



Referee / Official Expectations:

- All Referees are IHSA certified and experienced. They are paid to ref but deserve our respect.
- Referees have authority to eject any Coach, Player or Parent they deem to violate the following:
 - ✓ Fighting, Intimidation, Screaming, Excessive Heckling, Excessive Unsportsmanlike Conduct
- All Bobcat "Code of Conduct" provisions apply. This includes no bullying of any kind (coaches, parents, children).
- Coaches and parents are **NOT** permitted to yell, scream or angrily protest in the faces of the opposing coaching staff members or any official. Any visual or attested evidence of such acts, deemed as a violation by the commissioner, may result in 1 or more games suspension and may be subject to league-wide ban. We encourage all parents to Coach, but we are not in the NFL and should not act out like some coaches on tv.
- Any and all violations will be assessed and acted upon accordingly by the commissioner.

Aggressive Play and Coaches Responsibility as a Team:

Football is an aggressive sport even in recreational play. It is up to the coaches and referees to monitor and maintain a level of play and sportsmanship that is acceptable. If you feel a player on your team or the opposition is crossing the line of sportsmanship and/or fair play, the coaches are expected to step in and provide the necessary instruction. Even though you are coaching your players' team, the coaches are also a team that must work together and work through any issues on the field as a team. The Bobcats organization is a learning organization, mistakes will be made, and it is up to the coaches on the field to resolve issues with the common goal of teaching the kids while setting the example of good sportsmanship at all levels.

If not stated here, assume USA Flag Football Rules apply and defer to your trained referee.

Pg 1

Coaching Expectations:

Learn and understand the rules and expectations of TP Bobcats Flag Football and the Tinley Park Bobcats Code of Conduct. As Bobcat coaches, it is your responsibility to educate, model and encourage the positive values and life lessons that make up the Athletes Character Code as adopted by the National Federation of State High Schools (NFHS). Teach and model these six values to all your team members, regardless of age:

- Be Respectful
- Be Responsible
- Be Caring
- Be Honest
- Be Fair
- Be a Good Citizen

Treat every child like they are Your child!

In the Bobcats Football Program, we ask that you take opportunities to focus and apply these important values hand-in-hand, while teaching football techniques and tactics. At your first practice, introduce and talk with your team about the six pillars of the Athletes Character Code and use opportunities during your season to reinforce and develop these important life skills.

- Coach and Teach the rules of the game to your team.
- Communicate the following, directly to parents/guardians:
 - ✓ Schedule, Player Expectations, Parent-Crowd participation.
 - ✓ Equipment: Helmet, Flags, Mouthpiece
- Be respectful to all Children on all teams.
- Be respectful to all Coaches and Referees.
- **Field of Play** no more than 3 coaches (both Offense and Defense) are allowed to help instruct the players, call plays or make adjustments. All other coaches should be sidelined.
 - ✓ Offensive coaches should be at least **10 yards behind** the line of scrimmage.
 - ✓ Defensive coaches should be on the **Sidelines** at the time of the snap. Please make the effort to get to the sidelines so you are not disrupting the play.
 - ✓ NO Contact of players is allowed during the motion of play, this includes but not limited to redirection, interference or obstruction.

Pg 2



Fields:

- **50 Yard Field**
- **Home team** is responsible for a 3 person chain gang. Coaches or Team Parents are encouraged to assign chain gang in advance.
- **Home team** of the first game on the field is responsible for setting up the field
- **Home team** of the last game on the field is responsible for placing all equipment back into the equipment chest and ensuring it is locked up prior to leaving the field.
 - ✓ There will be 1 equipment box located at Freedom park and 1 located at Andrew practice field. You will see the Bobcats Markings on the equipment chests. You will each be issued 2 keys, one for each box. Keys are due back at the end of season along with your equipment bag.

6th – 8th Division is a 7 vs 7 *League*, however, depending on available players per team, each game may be played down to 5 vs 5. This league is focused on a 'Skeleton' game approach with a focus on Skilled Football Positions that include Quarterback, Wide Receivers, Tight Ends and Running Backs on Offense and Linebackers, Cornerbacks and Safeties on Defense.

Player Eligibility:

- Each Player **MUST** wear the following to participate in gameplay:
 - ✓ Helmet, Mouthpiece, Set of Flags, Jersey or Same Color Shirt (Cleats optional)
- 5 Player minimum required per team to play the game. Less may equal forfeit.
 - ✓ 1 Center, 1 QB, 2 WR's, 1 RB (or 3rd WR)
- Each team *should* play as many players as available on game day.
- Coaches must agree on numbers prior to start of game.
 - ✓ Example 1: Both teams have 7 kids on game day, agree to play with 7 or 6 with understanding one will always be rotated in/out
 - ✓ Example 2: Team A has 6 and Team B has 7, they agree to play with 6 while Team B rotates 1 player in/out.
- If a team has less than 7, they must play with all their players, equal to the other team, with the exception of injury, or excessive heat (coaches must come to agreement on this).
- If you are short on your minimum in a given week, you can recruit players from the lower divisions; you are in charge of contacting your peers to request fill-ins.



Game Clock-Time Outs:

- 6th – 8th grade division games have **(4) 15 minute-running** clock quarters.
- The clock will RUN during the game up to the 2 Minute Warning and will STOP at the following:
 - ✓ Change of possessions, and restart on the official's whistle.
 - ✓ incomplete passes within the last 2 minutes of each half.
 - ✓ Out of Bounds ball carrier within the last 2 minutes of each half.
- Each team will have (3) time-outs per half. Time outs mean clock stops; there is still a play clock that the refs will adhere to.
- There will be a 2-minute warning in the 2nd quarter and a 2-minute warning in the 4th quarter. Have your players hustle on and off the field, and back to the huddle at all times.
- Half-time will normally be 5 minutes. More time may be needed for half-time activities with cheer, hot weather, etc.
- Overtime will allow each team a **(1) 4 Play Offensive Possession** from 20 yard line, to score to win, all scoring rules apply. Team that lost original coin toss gets to choose first or last possession. Overtime must Not go past allotted 1.5 hour game time slot or will result in a tie.

Pre- Game:

- Have your players at the field 30 minutes prior to game time and be ready to begin 10 minutes prior to your scheduled start time.
- Do not wait for the field to clear to begin your preparation if preceding game is over.
- Teams waiting to play next game should stretch/warm up on the side and be ready to start.

Start of Game:

- 6th – 8th Division Games will be played on 50 yard fields, Endzone to 50 yard marker.
- No Kickoffs, all new possessions will begin at the 40 yard line.
- Helmets strapped, Mouthpieces in, Flags on, Shoes tied for each play.
- Visiting team will call heads or tails. Winner of Coin toss will determine who gets to receive or kick for the 1st half. Kicking team can choose which direction to Defend. The team that won the coin toss can also defer to receive the ball to start the second half.
- Use common sense on **HOT** days. **Maybe play with fewer kids, and sub players out.** If needed, momentarily stop the game to provide the kids with water. **No** time out will be charged and the play clock will be stopped by the official for a water break.



Scoring, Kick Offs, Punts:

Scoring:

The main goal of most of your players is to score a touchdown. Please do your best to put all your players in a position to score at least once during the season. We understand the nature of some of the skill levels between the teams will vary. We would like to see high scoring games however **we do not want lopsided games**. Use your coaching skills and find a way to make these games high scoring and fun.

- Touchdowns are worth 6 points crossing the correct goal line.
- Safety is worth 2 points crossing the incorrect or opposite goal line (backwards).
- Extra point conversions from the 5-yard line are 1 point = Pass Play
- Extra point conversions from the 10-yard line are 2 points = Pass or Run Play
- After a score or change of possession, the clock stops and the ball will be spotted at the 40 yard line.
- We encourage as many plays as possible per game. Please have the Offense and Defense hustle back to their position/huddle and be ready for the next play.
- 1:00 Minute max between possessions so Offense must be ready when ball is placed on yard line. Offense will receive a 5 yard penalty if not ready after possession change.
- The 50 yard line is the opposing team's end zone and a flag pull behind the 50 will result in a safety.
- No change of possession on safety, defense is awarded 2 points and offense gets new set of downs.
- No FGs, 2-point conversions only.
- No Punts, turnover on downs results in new possession from the 40 yard line.

Scoring Leads:

The point markers below indicate what changes need to be made in order to limit advantages:

Point Markers indicate			
Team A	Up by 13 Points	=	Team B add 1 player or Team A remove 1 player
Team A	Up by 18 Points	=	Team B add 1 players or Team A remove 1 player
		&	Team A must Pass across LOS on Offense, No QB Rush
		&	Team A must -1 player on Defensive Line, No blitzing

Each coach is responsible for e-mailing the score of their game no later than Monday evening to the commissioner: tpbobbcatsflagfootball@gmail.com. Scores are for standings and subsequent Super Bowl pairings. Pg 7

Penalties:

- **Holding penalties**
 - ✓Against Offense will result in 10 yard loss and replay of Down.
 - ✓Against Defense will result in 10 yard gain from previous LOS & 1st Down.
- **Pass Interference** should be enforced by contact during ball flight to receiver after 5 yards
 - ✓= 10 yard penalty from the LOS & 1st Down. (Not at the spot of the foul)
- **Illegal Hands**
 - ✓To the Face or any body part impeding the player to perform at the LOS or during the flag pursuit shall result in 5 yard penalty & replay of Down.
- **Tackling will not be tolerated:** It is not a tackle if the player is attempting to go for the flag even if the defender leaves his feet.
 - ✓Must sit out 1 series and his
 - ✓Team will be assessed a 10 yd Penalty.
 - ✓Repeated offense = disqualified for half.
- **No player may be hit or shoved out of bounds.**
 - ✓= 10 yard penalty from the spot
- **Defensive Holding (holding jersey to then grab flags)**
 - ✓10 yard penalty from the spot
- All general penalties will be assessed 5 yards in distance and the down will be repeated, unless otherwise noted for that penalty. **If the opposing team accepts the penalty.**
- After the spot of the ball, your team will have **1 Minute** to get the ball snapped. Failure to do so will result in a 5 yard, delay of game penalty.

**Offense:**

It has always been the intent of the program to involve as many players in the offensive skill positions as possible. By making all offensive players eligible, we hope to see more players involved in the offense. It will be the Coach's discretion on how they rotate their players.

Huddles

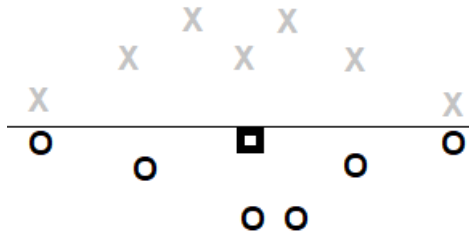
- 1:00 Minute max play clock to call plays. Clock starts once ball is placed on the yard line.
 - ✓ 1 warning per possession
 - ✓ = 5 yard Delay of Game penalty after warning
- 'No Huddle' Offense is allowed only after Referee spots the ball and signals for the snap.

Playbooks

- ✓ **Allowed.** Design at the discretion of the coaching staff. Must conform to supporting rules.

Line of Scrimmage Formations must include

- **1 Center snap Ball.**
 - ✓ All play snaps must come from Center position.
 - ✓ Center may snap to QB, RB or Player In Motion
 - ✓ Center may snap Under legs, Sideways or Long Snap.
- **1 WR on Line of Scrimmage.**
 - ✓ Multiple players can be on LOS, TE use, Stack and Trips, etc.
 - ✓ Multiple players can be in backfield, 1 or more RB's, etc.



- **1 Yard Spacing** between the offense and defensive line. A coach should teach proper pre-snap spacing.

Passing

- ✓ All Players are eligible for PASS plays. Even the snapping Center.
- ✓ Forward & Lateral Passes completed count for yardage gained.
- ✓ Backward Passes dropped are live, eligible for recovery and turnovers.

Rushing

- ✓ All Players are eligible for RUN plays, except the Center.
- ✓ Standard, Pitch and Option plays are allowed to players in the backfield or motion.
- ✓ Multiple handoffs allowed, i.e., reverses, trick plays.

Red Zone Offense

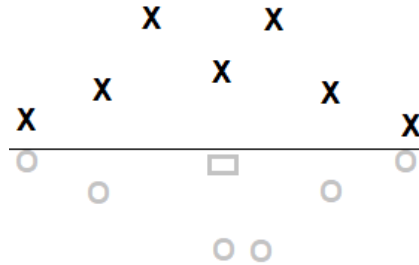
- Please all the way in to the 10-yard line can be EITHER Pass or Run Plays.
- Plays from the 5-yard line toward Goal line **MUST** be Pass Plays.

Blocking

- ✓ Pass blocking with hands outward, palms open and thumbs up, pushing away defenders.
- ✓ Run blocking with hand outward, palms open and thumbs up, pushing forward.
- ✓ No crack back blocking, No blocking below the waist, and No blocking in the back. No contact will be made to another player's neck or head, **this will be considered a tackle, see Tackling below.**
- ✓ Blocking backs can line up on the line or in the backfield
- ✓ Holding will result in a 10 yard penalty from LOS
- **No silent counts (all divisions)** – a cadence is required on each play.
 - ✓ = 5 yard penalty and replay down
 - ✓ = No warnings.
- **Motion is allowed.** Only 1 player in motion at a time (subsequent okay) and motion should be laterally, backwards, or toward the sideline, not toward the line of scrimmage (No Arena Style Running Starts).
- **No deliberate QB sneaks / dives over the center or in the center A gaps.**
 - ✓ QB can rush if being pressured after dropping back for pass
 - ✓ = 5 yard penalty and replay of down

Defense:

- The Defense must be ready before the Offense can run another play (good sportsmanship coaches). If the offense is ready to run a play but is waiting for the Defense, a delay of game penalty will NOT be called against the offense.
- On **all** plays the defensive players **MUST** be attempting to pull the flags.
- **Lining up over Center**
 - ✓ Allowed but defender must be 7 yards off the LOS
- **Blitzing**
 - ✓ Allowed by 1 defender per play
 - ✓ Blitzing defender must be 7 yards off the ball
- **Multiple Formations Allowed.**
 - ✓ Man to Man, Zones, Blitz disguises, Stunts
- **Linebackers can line up over Center at least 5 yards off LOS.**
 - ✓ Must line up at least 5 yards off Center
 - ✓ Teach to Read, React and Pursue
 - ✓ Extra Points, MLB must be in the end zone if over center.
- **Secondary.**
 - ✓ Should have multiple looks
 - ✓ Cannot touch receivers after 5 yards off LOS

Turnover on Downs / Possessions:

- **Offense fails to gain 1st down (10 yards within 4 downs).**
 - ✓ Opposing team starts drive at the 40 yard line.

FUMBLES/INTERCEPTIONS

- **Interceptions by Defense**
 - ✓ result in a turnover/change of possession and are considered DEAD BALL at the whistle.
- **Pick 6's are NOT allowed and should be prevented by ref whistle upon turnover.**
- **Fumbles recovered by Defense**
 - ✓ result in a turnover/change of possession are considered DEAD Balls with No ball progression. Recovering team gets the ball on Offense, starting at the 40 yard line.
- **Fumbles, recovered by the Offense**
 - ✓ Results in loss of down.
- **Do-Overs noted below:**
 - ✓ Snapping/Hiking (1 Do-Over per game, then results in loss of down)
 - ✓ Handoffs (1 Do-Over per game, then results in loss of down)
- **Flags/Offense**
 - ✓ If a player has control of the ball and loses his/her flag by accident while running, runner will be ruled down at the spot of the loss. If the player begins the play without one or both flags, the runner will be ruled down at the original line of scrimmage and there will be a loss of down.
 - ✓ No Flag guarding or Stiff Arms allowed
 - ✓ 1 warning allowed per possession
 - ✓ Ball marked at spot of infraction
 - ✓ = 5 yard penalty from the spot