



Coaches,

We appreciate you taking the time to volunteer to coach in the NFL Flag San Diego league. We know your time is valuable but the impact that you have on our youth can last a lifetime.

Requirements of a Coach:

1. Need to be able to work with a specific age range to teach them fundamentals of football: PreK/K; 1st-2nd; 3rd-4th; 5th-6th; 7th-8th; and 9th-10th (during fall and spring only).
2. Be reliable and able to volunteer for at least 1 day of practice, and 1 game each week. Most games are on Friday nights and Saturdays.
3. Must be enthusiastic, patient, and persistent.
4. While knowledge of football and its rules are great, they are not a requirement. We have resources on our website, a Coach's Clinic and we offer Coaching Coordinators if requested.
5. Communicate efficiently and positively with league officials and **PARENTS**.
6. Be able to deal with issues that arise, on and off the field, at all practices and games.

The following **GUIDELINES** must be read, understood, followed:

1. As a representative of NFL Flag Football San Diego, I will in no way attempt to degrade the reputation of the agency through unacceptable or inappropriate behavior (including, but not limited to cheating, using/recruiting illegal players, falsifying reports, encouraging participants to falsify their identity, etc.).
2. I will under no circumstances taunt, threaten, incite, verbally abuse, physically abuse, or exhibit unsportsmanlike conduct towards any participant, manager, coach, official, parent, fans, or employee of NFL Flag Football San Diego.
3. I will always allow my players to participate in games, provided they follow the team's rules and regulations. A player cannot be benched



for missing practices. If you do have a player who habitually misses practices and/or games, please contact us at info@nflflagsd.com so we can see what is going on with that player.

4. I will always be gracious and exhibit sportsmanlike conduct in defeat as well as in victory.
5. I will be amiable, enthusiastic, tolerant, and understanding in my relationships with players, coaches, fans, parents, officials, and NFL Flag Football San Diego staff.
6. Failure to comply with any of the above listed guidelines will result in disciplinary actions by NFL Flag Football San Diego. Discipline will be on a case-by-case basis and could result in suspension or termination from coaching in any NFL Flag Football San Diego program.

Coaches Meetings:

1. We host Coach's meetings approximately 2-3 weeks prior to the start of the season.
2. You will be able to pick up your flags for all players registered and assigned to your team as well as one practice football.
3. We will notify all Registered Coaches when and where the meetings will be.
4. If it is impossible for you to attend a meeting due to travel or an emergency, please send an Assistant Coach or Team Parent if possible.

Rosters:

1. Rosters are announced approximately 2-3 weeks prior to the start of the season.
2. We do our best to honor coaching and friend requests in that order.
3. If you have specific players requesting you as a coach, please provide us with a list prior to the rosters being announced. You will send that to info@nflflagsd.com.

Practices:

1. When: The practice day and time is up to you as the coach in conjunction with team input.



2. When can we start: Practices should start just after the Coach's meetings.
3. Where: You can hold practices within 7-12 miles MAXIMUM of a team's school location.
4. How Often: Practices are to be scheduled one time per week.
5. How do I find a location: If you need suggestions in finding a location, please contact us at info@nflflagsd.com

Rule Book:

1. We do our best to update our rulebooks as needed.
2. Please [Click Here](#) to access the latest Rulebook.

Plays:

1. We have several sample drills and plays outlined on our website. Please go to <https://www.nflflagsd.com/football-drills>
2. We also have [Offensive and Defensive Tips and Strategy Suggestions](#)

Team Sponsorships (\$275 in Fall / Spring Seasons Only):

1. Team Sponsorships serve a twofold purpose:
 - a. They are a great way to get the community involved and support our youth
 - b. They also help us to offer scholarships to kids who are less fortunate.
 - c. Finally, Sponsorships assist with Field Permit fees, Referee costs and insurance.
 - d. We recommend getting a community business to sponsor your team. If you are unable to find a sponsor, please split the \$275 between all team members.
 - e. Sponsorships are due by the 2nd week of the season, payable by check (including the downloadable form below). Please drop off at the NFL Flag San Diego tent or online (see home page of nflflagsd.com) .
 - f. [Downloadable Sponsorship Form](#)



Equipment:

1. We will provide one practice football per team and flags for each registered player.
2. Flags and the football are available to be picked up at the Coach's Meetings

Jersey Distribution:

1. When: Jersey Distribution is generally the week prior to games starting. We will announce it in plenty of time so you will be aware of when and where it will be.
2. One coach or one team parent should be the individual to pick up the team uniforms.
3. If you check the uniforms and one of them is incorrect, please email us immediately at info@nflflagsd.com. If you notice it prior to leaving the Jersey Distribution, please let our staff know a.s.a.p.

Helmets:

1. Gamebreaker Helmets are mandatory for your entire team. You are able to either Rent a helmet through NFL Flag San Diego or Purchase a Helmet through Gamebreaker.
2. If you rent a helmet through NFL Flag San Diego, those will be distributed at jersey distribution days.
3. If you purchase a helmet through Gamebreaker, they will ship those directly to you.

Communication with Team:

1. You can communicate with your team through the Sports Engine app or website.
2. If you want to download your roster, please click "Manage Team". Click on "Roster" where you will see your roster. Click on "Print Contact List". There you will be able to print a full email list for your roster. Phone numbers will be listed ONLY if the parent opted in for



text messages. If you do not have a printer, you should be able to copy and paste the list to a Word Document.

Team Parent:

1. If you feel that you need administrative assistance for your team, please ask a parent to be a team mom or dad.
2. To connect a parent to the system, please have them complete the Coach's Registration but select Team Parent instead of Coach or Assistant Coach.

Substitution Rules:

1. 6 players – Everyone plays the entire game
2. 7 players – 1 different player sits each quarter (3 players will play the whole game)
3. 8 players – 2 players sit per quarter (Everyone must sit one full quarter)
4. 9 players – 1st Quarter: Rotate 3 players every series/ every change of possession; 2nd Quarter: Sit 3 players; 3rd Quarter: Sit 3 players; 4th Quarter: Sit 3 players
5. 10 players – 4 players sit in the 1st quarter, 4 different players sit in the 2nd quarter, the final 2 players who haven't sat yet must sit in the 3rd quarter (with open substitution of the other 2 players), and open substitution in the 4th quarter (Everyone must play at some point in the 4th quarter, nobody sits 2 full quarters)

Schedule:

1. Our schedule generally comes out ONE week prior to the season starting.
2. We typically schedule the first half of the season initially. We then review the records after the first half of the season so we are able to schedule the second half as fairly and equitably as possible.
3. If you need a schedule request due to too many players being out of town on a particular week, please email info@nflflagsd.com prior to



the start of the season. We will do our best to honor schedule requests within reason.

Team Names:

1. When a coach registers for a season, you are allowed to request a Team Name. We do our best to honor your request but it is largely dependent on our distributor's supply.
2. All Team Names will be announced on or just before Jersey Distribution Days.

Playoffs:

1. At the end of all seasons, we always have a playoff and Super Bowl series where we crown a champion of each division.
2. Our formats vary by season due to the number of participants.
3. We generally start sending information out about playoffs by the 5th or 6th week of the season.

Support:

1. If you need immediate support or have any questions, please contact info@nflflagsd.com.
2. If you are a new coach and feel you need a mentor, please contact us at info@nflflagsd.com and we will be happy to set one up for you.