

Coaches Meeting

Fall 2020 Season
Boise and Meridian Leagues



- Introductions
- Boise League
- Meridian League
- League Basics
- COVID Safety Guidelines and Procedures
- Rulebook Highlights
- Code of Conduct
- Coaching Tools



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Introductions

- **Trevor Huish- Owner**
 - Philosophy on scheduling games/ setting up tournament
 - After a week of practice let me know skill level
 - 480-266-8874
- **Asa Shepherd**
 - Operator of Boise League, Long-time Referee
 - 208-283-8512

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

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COVID-19 Safety Guidelines and Procedures

- Mouthguards are optional
- Adults are encouraged to wear masks; Players DO NOT need to wear masks
- Social Distance on the sidelines while watching games
- Encourage families to limit the number of people who come to watch games. We'd like to have only one or two people from each family attend the games, but we also realize that isn't always possible.
- Sanitize players hands at practice if you can. Referees will sanitize balls and player's hands at the beginning of the game and half time. You are welcome to remind referees if they forget.
- Think of alternatives to "High-Fives" and team cheers- knuckles, elbows, etc.
- Hand sanitizer will also be available when entering the fields for spectators
- Food Vendors will not be there this year
- You are not expected to be the enforcers of these guidelines, but please send out frequent reminders to your teams of what we all need to do to keep each other safe. Thank you for your support!

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Boise League

- Games played at Expo Idaho Fields
 - 5610 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 – Boise and Meridian
 - 1/2 17 Teams
 - 3/4 27 Teams
 - 5/6 14 Teams
 - 7/8 9 Teams- Boise and Meridian

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Boise League Schedule

- Game Nights
 - Week 1: Sept 10th or 11th
 - Week 2: Sept 17th or 18th
 - Week 3: Sept 24th or 25th
 - Week 4: Oct 1st or 2nd
 - Week 5: Oct 15th or 16th
 - Week 6: Oct 22nd or 23rd (PLAYOFFS)
 - Week 7: Oct 29th or 30th (CHAMPIONSHIPS)
- Game Times: 5:15, 6:15, 7:15, 8:15

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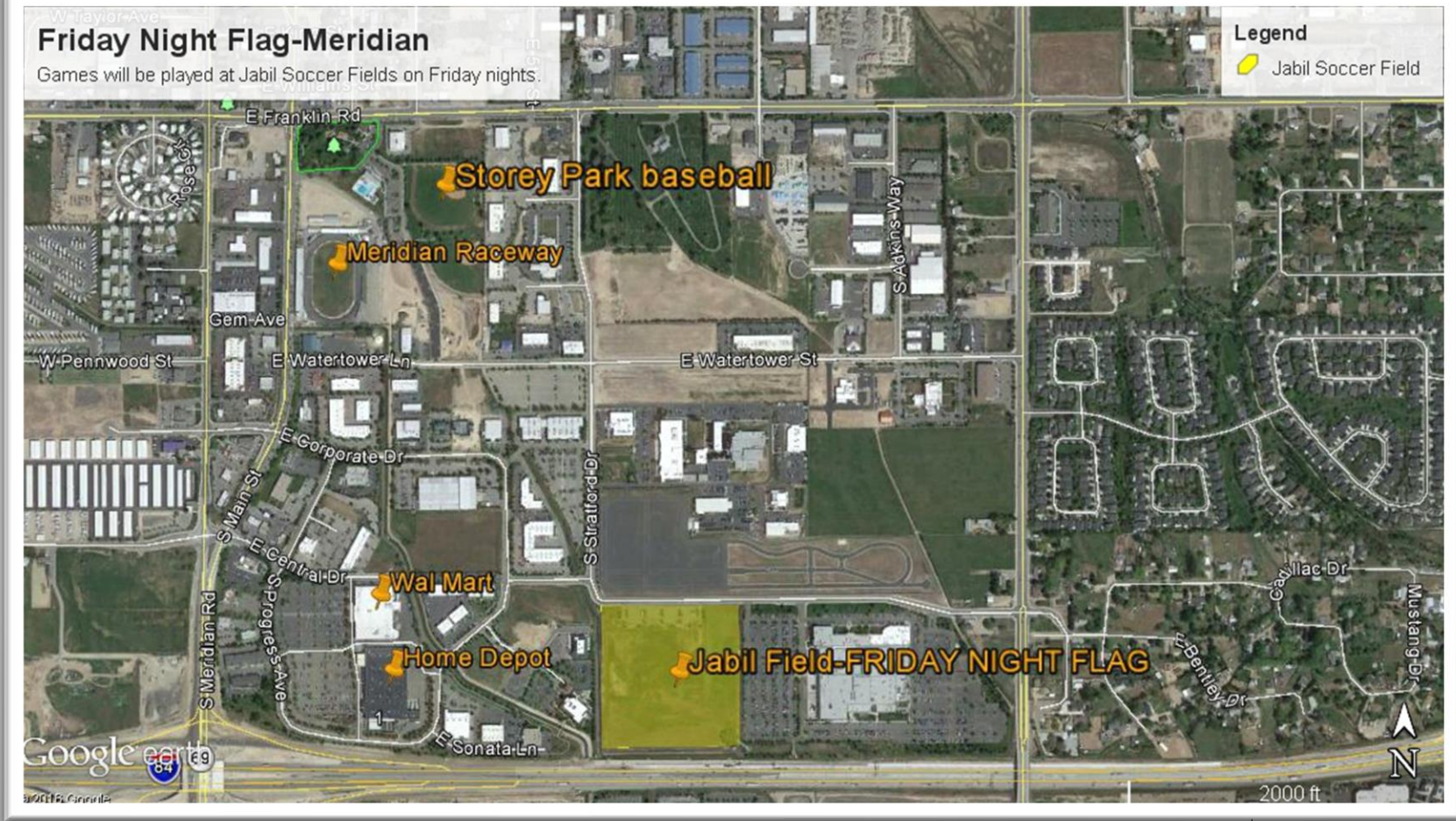
Meridian League

- Games played at Jabil Soccer Fields
 - Meridian Exit, east of Home Depot
 - Next to Idaho State Campus/Renaissance HS
- League Director: Trevor Huish
 - 4 Game times, starting at 5:15pm
 - K- 5 Teams- Meridian and Boise
 - 1/2 13 Teams
 - 3/4 21 Teams
 - 5/6 16 Teams
 - 7/8 9 Teams- Meridian and Boise

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Meridian League Location:



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Meridian League Schedule

- Game Nights
 - Week 1: Sept 10th or 11th
 - Week 2: Sept 17th or 18th
 - Week 3: Sept 24th or 25th
 - Week 4: Oct 1st or 2nd
 - Week 5: Oct 8th or 9th
 - Week 6: Oct 15th or 16th (Playoffs)
 - Week 7: Oct 22nd or 23rd (CHAMPIONSHIPS)
- Game Times: 5:15, 6:15, 7:15, 8:15

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Jersey Pickup

Saturday, August 29th ALL DAY-hopefully this will create small gatherings
3869 S. Naples Ave.
Meridian, ID 83642

Monday, August 31st **and** Tuesday, Sept 1st- ALL DAY
3869 S. Naples Ave.
Meridian, ID

*****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**
- **Ability to do booth or other promotion at field**

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- 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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Recent 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 17th
- 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 scrimmages 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 optional this season
- 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>

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