



2017 Guide

CORNING HAWKS FLAG FOOTBALL 2017

TEAM MAKE-UP:

Age divisions are determined by grade of the players.

- White Division – Grades 1 and 2
- Gold Division – Grades 3 and 4
- Black Division – Grades 5 and 6

TEAM MANAGEMENT & DEVELOPMENT

Player Opportunities/Substitutions

In order to best ensure overall development of each individual player during the regular season we will stress to our teams the need to “Spread the ball around” with Corning Hawks Staff monitoring and enforcing our goal. We want each team to be as competitive as possible and put in the best situation to win each and every game but not at the expense of limited involvement from the full team roster. Keeping our rosters low in numbers (10 players max) along with enforcing mandatory substitution polices will help to ensure this is in effect. We want each player to recognize the team aspect of the game and that every position is key to finding success.

Team Education/Development

It is essential that each player review the Official NFL Flag Football Rule Book as well as the Corning Flag Football guideline in order to be prepared both on the field and off for the upcoming season.

Practices:

Teams will hold pre-game practice sessions 30 minutes before their start time. Practice format will be provided to teams to follow to ensure they are making best use of their time and developing their skill set and conditioning level. Team Coaches will supervise and advise where needed. Varsity Football players or JV players will be volunteering to help each week.

Practice Format:

Warm-Up: 5 minutes

Position Drills: 10 minutes

Play/Formation Run-Thru's : 15 minutes

Game Officiating

For the 2017 season, each league game will be objectively officiated by a 2 person member crews of by Corning Flag Football league staff who have undergone training in preparation for the season. This will be high school football players and other high school athletes.

Player Conduct/Expectations

1. Show Up On Time
2. Come Prepared-Jersey, Mouthpiece, Flags
3. Be Ready to Listen, Learn and help to Educate others.
4. Show Respect To Your Parents, Teammates, Opponents, Officials and Self At All Times.
5. Always Give Your Best Effort.
6. Honor The Game!

Parent/Spectator Conduct

Parents, athletes and coaches must work together for the best possible youth football experience and performance. The following suggestions are meant as general guidelines for parents. As a parent, you understand the daily pressures your child faces. We believe that football should be an outlet for fun. Encourage your child and allow them to have a good time.

- Remember that your child learns more from your actions than your words. Practice good sportsmanship by being respectful to players, parents and coaches on both teams.
- There is nothing wrong with applauding a good play made by the opponents. Parents can be good role models by appreciating the efforts made by both teams.
- Please refrain from loud or rude behavior.
- Offer encouragement and positive reinforcement, not criticism, to your star player.
- Encourage discipline by having your child arrive on time for practices and games.
- Belonging to a team requires commitment. Parents can help children understand this through regular attendance and preparation.
- Whenever possible, volunteer. This shows participants the value of being a team player.
- Please respect the officials and their calls. It's OK to disagree, but inappropriate to disparage.

Rules

Each player will receive full access to both the official NFL Flag football Rulebook along with the supplemental Corning Hawks League guide (Both available on website for viewing and download). It is each player's responsibility to read and become familiar with the official NFL Flag football Rule book and the supplemental Corning Hawks Flag Football League guide which details game play rules and operation along with required equipment, penalties, etc.

Field Amenities

Bathrooms are available inside of the Middle School. The Corning Flag League staff will have the door near the locker rooms open to player and parents.

Volunteers

Those interested in contributing to the league via a role as an official staff volunteer needs to submit application and receive approval from the league before officially representing and acting with the players, parents, spectators and league staff members.

Volunteer are needed in the following areas:

- *On Field Officials
- * Game Operations-scoreboard, stats, announcing, etc.
- *Event planning
- *Player Development

CORNING HAWKS FLAG FOOTBALL

Flag Football is a popular five-on-five game filled with fun and action. In this game, the offensive team plays for a first down at midfield and a touchdown in the end zone. Running and passing plays are allowed. The defensive team covers receivers, rushes the passer and grabs flags to make “tackles.”

The Basics

- A coin toss determines first possession.
- The offensive team takes possession of the ball at its 5-yard line and has **three plays** to cross midfield. Once a team crosses midfield, it has **three plays** to score a touchdown. If the offense fails to score, the ball changes possession and the new offensive team takes over on its 5-yard line.
- If the offensive team fails to cross midfield, possession of the ball changes and the opposition starts its drive from its 5-yard line.
- All possession changes, **except interceptions**, start on the offense’s 5-yard line.
- **Interceptions may be returned.**
- Teams change starting direction after the half. Possession changes to loser of coin toss.

Timing/Overtime

*Games are played to 40 minutes running time divided into (2) 20 minute halves. If the score is tied at the end of 40 minutes game enters into tie-breaker mode.

*Each time the ball is spotted, a team has 30 seconds to snap the ball. Teams will receive one warning before a delay-of-game penalty is enforced.

*Each team has one 60-second and one 30-second time-out per half.

*Officials can stop the clock at their discretion.

Scoring

Touchdown: 6 points

Extra point: 1 point (played from 5-yard line) or
2 points (played from 12-yard line)

Safety: 2 points

Field Rules

1. No Smoking or Tobacco Related Products.
2. No Alcohol
3. Spectators must adhere to designated game view section and not enter player zones.
4. Owners Responsible for any and all actions of their pets.
5. Keep the fields litter free, dispose of your garbage.
6. Only Players and Corning Flag League Staff are allowed on the field during any and all Practices/ Games.
7. Any individual who displays behavior in a manner to offend, intimidate and or distract fellow spectators, players, and or Corning Flag League Staff will be asked to leave the premises.
8. Family Friendly Event!

Game Fields

We will be utilizing 2 fields in order to operate multiple games at specific times during our 2017 season. Field A will be towards the Middle School and Field B is towards Craig Park Pavilion.