

# Spring 2024 NFL Flag Football

Coaches Meeting

**PLAYTC**  
**SPORTS**

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# TC PARD Information

## Athletics Staff

- Kacy George, Athletics Supervisor
  - 972-624-3950
  - [kgeorge@thecolonytx.gov](mailto:kgeorge@thecolonytx.gov)
- Emery Owczar, Athletics Specialist
  - 972-624-3975
  - [eowczar@thecolonytx.gov](mailto:eowczar@thecolonytx.gov)
- Michael Smith, Recreation Specialist
  - 972-625-1106
  - [msmith@thecolonytx.gov](mailto:msmith@thecolonytx.gov)
- Athletics Team Email
  - [playtcsports@thecolonytx.gov](mailto:playtcsports@thecolonytx.gov)

## ● Websites

- PlayTCsports.com
  - Schedule & Season Information
- Rainout Line:  
<https://rainoutline.com/search/dnis/4692174064/>
  - Field Status

## ● Other Contact Information

- Main Line - 972-625-1106
  - Answered: M-F 6:30am-9:00pm  
& Saturday 8:30am-6:00pm

*For all questions regarding the league, practices, & rosters please email [playtcsports@thecolonytx.gov](mailto:playtcsports@thecolonytx.gov).  
Do not call the main line!*

# League and Roster Information

**6U Division:**

2-3 Teams

**8U Division:**

5 Teams

**10U  
Division:**

6 Teams

**12U  
Division:**

5-6 Teams

## **Rosters:**

- Once you receive your roster, reach out to the team immediately
- Please call/text/email first before using alternative forms such as group me, team snap, etc.
- If you have trouble getting in contact with a player or they have not shown up to practices, please reach out to us ASAP so we can verify if we have an alternative form of contact information on file

# Team Formation

## Playing up requirements:

For any child playing up, they have to follow the below requirements:

- Directly requested by the coach
- The parent is the coach
- They turn the required age during the season (ex: they are 10 and turn 11 the 2nd week of the season, they can play in 12U)

**All players requesting to play up must go through the athletic staff directly**

## Average Team Formation

- Friend request
- Coach request
- School
- Age
- Seasons Played

## Coach Requests

1. Ron Swanson
2. April Ludgate
3. Ann Perkins
4. Leslie Knope
5. Chris Traegar
6. Donna Meagle
7. Michael Scott
8. Pam Halpert
9. Meredith Palmer
10. Dwight Schrute
11. Toby Flenderson
12. Jerry Gergich

# Team Formation Cont.

Team 1: 7 Players	Team 2: 7 Players	Team 5: 8 Players
Team 3: 10 Players	Team 4: 7 Players	<b>39 Total Participants</b>

**“Why am I not getting the full 10 on my team?”**

## **Unfair Player Distribution**

If we don't receive an equal amount of players per team we won't accommodate the full 10 player requests. We try to even out the teams as best as possible and accommodate as many request possible. As well as to not promote “stacking teams” as the parents refer to it.

Team 1: 8 Players	Team 2: 8 Players	Team 5: 8 Players
Team 3: 8 Players	Team 4: 7 Players	<b>39 Total Participants</b>

## **Fair Player Distribution**

**Please look at the example to the left!**

# Age Verification

- **All individuals registered for the season must provide proof of age for age verification.**
- **If we do not receive proof of age, the individual will not be able to play.**
- **What type of document do we accept:**
  - Birth Certificate
  - Passport
- **How does someone submit their document?**
  - Email it to [playtcsports@thecolonytx.gov](mailto:playtcsports@thecolonytx.gov)
  - Take it to the Recreation Center for staff to make a copy
- **When is the deadline?**
  - 3/8/2025
- **Roster Notations**
  - We have noted on your rosters of who we still need age verification from. If it does not have a note in the birthdate verification, that means we have not received anything.

# Coaches Paperwork & Training

- Background Checks
  - ALL coaches must have passed a background check
  - ONLY background checked coaches can be on the sideline
- NAYS Training
  - Head coaches must complete NAYS training by X. If not completed, ALL games will be forfeited until completed
  - Only required for head coaches, not assistant coaches
- Coaches Code of Conduct
  - ALL coaches must sign this (Head & Assistant)
  - You will not be permitted to coach until signed
- Assistant Coaches
  - ALL teams must have at least one assistant coach. If there is not an approved assistant coach that can step in if the coach can not make it / coach is ejected, the game will be deemed a forfeit
  - Approved assistant coach = Passed background check
  - It takes 3-5 business days for HR to clear a background check; please get background checks submitted at the start of the business week and not the Friday before game day
- There May be a total of 3 coaches per team

## Requirements to qualify for registration reimbursement (HEAD COACHES):

- Passed Background Check
- Coaches Code of Conduct signed
- Volunteer Arrest Waiver signed
- NAYS training completed
- 3 weeks completed for the season

# Practices

- **How many practices?**
  - Teams will have the choice to practice up to two times per week (1 hour slots)
- **When can practices start?**
  - Teams can start practicing the week of 2/17
- **Where will practices be held?**
  - Practices will be held at BB Owen Sports Complex (5700 Squires Drive)
  - All league practices will be held on BB Owen Red (see map on next slide)
- **Are you practicing at a different location?**
  - If you are practicing at a different location from BB Owen, we must know the location and times your teams are practicing. If you decided to no longer practice at BB Owen at some point during the season you must inform us so we can open those slots to teams that will utilize the space.
  - Camey & Turner is not allowed for practices.
- **Practice Etiquette**
  - Please make sure you are sticking to your scheduled time and your scheduled location on the field.
  - It is your responsibility as a coach to not go over your time and interfere with practices after yours.
  - If it is not your team's practice day/time you are NOT permitted to be using the field
  - Any extra practices your team requests will have to go through our rental process (not guaranteed & not free)
  - The only practice reschedules permitted are field closures
  - No drugs/Alcohol on the fields
  - All music out there must remain PG-13



# BB Owen Field Layout

- BB Owen Sports Complex Address:
  - 5700 Squires Drive The Colony TX, 75056
- Field
  - BB Owen Red (please reference map to the right)

## BB Owen Flag Football Practice Map 5700 Squires Dr The Colony, Texas 75056



# Field Lights & Field Status

- **BB Owen Lights**

- If you have issues with the lights during your practices, please call the main line at 972-625-1106. The main line is answered until 9pm on weekdays and staff will be able to troubleshoot the issues. Lights will normally come on 30 minutes prior to sunset. Once we get farther into the season when it gets darker sooner or if your practice starts after 30 minutes prior to sunset the lights will come on 15 minutes prior to your start time.

- **Field Status**

- It is the responsibility of the coach to check field status if it is questionable. We utilize Rainout Line to update field status. Field status will be updated by 3:30 pm each day if needed. Rainout Line offers an app where you can subscribe to notifications. You can also subscribe to email or text notifications for specific fields by going to the main website. Rainout Line website:

<https://rainoutline.com/search/dnis/4692174064/>

# Gameday Information

## **When is the first weekend of games:**

- 3/8/2025

## **Where do we play:**

- Strike Middle School (8798 Scotty's Lake Lane, The Colony TX 75056)

## **How many games for the season?**

- Guaranteed 6 games

## **Who makes the playoffs?**

- Top 4 teams in each division make the playoffs

## **Game Schedule?**

- Game schedule will be released by 2/28/2025
- If you have any weekends/times you will not be available, please send over by 2/21/2025. We will try our best to accommodate requests, but cannot guarantee

## **Will there be double-headers?**

- All divisions might have double-headers depending on requests and number of teams

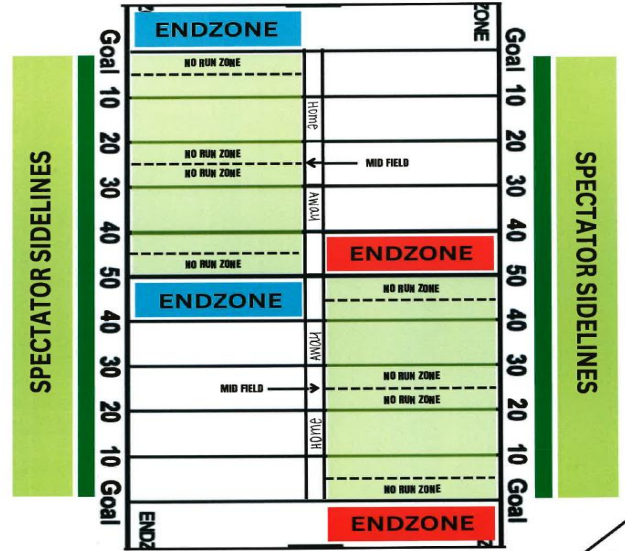
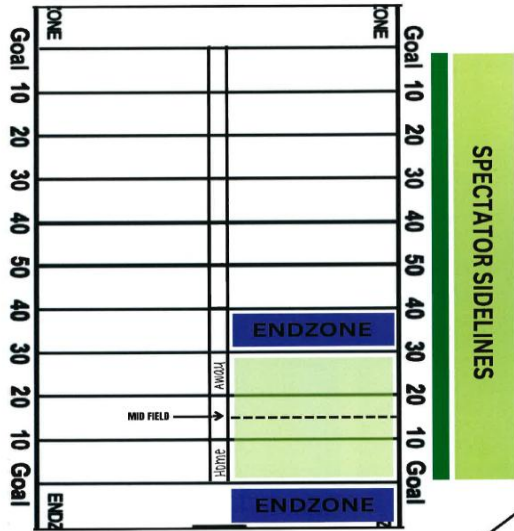
# Strike Field Layout

- All games will be played on the turf field at Strike Middle School
- The turf field will be split into two fields
  - North Field is A (6U & 8U)
  - South Field is B (10U & 12U)
- **Coaches and players are the only people allowed on the team benches**
- Coaches must wear their coaches badges while on the sideline
  - If you do not have your coaches badge you will not coach that game until you have it
  - If you lose your badge please email ahead of time so we can get you a temp badge
- Spectators must stay on the spectator sideline across from their teams bench.
  - If a child is injured and the parent wants to check them out, have the kid leave the sideline and go to the spectator side

# Division Field Layout

6U Layout

8U, 10U, 12U Layout



# Coaches Code of Conduct Policy

Please look over the copy on the tables in front of you

## Highlighted Consistent Incidents:

- Absolutely no cussing. No warning you will be asked to leave the complex.
- Speaking to the other team, coaches, spectators. If it is not positive, there's no need for it.
- Speaking to referees. They are being professional so return the favor. If you can't speak to them calmly don't speak to them at all. This is what we contract them for and they are more than happy to explain a call or flag. If there are any bigger issues COME GET US. Do not take matters into your own hands.
- If you don't let us know in the moment, we can't help you after the fact

## The Colony Parks and Recreation Athletics Coaches Code of Conduct



The Colony Parks and Recreation Athletics Department is committed to providing a positive sports participation opportunity to every child that registers for one of our programs. We have established a Coaches Code of Conduct Policy outlining how coaches should conduct themselves during the season.

### Coach Code of Conduct

#### Coaches Are Expected To:

- Respect the officials and their authority during games.
- Inform PARD Staff of any issues that arise at practices or games so they can be dealt with immediately and accordingly
- Remember that you are a youth coach, and that the game is for children and not adults.
- Lead by example and always demonstrate good sportsmanship before, during, and after games.
- Attend all practices and games unless a prior arrangement has been made with another approved coach (inform Athletics Supervisor of all team coaches names right away).
- Complete the full NAYS training provided by the department. (Failure to do so will result in scheduled games being forfeited until training is completed)
- Provide fair or equal amount of playing time when coaching.
- Assure that gyms/fields are left clean and tidy after each practice and game. If not, the league could lose the privilege of using the facilities.
- Stay within the time limits of your practice. Other teams have to practice and going over your practice time is taking away the opportunity for other teams.
- Be responsible in monitoring and addressing parent's and other spectator's actions on the sidelines when necessary. Coaches are responsible for the behavior of ALL representatives of their team!
- Never yell at or be disrespectful of the officiating staff. The coach's behavior sets the example for everyone at the games. Excessively loud coaches will NOT be tolerated.
- Communicate with the parents on your team and inform them of all team rules, practices and games.
- Understand that any coach who does not follow these expectations or participate in the recreational spirit of this league may be removed as a coach or not invited back to coach in the future. The youth sport experience should be FUN for everyone involved!
- Failure to sign this conduct policy will result in scheduled games being forfeited until signed.

# Athletics Suspension Guidelines

- We will not be tolerating any unsportsmanlike conduct from coaches, spectators, or players.
- **PLEASE** make us aware of any situations/issues that may arise immediately so those can be handled appropriately
- Two unsportsmanlike flags will result in an immediate ejection from the game.
- All suspension and ejections are subject to be increased due to the severity of the situation.

## ● Suspensions

- If a coach, spectator, or player is ejected from a game they will receive a one game suspension. That suspension will be enforced at the next game.
- If a coach, spectator, or player is ejected from a game for a second time in one season, they will not be permitted to return the remainder of the season; coaches will lose coaching privileges up to a year, depending on severity.

# Spectator Guidelines

- **As the coach you are ultimately responsible for any actions of your parents.**
  - All spectators must stay on the spectator sideline during the game.
  - Spectators must sit across from their benches on the opposite side of the field
  - Spectators must sit 5 feet away from the sideline for safety reasons.
  - Unsportsmanlike conduct from parents will not be tolerated. Depending on the severity of the conduct we will ask the individual to leave the complex. Play will not resume until they leave.
- **Ejection/Consequences**
  - If a parent is ejected from a game they will not be able to attend the next game. Once allowed back if they get ejected for a second time they will not be able to attend any games for the remainder of the season.
- **The aforementioned suspensions will be the minimum penalty enforced and may be increased in each situation due to the severity of actions.**



# Highlighted Rules - Field A 6U/8U

## 6U Division

- Format - 4v4
- Ball Size - Pee Wee
- Game Length - Two 15 minute halves
- Field - L 50 YDS x W 25 YDS (10 YDS End Zone)
- Timeout - One 60 second timeout per half
- **NO RUSHING**

## 8U Division

- Format - 5v5
- Ball Size - Pee Wee
- Game Length - Two 20 minute halves
- Field - L 70 YDS x W 25 YDS (10 YDS End Zone)
- Timeout - One 60 second timeout per half

# Highlighted Rules - Field A 10U/12U

## 10U Division

- Format - 5v5
- Ball Size - Junior/Youth
- Game Length - Two 20 minute halves
- Field - L 70 YDS x W 25 YDS (10 YDS End Zone)
- Timeout - One 60 second timeout per half
- **NO DEFENSIVE COACH AFTER THE 3RD WEEK OF GAMES**

## 12U Division

- Format - 5v5
- Ball Size - Junior/Youth
- Game Length - Two 20 minute halves
- Field - L 70 YDS x W 25 YDS (10 YDS End Zone)
- Timeout - One 60 second timeout per half
- **NO DEFENSIVE COACH AFTER THE 3RD WEEK OF GAMES**

# Highlighted Rules - League Wide

## ● Time Outs

- Each team will receive one 60 second timeout per half.
- When calling a time out, you must get the attention of the referee on the field. The scorekeeper or staff cannot stop the game for a timeout. The referee has to acknowledge the timeout prior to the clock stopping.

## ● Clock

- The clock will run continuously. The clock will only stop for time-outs, injuries, and on each whistle during the last 10 seconds of the second half. During the last 10 seconds of the second half the clock will start when the ball is snapped.

## ● Overtime

- No overtime will be played during the regular season if games end in a tie.
- Overtime will be played in the playoffs.

# Highlighted Rules - League Wide

- **On the field coaching**
  - For 10U and 12U after the third week of games the offensive coach will only be allowed on the field to assist.
  - All other divisions coaches an offensive and defensive coach will be allowed throughout the season.
- **No Run Zones**
  - There are no run zones located 5 yards before each end zone and 5 yards on either side of the midfield. Once inside this zone all plays must be pass plays, even with a handoff.
  - No rushing/blitzing is allowed in the no run zones.
  - 6U will not have no run zones.
- **Possessions**
  - **The offensive team will have 4 downs to reach or cross the half field line. Once the offense reaches or crosses half field they will have 3 more downs to score.**
- **PAT**
  - **After scoring a touchdown you must declare to the referee if you will be attempting a 1 or 2 point conversion.**
  - **1 point = 5 yard line**
  - **2 point = 10 yard line**
- **Interceptions**
  - **All interceptions can be returned**

# Equipment/Uniforms

## ● Jerseys/Uniforms

- The league will provide each player with an NFL jersey.
- We order these jerseys specifically per team roster and what the parent selected during register. This means we do **NOT** have extras or a stock of jerseys.
- If a player loses a jersey or the jersey size they ordered does NOT fit, they would have to purchase a new one. The cost would be \$30 + shipping.
- Jerseys must be tucked in.
- Home will be the lighter color and away will be the darker color jersey.
- Shorts must not have pockets.
- No towels or rags may be worn during the game.

## ● Mouthguards

- All players **MUST** be wearing a mouthguard during play.
- The league does not provide mouthguards. We do offer for people to purchase them during registration. If this is the case we will give those mouthguards out with the jerseys.
- Prior to the game the referees will do a mouthguard check.
- If a player does not have a mouthguard, they will **NOT** be able to play until they get one.
- I will not have a stock out at games. Parents will need to call to order a new one by the friday before game day at 5:00pm

## ● Balls

- The league will provide you with at least one ball for your team for the season.
- We receive an allotted amount of balls from NFL Flag depending on the amount of jerseys we order. This determines how many we would be able to give to each team.
- We receive these when we receive the jersey order.

# Equipment/Uniforms Pt.2

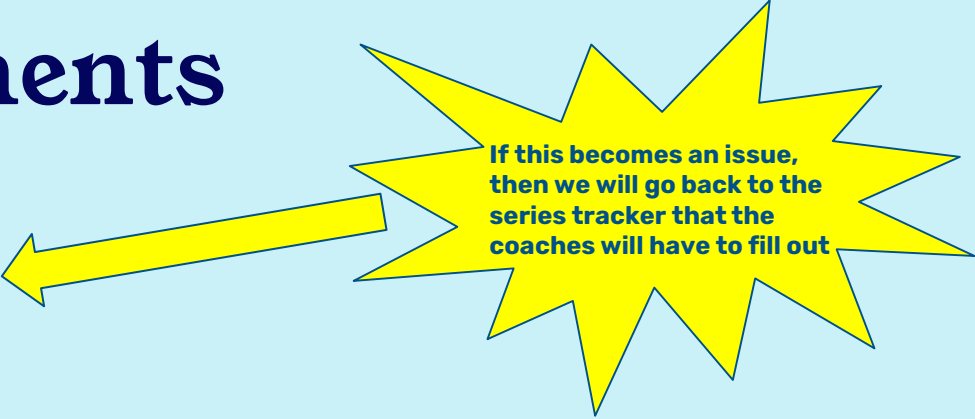
## ● Flag Belts

- The league will provide each player with an NFL Flag belt.
- Please make sure your team trim their belts after receiving them. The belts are made for all sizes so we run into the issue of the belt being super long and looking like a third flag.
- Our goal is to have them to you the first week of practices, but we do have to order them with the jerseys. Due to this we have to wait until registration has completed to submit are order and sometimes there are delays.
- We will not have extra flag belts at the games, so please make sure your players bring them to the game!
- The officials will do flag checks, prior to each game.
- Please make sure your having your players adjust their flags to their hips before every play to ensure they are in the correct position.

**We will send out an email when these orders arrive!**

# Playing Requirements

- Each player in attendance must play a **minimum** of two series per half.
  - A series consists of a full offensive or defensive series. (4 downs to advance at least 10 yards)



**If this becomes an issue, then we will go back to the series tracker that the coaches will have to fill out**

**Please remember this is a recreational league! Our main goal is to teach these kids the basic fundamentals of football and for them to enjoy the sport.**

# Coaching Tips, Drills & Paperwork

- Coaches Portal - [www.playtcsports.com](http://www.playtcsports.com)
  - You can find links to playbooks, drills, and videos on the coaches portal on [playtcsports.com](http://playtcsports.com).
  - You can find information on what paperwork is required in order to coach and find the links to this paperwork
- Rules & League Info - [www.playtcsports.com](http://www.playtcsports.com)
  - You can find the following things on the rules and league info tab
    - Rules
    - Practice Maps
    - Picture Schedules
    - Coaches Code of Conduct



# Awards & Sportsmanship

## ● Awards

- The first place and second place team will get medals in each division. All of the 6U division will receive medals.

## ● Sportsmanship Initiative

- This season it will be the responsibility of the coach to nominate two players for exemplifying good sportsmanship. You will nominate one for the first half of the season and then for the second half of the season.
  - **Definition of Sportsmanship:** conduct (such as fairness, respect for one's opponent, and graciousness in winning or losing) becoming to one participating in a sport
- Nomination Deadlines:
  - 1st Nomination : TBD
  - 2nd Nomination: TBD

# Surveys

## Parents

Rate your satisfaction level in the sportsmanship taught to my child	Fall 2024	Spring 2024
1	17.9%	0.0%
2	0.0%	4.0%
3	10.7%	4.0%
4	3.6%	12.0%
5	67.9%	80.0%

How likely are you to register your child for The Colony NFL Flag league next season?	Fall 2024	Spring 2024
1	10.7%	4.0%
2	0.0%	4.0%
3	14.3%	12.0%
4	10.7%	20.0%
5	64.3%	60.0%

The coach felt like they didn't even want to be there most of the time. I understand it's a volunteer position but it was hard on the team having such a negative coach and players quit.

My child's coach threw tantrums and used swear words in front of the team and referee.

Some coaches are way over the top

As a parent, I wish there was more of an emphasis on teamwork and good sportsmanship from the coaches. We have some really poor attitudes from players on our team and they do not get addressed by the coaches. We even had carryover with poor attitudes from some of the parents on our team that led to conflict on the field on game day. It's enough to make me consider switching my son to another league with more of a focus on good sportsmanship.

Overall the season was successful and the coach for our team was phenomenal.

## Coaches

Add a third official for the game

Not sure how to word this but one of the biggest problems was coaching. Unless it's 100% positive I don't think coaches should address players on the other team.

**Any Questions?**