

# Coaches Meeting

Spring 2020 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
  - 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.

## Coaches Meeting



# **NEW! 5 on 5 Tournament**

## **Thursday June 11<sup>th</sup> - Saturday June 13<sup>th</sup>**

**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**

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## **June Skills Camp**

- Boise/ Eagle- Stephen C. Guerber Park
- June 15-18 Monday- Thursday 9-12 PM
  
- Meridian
- Settlers Park
- June 22<sup>nd</sup>-25<sup>th</sup> Monday- Thursday 9-12 PM

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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 – 8<sup>th</sup> 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

## Coaches Meeting



# 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

**Coaches Meeting**



# Meridian League

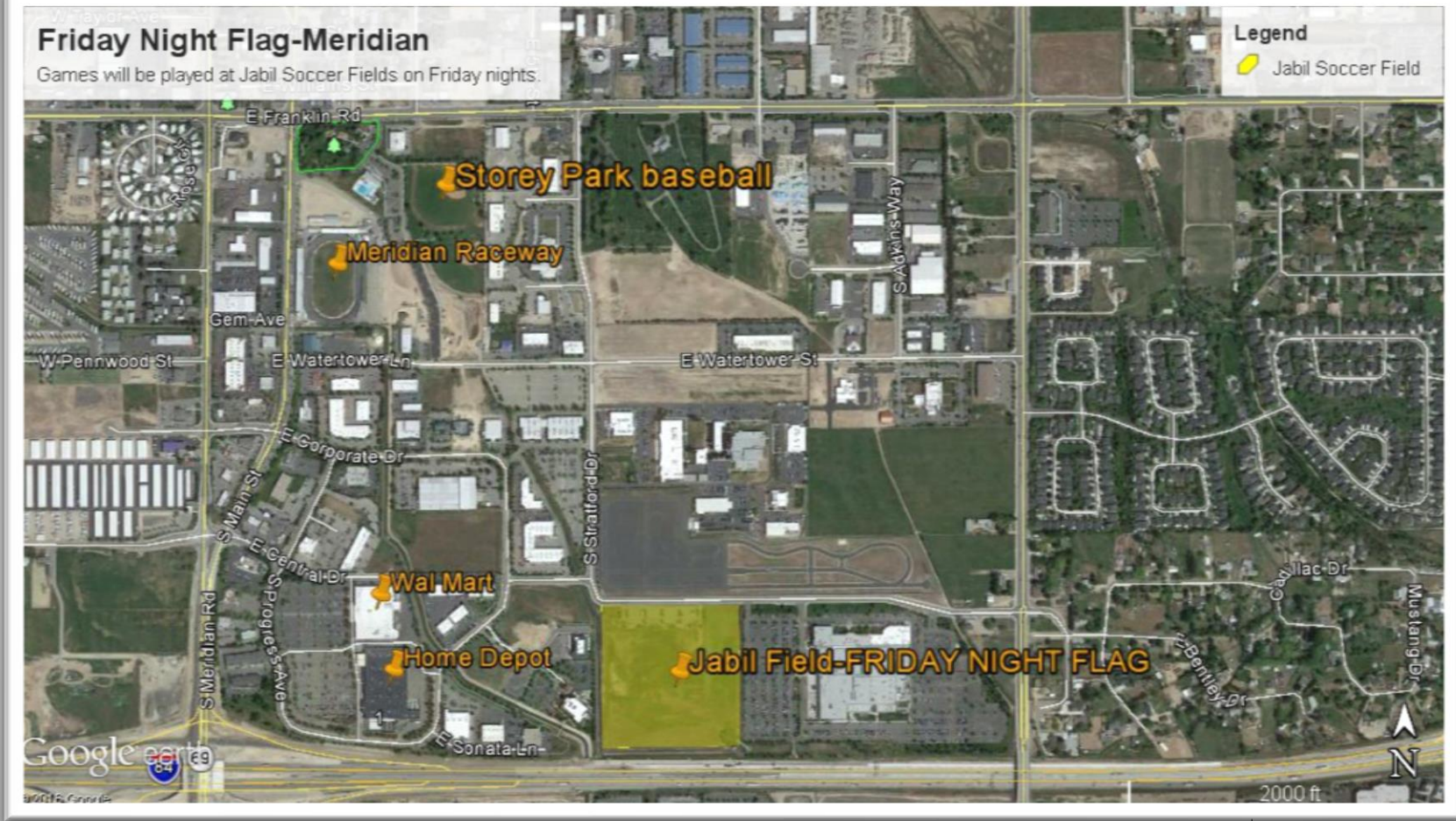
- Games played at Jabil Soccer Fields
  - Meridian Exit, east of Home Depot
  - Next to Idaho State Campus/Renaissance HS
- League Director: Camden Sutton
  - K – 8<sup>th</sup> Grade
  - 9 Fields
  - 4 Game times, starting at 5:15pm
  - K- 4 Teams 40 players
  - 1/2 17 teams- 154 players
  - 3/4 22 teams 206 players
  - 5/6 14 teams 132 players

## Coaches Meeting





# Meridian League Location:



# 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 8<sup>th</sup> (Playoffs)
  - Week 7: May 15<sup>th</sup> (CHAMPIONSHIPS)
- Game Times: 5:15, 6:15, 7:15, 8:15

**Coaches Meeting**



## **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**

# **Coaches Meeting**



- 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.



**Coaches Meeting**

# 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](mailto:ashepherd@fridaynightflag.com)

## Coaches Meeting



## 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.**

# Coaches Meeting



# 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**
  - **2<sup>nd</sup> instance- 1 game suspension**
  - **3<sup>rd</sup> instance- Suspended for rest of season**

## Coaches Meeting



## 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

# Coaches Meeting





## 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

## Coaches Meeting



## 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

# Coaches Meeting

