

MOUNT PLEASANT RECREATION DEPARTMENT  
FUNDamental FLAG FOOTBALL MANUAL

**TABLE OF CONTENTS**

I. Infectious Disease Guidelines .....2

II. MPRD Lightning Safety Procedure.....5

III. Recreation Department Personnel .....7

IV. Coaches Code of Ethics Pledge .....8

V. Town Football Facilities .....9

VI. Critical Dates .....10

VII. Team Requirements/Player Eligibility.....11

VIII. Placement of Players on Team/Team Coach Assignments.....11

IX. Flag Football Rules.....12

X. Equipment/Uniforms/Schedules/Awards/Rainout Information.....15

XI. Training Sessions .....16

XII. Conduct.....17

XIII. Facility Supervisors/Release of Confidential Information.....19

XIV. Coaches Tips.....20

## MOUNT PLEASANT RECREATION DEPARTMENT

### INFECTIOUS DISEASE GUIDELINES

The Mount Pleasant Recreation Department has published these guidelines in an effort to minimize the possibility of transmission of any infectious disease during practices or games.

These guidelines primarily address blood-borne pathogens such as the Hepatitis B virus and the Human Immunodeficiency Virus (HIV). However, these guidelines also outline common sense precautions against the spread of less serious, but other contagious diseases. It is the intent and desire of the MPRD that all activity by the participants enrolled should be carried out with the safety of the environment. We encourage all volunteers who are part of these programs in any capacity to help us carry out these aims and objectives.

#### **BLOOD-BORNE PATHOGENS**

Blood-borne pathogens such as Hepatitis B and HIV are serious infectious diseases, which are present in blood as well as other bodily fluids such as semen, vaginal fluids and breast milk. While there are a number of such diseases, Hepatitis B and HIV are the most common known.

Hepatitis B is a virus, which results in a dangerous inflammation of the liver. Its victims can suffer long-term consequences and recurrences and the disease can be deadly if not treated. HIV is the virus that causes AIDS or Acquired Immunodeficiency Syndrome, which weakens the immune system, thus making a person susceptible to infections their immune systems normally would fight off. AIDS is incurable and deadly.

When giving first-aid to others, an individual should wear protective gloves (such as rubber surgical gloves) any time blood, open wounds or mucous membranes are involved. The individual should wear clean gloves for each person treated or when treating the same person more than one time.

If the individual gets someone else's blood on his/her skin, protective gloves should be worn and the blood wiped off with a disposal alcohol swab.

**Note: If blood gets on a uniform during practice or a game, the uniform should be wiped with a disinfectant such as isopropyl alcohol (rubbing alcohol).**

If an individual begins to bleed during practice or a game, play must be stopped and the individual should be removed from the game. If there is blood on the floor and/or bench, the floor and/or bench should be cleaned using a disinfectant solution of household bleach and water. The recommended mixture is ten (10) parts water to one (1) part bleach. (Example: 1/2 bleach to one (1) gallon of water). The surface should then be rinsed with clean water to avoid participants getting the disinfectant in their eyes. The person doing this cleanup should wear protective gloves.

The individual removed from practice or a game due to bleeding must have the bleeding stopped and any wound covered before being allowed to return to the practice or game. If the bleeding begins again, the practice or game should be stopped and the potentially contaminated surfaces cleaned. The manager or umpire/referee would be the judge as to the number of times the practice or game would be stopped before the individual is disqualified from further participation in that practice session or game.

The person who has treated an injury where there is blood present or has cleaned a potentially contaminated surface should wash their hands with soap and hot water whether or not protective gloves are worn.

Disposable towels should be used in all cleanups. Towels, gloves and all protective materials used in the cleanup, as well as items used to stop the bleeding, should be placed in a sealed container lined with a plastic bag. These bags are not to be reused and should be disposed of on a daily basis.

Any official who gets blood on himself/herself should do the same as the participants in a practice or game. A disinfectant such as isopropyl alcohol (rubbing alcohol) should be used to wipe the blood from an area.

Although Hepatitis B is a much more common virus than HIV, it is HIV and AIDS more than any other disease that has served to heighten public concern over blood-borne pathogens.

It is most important to carry out suggested procedures in the interest of safety and the health of children who participate in our activity on a day-to-day basis. If this is done, parents and others can be assured that we are concerned about the total well-being of the youngsters entrusted to our care.

The precise risk of HIV transmission during exposure of open wounds or mucous membranes such as eyes, ears, nose and mouth to contaminated blood is not known. However, evidence would suggest it is extremely low. In fact, the possibility of contracting HIV in this manner is much less than the possibility of contracting Hepatitis B or other blood-borne infections.

Everyone must understand that while it is theoretically possible for HIV to be transmitted by blood from one individual through the wound or mucous membrane of another individual, the probability of this occurring is extremely low. One must not assume, however, that the chance of transmission of HIV in this manner is zero. Proper and adequate precautions should be taken to ensure that no transmission can occur.

## **WAYS TO PREVENT THE TRANSMISSION OF BLOOD-BORNE PATHOGENS**

If blood is present, positive steps can be taken that will lessen the possibility of transmission of blood-borne pathogens, such as Hepatitis B or HIV, if the person who is bleeding has such a disease.

It is most important that the adults who work with youngsters in youth activities are aware of what steps should be taken in the event an accident occurs and there is a presence of blood. If there is blood present, this situation should be treated with respect regarding its ability to transmit infectious disease.

If the participant has an open wound on their body, they should cover this wound prior to the start of a practice or game. When this is done, the participant will decrease the risk of transmission of a blood-borne pathogen from their open wound to the open wound or mucous membrane of another person or vice versa.

It is essential that all adults and youth participants use good hygiene. Towels, cups and water bottles should not be shared.

## **OTHER CONTAGIONS**

Contagions such as the Influenza Virus, the Common Cold virus and the Mononucleosis virus are generally transmitted by respiratory secretions, saliva and nasal discharge. This occurs through the air when an infected person sneezes or coughs or by oral inoculation from contaminated hands and surfaces. The possibility of becoming infected with one of these viruses is greater indoors than outdoors. If a person is infected with one of these viruses, they possibly will have an incubation period of a few hours or days. Colds and Influenza are usually known by the individual who may be affected and normal symptoms include: muscle aches, pains in joints, fever and chills. If an individual is affected, they should not be allowed to practice or play in a game due to the weakness that would be present from these viruses. It is important to observe sound hygienic practices when this occurs and towels, cups and water bottles should not be shared among participants.

## MPRD LIGHTNING POLICY

**PURPOSE:** To insure as much as possible that the safety of participants is a priority and provide the proper procedure to mitigate the lightning hazard at any Mount Pleasant Recreation Department's (MPRD) outside facilities and activities.

**POLICY:** Lightning is the most consistent and significant weather hazard that may affect outdoor activities; therefore the following procedures are to be followed to help insure the safety of MPRD participants and spectators by monitoring how far away the lightning is occurring and how fast the storm is approaching, relative to the distance of a safe shelter.

### SPECIFIC PROCEDURES:

1. MPRD has established a chain of command as to who monitors threatening weather and who makes the decision to remove a team or individuals from an outdoor site or event. The chain of command will be as follows:
  - a. Facility Supervisor assigned to site/event
  - b. Game Officials/Referees/Umpires
  - c. Recreation Coordinator/Specialist assigned to activity
  - d. Athletic/Program Division Chief
  - e. Assistant Director
  - f. Director
2. The Facility Supervisor assigned to the activity/site will be the MPRD's representative at the site in the absence of the Recreation Coordinator/Specialist. The Facility Supervisor will include in their daily procedures monitoring of the weather by visual, audio and electronic means.
3. MPRD will obtain a weather report each day prior to a practice or event. Staff will be aware of potential thunderstorms that may form during scheduled activities.
4. MPRD will monitor the weather reports and National Weather Service-issued (NWS) thunderstorm "watches" and "warnings" as well as signs of thunderstorms developing nearby.
  - a. A **watch** means that conditions are favorable for severe weather to develop in an area.
  - b. A **warning** means that severe weather has been reported in an area and for everyone to take proper precautions.
5. MPRD Staff will know where the closest "safe structure or location" is to the field/court or play area and will know how long it takes to get to that safe structure or location. Safe structure or location is defined as:
  - a. Any building normally occupied or frequently used by people; ie., a building with plumbing and/or electrical wiring that acts to electrically ground the structure. Shower facilities are not to be used for safe shelter and **do not use** the showers or plumbing facilities during a thunderstorm
  - b. In the absence of a sturdy, frequently inhabited building, any vehicle with a hard metal roof (not a convertible or golf cart) and rolled-up windows can provide a measure of safety. The sides of the vehicle are not to be touched.
6. MPRD has designated the following areas as a "safe structure or location" for the sites listed below:
  - a. R.L. Jones Center Complex – The R.L. Jones Center building, softball field press box with roll up windows closed or individual vehicles in parking lot.
  - b. Duffy Complex – The concession stand/storage building or individual vehicles in parking lot.
  - c. Patriots Point – Individual vehicles in parking lot.
  - d. Park West – MPRD Park West building, Park West gym, Pavilion building or individual vehicles in parking lot.
  - e. Whipple Road Complex – Tennis Center building or individual vehicles in parking lot.
  - f. Sloan Park - Individual vehicles in parking lot.
  - g. Moultrie Middle School - Individual vehicles in parking lot.
  - h. Town Hall Track & Field – Town Hall gym or individual vehicles in parking lot.
  - i. Old Wando Baseball Field- Press box or individual vehicles in parking lot.
  - j. Whitesides Elementary School - Individual vehicles in parking lot.
  - k. Reid & Speights Street Fields - Individual vehicles in parking lot.
  - l. Longpoint Soccer Field – Longpoint Amenities building or individual vehicles in parking lot.

- m. Trident Academy Field – Individual vehicles in parking lot.
  - n. Cario Multipurpose Field - Individual vehicles in parking lot.
  - o. James B. Edwards Elementary School - Individual vehicles in parking lot.
  - p. Community Centers – Community center building or individual vehicles in parking lot.
  - q. Julian Weston Tennis Courts - Individual vehicles in parking lot.
  - r. G.M. Darby Building – The Darby building or individual vehicles in parking lot.
  - s. James B. Edwards Park - Individual vehicles in parking lot.
  - t. Alhambra Hall & Park – Alhambra Hall building or individual vehicles in parking lot.
  - u. Kearns Park and Pitt Street Bridge - Individual vehicles in parking lot.
7. Overhangs, toilet trailers, restroom buildings, picnic shelters, tents, dugouts or other areas not listed in section 6 are **not to be used** to avoid lightning.
  8. It is the responsibility of MPRD Staff to be aware of how close lightning is occurring, by using a combination of the “flash-to-bang method” and issued lightning detectors. To use the “flash-to-bang method”, count the seconds from the time the lightning is sighted to when the clap of thunder is heard. Divide this number by five (5) to obtain how far away (in miles) the lightning is occurring. For example, if an individual counts 15 seconds between seeing the flash and hearing the bang, 15 divided by five (5) equals three (3); therefore, the lightning flash is approximately three (3) miles away.
  9. Lightning awareness should be increased with the first flash of lightning or the first clap of thunder, no matter how far away. The most important aspect to monitor is how far away the lightning is occurring and how fast the storm is approaching, relative to the distance of a safe shelter.
  10. At a minimum, by the time the monitor obtains a “flash-to-bang” count of **30 seconds**, all individuals should have left the outdoor site and reached a safe structure or location.
  11. When consideration is being given to resumption of outdoor activities, a 30 minute waiting period after the last flash of lightning or sound of thunder is recommended before returning to the field/area or activity.

\_\_\_\_\_ **Assistant Recreation Director**

\_\_\_\_\_ **Recreation Director**

## MOUNT PLEASANT RECREATION DEPARTMENT

### PERSONNEL

#### Executive Staff

Steve Gergick, Director  
Jimmy Millar, Deputy Director  
Sarah Garner, Office Manager  
Melissa Estrada, Account Clerk  
Jason Boehm, Administrative Clerk

#### Athletic Division

Matt Hansen, Athletic Division Chief  
Terri Steed, Recreation Coordinator/ Volleyball/Basketball  
Jay Rhodes, Recreation Coordinator Football/Track  
Scott Koth, Recreation Coordinator/ Softball  
Ryan Johnson, Recreation Coordinator/Baseball/Wrestling  
Garrett Heatherington, Recreation Coordinator/FUNDamentals  
Aaron Parry, Recreation Coordinator Soccer  
Haley Vaughn, Recreation Coordinator/Tennis  
Matt Blakeney, Recreation Specialist  
Eric Duhamel, Recreation Specialist  
Jessica Smith, Administrative Assistant

#### Program Division

Shelli Davis, Program Division Chief  
Tina Carter, Program Coordinator  
Nicole Ashby, Aquatics Coordinator;  
Victoria Kline, Recreation Specialist, Aquatics  
Jessica Walsh, Recreation Specialist, Aquatics  
Anne Selner, Recreation Specialist  
Erin Wilson, Recreation Specialist  
Logan Weckbaugh, Recreation Specialist  
Sherrie Pompeii, Senior Program Coordinator  
Nicole Holladay, Recreation Specialist/ Seniors  
Sandi McGee, Administrative Assistant  
Rhea Pitts, Administrative Assistant/ Seniors

#### Office Personnel

Tiffani Walker, Administrative Assistant  
Deborah Llaro, Administrative Assistant  
Karen Washington, Administrative Clerk

COACHES  
CODE OF ETHICS PLEDGE

I hereby pledge to live up to the Mount Pleasant Recreation Department Code of Ethics as coach.

**I will** place the emotional and physical well-being of my players ahead of any personal desire to win.

**I will** remember to treat each as an individual, remembering the large spread of emotional and physical development for the same age group.

**I will** do my very best to provide a safe playing situation for my players.

**I promise** to review and practice the necessary first aid principals needed to treat injuries of my players.

**I will** do my best to organize practices that are fun and challenging for all my players.

**I will** lead, by example, in demonstrating fair play and sportsmanship to all my players.

**I will** insure that I am knowledgeable in the rules of each sport that I coach, and that I will teach these rules to my players.

**I will** use those coaching techniques appropriate for each of the skills that I teach.

**I will** remember that I am a youth coach, and that the game is for children and not adults.

**I will** choose my words wisely and not swear or degrade any players, referees, staff, or parents

Date: \_\_\_\_\_ Name: \_\_\_\_\_  
(Please print)

Signature: \_\_\_\_\_

Team Name/Sponsor: \_\_\_\_\_



## **TOWN FOOTBALL FACILITIES**

**Town Hall** - 100 Ann Edwards Lane, Mt. Pleasant

**Park West** – 1251 Park West Blvd., Mt. Pleasant

**Jones Center Complex** – 391 Egypt Road, Mt. Pleasant

**Moultrie Middle School** - 645 Coleman Blvd., Mt. Pleasant

**Thomas Cario Middle School** – 3500 Cario Blvd., Mt. Pleasant

**Whipple Road Complex** - Whipple Road, Mt. Pleasant

**Wando High School South** – 1560 Mathis Ferry Rd., Mt. Pleasant

**Cheryll Woods-Flowers Soccer Complex (Patriots Point)** – 85 Patriots Point Rd., Mt. Pleasant

**Carolina Park Soccer Complex** – 767 Faison Rd., Mt. Pleasant

**\*PLEASE NOTE:** Due to scheduling circumstances, there may be times when league games will be played at facilities other than those designated above.

**WE ASK THAT ONCE YOUR GAME HAS ENDED PLEASE MOVE OFF OF THE FIELDS SO THE GAME FOLLOWING MAY BEGIN PROMPTLY!!!**

MOUNT PLEASANT RECREATION DEPARTMENT

**CRITICAL DATES**

July 4-19	Registration
July 20	Waitlist begins
August 31 (tentatively)	Practices begin
September 4 (tentatively)	Jamboree at Wando High School
Photo dates and times	TBD

**WE ASK THAT ONCE YOUR GAME HAS ENDED  
PLEASE MOVE OFF OF THE FIELDS SO THE GAME  
FOLLOWING MAY BEGIN PROMPTLY!!!**

## MOUNT PLEASANT RECREATION DEPARTMENT

### TEAM REQUIREMENTS

There will be a maximum of fourteen (14) players for 5-6 division.

There will be a maximum of fourteen (14) players for 7-8 division.

League age will be determined by how old the child is on **September 1, 2021**.

- No 4 year old will be permitted to waiver into the league.

### PLAYER ELIGIBILITY

All players must fill out a registration form and pay a fee in order to participate in the Flag Football program. Scholarships are available on an individual basis. Contact the front desk staff for assistance concerning the scholarship program at least 10 days prior to registration.

First time participants must show a copy of their original birth certificate, or other acceptable document proving date of birth upon registration.

No accident insurance is provided by the Recreation Department. Any injuries that result from playing Flag Football are the responsibility of the participants/parents.

### PLACEMENT OF PLAYERS ON TEAMS

The method used to divide teams is as follows:

1. The head coaches' child (ren) will be allowed to be on the same team that their parents coach.
2. Every effort will be made to place children by side of town and school.
3. Please note: special requests for a particular team, coach, or teammate are NOT honored.
4. Siblings will play on the same team unless parents request that they play on separate teams.

**Please note: special requests for a particular team, coach, or teammate will NOT be honored.**

**All deletions and additions to the team roster will be made by the Athletic Division, not by coaches. NO TRADES WILL BE ALLOWED. Players can not participate unless registered with the Mount Pleasant Recreation Department. Any coach who adds or removes players will be suspended from coaching until a meeting is held with the Athletic Division Chief.** Sponsors may wish to sponsor the team which their child is placed on.

## RULES AND REGULATIONS

### I. FUNDamental FOOTBALL GAME RULES/REGULATIONS:

#### A. Players -

- A game is played between two (2) teams consisting of six (7) players in the 5/6 age group and eight (8) players for the 7/8 age group.
- All players must wear a mouthpeice at all times.

#### B. Playing Fields -

- For 5/6 age group: This field measures sixty (60) yards in length, divided into four (4) zones of ten (10) yards each between two (2) end zones of ten (10) yards. It is forty (40) yards wide.
- For 7/8 age group: This field measures seventy five (75) yards in length, divided into three (3) zones of twenty (20) yards each between two (2) end zones of seven and a half (7.5) yards each. It is fifty (50) yards wide.

#### C. Equipment and Uniforms -

- Each player must wear a belt with the number of flags designated as “standard” by the league, this will be 2-3 flags.
- The flags will be attached to a belt as per manufacturers design and extend or hang from each side of the player’s body.
- Jerseys cannot be worn over flags.
- Players cannot hold or tie belts
- If a player’s flag is inadvertently lost, he/she is ineligible to handle the ball.
- Game uniforms:
  - any type of pants/shorts (without pockets) may be worn.
  - jerseys will be tucked in or belt worn over jersey at all times.

#### D. Prohibited Equipment -

- Padding of any kind, including hard surface padding such as shoulder pads, hip pads and helmets.
- Anything that conceals the flags.
- Metal Cleats

#### E. Rules of the Game -

1. Players: The free substitution rule is always in effect and a player may enter the game any time the ball is dead.
2. Time: There will be two (2) twenty (20) minute halves and two (2) one (1) minute timeouts per half. Five (5) minutes between halves.
3. Play Begins: SEE p23 for Field Diagram
  - 5-6 yr. olds start 10yds from goal line either side of field every possession.
  - 5-6 yr. olds defensive players must start 5yds. off the line of scrimmage prior to every snap (**defensive players CANNOT cross the line of scrimmage until the ball is handed off or thrown by the quarterback-or qb begins scrambling towards the line of scrimmage**).
  - 7-8 yr. olds start 20yds from the goal line either side of field to begin each half and after touchdowns. All other change of possessions will begin where the last play ends.
  - 7-8 yr. old defensive players must start 3yds. off the line of scrimmage prior to every snap unless w/in 3 yds to goal; may then line up on goal line (**defensive players CANNOT cross the line of scrimmage until the ball is handed off or thrown by the quarterback-or qb begins scrambling towards the line of scrimmage**).

4. Punting:
  - No punting in the 5-6 yr. old league.
  - In the 7-8 yr. old division, teams may declare a punt and will result in the ball being moved 20yds., resulting in a change of possession.
  
5. Downs (First down and zone to go):
  - Each team will have four (4) consecutive downs to advance the ball into the next zone or to score a touchdown.
  - Once a team enters into the next zone, it is a first down and a new series of downs begins.
  - A team failing to move the ball into the next zone will lose possession. The opposing team takes over at the opposite side start line (5-6 yr. olds) and play where the ball is down (7-8 yr. olds)
  - When the offensive team is within the last zone and has a first down, it will be first down and goal.
  
6. De-flagging:
  - There shall be no tackling of the ball carrier, passer or kicker. A 5yd. penalty will be assessed.
  - The player carrying or having possession of the ball is down when the flag is removed from their waist (de-flagging), The defensive player shall hold the flag above their head and stand still.
  - The defensive player cannot hold or push the ball carrier to remove his flag. An accidental touch of the body or shoulder while reaching for the flag shall not be considered a violation; however, touching of the head or face shall be considered a violation.
  - A defensive player may not run over, push, or pull a blocker away from him. He may push him sideways if he gets past him, but he cannot push the blocker down.
  - A defensive player must go for the passer's flag. He/she cannot touch the passer's arm.
  
7. Blocking:
  - A blocker must be on their feet at all times while blocking. All linemen, except the center, must not assume the three (3) point stance or otherwise spring from a coiled or crouching start. Instead they must simply stand at the line of scrimmage and await the snap. The center, though crouching, if they are to block, must first stand straight up.
  - Cross body and roll blocking are not permitted.
  - A blocker cannot use their hands.
  - Blocking shall be done with the arms and body in the form of shoulder and brush blocking only.
  - A defensive player cannot block or push a ball carrier out-of-bounds.
  - Butting, elbowing or knee blocking is not permitted.
  - There will be no two-on-one blocking for the ball carrier beyond the line of scrimmage.
  - Blocking a player from behind is not permitted (clipping).
  - There will be no interlock blocking.
  - A defensive player will be restricted in the use of their hands to the blocker's body and shoulders.

8. Ball Carrier:

- The ball carrier cannot use their hands or arms to protect their flags. The defensive player must have the opportunity to remove the ball carriers' flags.
- The ball carrier cannot lower their head to drive or run into a defensive player.
- Stiff arming by the ball carrier is illegal.
- He/she may run in any direction until the ball is declared dead.

9. Passing:

- When center snaps the ball to the quarterback, the quarterback ***must*** take possession of the ball NO fake passing.
- All backfield players are eligible passers.
- Passing will be attempted from behind the line of scrimmage only.
- A lateral pass is a pass thrown parallel to the line of scrimmage or back toward the passers own goal line. A lateral pass is not considered a forward pass.
- A forward pass is a pass thrown from behind the line of scrimmage toward the defensive team's goal line.

10. Receiving:

- All players are eligible to receive forward passes.
- A receiver may catch a ball even if he/she steps out-of-bounds or out of the end zone as long as he/she comes down with one foot in bounds.
- Two or more receivers may touch a ball in succession resulting in a completed pass.
- If an offensive and defensive player catch a pass simultaneously, the ball is declared dead at the spot of the catch and the passing team is awarded possession.
- Center will snap the ball to player lined up directly behind him/her

11. Dead Balls:

- All balls touching the ground are immediately dead (except kickoffs and punts). For example, the ball is declared dead at the following times:
  - a. When the ball carrier touches the ground with their body, other than hand or feet.
  - b. When the ball carrier's flag has been pulled.
  - c. If a pass receiver or ball carrier has a missing flag (ball is dead at that spot).
  - d. Following a touchdown, safety, or touchback.
  - e. When the ball goes out-of-bounds for any reason.
  - f. If the center snap hits the ground before reaching a backfield man.
  - g. When the ball hits the ground as a result of a fumble or muffed ball.  
**THERE ARE NO FUMBLE RECOVERIES.**
  - h. If a lateral pass touches the ground (ball is declared dead at that point)  
If a lateral pass goes out-of-bounds, the ball is ruled dead at the point it crosses the boundary line.
  - i. If a forward pass strikes the ground or is caught at the same time by an opposing player(s).

## MOUNT PLEASANT RECREATION DEPARTMENT

### EQUIPMENT AND UNIFORMS

For **FUNDamental Football** the Recreation Department will provide game jerseys for all participants. Any type of pants without pockets may be worn. **MOUThPIECES ARE REQuIRED.** No other equipment is required.

Equipment necessary for practices and games will be issued by the Recreation Department to the coaches and accounted for. Any equipment issued by the Recreation Department that becomes damaged or broken must be exchanged immediately for good equipment. Any lost/missing equipment must be reported as such immediately to the Recreation Coordinator/Football. The appropriate report of lost/missing equipment form must be completed at this time. During games the coach must share any Recreation Department equipment with the other team if it is necessary. **Failure to report lost/missing equipment could result in the individual who was issued the equipment having to reimburse the Mount Pleasant Recreation Department for replacement cost.**

Only those game jerseys that are issued by the Recreation Department will be allowed to be worn in the games. All players must have on a uniform or will not be allowed to play in the game. Pants, socks, etc., are up to the individual players and teams.

All equipment issued by the Recreation Department must be returned immediately following the end of the season.

### SCHEDULES

All games must be played at the time, day, and location outlined in the schedule.

There will be ten (10) scheduled game dates, guaranteed eight (8) game dates. If more than two (2) game dates are cancelled, MPRD will reschedule.

The official team name is the sponsor's name. That name will appear on the game schedule.

### AWARDS

All players will receive participation trophies. Trophies will be distributed to the coach before the last game. The coach will be responsible for handing out the trophies.

### RAINEDOUT.COM INFORMATION

For snow, ice, fog or weather issues register on Rainedout.com by visiting [www.tompssc.com](http://www.tompssc.com) and clicking the link. Notifications will be sent via rainedout.com no sooner than 4:30pm on the playing status of games. However, "when in doubt, dress out."

## MOUNT PLEASANT RECREATION DEPARTMENT

### TRAINING SESSIONS

**No players are to be left unattended after training sessions have ended. An adult must stay until the last player has left the premises.**

All training session schedules must be strictly followed. In the event a coach cannot make a scheduled session, the coach must notify all players and the Recreation Department.

More than one team will be scheduled to train on a field at one time. All coaches must share the space in an amicable manner.

Training sessions will be scheduled in one-hour increments. After the allotted time is up, the session must end immediately. Courtesy and consideration are paramount to satisfying everyone's requirements.

Teams are **not allowed** to practice or play when it is raining or when lightning is prevalent. Refer to the MPRD Athletic Division Policy, AO-400.01, **Lighting Safety Procedures**, for further information regarding lightning safety. This policy is located in front of the manual right after Infectious Disease Guidelines.

A coach may hold a player out of the game for only the following reasons: injury, sickness or disciplinary actions. The coach must notify the opposing coach before the game begins and notify the coordinator if any players that are dressed out to play will not be playing or not meeting the minimum playing requirements. **All players should be allowed and encouraged to play all positions. Please keep in mind that this age group is more about learning the game than competition, so if a player approaches a coach and request to play a certain position, please allow the player that opportunity.**

**VIOLATION OF THE PARTICIPATION RULE WILL BE A ONE GAME SUSPENSION FOR THE COACH. TWO (2) VIOLATIONS OF THE PLAYING REQUIREMENT WILL RESULT IN DISMISSAL OF THE COACH FROM THE PROGRAM.**



## MOUNT PLEASANT RECREATION DEPARTMENT

### CONDUCT

All players must remain on the sidelines during the game except when substituting and time-outs.

One coach per team will be permitted on field.

At no time during or after a game may a coach or player argue a call.

At no time before, during, or after a game shall a coach or player yell or raise his or her voice at a coach or Recreation Department personnel.

Absolutely no fighting will be permitted by any coach or player. Violators will automatically be suspended from further league participation until a meeting is held with the Athletic Division Chief.

Any coach who pulls his or her team from the field before the contest has ended will be suspended for the rest of the season.

All coaches will conduct themselves according to socially accepted standards and the Coaches Code of Ethics Pledge. Violators may be suspended by the Recreation Department.

#### **Do not contact the sponsors for additional money.**

Any coach, player and/or parent using inappropriate language will be removed from the game. Multiple violations will result in the removal from the league. The Recreation Department reserves the right to dismiss any coach who does not conduct themselves according to any of the above policies.

Any coach/manager allowing an illegal player to participate will receive no less than a one year ban from participating in any Mount Pleasant Recreation Department League.

There shall be **NO SMOKING** on the fields by players, coaches, managers, or parents. Violators will be asked to leave or removed from the facility.

Players ordered off the field by the coach shall obey. The ejected player must leave the premises. Failure to comply will result in the player being given a minimum of a three (3) game suspension.

Players suspended for flagrant violation of rules cannot play again until reinstated by the Athletic Division Chief. A player will not be reinstated until **AFTER** a meeting with the Athletic Division Chief.

Switching jerseys during the game is not allowed and will result in **ALL** players switching jerseys being removed from the game and suspended for the next game.

All persons that are on the sideline area of a team shall be considered as part of the team and treated as such. **Only players on the official team roster are allowed on the sideline team area.**

Any player ejected from a game will automatically be suspended for the next game, regular season or post season game.

Additional disciplinary action for players, coaches, managers, and fans will be as follows:

<b>OFFENSE</b>	<b>1ST OFFENSE</b>	<b>2ND OFFENSE</b>
<b>1. Abusive/offensive language said out loud, but not directed at anyone</b>	<b>Current game plus 1 week suspension.</b>	<b>Current season suspension.*</b>
<b>2. Abusive/offensive language directed at coaches, staff, players or spectators</b>	<b>Current game plus 3 additional game suspension.</b>	<b>Current season suspension.*</b>
<b>3. Threat of physical abuse directed at coaches, staff players or spectators.</b>	<b>Suspension for current season plus 1 year probation.</b>	<b>During probation period suspension for remainder of probation period plus 2 years probation.</b>
<b>4. Fighting with teammates, from fans, officials, staff, or opposing team.</b>	<b>Suspension for current and next season plus 2 year probation.</b>	<b>Permanent suspension all adult sports.</b>
<b>5. Defacing, damaging, or suspension destroying Town property or equipment.</b>	<b>1 game suspension up to permanent suspension</b>	<b>Current season depending on circumstances and repair/replacement costs</b>

\*If suspension occurs at last game of regular season, suspension will carry over into the next regular season that player participates in.

\*\***3<sup>RD</sup> OFFENSE** or more, disciplinary action will be at the discretion of the Athletic Division Chief.

Additional disciplinary action for any violation or offense not specified will be at the discretion of the Athletic Division Chief. There are no further appeals to the Athletic Division Chief's decisions.

## **FACILITY SUPERVISORS**

There will be a Facility Supervisor at each facility identifiable by wearing a neon green/yellow vest. They are Recreation Department employees, and as such, represent the final authority for each situation.

Please familiarize yourself with these people. If you have any concerns, suggestions, or information, please tell one of our Facility Supervisors. They have a Game Summary Form that they are required to complete at the conclusion of the contests at a particular site. This form is used to pass information on to the Athletic Division Chief on a daily basis.

## **RELEASE OF CONFIDENTIAL INFORMATION**

The rosters that are provided to each coach contain important, yet confidential information. Each and every coach has the responsibility to ensure that this information remains confidential. The MPRD has taken steps to abide by the wishes of many parents in keeping this information confidential.

Do not just randomly make copies of your roster to give to every parent on the team. Some parents do not want their phone numbers or child's birth date to be given out. Please respect everyone's wishes in this matter. If you want to form a phone tree or have a team mom/pop, ask the parents for their phone number/address. This way, if they do not want to participate in this manner, they have the option to say no.

Do not make multiple copies of the roster for convenience. The chance of leaving a copy somewhere on the field becomes greater with the more copies that you have.

If anyone approaches you at the field requesting such information for a promotion, tell them no. Request their name and phone number and have them get in touch with the MPRD. Notify the Facility Supervisor or any MPRD personnel at the site. Call and notify the MPRD as soon as possible.

When requesting a roster to be faxed to your office, make sure that you get the fax promptly and that no other copies are available or thrown in the trash.

Please take the extra time and steps to help ensure that this information does not accidentally fall into the hands of people who do not need it. All of our children are precious to us. It's worth the extra effort to help keep them out of harms way.

## THE COACH

He is called “coach”. It is a difficult job, and there is no clear way to succeed in it. One cannot copy another who is a winner, for there seems to be some subtle, secret chemistry of personality that enables a person to lead successfully and no one really knows what it is. Those who have succeeded and those who have failed represent all kinds – young and old, inexperienced and experienced, hard and soft, tough and gentle, good-natured and foul-tempered, proud and profane, articulate and inarticulate, even dedicated and casual. Most are dedicated, some more than others, but intelligence is not enough. All want to win, but some want to win more than others, and just wanting to win is not enough in any event. Even winning is often not enough. Losers almost always get fired, but winners get fired, too.

**He is out in the open being judged publicly almost every day or night for six, seven, or eight months a year by those who may or may not be qualified to judge him. And every victory and every defeat is recorded constantly in print or on the air and periodically totaled up.**

The coach has no place to hide. He cannot just let the job go for a while or do a bad job and assume no one will notice as most of us can. He cannot satisfy everyone. Seldom can he even satisfy very many. Rarely can he even satisfy himself. If he wins once, he must win the next time, too.

They plot victories, suffer defeats, and endure criticism from within and without. They neglect their families, travel endlessly, and live alone in a spotlight surrounded by others. Theirs may be the worst **profession – unreasonably demanding and insecure and full of unrelenting pressures. Why do they put up with it? Why do they do it? Having seen them hired and hailed as geniuses at gaudy party-like press conferences and having seen them fired with pat phrases such as “fool” or “incompetent”, I have wondered about them. Having seen them exultant in victory and depressed by defeat, I have sympathized with them. Having seen some broken by the job and others die from it, one is moved to admire them and to hope that someday the world will learn to understand them.**

## ORGANIZING GOOD PRACTICES WITH LIMITED TIME AND SPACE

1. Be organized.
2. Have a well thought out plan.
3. **If you have assistant coaches, try to include them in the planning stages. Use assistants in practice. Make sure you teach them ahead of time. They should know what you expect.**
4. If you are teaching something new, be sure to work it out on the field before going to practice. It is easy to get confused.
5. Use your time and space wisely. Give good explanation and correction. Avoid too much standing. If you have players on the sideline, either give them something to work on or make sure they are paying attention.
6. Stick to the basics. Remember, fundamentals are important. The best offensive plays in the world will not help you be successful if your players do not know how to execute the fundamentals.
7. Evaluate each practice as soon as you finish. Include your assistant coaches. Determine what worked. What did not work. What you will need to do next.
8. Refer to your pre-season calendar whenever you make changes in practice plans. Try to stay on track as much as possible.
9. Be a good communicator. Find the easiest, most effective way to get your points and concepts across to players.

### **Communication – Including Parents as a Part of the Plan**

1. **Meet with Parents at the beginning of the season.**
2. Communicate to them those things which are important:
  - a. **Player expectations and team rules.**
  - b. League rules.
  - c. Practice and game schedules.
  - d. Injuries – procedures, etc.
  - e. Your philosophy of coaching the team.
  - f. Role of the parent.
  - g. Transportation problems and organization.
  - h. Parents Code of Conduct
3. **Some general tips:**
  - a. **Be congenial, courteous, and communicative.**
  - b. Let them know you are the one who is in the position to make team decisions.
  - c. Whenever problems or questions arise, talk to them only about their own child. Do not talk to them about other players on the team.
  - d. Make parents your supporters, not your adversaries.

## FUNdamentals of Flag Football

### Offensive Tips

#### Throwing a Spiral

- Hold the ball near the back with your fingers over the laces
- Keep your elbow in tight to your body and the ball up by your ear
- Point your non-throwing shoulder toward your target
- Throw the ball by letting it spin off your fingers as you follow through toward your target

#### Leading the Receiver

- As a quarterback, you don't want to throw the ball to where the receiver is but rather where he/she is going to be
- Practicing your routes with your receivers will help you figure out how far you can lead them with your throws

#### Receiving a Pass

- Form a triangle with your hands (between your index fingers and thumbs)
- Keep your eye on the ball at all times
- Try to keep the ball away from your body
- Keep your hands soft so that you can cushion the ball
- Once you have caught the ball, tuck it away so that you don't fumble it

#### Play Action

- Using a fake handoff can distract the defensive backs enough to get the receivers open for a pass
- Try a few running plays first to set up the play fake then throw the ball down the field

#### Short Passing Routes

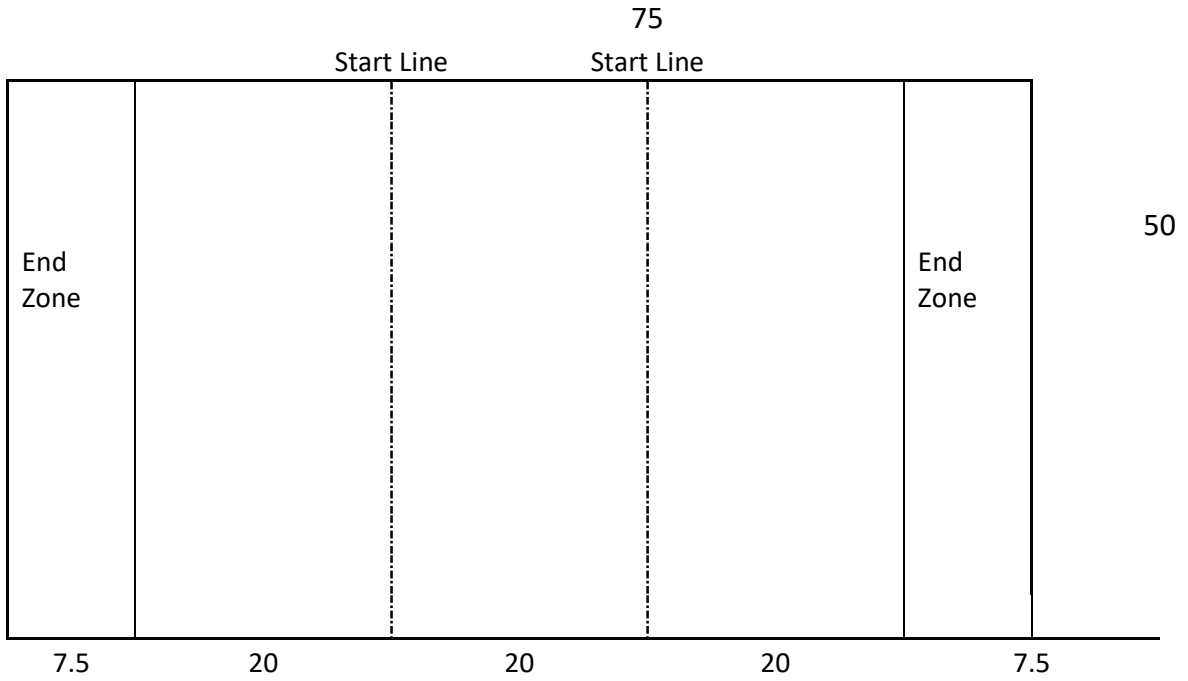
- Short passes are safe and effective ways of moving the ball
- Short passes can be run towards the sideline (out), towards the middle of the field (in), or just by turning back toward the QB when you have found a hole in the defense (button hook)
- Often a short pass can turn into a big gain with a few quick moves

#### Long Passing Routes

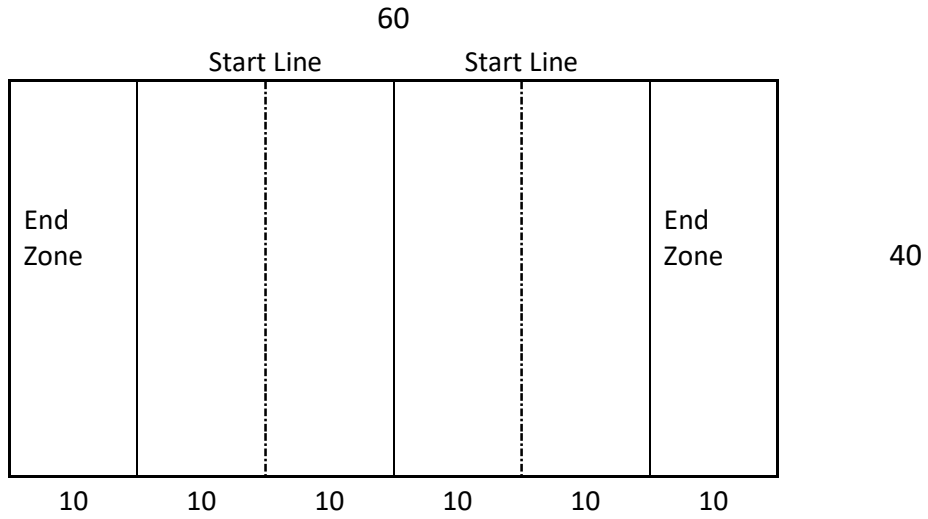
- Long passes are great ways of moving the ball in a hurry
- Long passes can be run towards the sideline (corner pattern), towards the middle of the field (post pattern), or just by running straight (fly pattern)
- A long pass is most effective when the defense is caught off guard. Using a mixture of running plays and short passes will open up the field for the long bomb

[www.reginayouthflagfootball.com](http://www.reginayouthflagfootball.com)

**Field Diagram**



**7/8 Flag** – 75 length x 50 width; 3 zones of 20 yards each between 2 end zones of 7.5 yards



**5/6 Flag** – 60 length x 40 width; 4 zones of 10 yards each between 2 end zones of 10 yards