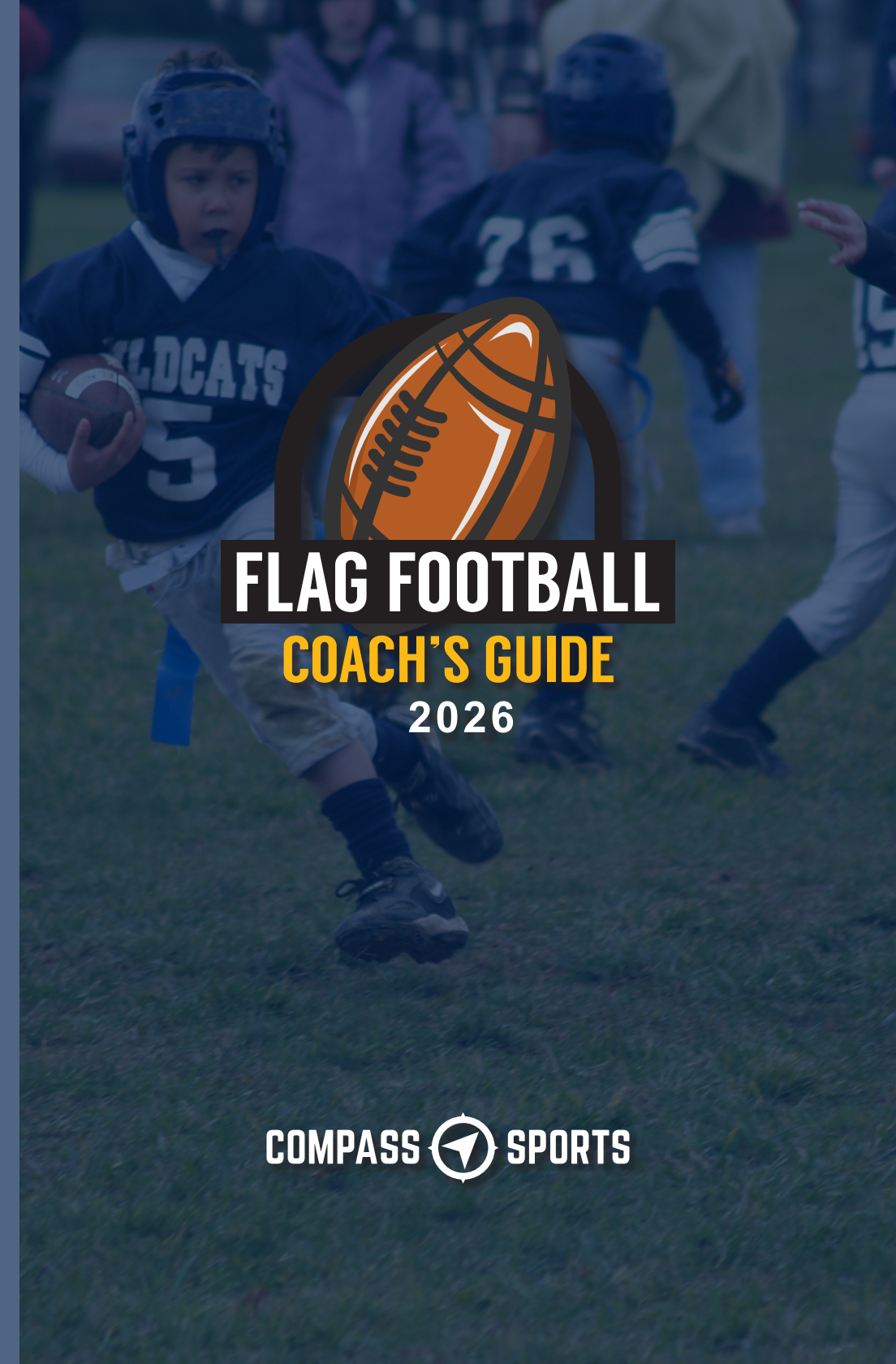




FLAG FOOTBALL

COACH'S GUIDE

2026

COMPASS  SPORTS



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Username _____ Password _____

COMPASS SPORTS

PURPOSE OF COMPASS SPORTS

The purpose of Compass Sports is to provide a fun and transforming sports experience through sport specific skill instruction and spiritual character development. Compass Sports exists to provide every participant the opportunity to learn and grow in the sport of their choice and learn and grow as a person spiritually through the teachings of Jesus Christ. Compass Sports is a supervised sports experience that emphasizes first spiritual character development among all its participants. Competition, that which is equal, will have its place within the program. However, it will be under the two-fold purpose of skill instruction and spiritual character development.

WHAT YOU WILL EXPERIENCE THROUGH COMPASS SPORTS

Compass Sports provides a quality sports experience for the whole family. Through the recreation staff and its many volunteers, your experience will:

1. Be organized and structured so that the child's experience is the focus
2. Gospel-centered in its approach to competition and relationships
3. Safe for participants through regular maintenance of equipment and facilities and volunteer background screenings
4. Participants experience fun and grow in the knowledge of Jesus Christ while participating in a competitive sports experience.

PHILOSOPHY OF COMPASS SPORTS

Compass Sports provides a unique sports experience that assists the participant and their family in two areas – spiritual and physical. The learning of sports skills, teaching and reinforcement of Christian values, and having fun are fundamental elements to the program. Compass Sports focuses on the importance of the growth of the child and creating and preserving a Christian environment in which to compete.

FUNDAMENTALS OF COMPASS SPORTS

1. Equal Competition – We believe the best sports experience is one that strives to create the balance of skills and athleticism among teams and coaches. Equal competition fosters the “striving together” as co-competitors so that each one can reach their potential growth athletically and spiritually on and off the field of play.
2. Everyone Plays – Compass Sports provides each coach with a structured substitution system that guarantees each child plays an equal amount of time throughout the year. The substitution system must be followed.
3. Character Development – We believe in the life modeled by Jesus Christ and His teachings. While we desire to see each participant develop athletically, we have a greater desire to see character growth through his or her sports experience. By providing specific materials for biblical discipleship in relation to their sports experience, each participant will have the opportunity to honor Christ through sports (1 Corinthians 10:31).
4. Family Involvement – Families are encouraged to participate in their child’s sports experience. Parents can participate by coaching, refereeing, volunteering for practice nights and game day operations. Parental involvement offers support to the league and its mission and investment in the lives of those participating. Compass Sports works with its volunteers to ensure a clear understanding of their roles and time is conveyed.
5. Knowledge and Fun – We desire every child to learn the sport in which they are participating. With the knowledge of the sport, the child will be able to enjoy the sport for a lifetime, whether they continue to play or simply remain a fan. Along with knowledge is FUN. If a child is not having fun, the opportunity for them to continue long term decreases. Along with safety, creating and providing a FUN experience is a priority for the program. The following guidelines are in place to ensure first class service delivery and consistency among all youth sports of Compass Sports.

RULES

Flag Football is not tackle football or “power” football. Rather than trying to defeat or crush the opponent, teams should strive together to challenge each other by using speed, quickness, agility, and appropriate deception.

The basic concept for Flag Football is for the ball carrier to avoid bodily contact with the defense and for the defense to avoid bodily contact with the ball carrier. Emphasis is placed on participants learning the basic fundamentals, developing teamwork, and demonstrating good sportsmanship at all times.

No intentional contact of any kind is permitted.

BASIC INFORMATION

Number of Players: 5v5; however, a minimum of four (4) players must be on the field at all times. If one team only has 4 players, the opposing team may only use 4 players on the field for that game.

Fields Sizes: 2nd-5th grade - 50 yards long with 10-yard end zone
6th-8th grade - 70 yards long with 10-yard end zone

Football Sizes – 2nd-3rd grade and 4th-5th grade Divisions: Pee Wee
6th-8th grade: Junior

PLAYING TIME & SUBSTITUTIONS

Free substitution is not allowed. Changes to the lineup can only be made at the end of each period except under special circumstances such as injury or player disqualification. This means the players on the field will be playing both offense and defense for the entire period.

Every player must play at least four (4) full periods of the game. No player should sit out for two (2) consecutive periods. Also, no player should play more than two (2) consecutive periods, unless a team has 7 or fewer players.

In order to ensure all players receive an equal amount of playing time, players must be “rotated” properly at each period break. For more details, refer to the tips and examples on Page 28 of this document.

All players should be included in the flow of the game.

Coaches who cannot abide by these playing requirements will be asked to step down from their responsibilities.

GAME DURATION & TIMEOUTS

All games will consist of eight (8) periods (4 per half) each being five (5) minutes in length for the 2nd-3rd Grade Division: six (6) minutes in length for 4th-5th Grade and 6th-8th Grade divisions. Substitutions should be made promptly at the end of each period. This is not a timeout; think hockey line change or a basketball player checking into the game. Halftime will be 6 minutes.

Each team will have two (2) timeouts per game that can only be used in the final two (2) minutes of play in each half. In addition, if the game is close (within 2 scores), a regulation clock will be used in the final two (2) minutes of the second half. This means the clock will stop for incomplete passes, when the ball carrier runs out of bounds, a change of possession, and extra point attempts.

PLAY CLOCK

Once the ball is spotted the offensive team has thirty (30) seconds to snap the ball. The goal is to run as many plays as possible each game. Offensive coaches must be committed to calling plays as quickly as possible. Those not able to do so will be asked to take on a different coaching role for their team. There will be no timeouts except for injury or unusual circumstances.

GAME ATTIRE/GAME DAY

No jewelry is permitted, including pierced ear studs and earrings. No sunglasses are permitted to be worn on the field during game play. Jerseys must be tucked in. Team members must wear league provided jerseys unless there is a case where the player is waiting for jersey delivery. If a player loses a uniform, they will have to pay for another uniform. **There is no smoking at the fields. There are no pets allowed at the fields.**

GAME FORMAT

Referees will lead both teams in prayer before every game. This is a good time to give reminders about the game and for coaches to review their substitution cards. The visiting team will start the game on offense; the home team will start the game on defense. The home team will pick which end zone to defend. The team that plays defense first will play offense first to start the second half. Because the end of a quarter does not signal a change of possession, the team with possession at the end of the quarter will retain possession after substitutions take place. Teams will switch ends of the field at the half, not after each quarter.

SCORING

Touchdowns will be worth 6 points. Safeties are worth 2 points. The score should not become the sole focus of the game at any age level. There will be no overtime play.

USING THE WHISTLE

In order to help keep players from getting confused **coaches/referees must be committed to blowing the whistle on every play** to signify that the play has ended.

FIRST DOWNS

In order to get a first down, the offensive team must cross the midfield line in four (4) downs or less. Once across the midfield line, the offensive team will then have four (4) downs to try and score (no more first downs). In short, there is only one opportunity to gain a first down per possession. NOTE: The offensive team can get a first down at any time on a defensive penalty if applicable.

On fourth down, a team has two options: (1) they may attempt to gain a first down or a touchdown. If a team fails to convert on fourth down, either by scoring or picking up a first down, the ball changes possession at the spot of the ball or (2) A team may “punt” as its fourth-down play by notifying the referee. In this case, the ball will be placed on the opposing team’s 10-yard line, and there will be a change of possession.

NO RUNNING ZONES

When the offensive team is within five (5) yards of getting a first down or scoring a touchdown (inside the designated line), they must throw a forward pass. This is called the “no run zone”. The purpose of this rule is to “force” teams to pass the ball in certain situations rather than always running the ball (which tends to be easier for most teams). Underhand tosses/shuffle passes in the no-run zone will not be considered a “pass” in the no run zone. The QB must make a throwing motion.

EXTRA POINT ATTEMPT

The offensive team will select one of the following extra point conversions to attempt. NOTE: The defensive team cannot score on any extra point attempts (no points awarded for interception that is run all the way back).

- 1-Point Conversion – from the 6-yard line
- 2-Point Conversion – from the 10-yard line

CENTER/QB EXCHANGE

There must be a Center/QB exchange where the QB lines up directly behind the Center (regular snap or shotgun). The first player to receive the ball from the Center is considered the QB (no direct snaps to designated Running Backs). Before handing off or passing, the quarterback must have complete possession of the ball. The QB may not touch the ball and hand right back to center. No center to QB to center run play is allowed. The ball must be snapped between the legs to begin play; either under center or shotgun. Side snap or Shotgun must be used if there is a male/female exchange at QB/C. A low-profile field cone or beanbag may be used to mark the line of scrimmage.

FUMBLES

Any time the ball is fumbled or touches the ground after being in a player's possession it is considered down and the play is dead. In all cases, the team that fumbled retains possession at the spot of the fumble. One exception to this rule is with the center/quarterback exchange. If a snap is mishandled, **the quarterback, and only the quarterback**, may pick up the ball and continue play.

BLOCKING/SCREENING

No form of blocking, screening, shielding, or running with the ball carrier is allowed. This is a tricky rule that causes much confusion. Neither offensive nor defensive players are permitted to initiate contact with opposing players. Offensive players may complete their "route" and act as decoys to draw the attention of the defense but should not be instructed to block in any form for the ball carrier.

PASSING

- The quarterback has a four (4) second pass clock. If the quarterback is not able to throw the ball in time, the result will be a loss of down and the ball will be spotted at the original line of scrimmage. A handoff or

pitch to a RB/WR or other eligible player will end the 4-second pass count.

- All forward passes must be completed behind the line of scrimmage. Only one forward pass can be completed per play. The QB must make a throwing motion, the ball must be leave the QB's hands (be "in the air"), the ball must be thrown in a forward direction, and the receiver must catch a thrown ball. The referees have discretion to determine if it is a "pass". Underhand tosses/shuffle passes in the no-run zone will not be considered a "pass" in the no run zone. Once the ball leaves the quarterback's hand, the defender can make a play on the ball. The defender must avoid contact with the receiver.

RECEIVING

- All players are eligible to receive a pass – including center and QB. The QB can only receive a pass from another player (cannot throw a pass to himself/herself).
- Players must have at least one foot in bounds when making a catch
- Only one player is allowed to be in motion at a time
- If a player catches a pass with his knee(s) on the ground, it is a completed catch, the play is dead and the ball is spotted at the point of the completion. This rule helps to keep the no contact rule intact.

HANDOFFS

- The QB is not eligible to receive a handoff as a RB, run as a RB, or advance the football as a RB. The only way a QB can advance the football is to receive a forward pass after handing off or pitching to begin the play.

- Handoffs, passes, laterals, and pitches of any kind behind the line of scrimmage are allowed.
- Once the ball has been handed off from the QB to another player, then all defensive players are eligible to cross the line of scrimmage.

WHEN RUNNING WITH THE BALL

- Runners are not allowed to stiff-arm, flag guard, or use any other means to physically keep the defender from attempting to pull the flag belt (penalty will be assessed).
- Ball carriers are permitted to spin but cannot jump (both feet in the air) to avoid a defender. However, offensive players are permitted to jump when attempting to catch a pass.
- If an offensive player with possession of the ball has to get up off the ground (jump, leap, etc.) in order to continue the play, then the play is dead regardless of whether the flag has been pulled or not.
- The quarterback **CANNOT** run the ball across the line of scrimmage.
- Anyone may pitch/lateral the ball behind the line of scrimmage. Once the ball crosses the line of scrimmage, no pitches or backward passes may take place. Once the pitch is received, the ball carrier can run the ball, hand-off the ball or pass the ball (pass only if behind the line of scrimmage).

DEFENSIVE RULES

- Defensive players are permitted to jump and dive (have both feet in the air) when attempting to pull an opposing players flag belt.
- Defensive players are permitted to jump when attempting to break up or intercept a pass.

- Defenders are not allowed to strip or take the ball out of the hands of a player who has possession (an illegal contact penalty will be assessed).
- Interceptions may be returned and offense will take possession at the end of the return.

SPOTTING THE BALL

- The offensive team will always start with the ball on their own five (5) yard line except after an interception in which case the ball should be spotted at the spot of the flag pull. No Run Zone and First Down rules apply (just need to get to midfield regardless of where you start).
- The end of Period 4 will trigger a halftime break. The team that did not start with the ball at the beginning of the game will start with the ball in Period 5 on their own five (5) yard line.
- **At the end of all other periods, the team with the ball retains possession and play continues from where it was left off after substitutions have been made (no change in field position or possession and no new set of downs).**
- **The ball is spotted at the location of the player's feet when the flag belt is pulled NOT where the ball ends up.** Therefore, players should avoid trying to reach the ball forward in order to gain additional yardage (or stretch across the first down or goal line). In addition, "forward progress" does not apply.

DEAD BALLS

Play is ruled dead when one of the following occurs: The ball carrier's flag is pulled or falls off, the ball carrier steps out of bounds, the ball carrier's knee hits the ground, a touchdown or safety is scored, a pass falls incomplete, or the ball hits the ground as a fumble.

BLITZING/RUSHING THE QUARTERBACK

- **Rushing/Blitzing the quarterback will not be allowed.**
- Once the ball leaves the quarterback's hand, all defenders may cross the line of scrimmage to pursue the ball carrier. This allows the defense to react quickly to a play behind the line of scrimmage.

MERCY RULE

If a team is up by 24 or more they only have 3 downs to get a first down and 3 downs to score until that point difference is trimmed below 24 pts. Regular game rules apply.

PENALTIES

Teams may decline all "live ball" penalties (meaning the result of the play stands). Dead ball penalties must be accepted. Games cannot end on a defensive penalty unless the offense declines it. If a penalty happens near the end zone, where the penalty yardage would move the ball more than half the distance to the goal, then the yardage is half the distance to the goal. For example, ball is on the 8 yard line and there is a 5 yard penalty against the defense, then the penalty yardage will be 4 yards (half the distance to the goal).

OFFENSIVE

1. ILLEGAL MOTION (more than one-person moving, false start) --- Five (5) yards from the line of scrimmage ("LOS"); replay the down.

2. PASS INTERFERENCE --- Ten (10) yards from the LOS; loss of down.

3. ILLEGAL RUN --- (quarterback crosses line of scrimmage, hand off occurs in No Run Zone) --- Five (5) yards from the LOS; replay the down

4. ILLEGAL CONTACT (intentional - blocking, illegal pick, stripping, pushing, tackling, tripping, holding, grabbing) --- Five (5) yards from the LOS; loss of down.

5. FLAG GUARDING --- Five (5) yards from the spot of the foul; Play Stands

6. DELAY OF GAME --- Five (5) yards from the LOS; replay the down

7. QB PASS CLOCK VIOLATION --- Loss of down, ball spotted where the play began

8. OFFSIDES --- Five (5) yards from the LOS; replay the down.

9. ILLEGAL PASS --- Five (5) yards from the LOS; loss of down.

10. SHIELDING --- a non-contact block that impedes a defender from making a tackle. Five (5) yards from the spot of the foul; loss of down..

11. DIVING --- Five (5) yards from the spot of the foul; loss of down.

12. UNSPORTSMANLIKE CONDUCT -- Ten (10) yards and loss of down

DEFENSIVE

1. ILLEGAL RUSH/OFFSIDES --- Five (5) yards from the LOS; replay the down

2. DEFENSIVE PASS INTERFERENCE --- Ten (10) yards from the LOS; replay the down.

3. ILLEGAL CONTACT (intentional - blocking, illegal pick, stripping, pushing, tackling, tripping, holding, grabbing) --- Five (5) yard from spot of foul; replay the down.

4. ILLEGAL CONTACT WITH CLEAR PATH TO END ZONE ---
Automatic Touchdown

5. ILLEGAL FLAG PULL (before the receiver has the ball) --- Five (5) yards from the LOS; automatic first down

6. UNSPORTSMANLIKE CONDUCT -- Ten (10) yards and automatic first down.

CREATING GOOD MATCHUPS – SUBSTITUTION TIPS

- This substitution system is designed to provide every player an equal opportunity for improvement. The substitution system ensures that no player sits out more than one possession at a time, every player plays offense and defense in every game, in most cases, each player will play against someone of equal ability, coaches are not able to make unfair substitutions or to be accused of doing so, coaches do not have to monitor playing time for each player, and playing time for all players is virtually even over the course of the season.
- Be prepared with a potential lineup before coming to the field and then be ready to make changes once you get to the field (bring a blank sheet along with the examples below). You will most likely make some kind of change after connecting with the opposing coaches and seeing their lineup.
- This system is not perfect so keep that in mind when working with the opposing coaches to setup the best on the field matchups as often as possible.

MAKING THE MOST OF YOUR PRACTICE TIME

“Practice, in order to be effective, must be meticulously organized. Otherwise it’s no different than kids running around on the playground at recess.” – John Wooden

For most coaches, practice time is limited. You may only have one-day a week and 1-2 hours on each of those days. How you use this time is very important to the development of your team on game day. Here are five ideas for organizing your practices:

- 1. Have a plan.** Prior to the season, sit down and really think through what it is you want to accomplish. Start with these questions:
What do my players need to know by the first game?
What will we need to do in the week before that game?
What will we need to do the week before that?
- 2. Determine how you will use the space you have available.** Field space often goes to waste with kids only running drills in a small area. Ask yourself: Can I set up more than one station of a drill to allow kids twice as many reps in the same amount of time? Another thought to factor in is what kids you want in specific drills, either together as an offensive or defensive unit or at different locations on the field to allow you to focus on coaching specifically what each player needs. It’s difficult to keep track of what each kid needs to be coached through when you have your entire team in the same drill. If you split the group up and talk with your assistant coaches, players tend to get more personalized attention.
- 3. Determine what drills you will use.** Each drill should have a purpose that relates back to your offense and defense, transition game, etc. While running any drill can help with skill development, try to be deliberate in using and modifying drills to meet your goals. For example, if you are going to spend time on passing, use a drill that mimics the part of your offense that results in the pass play. Use or create

drills that would be realistic to getting your offense working. Thinking through the drills and their purpose will cut down on the amount of time you need to “teach” things like team offense. Use a progressive series of drills that mimicked parts of the offense. In one hour, you can take a specific number of players and have them running a team offense.

4. “Adjust we must.” Even the best-planned practice sometimes fails.

Don’t be afraid to stop a drill short if it isn’t working or to extend it longer if the kids are having fun and finding success. You can’t control things like players missing practice or bad weather cutting your day short. It’s okay to move something to another day when the right personnel is available or to scrap a less important drill to save time because you have to end practice early.

5. Know How to Relate to Players. Every coach has to spend the first few weeks/practices learning the personalities of their players. It’s the coaches position to learn how to listen and communicate with each player.

RULES OF PRACTICE FOR YOUTH SPORTS

Fun! If practice is fun, the players will be focused. They will give 100 percent, and they certainly will look forward to each and every practice.

Keep them moving. Players should not be standing around. They should always be moving or learning.

Always focus on positives. Learn to communicate the negatives from a positive perspective.

SUCCESSFUL COACHING PHILOSOPHIES THAT CREATE BEST EXPERIENCES FOR THE WHOLE FAMILY

Prioritize Practice Time: Good coaches plan practices to the minute. They develop written plans that utilize the time they have efficiently. They discuss the practice plans with assistant coaches prior to the start of each practice and how they want the coaches to carry out their responsibilities.

Limit Players Standing Around: If you keep the players busy during practice, discipline is less likely to be needed. When doing drills have no more than 3 players standing to wait for their turn. Create multiple lines or stations and get coaches involved in a variety of ways with kids.

Football not Calisthenics: The kids didn't pay to become cross-country athletes. Focus more on football fundamentals, techniques and drills that improve the skill they must perform. The players do need physical conditioning but coaches that find ways to work conditioning into skills/technique drills have more success.

Find a proven Offense and Defensive scheme/system: Most coaches have never invented a system, or designed a series. They have taken them from someone else. Research offensive and defensive schemes that have already been done. Find one system and get good at it. If you want to put your own spin on some things do them sparingly. Good offensive and defensive systems are good for a reason. Understand the responsibility and technique of each position so you can implement the system. USA Football Web Site is a great resource for different schemes. (<http://usafootball.com/coach>)

Limit Your Playbook: Stress getting proficient at a core group of plays. Focus on being efficient with the set of plays you want to run. Typically 5-8 base plays are enough with a few formation changes. Coaches that have perfected just a couple of plays are much more successful than the coach that has practiced 100 plays once.

Limit Scrimmaging: Keep scrimmaging to a minimum, unless you have enough coaches to really watch players and make corrections. Successful coaches like to have players freeze after each step of the play. This way they can coach the players on their responsibilities and techniques for each play. If you don't have enough, ask parents to help.

Players in Every Position: Too many coaches automatically think certain age or size kid should play specific positions. This is not the case. As a league, we desire each player to have an opportunity to play multiple positions. Remember you are developing players and they need to experience a variety of options.

Positive correction techniques: Praise is more effective than criticism. There is only one type of criticism allowed in coaching and that is constructive. Youth players respond much better to "That was good hand placement on that flag pull and here is how you can do it even better" instead of "That was awful you need to pull the flag harder". Kids in this age group typically lack confidence. Continuous negative correction destroys confidence and limits performance. Try to find something positive to say about every player on your team. Early on with less developed players it can be difficult to find a specific thing to praise kids about. Even if it's just lining up right for calls, or doing high knees in warm ups well ... find something to praise the kids about.

CONFLICT MANAGEMENT

We will respond to concerns and conflicts within the league. In doing so, we will work towards reconciliation of the problem and/or those involved. A biblical model of reconciliation will be followed as found in Matthew 18.

a. When concerns or conflicts arise, the following should occur:

- i. Coach/Parent/League addresses the concern with the coach/parent/league individually.
- ii. In the event reconciliation does not occur through individual conversations, the League Director will call for a meeting between parties to address the concern/conflict.
- iii. The League Director will determine the severity of the situation and enforce the proper action.

b. Areas to be considered with a biblical response to conflict:

- i. Everything begins with a conversation. (Matthew 18:15)
- ii. Articulate your thoughts (Ephesians 4:15, 29)
- iii. Ability to listen well to others (Matthew 18:15)
- iv. Demonstrate a sense of self control (Matthew 18:16-17)
- v. Work for the win to “gain a brother” (Matthew 18:15)

c. Disciplinary Actions

- i. Verbal warning to discuss undesirable conduct. This meeting will reinforce the mission and vision of the league!
- ii. Accountability plan put into place to allow for personal growth and coach mentoring to avoid removal from league.

d. Removal from Game or League

i. The ultimate goal will be reconciliation. In order for that to occur, a specific time or long-term removal from attending practices and/or games and league participation. These decisions will be made following the failure for response to other efforts. The League Director and Cool Spring Rec Minister will make the final decision.

PARENTAL RELATIONSHIPS

Coaches must communicate with parents effectively as part of their coaching duties. Parents can be your greatest ally or greatest struggle. If you communicate properly, parents can be an asset. Many parents show up to the first couple of practices to make sure their son or daughter is in good hands. Some continue to observe practices and usually the younger the players'; the more parents observe your practice.

The typical issues that arise are as follows:

- They are upset that their child is not playing in the position that they think he/she should.
- They are upset their child is not playing enough.
- They undermine your coaching by teaching him different techniques.
- They undermine your coaching by complaining behind your back to other parents and to their own child.
- They are out of control at games and yell at referees and other teams.

Most issues can be mitigated by good communication and emphasis on team play. Here are some recommendations that help foster healthy relationships with parents:

1. Conduct a pre-season team meeting and explain in detail how you are going to adhere to the leagues playing and substitution system. This will help parents understand how the league functions and how the players are played and rotated.
2. End practices on time. Parents have schedules and more kids to chase.
3. At the end of practice, bring players together and remind them to thank their parents for allowing them to play football.
4. **Make a rule that you will not discuss problems with parents immediately after games.** Emotions are high after games and this is the worst time to address parents.
5. Make time for parents and make sure you communicate often with them.
6. Some coaches send personal notes or emails to parents about player's exceptional performance and how they can improve.

TEAM MEETINGS

The pre-season team meeting is essential in establishing communication, setting expectations and letting parents feel confident that their child is going to be in good hands. We recommend conducting the team meeting prior to beginning your first practice.

Introduction: Let them know your experience with coaching youth. If you don't have a lot of experience then tell them about the research that you have done and tell them coaching is a passion for you.

1. **Philosophy:** Tell them about your approach to coaching and that player safety is your number #1 priority. (Concussion Awareness/Heat Illness). The following are some examples.
 1. Stress Teamwork
 2. Christmanship
 3. Football Fundamentals and Skill Development
 4. Have Fun!

2. **Communication:** Discuss how you are going to communicate with the team such as if you need cancel to a practice or game change. Make sure you have all the correct phone numbers or emails. Advise them to check the league facebook site.
3. **Team Rules/Expectations:** Discuss team rules such as practices, no profanity, respect teammates, respect referees, and fellow competitors. This is a good time to speak with parents about sideline behavior during games. Discuss about missed practices or games and to let you know when they are going to miss ahead of time.
4. **Discuss equipment:** What the league has and what they are expected to have such as mouthpieces, water bottles, cleats to be molded rubber. Put names on water bottles! Discuss the importance of mouthpieces. **You must have a mouthpiece to practice or play in a game.**
5. **Practices:** Discuss what a typical practice will look like.
6. **Games:** Tell them when you expect them to arrive before a game.
7. **Positions and playing time:** This is a great time to tell them about the substitution system provided by the league.

FIRST AID POLICY & SAFETY PROCEDURES

1. First Aid Kit

- a. Available in the Pavilion.

2. Steps in an Emergency Medical Plan

- a. The coach is responsible for the care of each of his/her athletes. Other participants, spectators, referees, etc., should be supported by those in their immediate vicinity. Immediate care for an injured athlete/participant is the utmost importance for ensuring the best treatment for the athlete and maintaining a safe environment. Listed below are people who should be notified immediately in case of emergency.

i. Coach/Referee

ii. Parent

iii. League Directors

iv. Emergency Medical Personnel

b. Coaches are encouraged to be first aid or CPR trained or equipped. It is the responsibility of coaches to be safety conscious and protect the participants from injury. Look for unsafe situations and correct them yourself or immediately inform the leadership of Compass Sports.

c. Parents or guardians should notify the coach of any pre-existing conditions that might affect the player during the course of the season.

3. Being aware of medical personnel at the facility will also help in ensuring proper medical attention to the injured athlete or participant. Whoever is responsible for seeking the medical attention must remain calm, responsible, and familiar with the emergency medical plan. Majority of injuries will not require major medical attention. Coaches will face an array of minor injuries such as scraps, bruises, and sprains.

a. If an injury occurs, follow these steps: (to be determined by level of injury)

b. Do not immediately move an injured athlete

c. Assess & evaluate the injury

d. Administer basic First Aid

e. Remove player from contest if he/she cannot walk, run, jump, etc.

f. Contact the players parent for discussion of injury

g. Contact Emergency Medical personnel (CALL 911), if necessary

h. Assist emergency medical personnel in transporting the athlete or participant to the medical facility.

i. Designate someone to go with the person if parents/family members are not available. Assistant coaches or team parents are good candidates for this job.

- ix. Complete an injury report form that includes details of the event and injury (those involved and contact information)

4. Concussions

Participants of sports may experience head or neck injuries which could cause a concussion or concussion symptoms.

- a. All coaches will be provided concussion training that will teach the importance of recognizing a concussion. Coaches will receive and are asked to carry a concussion response card during practice and games.
- b. Any player experiencing concussion symptoms or that receives a concussion diagnosis must be removed from play and cannot return without proper authorization from medical personnel and family permission.
- c. Video training is available at: www.cdc.gov/headsup

WEATHER/GAME CANCELLATIONS/ LIGHTNING

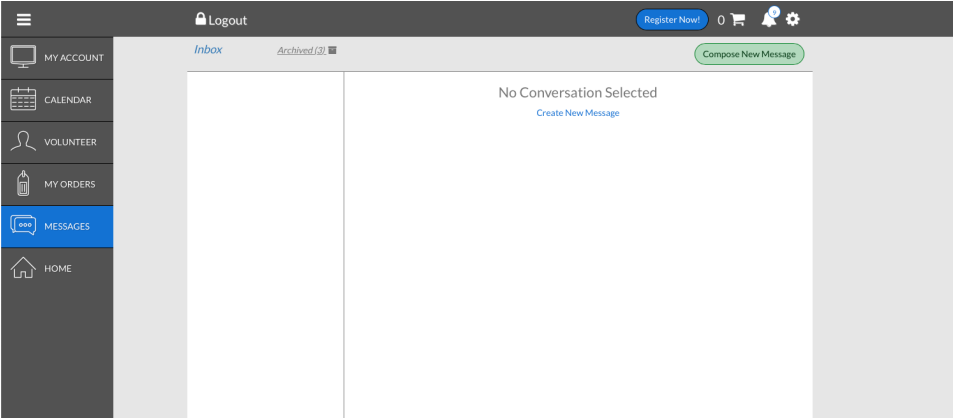
For games and practices using outdoor locations:

- a. The safety of all is the primary concern in cases of inclement weather. Once a game or practice has started, coaches and staff will have the responsibility to remove the players from the field. If required to do so, an air horn will be sounded to notify participants and families. At that time, all should seek shelter. Light rain or shower will not necessarily be a cause for cancellation. Lightning and severe thunderstorms will stop play.
- b. The league will provide updates through social media to inform of any weather cancellations.

SPORTS CONNECT

Sports Connect will be the hub for your team. From communicating with parents to viewing your game schedules, you will want to check this multiple times per week.

To send a message to your team, log in to your Sports Connect account. On the main page, click the messages button on the left hand side of the toolbar. Click “compose new message” and select your team.



LEAGUE SUBSTITUTION SYSTEM

This substitution system is designed to provide every player an equal opportunity for improvement. The substitution system ensures that no player sits out more than one possession at a time, every player plays offense and defense in every game, in most cases, each player will play against someone of equal ability, coaches are not able to make unfair substitutions or to be accused of doing so, coaches do not have to monitor playing time for each player, and playing time for all players is virtually even over the course of the season.

Be prepared with a potential lineup before coming to the field and then be ready to make changes once you get to the field (bring a blank sheet along with the examples below). You will most likely make some kind of change after connecting with the opposing coaches and seeing their lineup.

KEY DO'S AND DO NOT'S

- A. You must rank your players according to their abilities.**
- B. You must fill out the system below by alternating their rank (we will show this below).**
- C. The first player in the first column each week will be based on the game week number (week 1 start with player 1, week 2 start with second player, etc.) We will show this below.**
- D. Do not change the rotation during the season.**
- E. Do not substitute offense and defense in a time segment.**
- F. Do not switch any columns at halftime.**

HOW TO FILL OUT THE SUBSTITUTION SYSTEM

1. Rank your Players A-H based on their abilities. A is your “best” player and your H player is the player who need most improvement.
2. Fill out the system in order by A,C,E,G,I,B,D,F,J,H on the form.

HOW TO FILL OUT THE SUBSTITUTION SYSTEM

1. Rank your Players A-H based on their abilities. A is your “best” player and your H player is the player who need most improvement.

WEEK 1	
NAME	
A	Gary
B	Jake
C	Chris
D	Luke
E	Julie
F	Tyler
G	Shane
H	Skippy
I	Greg
J	Jordan

2. Fill out the system in order by A,C,E,G,I,B,D,F,J,H on the form.

WEEK 1		1 ST HALF				2 ND HALF			
NAME		16 MIN	12 MIN	8 MIN	4 MIN	16 MIN	12 MIN	8 MIN	4 MIN
A	Gary								
C	Chris								
E	Julie								
G	Shane								
I	Greg								
B	Jake								
D	Luke								
F	Tyler								
H	Skippy								
J	Jordan								

3. Beginning with your first player in the first column, place an “X” for the first five players.

WEEK 1		1 ST HALF				2 ND HALF			
	NAME	16 MIN	12 MIN	8 MIN	4 MIN	16 MIN	12 MIN	8 MIN	4 MIN
A	Gary	X							
C	Chris	X							
E	Julie	X							
G	Shane	X							
I	Greg	X							
B	Jake								
D	Luke								
F	Tyler								
H	Skippy								
J	Jordan								

4. In period 2, place an “X” with the first player not in the previous column (Player 6) and continue down the list to include five players total.

WEEK 1		1 ST HALF				2 ND HALF			
	NAME	16 MIN	12 MIN	8 MIN	4 MIN	16 MIN	12 MIN	8 MIN	4 MIN
A	Gary	X							
C	Chris	X							
E	Julie	X							
G	Shane	X							
I	Greg	X							
B	Jake		X						
D	Luke		X						
F	Tyler		X						
H	Skippy		X						
J	Jordan		X						

5. To determine who will begin the 3rd time segment, place an “X” in the third column for the player who follows next in the rotation from the second column (Gary). Then fill in the remaining 5 players. Then, begin with the next person in the rotation for the next column. This process should be done quarter by quarter.

WEEK 1		1 ST HALF				2 ND HALF			
	NAME	16 MIN	12 MIN	8 MIN	4 MIN	16 MIN	12 MIN	8 MIN	4 MIN
A	Gary	X		X					
C	Chris	X		X					
E	Julie	X		X					
G	Shane	X		X					
I	Greg	X		X					
B	Jake		X						
D	Luke		X						
F	Tyler		X						
H	Skippy		X						
J	Jordan		X						

WEEK 1		1 ST HALF				2 ND HALF			
	NAME	16 MIN	12 MIN	8 MIN	4 MIN	16 MIN	12 MIN	8 MIN	4 MIN
A	Gary	X		X					
C	Chris	X		X					
E	Julie	X		X					
G	Shane	X		X					
I	Greg	X		X					
B	Jake		X		X				
D	Luke		X		X				
F	Tyler		X		X				
H	Skippy		X		X				
J	Jordan		X		X				

6. If you have less than 10 players, you simply skip the line and go down to the next line in the column (or go back up to the top if you are at the bottom)
7. For example, let’s say Greg and Jordan will miss the first game. Here is what would happen

WEEK 1

	NAME	1 ST HALF				2 ND HALF			
		16 MIN	12 MIN	8 MIN	4 MIN	16 MIN	12 MIN	8 MIN	4 MIN
A	Gary								
C	Chris								
E	Julie								
G	Shane								
I	Greg								
B	Jake								
D	Luke								
F	Tyler								
H	Skippy								
J	Jordan								

WEEK 1

	NAME	1 ST HALF				2 ND HALF			
		16 MIN	12 MIN	8 MIN	4 MIN	16 MIN	12 MIN	8 MIN	4 MIN
A	Gary	X							
C	Chris	X							
E	Julie	X							
G	Shane	X							
I	Greg								
B	Jake	X							
D	Luke								
F	Tyler								
H	Skippy								
J	Jordan								

WEEK 1

	NAME	1 ST HALF				2 ND HALF			
		16 MIN	12 MIN	8 MIN	4 MIN	16 MIN	12 MIN	8 MIN	4 MIN
A	Gary	X	X						
C	Chris	X	X						
E	Julie	X							
G	Shane	X							
I	Greg								
B	Jake	X							
D	Luke		X						
F	Tyler		X						
H	Skippy		X						
J	Jordan								

WEEK 1

	NAME	1 ST HALF				2 ND HALF			
		16 MIN	12 MIN	8 MIN	4 MIN	16 MIN	12 MIN	8 MIN	4 MIN
A	Gary	X	X						
C	Chris	X	X						
E	Julie	X		X					
G	Shane	X		X					
I	Greg								
B	Jake	X		X					
D	Luke		X	X					
F	Tyler		X	X					
H	Skippy		X						
J	Jordan								

WEEK 1

	NAME	1 ST HALF				2 ND HALF			
		16 MIN	12 MIN	8 MIN	4 MIN	16 MIN	12 MIN	8 MIN	4 MIN
A	Gary	X	X		X	X		X	
C	Chris	X	X		X		X	X	
E	Julie	X		X	X		X	X	
G	Shane	X		X	X		X		X
I	Greg								
B	Jake	X		X		X	X		X
D	Luke		X	X		X	X		X
F	Tyler		X	X		X		X	X
H	Skippy		X		X	X		X	X
J	Jordan								

8. What if you only have 8 players on your whole roster?
 Or only 9 players on your roster?

8 PLAYERS

WEEK 1		1 ST HALF				2 ND HALF			
	NAME	16 MIN	12 MIN	8 MIN	4 MIN	16 MIN	12 MIN	8 MIN	4 MIN
A	Gary								
C	Chris								
E	Julie								
G	Shane								
B	Jake								
D	Luke								
F	Tyler								
H	Skippy								

9 PLAYERS

WEEK 1		1 ST HALF				2 ND HALF			
	NAME	16 MIN	12 MIN	8 MIN	4 MIN	16 MIN	12 MIN	8 MIN	4 MIN
A	Gary								
C	Chris								
E	Julie								
G	Shane								
I	Greg								
B	Jake								
D	Luke								
F	Tyler								
H	Skippy								

9. Now let's go to week #3 and assume we only have 9 players (out of 10 total). Shane will not be there.

WEEK 3		1 ST HALF				2 ND HALF			
NAME		16 MIN	12 MIN	8 MIN	4 MIN	16 MIN	12 MIN	8 MIN	4 MIN
A	Gary								
C	Chris								
E	Julie								
G	Shane								
I	Greg								
B	Jake								
D	Luke								
F	Tyler								
H	Skippy								
J	Jordan								

10. Since this is week #3, we will start with the 3rd player on the rotation.

WEEK 3		1 ST HALF				2 ND HALF			
NAME		16 MIN	12 MIN	8 MIN	4 MIN	16 MIN	12 MIN	8 MIN	4 MIN
A	Gary								
C	Chris								
E	Julie	X							
G	Shane								
I	Greg	X							
B	Jake	X							
D	Luke	X							
F	Tyler	X							
H	Skippy								
J	Jordan								

11. We then will go over to the next column for the second time period.

WEEK 3		1 ST HALF				2 ND HALF			
	NAME	16 MIN	12 MIN	8 MIN	4 MIN	16 MIN	12 MIN	8 MIN	4 MIN
A	Gary		X						
C	Chris		X						
E	Julie	X	X						
G	Shane								
I	Greg	X							
B	Jake	X							
D	Luke	X							
F	Tyler	X							
H	Skippy		X						
J	Jordan		X						

12. We will then finish going all the way across the rotation.

WEEK 3		1 ST HALF				2 ND HALF			
	NAME	16 MIN	12 MIN	8 MIN	4 MIN	16 MIN	12 MIN	8 MIN	4 MIN
A	Gary		X		X		X	X	
C	Chris		X		X		X		X
E	Julie	X	X		X		X		X
G	Shane								
I	Greg	X		X	X		X		X
B	Jake	X		X		X	X		X
D	Luke	X		X		X		X	X
F	Tyler	X		X		X		X	
H	Skippy		X	X		X		X	
J	Jordan		X		X	X		X	

WEEK 1		1 ST HALF					2 ND HALF				
NAME											
A											
C											
E											
G											
I											
B											
D											
F											
H											
J											

[illegible]

NAME

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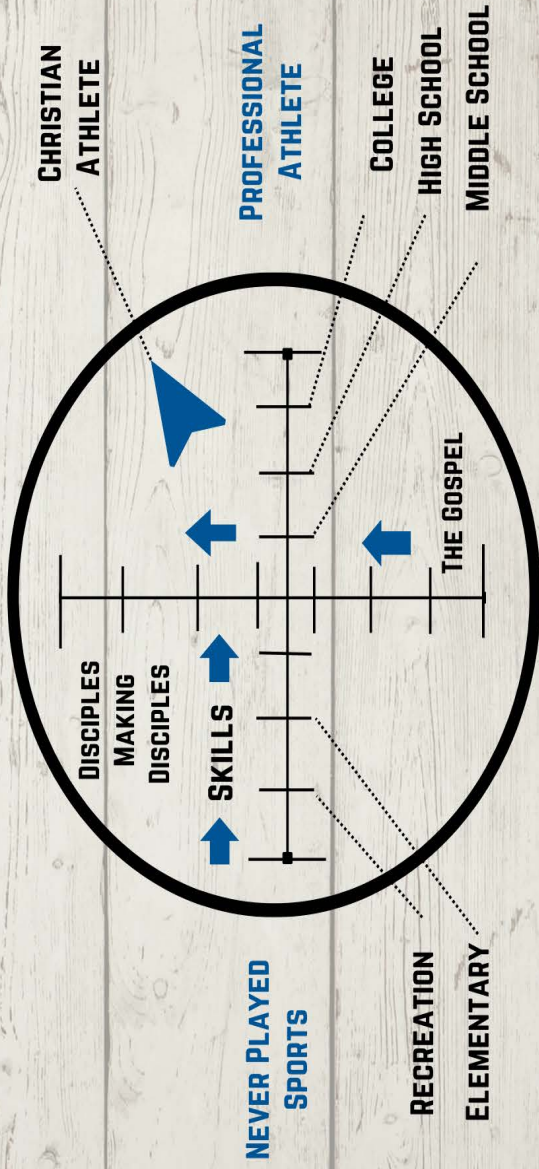
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What Does The Compass Sports Logo Represent?

**DEVOTED FOLLOWER OF CHRIST
DISPLAYING CHRIST IN SPORTS**



**NON-BELIEVER
PRESENTING CHRIST THROUGH SPORT**



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