

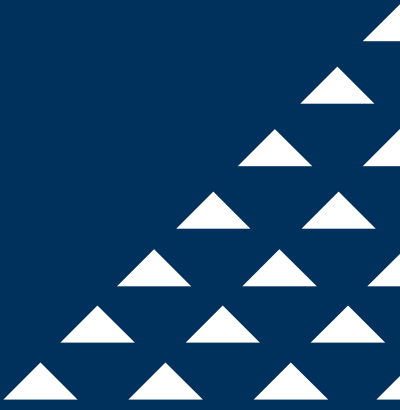


SYSA FALL FLAG FOOTBALL

Coaches Meeting
August 27th, 6:00pm



INTRODUCTIONS



Taylor Herman
Flag Football Coordinator

Email: taylor@sysa.com
Phone: 509-867-3425

Please feel free to reach out with any questions

- If you call and no answer, please leave a voicemail
- I will be out of the office **September 18 - 27**, if you need anything during this time, please direct it to receptionist@sysa.com





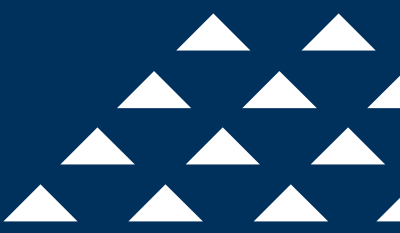
SEASON SCHEDULE

- Practices begin week of September 3rd (after Labor Day)
 - Grades 1-2 will practice once a week
 - Grades 3-6 will practice twice a week
- Practices can be scheduled any day Monday - Friday
- All games are scheduled for Saturdays at Andrew Rypien Field
- First game will be September 14th
- Picture Day is September 28th
 - Coaches will be emailed a link from Dorian to schedule your team's photo time
- Final game will be October 19th

CANDY BOWL

SYSA's Fall Optional End of the Season Tournament!

- The Candy Bowl will take place October 26th - 27th
- Teams can register for the fall tournament for a team fee of \$150
- Registration will open near the end of September



PRACTICE FIELDS

To schedule a practice field, please email taylor@sysa.com



Field Confirmation

-Practice fields are not available until SYSA gets authorization

-Please do not go out on a field until you receive confirmation from SYSA

Sharing Fields

-Some practice fields will be shared with other teams

-Please pay attention to the side of the field listed in your confirmation

Field Courtesy

-Please ensure you and your team are leaving the way you found it (clean up trash & gear)

-Please be mindful of neighbors and other groups



REACHING OUT TO YOUR TEAM

Sports Connect can be used as a communication tool, find your team rosters, and view schedules

- 01** Use Sports Connect to reach out to your team via Team Page
- Click on “Volunteer” on the left hand side menu when you log into Sports Connect
 - Click on the **Blue Team Name** next to your name on the page

02 Set up an team email, Zoom , or team meeting to set the culture and expectations on your team

03 Culture begins with YOU

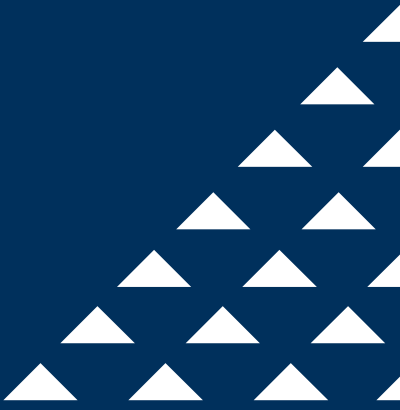
GEAR PICKUP

- Gear Pick will be at SYSA's Office (800 N Hamilton, Ste #201 - Second level of the Warehouse)
- Coaches can begin picking up gear starting **8/28/29 (tomorrow)**
- SYSA's Office is open **10:00am - 3:00pm, Monday - Friday**
- If you are unable to pick up your gear, you are welcome to send someone on your behalf
- **Coaches will receive**
 - **Jerseys** - players keep
 - **Mouthguards** - players keep
 - **Practice flags** - returned at end of season
 - **Practice football** - returned at end of season



UNIFORMS

Each player will be given a jersey & must wear it correctly



Proper Wear

- Jerseys must be tucked in while playing
- During cold weather, layers can be worn under the jersey
- Any player not compliant is ineligible (**goes for mouthguards as well**)



Uniform Exchanges

- If any players need a different size, their parent can bring the uniform to the SYSA office to exchange the size
- NFL Jerseys **can not** be exchanged for size as they are special ordered

Unused Uniforms

- Please return any unused jerseys the SYSA office when you return your gear bag at the end of the season

CODE OF CONDUCT

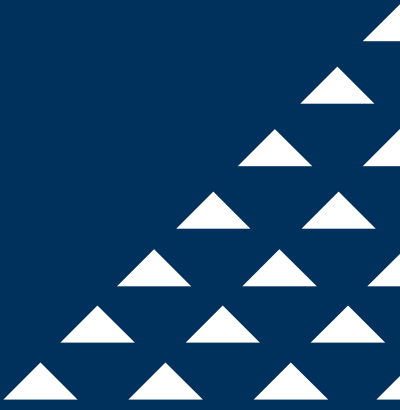
- SYSA has a zero tolerance policy for any and all inappropriate behavior
- Any player this is found to be conducting themselves in a way that violates the Code of Conduct will be disqualified from the current contest and the following content
- Spectators who violate Code of Conduct will be asked to remove themselves from the area

1,2,3 Policy

- This season, officials will be enforcing a new policy
 - During a game, any haggling, arguing, or other inappropriate behavior by a coach, fan, or player will result in a warning
 - The next time it happens, a final warning will begin
 - If it happens a third time, the game will be called



RULES



Game Clock

- Game time will consists of two 20 minute halves
- 5 minute half time
- Each team will have one 60 second timeout per half
- Once the ball is spotted and referee is in position there will be 30 seconds to snap the ball
- Once the ball is snapped from the QB tee, the quarterback will have 7 seconds to pass the ball
- If the ball is not passed after 7 seconds it will loss of down and the ball will be spotted at the point where the play was called dead.

Overtime

- A tied game will result in a tie, there will be no overtime (except during tournaments)
- All games will be completed within an hour





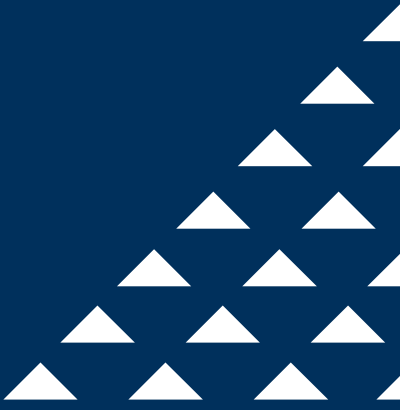
RULES

Results in a Dead Ball

- Ball hits the ground
- Ball carrier's flag is pulled
- Ball carrier steps out of bounds
- A touchdown, PAT, or safety is scored
- Ball carrier's knee/arm/rear end hits the ground
- Ball carrier's flag falls off/one-hand touch rule (Referees discretion)
- 7 second pass clock expires

Scoring

- 6 points for a touchdown
 - 1 point PAT from 5 yard line (pass only)(QB can scramble if blitzed)
 - 2 point PAT from 10 yard line (run or pass)
- Interceptions are live balls and can be returned for a touchdown, except during extra point tries.



RULES

PENALTIES

Defense	Tackle (IX J) - 10 yards from the end of the play Pass Interference (IX R) - 10 yards from previous spot Holding (IX M) - 5 yards from the end of the play Offside (Defensive player lined up in neutral zone) - 5 yards from previous spot 8 players in the play - 5 yards from previous spot OR result of the play Illegal Blitz (lined up inside of 7 yards when hiked) - 5 yards from the end of the play
Offense	Flag guarding (IX L) - down at the spot of the foul Blocking (IX C) - 10 yards from the spot of the foul & replay of down Pass Interference (IX R) - 10 yards from the previous spot & loss of down False Start/ Offsides/ multiple players in motion/ delay of game - 5 yards 8 players (breaking the huddle with 8 players) - 5 yards Stiff Arm - 10 yards from the end of the play Illegal Run (running twice in a zone) - 5 yards & replay of down Illegal Forward Pass (QB throws & is past the scrimmage line or VI F) - 10 yards & loss of down
Both	Charge (IX I) - 5 yards from the end of the play Unsportsmanlike - 15 yards from the end of the play. Fighting - 15 yards from the end of the play & automatic ejection Illegal flag pull (pulling a flag of a non ball carrier) - 5 yards (multiple= unsportsmanlike) Targeting - 15 yards from the end of the play & automatic ejection

Note: Multiple Unsportsmanlike penalties in a game will result in ejection from the game and suspension from the next game. Plays with penalties on both teams will offset and the down will be replayed.



RULES

Rules to Note

- **Run Plays**

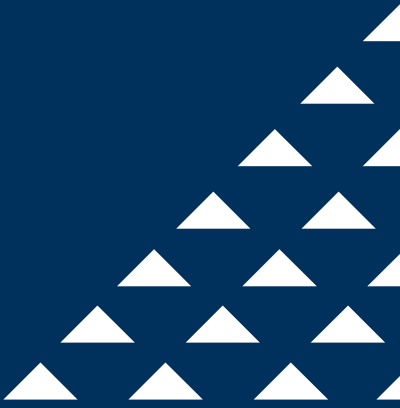
- Offense is allowed 1 run play per set of downs
- A play will be a run play if the ball carrier crosses the line of scrimmage

- **Defensive Blitz/Rush**

- A defensive player may line up on the neutral zone (1 yard from line of scrimmage)
- For a player to be eligible to blitz, they must be 7 yard behind the line of scrimmage
- Up to 3 players can blitz on every play.

- **QB Scramble**

- If a defender blitzes and crosses into the neutral zone, the QB is able to scramble
- QB scramble will not count as the team's 1 run play
- If the QB begins to scramble before the blitzer crosses into the neutral zone, the play shall be ruled a run play





RULES

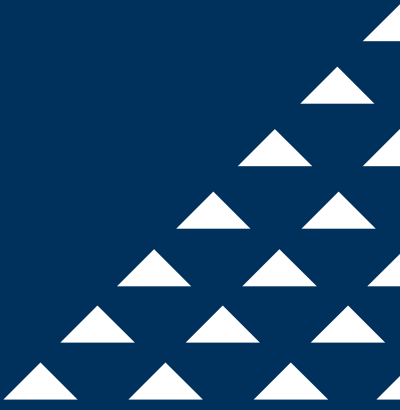
Rules to Note

- **Passes**

- There can be a total of 2 passes, forward or backwards, behind the line of scrimmage
- The second pass must go across the line of scrimmage

- **Fourth Down**

- If a team has not gotten a 1st down in 3 downs, for their 4th down the team can elect to go for it and run a play in attempt to get a 1st down or “punt”
- There will be no actual kicking of the ball
- The ball will be placed on the opposing team’s 20 yard line and give them possession of the ball
- If a team elects a run play and does not get to a new zone, the possession will be turned over to the other team at the spot of the ball at the end of the play





RULES

Rules to Note

- **Blocking**

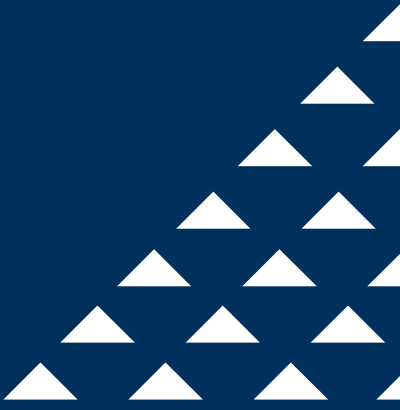
- An illegal block is defined as obstructing an opponent with contact of their body. Moving screens, or making contact with another player is an illegal block.
- Legal blocking is defined as obstructing an opponent without contact by moving into their way

- **Flags**

- If a player is not wearing flags, a flag falls off at the beginning or during play, are covered by untucked shirt, or unreachable for any reason, the player will be called down at first contact by a defensive player.
- This is a judgement call by the official
- Players must wear SYSA issued flags

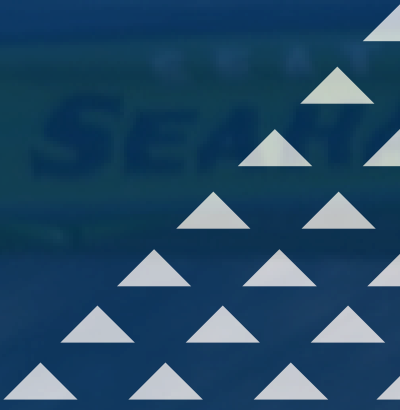
- **Playing Time**

- Each player **MUST** play at least half the game
- Each player **MUST** equally play on offense and defense each game





SYSA RULEBOOK



For the complete rulebook, please click [**HERE**](#)



A group of children in a field, possibly a soccer field, with a coach standing on the left. The scene is overlaid with a blue tint and yellow triangle graphics in the corners. The text "THANK YOU FOR COACHING!" is prominently displayed in the center.

***THANK YOU FOR
COACHING!***