

# Fort Dodge Parks and Recreation

Youth PreK-K Coed Parent  
Plus Flag Football

## Coaches Handbook



# PreK-K Parent Plus Flag Football League

## Important Dates

Practice Dates	Begin week of August 12
Picture Dates	August 28 & September 5
Game Dates	Saturday, August 24, September 7, 14

### **Coach Contact**

- Please have your players on your roster contacted by Monday, August 12<sup>th</sup>
- There is a home phone, cell phone, and email address listed for all participants. Any troubles contacting players, let me know!

### **Game/Practice Locations**

- All games and practices will be at Harlan Rogers Mini Majors Outfield

# PreK-K Parent Plus Flag Football

- I. Sportsmanship
  - a. This is a recreational/instructional league and sportsmanship is required and held to the utmost importance from all involved.
  - b. Players, Coaches and Fans that violate positive sportsmanship will be removed from the current game and the following game and cannot return to play until meeting with League Directors
  - c. Any Player or Coach that is removed for a second violation, will NOT be permitted to return to the league for at minimum the remainder of the season
  
- II. Players
  - a. 6 players on the field each play
  - b. 1 parent/coach playing quarterback position
  - c. Each player attending MUST play during the game
  - d. All participants must be registered with FDPR
  
- III. Coaches
  - a. All coaches are volunteers and are cleared through FDPR prior to being on sidelines or assisting with practices
    - i. Background Check Approved

- ii. Mandatory Reporter Training Certified
- iii. Staff approved

#### IV. Equipment

- a. Athletic shoes or rubber molded cleats (no metal cleats allowed)
- b. No additional pad or gear permitted
- c. A soft “rag” football will be used
- d. Flags will be provided for each participant (practices & games)
- e. Please wear an all-inclusive jersey and the designated team color indicated on schedule for each game

#### V. Game Length

- a. 25 minute running clock games
- b. 15 minute practice prior to games
- c. 2-1 minute timeouts per game (timeouts do stop the clock)

#### VI. Field Dimensions

- a. Field is 20 yards wide by 60 yards long

#### VII. DEFENSIVE Game Procedures

- a. “Tackling” (Flags)

- i. Grabbing of players or their clothing is not permitted
- ii. "Tackling" is the removal of the ball carrier's flag
- iii. A player is deemed down when either their flag is removed or when a knee touches down
- iv. Players may in no way prohibit the defense from pulling his/her flag, including stiff arming, cover with shirts or tucking into pants
- v. Fumble – the ball is deemed dead immediately upon touching the ground

b. Spotting of Ball

- i. Ball is spotted at where the ball is when the flag was pulled
- ii. Ball will be positioned in the center of the field or nearest hash mark

c. Substitutions

- i. Free substitutions when the ball is dead

d. Scoring

- i. No score will be kept during this league

VIII. OFFENSIVE Game Procedures

a. Blocking

- i. Hands are permitted for blocking only
- ii. Shoulder drive blocking is not permitted
- iii. Cut blocking is not permitted
- iv. Blocking between the waist and shoulders only

v. Contact above the shoulders is not permitted

b. Passing

- i. Forward passes are permitted from behind the line of scrimmage
- ii. All players are eligible to receive a pass
- iii. Lateral passes may be done at any time

c. Quarterback Runs

- i. The quarterback (the coach/parent) is permitted to rollout of the pocket but must pass, pitch, handoff or lateral the ball while behind the line of scrimmage
- ii. The quarterback is not permitted to advance the ball for positive yards

d. Player Positioning

- i. All players are eligible to receive a pass or run the ball
- ii. Offense/Defense must have four players on the line of scrimmage during the snap

e. Huddles

- i. If a team chooses to huddle, ALL offensive players must attend the huddle to participate in a play
- ii. No “sleeper players”

f. A defensive coach is allowed to huddle with the team

- i. The field of play will be equally divided in to four segments. Each team will have four downs to make the “first down” line or goal line, or choose to punt on fourth down

g. Substitutions

- i. Free substitutions when the ball is dead

h. Scoring

- i. No score will be kept during this league
- ii. There will be NO conversion attempts after scoring

IX. SPECIAL TEAMS Game Procedures

a. Kicking

- i. There are NO kickoffs
- ii. Ball will be placed on the 5 yard line after a touchdown by the opposing team

b. Punting

- i. No punting, teams MUST go for it on 4<sup>th</sup> down.

**X. Penalties**

- a. No penalty flags used, coaches will talk with players on violations

XI. Inclement Weather Information

- a. Decisions will be made 1 hour prior to the first game’s start time –If conditions would change check email or Facebook (Fort Dodge Parks and Rec)