

Flag Football Team Guidelines

Rules, Structure, Individual and Parent Responsibilities

Responsibilities of the Coach

- 1 Set an example for your team in terms of dress, attitude, language and sportsmanship.
- 2 Maintain a positive environment and motivate with praise and encouragement.
- 3 Maintain the safety of players in your care at all times.
- 4 Maintain the dignity and self-respect of each player, official, parent, spectator and opposing coach and team.
- 5 Support the decisions made by the officials.
- 6 Conduct yourself, your team and visiting fans in a professional manner.
- 7 Learn and teach the rules and skills of your sport.
- 8 Plan practices and scrimmages to maintain interest and improve skills.
- 9 Instruct and practice fundamentals to develop the potential of each team member.
- 10 Be conscious of injury prevention.
- 11 Assure that appropriate equipment is worn as necessary.
- 12 Do not allow injured members to play.
- 13 Take care of assure return of all equipment.
- 14 Distribute game and practice schedules in a timely manner.

Responsibilities of the Players

- 1 Practice at home to improve acquired skills.
- 2 Give 100% effort every time you play and practice - regardless of your assigned position.
- 3 Be a team player, utilize your skills and always support your teammates with encouragement.
- 4 Practice good sportsmanship and maintain a positive attitude at all times.
- 5 Treat all players, coaches, officials, and fans with dignity and respect in your speech, attitude, and behavior at all times.
- 6 Keep your head up in defeat and keep your pride under control in victory.
- 7 Eat healthy - fruits and vegetables. Drink lots and lots and lots of water.
- 8 Focus on your school work. Read every night.
- 9 Have fun and enjoy the game.

Responsibilities of the Parents

- 1 Practice with your child at home to develop their skill level.
- 2 Encourage your child to do their individual best.
- 3 Know the team schedule and see that your child attends all scheduled games.
- 4 Attend all practices.
- 5 Notify the coach if your child cannot attend a game or practice
- 6 Practice and promote "Good Sportsmanship".
- 7 Support the decisions of the officials.
- 8 Be sure your coach is aware of physical limitations or special needs of your child.

Participants and Parent Standards with NO EXCEPTIONS

- 1 A designated guardian is required to stay for each practice and or game.
- 2 If a designated guardian is not available, make pick-up arrangements with the coach.
- 3 Participants and parents are expected to be respectful and positive.
- 4 Blank disrespect and or inappropriate language and gossip will result in dismissal.

All coaches and parent volunteers who have careers and families. These coaches are devoting their personal time to you and your child. Much respect, consideration and willingness to cooperate with your team and volunteer staff is appreciated.