

Coaches Meeting

Spring 2021 Season
Idaho Falls League



- Introductions
- League Basics
- Rulebook Highlights
- Code of Conduct
- Coaching Tools



Coaches Meeting

Introductions

- Trevor Huish- Owner of Friday Night Flag
- Reese Shurtliff- Owner and Operator of Idaho Falls League
 - 208-201-3801

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.



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Idaho Falls League

- Games played at Expo Idaho Fields
 - Community Park
 - 700 East 25 St
 - Idaho Falls, ID
- League Director: Reese Shurtliff
- K – 8th Grade
- 4 Fields
- 4 Game Times: 5pm, 6:10 pm, 7:20pm, 8:30pm



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Idaho Falls League Schedule

- Game Nights
 - Week 1: April 16th
 - Week 2: April 23rd
 - Week 3: April 30th
 - Week 4: May 7th
 - Week 5: May 14th
 - Week 6: May 21st (PLAYOFFS)
 - Week 7: May 27th (CHAMPIONSHIPS)
- Game Times: 5:00, 6:10, 7:20, 8:30



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Jersey Pickup:

Thursday April 1st 5:30pm-7:30pm

1601 Antler
Idaho Falls, ID

TEAM Sponsorship Required at time of pick up \$150

Link to sponsorship form:

[Sponsorship Form](#)

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**



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Referees

Contact

- **Please remember most of these referees are young kids who need to be treated with respect from coaches and fans. If you do not show them respect you will receive a warning.**
- 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.



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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.**

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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**
 - **2nd instance- 1 game suspension**
 - **3rd instance- Suspended for rest of season**



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League Basics: PRACTICES

- Practices begin week of April 5th
- 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

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

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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 **During the play**
 - 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
- Mouth guards optional this season (COVID)
- 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



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Coaching Tools- Coaches' Corner on Website

- Play books and rule book on FNF website
 - <https://bsbproduction.s3.amazonaws.com/portals/52054/docs/friday-night-flag-rulebook-august-2019.pdf>
- Tips and Drills on Website



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