

Holmen Park & Recreation Flag Football 2020

Holmen Park & Recreation will be offering youth flag football for 1st/2nd, 3rd/4th and 5th/6th grade for the fall of 2020. Due to the uncertainty with COVID-19, we have modified the rules this year. All practices/games will be held at Deer Wood Park on Field B or C.

- Program is open to current 1st, 2nd, 3rd, 4th, 5th and 6th graders.
- Dates: September 12 – October 24
- Meets on Saturdays and there will be three time slots each week, so times could vary. Time slots are: 9am-10am, 10:15am-11:15am and 11:30am-12:30pm – please check your schedule to verify time each week.
- All players will meet at the same time for 1st day (September 12th)
 - 1st/2nd Grade: 9am-10am
 - 3rd/4th Grade: 10:15am-11:15am
 - 5th/6th Grade: 11:30am-12:30pm
- Players will be assigned to a team and given a schedule at the first practice.
- Rules will be modified this season due to COVID-19

RULES

1. Player Participation: The major objectives of this program are to involve every child and allow each of them to learn skills and experience a variety of positions. Winning games is not the goal of this league. Coaches shall rotate players, including the starting line-up for each game. Rotation should be on a fair and equal basis. No season standing will be kept.

2. Playing Time: In an effort to keep games on schedule playing time will consist of 2 halves, 25 minutes, running time. The clock will stop for player injuries, and time-outs. Half time will be 5 minutes, and will begin exactly 25 minutes after the scheduled game start time. Games will run no longer than 55 minutes.

3. Players: A team shall consist of 7 players on a side. In the case of absences, if the coaches agree, the number of players per side may be altered as long as each team plays the same number of players, no more than 7 players per side.

4. Equipment: Player t-shirts should be worn for all games, jerseys must always be tucked in to shorts or pants. During cold weather, jackets or sweatshirts should be worn underneath the jersey. Rubber cleats, or tennis shoes are acceptable. No metal cleats will be allowed. The Recreation department also recommends additional personal safety equipment such as mouth guards, and eye protection, and **masks (recommended, but not required. Players must bring their own water bottles.**

5. Offensive Player positions: (1 Center (eligible to go out for a pass), 1 Quarterback, 1 Running back, and 4 wide receivers.

6. Defensive Player Positions: 4 corner backs, 2 linebackers, and 1 safety. Corner backs covering the wide receivers must start at least 5 yards off the ball, linebackers covering the quarterback and running back must start at least 5 yards off the ball, and the safety covering the center must start at least 10 yards off the ball.

7. Time Outs: Each team will be allowed one, 1 minute time outs per game.

8. Kick Off: There will be NO kickoffs. Teams will start at the 20yd line and have to go 40yds to score.

9. Punts: There will be NO punts.

10. Downs: Each series will consist of 4 downs. Gaining 20 yards in those 4 attempts will be awarded as first downs. If offensive team does not convert a first down, the defensive team will take over starting at their own 20yard line moving towards the goal line.

11. Dead Balls:

1. The ball carrier falls to the ground
2. The ball carrier loses a flag, or a flag has been pulled from the ball carriers belt
3. Incomplete Pass
4. The ball carrier goes out of bounds
5. A fumble is a dead ball. The opponent cannot recover a fumble.
6. A snap hits the ground.
7. Interception – defensive team would take over starting at the 45-yard line

12. Complete Pass: A forward pass will be ruled complete if the receiver has one foot in bounds while having control of the ball. If a player's flag has fallen off before the catch, the player will be called down at the point where the pass was caught, not where the flag landed. If the pass is caught in the end zone, the play will stand as a touchdown. If, in the judgment of the coaches if the defensive player pulls the flag off before the receiver catches the pass, 5 yard Pass Interference will be enforced.

13. Interception: If an interception is made, it becomes a dead ball and the defensive team starts their offensive series at the 20-yard line.

14. Quarterback Position: The quarterback must start in the shotgun position at all times. The quarterback is allowed to run.

15. Center Position: Center's **DO NOT** need to snap the ball between their legs.

16. Rush Rule: Defensive players that are covering the quarterback or running back must wait until either the QB or RB makes a move to advance the ball before crossing the line. The players covering the quarterback and running back may drop into coverage to help cover the wide receivers, if the QB or RB does not go out for a pass.

17. Huddles: Teams are able to huddle up. Please keep players an arm's length away from each other in the huddle.

18. Advancing the Ball: To advance the ball, a team must run or pass the football. Only one forward pass may be attempted in each play and it must be thrown from behind the line of scrimmage. All participants on the offensive side of the ball are able to catch the pass. If the pass is incomplete, the ball is returned to the line of scrimmage and the play is counted as one down against the team. A backward pass may be made anywhere and at any time on the field.

19. Ball Carrier: The ball carrier is not allowed to spin (more than 180 degrees) to avoid being downed. If a player spins during the play the coaches will blow the play dead at the point where the spin occurred. A ball carrier is not allowed to guard his/her flag with their hands. A player may not jump or stiff-arm to avoid his flag from being pulled. If a player does jump, stiff-arm, spin or guard his/her flag, he will be declared down at the point of the infraction.

20. No holding or tackling is permitted. There will be a 10-yard penalty for any players that are intentionally tackling other team's players. Coaches please watch your own team members to make sure this is not happening.

COVID GUIDELINES

21. IF PLAYERS/FAMILY MEMBERS HAVE ANY SYMPTOMS OF BEING SICK PLEASE STAY HOME.

22. If a player or immediate family member should happen to test positive for COVID-19 please gather information from that player, and contact the Holmen Parks and Recreation Department.

23. Players & coaches are asked to wash/sanitize hands before and after practice/games.

24. Parents are asked to drop off athletes for practice or wait in their car during practice.

25. We are asking that immediate family members only attend games. Please practice social distancing while watching games and bring your own seating (no bleacher seating available).

26. Athletes will need to bring their own water bottle.

27. Bathrooms will be open at fields, but please use the restroom before attending games or practices.

28. No handshakes or team huddles.

29. Coaches will do their best to have kids spread out/social distance but there will be some contact between players and coaches at practice and games.

30. If there is a positive test, Holmen Park & Rec reserves the right to shut down the program and issue pro-rated refunds to all participants.

We will be relying on parent coaches to run these programs. If you are interested, please indicate on your registration or contact Chris at the Park & Rec Dept. – 526-6317 or geary@holmenwi.com. There will be a coaches meeting on Tuesday, September 8th at 5:30pm at Deer Wood Park Shelter: