

Coaches Manual



Hybrid

IFL Fall 2018 Coaches Manual

Hybrid

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 at midfield each game right before the game. We are calling them the 2-minute drill. We will finish the 2-minute drill in prayer and get the game started.

Game Format:

- ◆ 8 on 8 depending on numbers of players.
- ◆ 50 yard field.
- ◆ Two 30 minute halves with a running clock, 5 minute halftime.
- ◆ Offense gets one final play after the time expires in each half.
- ◆ 1 minute huddle enforced after game 2.
- ◆ 3rd and 4th Grade – Coaches are the referees and make all calls, unless referees are provided
- ◆ Coaches on field: limit of 2.
- ◆ Use play cards.

Rules:

- ◆ Fumbles cannot be advanced. Mishandled C to QB exchange is not considered a fumble/dead ball, so the play can continue. If it is a pass play, the defense still cannot cross the line of scrimmage, except for the rusher that is 10 yards back. Exchanges between QB and RB or WR that are dropped are a dead ball where the ball was dropped. Defense cannot recover, the play is dead. If a runner is advancing with the ball and fumbles it, the defense or offense can recover it, but the ball cannot be advanced.
- ◆ No bumping receiver coming off line of scrimmage.
- ◆ Defenders cannot cross line of scrimmage until ball is exchanged (except designated rusher).
- ◆ First down at midfield.
- ◆ Center ineligible. Snap from ground/side straddle or through legs.
- ◆ 2 runs and 2 passes every 4 downs
- ◆ Dump pass inside TE is considered a run.
- ◆ 10 yard setback for pass rusher/sitting facing opposite direction/coaches signal.
- ◆ One rusher only.
- ◆ Cannot advance the ball two consecutive plays by the same player, receiving or running.
- ◆ No motion.

- ◆ No stiff arms or swatting defender reach.
- ◆ 3 quarterbacks per game suggested (or at least one per half) with different rotation each week.
- ◆ Defense can play zone or use rover. Must have 3 men on the line at all times.
- ◆ No huddle offense is allowed, but no hurry up offense without defense being set.
- ◆ Blocking – Push on, not through. Open hands, extended arms.
- ◆ No pushing out of bounds
- ◆ No tackling or wrap-ups. Grabbing the jersey, a body part, or equipment of an opposing player in order to impede forward progress is holding and results in a 5 yard penalty.
- ◆ Blocking- teach open hands on the chest and push on, not through. If hands are outside of the chest of the opposing player (shoulders) or begin to wrap around the opposing player in any way, it is a 5 yard penalty for holding.
- ◆ Any blocking or tackling to the ground (with intent) is illegal contact and results in a 5 yard penalty
- ◆ 1 flag off to be down/ball marked where flag comes off.
- ◆ Flags must cross goal line for touchdown
- ◆ No quarterback sneaks inside the 5 yard line/must run outside tight end box
- ◆ No 3-point stance.
- ◆ If flag is off = automatic down. Judgment call where touched.
- ◆ Runner is down when knee touches ground.
- ◆ All penalties are from the spot of the foul and the down will be replayed, unless the penalty is declined.
- ◆ OVERTIME: 4 plays from midfield for each team, FG is an option. 2 Overtime limit.
- ◆ Formations: 5 men on the line of scrimmage required, QB always lines up behind the center, even if in shot-gun, with clear delineation from anyone else in the backfield. You can be creative with formations, but give the defense a chance to adjust to your offensive formation. **The goal of this league is not trickery, but learning the game.**
- ◆ Kicking:
 - Kick off from midfield
 - Touchback start at 10-yard line OR at “X”. Do not start at “X” if downed behind it.
 - Out of bounds where ball went out/coffin corner kick on kickoff/punt.
 - Kickoff from own “X” if up by two touchdowns or more.
 - Extra points worth 1 point, will be kicked from the “X”. No 2 point conversions.
 - Punting: announce you are punting/free kick/snap throw from center
 - No onside kicking. Un-recovered kick is a dead ball. If the ball is fumbled after possession has been taken by the kick return team, the kick-off team can recover the fumble, but not advance the fumble.
 - You can kick a field goal on any down from any place on the field.
 - Fair catch cushion on punt and kick returns.
 - Kickoffs are a dead ball until the return team takes possession of the ball. If the runner fumbles after having possession of the ball, the ball is live and the kick-off team can recover the fumble, but not advance the fumble.
 - Muffed kickoffs are a deadball.

Penalties

- ◆ **Offsides or Illegal Motion:** *5 yard penalty, replay the down*
- ◆ **Illegal Use of Hands:** (holding, tackling, interference, pushing) *5 yard penalty, replay the down*
- ◆ **Unsportsmanlike Conduct:** *10 yard penalty and loss of down.* Warning will be issued, ejection from game for second offense
- ◆ **Runner Blocking Defender from Flags:** 1 warning, then *5 yard penalty, loss of down*
- ◆ **Delay of Game:** huddle longer than 1 minute. 1 warning, then *loss of down*
- ◆ **Illegal Advancement:** single player advances the ball on two consecutive plays. *Loss of down.*
- ◆ **Interference in end zone:**
 - Intentional – *automatic touchdown.*
 - Unintentional – *3 yard line and replay down.*

Player Safety

- ◆ **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.
- ◆ Rubber or plastic cleats and mouth guard required for all players.

Practices: You are allowed up to four team practices before the first game. After that, one practice per week during the season is allowed. Practice times should not exceed 90 minutes.

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

Parent Help List

- ◆ Huddle Leader Coordinator- print lessons each week, bible memory verses, spiritual coach
 - ◆ Scorekeeper/rotation specialist
 - ◆ Equipment bag manager (helps fit kid's belts, flag check, equipment check in after games)
- For questions or concerns, please contact RC Kilgore at Russel.c.kilgore@k12.sd.us or at 651-895-9850