

Coaches Manual



Tackle

IFL Fall 2018 Coaches Manual

Tackle

FCA Mission: To present to athletes and coaches, and all whom they influence, the challenge and adventure of receiving Jesus Christ as Savior and Lord, serving Him in their relationships and in the fellowship of the church.

League Mission: Help build young boys and girls into godly young men and women through the love of the game of football!

Focus: Love Christ. Love the Kids. Love the Game.

Key Points:

This is a faith-based, developmental league

Good competition is encouraged, sportsmanship is expected...it's not about winning at all costs

We want to promote and encourage all of our players to learn all aspects of the game

Weekly Biblical lessons can be found online at southdakotafca.org/ironman-football-league

Chalk talks will happen each week for 4-6 minutes right before or after games. Participation is encouraged.

Game Format:

- ◆ SDHSAA Rules (with exceptions below)
- ◆ Please have team warmed up and ready to play 10 minutes before the game.
- ◆ Two 30-minute halves with a running clock, 5 minute halftime
- ◆ 1 timeout per team, per half
- ◆ Clock stops only during timeouts (1 minute TO) during the first 28 minutes of each half, or during an injury time-out
- ◆ Clock starts/stops based on regular SDHSAA rules for the final two minutes of each half.
- ◆ 30 second huddle enforced after game 2.
- ◆ Disrespect of referees will not be tolerated. Players, coaches and fans will have one warning before being escorted from the premises
- ◆ Coaches are not allowed on the field; maximum of 4 coaches on the sideline per team
- ◆ Let the players play, coaches coach, and officials officiate.

Exceptions to SDHSAA Rules:

- ◆ Each player must play 15 minutes each game. We need coaches to keep track of playing time on the provided "Playing Requirements Chart," to be turned in at the end of the season.
- ◆ 21 point differential- in this case, the leading team will no longer get to pass the ball, they will kick-off from their own 20 yard line, and if the leading team intercepts a pass, the ball is down at the point of the interception. If this differential is diminished, regular rules apply again.
- ◆ Punting, Field Goals and Extra-points- all teams must long snap and hold (when kicking), with NO DEFENSIVE PRESSURE ALLOWED on kicks or punts. Muffed snaps are not a dead ball- pick the ball up and resume play.
- ◆ Field Goals/Extra Points: only the long snapper, holder and kicker on the field, field goal is 3 points, kicked extra point is worth 2 points and will be snapped from the goal line to the 5 yard line, and running/passing from the 3 yard line for the point after will result in 1 point. You must declare your point after choice to the other team.
- ◆ Punting team can release to make a tackle only after the ball has been kicked, except for one "gunner" on each side, no fake punts allowed
- ◆ On Side Kicks- may occur with under 2 minutes in each half, and only the team trailing in the 2nd half can onside kick

- ◆ Spirit Rule- if your team is up by 4 touchdowns at any time, allow additional playing time for the players who don't play as much. We want all kids to have the chance to develop and have fun!
- ◆ Samson Rule- players over 125lbs cannot carry the ball. However, these players are allowed to play Tight End and catch the ball across the line of scrimmage, and can advance a fumble. Coaches are expected to abide by the honors system in this regard as we will not have any indicators on helmets or jerseys for our bigger kids. **Official weigh-ins will be done at equipment handout.**
- ◆ Overtime: Each team will get 4 plays from the 10 yard line, starting with the visiting team. Teams can go for a field goal at any time, and can choose to go for two or one for their point after, same rules as regulation. If the game remains tied after two overtimes, the game will finish a tie.

Player Safety

- ◆ Player Safety is first priority.
- ◆ Rubber or plastic cleats, a mouth guard, and all provided padding are required for all players, at all times
- ◆ The head should never be used as a weapon, and players should never lead with their helmet.
- ◆ Concussion/Injury protocol will be followed by an Avera Trainer who will be present at each game. Coaches are not required to be medical professionals, but may be first responders until a trainer arrives. Always choose safety first for your players.
- ◆ **Student Permission Waivers:** Each player must have a completed waiver on file in order to participate. It is your responsibility to collect these from your players at your first practice and keep them with you at every practice or game in case of emergency. Please be sure to read these over so you're aware of any health concerns.

Practices

- ◆ Can start practice as early as Thursday, August 15th
- ◆ 4 hours (2 practices) without pads and 6 hours with pads are required before an athlete can play
- ◆ Each team can have **no more** than 18 hours of practice time before their 1st game on September 8th (Three 90 minute practices per week in the pre-season)
- ◆ Once the season starts, each team can have **up to** two 90 minute practices per week, plus their game
- ◆ The Jamboree scrimmages on August 31st will count as 1.5 hours of practice

Parent Help List

- ◆ Chain gang (3) (Home team only, first team on the scheduled game)
- ◆ Huddle Leader Coordinator- print lessons each week, bible memory verses, spiritual coach
- ◆ Possible clock/scoreboard operator needed...TBD

Weather: Weather cancellations will be posted one hour before game time at our website at southdakotafca.org and <https://www.facebook.com/southdakotafca/>

For questions or concerns, please contact RC Kilgore at russel.c.kilgore@k12.sd.us or at 651-895-9850