

Coaches Meeting

Fall 2019 Season
Boise and Meridian Leagues



- Introductions
- Boise League
- Meridian League
- League Basics
- Rulebook Highlights
- Code of Conduct
- Coaching Tools



Coaches Meeting

Introductions

- Trevor Huish- Owner
 - Philosophy on scheduling games/ setting up tournament
 - After a week of practice let me know skill level
- Asa Shepherd
 - Operates Boise, Long-time Referee
- Camden Sutton
 - Operates Meridian, Long-time Referee

If there is an issue during a game with officiating, feel free to send a parent over to any one of us and we will come watch the game.

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NEW! Thanksgiving Holiday Tournament- Boise vs Meridian vs Nampa
played at Jabil Fields

- **5 vs 5 Same rules as Friday Night Flag- \$350 per Team**
You bring your own team. Bring Reversible Jersey. Can roster as many or few as you want.
- Divisions for different levels of play- Split into 8 teams
A, B, C, D

Everyone guaranteed three games (two seeding games then single elimination tournament) During Seeding games we might put you into a higher or lower division based on skill level

Tournaments $\frac{1}{2}$, $\frac{3}{4}$, 5/6, 7/8- played on Wed, Fri, Sat

Each Grade will play tournament in one day: Wed NOV 27th, Fri NOV 29th and Sat Nov 30th

❖ Men's tournament- Single elimination eight team tourneys (1 game minimum) \$100 Per team 9-12 on Thanksgiving Morning

Men's tournament open to any age- Thanksgiving morning, we will split into skill levels A,B, C, D

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Boise League

- Games played at Expo Idaho Fields
 - Glenwood Blvd.
 - Next to Boise Hawks Stadium
- League Director: Asa Shepherd
- K – 8th Grade
- 11 Fields
- 4 Game Times, beginning at 5:15pm
 - K- 5 teams 40 players
 - 1-2 18-20 Teams 166 players
 - 3-4 31 Teams, 305 players
 - 5-6 26 Teams, 258 players
 - 7-8 8 Teams- Boise and Meridian, 75 players

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Boise League Schedule

- Game Nights
 - Week 1: September 13th
 - Week 2: Thursday, September 19th
 - Week 3: September 27th
 - Week 4: October 4th
 - No games played Oct 11th
 - Week 5: October 18th
 - Week 6: October 25th (PLAYOFFS)
 - Week 7: November 1st (CHAMPIONSHIPS)
- Game Times: 5:15, 6:15, 7:15, 8:15

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Meridian League

- Games played at Jabil Soccer Fields
 - Meridian Exit, east of Home Depot
 - Next to Idaho State Campus/Renaissance HS
- League Director: Camden Sutton
 - K – 8th Grade
 - 9 Fields
 - 4 Game times, starting at 5:15pm
 - K- 4 Teams 30 players
 - 1/2 16 teams- 144 players
 - 3/4 21 teams 194 players
 - 5/6 16 teams 150 players

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Meridian League Location:



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Meridian League Schedule

- Game Nights
 - Week 1: September 6th
 - Week 2: September 13th
 - Week 3: September 20th
 - Week 4: September 27th
 - Week 5: October 4th
 - Week 6: October 11th (PLAYOFFS)
 - Week 7: October 18th (CHAMPIONSHIPS)
- Game Times: 5:15, 6:15, 7:15, 8:15

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Jersey Pickup

Thursday, August 22nd 6-8 PM
Dick's Sporting Goods Meridian-
3415 N Eagle Rd, Meridian, ID 83646

Tuesday, August 27th 6-8 PM
Dick's Sporting Goods Boise
131 N Milwaukee St, Boise, ID 83704

TEAM Sponsorship Required at time of pick up. \$240

Sponsors get-

- **Logo on FNF Website for six months**
- **Logo printed on banner that is displayed on the field**
- **FNF emails will include Sponsor Logos for six months**

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- New this year- One referee will have the rulebook downloaded to his/her phone. You can call a time out, challenge the call (if they have mistaken a rule) and if you are right, you will keep timeout. This will not work with judgement calls.



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Rule Changes

- To improve consistency
- Scorekeeping changes- most issues
- -Both refs keep score, scorekeeper keeps score- updated after each score. Refs check with scorekeeper
- **Rules**
- Interception of point after touchdown can be returned (page 6)
- Forward pass must be beyond line of scrimmage-Just forward (page 6)
- From now on Blocking is only when you obstruct a would be tackler (pg 6)
- **Contact**
- Please contact Asa Shepherd with refereeing issues so we can correct them
- ashepherd@fridaynightflag.com

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Code of Conduct

- Review and practice the Friday Night Flag Rules.
- Organize practices that are fun and challenging.
- Place the well being of players ahead of desire to win.
- Treat each player as an individual; emotional / physical development may be different for each child.
- Lead by example, demonstrate fair play and sportsmanship.
- **Do not harass referees or other team members.**
- **Provide each child with equal play time during practice and games.**
- **Refrain from cussing, yelling or using negative language at practice and games.**
- Provide a safe playing situation for players free of drugs and alcohol.
- Make sure all players are picked up after practice and games.
- You are a youth sports coach, this game is for the children, not adults.
- **Encourage parents to read and obey the code of conduct.**

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Coaching Code of Conduct

- Love that people want to win and love that it is a big deal but we have to make sure we don't take it too far.
- Every year we lose referees because coaches and parents yell at them
- Creates a cycle where we have less experienced referees who are more prone to getting yelled at
- Our referees better paid and trained than any other flag football league but we need to retain them!
- Having a conversation with a referee different than berating referee (only Head Coach should be talking to referee. If head coach is gone then one assistant can talk to referee).
- If having problems have a parent get Asa, Trevor or Camden to watch game
- **NEW PROCESS to ensure we are following code of conduct**
 - **1st instance- Email warning from Trevor**
 - **2nd instance- 1 game suspension**
 - **3rd instance- Suspended for rest of season**

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League Basics: PRACTICES

- Practices begin week of August 12th
- One practice per week, four practices before season starts
- 1.5 hours or less
- Find convenient location for parents
 - Local park or school; first come basis
- Coordinate day/time with parents
- Rosters- still adding wait list players and filling up teams

Scrimmages

- One scrimmage is allowed before the first game. This scrimmage is optional and can be held in addition to a regular weekly practice.
- Coaches schedule their own scrimmages. We also use scrimmage to train officials

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League Basics: GAMES

- 5 vs. 5
- 10 min. quarters, subs at quarter and mid-quarter
- Offense starts at 5-yard line
- Two No-Run Zones
 - Passing in no-run zone
 - Penalties in no-run zone
- 3 Plays to Mid-Field, 3 Plays to Score
- Coaches on field
 - K, 1-2: Allowed on field entire season
 - 3-4: Allowed on field first 3 weeks of games only
 - 5-6, 7-8: no coaches on field

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League Basics: EQUIPMENT

- Jerseys (NFL Flag only, supplied by league)
- Flags (NFL supplied flags only, supplied by league)
- Black shorts or pants, no stripes
 - One pair of Friday Night Flag shorts supplied by league
- Mouthguard required (no exceptions for practice or games)
- Cleats, not required but encouraged
- No belt loops on pants/shorts
- Wristbands for plays (optional, not supplied by league)
- **Team Sponsorships REQUIRED** to receive jerseys, must have sponsorship form/payment at Jersey Pickup

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Rulebook Highlights

- Black shorts or pants
- Scoring: front foot, not the ball location
- Quarterback: 7 seconds to throw, not a penalty, loss of down only
- Equal playing time
- Injured players, substitutions
- 7/8 Grade Division, Combined Meridian and Boise
- Playoffs
 - Kindergarten, Playoffs are single game
 - 1 vs 2, 3 vs 4, etc.
 - Playoff Seeding
 - Standings
 - Win – Loss
 - Points Against
 - Also look at opponents
- Game-day practice at Expo fields
 - No more than ½ hr before your game to “warm up”
- Practices
 - Only 1 per week.
 - No more than 1.5 hours long

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Coaching Tools

- NFL Flag & USA football Coach Membership
- <https://www.nflflag.com/register>
 - Register as coach in Friday Night Flag
 - get USA Football membership
 - FLAG Coaching Certification Course
 - Practice Planner
 - 3D Animated Drills Library
 - FLAG Film Room
 - Health & Safety Content
- Play books on FNF website
 - <http://www.fridaynightflag.com/coach>
- Coaches Clinic, TBD
 - Clinic conducted by past FNF experienced coach
 - Basics on team play
 - Run a practice
 - Offense and defense

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