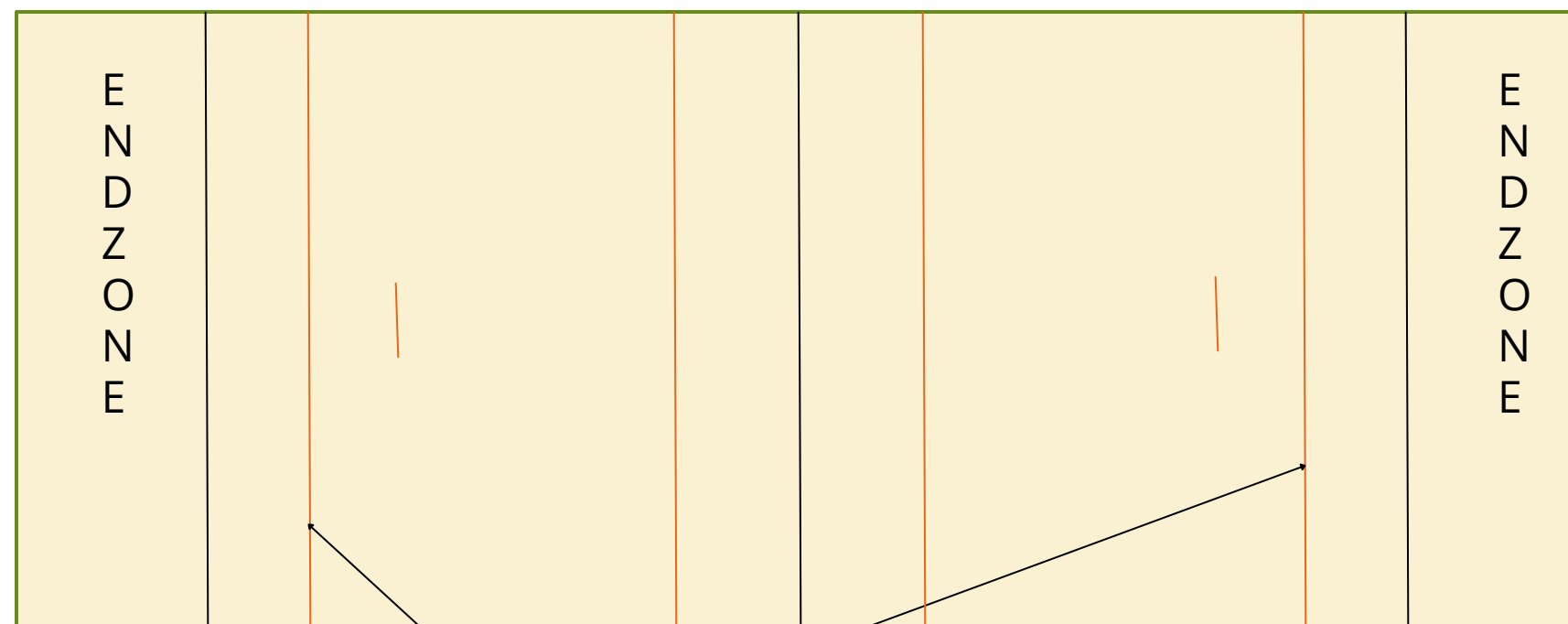
## Emergency Situations

- Help with crowd control
- Select someone to direct/meet EMS personnel
- Gather information in coaches hand book
- It is not your role:
  - Diagnosis
  - Provide primary care
  - Breaking up fights



# Flag Football Rules

- Game Play
  - Coin Toss or "Rock Paper Scissors" determines first possession
  - Offensive team takes possession of the ball at its 5- yard line and has (4) plays to cross midfield.



# Flag Football Rules

- Two (20) minute halves running clock, No OT
  - 5 minute half time
  - Ball must be snapped from the center to the ball carrier, between the legs, not off to one side
    - Ball must be exchanged and the ball carrier must have full possession (no other player touching the ball) , of the ball before they may give a handoff, toss or pass
      - Eliminating any “center sneak” type play
- (6) Players on the field however teams must field a minimum of (5) players at all times

# Flag Football Rules

- Each time the ball is spotted, a team has 30 seconds to snap the ball
  - Delay of game causes clock to stop, and Loss of Down
    - 1<sup>st</sup> offense clock stops with warning.
- The quarterback cannot run the ball past the LOS
- Ball is spotted where the ball carriers feet are when the flag is pulled, not where the ball is
- “NO RUNNING ZONES,” located 5-yards from each end zone and 5 yards on either side of midfield
- Pitches are allowed
- All passes must be forward and received beyond the line of scrimmage (only one per down)
- QB has 7-seconds.
  - If a pass is not thrown within the 7-seconds, play is dead, loss of down.
  - Once the ball is handed off, the 7-second rule is no longer in effect. But all defensive players can now cross LOS
- Interceptions may be returned until flags are removed.

# Flag Football Rules

- For extra point, teams must make a throwing play (no running the ball)
- QB has 7-seconds, if pass is not thrown, play is dead, loss of down and 5 yard penalty
- Interceptions: is the only change of possession that doesn't start on the 5 -yard line
- The player rushing the quarterback must identify themselves to the referee by wearing the colored wristband. They must start 7 yards from LOS
- There are no Fumbles. The ball is dead and will be spotted where the ball hits the ground.

**Rough play will not be tolerated.**

# Football Sizes

- **6-7 year olds**
  - Pee-wee/ K2
- **8-9 year olds**
  - Junior/ TDJ
- **10-12 year olds**
  - Youth/ TDY

# Teamsideline.com/brightonco

To receive email or text message alerts, click "Communication" That way you know when games are canceled immediately!

**RECREATION CENTER**

**Schedules**

Mar '21

- ▶ PeeWee Soccer
  - ▶ Pee-Wee Field #1
  - ▶ Pee-Wee Field #2
- ▶ Youth Soccer
  - ▶ Girls U6/7
  - ▶ Girls U9
  - ▶ Girls U12
  - ▶ Boys U6/7
  - ▶ Boys U9
  - ▶ Boys U12

Feb '21

- ▶ Coed Snow Volleyball
  - ▶ Tuesdays 4 v4
- ▶ Spring Adult Softball
  - ▶ Tuesday Men's League
  - ▶ Wednesday- Low E

**COMMUNICATIONS**  
Sign Up Here For Text and E-mail Notifications!

**CONTACT US**  
For Information please click here to Contact Us!

**Important Links**

- ▶ Brighton Rec Center
- ▶ Game Locations
- ▶ Positive CoachingAlliance

**Register for Youth and Adult Leagues Here**

**Find Out What's Happening in Brighton Sports**

# Thank you!!

- Any Questions??