



FLAG FOOTBALL
Coaches and Parent Handbook

217-586-6025

WWW.MAHOMETRECREATION.COM

RESTORE ILLINOIS

A Public Health Approach To Safely Reopen Our State



Illinois
Department of Commerce
& Economic Opportunity
JB Pritzker, Governor

YOUTH SPORTS REOPENING GUIDELINES

1

Wear face coverings and maintain social distance of at least 6-ft.



2

Group sizes limited to 50, including participants, coaches and referees (excludes spectators); includes competitive game play



3

Designate an area for spectators with existing seating capped at 20% of capacity



4

No mixing of employees or participants between groups and no new participants for the duration of the season is encouraged



5

Maintain attendance log of participants



6

Participants should wash hands or use hand sanitizer before participating, bring own drinking water, sanitize hands regularly, and use own equipment



PHASE 4 - Guidelines pertaining to MPRD Flag Football Season:

Participants:

- During game play, participants should maintain 6-ft of distancing while not directly involved in the game.
- Face coverings should cover their nose and mouth whenever not exercising and not able to exhibit social distancing.
- Wash their hands or use hand sanitizer prior to activity.
- Place personal belongings at least 6 feet apart from others.
- No handshakes before or after games.
- Bring their own source of water, refrain from using communal sources of hydration.

Spectators:

- Total number must be under 50 including players, refs, coaches - any additional should sit on the sidelines 6ft apart.
- Should wear mask at all times except for eating, drinking, or when outside and able to maintain 6 ft"
- Spectators from the same house should sit together

Course of action upon contraction of a recreation individual:

If a participant has symptoms, they should wait to enter premises for a minimum of 10 days after symptom onset OR until feverless and feeling well (without fever-reducing medication) for at least 72 hours OR confirmed to not have COVID-19 via 2 negative tests in a row, with testing done at least 24 hours apart.

All other teammates and opposing team will be contacted if a recreation player tests positive and on alert for symptoms of fever, cough, or shortness of breath and taking temperature if symptoms develop.

MPRD takes very seriously the expectation of sanitation of restrooms, surfaces, footballs, etc. Signage will be displayed, staff will be taking precautionary measures, concessions will be suspended, 6-foot distancing will be strongly encouraged, and hand sanitizing stations will be available.

MISSION STATEMENT

The mission of Mahomet Recreation is to improve the quality of life for all participants by meeting the needs of the community through the provision of safe, excellent, recreational and leisure-time activities.

SPORTSMANSHIP

We promote good sportsmanship, which is a combination of fair play, respect and consideration for opponents, spectators, teammates, coaches and officials.

HEALTHY RECREATION

Our programs are designed to provide healthy recreation and to keep winning in perspective in an environment where participants can have fun while developing their physical skills and emotional maturity levels.

RESPONSIVENESS

Mahomet Recreation regularly evaluates community needs and responds by offering programs that are desired.

EQUAL ACCESS

All citizens are encouraged to participate in our affordable programs regardless of their skill levels, gender, race, socio-economic status, or any other factor that is not in conflict with our mission.

REFUND POLICY

A refund application form must be filled out and submitted to the Mahomet Parks & Recreation Department office in order to receive consideration for a refund. We cannot accept telephone Refund Application Requests for **ANY** Parks & Recreation activity. All requests must be made by mail or in person during regular office hours.

- **NO** refunds on "league" programs once teams are set up and posted on our website.
- **NO** refunds will be given after the start of the program.
- **NO** refunds for certain special events. (i.e.; recreation trips, camps, clinics, etc.)

All refunds are subject to a \$10 Admin. fee (per registration) except under the following circumstances:

- Refund is initiated by the Park & Recreation Department
- Doctor's note is submitted with Refund Application Form prior to the start of the program

DID YOU KNOW?

Did you know that we're a fee base program? Fee base programs do not receive tax dollars. We are a department of the Village Administration, unlike Park Districts; we rely only upon participant fees and donations from the community. Park District fees are lower because they receive tax dollars to support and fund programs. However, we're proud that our fees are very competitive with area Park Districts!

Coach's Responsibility Code

Goals and Objectives:

The Mahomet Recreation Youth sports program is a group-oriented program involving social and physical development. The goal of our league is to teach sports fundamentals, sportsmanship and a love for the game. Your support and encouragement will go a long way to helping achieve that goal. As a coach, you should demonstrate the following:

1. Build sound **fundamental** sports skills and develop a love for the game.
2. **Encourage** team play.
3. Reinforce good **sportsmanship**.
4. Show **respect** for referees, other coaches and players at all times.
5. Be a resource person to your **team**, helping them to develop their athletic and human potential.
6. **Involve** all team members and parents in special events.
7. **Recognize** that all children are not the same and respect their individual differences.

Safety:

The safety of children is extremely important. Here are some strategies to help you safeguard any children or youth in your supervision:

- Ensure that you are the last person to leave practice/game. Wait until all players have either left practice/game or have been picked up by a responsible adult.
- Talk to parents/legal guardians and introduce yourself. This initial contact can facilitate communication between you and parents regarding any player or team matters.
- If an emergency situation arises, report events as soon as possible to your Mahomet Recreation staff.

Parent's Responsibility Code

Mahomet Recreation requests that the parents /guardians of children participating in the youth sports programs help us monitor the program by:

- communicating with their children and coach
- observing their children in practices and games

As a parent with a child in Mahomet Recreation youth sports program, it is reasonable to expect the following from the program:

- that your child is involved in both weekly practices and games
- that your child have the opportunity to play all positions and have equal playing time
- that a special event involves all team members and parents
- that your child enjoy a safe, satisfying and growing experience while involved in the program

Mahomet Recreation does not condone the following activities and/or events:

- overnight trips
- special practices for a small number of players
- events involving a small number of team players
- that your child be subject to physical or verbal abuse from coaches, parents, peers, etc.
- coaches requiring team members to keep secrets
- coaches wishing to have excessive involvement with your child

Please remember:

- children are involved in organized sports for their enjoyment, not yours
- children learn best by example
- children should always be encouraged to play by the rules
- children (and officials) should never be yelled at or ridiculed for making a mistake
- children should be taught that an honest effort and hard work are just as important as winning

The Mahomet Recreation youth sports program is a group-oriented program involving social and physical development. The goal of our league is to teach fundamentals, sportsmanship and a love of the game. The support and encouragement of all parents will go a long way to helping this come true.

Player's Responsibility Code

1. Play for the fun of the game!
2. Play by the rules.
3. Cooperate with your coach, teammates and opponents.
4. Work hard for yourself and your team.
5. Do not yell or argue at/with the officials.
6. Control your temper and your language.
7. Be a good sport, be a team player and treat all players like you would like to be treated. (The Golden Rule)

Officials Responsibility Code

- Know and familiarize yourself with the Mahomet Recreation Youth program rules and philosophy.
- Arrive 15 minutes before scheduled start time of first game.
- Act as an ambassador for Mahomet Recreation - take ownership and act accordingly.
- Dress appropriately - in Mahomet Recreation staff shirt / official shirt, proper shoes and shorts or sweat pants.
- Introduce yourself to players and coaches.
- Ensure field area is clean and tidy upon arrival and departure.
- Check field and equipment for safety before and after game.
- Report any safety issues or damages to Mahomet Recreation Staff.
- Know and understand the rules for the league you are officiating.
- Umpire your game(s).
- Explain the rules to players when a call is made.
- Use discretion and good judgment when a negative situation arises.
- Hustle at all times while officiating.
- Finish games **on time**

Location	Address
Barber Park	703 South McDougal Road
Taylor Field	703 West Hickory

Important Information

What to Wear

All players must have recreation-issued shirts tucked inside of pants. Clothing must not interfere with flags. Flags must be visible with one flag on each side of player and worn at the hip. Flags cannot be worn on the front or back of the player. No metal spikes or cleats are allowed. No extra equipment is allowed (i.e. bandannas, hats, jewelry). Don't forget to put on some layers when it's cold!

Coaches Meeting Date:

ALL GRADES:

Thursday, September 16th 5:30PM – 218 S. Lake of the Woods Rd.

(One representative from each team)

At the meeting we will discuss a variety of topics including: recreational sports philosophy, sportsmanship, game locations, league rules, practice schedules, roster distribution and blind draft procedure, game schedules, etc.

PICTURE DAY

Coaches will distribute picture packets prior to your picture day. Forms are also available online under forms @ www.mahometrecreation.com, to expedite the picture taking process please pre-fill your order form prior to your picture time. Also, **there are no makeup dates scheduled for team pictures, please do not be late. Only in the event of rainout, will picture day be rescheduled.**

Contact from Coaches

Coaches should be in contact with players **no later than September 28th.**

First Aid/Ice Packs:

First Aid and Ice Packs are located in the concession stands onsite. In the event the stands are closed, a field supervisor will have access to both first aid and ice.

Game Day:

- Parents/Spectators should be seated on the opposite side of the field as the team and coaches.
- Garbage: At the conclusion of games please do your part to place trash into a garbage can. Help keeps our fields looking good.
- Game times are start times. Have your team there early to warm up. That way the game can begin promptly.

- Remember have a good time, this should be fun for everyone: players, coaches, parents and even the officials.

Weather/Cancellations: Any current cancellations will be posted online and on our voicemail by 4:30 pm weekdays and 7:30 am on Saturdays. If there are no postings/announcements, please assume all games will continue as scheduled.

Rosters/Schedules: All rosters, team schedules and coaches contact information will be posted online no later than September 27th @ www.mahometrecreation.com. As a reminder, **No changes can be made to the rosters by the coaches or parents for a number of reasons, including liability concerns**

Concessions: **No Concessions due to COVID** Concessions are operated jointly by the Lions Club and the Parks and Recreation Department. All proceeds benefit the Recreation Department and Mahomet organizations. Please, have a bite to eat or something to drink, its money well spent!

Game Schedules: Game schedules will be available online at www.mahometrecreation.com. Practice locations and times are available on a first-come, first serve basis unless otherwise notified.

****Tentative Game Schedules (Subject to change based upon registration numbers)****

Participants will learn fundamental football skills in a scrimmage setting in this terrific program for both boys and girls. Be sure to size up your T-shirt order for when wearing it over jacket.

- Each grade will be split into groups. These groups will hold non-contact practices and scrimmage their own group throughout the 7-week series.
- Weeknight no contact practices with drills.
- Saturday scrimmages within group.

October 3 - November 14

Location: Barber Park and Taylor Field

Registration Deadline: September 1

TENTATIVE - SUBJECT TO CHANGE

1/2 Grade - Saturdays/8:30am & *1/2 Graders will also play 3 total 6pm weeknights*

3/4 Grade - Saturdays/9:30am & Tuesdays or Wednesdays/5:45pm or 6:45pm

5/6 Grade - Saturdays/10:30am & Thursdays/5:45pm or 6:45pm

7/8 Grade - Saturdays/11:30am & Tuesdays or Thursdays/7:45pm

Practice Days and Availability: **Practices must be approved by MPRD** Recruits, 1st and 2nd Grade are encouraged not to hold practice sessions once the season begins. No more than one practice session per week should ever be held.

For all other groups: As a general rule, practice space at Barber Park will be available on Wednesdays, Fridays, and Sundays on a first-come, first-serve basis. On all other days, there are open spaces in the South-West corner of the park that are usually open and available for practice.

Evaluation/Review: MPRD staff evaluates volunteer coaches on an ongoing basis based upon internal review and parent feedback. MPRD will make the final determination on all volunteer coaches.

Background Investigation Forms: All volunteers must submit a background investigation form before they are able to coach. All background forms are submitted to the Mahomet Police Department and are completely confidential. If you have volunteered for us in the past year then you are not required to fill out a new form, we'll simply process your information we have on file. Thus, it is important that you notify us of any changes to your address or any other pertinent information.

Concerns/Issues/Conflicts: If a problem/concern arises during the season, the department encourages its staff, officials, participants, parents and coaches to follow the "24-hour rule" before communicating the concern. In other words, give it 24 hours and allow the problem or concern to "cool off". You may be surprised at the results of this approach. Obviously, major concerns should be brought to our attention immediately.

2020 Mahomet Recreation Department Youth Flag Football Rules:

- Rules for all leagues will be posted on the website under Recreation forms & documents.
- Coaches will receive copies of all league rules at the coaches meeting.

Helpful Links and Contacts:

Mahomet Recreation Phone and Cancellation Line – 217-586-6025

Mahomet Recreation Website – www.mahometrecreation.com

The department also has a library of instructional books and videos for coaching youth sports, call our office 586-6025 to check one out!

Frequently Asked Questions at Registration Time:

Q. Can I request a certain coach/team/buddy pairing?

A. No. To help ensure balanced teams, the only pairing requests that are honored are those of the children of 1 head coach with 1 assistant coach. Furthermore, consistent with our philosophy, we want to encourage social development (ie make some new friends). Finally, often times when such requests are made the coach requested may not be able to coach or is in a different age group.

Q. My child is young for their grade/ skipped a grade/ is small for their age, can they play down a year?

A. No. Mahomet Parks and Recreation sets up sports leagues by grades not ages, accept for some 4 year old and 5 year old leagues in certain sports. Age break downs can be confusing as to what day/month/year they have to be a certain age. Playing by grades allows kids to play with classmates that they may not be able to otherwise. Unfortunately Mahomet Parks and Recreation does not make any exception for kids to play down a grade. Kids that fill the above criteria or something similar are only allowed to participate in their current grade.

Q. Can my child play up a grade? I need them to a)because of carpooling, b) so they can play can play with their friends/sibling, c) because they're too good for their age group, etc.

A. No. Our goal is to position participation for success. Mahomet Parks and Recreation youth sports leagues are organized by grades and not ages accept 4 year old and 5 year old leagues. Age breaks downs can be confusing as to what day/month/year they have to be a certain age. Playing by grades ensures a similar level of physical and mental maturity among participants and allows kids to play with their classmates. Playing by grades allows kids to play with classmates that may not be able to otherwise. When a child plays up a grade, they are participating against more experienced, bigger, and stronger kids. Although some kids may ready for this challenge of playing up a grade, once an exception is made it is hard to justify saying no to another. Not every child is ready to play up and this is unfair to the child who may not be able to keep up with the older player's. It is also unfair to the older players because they are not allowed to play down a grade and the child playing up could slow down drills.

Q. How do you know if you're a resident or non-resident of the Village?

A. The Recreation Department is not supported by Village tax dollars, however the Parks do receive a very limited amount of funding from the "Village of Mahomet" tax line item on an annual basis to help develop and maintain our park and play areas. Since the families that live within our corporate limits pay a "Village of Mahomet" tax to help our parks, the Village Board decided it was only fair that those families that mlive out of the corporate limits or those that do not pay the tax, help with funding to maintain our Village Parks as well.

The Village of Mahomet distinguishes Residency or Non-Residency by the "Village of Mahomet" tax line and has nothing to do with the school districts or the public libraries boundaries, they set their own.

We hope this helps to explain how the Village determines residency.

How to Support Your Kids in Sport!

By, Carrie Cheadle, M.A.

We've all heard about it, or witnessed it ourselves. Some of us are even guilty of it; overzealous parents who go from supportive to crazy with one controversial call from a referee or questionable decision by a coach. Good parents, gone bad. In countless articles people talk about how parents are trying to relive unfulfilled sports dreams through their children, however, I don't think that is the case. I think parents want what is best for their kids and often don't realize that their actions are doing the exact opposite.

The increase in opportunities for children to participate in sport has also created an interest among parents, coaches, and sport psychology professionals to look at how we can best support children in sport. Here are some tips for those of you who either have a child in sport or are preparing for opening day!

The DO'S:

Help your child set goals.

Helping your child to set appropriate goals teaches them how to focus on the aspects of the game that are in their control. Ask your child what they would like to accomplish and what skills would they like to improve. If your child chooses the goal they want to accomplish it will help them to take pride and ownership over their goal. Also help your child chart their progress so they can see how their hard work is helping them to improve their skills.

Help your child define success.

Kids need to know that they are valued and accepted no matter how they perform. If your child feels secure that their worth is not solely based on how they perform, they will have more energy to respond to challenges and take the risks they need in order to learn their sport. When kids are only focused on the outcome of the game, they often get nervous and don't play as well as they would if they were focused on their own performance. If you help your child relieve this pressure, then they are more likely to be relaxed, have fun, and perform better. Instead of asking your child "Did you win?" try these questions instead:

What did you do well?
How did you work on your goals today?
What was your favorite part of the game?
What was the hardest part of the game?
What did you learn?
Did you have fun!?

Let them make mistakes.

Unfortunately, mistakes get a bad rap because of the negative connotation we have placed on them. Sometimes kids are so afraid to make a mistake that they become paralyzed with fear, which is extremely detrimental to learning and improving performance. The fear of making mistakes keeps us from trying new things, pushing ourselves harder, and having fun. Let your child know that making mistakes is part of learning.

The DON'TS:

Specialize too early.

These days with the opportunity for kids to play year-round sports, parents often feel pressure to specialize at a very early age. It is important for parents to know that more isn't always better. Young kids should be allowed to try different sports. By allowing your young child to play a variety of sports, they will develop a wider range of motor skills, be less likely to develop an overuse injury, and less likely to burn out on their sport at an early age. Tiger Woods participated in baseball, basketball, cross-country, and track in addition to golf! Later, if your child does choose to specialize, they will be more motivated and committed to their sport because they have chosen a sport they are passionate about.

Give feedback during a game.

Watching your child play sports can be an emotional rollercoaster. Parents need to develop their own set of guidelines for appropriate behavior during a game. Make sure your verbal and nonverbal communication is positive, especially during games. Game time is not a good time for giving feedback to coaches or referees. It is also never appropriate to yell at coaching staff or officials. This embarrasses your child and is the quickest way to make them want to drop out of their sport. It is also important not to coach your child during a game. When you do this, you are forcing your child into the horrible position of either disobeying their parents or their coach. Remember to praise effort and attitude as well as performance.














Lose sight of what is important.

Millions of children participate in sports and only 1-2% will get a scholarship. Great athletes don't get scholarships and most children don't go on to become elite athletes. The #1 reason boys and girls play sports is to have fun and one of the top reasons kids drop out of sports is because they are no longer having fun!! Children and parents need to balance sport with other interests. Parents and families can burnout too. Spending time with your child pursuing other interests' lets them know that you love and value them outside of their sport and can help prevent EVERYONE from burning out on sports!

Carrie Cheadle received her Masters degree in Sport Psychology and has a private practice in Sonoma County consulting with teams, athletes, and coaches on enhancing performance through mental skills training

Referee Signals

<p>1</p> <p>Ball ready for play * Untimed down</p>	<p>2</p> <p>Start clock</p>	<p>3</p> <p>Time-out Discretionary or injury time-out (follow by tapping hands on chest)</p>	<p>4</p> <p>TV/Radio time-out</p>	
<p>5</p> <p>Touchdown Field goal Point(s) after touchdown</p>	<p>6</p> <p>Safety</p>	<p>7</p> <p>Ball dead Touchback (move side to side)</p>	<p>8</p> <p>First down</p>	
<p>9</p> <p>Loss of down</p>	<p>10</p> <p>Incomplete forward pass Penalty declined No play, no score Toss option delayed</p>	<p>11</p> <p>Legal touching of forward pass or scrimmage kick</p>	<p>12</p> <p>Inadvertent whistle (Face Press Box)</p>	<p>13</p> <p>Disregard flag</p>
<p>14</p> <p>End of period</p>	<p>15</p> <p>Sideline warning</p>	<p>16</p> <p>First touching Illegal touching (NCAA)</p>	<p>17</p> <p>Uncatchable Forward Pass</p>	
<p>18</p> <p>Offside Defense (NCAA) Encroachment (NF)</p>	<p>19</p> <p>False Start Illegal formation Encroachment Offense (NCAA) Illegal procedure (NF)</p>	<p>20</p> <p>Illegal shift - 2 hands Illegal motion - 1 hand</p>	<p>21</p> <p>Delay of game</p>	<p>22</p> <p>Substitution infraction</p>

<p>23</p>  <p>Failure to wear required equipment</p>	<p>24</p>  <p>Illegal helmet contact</p>	<p>27</p>  <p>Unsportsmanlike conduct Noncontact foul</p>	<p>28</p>  <p>Illegal participation</p>	
<p>29</p>  <p>Sideline interference</p>	<p>30</p>  <p>Running into (NCAA) or Roughing Kicker or Holder</p>	<p>31</p>  <p>Illegal batting Illegal kicking (Followed by pointing toward toe for kicking)</p>	<p>32</p>  <p>Illegal fair catch signal Invalid fair catch signal (NF)</p>	<p>33</p>  <p>Forward pass interference Kick catching interference</p>
<p>34</p>  <p>Roughing passer</p>	<p>35</p>  <p>Illegal pass Illegal forward handing</p>	<p>36</p>  <p>Intentional grounding</p>	<p>37</p>  <p>Ineligible downfield on pass</p>	<p>38</p>  <p>Personal foul</p>
<p>39</p>  <p>Clipping</p>	<p>40</p>  <p>Blocking below waist Illegal block</p>	<p>41</p>  <p>Chop block</p>	<p>42</p>  <p>Holding/obstructing Illegal use of hands/arms</p>	<p>43</p>  <p>Illegal block in the back (NCAA) Illegal use of hands or arms (NF)</p>
<p>44</p>  <p>Helping runner Interlocked blocking</p>	<p>45</p>  <p>Grasping face mask or helmet opening</p>	<p>46</p>  <p>Tripping</p>	<p>47</p>  <p>Player disqualification</p>	