

CHAMP SPORTS COACH'S HANDBOOK



FLAG FOOTBALL Fall 2026

www.champsportsinfo.com

CHAMP Office – 704.341.5387
Weather Hotline – 704.341.5473

Revised August 2026

CHAMP Mission

The mission of CHAMP Sports Outreach is to use sports as an avenue to proclaim the life-changing message of Jesus Christ!

Our Purpose:

1. To **REACH** our community with the love of Jesus Christ.
2. To **DEVELOP** Christ-like character within each player on and off the field.
3. To **TRAIN** coaches to be outstanding examples of Christ.
4. To **ELEVATE** the skill and knowledge of each player.
5. To **PRESENT** a fun and safe playing environment.

Game Plan for CHAMP Coaches

"Be imitators of me, as I am of Christ." 1 Corinthians 11:1

GOAL – Imitate Christ to your team! (1 Corinthians 11:1)

AIM – Coach your team to play with excellence! (1 Corinthians 9:24)

PURPOSE – Partner in sharing the gospel to your team! (Philippians 1:5)

CHAMP trains up coaches to be a Christian role model first and an excellent coach second. The goal of a CHAMP coach is to teach the players to play for the glory of God!

This booklet is intended for CHAMP Sports coaches and leadership staff only and should not be distributed to those outside of CHAMP Sports.

Qualifications of a CHAMP Head Coach

1. Must have a personal relationship with Jesus Christ according to the Word of God (**John 1:12; Romans 10:9,10; Ephesians 2:8,9**)
2. Maintain a healthy relationship with Christ
3. Must be an active participant in a local church
3. Continue to grow in the grace and knowledge of God (both in and out of church)
4. Must agree with and follow the overall mission and vision of Calvary CHAMP Sports Outreach
5. Represent a healthy family situation
6. Desire to impact children and families through leading and teaching Bible Huddle Times
7. Basic knowledge of the sport and/or willing to learn
8. Must be 21+ to Head Coach, 18+ to Assistant Coach. If younger than 18, you may be an Assistant Coach. However, you will be prohibited to hold practice or coach games alone and will be placed with an experienced coach.

Expectations of a CHAMP Head Coach

1. Walk in Christ (Colossians 2:6)
2. Be Faithful, Available, Coachable, and Enthusiastic
3. Encourage and build up your players (1 Thessalonians 5:11)
4. Build relationships with players, parents & other coaches
5. Focus on caring relationships and Christian principles before winning
6. Lead Bible Huddle Time (prayer & devotional)
7. Organize & plan fun practices
8. Help players develop & improve athletic skills
9. Train assistant coaches and encourage parent participation
10. Arrive early to games and practices
11. Check email regularly and respond promptly when asked
12. Communicate with parents & players both on and off the field
13. Understand & adhere to the rule booklets
14. Attend required discussions & training workshops
15. Do not place any individual in authority without approval by the CHAMP office
16. Promote and participate in all CHAMP events
17. Honor the CHAMP Coach Code of Conduct Agreement

CHAMP Coach Code of Conduct

The mission of CHAMP Sports Outreach is to make authentic followers of Jesus Christ by proclaiming and displaying Jesus Christ through our sports programs. As we strive to reach our community with the Gospel of Jesus Christ, our coaches are expected to be outstanding examples of Christ by displaying Christ-like character on and off the field. We praise God that the vast majority of our coaches are outstanding examples of Christian sportsmanship. Accordingly, all CHAMP coaches are to observe and follow the principles contained within the CHAMP Coaches Code of Conduct.

1. Coaches will ensure that all games and practices are conducted for the glory of God and for the furtherance of His Kingdom. Therefore, coaches are to be prepared for team devotions at each practice. All games are to be opened in prayer, and devotions are to be closed in prayer.
2. As witnesses for Christ and as examples to youth, coaches are to exhibit conduct that provides a model of excellence. All coaches are to uphold the highest standards of sportsmanship before, during, and after a contest. Sportsmanship includes, but is not limited to: 1) showing respect for players, opponents, and officials, 2) accepting both victory and defeat with grace and dignity, 3) refraining from heckling, jeering, or using profane language, 4) being positive in words and actions. Furthermore, coaches should never place the value of winning above the value of displaying the highest Christian character.
3. Fighting will not be tolerated. If a coach is dismissed for fighting, he or she will not be allowed to return as coach. The assistant coach will assume the coaching position for the remainder of the season. Fighting is cause for immediate and permanent dismissal.
4. Coaches will uphold the authority and decisions of the referees assigned to the game. Challenging the decisions of referees will not be tolerated and may be cause for probation, suspension, or ultimately dismissal if actions persist.
5. Coaches will help provide an atmosphere of excellence and integrity by encouraging every player, including those with lesser skill. Games and practices will be conducted so that all players have an opportunity to improve their skill level through active participation. Therefore, all players should be given equal playing time.
6. Coaches will protect the safety of the players at all times and provide appropriate supervision of players during practices and games.
7. Coaches are required to communicate weekly with team parents via email regarding expectations, schedules, devotions, etc.

8. Coaches should respect the investment of the CHAMP families and therefore be on time for games and practices.
9. Coaches are not to advocate or promote personal, financial, social, organizational, or political interests other than the cause of Christ. As CHAMP Sports is a ministry of Calvary Church, only Calvary ministries and events are to be promoted.
10. Coaches will cooperate with CHAMP Sports in the enforcement of all rules and regulations. CHAMP leadership reserves the authority and discretion to penalize any offender according to the infraction up to and including removal from the game and/or the CHAMP ministry.

Disciplinary Actions

Any issue(s) calling for the discipline of a coach will be handled on a case-by-case basis. Disciplinary actions include but are not limited to the following:

Penalties:

- 1) **Warning**
A warning is a notification to the coach that a violation has occurred and that future violations will lead to more severe penalties for any subsequent offense(s).
- 2) **Probation**
Probation serves as an indicator that a violation has occurred which requires corrective measures to be taken by CHAMP leadership. Coaches must also follow a prescribed plan of action to correct that infraction and will be placed on probation for the remainder of the season. Failure to agree to the plan is cause for permanent dismissal. Further violation(s) while on probation may lead to suspension for the remainder of the season or exclusion from CHAMP programs.
- 3) **Suspension**
Suspension is the result of serious infraction. Suspended coaches shall be excluded from participating in any leadership role during the period of suspension. Any coach receiving a temporary suspension should show a willingness to submit to the suspension. Further violation(s) while on suspension or probation may lead to exclusion from all CHAMP programs.
- 4) **Dismissal**
A permanent dismissal may occur if a serious infraction has occurred or if the coach has been previously warned or temporarily suspended and given the opportunity to correct the concern that led to the warning or suspension. Coaches who have been dismissed may be banned from CHAMP programs and other Calvary ministries.

A Look Ahead

Season Schedule

Practices Begin: Week of August 24
Uniform Distribution: Week of August 24
Game Schedules: Week of September 7
Games Start: Saturday, September 12
End-of-Season Celebration: Saturday, November 7
Season Ends: Saturday, November 7

For any questions or concerns,
contact the CHAMP office, **704.341.5387**
champ@calvarychurch.com

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704.301.6074(c)

Weather Hotline: 704.341.5473
Updated Mon-Fri. at 3:00PM; Sat. at 7:30AM

**Join us weekly for Sunday morning
worship service at 9:45AM in
Calvary's sanctuary**

Meet the CHAMP Staff



Peter Farynyk

Peter serves as the Director of CHAMP Sports Outreach. He has experience playing organized football, soccer, baseball, and basketball. Peter graduated from Thomas Edison State College in 2008 with a B.S. in Business Administration degree, from Louisiana Baptist Theological Seminary in 2010 with a Master of Divinity degree, and from Gordon-Conwell Theological Seminary in 2015 with a M.A. in Biblical Studies. Peter is married to Mereda Farynyk. Peter has served in Calvary's choir and serves as the coordinator of the Pastor's Prayer Partners.



Kelly Lamb

Kelly serves as the Assistant Director of CHAMP Sports Outreach. Before joining CHAMP staff in 2015, she served as a CHAMP volunteer for 16 years as a Team Parent, Coach, Soccer Commissioner, Basketball Commissioner, and a Referee Coordinator. Kelly is an active member of Calvary Church where she also serves on the Welcome team and regularly volunteers with Children's Ministry. Kelly is married to David, and they have four children and two granddaughters.

Objectives of CHAMP

Love, Coach and Teach

One of the greatest attitudes for any one of us to have is found in **2 Corinthians 4:5**, *“For what we proclaim is not ourselves, but Jesus Christ as Lord, with ourselves as your servants for Jesus’ sake.”* It should be your intended purpose as a CHAMP coach to represent Christ, lead children to Him and help them grow in their personal relationship with our Savior.

1. LOVE – The Attribute

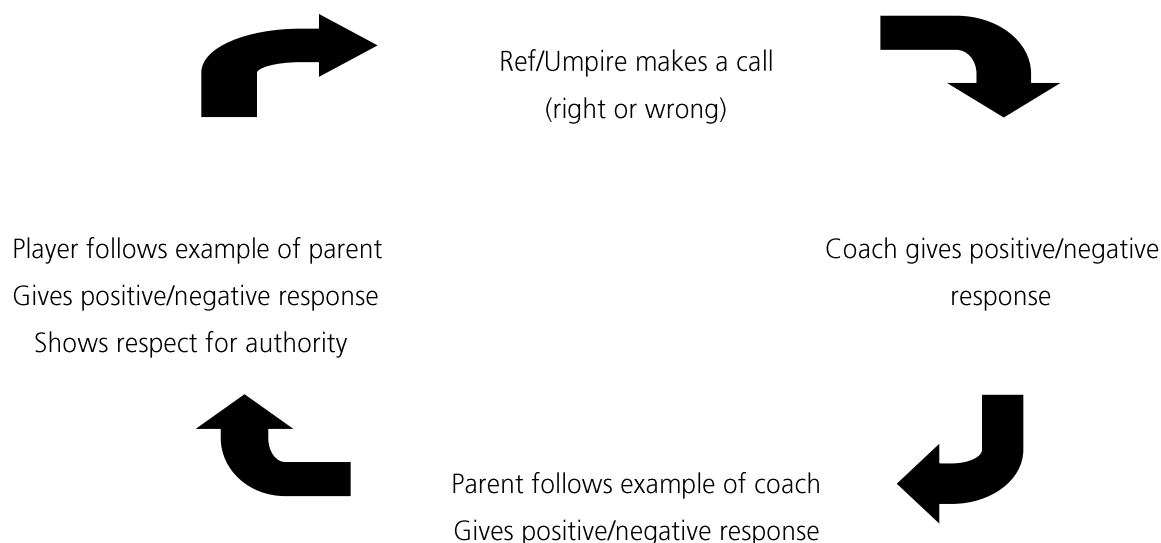
Every child born in this world, with no exception, yearns to be loved. In a recent survey done among kids, the Gallup Organization had this to say, *“Though the world is becoming more complex, kids maintain the same basic needs as they have for decades: to be trusted, to be loved, to feel safe and to identify a significant purpose in life.”* Yet, as easy as it is to say we need to love one another, it is so much harder to apply that universal truth. But when it comes to loving children, there is no greater joy. Be considerate and attentive to the needs of children. Remember, all they really need is for an adult to take the time to love them by showing Christ’s unconditional love!

Children have needs that must be met in order for them to grow both personally and spiritually. Many needs are met in the home, but others can be met or reinforced out on the CHAMP field. Here are four major needs that you will encounter with your team:

- the need to feel secure
- the need to belong
- the need to feel self-worth
- the need to grow toward independence

Therefore, know that it matters a great deal as a CHAMP coach that you take to heart that **the players on your team will be heavily influenced by how you coach and by what you teach.** Who you are and what you stand for are the most influential tools that will guarantee success for your team. Therefore, coach your team knowing that God will use you to make a difference in these young lives.

Circle of Affirmation/Criticism



**THE CIRCLE OF AFFIRMATION CAN QUICKLY BECOME
THE CIRCLE OF CRITICISM**

Please capture this point: Pray for the team God has placed under your care as a coach. Take the time to learn what characteristics they possess as well as how they learn. If you treat these children as your own (each one special and unique) they will never forget you. For that reason, **always remember that your players require special training as well as special care when coaching them!**

1 Corinthians 16: 14 *"Let all that you do be done in love."*



2. COACH – The Intent

Let it be your sole intent when you go out on those fields to be the best coach for your team. The amazing and sacrificial love that Christ demonstrated for you is exactly the measure of love and gratitude you should express as you coach your team in the Spirit of the Lord. It was once said, *"The world measures us based on how many people serve us. But the Lord measures us based on how many people we serve."*

Make it your aim to be a public encourager and motivator on the field.

- **Faithful:** A CHAMP coach is committed to the cause of CHAMP (**1 Corinthians 4:1**)
- **Available:** A CHAMP coach is ready to serve (**1 Peter 5:2**)
- **Coachable:** A CHAMP coach is willing to learn and grow (**Proverbs 10:17**)
- **Enthusiastic:** A CHAMP coach exemplifies joy in coaching (**1 Thessalonians 5:16**)

1 Corinthians 11:1

- Lead by example
- Children need positive role models
- Are you a leader worth following
- Actions really do speak louder than words
- People are always watching what you do (on & off the field)
- Respect everyone (players, opponents, parents, coaches)

"Follow my example as I follow the example of Christ"

Saint Francis of Assisi said, *"Preach the gospel at all times and if necessary, use words."*
(Share Jesus without Fear, William Fay)



3. TEACH – The Plan

2 Timothy 3:15, Paul emphasized this point to Timothy: *"and how from childhood you have been acquainted with the sacred writings, which are able to make you wise for salvation through faith in Christ Jesus."*

Please prioritize Bible Huddle Time during practices and games. In preparation for BHT, make sure you are well prepared and prayed up before you attempt to share with your team. Seek the Lord and pray that He gives you a shepherd's heart, one of knowledge and understanding (Jeremiah 3:15).

You will follow a schedule/plan for your Bible Huddle Times.

I. TEAM ATMOSPHERE

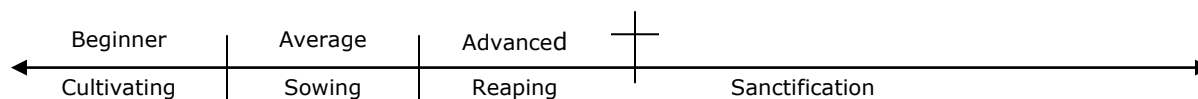
A. Establish Principles with Your Team

It is vital to explain to the children the rules and expectations that will be enforced while they are under your watch. Therefore, come well prepared; Plan ahead so you know what to do!

1. **Establish** relationships before rules with the players: *"Rules without relationships lead to rebellion. Rules with relationships lead to respect."* Josh McDowell
2. **Establish** a commitment not to compromise your encouragement or discipline of the players.
3. **Establish** consistent values that you want the players to learn.

B. Establish a Relational Outreach with Your Team (Mark 4:1-20)

- Take the initiative to care about people – can't control results, can control what we do
- People are all in different places along the line – We can't fail if we take the initiative to do something caring for people.
- Look at the entire line, not just the left side (before the cross) – people on the right side who know the Lord are an important part of the ministry too.
- Relational Outreach is a lifestyle, not just at CHAMP Sports – it should be something you are involved in on a daily basis.



- **Athletic Goal** – Take the initiative to help players improve skills one step at a time regardless of where they are at in their development process.
- **Spiritual Goal** – Take the initiative to help people move one step closer to Christ regardless of where they are at in their journey.

As mentioned above, it is paramount as a CHAMP coach that you live what you believe. You, the coach, represent Jesus to your team (**1 Corinthians 11:1**). Realize how important your example is to kids and be sensitive to God's plan for their lives.

The best thing that you can do to show your team how important they are to you is by remaining committed to them. As a word of encouragement, CHAMP receives countless children from broken homes. You have the opportunity to be a godly role model to these children who don't have a mom or dad.

- **Notice what your committed response should be in coaching in CHAMP Sports:**
 1. Commit yourself to **ENCOURAGE** your team (**1 Peter 3:8–12**)
 2. Commit yourself to **LOVE** your team (**John 15:12**)
 3. Commit yourself to **WALK** in the Spirit (**Galatians 5:16–25**)



II. Communication

As a coach, it is important to have good communication not only with each player, but with parents as well. One of the most efficient means of communication with parents is the use of e-mail. Sending an email once a week on **Wednesday or Thursday** through the CHAMP website to the team that you care about their child, and you want to keep them informed throughout the season. Below is a list of topics to cover as you create your weekly email.

- Inform what skill was worked on in practice.
- Reinforce positive aspects from the game.
- Point out specific skills to improve upon from the game that will be emphasized at the upcoming practice.
- Encourage parents to work on this skill at home
- Reminder about game time, field location and jersey color to be worn
- Review week's Devotion topic and Bible Memory Verse.

Good morning everyone,

I just wanted to take a couple of minutes today to say that it was very enjoyable meeting all our players and parents yesterday at our first practice. Most of the time was spent with me asking the players to demonstrate fundamental flag football skills so I could evaluate their abilities and determine where I need to concentrate on helping them grow in their knowledge and enjoyment of the sport. On the flag football development side, it is my intention that at our next practice I will assign the kids into different groups so they can begin to develop the trust and confidence of playing as a team. As parents, please keep re-enforcing the important point that flag football is a team sport and as they get better and have fun, they should be encouraged to help their playing partners so the whole team can have fun and improve.

As I was getting to know the team, the mid-practice devotional was intended to have the players see who they are in God's eyes. The two Scripture verses were Gen 1:1 and Psalm 139:13-14 and my focus was that the same God that created all the magnificent heavens and wonders here on earth, he created each one of them, special and gifted with talents and abilities unique to them alone. Also parents quiz your child on this week's Scripture Memory Verse which is Jeremiah 29:11 (ESV); "For I know the plans I have for you, declares the Lord, plans for welfare and not evil, to give you a future and a hope."

The first game was for my evaluation of skill levels and the players that attended were energized, positive and definitely came ready to play! Our next game is this Saturday, September 19 at 9:00 AM on Texas Stadium. Please arrive ten minutes early and bring lots of water along with your mouth guard. The Smith family has snacks. I hope everyone has a safe and enjoyable week!

As a reminder, as our season moves forward, if you have any questions or concerns, please don't hesitate to contact me.

Coach

I. Policy within CHAMP

A. Coach Position: Order

All coaches need to serve one another in the unity of the Spirit. You are to lead, teach and coach your team in the authority that has been given to you by Christ. When it comes to making decisions that may fall under church leadership, please allow the church leadership to make those calls.

NOTE: We want you to know that we are always available to talk with you.

1. Conflict Management

- Diffuse situation quickly (get help from a CHAMP Commissioner, Kelly Lamb, when necessary)
- Calvary Commissioner will follow up with serious problems ASAP
- Incident Reports need to be emailed to CHAMP within 24 hours of situation and CHAMP staff will follow-up as needed

2. Handling Parents

- Make expectations known immediately (simple & clear)
- Repeat expectations often
- Listen and be patient
- Put yourself in their shoes (what if it was your child?)
- Try not to become defensive (be ready to explain why)
- Build and maintain open communication lines
- If the parents are happy, the players are happy
- Always remember that the CHAMP motto is "Be imitators of me, as I am of Christ." **(1 Corinthians 11:1)**

3. Handling Players

- Encourage & praise at every possible moment – can't do it too much
- Care about your players – really care (pray for them and with them often)
- Establish simple "rules" immediately and stick to them
- Treat each player individually; they are very different from your children
- Learn names quickly and then call players by their name often

- Not all participate for the same reason – be sensitive to different needs
- Don't ever "embarrass" a player in front of the team, parents or anyone
- Be consistent & confident
- If the players are happy, the parents are happy
- Inform parents of their child's behavior; ask for guidance and/or support
- NEVER GRAB A CHILD; DIRECT A CHILD

4. Handling Coaches

- You are an example; people are always watching (**1 Corinthians 11:1**)
- Other coaches are your teammates, **not opponents** (part of CHAMP philosophy)
- Always discuss the situation privately – do not include players or parents
- Never argue on the field where spectators can hear and observe
- Be willing to compromise
- Listen and be patient; never raise your voice
- Speak the truth in love- (**Ephesians 4:15**)
- If two coaches are unable to resolve the situation, they both MUST agree to end their discussion and seek the nearest counsel available (CHAMP Commissioner, Kelly Lamb.)

2 Timothy 2:24, *"And the Lord's servant must not be quarrelsome but kind to everyone, able to teach, patiently enduring evil."*



II. Procedures within CHAMP

B. Coach Position: Procedure

1. Equipment Procedures for Practices

- All soccer and flag football equipment will be in the white shed (with stairs) and all T-ball equipment will be in the shed behind home plate. Coach Pitch equipment will be on Christopher's side in shed.
- Soccer, flag football and baseball equipment will be evenly distributed among coaches.
- Make sure you bring your training manual, devotionals, a whistle (optional), and stopwatch (optional) to every practice.
- When you hand out your team uniforms on the first/second week of practice, once every player has received their uniform; please return any extra uniforms that you don't need to the white shed and put them on the middle table.

2. Equipment Procedures for Game Days

- All equipment will be placed on each field before you arrive to play
- Make sure you bring your training manual, devotionals, a whistle (optional) and stopwatch (optional) to every game.
- All equipment should be accounted for at the end of the season

3. Parents' Meeting During First Week of Practice

- Delegate some responsibilities (ask for help)
- Share your coaching philosophy
- Share CHAMP Sports philosophy
- Player/parent expectations
- Cancellation policy
- Share briefly about yourself and your faith

4. End of the Season Team Parties

- Teams can hold individual parties on the CHAMP fields after their last game.

C. Coach Position: Consistency

Do your absolute best to be at games and practices at least fifteen (15) minutes early. Please contact Kelly Lamb immediately if a situation arises where you can't make it or will be late. However, if you know of the dates which you will miss, please provide enough notice to your assistant coach, if they cannot fill in, we will provide a fill-in for you.

1. Practice Guidelines

- Keep it simple
- Detailed practice plan – don't try to "wing" it
- Develop a routine (repetition is good)
- Don't stay on one activity too long (short attention spans)
- Fun practices – lots of games
- Play with the kids (get parents to participate)
- Find a team to scrimmage against (if applicable)
- Face the sun while giving instructions (so players aren't)
- Bring extra water

2. Game Guidelines

- Talk with the opposing coach before game to get to know him/her and discuss ways to help each other have a great game
- Open game with prayer at center of field with both teams – let players pray
- Designate a "bench coach"
- Teams should shake hands at the conclusion of every game

3. Preparation

- Learn names of players & parents quickly
- Make sure players learn the names on their team
- The BHT lesson should really be the highlight of the week; not always scoring and "beating" the other team

4. Communication

- Email your team once you have your live roster
- Get to know the families
- Communicate weekly via email and listen to parents/players

III. Purpose of CHAMP

1. Running Programs vs. Reaching People

- People are more important than _____ (put anything in the blank)

Running Programs	Reaching People
Adding/Subtracting	Multiplying/Dividing
Efficient & Effective	Intentional & Strategic
Measurable Success	Mysterious Success
Developing Athletic Skills	Developing People
Focus on Winning	Focus on Competing

- It is Calvary's underlying purpose to be a support ministry for our community. "The church is *crucial*, but the family is *central*." Make it a priority (if you have not already) to get to know the parents. However, there are many families that don't know Christ, so please be sensitive to how you can reach out to them.
- Finally, another great idea is to share with the parents how their child is improving in the game. Even if their child is getting in trouble often, or is not improving at all, be there as an encouragement for the parents.

2. Getting to Know Parents

- Where are you from originally?
- How did you get involved with CHAMP Sports?
- What interested you about CHAMP Sports?
- Is there anything you want me to know about your child?
- Would you like to help out in any way this season?

3. Perspective: The Truth of the Matter

- Be realistic – not going to produce next superstar
- The game & children are the real teachers, not you (e.g. sandlot baseball)

4. What is Important to Players?

- Snack (no peanut products) after the game (1 priority)
- Participation award
- Parent tunnel (please explain to new parents what to do) is for 4–6-year-olds
- Running around
- Being outside with other kids
- Kicking the soccer ball, throwing the football, or playing T-ball with their family
- It is important that drinks are kept cool

5. What is Important to Parents?

- Enjoying recreational time with family and friends
- Development of their children's skills
- Location
- Social interaction
- Exercise for their children
- Positive/encouraging atmosphere
- Facility (we have great fields!)
- Good role model



FLAG FOOTBALL RULES

Ages 6-14

Ages 6-11

Flag Football Rules

Division Breakdown:

6-9: 5 v 5, 10 players to a team

10-11: 5 v 5, 10 players to a team

Game Duration: 1 hour

General Rules:

- Teams should meet for prayer before game
- Players' shirts must be tucked in so their flags can be fully exposed
Exception: "Cold Weather Rule – when multiple layers worn, shirts may be untucked with flag belt on the outside. Rule is used when agreed to by both coaches at coin toss.
- Mouth-guards are **mandatory** for games and scrimmage portion of practices
- Offensive players **cannot** jump over a defender pulling his/her flag for safety reasons
- Defensive players should not dive (become parallel to ground) to pull flag for safety reasons.
- For 6/7, 8/9 and 10/11 divisions: The 5 players starting on a series on both offense and defense should remain on the field until that series ends with a touchdown or turnover. No players should be substituted during the series unless there is an injury or behavior penalty.
- Play Clock: Once the ball is spotted at the line of scrimmage by the referee, the offense is expected to snap the ball for the next play within the following time: 6/7 = 60 seconds; 8/9 = 45 seconds; 10/11 = 30 seconds. After a change of possession or turnover, the referee will assure sufficient time is allowed for each team to make the proper changes.

Offense:

- To start the game, a traditional coin toss will be done by the referee. The home team listed on the schedule will call the coin toss. The losing team will choose which goal to defend.
- The offensive team begins their drive at its own 5-yard line and has four plays to move the ball to midfield for a first down.
- When the offensive team passes midfield, they will then have four plays to score a touchdown.

- If the offense does not reach midfield or does not score after passing midfield, the ball changes possession and the new offensive team takes possession on its own 5-yard line.
- In all changes of possession, except for interceptions, play will start on the offense's 5-yard line
- Following an interception, the new offensive team will take possession from the spot of the defensive player's flag was pulled unless the defensive scores a touchdown. If inside 5- yard line, ball is brought out to 5- yard line.
- After halftime the teams will change sides.

Running:

- Quarterbacks cannot run the ball, nor ever become a running back.
- Passes, handoffs, pitches and laterals of any kind behind the line of scrimmage are permissible. Backward laterals are permitted anywhere on the field.
- There are "no run zones" located five (5) yards from each end zone and midfield line. The resulting offensive plays in the "no run zone" must be a pass. The pass must be clearly caught over the line of scrimmage. Ex) No passes behind the line – swing pass.
- Ball carriers can leave the ground in normal running mode. This includes spins, hop/jump steps and the like. Jumping/hurdling over a player to avoid a flag pull is not permitted.
- Ball carriers are not allowed to stiff-arm or use any other means to physically keep the defender from pulling the flag.
- If the runner unintentionally loses his flag while maintaining possession of the ball, the defender must use a one-hand touch in order to "de-flag" him.

Special Note: Any time the ball is fumbled or touches the ground after being in a player's possession it is considered down, and the play is dead **except during the center to QB exchange**. In all cases of a valid fumble (where it hits the ground) the team that fumbled retains possession at the spot of the fumble.

- The ball is spotted where the ball carrier's feet are when the flag is pulled, not the location of the ball.
- There must be a QB-center exchange. Any form is allowed (between legs or sideways). For the 10/11 age division, the ball must start from the ground when hiked.
- The defense is not allowed to strip the ball or take it out of the hands of a player who has possession.
- Player downed in the End Zone will result in the ball being placed on the 1-yard line and the next down played. No Safety is awarded to the Defense and no points are

given.

Receiving:

- All players are eligible to receive a pass – including the center.
- Only one player is allowed to be in motion when the ball is snapped.
- Like college, players must have at least one foot in bounds when making a catch.

Passing:

- The quarterback has to pass the ball within the listed time for the different groups as follows:
 $6/7s = 8 \text{ seconds}$
 $8/9s = 7 \text{ seconds}$
 $10/11s = 6 \text{ seconds}$
- If the QB does not throw the ball in time, the play is whistled dead, and the ball is spotted at the original line of scrimmage.

Rushing the QB:

- There is no rushing the quarterback in any division

Scoring:

- The score will be kept during each game
- There will be no extra point attempts (touchdowns are 7 points)
- Win or lose, coaches are to teach their respective teams to play for the glory of God
- Win or lose, coaches are to affirm the value and worth of each player **based not on their performance, but their identity in Christ**

Timing of Game:

- Games are composed of two (2) twenty-four (24) minute halves with a three (3) minute halftime.
- A running clock will be used at all times.
- Each team will have two (2), thirty (30) second timeouts per game.
- Play Clock: Once the ball is spotted at the line of scrimmage by the referee, the offense is expected to snap the ball for the next play within the following times: $6/7 = 60 \text{ seconds}^*$; $8/9 = 45 \text{ seconds}$; $10/11 = 30 \text{ seconds}$. After a change of possession or turnover, the referee will assure sufficient time is allowed for each team to make the proper changes.

- Quick plays by the offense are not allowed in any division. However, it is the intent that the defense plays to the speed of the offense for the 8/9 and 10/11 divisions within the spirit of a recreational league and CHAMP Sports. Exceptions: The game will be paused for injuries and time outs. * For the 6/7 division, the play clock may be modified/phased in at the discretion of the Commissioner.
- Within the last minute of play of the second half only, the game clock will be stopped for a Change of Possession and First Down only.

Playing Time:

Every player should be included in the rhythm of the game. Due to the nature of the CHAMP program, we aim to develop the skill level of each player on both teams. Therefore, during any given game, players should be given relatively equal playing time.

Each player shall play a minimum of 50% of the total playing time.

- To the extent possible (without setting kids up for failure), coaches should make an effort to rotate the players throughout various positions. **(Don't play your best QB the whole game)**
- Coaches that do not follow the playing requirements will be asked by the leadership team to make the needed changes

No Blocking or Tackling Permitted

The offense is allowed to set "basketball-type pics" within 5 yards of the line of scrimmage only. Downfield "pics" will be considered illegal blocking.

Christ-like Character:

No taunting, no slamming of flag to the ground after it has been removed from the offensive player; defensive players are to hand the flag back to the offensive player.

List of Penalties:

Offensive

- More than one person moving, false start (illegal procedure) = Loss of down.
- Offensive pass interference = Play whistled dead. Ball returned to original line of scrimmage for next down.
- Flag guarding = Play whistled dead at the spot of the foul and next down played.
- Blocking, holding (illegal contact) = Play whistled dead at the spot of the foul.
- QB running = Play whistled dead. Ball returned to original line of scrimmage for next down.
- Jumping over a defender to advance the ball or to avoid a tackle = Play dead at spot of foul.

- Delay of Game/Play Clock Violation = Loss of down

Defensive

- Holding, tackling, pushing, roughing, etc. (illegal contact)
- Pushing ball carrier out-of-bounds results in the ball placed at the spot of the foul and down is replayed. Player is given a warning. Repeat violations will result in series removal.
- Off sides = Replay of down.
- Pass interference = Ball placed at the spot of the foul and down replayed.
- Pulling flag before the ball receiver has the ball (illegal flag pull)
 - **All result in replaying of down (offense can decline).**

Calling of Penalties / Roles & Rules

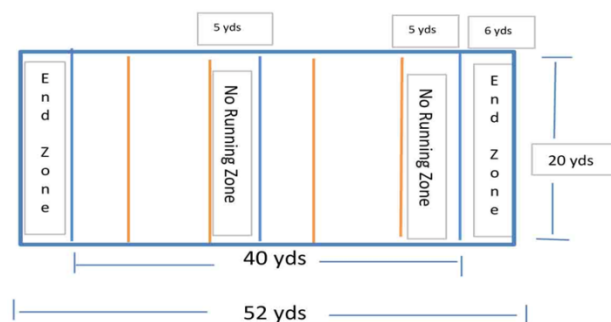
- Referees will be in charge of administrative aspects of game and calling penalties. (eg. keeping track of game time, downs, pass clock, play clock). The coaches should only huddle up with referees to get a rule clarification.

Rules of Emphasis – to be enforced throughout season

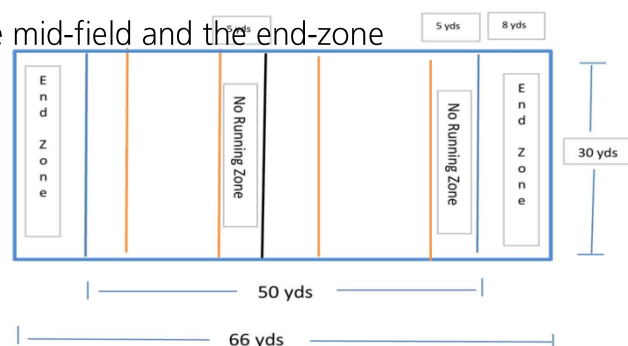
- Mouth-guards during all scrimmages and games
- Flag guarding by offensive players
- Offensive players **cannot** leap over a defender
- Defensive players should not dive (defines as becoming parallel to the ground) to pull flag
- Dropped ball during center & QB exchange is not a fumble – please continue play.
- Coaches will referee games unless referees are present.

Flag Football Field Lay outs:

Size	Division	Width - yds	Length - yds
Small	6 - 9	20	52
Large	>10	30	66



Note: No running zones are the area 5 yds before mid-field and the end-zone



Ages 12-14 (MS)

Flag Football Rules

Division Break Down:

12-14: 5 v5, 10 players to a team

Game Duration: 1 hour

Field Dimensions: 60 yards x 40 yards x 10 yards (end zones)

Equipment:

Flag Belts: 3 flags per belt, as used throughout CHAMP Sports Flag Football. Belt must be tight enough for flags to be secured to hips. Excess belt must be tucked.

Shirts: It is mandatory that shirts remain tucked in throughout the entire game.

Mouth guards must be worn during the game. No exceptions!

Footwear: Cleats are recommended; but they are not mandatory. Metal cleats are prohibited.

Ball Size: Youth TDY

General Rules:

- Teams should meet for prayer before game.
- Players' shirts must be tucked in so their flags can be fully exposed. Pants and shorts with pockets should be avoided.
- Equal playing time is the rule! Each player should play at least half of the game and appear in each half. Exception: injury
- Mouth guards are mandatory for games and scrimmage portion of practices.
- One Offensive Coach may be in the huddle to set the play but must move well behind the players during the actual play.
- No Defensive Coaches may be on the field during the play.
- No watches or jewelry may be worn during a game.

The Game:

- At the start of the game, both teams will meet at the midfield for the coin toss (or equivalent as provided by the official) to determine possession and direction. The winner of the coin toss chooses to either be on Offense or Defense. The coin toss loser chooses which end zone to defend.
- The team on Offense takes possession of the ball at its 5-yard line and has four (4) plays to cross midfield to gain a First Down. Once the team on Offense crosses midfield, it has four (4) plays to score a touchdown.
- If the team on Offense fails to cross midfield or crosses midfield but fails to score, the ball changes possession and the other team takes over on its 5-yard line.
- Interceptions change the possession of the ball at the point of interception and are returnable.

Timing:

- A game consists of two (2) 24-minute halves with a five (5) minute half-time. There will be no overtime (except during tournament play).
- The clock will be a continuously running clock, except during the last minute of the 2nd half. The clock will be stopped for 1st downs, penalties and out-of-bounds during the last minute of the second half.
- Within the last minute of the game, the scoring team can choose the onside kick option. They must successfully complete the onside kick conversion from the 12-yard line and then they will retain offensive position at midfield. If they are unsuccessful with the conversion, the defensive team will begin their offensive position at mid-field.
- In the event of a serious injury, the referee will stop the clock and then restart it when the injured player is removed from the field.
- Each team will have two (2), thirty (30) second timeouts per game.
- The Offense's play clock will start when the official spots the ball and the offense must snap the ball within 30 seconds.
- The Pass Clock is 6 seconds. The quarterback must pass the ball within 6 seconds of receiving it from the center. Play is whistled dead if violated and down lost.

Scoring:

- Touchdowns will be 7 points. No extra point attempts are offered throughout the game. See below for 2-Point Conversion/On-Side Kick option.
 - Within the final **one-minute** of the game, the Scoring Team may decide to choose the On-Side Kick Option. If they are successful with the Conversion,

they will receive 7 points and retain possession of the ball. Their offensive drive will begin at Mid-Field. If the Scoring Team is unsuccessful with the Conversion, the Defensive Team will assume possession of the ball and begin their drive from Mid-Field. This scenario may only take place in the last minute of the game." Offense still receives 7 points.

- The defense may not return an interception on the onside kick conversion. If intercepted, the play will be whistled dead.
- A safety will be awarded to the defense if the ball carrier's flag is pulled while his/her feet are in the end zone. A safety is worth 2 points AND possession.

A fumbled ball in the end zone will not result in a safety. The down will count and the ball will be spotted on the 1-yard line.

Live Ball/Dead Ball:

- A play is live at the snap of the ball and remains live until the official whistles it "dead".

Play will be ruled dead when:

- The ball hits the ground. Incomplete passes will be spotted at the previous line of scrimmage. Muffed hand-offs and other fumbles will be spotted where the ball hits the ground.
- The ball carrier's flag is pulled, or the ball carrier is touched by a defender after having inadvertently lost his flag. The ball will be spotted where the ball carrier's feet are when the flag is pulled (not where the ball is located). If one foot precedes the other, the forward foot marks the spot.
- The ball carrier steps out of bounds.
- A touchdown, conversion or safety is scored.
- The ball carrier's body, excluding hands or feet, touches the ground.
- The time limit to pass the ball expires. The ball will be spotted at the previous line of scrimmage.
- An inadvertent whistle: in the case of an inadvertent whistle, the offense has the option to 1) Count the down and take the ball where it was when the whistle blew; or 2) replay the down from the previous line of scrimmage.
- The team that fumbles a ball retains possession unless the play results in a turnover on downs.

Offense:

- Any formation is allowed. However, the quarterback must be lined up behind the center.

- The offense must be set and behind the line of scrimmage when the ball is snapped except as described below,
- The offense may have one player in motion provided that the motion is parallel to or away from the line of scrimmage.
- There must be a clear exchange between the center and the quarterback with the ball completely leaving the center's hands. The center can snap between the legs or from the side position with the ball starting on the ground. As well, the center's entire body must be behind the ball during the snap.
- The quarterback may not run the ball unless a defensive player crosses the line of scrimmage in a blitz.
- Offensive players cannot block or otherwise shield a defensive player from the quarterback or a ball carrier. Stationary picks are allowed within 5 yards from the line of scrimmage only.
- When the ball is spotted on or within 5 yards of midfield or the end zone (aka – no run zone), the offense is limited to pass only and may not run the ball. The 7-yard blitz will remain in effect at midfield only.
- When in the No-Run Zones, the pass must be complete to a Receiver across the Line-of-Scrimmage to be a legal play, Violations result in the loss of down. The exception to this is at the Mid-Field No-Run Zone: If the Defense blitzes, any pass on either side of the Line-of-Scrimmage is allowed. This provision is not allowed at the Goal Line No-Run Zone, as the Defense can't blitz.

Running the ball:

- Handoffs and pitches of any kind are allowed behind the line of scrimmage.
- Laterals are allowed anywhere in the field of play but must be done parallel or behind the ball carrier.
- Ball carriers can leave the ground in normal running mode. This includes spins, hop/jump steps and the like. Jumping/hurdling over a player or diving to avoid a flag pull is not permitted.
- A ball carrier may not stiff arm or otherwise physically impede a defensive player from pulling his/her flag.
- A ball carrier must avoid contact with a defensive player who has established position on the field of play.

Passing/Receiving:

- There can be only one (1) forward pass per play, and it must be thrown from behind the line of scrimmage.

- All offensive players are eligible receivers, including the quarterback if the ball has been handed off behind the line of scrimmage.
- A player must have at least one foot inbounds with simultaneous possession when making a reception.
- In the case of simultaneous possession by both an offensive and defensive player, possession is awarded to the offense.

Defense:

- Any formation is allowed. However, a defensive player may not line up directly over the center.

Flag Pulling:

- A legal flag pull takes place when the ball carrier is in full possession of the ball.
- A defensive player may not tackle, hold or run through the ball carrier when pulling flags. Holding includes grabbing the ball carrier's shorts or shirt to impede his/her progress.
- A defensive player may not attempt to strip the ball from the ball carrier's possession at any time.
- If an offensive player's flag inadvertently falls off during the play, the offensive player who is not considered down until touched by a defensive player **with ONE hand**.
- A defensive player may not intentionally pull the flags off an offensive player who is not in possession of the ball.

Pass Blitzing:

- Blitzing allows one (1) defensive player to cross the line of scrimmage at any time provided that such player is lined up at **least seven (7)** yards off the line of scrimmage when the ball is snapped. A cone will be used to mark the seven (7) yards.
- If the ball is spotted on or within the defense's 5-yard line, the defense may not blitz.
- Once the ball has left the quarterback's possession, all defensive players may cross the line of scrimmage.

Special Teams:

- There will be no kickoffs, punts or other special team plays.

Penalties:

- Officials will enforce the rules consistently for both teams, having latitude in the application and enforcement of penalties.

- A game (or half) cannot end on a defensive penalty unless the offense declines it.
- All penalties will be assessed from the line of scrimmage unless otherwise stated.

Offense:

- Delay of game / Illegal Motion / False Start / Illegal Procedure – Loss of down.
- Pass Interference – Play is dead and ball is returned to the original line-of-scrimmage with the Loss of Down.
- Flag Guarding / Jumping / Blocking / Holding / Etc. – Play whistled dead at the spot of the foul. Ball is spotted there. Proceed to the Next Down.

Defense:

- Offsides / Illegal Blitz / Illegal Contact / Holding – Offense has the choice of accepting the results of the play or replay the Down from the original line-of-scrimmage.
- Pass Interference – Spot foul: Ball placed at the spot of the foul and down replayed. (Ball should be catchable, otherwise the penalty may be roughing).
- Illegal Contact (blocking, holding, etc.) – Replay down.
- Pushing the Ball Carrier out-of-bounds / Stripping the Ball – Offense gets the result of the play and the Down is repeated.

Other:

- Unsportsmanlike Conduct: Offense – Loss of Down; Defense - Replay Down
- Unsportsmanlike conduct includes rude, confrontational or offensive behavior or language. It also includes any actions not provided for above that the official determines impair the fair play of the game.

Ages 6 -14 Challenge Day November 7

We will try to create competitive games based off the standings from the past eight (8) weeks of games.

Standings: Will be determined on Monday, November 2. This is based on eight (8) weeks of games if applicable.

