

ERIE PARKS & RECREATION



10U YOUTH FLAG FOOTBALL RULES AND INFORMATION PACKET 2023

www.erieco.gov/parksandrec
www.quickscores.com/erie

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P.O Box 1110
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I. GENERAL INFORMATION

A. Town of Erie Parks & Recreation Department Mission:

The Parks & Recreation Department inspires our community to come together, learn, grow and be active, healthy and well by delivering exceptional parks, open spaces, trails, facilities, programs and services.

B. Youth Sports Philosophy

Erie Parks & Recreation strives to provide a positive, safe, and fun environment to allow children of all skill levels the opportunity to play. We hope to create an environment that balances teamwork, commitment, hard work, sportsmanship, and competition.

C. Play hard – Have fun – Respect one another

D. Sports Administration:

Erie Parks & Recreation Youth Sports Leagues are managed by:

Mollie Gunter
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Sports Information Websites
www.quickscores.com/erie
www.erieco.gov/parksandrec

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E. Sports Information Website: www.quickscores.com/erie

Please visit our sports information website for important information:

- Practice and Game Schedules (including makeup information)
- Standings (if necessary)
- Downloads (League Rules, Information Packets, etc.)
- Park and Facility Locations and Maps
- Inclement Weather Information
- Coaching Resources

F. Registration:

There are two ways to register your child:

- 1) Online at <https://www.amilia.com/store/en/erierec/shop/programs>
- 2) In person or over the phone at the Erie Community Center at 303-926-2550

G. Inclement Weather - SAFETY IS OUR NUMBER ONE PRIORITY!!

Every attempt will be made to play; however, if field and/or weather conditions present an unsafe environment, we will postpone or cancel practices and games. Field supervisors are instructed to err on the side of caution when it comes to inclement weather decisions.

- **Please call the weather hotline at 303.926.2550 (option 4). Weather information can also be found on www.quickscores.com/erie.** Weather information is updated by 4:00pm on weekdays or 8:00am on weekends in the case of cancellations or delays.

H. Makeup Games

For every season, we schedule one additional game in anticipation of a potential cancellation. Therefore no cancelled games will be rescheduled. If more than two games are cancelled during the season, Sports Administration will evaluate if rescheduling is a feasible option based on: facility/field, staff, and season date availability.

- In the case of rescheduled games, information is distributed to each coach as soon as possible following a cancellation.
- Refunds/credits will not be given due to inclement weather cancellations as every attempt will be made to makeup games.
- Practices may be rescheduled at the coach's discretion pending field/gym availability.

I. Refund Policy

For activities cancelled by Erie Parks & Recreation, refunds will be issued automatically. For all other situations, a refund request form must be completed and turned in to Sports Administration. Forms are available at the Erie Community Center.

A refund will be issued on written request per the following guidelines:

- A full (100%) credit or refund will be issued if: withdrawals are requested at least seven (7) calendar days prior to the activity start date.
- A 75% credit or refund will be issued if: withdrawals are requested up to six (6) calendar days prior to the activity start date.
- A 50% credit will be issued if: withdrawals are requested after activity date begins and before activity session is 50 % complete.
- No credit or refunds will be issued after activity session is 50% complete.
- Late activity registrations will not be prorated.

J. Communication

Coaches are the main point of contact between parents and Sports Administration.

- Sports Administration contacts each coach regarding any new information or updates.
- Coaches update parents. Parents should contact their coach first with any questions about practices, games, uniforms, pictures, etc.
 - Should there be a breakdown in communication, please contact one of the members of Sports Administration directly.

K. Safety

Participant safety is of our utmost priority. We work with our coaches to ensure that our participants and parents feel that they are safe while participating in our programs.

- Inclement Weather - See Section I.G.
- Background Checks / Safety Trainings – All head coaches are required to pass a background screen and complete required trainings through our Trusted Coaches Platform.
- Touch Policy - Coaches are instructed to minimize physical contact with participants. Touch should be governed by the age and developmental stages of the participants, and should be in response to the child's need (not the adult's).
- Transportation Policy - Coaches are instructed to not transport participants while they are operating a vehicle unless they have specifically received consent from said participant's parents or guardian.

L. Trusted Coaches

Erie Parks & Recreation and Trusted Coaches are now partner organizations! Our goal with this partnership is to ensure the safety of our youth sports participants and provide reliable training for all volunteer coaches.

All Erie Parks and Recreation Youth Sports teams are coached by parent volunteers who have completed a background screen and other required trainings through Trusted Coaches. These trainings include Concussion Education, Child Safety, InsideOut Coaching, and First Aid. For more information on Trusted Coaches please visit www.trustedcoaches.org.

II. SPORTS AND LEAGUE INFORMATION

A. Facility and Park Locations

Erie youth flag football facility and park locations are listed below:

Abbreviation	Park Name	Park Address
ECP	Erie Community Park – Mitchell Field	450 Powers St.

Maps and driving directions can be found on www.quickscores.com/erie. For additional facility and park location questions, please contact your coach.

B. Youth Sport Program Offerings

Please see the most recent copy of our tri-seasonal Program Guide or visit <https://www.amilia.com/store/en/erierec/shop/programs> to see program offerings.

C. Competitive Play and Playing Time

- Erie Parks & Recreation Youth Sport Programs strive to provide a safe, positive and fun environment in which children learn valuable life and sports skills.
- It is against Erie Parks & Recreation Youth Sports Leagues policy for players to concurrently participate in/on any same sport competitive league/team during any part of our respective recreational sports season. By registering and participating in any of our youth sports leagues, you acknowledge that you and the participant are abiding by this policy.
- Each participant will receive an equal amount of playing time, regardless of the amount of practices attended or playing ability. Coaches should substitute players as necessary to provide for this.
- Exceptions can be made if special arrangements have been previously communicated and agreed upon between the parent/guardian and the coach.

D. Uniforms

The uniform order is placed immediately following the registration deadline. Add-ons (late registrations) will be sent weekly thereafter and may NOT be available by your first game. If you order the wrong size, you will be responsible for the replacement cost. Uniform colors and numbers are chosen completely at random and uniforms may not be modified in any way.

E. Registration Dates/Waitlists

Registration for leagues will open approximately seven (7) weeks prior to the registration deadline for residents (R) and approximately six (6) weeks prior to the registration deadline for non-residents (NR).

Registrations are accepted until the registration deadline or until a team becomes full, whichever comes first. Additional registrations will be placed on a waitlist and we will only contact you if a spot becomes available. We strongly encourage you to register as early as possible for each league as space is limited.

F. League Practice Offerings

Please refer to the practice day and time offerings for each league in the Program Guide or online at www.erieco.gov/parksandrec. Practice days, times, and locations are subject to change.

G. Recreational Sports Age Classifications

For a majority of our leagues, we classify our league offerings by age. Unless otherwise noted in each program/league's description, the age calculation date for all youth sports programs/leagues will be **calculated by the first league contact day**.

The "U" **before** the age number stands for "under" (e.g., U9 stands for ages under 9).

The "U" **after** the age number stands for "and under" (e.g., 9U stands for ages 9 and under).

H. Coaches

All Erie Parks & Recreation Youth Sports teams are coached by parent volunteers.

- All coaches must pass a background check, are required to attend the coach's meeting prior to the season, and must complete all required trainings through our Trusted Coaches Platform.
- Two assistant coaches are allowed per team; they must also pass a background check and concussion training before volunteering.
- Please refer to pages 8 and 9 of this packet for more information regarding coaching.

I. Schedules

- Practice days and times are pre-set by Sports Administration and coaches/families may select the team that works best for their schedule.
- Game schedules will be available online at least one week prior to the first scheduled game.
- Please refer to the league description for specific game days.

J. Officials

- Sports officials are hired based on their familiarity with the sport, experience working with children, and their general demeanor.
- Just as your child is learning fundamental skills and gameplay, some of our officials are doing the same.
- We do our best to properly train all staff and officials and they are evaluated throughout the season.

K. Picture Day

- Lifetouch will schedule picture days and times. They will always be on a game or practice day.
- The picture schedule will be sent out to coaches by email approximately one week prior to picture day.

L. Awards

- All league players participating in divisions that don't keep score or don't compete in an End of Season tournament will receive participation medals.
- If teams compete in an end of season tournament, they will have the opportunity to win a tournament medal.
- Awards are distributed to coaches before the final game.

M. Jewelry Policy

- To ensure the safety of all participants and staff jewelry, hats, and sunglasses may not be worn during active play. Exceptions will be made for prescription eyewear. If jewelry cannot be removed for any reason it must be taped down. Game day staff will have the final say in regard to safety compliance.

N. Timeline

The following chart details what you can expect before, during, and after the season:

Event	Activities
Registration Opens	Register, Coaches pick practice days/times
Registration Closes	Form teams, Recruit additional coaches (if necessary), Order uniforms, Conduct coach's meeting
Week Prior to First Practice	Distribute rosters to coaches, Coaches contact parents regarding practice days/times
Week Prior to First Game	Distribute game schedules and uniforms to coaches
Mid-Season to End-Season	Picture day, Updated schedule/league information, pictures, and awards distributed to coaches
Post-Season	Optional party and opportunity to evaluate program or league

O. Code of Conduct & Regulations

STATEMENT

- Coaches, players, parents and spectators have a responsibility to behave in a respectful manner that will instill a sense of sportsmanship in all players
- As a coach, player, parent or spectator at a Town of Erie youth sporting event I understand:
 - It will not be tolerated at any time to lay a hand upon, push, shove, and threaten to strike or verbally threaten an official, player, other coach or supervisor.
 - Being involved in a physical altercation with a player, coach, spectator, or staff member will result in my ejection from the game and possible suspension from future games.
 - All coaches, players, parents, and spectators will abide by the official's decision. The official's decision and/or calls are not arguable. If you have a concern regarding the officiating contact your league coordinator.
 - Verbal abuse, harassment, and/or unsportsmanlike behavior towards an official, player, spectator, supervisor, coach or athletics staff member is not tolerated.
 - All coaches, players, parents and spectators will refrain from the use of vulgar or unsportsmanlike manners including language while practices and games.
 - Any coach, player, parent or spectator that is ejected from the game must leave the playing area immediately upon request. Failure to leave will result in suspension of the game and/or forfeiture of the game.
 - The zero tolerance policy is in effect at all athletic events.
- Failure to abide by the Code of Conduct will result in ejection from the game and possible suspension from future games.

ZERO TOLERANCE POLICY

- There will be zero tolerance for players, coaches and spectators who engage in harassing and/or unsportsmanlike behavior with umpires / officials, other spectators, game supervisors, other players, other coaches, or Athletic Staff. Officials, game supervisors and Athletic Staff have the authority to penalize the player, coach, spectator, or team if an official is sworn at, harassed, argued with, or insulted. Penalties will range from: warning, to ejection from game, to suspension from future games and possible forfeiture of the game.

DISCIPLINARY PROCEDURES

- Official(s) and/or staff members at all recreation program sites have the authority to reprimand and/or eject coaches for misconduct. An ejection of any type will result in a minimum of a 1- game suspensions from any recreation program and /or facility (the ejection game is not included in the suspension period); suspensions may carry over to the next season.
- League Coordinators will handle disciplinary procedures on a case by case basis.

13U/10U LEAGUE RULES AND GUIDELINES



A. Game

1. NFL Flag will govern all play in addition to the listed playing rules.
2. At the start of each game, one coach and/or captain from both teams shall meet at midfield for the coin toss to determine who shall start with the ball. The visiting team shall call the toss.
 1. The winner will elect to start on offense or defense.
 2. The loser of the coin toss will elect choice of direction.
3. The offensive team takes possession of the ball at its 5-yard line and has four (4) plays to cross midfield. Once a team crosses midfield, they have four (4) plays to score a touchdown.
4. If the offensive team fails to cross midfield or score, the ball changes possession and the new offensive team starts its drive on its own 5-yard line.
5. All possession changes, except interceptions, start on the offense's 5-yard line.
6. Teams change sides after the first half. Possession changes to the team that started the game on defense.

B. Field

1. The field dimensions are approximately 30 x 70 yards with two 10-yard end zones, and a midfield line-to-gain.
2. No-Run Zones precede each line-to-gain by 5 yards.
 1. No-Run Zones are in place to prevent teams from conducting power run plays. While in the No-Run Zones (a 5 yard zone before midfield and before the end zones), teams cannot run the ball in any fashion. All plays must be pass plays, even with a handoff.
3. Stepping on the boundary line is considered out of bounds.

C. Rosters

1. The roster maximum is 10 players (up to 12 players upon coach's request).
2. Teams will play six vs six (*new Fall 2023*).
3. In the event of an injury, a team with insufficient substitute players may play with four players on the field, but no fewer than four.

D. Equipment

1. Each coach will be provided with flag belts and footballs.
2. Mouth guards are required. **All players must attempt to keep their mouth guard in during all sessions. If mouth guard is removed, players must sanitize hands immediately.**
3. Teams will provide their own ball on offense.
4. With the approval of the game official, players may use any other safety equipment that they choose to use (as long as it is sanitized before use at games and practices and not shared with any other players).
5. Uniforms provided must be worn on game days.
6. Players must wear shoes. Rubber cleats are allowed; the use of metal cleats is prohibited.
7. Players must remove all jewelry with the exception of medical alert bracelets/necklaces.
8. Players' game day shirts must be tucked into their pants/shorts.
 1. Failure to do so may constitute flag guarding if in the official's judgment the untucked jersey interferes with the player's ability to pull the flag.
9. The following game balls will be used:
 1. 10U: Junior
 2. 13U: Junior

E. Timing and Overtime

1. The game will consist of two 20 minute running halves. The clock stops only for timeouts.
 1. The clock will stop according to High school rules in the last 30 seconds of the 2nd half only if 8 or less points separate the two teams.
2. Play clock
 1. The play clock is established to encourage a fast-paced game.
 2. The play clock is kept by the referee.
 3. The play clock is started once the official sets the ball ready for play; the play clock runs until the ball is snapped.
 4. The referee is encouraged to warn teams once the play clock is close to expiring.
 5. 10U and 13U: The play clock is 30 seconds.
3. Halftime is three minutes long.
4. Each team has one 60-second time-out per half. Time-outs do not carry over between halves.
5. In the event of an injury, the clock will stop and then restart when the injured player is removed from the field of play.
6. If the score is tied at the end of 40 minutes, the game should be determined a tie.
7. In playoff situations an overtime (OT) period will be used to determine a winner. OT format is as follows:
 - i. Each team gets one series of four (4) plays starting at midfield.
 1. First possession choice goes to the winner of overtime coin toss. First possession will alternate for each subsequent overtime period.
 2. There is no sudden death; each team gets a minimum of one possession.
 - ii. Winner will be determined based on points scored.
 1. If both teams score touchdowns and complete the same amount of points in conversions, the process is repeated.
 - a. Starting with the 3rd overtime possession after scoring, teams must attempt a 2 point conversion.
 - b. In the case of an interception, the ball will be marked at either the line of scrimmage (midfield) or the point where the defender's flags were pulled, whichever is the more advantageous spot to the defense.
 - c. If the defensive team intercepts the ball and returns it for a touchdown, said team wins.
 - iii. There are no time-outs; time-outs do not carry over from 2nd half. – Review would like 1 TO

F. Scoring

1. For the 10U and 13U age groups, Score will be kept. Official score will be kept by the referee.
2. If in the 2nd half there is a 28 point differential, the scoreboard will be turned off; however, the referee will continue to keep an official score. – No Scoreboard, should we remove?
 1. A maximum of a 28 points difference per game will be counted in the final standings.
3. Touchdown: 6 points
4. Point After Touchdown (PAT): 1 point (5-yard line) or 2 points (10-yard line)
 1. Note: 1 point PAT can only be a pass. 2 point PAT can be run or pass.
 2. A team that scores a touchdown must declare which PAT it chooses to attempt. Any change, once the ball is placed ready for play, requires a charged time out. Decision cannot be changed after a penalty.
 3. Interceptions on conversions cannot be returned.
5. Safety: 2 points
 1. A safety occurs when the ball carrier is declared down in his/her own end zone. They can be called down when their flags are pulled by a defensive player, their flag falls out, they step out of bounds or they hit the ground with their knee or arm. A safety also occurs when there is an offensive penalty in the end zone.

G. Coaches

1. Coaches are encouraged to call plays without huddling.
2. Any audible called by the coach must be called from the sideline.
3. Coaches are allowed on the field in the huddle but must move to the sidelines prior to the snap.
4. Coaches are discouraged to audible plays once the huddle has been broken.

H. Live Ball/Dead Ball

1. The ball is live at the snap of the ball and remains live until the official whistles the ball dead.
2. The following are considered legal snaps: under center snap, side snap, shotgun snap.
 - i. The ball must remain in contact with the ground until the snap.
3. The official will indicate the neutral zone (2 yards) and line of scrimmage. It is an automatic dead ball foul if any player on defense or offense enters the neutral zone.
4. Substitutions may be made on any dead ball.
5. Play is ruled "dead" by any official when:
 1. The ball hits the ground; the ball carrier's flag is pulled; the ball carrier's flag falls off; the ball carrier steps out of bounds; the ball carrier's knee or arm hits the ground; the receiver catches the ball while in possession of no flag(s); the 10 second pass clock expires; a touchdown, PAT or safety is scored.
 2. Note: There are no fumbles. The ball is spotted where the ball carrier's feet were at the time of the fumble.

I. Running

1. The ball is spotted where the runner's feet are when the flag is pulled.
2. The quarterback cannot directly run with the ball.
3. Only direct handoffs behind the line of scrimmage are permitted. Handoffs may be in front, behind, or to the side of the offensive player. The offense may use multiple handoffs. The center sneak play is not permitted.
4. No laterals or pitches of any kind in 10U.
5. The player who takes the handoff can throw the ball from behind the line of scrimmage.
6. Once the ball has been handed off by the quarterback, all defensive players are eligible to rush.
7. Runners may not leave their feet to advance the ball. Diving, leaping, or jumping to avoid a flag pull is considered flag guarding.
 1. Runners may only leave their feet if there is clear indication they did so to avoid a collision with another player without a flag guarding penalty enforced.
8. Spinning is allowed, but players cannot leave their feet to avoid a flag pull.
9. No blocking or "screening" is allowed at any time.
10. Offensive players must stop their motion once the ball has crossed the line of scrimmage. No running with the ball carrier.

J. Passing

1. All passes must be thrown from behind the line of scrimmage and received beyond it.
2. Shovel passes are allowed, but must be received beyond the line of scrimmage.
 1. 10U/13U the quarterback has an 8-second "pass clock." If a pass is not thrown within the eight seconds, the play is dead, the down is consumed and the ball is returned to the line of scrimmage.
 - i. If the ball is handed off, the 8-second rule is still in effect.
 - ii. The ball carrier must cross the line of scrimmage or throw the ball before the 8 second clock expires

K. Receiving

1. All players are eligible to receive passes (including the quarterback, if the ball has been handed off behind the line of scrimmage).
2. Only one player is allowed in motion (minimum of one yard behind and parallel to line of scrimmage) **at the snap.**
3. A player must have at least one foot inbounds when making a reception.
4. In the case of simultaneous possession by both an offensive and defensive player, possession is awarded to the offense.
5. Interceptions are returnable, but not on conversions after touchdowns.

L. Rushing the Passer

1. All players who rush the passer must be a minimum of seven yards from the line of scrimmage when the ball is snapped. Any number of players can rush the quarterback. Players not rushing the quarterback may defend on the line of scrimmage.
 1. If a rusher leaves the Rush Line early, they may return to the Rush Line to reset, then legally rush the quarterback.
2. No defensive players may be moving towards the line of scrimmage at the snap of the ball, but are allowed to move laterally.
3. Once the ball is handed off, the seven-yard rule is no longer in effect and all defenders may go behind the line of scrimmage.
4. A special marker, or the referee, will designate a Rush Line seven yards from the line of scrimmage.
 1. A penalty may be called if:
 - i. The rusher leaves the rush line before the snap and continues to rush.
 - ii. Any defensive player crosses the line of scrimmage before the ball is snapped.
 - iii. Any defensive player, not lined up at the rush line crosses the line of scrimmage before the ball is passed or handed off.
 2. Special circumstances:
 - i. Teams are not required to rush the quarterback, 8 second clock in effect.
 - ii. If rusher leaves the Rush Line before the snap, he/she may immediately drop back to act as defender with no offside penalty enforced.
5. Players rushing the quarterback may attempt to block a pass; however, no contact can be made with the quarterback. Making contact with the passer will result in a roughing the passer penalty.
6. The offense cannot impede the rusher in any way. The rusher has the right to a **straight line** clear path to the quarterback. If the "path" is occupied by a moving offensive player, it is the offense's responsibility to avoid the rusher. Any disruption to the rusher's path and/or contact will result in an impeding the rusher penalty. If the offensive player does not move after the snap, then it is the rusher's responsibility to go around the offensive player and to avoid contact.
7. A sack occurs if the quarterback's flags are pulled behind the line of scrimmage. The ball is placed where the quarterback's feet are when flag is pulled.

M. Flag Pulling

1. A legal flag pull takes place when the ball carrier is in full possession of the ball.
2. Defenders can dive to pull flags, but cannot tackle, hold or run through the ball carrier when attempting. **Contact that results from a defensive player diving for flags will likely be penalized.**
3. If a player's flag inadvertently falls off during the play, the player is down immediately upon possession of the ball and play ends.
4. A defensive player may not intentionally pull the flags off of a player who is not in possession of the ball and doing so may result in an unsportsmanlike conduct foul.
5. Flag guarding is an illegal attempt by the ball carrier to obstruct the defender's access to the flags by stiff arming, dropping the head, hand, arm or shoulder, intentionally covering the flags with the football jersey, or leaving the ground.

6. Once a player pulls a flag they should place it on the ground immediately. Any taunting with or throwing of flag belts will result in an unsporting conduct penalty.

N. Formations

1. Offensive players must line up 2 yards apart from teammates.
2. Offense must have a minimum of one receiver on the line of scrimmage.
3. Offensive players must come to a complete stop before the ball is snapped unless he/she is the only player in motion.
4. Movement by a player who is set is considered a false start.
5. Movement by a player who runs toward the line of scrimmage while in motion is considered an illegal motion.

O. Penalties

1. **General**

1. Game officials determine incidental contact, which may result from normal run of play.
2. Only head coaches may ask the game official questions regarding the rule clarifications and interpretations. Players cannot question an official's call.
3. Games cannot end on a defensive penalty unless the offense declines the penalty.
4. Intentional contact is prohibited. The first offense will result in a warning; the second offense will result in ejection of player.
 - i. Offensive intentional contact will result in a 10 yard penalty from the spot of the foul & loss of down.
 - ii. Defensive intentional contact will result in 1st down at the spot of the foul.
5. Unsporting conduct is prohibited. Unsporting conduct penalties may be called on players, coaches, or parents.
 - i. Offensive unsporting conduct will result in a 10 yard penalty & loss of down.
 - ii. Defensive unsporting conduct will result in a 10 yard penalty & automatic first down.
 - iii. Any player or coach receiving two unsporting conduct penalties in one game will be disqualified from playing / participating in the rest of the game and may be subject to further disciplinary action as deemed necessary by the officials, site supervisor or sports administration team. Intentional Contact penalties count towards the total of Unsporting Conduct penalties for players. Any spectator who receives two unsporting conduct penalties in one game must leave the playing area immediately and may be subject to further disciplinary action as deemed necessary by the officials, site supervisor or sports administration team.

2. **Defensive Penalties**

1. Pre Snap Penalties

- i. Offsides/Encroachment: 5 yards and repeat the down (play is blown dead at the snap).

2. Line of Scrimmage Penalties

- i. Illegal Rushing: 5 yards from the line of scrimmage and automatic 1st down.
- ii. Illegal Contact/Defensive Holding (before the pass is executed): 5 yards from the line of scrimmage and automatic 1st down.
- iii. Roughing the Passer: 10 yards from the line of scrimmage and automatic 1st down.
- iv. Defensive Pass Interference: Ball is placed 10 yards from line scrimmage and automatic 1st down.

3. Spot Penalties

- i. Defensive Holding on a Ball Carrier (using any part of a player's uniform to impede the ball carrier or assist in a flag pull): 5 yards added to the end of the play and automatic 1st down.
- ii. Excessive Contact: 5 yards added to the end of the play and automatic 1st down.
- iii. Intentional Contact: 10 yards added to the end of the play and automatic 1st down.
- iv. Unsporting Conduct: 10 yards added to the end of the play and automatic 1st down.

3. ***Offensive Penalties***

1. Pre Snap Penalties

- i. False Start / Offsides: Loss of 5 yards and repeat the down.
- ii. Delay of Game (after 1 warning): Loss of 5 yards and repeat the down.

2. Line of Scrimmage Penalties

- i. Illegal Motion (more than one person in motion; motion towards or away from the line of scrimmage at the snap): Loss of 5 yards and loss of down.
- ii. Illegal Forward Pass (pass that is either released by a player who has passed the line of scrimmage or a forward pass that does not cross the line of scrimmage before being caught): Loss of 5 yards and loss of down.
- iii. Performing a running play in the "no run zone": play is blown dead, ball is placed at the original line of scrimmage and loss of down.
- iv. Offensive Pass Interference: Loss of 5 yards and loss of down.
- v. Impeding the Rusher: loss of 5 yards and loss of down.

3. Spot Penalties

- i. Excessive Contact: 5 yard loss from the spot of the foul and loss of down.
- ii. Intentional Contact: 10 yard loss from spot of the foul and loss of down.
- iii. Flag Guarding: 5 yard loss from spot of foul and loss of down.
- iv. Jumping/Diving to avoid the defense or reach a spot: Loss of 5 yards from the spot of the foul and loss of down.
- v. Offensive Holding/Blocking/Screening: Loss of 5 yards from the spot of the foul and loss of down.
- vi. Unsporting Conduct: Loss of 10 yards from the conclusion of the play and loss of down.

- 4. For any fouls not specifically listed above, officials will use their best judgment to apply a listed penalty to the situation.

Erie Parks & Recreation

Youth Sports

VOLUNTEER COACHING INFORMATION

How about coaching a team this season? Your time and efforts are vital to a successful program. If you have already signed up to do so, thank you! If you have not signed up yet, please consider the opportunity to make a lasting and positive impact on a child's life.

Please read the following information to ensure your understanding of important guidelines, dates, and frequently asked questions regarding coaching:

BECOMING A COACH

- All head coaches must be 18 years of age or older.
- **All new coaches must complete the volunteer application form (forms available at Guest Service or online at www.quickscores.com/erie under "Coaching Resources").**
- All volunteer coaches must complete a background check and all other required trainings through our Trusted Coaches platform prior to having contact with players. (See Trusted Coaches Section for more information).
- Coaches who are reported as behaving badly (technical fouls, rough on officials, unsportsmanlike conduct, condescending to children, etc.) will be counseled by the staff, and if necessary, put on probation or relieved of their duties.

RESOURCES AND TRAINING PROVIDED

- No experience is necessary, although potential coaches should have a basic understanding of the sport/rules and enjoy working with and teaching children. Good organizational and communication skills are a plus.
- All new coaches will receive a **coach binder** which includes practice agendas, sport specific information, team roster, incident reports, inclement weather information, etc.
- All new coaches will also receive a **coach t-shirt** to be worn on game days and the first week of practices.
- We will also provide you with sports equipment for your team, game rules, and other important information.
- All coaches should plan to attend the coach's meeting for their league conducted 1-2 weeks prior to the start of the season.

PRACTICES AND GAMES

- Coaches can select the practice day/time that works best for their schedule prior to registration (must be within pre-determined bounds) and can pass along information to families prior to registration.
- Teams may practice once or twice per week depending on the sport and field/gym availability.

ROSTERS

- Once you receive your roster from Sports Administration, it is your responsibility to contact each parent or guardian to communicate the practice days, times, and locations. **Please do this as soon as possible.**
- Only individuals listed on the roster may participate. If there are additions to your team, we will send you an updated roster. This is to avoid any potential legal liability issues allowing children to participate who have not properly completed the registration process.

HELPFUL HINTS

- Communicate, communicate, communicate (with parents and Sports Administration Team).
- Establish a clear and consistent method of communication with the parents. Store and save all parent contact information for quick access.
- Set team, player and parent expectations.

- We communicate with you primarily via email. Please check your email account regularly.
- Enlist help from other parents (assistant coach, snack coordinator, phone tree operator, etc.).
- Check the Sports Information website www.quickscores.com/erie regularly for sample practice plans, drills, resources, updated weather information, facility and park maps, and standings/schedules.

VOLUNTEER INCENTIVE PROGRAM (Head Coach only)

We appreciate all you do to make our youth sports leagues a success! Please see below for our newly approved volunteer incentive program:

- 1 season – Coach t-shirt, free youth sports registration for one child per team coached, 2 day passes to the ECC (applies to 2nd season also), and a coach plaque of your team.
- 3 seasons (not necessarily consecutive) – free youth sports registration for one child per team coached, 10 punch pass, free room rental for team party, and a coach plaque of your team.
- After 3 seasons, the process starts over.....the coach receives 1 season awards.

COACH TO-DO LIST

- Email Sports Administration to inform us of your intent to coach.
- Complete required trainings and background screen provided by Sports Administration through Trusted Coaches platform (see below).
- Check your email regularly for messages regarding the coach's meeting, practice scheduling, rosters, etc. and during the season for updates.
- Contact your team the week before your first scheduled practice. Check that you receive confirmation from your parents that they have received any message from you (phone or email).
- HAVE FUN!

TRUSTED COACHES

All coaches are required to complete a background check and other trainings through our Trusted Coaches platform. All trainings can be accessed by doing the following:

- Go to www.trustedcoaches.org <http://www.trustedcoaches.org>
- Log in or Register
- Click 'Claim a Role/Join a Season' button
- **Enter information below:**
- **State:** Colorado
- **Organization:** Erie Parks & Recreation Department
- **Season Name:** Fall 2023 Youth Flag Football
- **Season Access Key:** Fall2023YouthFlagFootball (case sensitive)

Once you get logged in you will see on your Dashboard whether you have trainings assigned to you or not. Even if you have filled out this information from coaching in the **Fall or Winter** you must still log in to confirm you do not have any trainings. All trainings and background checks must be completed once a year and Trusted Coaches will assign you any trainings that you are expired on.

- **Head Coach Requirements:**
 - Background Check
 - First Aid
 - Concussion Course
 - InsideOut Coaching
 - Child Safety Training

- **Assistant Coach Requirements:**

- Background Check
- Concussion Training

Thank you for coaching and we look forward to a great season!