

# Spring 2026 NFL Flag Coaches Meeting

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# Meet the Staff!

# Meet the Staff!

Kacy George

Athletics Supervisor

Office Hours: (dependent on games)

- Mon-Fri 8:00am-4:00pm

Office Line: 972-624-3950

Email: [kgeorge@thecolonytx.gov](mailto:kgeorge@thecolonytx.gov)

Emery Owczar

Athletics Specialist

Office Hours:

- Mon/Wed/Fri 9:00am-5:00pm
- Tues/Thurs 10:30am-6:30pm

Office Line: 972-624-3957

Email: [eowczar@thecolonytx.gov](mailto:eowczar@thecolonytx.gov)

Krissie Pettit

Recreation Specialist

Office Hours:

- Mon-Thurs 1:00pm-9:00pm
- Sat 12:00pm-6:00pm

Office Line: 972-625-1106

Email: [kpettit@thecolonytx.gov](mailto:kpettit@thecolonytx.gov)

**Athletics Department Email: [PlayTCSports@TheColonyTX.gov](mailto:PlayTCSports@TheColonyTX.gov)**



# League Communication

**The Colony Athletics Department's main form of communication is via email. ALL information regarding the season and your team will go through email.**

**The athletics staff do not have a set schedule of Monday–Friday since we will be out at games throughout the week and weekend. The email below goes to all of the Athletics staff.**

**Any emails sent over the weekend (Friday after 5pm–Monday before 8am) will not be answered until business hours Monday morning**

**When sending/responding to emails, please make sure athletics staff are cc'd**

**Playtcsports@thecolonytx.gov**

# Coaching Information

# Requirements to Coach / Coaches Training

- Passed Background Check - Head & Assistant Coaches
- Signed Coaches Code of Conduct - Head & Assistant Coaches
- Signed Volunteer Arrest Waiver - Head & Assistant Coaches



- The Colony requires all new head coaches to complete annual membership training through the National Alliance for Youth Sports (NAYS)
  - Covers sport specific training and concussion training
- **If you are a returning coach, you will not have to get recertified**

# Team Requirements

- NFL Team Name
- Practice Time(s) submitted via email by **February 3rd**
- Head Coach paperwork fully submitted
  - *Coaches Code of Conduct*
  - *VAW Form*
  - NAYS training completed by **February 28th**
- Assistant Coach paperwork fully submitted
  - *Background Check (If needed)*
  - *Coaches Code of Conduct*
  - *VAW Form*

- **Assistant Coaches**
  - **ALL** teams are required to 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

# Conduct Unbecoming

## Highlighted Consistent Incidents:

- Absolutely no cussing. No warning you will be asked to leave the facility.
- 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 the job we pay them for and they are more than happy to explain a call or foul. 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.

# Spectator Code of Conduct

- The City of The Colony holds all spectators to the same standards we hold our coaches to
- Every athlete must have a spectator code of conduct from a parent/guardian submitted before **February 28th** in order to play
- Any athlete without one submitted will not be permitted to play/sit on the team bench until submitted
- We will note on the roster if we are missing any Spectator Code of Conducts

## The Colony Parks and Recreation Athletics Parent/Spectator Code of Conduct



All parents/spectators of The Colony Parks and Recreation youth athletic leagues must adhere by the following codes of conduct and policies:

- I will provide positive support, care and encouragement for my child participating in youth sports.
- I will encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every game, practice, or other youth sports events.
- I will place the emotional and physical well-being of my child ahead of personal desire to win.
- I will insist that my child play in a safe and healthy environment.
- I will support coaches and officials working with my child, in order to encourage a positive and enjoyable experience for all.
- I will remember that the game is for youth – not for adults.
- I will do my very best to make youth sports fun for my child.
- I will ask my child to treat other players, coaches, fans, and officials with respect.
- I will help my child enjoy the youth sports experience by doing whatever I can, such as being a respectable fan, assisting with coaching, or providing transportation.
- I will not criticize an opposing team, players, fans, coaches or team, by words or gestures.
- I and my guests will not engage in any unsportsmanlike conduct with any official, coach, player, parent or staff member, such as boozing or taunting, refusing to shake hands, using profane or threatening language or gestures or accosting another individual in a threatening manner.
- I will communicate with the coach throughout the season.
- I will not enter the field of play or player sideline. I will stay on the designated spectator sideline at all times.
- I will share my concerns pertaining to the behavior of referees, other league officials, coaches, spectators or other volunteers with the Athletics Supervisor.
- I understand that the actions of myself and my guests-before, during, and after games or events- can impact the team and may affect my child's eligibility to participate in the league. This includes conduct on all social media and digital platforms.
- I understand that if a background-checked and approved coach is not present on the sideline, the game will be considered a forfeit.

### Spectator/Parent Suspension Guidelines:

If a spectator or parent is ejected for unsportsmanlike conduct they will be asked to immediately leave the facility, play will not resume until they have left. The following suspensions will be enforced after the ejection:

#### Suspension One:

If a spectator is ejected from a game they will not be allowed to attend the following game.

#### Suspension Two:

If a spectator is ejected from a second game during the season they will not be allowed to attend games for the remainder of the season and potentially longer, depending on severity.

\*The Colony Parks and Recreation Department will determine consequences on a case-by-case basis if infraction does not meet the above guidelines. The aforementioned suspensions will be the minimum penalty enforced and may be increased depending on severity. It is up to The Colony Parks and Recreation Department discretion to determine additional consequences for any unsportsmanlike conduct during the season.

Child/Athlete First Name

Child/Athlete Last Name

Sport

Age/Division

Parent/Guardian Name

Parent Signature

# Suspension Guidelines

- The Colony does **NOT** tolerate 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.

# 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?**
  - **February 27**
  - Please tell your teams parents not to wait until **February 27** to submit. We usually have over 200 ages we are verifying in a spring/fall season so the sooner it is submitted the better!
- **Roster Notations**
  - We will note 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.
- **Submitted Previously?**
  - If a person has submitted previously they do NOT need to resubmit.

# Practice Information

# Practice Information

- Teams will have 2 practices per week (1 hour slots)
- Practices start the week of **February 9**
- **Where will practices be held?**
  - BB Owen Sports Complex - 5700 Squires Drive
  - All league practices will be held on the red field

Head coaches must submit via email their top 4 practice days & times

- Athletic staff will piece together the official practice schedule

While we understand coaches might have other extracurriculars, we are having to work with 40 different practice schedules while trying to accommodate everyone's request

## BB Owen Flag Football Practice Map

5700 Squires Dr The Colony, Texas 75056



# 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 or during yours.
- Please call us or email us a ahead of time if you will not be having practice that day so we avoid having lights on if not needed.
- If it is not your team's practice day/time you are NOT permitted to be using the field. Any extra practices must go through the rental process with the Athletic Team. (Extra practices are not guaranteed and come with a fee)
- The only practice reschedules permitted are for field closures. We will not reschedule for any other reasons.
- All music played during your practice must remain PG-13.

# Field Status Information

It is the responsibility of the coach to check field status on the days of your practice to determine if the field is playable.

## How do I check the field status?

- Visiting The Colony Parks and Recreation Department Rainout Line.
  - Online - <https://rainoutline.com/search/dnis/4692174064>
  - Download the App 

## When is practice field status updated?

- Field status is updated daily at 3:30pm if needed.
  - We wait until 3:30pm the day of to update field status because a field could be not playable in the morning, but playable by 3:30pm. Weather is UNPREDICTABLE so we want to give teams the most chance to practice and play. It is up to you if you want to cancel practice prior to the status being updated.

## Status Meanings



Open



Partial



Closed



Notice

## Notifications:

You can sign up for text, email or push notifications. Anytime a status change happens you will get notified.

# Field Lights Information

## **When do lights turn on for practices?**

- All athletic field lights with rentals are set to turn on 30 minutes prior to sunset (Exception: If the rental starts after 30 minutes prior to sunset. Then the lights will be set for 15 minutes prior to the first reservation on that field.
  - This means you might have lights partially or for your whole practice depending on when sunset is on that specific day.
  - Example: Your practice is 7 - 8pm and sunset is 7:45pm. This means lights will come on at 7:15pm.

## **What if lights do not come at the scheduled time?**

- Please call the main line at 972-625-1106. Staff will be able to help troubleshoot the issue.
- The main line is answered until 9pm on weekdays.

# Rosters

## **Rosters:**

- Rosters will be sent out via email by **February 3rd** (potentially earlier)
- 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 (in writing via email)
- 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**

## Team Formation

- Player Request  
**(Returning Coaches)**
- Friend Request
- Coach request
- School
- Age
- Seasons Played

# Team Formation Cont.

## Team Formation Factors:

- **# of Registrations**
- **# of Teams**
- **Coach Requests**
- **Friend Requests**
- **School**
- **Age**
- **Seasons Played**
- **Height**
- **Weight**

- **Every season is a new roster.** You are not guaranteed to receive the same roster every season.
- All friend/coach requests are truly requests so they are never guaranteed.
- Max of 10 on a roster, but you are not guaranteed 10. The number allotted per roster is dependent on the factors listed. Our goal is to accommodate every request, but our main goal is to fairly distribute the number of players on each team.
- Example - In a season of 200 participants that means 200+ requests we are trying to accommodate

# Teamsideline - Team Sites

- **What is Team Sites?**
  - This will be a site you can go to specifically for your team! It will have roster information, contact information, practice schedules, game schedules, and you will be able to communicate with your team directly from this site!
- **How do I view the Team Site?**
  - You can view it by going to the [playtcsports.com](http://playtcsports.com) website and logging in to your account or you can download the Teamsideline App and see the information from there!
- **Who can access the Team Site?**
  - Coaches and parents will be able to access the Team Site. Coaches will have access to more information than the parents.
- **When will we have access?**
  - You will receive access once rosters are created. We will send out emails once the sites are live and ready to be used.

# Teamsideline - Team Sites (CONTD)

- Please let your teams know to login into your team sites so they can receive the most accurate information!

\*There is a how to in your packet!

The screenshot shows the TeamSideline interface. On the left is a dark sidebar with various navigation options: Home, Calendar, Communications, Teams, Family & Friends, Organizations, Messages (with 0 notifications), Help, and Sign Out. The main content area is titled 'Cougars Summer 2025'. At the top of this area are tabs for Team Home, Roster, Events, Attendance, Files, Stats, Payments, Announcements, Links, and Pictures. A sub-header message reads: 'Use this Team Home page to see a consolidated view of your Team information. All of the items on this page are visible to your Team members, family and friends on this Team Home page. As a Staff member, you can click on the other Team tabs to add or remove Staff or Players, Team Events, or Team announcements.' Below this is a yellow bar with the text 'Got a question? Contact a team Staff member or Contact 'The Colony Parks & Recreation Department' for assistance.' A large table displays upcoming events with columns for Date, Time, Event name, Home/Visitor, and Results. To the right of the events table is a list of players and staff. The player list includes: Player, Player, Player, Player, Player, Player, Player, Player, Player, and Player. The staff list includes: Coach Name (Coach), Coach Name (Assistant Coach), and Coach Name (Coach).



# Jerseys/Equipment

# Jerseys/Attire

- The league will provide each player with an NFL jersey.
- We do **NOT** have a stock of jerseys. This means we order jerseys specifically for each roster for the season. We use the jersey sizes directly from players registration.
- 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.
- We complete our order after registration is completed so we will not have the jerseys and flags immediately to be picked up. We will send out an email as soon as we receive our order and the jerseys are ready to be picked up.
- Shorts must have no pockets. (Suggestion soccer shorts)
- No towels or rags may be worn during the game.



**If they do not have their jersey, they cannot play!**

# Flag Belts

- The league will provide each player with an NFL Flag belt.
  - Players are only allowed to use the issued NFL Flag belts. They cannot use any other type of 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 our 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 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!**

# Team/Player Equipment

## 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.
- 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 have one.
- We will **NOT** have a stock of mouthguards at games.

## Balls

- The league will provide each team 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.

# Jersey/Flag/Football Pickup

Jerseys are prepared for coach pick up at The Colony Recreation Center (5151 N Colony Blvd, The Colony, TX 75056)

**It is the job of the HEAD COACH to pick-up jerseys**

- Anyone else coming to retrieve the jerseys will have to be approved by the athletics staff prior to their arrival

**Wrong jersey size and/or lost jersey:**

- Replacement Jersey : \$30.00 + Shipping
  - Parents will need to email [playtcsports@thecolonytx.gov](mailto:playtcsports@thecolonytx.gov)

Spring Flag Football Jersey Sign Out Sheet							
Division	Team Name	Coaches Name	# of Jerseys	Coach Signature	Employee Signature	Date	Time
6U							
8U							
10U							
12U							

# Gameday Information

# League Important Dates

- Extended Registration Over: **February 2**
- Practices Start: **Week of February 9**
- First Day of Games: **February 28**
- No Games: **March 21 & April 4**
- 1st Sportsmanship Award Nomination: **March 22**
- 2nd Sportsmanship Award Nomination: **April 12**
- Last Day of Regular Season Games: **April 18**
- Playoffs: **April 25**

# Team Numbers

## 6U Division

- 26 athletes registered
- 3 Teams

## 10U Division

- 69 athletes registered
- 7 Teams

## 8U Division

- 36 athletes registered
- 4 Teams

## 12U Division

- 54 athletes registered
- 6 Teams

# Gameday Information

- **When is the first weekend of games?**
  - **February 28th, 2026**
- **Where can I find the schedule?**
  - [playtcsports.com](http://playtcsports.com)
- **Where are games played?**
  - Strike Middle School located at 8798 Scotty's Lake Lane, The Colony, Texas 75056
- **How many games for the season?**
  - Teams will be scheduled 6 games
- **Who makes the playoffs?**
  - The top 4 teams in each division will make the playoffs.
- **Will there be double headers or bye weeks?**
  - There will be double headers or bye weeks depending on the amount of teams in each division.

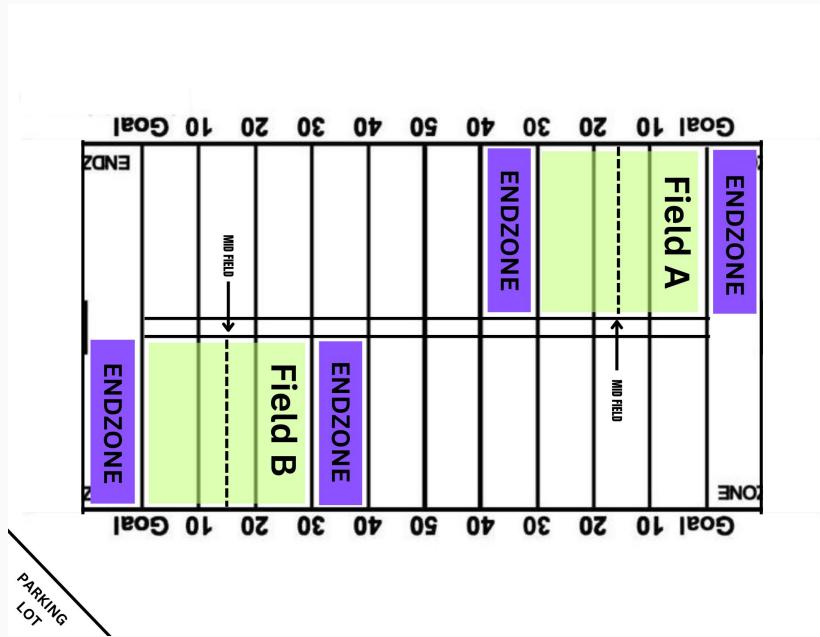
## Game Schedule

- The game schedule will be released by **February 20.** If we can release prior to this we will.
- Bye Requests: If you have any weekends/times you will not be available, please send those by **February 11.** We will try our best to accommodate requests, but cannot guarantee. It is your responsibility to get with your team to plan ahead for dates that people will be missing.
- We will **not** take any request or make changes after the game schedule is posted.

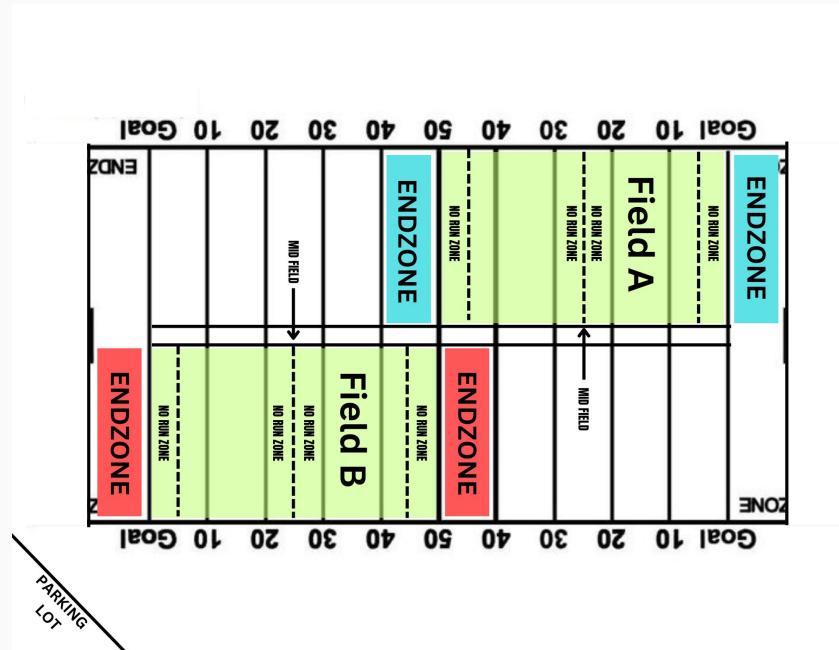
**DEADLINE FOR BYE REQUESTS**  
**February 11**

## Field Layout Cont.

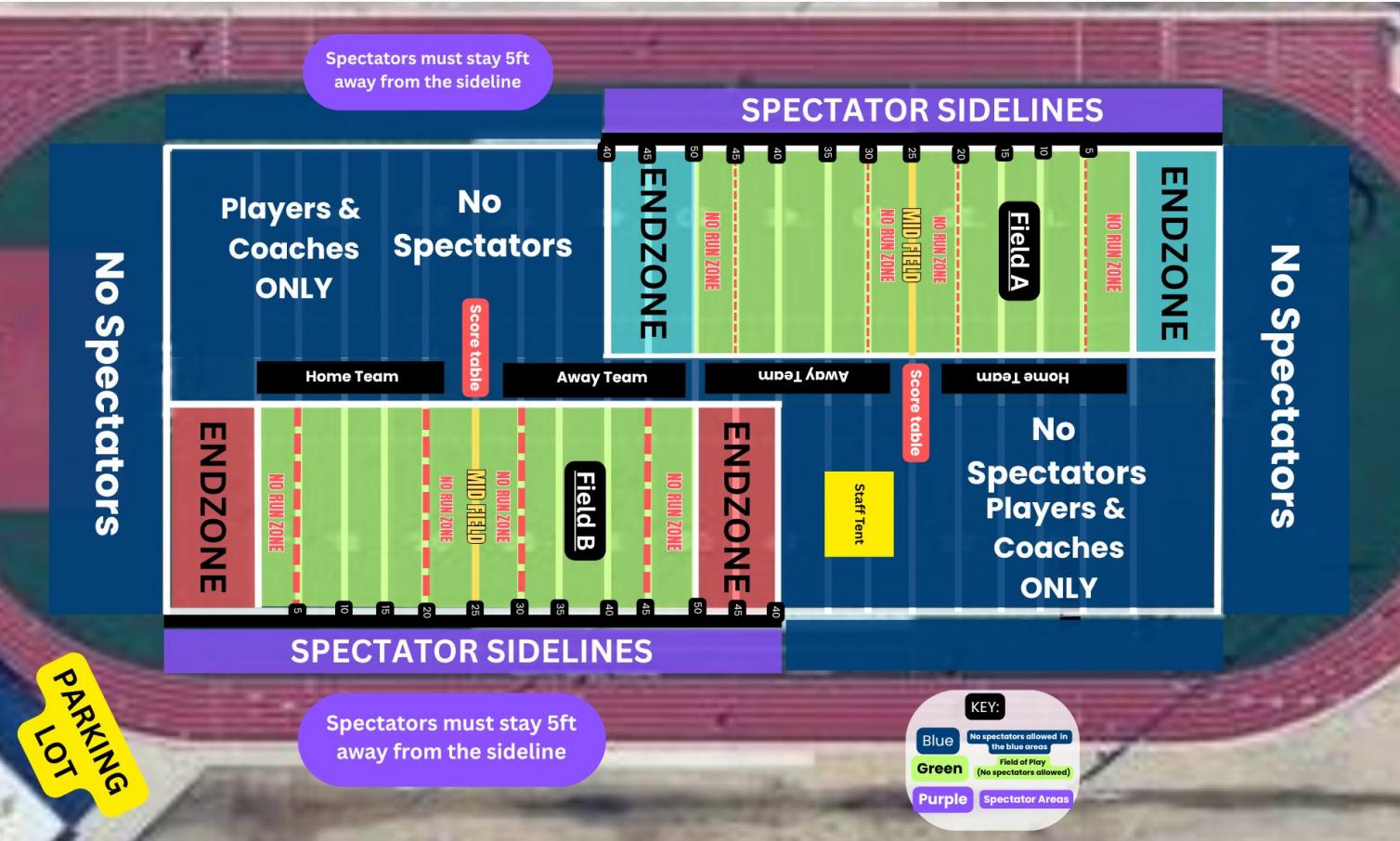
## 6U Division



## 8U/10U/12U Divisions



# Strike Field Layout



Spectators are not allowed in the blue areas on this map or on the playing field. If a spectator goes in the areas they will be asked to move to the spectator sideline. Not following these policies will result in the spectator to be asked to leave.

# Gameday Procedures

When teams arrive the coach must fill out the gameday scoresheet with the athletes names

- **COACHES must fill this out. The scorekeeper and children will not fill it out.**

## Coaches Badges

- All coaches need to have their coaches badge visibly shown during games
- Any coaches who do not have a coaches badge will not be permitted to enter the team bench at any time
- We provide coaches badges as a way for staff to recognize who is cleared to coach as well as so the parents know you have been cleared to coach their child
- It is the coaches responsibility to keep up with their coaches badge
- If you lose your coaches badge please make sure to let staff know either before game day or 30 minutes prior to gametime to receive a TEMP badge; failure to do so will result in not being permitted to be on the team bench
- Coaches are not permitted to share coaches badges with other coaches/parents on the sideline

- **Only approved coaches and players are allowed on the sideline.**
  - **Siblings, friends, players from other teams/divisions, coaches from other teams, & parents, etc are not allowed on the team bench at any time. They will be asked to move or potentially leave the facility**

## Coaches Badge



# Miscellaneous Information

# Highlighted FAQs

## Can I add more players after registration is over/during the season?

Roster additions after registration closes must be approved by the Athletic's Supervisor. It is a formal request to add an additional player not a demand. If space or circumstances do not allow for additions, one will not be granted.

## Can my team get more practice time?

Any additional practices not provided by the league will have to abide by our athletic reservation prices. \$26/hr without lights & \$36/with lights (We do not offer same day reservations)

## Can my team practice at a different location?

We don't recommend practicing at different locations. If practicing at a separate location, all fees and insurance would go through you directly. The City of The Colony will not be providing either

## My team doesn't have all of our players, can we loan a player from another team?

Teams are not permitted to loan players during regulation games (even to prevent forfeits). If there is an illegal player, the game will be forfeited and will result in a suspension of the coach.

## Can we record the games?

Yes! We are at an open public facility hosting public games. There's is nothing illegal or against our policies when it comes to pictures and recording

# Sportsmanship Initiative

- What is this initiative?
  - The sportsmanship initiative was created for us to be able to celebrate those players that have truly shown great sportsmanship through the season. With this initiative we are hoping to inspire players, coaches, and spectators to always show good sportsmanship.
- How does this initiative work?
  - The head coach of each team will nominate two players during the season. One for the first half of the season and one for the second half of the season.
    - 1st Nomination Deadline: **March 22**
    - 2nd Nomination Deadline: **April 12**
- It is not mandatory for you to submit a nominee, but we highly suggest you participate! We have received questions from parents in the past when someone is not nominated from a team. In these cases we will tell them that the head coach did not participate.
- What does the player get?
  - A certificate, name added to the website and we also email the nominees league wide

# Coaches & Parents Survey

Every season we send out parents surveys and coaches surveys to all participants. It is not a requirement but highly encouraged as we take the feedback into account for all league changes.

Fall 2025 - Only received 11 surveys out of a total 44 coaches

Fall 2025 Overall		
Coach/Friend Request	130	81.76%
Draft	29	18.24%
		159

# Coaches Reimbursement

Head Coaches (ONLY)

Head coaches are eligible to receive a 50% registration reimbursement.

## How do I qualify?

- Attend the Coaches Meeting (If you cannot attend the coaches meeting, attend one of the parent meetings)
- Paperwork Completed
  - Background Check
  - Coaches Code of Conduct
  - Volunteer Arrest Waiver
- NAYS Training Completed by Deadline (**February 28th**)
- Completed the full season without any disciplinary issues/concerns (If you are ejected during the season you will not receive the reimbursement)

\* These reimbursements will be processed after the season has been completed.

# Coach Portal

For rules, playbooks and other resources, please visit one of the following pages

The Colony Parks and Recreation Coach Portal - <https://playtcsports.com/content/30760/Coach-Portal>

- Rules
- Coaches Meeting Presentation
- Playbooks
- Drill Video

NFL Flag Football Coach Portal - <https://rcx.mediavalet.com/portals/NflFlagCoachResources>

- This is a new portal from NFL Flag that has a lot of information for you. **One thing to remember is that our league has local rules so please only reference our local rules on [PlayTCSports.com](https://playtcsports.com).**

# Rules (Roundtable discussion & Questions)

# Highlighted Rules - League Wide

- **Time Outs**

- Each team will receive two 60 second timeouts per game.
- 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 can have an offensive and defensive coach on the field 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

# Pre-Season Coaches Feedback

