Coaches Meeting
Spring 2020 Season
Boise and Meridian Leagues
Coaches Meeting

- Introductions
- Boise League
- Meridian League
- League Basics
- Rulebook Highlights
- Code of Conduct
- Coaching Tools
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**
  • Operates Boise, Long-time Referee
  • 208-283-8512

• **Camden Sutton**
  • Operates Meridian, Long-time Referee
  • 208-991-7604

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.
NEW! 5 on 5 Tournament

Thursday June 11th - Saturday June 13th

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, or double elimination, based on number of teams that sign up)

During Seeding games we might put you into a higher or lower division based on skill level

Tournaments 1/2, 3/4, 5/6 - played on Thursday, Friday, and Saturday
June Skills Camp

- Boise/ Eagle- Stephen C. Guerber Park
- June 15-18 Monday- Thursday 9-12 PM

- Meridian
- Settlers Park
- June 22nd-25th Monday- Thursday 9-12 PM
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-6 teams 50 players
  - 1-2 22 Teams 205 players
  - 3-4 25 Teams, 242 players
  - 5-6 19 Teams, 185 players
  - 7-8 15 Teams- Boise and Meridian, 133 players
Boise League Schedule

- Game Nights
  - Week 1: April 3rd
  - Week 2: April 10th
  - Week 3: April 17th
  - Week 4: April 24th
  - Week 5: May 1st
  - Week 6: May 8th (PLAYOFFS)
  - Week 7: May 15th (CHAMPIONSHIPS)

- Game Times: 5:15, 6:15, 7:15, 8:15
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 40 players
  - 1/2 17 teams- 154 players
  - 3/4 22 teams 206 players
  - 5/6 14 teams 132 players
Meridian League Location:

Google Earth Map

Coaches Meeting
Meridian League Schedule

- Game Nights
  - Week 1: April 3rd
  - Week 2: April 10th
  - Week 3: April 17th
  - Week 4: April 24th
  - Week 5: May 1st
  - Week 6: May 8th (Playoffs)
  - Week 7: May 15th (CHAMPIONSHIPS)
- Game Times: 5:15, 6:15, 7:15, 8:15
Jersey Pickup

Tuesday, March 17th 6-8 PM
Dick’s Sporting Goods Boise
131 N Milwaukee St, Boise, ID 83704

Thursday, March 19th 6-8 PM
Dick’s Sporting Goods Meridian-
3415 N Eagle Rd, Meridian, ID 83646

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
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.
Rule Changes from last fall

• 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
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.
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 then any other flag football league but we need to retain them!
- Having a conversation with a referee different then 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
League Basics: PRACTICES

- Practices begin week of March 9th
- 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
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
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
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
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