

Greenville Recreation & Parks Department



Youth Flag Football Coaches Manual (Revised 8/2/2023)



Table of Contents

• First Aid & Safety	3-4
• Coaches Job Description	5
• Coaches Code of Ethics	6
• Principals for Coaches, Parents and Officials	7-8
• Rules & Regulations	9-17
• Coaches Corner	18-24

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First Aid & Safety

Care for Common Minor Injuries:

It is the coach's job to maintain as safe an environment as possible. It is strongly recommended coaches have certification in CPR and First Aid or that a volunteer be recruited who already has first aid, medical athletic training or emergency care certification.

When an injury does occur:

1. Stay Calm
2. Administer only basic first aid as soon as possible.
3. If injury is serious or the extent is unknown: CALL 911
 - a. Example: broken bone, compound fracture, serious laceration, unconscious, teeth missing, etc.
4. Fill out Accident Form completely and turn into your supervisor.

Treating Floor Burns, Strains, Contusions, Minor Bumps and Bruises:

- R – Rest, stop any pain-causing activity.
- I – Ice for 24-36 hours after the injury.
- C – Compress with elastic bandage if needed.
- E – Elevate to avoid edema and subsequent swelling.

Conditions Requiring Medical Attention:

- I. Significant swelling/dislocation of an extremity.
- II. Obvious deformity of an arm or leg.
- III. Severe pain.
- IV. Inability to bear weight on a lower extremity.
- V. Lacerations with or without fractures.
- VI. Significant swelling of a joint, i.e., elbow, knee.
- VII. Loss of sensation in an extremity.

Conditions Mandating Only Experienced Medical Personnel:

- I. Loss of consciousness.
- II. Neck or back injury with loss of sensation or motor power in arms or legs.
- III. Head injury with disorientation and/or visual changes.

Rehabilitation/Treatment for Chronic Injuries:

- I. Blisters
 - a. Keep pressure off new blisters using a felt "doughnut."
 - b. Where the skin is torn, use extreme care.
 - c. Keep it clean and cut skin halfway around the perimeter without removing the skin.
 - d. When underlying tissue toughens, cut away the remaining flap of skin.
- II. Abrasions and contusions (floor burns and deeper bruises)

- a. Keep them clean and dry.
- b. Expose them to the air when possible.
- c. Encourage gentle activity.

- III. Chronic knee pain, thigh muscle overload, tendonitis, stress fractures, and ligament strain. Follow the doctor's directions, which will generally include:
- a. Rest for 5-7 days and ice for pain.
 - b. Stretch related muscles to strengthen them.
 - c. Move gently, stopping at the point of pain.
 - d. Exercise to strengthen afflicted area as it heals.

Heat Emergencies:

These problems often occur when athletes play too long and hard or stay too long in the sun. Because sunlight reflects off shiny surfaces, being around water can increase exposure. Sunburn can occur on overcast days as well as on sunny days. When athletes are in the sun, they should wear a water-resistant sunscreen lotion, which provides maximum protection. Sunglasses and a hat provide added protection.

1. **Heat Stroke**

- *Signs and Symptoms:* Hot, red skin; very high body temperature; shock or unconsciousness.
- *What to Do:* Treat heat stroke as a life-threatening emergency, and call the paramedics. Calm the victim by immersing him/her in a cool bath or wrapping in wet sheets and fanning. Care for shock by laying the victim down and elevating the feet. Give nothing by mouth.

2. **Heat Exhaustion**

- *Signs and Symptoms:* Cool, pale, moist skin; rapid, weak pulse; weakness/dizziness; nausea/vomiting.
- *What to Do:* Treat heat exhaustion as an emergency, and call the paramedics. Get the victim into the coolest place available. Place the victim on their back with their feet elevated. Cool victim by applying wet sheets or towels to the body and by fanning. Give ½ glass of water to drink every 15 minutes if the victim is fully conscious and can tolerate it.

3. **Heat Cramps**

- *Signs and Symptoms:* Muscular pains and spasms, usually in the legs or abdomen.
- *What to Do:* Get the victim into the coolest place available. Give ½ glass of water to drink every 15 minutes for an hour.
- *Prevention:* Seek protection from the sun and extreme heat. Replace fluids by drinking water, sports drinks, or fruit juices.

Greenville Recreation & Parks Department

Job Description

Position Title: Youth Flag Football Coach

Reports To: Recreation Supervisor

Knowledge, Skills

Abilities required:

- (a) Knowledge of Flag Football Skills, Rules and Regulations
- (b) Posses strong leadership skills
- (c) Ability to communicate with the Greenville Recreation & Parks Department (GRPD) Staff, coaches, parents and all the public involved in the program.

Responsibilities:

1. Abide by and encourage obedience of **all** GRPD polices, rules and regulations.
2. Attend **all** meetings called by the GRPD staff.
3. Ensure all team members are properly registered (correct age, forms completed, fees paid).
4. Review team rosters with site supervisors and make changes where needed.
5. Arrive at league site **15** minutes prior to practice or game times.
6. Communicate with parents about practices and games.
7. Plan practices and ensure all players participate.
8. Remain at league site until **all** team members have left.
9. Report **all** injuries and accidents, regardless of severity, the same day of occurrence.
10. Ensure proper care of facilities and equipment.
11. Maintain control of games and practices. Avoid conflicts.

Signature: _____

Coach

Date

Coaches Code of Ethics Pledge

- A. I will place the emotional and physical well being of my players **ahead of any personal desire to win.**
- B. I will remember to **treat each player as an individual**, remembering the large spread of emotional and physical development for the same.
- C. I will do my best to **provide a safe playing** situation for my players.
- D. I will do my best to **organize practices that are fun and challenging** for all my players.
- E. I will **lead**, by example, **in demonstration fair play and sportsmanship** to all my players.
- F. I will use those **coaching techniques appropriate for each of the skills** that I teach.
- G. I will **not use alcohol and tobacco products** when in contact with players and on City property.
- H. I will remember that I am a **youth coach**, and that **the game is for the children and not adults.**
- I. As the coach, I will **respect and support the decisions** of the contest officials.
- J. I will be aware that **I have a tremendous influence on my players**, and **I will not place the value of winning above the value of instilling the highest ideals of character.**

GRPD Coach
(PLEASE PRINT)

Date

Principles for: Coaches, Parents, and Officials

General Youth Coaching Principles

Coaching is an extremely important responsibility. A good coach always places the best interest of the player before winning. The players and their parents have placed you in a position of leadership, and you have a responsibility to give them your best effort. Additionally, this athletic experience will play a significant factor in determining whether the players continue participating in sports in the future. If you follow the list of coaching principles, then players and their parents will be better served.

Ten Coaching Guidelines

- I. A coach should be enthusiastic without being intimidating. Be sensitive to player's feelings and genuinely enjoy spending time with them. Be dedicated to serving children and understand that sports provide physical and emotional growth for its participants.
- II. A coach needs to realize they are a teacher, not a drill sergeant. They should help children learn and work to improve their skills. Personal gains are never a consideration. The job does not depend on winning. The best interest of the player transforms into the best interest of the game.
- III. The safety and welfare of the players never can be compromised. A coach will consider these factors above all others.
- IV. A coach needs a tremendous amount of patience. Do not push players beyond their limits in regard to practice. Children have many daily pressures, and the athletic experience should not be one of them. Playing sports is supposed to be fun.
- V. A coach should care more about the players as people than athletes.
- VI. A coach should encourage players to dream and set lofty goals. It is important to remain positive and refrain from discouraging remarks. Negative comments are remembered far more often than positive affirmations.
- VII. A coach needs to remember the rules of the game are designed to protect the players, as well as to set a standard of competition. Coaches should not circumvent or take advantage of the rules by teaching deliberate misconduct. A coach who puts their opponent's team at risk should not be involved with children.
- VIII. A coach should be the first person to demonstrate good sportsmanship. They should take a low profile during the game and allow the kids to be the center of attention.
- IX. Parents and players place a lot of trust and confidence in the coach. The coach has an important role in molding the athletic experience of the child.
- X. A coach can measure success by the respect gotten from players, regardless of victories or defeat. Children who mature socially and physically while participating in sports are the best indications of good coaching.

General Principles for Parents

Athletes and coaches will not be able to perform at their best if parents do not have a clear understanding of the philosophies of youth athletics. The following is suggested guideline for parents:

1. Understand the daily pressures a child faces. Athletics should be an outlet for a player to have fun. Encourage your child and allow them to have a good time.
2. Remember your child learns more from your actions than from your words. Practice good sportsmanship by being respectful to players, parents, and coaches on both teams.
3. Parents should appreciate the efforts made by both teams. There is nothing wrong with applauding a good play made by the opponents.
4. Parents should support the coach, as long as the coach follows proper coaching guidelines. Parents should understand that most coaches are volunteers. It is inappropriate for a parent to coach a player who is on the field. Not only does it devalue the coach, it also confuses the players.
5. Parents should not embarrass their child by calling attention to themselves through loud or rude behavior.
6. Don't be a coach--be a parent. Offer encouragement and positive reinforcement. A sure way to dampen your child's enthusiasm is with constant criticism.
7. Parents should encourage discipline by having their children arrive on time for practice and games.
8. Parents should help their children realize belonging to a team requires commitment. Regular attendance and being prepared are necessary for the team to function smoothly.
9. Parents should volunteer their services whenever possible. This shows the participants the value of being a team player.
10. Parents should respect the officials and their calls. It is okay to disagree but inappropriate to disparage.

The Referees Responsibilities

1. On the youth level, referees always should be aware participants are new to the game. Often it is their first experience with organized sports.
2. Be familiar with rule modifications and their implementation.
3. A referee can act as a teacher by explaining a rule or call that is made.
4. Make calls consistent with the level of play.
5. Insist the court and equipment are safe for the children.
6. Promote good sportsmanship through respectful behavior to both coaches and teams.

Greenville Recreation and Parks Youth Flag Football Rules

NIRSA Rules will be used with the following modifications.

I. General Rules

- A. The game will be played in two (2) halves: 5-6 year old 18-minute
7-8 year old 18-minute
9-12 year old 22 minute
 - a. All games will be a running clock except for the last two minutes of the games and for a team or official time out.
 - b. Stop timing will be used during the last 2 minutes of the game, at which the time clock will stop on all whistles other than de-flagging. Teams will be notified at the beginning of the 2-minute period.
 - c. After a stopped clock, time will begin in the last 2 minutes as dependent on the previous play according to the NIRSA Flag & Touch Rules.
 - d. When a team is awarded a new series in the final 2 minutes of the game, the clock starts on the snap.
 - e. The clock will run during a P.A.T. attempt (except in the final 2 minutes of the game).
 - f. With less than 2 minutes remaining in the game the offended team of any foul will have the option to start the game clock on the snap when it would have normally started on the ready-for-play whistle.
 - g. Half time will be 5 minutes in duration.
 - h. The Back Judge is the Official Timer.
- B. A grace period of 5 minutes will be allowed for all games from the scheduled start time. Teams must have 4 eligible players on the field prior to the grace period running out.
- C. Each team is allowed two 60-second time outs per half.
- D. Once the ball is marked ready for play, a team has 25 seconds within which to snap the ball.
- E. Prior to the start of the game, a coin toss will be conducted to see who has the ball first.
 - a. Options are:
 - i. Offense
 - ii. Defense (keep in mind you could end up playing defense for the start of both halves.)
 - iii. Defer to the second half (if opposing coach chooses defense, then you could end of playing defense at the start of the second half)
- F. Once a team captain declares a punt or makes a choice of going for a 1, 2 or 3 point conversion after scoring a touchdown, he/she may change the decision only if a charged time out is granted to either team.

- G. Only seven players per team are allowed on the field at a time. A minimum of four players is necessary to begin play. The game may be continued with fewer than 4 players if the team has a chance to win.
- H. The offense is only required to have the snapper on the line of scrimmage.
- I. Only one offensive player may be in motion when the ball is snapped. This motion must begin more than one second before the ball is snapped, and must be parallel to or away from the line of scrimmage. A player may go in motion from the line but IS NOT considered being a player on the line.
- J. After the ball is ready-for-play, each player of the offensive team must momentarily be within 15 yards of the ball prior to the snap before moving closer to the sideline.
- K. No defensive player may be closer than 1 yard to the line of scrimmage during all scrimmage downs. Defensive players may not break the neutral zone until the ball is snapped.
- L. Offensive players are responsible for helping retrieve the ball after a down has ended.
- M. All players not in the game, and spectators, must remain between the 20-yard line markers and two yards off the sideline.
- N. Any person using profane or vulgar language will be removed from the field. If a player is removed from the field for unsportsmanlike conduct, he/she shall be automatically suspended for the next game played, as well as being in jeopardy of being banished from the league, pending review by the Athletic Staff.
- O. Minimum Participation Requirements
 - a. Every substitute must enter the game when there is a change of possession.
- P. Each team will consist of a maximum of 7 players on the field with a minimum of 4 to start.
 - a. Both teams will play the same number of players.
 - b. Any offensive set will be permissible, providing there is at least one **(1)** player on the line prior to the snap.
 - c. Any defense can be used and there are no limits to the amount of rushers on defense.
- Q. The offensive team will have four (4) downs to make it across a “zone line” (which consists of the 15, 30, and 15-yard lines).
 - a. After crossing the line, assuming there are no penalties against the offense, the team in control of the drive will be awarded a new set of downs.
 - b. Three- or four-point stance is only permitted for the snapper.
 - c. The offensive team is in charge of retrieving the football.
- R. One coach from each team will be allowed on the playing field during a game.
 - a. Substitute players and assistant coaches must stay on the far sidelines in the center of the field between the 20-yard lines.

II. Scoring

- A. Point values will be as follows:
- | | |
|--------------------------|----------|
| - Touchdown: | 6 points |
| - Safety: | 2 points |
| - PAT from 3 yard line: | 1 point |
| - PAT from 10 yard line: | 2 points |
| - PAT from 20 yard line: | 3 points |
- B. **Touchdown verification:** The player scoring the touchdown must raise their arms so the nearest official can de-flag the player. If the player is not de-flagged with one pull, and the official determines the flag belt has been secured illegally, the touchdown is disallowed, the player is disqualified, and it is a foul.
- C. Ties will stand for regular season games.
- D. Mercy Rule: If a team is 19 or more points ahead when the Referee announces the 2-minute warning for the second half the game shall be over. If a team scores during the last minute of the second half and that score creates a point differential of 19 or more the game shall end at that point.
- E. Tiebreaker: Should a 9-12 year old division post-season game end with a tie score, the following system shall be used.
- Coin toss with the following options.
 - Offense or defense
 - Goal – Both teams will use the same goal on offense.
 - Each team is allowed a series of 4 downs in which to score from the 10-yard line. A series is ended by:
 - Scoring a touchdown, PAT is attempted; if needed.
 - Interception – The ball is dead immediately if the defensive team intercepts the ball. They will begin their 4-down series, if available.
 - If the score still remains tied, each team will have another 4-down series with the opposite team having 1st option of offense or defense. This type of play will continue until a winner is determined.

III. FIRST DOWNS

- A. A first down is awarded to a team when they advance the ball across the next 20-yard marker. Four downs will be allowed to complete the task.
- B. Only one first down per series of possession can be obtained at each 20-yard marker.

IV. CARRYING

- A. A runner shall not flag guard by using his/her hands, arms, or the ball to cause contact between the runner and an opponent that denies the opponent the opportunity to pull or remove the flag. Spinning or jumping to avoid being de-flagged is **legal**. Actions such as slapping with the hand or

stiff-arming are examples of flag guarding.

- B. A ball carrier may not hurdle a player to avoid de-flagging.
- C. If a player **inadvertently** loses their flags or it is pulled by the opposition before gaining possession of the ball, the play will continue and the player must be downed by **a one hand touch**, between the shoulders and knees, including the hand and arm.
- D. A player will be ruled "down" when any part of their body other than the hand or foot touches the ground **or a player's forward progression in stopped.**
- E. The defender may not hold or tackle the runner while de-flagging the ball carrier. There is a zero tolerance for tackling in flag football. Any player guilty of tackling will be disqualified for the remainder of the game and a 10-yard penalty will be enforced from the succeeding spot. The disqualified player must be removed from the coaches' side of the field.
- F. A fumbled or muffed ball is dead when it strikes the ground.
- G. **Inadvertent Whistle:** When an inadvertent whistle occurs while a ball is in player possession, the offensive team will have the option of taking the play with the ball spotted at its location when the whistle blew or replay the down. If the ball is loose following a backward pass or fumble, the team will have the option of taking the ball at the spot where possession was lost or replay the down. During a legal forward pass or any kick, if an inadvertent whistle occurs, the ball is returned to the previous spot and the down replayed.
- H. It is illegal to attempt to steal a ball in a player's possession.
- I. In pulling a flag and/or touching a ball carrier, a defender's feet **MAY** leave the ground. Diving **IS** legal by defensive or offensive players however; the diving player is still responsible for any contact which they initiate.

V. **PASSING**

- A. A forward pass may be thrown from any point behind the line of scrimmage.
- B. All incomplete backward passes shall be marked down at the point of ground contact.
- C. Only 1 forward pass may be attempted from behind the line of scrimmage on a given play.
- D. A forward pass is **illegal** if:
 - a. It is thrown from beyond the line of scrimmage.
 - b. It is intentional grounding.
 - c. It is thrown after a change of possession.
 - d. The passer catches his/her untouched forward/backward pass.

- e. It is the second forward pass during a play.
- E. A player must have complete possession of the ball and first land inbounds to be a legal reception.
- F. A pass intercepted in the end zone may be advanced.
- G. If the passer is de-flagged prior to releasing the ball, the ball is dead at that spot and the down has ended.
- H. If an offensive player goes out-of-bounds on their own volition and returns inbounds, it is an illegal participation foul.
- I. Contact is required for pass interference to be called (non-contact face guarding is no longer a foul).
- J. **Roughing the Passer:** Defensive players must make a definite effort to avoid charging into a passer after it is clear the ball has been thrown. No defensive player shall contact the passer who is standing still or fading back as he/she is considered out of the play after the pass.

VI. **BLOCKING & RUSHING**

- A. No part of the body except the feet shall be in contact with the ground and the feet must remain on the ground for the duration of the block.
- B. Blocking will be by **SCREENING ONLY**, meaning, a blocker must hinder a defender's movement through positioning rather than body contact.
- C. During a block, the body must remain upright with elbows and hands touching the body at the side or behind the back.
- D. While incidental contact may occur, blocking/rushing penalties will be called against the player who initiates contact.
- E. The defense may not use hands, arms, or legs as a wedge to gain an advantage over a blocker.

VII. **Game Length**

- a. The clock will be stopped during the last two minutes of the **second half** only for the following reasons:
 - i. Penalty
 - ii. Official Time Out
 - iii. Team Time Out
 - iv. First Down (Clock starts as dependent on the previous play)
 - v. Injury on the field
 - vi. Incomplete Legal or Illegal Forward Pass
 - vii. Player Runs out of bounds

- viii. Safety or Touchdown
 - ix. Touchback
 - x. Any new possession for a team
 - xi. Inadvertent whistle
- b. The clock only stops in the first half for Official Time-Outs, Team Time-Outs, or Injury.
- c. Halftime will consist of five minutes.
- d. Each Team will be allowed two **(2)** timeouts, lasting 60 seconds, per half.
 - i. Timeouts will not carry over to the next half.

VIII. Kicking

- A. There will be no kickoffs or free kicks. Possessions beginning a new half will begin on the 14-yard line.
- B. Following any touchdown, the ball shall be placed on the 10-yard line with possession being given to the opponent of the scoring team.
- C. Following a safety, the ball shall be placed on the 30-yard line with possession being given to the team who just scored the safety.
- D. In the 9-12 year old division punts will occur when the offensive team has not completed a first down. The ball will be placed on the line of scrimmage and the punter will be allowed to back up 3-5 yards. If a kick is to be made, the following procedures must be followed:
 - 1. The offense (no requirements for the defense) is only required to have the snapper on the line of scrimmage.
 - 2. The kicker must receive the snap at least two yards behind the center as for any other scrimmage play and the kick must be immediate.
 - 3. Any type of illegal delaying tactic will result in time being added back on the clock.
 - 4. Players of the kicking or receiving team may not advance beyond their respective scrimmage lines until the ball is kicked. The receiving team may attempt to block the kick after it crosses their scrimmage line.
 - 5. Once the ball is punted, any receiving player may block the kick. If a player on the kicking team catches the kick behind the receiving team's line of scrimmage they may advance.
 - 6. If the ball hits a receiving team player beyond R's scrimmage line and is then caught by a kicking team player beyond R's scrimmage line, the ball is dead, belongs to K, and a new series begins for K.
 - ii. The kicking team may catch, touch, muff or bat a punt in flight beyond their line of scrimmage if no receiving team player is in position to catch the ball.
 - iii. A punt which breaks the plane of the goal line is a touchback. A punt may not be run out of the end zone.

IX. Penalties

- A. The offended team may have its choice of the penalty or the result of the play.
- B. **Missing or Improperly Worn Player Equipment.** If a player is discovered in the game missing required equipment or improperly wearing required equipment, and official's time-out shall be declared, and the player shall be replaced for one down.
 - 1. If the infraction happens prior to the snap (dead ball), and the referee tries to correct the situation but the player refuses, a delay of game penalty will be enforced.
 - 2. If the infraction happens during the snap (live ball), the offended team can take the result of the play or penalize the offending team 10 yards from the previous spot for not wearing required equipment.
- C. When a live ball foul by one team is followed by a dead ball foul by the opponent, the penalties are administered separately and in the order of occurrence. When the same team commits a live ball foul followed by 1 or more dead ball fouls, all fouls may be penalized.
- D. All unsportsmanlike conduct penalties are penalized as a dead ball foul.
- E. If a team receives three unsportsmanlike penalties the game will be forfeited.
- F. If a fight occurs on the playing field, all team substitutes are to remain in their team box. If a substitute enters the field to observe, separate participants, become involved in the fight, or whatever, he/she will be disqualified, and a 10-yard unsportsmanlike conduct penalty will be enforced from the succeeding spot. Each individual substitute who enters illegally will be disqualified and penalized. Entering substitutes who are on the field for substitution purposes before the fight will not be penalized for being there if they do not participate in the fight.
- G. The second unsportsmanlike conduct penalty by the same player or non-player results in disqualification.
- H. Establishing a Zone Line-to-Gain- Penalties for fouls with succeeding spot enforcement which occurs prior to the "ready for play" signal shall be administered BEFORE setting the zone line-to-gain box for a new series.
- I. Establishing a Zone Line-to-Gain- Penalties for fouls with succeeding spot enforcement, which occur after the "ready for play" signal shall be administered AFTER setting the zone line-to-gain box for a new series.
- J. Loose Ball Play. Exception: The penalty for roughing the passer on a completed forward pass will be enforced from the end of the last run when the run ends beyond the neutral zone and no change of possession has occurred ("tack on").

- K. Safety/Goal Line. For a defensive foul, if the enforcement spot which is now the basic spot, is on or behind the offended team's goal line any measurement is from the succeeding spot or goal line.
- L. In case of a double foul, please reference the NIRSA Flag & Touch Rules.

Five Yard Penalties

- Failure to properly wear required player equipment
- Encroachment
- Illegal substitution
- Illegal formation, motion, shift, snap, or procedure
- Helping the runner
- Delay of game
- False start
- Illegal position (offensive player not within 15 yards of the ball)
- Intentionally throwing a backward pass or fumbling out of bounds(loss of down)
- Illegal forward pass(loss of down)
- Intentional grounding(loss of down)
- Helping the runner

Ten Yard Penalties

- Kick catch interference
- Illegal participation
- Hurdling
- Flag Guarding
- Illegal removal of flag
- Illegal use of hands, arms, legs or body
- Strip or attempt to strip the ball
- Unsportsmanlike conduct
- Unnecessary contact of any nature
- Throw runner to the ground
- Drive or run into player (offensive or defensive)
- *Hurdling or Jumping over any player*
- Tackling the runner
- Roughing the passer, plus automatic first down
- Illegal offensive screen blocking
- Interlock interference
- Defensive use of the hands
- Obstructing or holding the runner
- Illegal Batting
- Illegal kicking
- Intentionally tackling an opponent (ejection).
- Intentionally kicking, swinging an arm, hand or fist at opposing player (ejection)
- Intentionally contacting an official (*ejection*)
- Flagrant personal fouls such as spiking, kicking, throwing the ball, fighting etc.
- Defensive pass interference, plus automatic first down (if intentional or flagrant, the team may be penalized an additional 10 yards)
- Illegally secured flag belt

** No penalty can move the ball over half the distance to the goal line.*

13. When the flag is cleanly taken from a ball carrier the down shall end and the ball is declared dead.
- A player who removes the flag from the ball carrier should immediately hold the flag above his head to assist the official in locating the spot where the capture occurred.
 - No flag guarding** such as slapping with the hand or stiff-arming.
 - Under no circumstances, will any player be permitted to jump or hurdle another player (10-yard penalty).

14. Overtime Rules for Playoffs (9-12 division):

- Coaches and captains will meet at midfield, visiting team make the call of heads or tails
- Options are:
 - Offense
 - Defense
- Each team will start 1st & Goal from the 10-yard line, the object is to score a touchdown. Teams will have 4 downs to score. If the score remains tied after 1st overtime, the game will continue until there is a winner.
- If the first team with the ball scores, the opponent will still have a chance to tie/win the game.
- Extra Points will be attempted after each score.
- If the defense intercepts a pass or and returns it for a touchdown, they win the game. If they do not return the interception for the touchdown, the series is over, the ball will be placed at the 10-yard line and the original defense will now be on offense.
- Each Team will be allowed one (1) timeout, lasting 60 seconds
 - Timeouts from the previous half or overtime will not carryover.
- Penalties are administered similar to the regular game.
 - Only way to get a first down is by accepting a first down foul (Ex. Roughing the Passer).
 - The goal line is **always** the zone-line-to-gain in overtime.

16. Other Points of Interest:

- The Center Sneak Play is not legal in any division.
- 5-6 Division: If the ball is dropped on the snap, the ball is then placed on the original line of scrimmage to restart the next play.
- Parents are not allowed on the player side of the field, only coaches.
- Coaches and players must stay between the 15-yard lines during the game.
- Coaches and players are required to stay out of the way of the scorekeeper and referees along the sidelines. Any violation of this can result in a sideline infraction penalty. This is in the referee's judgment.

Coaches Corner

Code of Conduct

1. Players cannot yell or taunt others while on or off the field.
2. Coaches are expected to set good examples of sportsmanship for their players. They should not tolerate poor conduct in practice or games.
3. **Ejection** – Coaches or players may be ejected for unsportsmanlike conduct before, during, or after a game at the official discretion. A flagrant foul from anyone (player or coach) is an automatic ejection. An unsportsmanlike foul on a coach will be considered a flagrant foul. Two **(2)** unsportsmanlike fouls on any player is an automatic ejection.

Ejection from game – player

- 1st offense – suspended from the next game
- 2nd offense – suspended for remainder of the season

Ejection from game/field – Coach

- 1st offense – suspended from the next two (2) games
 - 2nd offense – suspended from coaching with Greenville Recreation and Parks Department in all sports for one (1) year.
4. Players or coaches who strike or attempt to strike or threaten harm in anyway on a parent, site supervisor, or official
 - Will be suspended from Greenville Recreation and Parks Department programs and charges will be filed.

Equipment

1. Rubber or cloth elastic bands may be worn to control hair only.
2. **No jewelry** shall be worn during games and this includes earring studs.
3. Shirts/Clothing
 - Alterations to shirts (ex. Cut off sleeves) will not be allowed
 - If a player misplaces or loses a shirt, it is the player's responsibility to replace it.
 - Players must have a shirt to play.
 - All players must wear shirt tails in and pants pulled up, and there will be no baggy or loose pants allowed.
 - Shorts/pants may **NOT** have belt loops or pockets.
4. No splints or casts (hard or soft) will be allowed on arms, head, or fingers.
5. **No metal cleats, screw-in cleats or metal tipped cleats**
6. **Mouth guards** must be worn during all games.

Coaching Suggestions

1. Get to know each child's likes and dislikes. You can base your praise and reinforcement to their individual needs.
2. Use mistakes as positive opportunities to learn rather than negative outcomes to dwell on.
3. Setting clear expectations in the "Team Rules" will help maintain order and discipline.
4. Whenever correcting a mistake, don't emphasize the bad effects of the mistake. Instead, point out the good things that will happen if the child follows instructions.
5. Always be open to learn more about coaching. Remember, "If you're through learning, you're through."
6. Always plan your practices. Unplanned practices often deteriorate into same old "favorite" drills of the coach.
7. Try and make sure you give praise to each individual child during a practice.
8. Always end practices and games on a positive note.
9. When planning your practice, always think **FUN!!**

Note: Statistics show 70% of children drop out of sports by age 13. The number one reason is kids say it's not fun anymore.

GAMES APPROACH TO COACHING

- When the fun is taken away from the sport then kids usually take themselves out of the sport too.
- When teaching new drills and strategies observe and assess all players. Ask questions about what they are learning, don't just tell them what they did wrong, and help them understand.
- Coaches need to motivate their players...young players are motivated to learn when they are having fun playing games and when they are participating in their own instruction.

Motivation
Understanding
Performance

These are 3 very important components to help coach young children.

- Coaches should teach and refine skills and tactics through the **IDEA** method:

Introduce
Demonstrate
Explain specifics of the skill
Attend to all players

Do's:

- Take time to introduce your self to parents on the first day and set "team rules" so everybody hears them and knows what to expect.
- Keep up with all your players during your scheduled practice time.
- Check in with the Site Supervisor at your site every time. There may be important information you need to pass along.
- Encourage your parents to attend practice and games.
- Make sure you create a fun and pleasant atmosphere for your players during practices and games.
- Play ALL your players. All players at the game from the beginning should play at least half the game.
- Motivate your players to work toward achievable goals.
- **HAVE FUN!!**
 - Always Remember: You are doing this for fun and to help the kids. Be a "nice" coach who your players will remember fondly.

Don'ts:

- Not show up for practice or a game without letting someone know in advance.
- Yell at players.
- **Use inappropriate language at anytime.**

- Exchange words with referees during games. You are a role model and children see your behavior at all times.
- Wear shirts with logos displaying alcohol or tobacco.
- Come to practice unprepared.
- Create an unpleasant atmosphere for your players.

Assertive Discipline

What is assertive discipline?

A method of behavior management in which you clearly and firmly communicates your wants and needs to players and are prepared to reinforce your words with appropriate actions. In this method, rules and/or limits for players and appropriate consequences if these rules are not followed.

Below are suggested rules to use when coaching youth players. Be sure all your players and their instructors are aware of, understand, and in agreement with the rules that you set.

1. Follow directions
2. Do not talk when someone else is speaking
3. Keep hands, feet, objects to self
4. No using inappropriate language or teasing of others

Discipline Plan Guideline

1. First Warning – tell athlete what he/she did wrong and tell him it is there first warning.
2. Second Warning – tell athlete what he/she did wrong and tell them it is there second warning. He/she must sit out (supervised at all times) for five (5) minutes.
3. Third Warning – tell athlete what he/she wrong and that this is his third warning. He/she should be escorted back to their parent (if on site) and discuss the matter in detail. If parents are not on site, the athlete should be sat down for the remainder of the practice until the parent/guarding arrives to the site.
 - a. When the parent/guarding arrives to the site, discuss the matter in detail.

Child Abuse Dealing with Parents

What is Child Abuse?

There are things we do in every practice and game that others consider child abuse. Why do we think it is okay to talk to children differently in a sport setting? Maybe we think they do not hear us anyway so it will not affect them. More times than not, **coaches** do not pay attention to how involved they are and how important winning becomes. Three types of child abuse and their explanation follows:

Verbal:	Swearing at players, name calling, hurtful comments regarding performance
Physical:	Slapping, grabbing, hitting, or shoving a child; excessive exercise as punishment, not allowing water breaks
Emotional:	Placing unrealistic expectations on a child (winning every game, not making any mistakes, missing free throws)

Coaches do not mean to hurt children. Please pay attention to your feelings about what is important as a youth coach. Please keep children as children (not as athletes) first on your list of importance.

Dealing with Parents

The success of your team involves everyone's participation. The key to keeping parents involved and happy is communication. Encourage parents to talk to you, ask questions and give input. If a parent offers their services or help take them up on it. They can offer help in many ways such as: refreshments, drinks, organizing socials or after game lunches. We encourage coaches to meet with their team parents early. Explain to them what you hope to accomplish and reassure them it is your wish for their child to have an enjoyable experience. Call parents if you need help and have not heard from anyone. More often than not, people want to help, but think if they do not know the sport there is nothing they can do. Thank parents publicly (i.e. after a game, at team party, etc.)

Dealing with disruptive parents: This is a dilemma. Depending on the circumstances, ask your league coordinator for advice & support

Ways to help prevent disruptive parents:

- During you meeting with the team parents tell the following:
- "Positive encouragement is good; negative comments are bad."
- "Cheering is good, but do not yell at your child or anyone else's child during the game. It can be distracting & what you tell them may be different from what the coaches are saying. If you would like to be an assistant coach, please call me, I would love your help."

- "Be careful not to say anything that might be taken the wrong way or hurt someone's feelings. Remember: this is for fun & these are children."
- "Be a good role model & a good sport."
- "Do not yell at the referees or say anything bad to or about the other team. Never boo the other team or cheer when they make a mistake."