

ERIE PARKS & RECREATION



6U – LITTLE FLAG FOOTBALLERS YOUTH FLAG FOOTBALL RULES AND INFORMATION PACKET SPRING - 2022

www.erieco.gov/parksandrec

www.quickscores.com/erie

450 Powers Street
P.O Box 1110
Erie, Colorado
Phone: 303.926.2550

TABLE OF CONTENTS

I.	GENERAL INFORMATION.....	3
	A. Mission Statement	
	B. Youth Sports Philosophy	
	C. Play hard – Have fun – Respect one another	
	D. Sports Administration	
	E. Sports Information Website: www.quickscores.com/erie	
	F. Registration Information	
	G. Inclement Weather	
	H. Makeup Games and Clinics	
	I. Refund Policy	
	J. Communication	
	K. Safety	
	L. Trusted Coaches	
II.	SPORTS AND LEAGUE INFORMATION.....	5
	A. Facility and Park Locations	
	B. Youth Sport Program Offerings	
	C. Competitive Play and Playing Time	
	D. Uniforms	
	E. Registration Dates and Waitlists	
	F. League Practices and Offerings	
	G. Recreational Sports Age Classifications	
	H. Coaches	
	I. Schedules	
	J. Officials	
	K. Picture Day	
	L. Awards	
	M. Timeline	
	N. Code Of Conduct & Regulations	
III.	LEAGUE RULES / REGULATIONS.....	8
IV.	VOLUNTEER COACHING INFORMATION.....	11

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
Recreation Coordinator-Sports
303.926.2794
mgunter@erieco.gov

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

Jeffrey Rau
Assistant Coordinator- Sports
303-926-2570
jrau@erieco.gov

George Lavezzary
Recreation Specialist - Sports
303.926.2547
glavezzary@erieco.gov

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

- Hoffer Photo 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. 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

N. 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 officials 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.

LITTLE FLAG FOOTBALLERS 6U LEAGUE RULES AND GUIDELINES



A. EQUIPMENT

1. Game Ball size shall be Pee Wee, ball provided by the field supervisor.
2. Flag belts will be provided by the field supervisor.
3. Cones will be provided by the field supervisor.
4. The field dimensions are approximately 30 x 70 yards with two 10-yard end zones.

B. UNIFORMS

1. Team members are required to have the same color jersey.
2. Cleats are not required, but are encouraged.

C. PLAYERS

1. Games will be played 5 on 5.
2. Every player must participate as equally as possible in every game.
3. Players will only be allowed to participate on a single team's roster.

D. COACHES

1. Coaches are allowed on the field during the game to help navigate teams up and down the field. However, coaches must try their best to stay out of the way of gameplay.
2. The coaches from each team will act as the on field officials. Coaches are expected to be role models and ensure that all players are having fun and good sportsmanship is being shown.
3. Coaches are required to play all players present as equally as possible unless special circumstances apply.

E. TIMING RULES

1. Teams will have access to the field for 60 minutes. Each team will have half a field for 30 minutes for practice, followed by a game against an opposing team.
2. The coaches may agree on a shorter practice/longer game; however, the 60 minute field access time is not to be exceeded.

F. START OF GAME

1. Home team will begin on offense to start the game.

G. SNAP COUNT

1. Each team will start their offense on the 5 yard line.
2. Each team will have 12 offensive snaps to get down the field to score a touchdown.
3. Once a team has scored, they will continue their snap count on their 5 yard if they have any snaps remaining.
4. There are no extra point plays. Once a touchdown is scored, snap count will resume on the team's 5 yard line.

H. 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.
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.
 - 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.

I. 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. The quarterback has a 10-second "pass clock." If a pass is not thrown within the ten 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 10-second rule is still in effect.
 - ii. The ball carrier must cross the line of scrimmage or throw the ball before the 10 second clock expires

J. 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 NOT returnable. If interception occurs, play will stop and the team will continue their total snap count (unless the team that got intercepted were on their last, 12th snap of the drive.)

K. 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 unsporting 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.

L. 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.

M. PENALTIES

(General)

1. Game officials (coaches) are encouraged to call penalties at the end of a play. Penalties will result in a loss to the offense's snap count. If the play is rule dead due to a penalty, that play will still count towards the team's overall snap count.
2. Game officials (coaches) determine incidental contact, which may result from normal run of play.
3. Unsporting conduct is prohibited. Unsporting conduct penalties may be called by our sports MOD.
 - 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.

**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: Spring 2022 Flag**
- **Season Access Key: Spring2022FlagFootball (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!