

Hello Coaches & Parents for our 2020 NFL Flag Football League.

The purpose of this letter is to provide you with as much quality information as I can so everyone is well-informed and well-prepared.

There is a lot of information to know, so I have broken it down into the various topics below:

**League Formation:**

<b>Grade</b>	<b>*Evening</b>	<b># Teams</b>
1 <sup>st</sup> Grade Rec	Tues.	7
2 <sup>nd</sup> Grade Rec	Mon.	10
3 <sup>rd</sup> -4 <sup>th</sup> Grade Modified	Tues.	4
3 <sup>rd</sup> Grade Rec	Thur.	8
4 <sup>th</sup> Grade Rec	Wed.	9
5 <sup>th</sup> -6 <sup>th</sup> Grade Rec	Wed.	5
<b>Total</b>		<b>43</b>

\*Game nights are tentative and subject to change.

**COVID 19 Flag Football Guidelines:**

These guidelines (linked above) shall be followed by teams, coaches, players, parents, and fans when participating in flag football practices and games at JC Parks complexes and fields. The cooperation of everyone involved will prove critical in helping to ensure compliance.

**Coach's Registration/Background Checks:**

All Head Coaches and Assistant Coaches must register (if you haven't already) at [this link](#).

Click on "Volunteer" and submit your information.

As part of the Coach's Registration, we also require all Head Coaches and Assistant Coaches to submit their information for an online criminal background check. If you have coached before and still have an active account (good for 2 years) it may detect a duplicate Social Security Number and not allow you to proceed.

**Team Sites:**

I just published all team sites today. Head Coaches can see the players on their roster, the parents, and their contact information. Parents can only see player's names. You should have received an automatic email with a link to your team site from TeamSideline, our software vendor. To ensure delivery to your inbox, please add [no-reply@teamsideline.com](mailto:no-reply@teamsideline.com) to your address book and check your junk mail in case it went there. If any information is incorrect on your team site (especially your contact information) please let me know ASAP.

**Team Names:**

NFL team names were chosen by the Head Coach. Preference was given to the coaches who registered first. Your NFL jerseys will match your team name.

**Team Rosters:**

Each team now has at least 1 Head Coach. If you are interested in being an Assistant Coach, please contact the Head Coach. Teams were formed by reciprocal buddy requests and schools. The deadline to register was extended from July 15 to July 24. I cannot take any late registrations. We prefer rosters to be around 8 players but the range is 7-12. The league format is 5 vs. 5.

**Communications:**

Head Coaches, please contact all of your team's parents immediately to introduce yourself, let them know they are on your team, inform them of upcoming practices, verify their contact information, etc. You can use your team site via TeamSideline to do this or there are also many free apps available for team communication like GroupMe, Team Snap, Remind, etc.

**Parent Meeting:**

Head Coaches, please set up a Parent Meeting so they can meet you and so you can go over your expectations, goals, etc. This can just be a quick meeting for 5-10 minutes before your first practice.

**Coaches Meeting:**

All Head Coaches must attend the pre-season coaches meeting on **Mon. Aug. 10 at 6:00 PM at The LINC (1299 Lafayette St.) in the President's Suite (2nd Floor, East side)**. The meeting should last about 1 hour. If the Head Coach cannot attend, please send an Assistant Coach. We will discuss many important topics and everyone's attendance is required and appreciated. Due to space limits, only 2 coaches per team can attend.

**Indemnification Forms:**

Each parent must fill out an Indemnification Form (linked above) and return it to the Head Coach at the Parent Meeting/1<sup>st</sup> practice. This form includes important information including indemnification, treatment authorization, emergency contact information, and medical conditions. Head Coaches, please collect these forms and keep them until the season is over. Please do not submit these forms to me.

**Certification Course:**

We certify all of our Head Coaches through an online course from the National Alliance for Youth Sports (NAYS). Assistant Coaches do not need to take the certification course. I will share more info. with coaches about this at the coaches meeting.

**Game Schedules:**

All teams will play 8 games. Games are once a week unless we need to do doubleheaders and/or bye weeks because we have an odd number of teams in a division. Games will begin the week of **Aug 24**. Game schedules will be released on TeamSideline at [www.teamsideline.com/jeffersoncity](http://www.teamsideline.com/jeffersoncity) about 1 before the season starts and are subject to change. Head Coaches, if there are any dates your entire team is not able to play, please let me know ASAP. I will try to accommodate, but can't make any guarantees.

### **Game Times/Locations:**

Games will start at either 5:30, 6:30, & 7:30 PM or 6:00 & 7:00 PM.

Games are 40 minutes each with a running clock and a 2-minute halftime. Teams change sides at halftime. Games are scheduled 60 minutes apart. You can practice/warm-up in the out-of-bounds areas 30 minutes prior to each game.

Game Fields/Locations are still to be determined.

### **Practices:**

Head Coaches, you can start practicing immediately. Practice dates, times, and locations are up to the Head Coach. As a new perk this year, we are offering our North Jeff Rugby field (904 4th St. Jefferson City, MO 65101) free for all teams to use for practices. Our ball field crew is painting lines for 4 full flag football fields or 8 half fields today. Head Coaches, please call the front desk at The Linc at 573-634-6482 to reserve a half field (1A, 1B, 2A, 2B, 3A, 3B, 4A, & 4B). Times available on weeknights are 5:00-6:30 & 6:30-8:00. Weekends are available from 8 AM-8 PM. To allow equal access, teams are only allowed 1 practice per week on these fields. We have a portable restroom there and restrooms are also available at the North Jeff Pavilion. Please park in the lot next to the Rugby Field.

Of course, you are free to practice at any other church or school fields you have access to as well.

### **League Rules:**

Complete NFL Flag Football League Rules are linked above. Please become familiar with the rules.

We also have our own [League Rules Modifications/Clarifications](#).

The field layout is 70 x 30 yards (all grades)

- Note the No Running Zones (Pass Only)

Home team provides the game ball and someone to operate the Score Flip Chart.

Visiting team provides the volunteer to operate the down marker.

Only the Head Coach and up to 3 Assistant Coaches are allowed.

- 1 coach is allowed to roam length of field.
- 1 coach per team can be on the field at all times (offense/defense).
- All other coaches and players must remain in the designated sideline box.
- **New rule in 2019:** Players are allowed to have shorts with pockets.
  - Shorts cannot be the same color as their flag (bright yellow or green).
  - Shorts cannot have a stripe down the side that is the same color as the flag.

### **Score/Standings & Awards:**

Score is kept but standings are not for 1<sup>st</sup>-4<sup>th</sup> grades with all players receiving an award (i.e. medal) at the end of the season.

Score and standings are kept for 5<sup>th</sup>-6<sup>th</sup> grade with league champions receiving an award.

### **Team Equipment:**

Equipment provided:

- 1-2 new & 2-3 used footballs per team
  - All footballs must be returned at the end of the season
- Flag Belts
  - These belong to the players – any donated flags at the end of the season will be greatly appreciated
  - Recommend you label and keep during season
  - Trim excess length so not mistaken for a flag

### **Individual Equipment/Gear:**

All Players must wear a mouth piece.

- JC Parks will also have extra mouth pieces for sale at the Concession Stand.

Cleats or tennis shoes recommended.

- No metal spikes

All players must wear their NFL Flag belt.

- The flags and sockets on the belts cannot be altered in any way.

### **Jerseys/Flags:**

Each participant receives an NFL-replica jersey and flag belt that corresponds to their team name.

Jerseys are reversible. Home team will wear dark side out. Away team will wear light side out.

All jerseys must be tucked in at all times. Sizes will be based on what the parents ordered.

I will let the Head Coaches know when everything comes so they can pick them up at the LINC.

### **Coach's Shirts:**

Coaches will not receive a coach's shirt but please introduce yourself to the officials before each game so they know who the Head Coaches & Assistant Coaches are.

### **Sportsmanship:**

Everyone must always use good sportsmanship and conduct themselves in a professional and respectful manner. This includes all coaches, players, parents, and fans. Head Coaches are responsible for the behavior of everyone associated with their team. We have a zero tolerance policy and will not tolerate bad sportsmanship from anyone. Consequences will include ejections, suspensions, removal from the league and any means necessary to ensure the kids have a safe, fun, and enjoyable youth sports experience.

Head Coaches, please also respect your opponent and do not run up the score. If you are up by 3-4 touchdowns, please sub different kids in at various positions to help keep the score more competitive.

### **Playing Time:**

**Equal playing time** is required in Rec leagues unless disciplinary action is needed, in which case I & the parents need to be informed.

All players must have the **same amount of playing time on offense and defense**. For example, half the season on offense/half the season on defense, or first half of the game on offense/second half of the game on defense (or vice versa).

All players must play a **minimum of four positions** throughout the season (minimum: two offense, two defense). They must play at least 20 minutes at each of these four positions during the season.

### **Cancellation Text Alerts:**

In case of inclement weather, please [sign up](#) to receive text alerts from JC Parks via TeamSideline. An email will also be sent to coaches & parents. We usually make a decision on cancellations at about 3 PM. We will play football in the rain, but not if it is storming or lightning.

### **Officials/Facility Supervisors:**

We provide 2 Officials for each game & a Facility Supervisor for each park. If you need any assistance, please talk to them. Please report all emergencies, accidents, incidents, etc. to them ASAP. Please be considerate and respectful in all dealing with the Officials & Facility Supervisors.

**Team Pictures:**

Teams can make arrangements themselves for team pictures. JC Parks does not hire or provide a photographer for this. Head Coaches, please discuss this with your team parents as it is important to many.

**Survey:**

At the end of each season, we will email a brief (3-5 minute) online survey to all coaches and parents. Please take the time to offer us constructive feedback so we can continue to improve all aspect of our operations and service.

**Websites:**

Please see the websites linked below for more info.

- [NFL Flag Football 2020 with JC Parks.](#)
- [NFL Flag Football.](#)

**Thanks:**

I hope this information has been helpful and has answered all of your questions.

Please let me know if you have additional questions or need any assistance at any time.

Thanks for coaching and participating in NFL Flag Football league with JC Parks.

Thanks for your time and efforts as we all work together to provide a safe, fun, and enjoyable youth sports experience for the kids in our community.

Sincerely,

Steve Schellman

JC Parks

Program Manager of Youth Sports

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