

Fort Dodge Parks and Recreation
Youth Flag Football



Coaches
Handbook

Flag Football League Important Dates

Packet Pick Up	Tuesday, August 6, 2024
Practices Begin	Week of August 12
Date of games	August 24, September 7, 14, 21 Times 8:00am-12:00pm
Pictures	Thursday, August 29 & Tuesday, September 5

Locations

- Practices—Harlan Rogers Diamonds 4, 5, 6 (Northwest Corner of complex)
- Games—
 - 1/2nd Grade- Harlan Rogers Diamonds 4, 5, 6 (Northwest Corner of complex)
 - 3/4th Grade- Dodger Stadium Practice Fields (South of Stadium)

Sportsmanship Policy

Applies to all league divisions

- 1) Coaches and parents should understand that this is a RECREATIONAL / INSTRUCTIONAL league.
- 2) **The following items apply to scrimmages, practices and games that are set up by Parks & Recreation staff. Coaches should avoid setting up scrimmage/games without approval from Parks & Recreation Staff.**
 - a) Those who are disrespectful or unsportsmanlike to players or other coaches will be warned once and then asked to leave facility
 - b) After leaving facility, player/parents/coaches/fans will not be allowed to return to the facility without completing a one game suspension and a meeting with Parks and Recreation Staff
 - c) If there is a second violation, player/parents/coaches/fans will NOT be allowed to return to any future Parks and Recreation events/programs/activities.

***Inclement Weather Information**

-Decisions will be made 1 hour prior to the first game's start time –If conditions would change check either Facebook (Fort Dodge Parks & Rec) or Email

1st – 2nd Grade Flag Football

- I. Players
 - a. 7 players on the field each play
 - b. Each player attending the game MUST play that day
 - c. All participants must be registered with FDPR

- II. Coaches
 - a. All coaches are volunteers and are cleared through FDPR prior to being on sidelines or assisting with practices or games

- III. Equipment
 - a. Athletic shoes or rubber molded cleats (no metal cleats allowed)
 - b. Protective mouth guard must be worn during play
 - c. No additional pads or gear permitted
 - d. Official Football is the Pee Wee Sized football
 - e. Flags will be provided for each participant (practices & games)

- IV. Game Length
 - a. 45 minute running clock games
 - b. 3-1minute timeouts per game (timeouts stop the clock)
 - c. At the half way point of the game, teams much switch directions for fairness

- V. Field Dimensions
 - a. Field is 20 yards wide/by 60 yards long

- VI. DEFENSIVE Game Procedures
 - a. "Tackling" (Flags)
 - i. Grabbing of players is not permitted
 - ii. "Tackling" is the removal of the ball carrier's flag

- iii. A player is deemed down when either their flag is pulled or falls off or players fall to the ground
 - iv. Players may in no way prohibit the defense from pulling his/her flag, including stiff arming, cover with shirts or tucking into pants
 - v. Fumble – the ball is deemed dead immediately upon touching the ground (except on punt returns)
 - b. Blitzing the Quarterback
 - i. Blitzing is permitted by any player who is a minimum of 7 yards from the line of scrimmage when the ball is snapped
 - c. Spotting of Ball
 - i. Ball is spotted at where the ball is when the flag was pulled
 - ii. Ball will be positioned in the center of the field or nearest hash mark
 - d. Substitutions
 - i. Free substitutions when the ball is dead
 - e. Scoring
 - i. No score will be kept during this league
- VII. OFFENSIVE Game Procedures
- a. Blocking
 - i. Hands are permitted for blocking only
 - ii. Shoulder drive blocking is not permitted
 - iii. Cut blocking is not permitted
 - iv. Blocking between the waist and shoulders only
 - v. Contact above the shoulders is not permitted and will be a penalty
 - b. Passing
 - i. Forward passes are permitted from behind the line of scrimmage
 - ii. All players are eligible to receive a pass
 - iii. Lateral passes may be done at any time
 - c. Quarterback Runs
 - i. The quarterback (the person receiving the center's snap) is permitted to rollout of the pocket but must pass, pitch, handoff or lateral the ball while behind the line of scrimmage
 - ii. The quarterback is not permitted to advance the ball for positive yards without a pass, pitch, handoff or lateral.
 - 1. There will be no touch plays allowed

- d. Player Positioning
 - i. All players are eligible to receive a pass or run the ball
 - ii. Offense/Defense must have four players on the line of scrimmage during the snap
 - e. Huddles
 - i. If a team chooses to huddle, ALL offensive players must attend the huddle to participate in a play
 - ii. No “sleeper players”
 - iii. One team coach is allowed in the huddle on the field to assist with play calling
 - f. Downs
 - i. The field of play will be equally divided in to four segments. Each team will have four downs to make the “first down” line or goal line, or choose to punt on fourth down
 - g. Substitutions
 - i. Free substitutions when the ball is dead
 - h. Scoring
 - i. No score will be kept during this league
 - ii. There will be NO conversion attempts after scoring
- VIII. SPECIAL TEAMS Game Procedures
- a. Kicking
 - i. There are NO kickoffs
 - ii. Ball will be placed on the 5 yard line after a touchdown by the opposing team
 - b. Punting
 - i. Offensive team must declare if Punting or Going for it
 - ii. Punter cannot be rushed on an attempt
 - iii. The offensive and defensive 4-person lines must hold blocking positions until the ball is punted
 - iv. A received punt can be fumbled and is considered “live” until a player recovers the ball (Officials have FULL authority to declare the ball “dead” to avoid a potentially dangerous collision)
- IX. Penalties- All Penalties result in 5 yards
- a. Infractions result in a five yard penalty
 - i. Delay of Game (30 seconds from spot of football)

- ii. Too many players on the field
- iii. Defensive Offside
- iv. Offensive Motion
- v. Quarterback Run Advancement
- vi. Forward Lateral
- vii. Offensive Pass Interference
- viii. Not Attending the Huddle
- ix. Running through the Buffer Zone
- x. No mouthpiece or not completely in mouth
- xi. Tackling or Unnecessary Roughness
- xii. Roughing the Center (no center dump plays)
- xiii. Clipping/Tripping
- xiv. Illegal Use of Hands
 - 1. Holding
 - 2. Stiff Arming
 - 3. Striping the ball
- xv. Defensive Pass Interference
- xvi. Unsportsmanlike Conduct
 - 1. Profanity
 - 2. Fighting
 - 3. Arguing with Official
- xvii. Hurdling by Ball Carrier

3rd – 4th Grade Flag Football

- I. Players
 - a. 7 players on the field each play
 - b. Each player attending the game MUST play
 - c. All participants must be registered FDPR

- II. Coaches
 - a. All coaches are volunteers and are cleared through FDPR prior to being on sidelines or assisting with practices and games

- III. Equipment
 - a. Athletic shoes or rubber molded cleats (no metal cleats allowed)
 - b. Protective mouth guard must during play
 - c. No additional pads or gear permitted
 - d. Official Football is the Junior Sized football
 - e. Flags will be provided for each participant (practices & games)

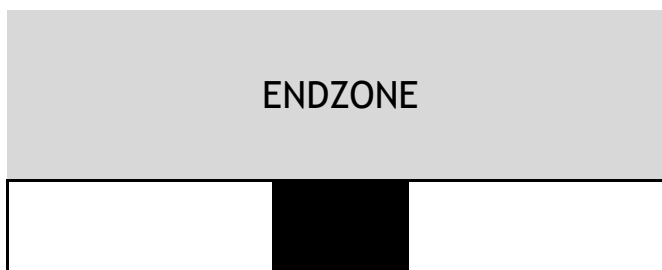
- X. Game Length
 - a. 45 minute running clock games
 - b. 3-1minute timeouts per game (timeouts do stop the clock)
 - c. At the half way point of the game, teams much switch directions for fairness

- IV. Field Dimensions
 - a. Field is 53 yards wide by 80 yards long

- V. DEFENSIVE Game Procedures
 - a. "Tackling" (Flags)
 - i. Grabbing of players is not permitted
 - ii. "Tackling" is the removal of the ball carrier's flag
 - iii. A player is deemed down when either their flag is pulled or falls off

- iv. Players may in no way prohibit the defense from pulling his/her flag, including stiff arming, cover with shirts or tucked into pants
 - v. Fumble – the ball is deemed dead immediately upon touching the ground (except on punt returns)
- b. Blitzing the Quarterback
 - i. Blitzing is permitted by any player who is a minimum of 7 yards from the line of scrimmage when the ball is snapped
 - c. Spotting of Ball
 - i. Ball is spotted at where the ball is when the flag was pulled
 - ii. Ball will be positioned in the center of the field or nearest hash mark
 - d. Substitutions
 - i. Free substitutions when the ball is dead
 - e. Scoring
 - i. No score will be kept during this league
- VI. OFFENSIVE Game Procedures
- a. Blocking
 - i. Hands are permitted for blocking only
 - ii. Shoulder drive blocking is not permitted
 - iii. Cut blocking is not permitted
 - iv. Blocking between the waist and shoulders only
 - v. Contact above the shoulders is not permitted and will be a penalty
 - b. Passing
 - i. Forward passes are permitted from behind the line of scrimmage
 - ii. All players are eligible to receive a pass
 - iii. Lateral passes may be done at any time
 - c. Quarterback Runs
 - i. The quarterback is permitted to rollout of the pocket but must pass, pitch, handoff or lateral the ball while behind the line of scrimmage
 - ii. The quarterback is not permitted to advance the ball for positive yards without a pass, pitch, handoff or lateral.
 - 1. There will be no touch plays allowed
 - d. Player Positioning
 - i. All players are eligible to receive a pass or run the ball

- ii. Offense must have four players on the line of scrimmage during the snap
- e. Huddles
 - i. If a team chooses to huddle, ALL offensive players must attend the huddle to participate in a play
 - ii. No “sleeper players”
 - iii. One team coach is allowed in the huddle on the field to assist with play calling
- f. Downs
 - i. The field of play will be equally divided in to four segments. Each team will have four downs to make the “first down” line or goal line, or choose to punt on fourth down
- g. Substitutions
 - i. Free substitutions when the ball is dead
- h. Scoring
 - i. No score will be kept during this league
 - ii. There will be NO conversion attempts after scoring
 - iii. Entering the endzone from within five yards of the endzone on the snap
 1. Running plays will not be permitted through the designated 10 X 5 yard buffer zone
 2. The ball must be run around or passed over this zone
 3. Official must center the ball within this zone each time
 4. A ball caught in or run forward through the zone (blacked area) is a 5 yard penalty
 5. If ball is snapped through the zone, you cannot run it through the zone



10
yards
wide

VII. SPECIAL TEAMS Game Procedures

a. Kicking

- i. There are NO kickoffs
- ii. Ball will be placed on the 10 yard line after a touchdown by the opposing team

b. Punting

- i. Offensive team must declare if Punting or Going for it
- ii. Punter cannot be rushed on an attempt
- iii. The offensive and defensive 4-person lines must hold blocking positions until the ball is punted
- iv. A received punt can be fumbled and is considered “live” until a player recovers the ball (Officials have FULL authority to declare the ball “dead” to avoid a potentially dangerous collision)

VIII. Penalties- All penalties result in 5 yards

a. Infractions

- i. Delay of Game (30 seconds from spot of football)
- ii. Too many players on the field
- iii. Defensive Offside
- iv. Offensive Motion (illegal procedure)
- v. Quarterback Run Advancement
- vi. Forward Lateral
- vii. Offensive Pass Interference
- viii. Not Attending the Huddle
- ix. Running through the Buffer Zone
- x. No mouthpiece or not completely in mouth
- xi. Tackling or Unnecessary Roughness
- xii. Roughing the Center (no center dump plays)
- xiii. Clipping/Tripping
- xiv. Illegal Use of Hands
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- xv. Defensive Pass Interference
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