



FALL 2024

**COACH'S
MEETING**

**PADDED
FLAG
FOOTBALL**

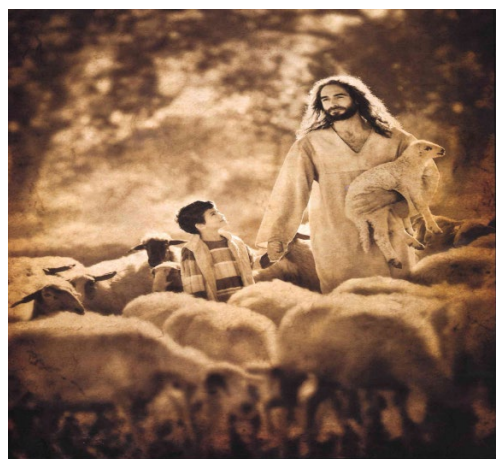
Diocese of Cleveland CYO



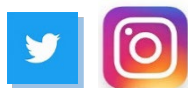


DIOCESE OF CLEVELAND CYO FLAG FOOTBALL-PADDED COACH'S MEETING

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CYO inspires young people to know God, to love God, and to serve God through athletics



DIOCESE OF CLEVELAND CYO FLAG FOOTBALL PROGRAM PLANNER - 2024



July	18	In-person mandatory fall sports season coaches meetings, 6-9 p.m. Location: University of Akron InfoCision Stadium
	19-21	Dick's Sporting Goods Shop Days
	22	Fall sports season opens, practices may begin. Fall sports season early registration closes; regular registration begins, 9:00am
	24	In-person mandatory fall sports season coaches meetings, 6-9 p.m. Location: Notre Dame Cathedral Latin High School
	29	Fall sports season regular registration ends, 9:00am
	30	In-person mandatory fall sports season coaches meetings, 6-9 p.m. Location: Magnificat High School Team fee payments and fee summary due Last day to enter teams' blackouts
August	1	Coaches Development Program – Gesu (McAuley Room), 6:00 pm 2470 Miramar Blvd, University Heights, OH 44118
	5	Deadline to add athletes and coaches to rosters, 9:00am
	16	Fall sports season schedules available on CYO website
	17	Coaches Development Program – St. Ambrose (Hilkert Hall/Gym), 6:00 pm 929 Pearl Rd. Brunswick, 44212
	20	Coaches Development Program – St. Jude, 6:00 pm 590 Poplar Rd., Elyria, 44035
	24	Fall sports regular season competitions begin
September	14-15	Parents and VIP Weekend
	22	Team Mass Sunday
	28-29	Officials Appreciation Weekend
October	27	Fall sports season ends

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DIOCESE OF CLEVELAND CYO

POINTS OF EMPHASIS

OFFICIAL TEAM

- Defined as an individual or group of children from one member on the team roster that meet the eligibility rules and are approved by the member athletic director, Member Administrator, and CYO Office.
- A CYO team refusing to continue playing a scheduled game for any reason without the consent of the game official or CYO representative may be subject to penalties outlined in Bylaw 10.
- 4th Grade Division Only
 - An official 7-man Padded Flag football team will consist of a minimum of 7 boys or girls.
 - A game may begin or finish with five (5) players.
 - Athletes in grades 1-3 are NOT eligible for this pilot program.
 - **Eligibility**
 - **Players can only play padded flag if your parish sponsors a team.**
 - **No neighborhood children are eligible for this program.**
 - All players must be registered from the same sponsoring organizations' parish or school.
 - **There are no sanctioned events during this pilot period.**
- The maximum number of athletes on a roster is 18.

EQUIPMENT & UNIFORMS

- Ball Size: Junior or pee wee size ball.
- Pants cannot have pockets, exposed drawstrings, or belt loops.
- Football gloves are Legal.
- Each player must wear a flag belt around the waist with a minimum of Triple Threat brand Flag Football belts **Flag Belts must have three (3) flags clearly exposed with no obstructions with one on each hip & tailbone.**
- Each team must provide its own flags.
- Metal Cleats are illegal for all CYO games.
- All participants must be properly equipped and fitted by the member with the following items:
 - Helmets that are NOCSAE certified. All helmets must have the certified imprint and special warning stickers related to injuries. At least a four snap chin strap shall be required to secure the helmet.
 - Shoulder pads.
- A mouthpiece must be secure in the player's mouth during the game. If a mouthpiece is not orthodontist designed it must be attached to the face-guard and be of any readily visible color. A mouthpiece cannot be white or clear in color.
- **Football pants with pads for the hips, tailbone, thighs, and knees are permitted.**

PRE-CONTEST COACHES RESPONSIBILITIES

- **All head and assistant coaches must be CYO certified and re-certified every season to have access to the sideline.**
- Bench personnel are limited to:
 - Players listed on the eligibility roster, two (2) water personnel under the age of 16 and four (4) non-players (coaches).
 - Non-players 16 years of age or older must be CYO certified.
 - Non-players under the age of 9 are not allowed in the bench area.
- CYO Credentials are to be worn and visible at all times.

- Coaches are responsible for the supervision of their team before and after the game.
- Each coach must submit their official participation form to the site director before the game.
- The bench area will be from the twenty (20) yard line to the opposite twenty (20) yard line.

PARTICIPATION

- A. Each athlete must be treated with dignity regardless of their ability.
- B. A player on a CYO team may not participate on any other football team during the CYO season. For purposes of defining eligibility, a player may not be on another team from the published CYO roster due date and the completion of the team's final game.
- C. Each member of the team must play a minimum of one quarter per half.
- D. All players should have at least one offensive and defensive line position as well as one offensive and defensive backfield position to play each game.
- E. Guest Players are not allowed.

FIELD SIZE AND LAYOUT

- The field dimensions are 30 yards by 70 yards with two 10-yard end zones, and a hash mark every five yards from the end zone with hash marks on both sides of the field and a midfield line-to-gain.
- Hash marks are located 10 yards from each sideline.
- Running plays can occur but the ball must be taken outside of the hash marks. Once the ball is taken outside the zone, cutbacks are permitted up the middle.

PRACTICE AND COACHING GUIDELINE

- Practice sessions shall be limited to one (1) session per day not to exceed 90 minutes in duration

TIMING & OVERTIME

- Play Clock – Each team will have **35** seconds to call their play and snap the ball. The clock starts once the official marks the ball ready for play.
- Game Clock-The length of the game will be two (24) minute halves. 48 minutes total with a continuous clock and will stop for: time-outs, Player injury,
- Half time will be five (5) minutes in length.
- There are no overtime periods.

COMPETITION RULES

- A. Field Size: 70 yards in length and 30 yards in width.
- B. No intentional contact is not permitted.
- C. Blocking must be accomplished by screening.
- D. ***Screening: The screen blocker is able to place their hands in front while blocking ONLY to cushion the possible contact by the defense - not DELIVERING A BLOW with the hands. Moving hands forward and initiating contact to the defense are illegal.***
- E. Any use of the hands, arms, elbows, legs, or body to initiate contact during a screen block is illegal.
- F. While screening a player must keep their arms to the sides, folded across their chest, or behind from their body or use of their hands.
- G. At no time may a player, while screening, extend their arms or elbows away from their body or use their hands.
- H. Double-teaming and wedge blocking are prohibited.
- I. Downfield blocking is illegal. Any offensive player who continues running and impedes the progress of a defensive player who is attempting to pull the ball carrier's flag will be called for illegal blocking.

- J. Game Clock
1. The length of the game will be two (24) minute halves. 48 minutes total with a continuous clock.
 2. Clock will be continuous and will stop:
 - a) Timeouts - Each team will be allowed TWO (2) sixty (60) second time-outs per half of a game.
 - b) Player injury
- K. Half time will be five (5) minutes in length.

SCORING

1. Touchdown will award 6 points
 2. PAT-Run will award 1 point from the 3 yard line.
 3. PAT- Pass will award 2 points from the 5 yard line.
 4. There are no field goal attempts.
 5. There are no defensive Touchdowns. There are no two Point safeties.
 6. Changing PAT type
 - a. Once a decision on the type of PAT to attempt has been made, in order to make a change, a timeout must be called.
 - b. The decision of PAT type can be changed after a penalty.
- K. Overtime: If at the end of regulation, the score is tied, the game will result in a tie. There is no overtime

CODE OF CONDUCT - There will be a zero tolerance shown towards any inappropriate or abusive behavior from any participants, coaches and/or spectators.

- Any participant, coach or spectator who feels the necessity to:
 - Persistently or willfully question or challenge the rulings of officials
 - Berate or abuse officials
 - Berate or abuse players & coaches
 - Berate or abuse other parents or spectators
 - Display conduct which is inappropriate in a sporting environment
 - Breach any applicable CYO Charter/Bylaws laws
- Breach any existing CYO, codes of conduct, policies or guidelines will be asked to leave the venue immediately.

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COACHING

“Behind every fearless player is a fearless coach who refused to let them be anything but the best they can be.”

A transformational coach views winning as an outcome, not a priority, and puts the focus on helping athletes grow and reach their full potential, beyond just sports. On the opposite side, a transactional coach is someone who makes winning the ultimate goal and is less concerned about the overall experience.

CHANGE YOUR WORDS, CHANGE YOUR MINDSET	
INSTEAD OF SAYING THAT	SAY THIS!
IT'S TOO HARD.	I'LL KEEP TRYING.
I CAN'T DO THAT.	HOW CAN I GET BETTER AT THAT?
I GIVE UP.	I WILL KEEP WORKING!
I'M AFRAID I'LL MAKE A MISTAKE.	MISTAKES ARE HOW WE LEARN BEST.
THEY'RE SMARTER THAN ME.	WHAT CAN I LEARN FROM THEM?
THIS IS HARD.	THIS MAY TAKE SOME TIME AND EFFORT.
I'M A FAILURE.	I CAN LEARN FROM MY MISTAKES.
I DON'T GET IT.	WHAT AM I MISSING?
I HATE TO BE WRONG.	IS THIS REALLY MY BEST WORK?
I DON'T LIKE OTHERS TO DO BETTER THAN ME.	I'M GOING TO FIGURE OUT WHAT THEY DO AND TRY IT!

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MINDSET MATTERS

WHEN YOU HAVE A GROWTH MINDSET, YOU KNOW YOU CAN GET SMARTER AND BETTER AT ANYTHING WITH EFFORT AND PRACTICE.

SUCCESS BEGINS WITH BELIEVING YOU CAN.

IT'S OK TO NOT KNOW, BUT IT'S NOT OK TO NOT TRY.

You can learn anything, know anything, BE anything!

IF IT DOESN'T CHALLENGE YOU IT WON'T CHANGE YOU

YOU ARE IN CONTROL OF YOUR CHOICES!

Top 12 Traits of Youth Flag Football Coaches

Coaching kids is a pretty big deal. After all, you'll be teaching them not only football, but teamwork, success, failure and life lessons all at the same time. We polled youth flag football parents on the top 12 traits they felt all youth football coaches should possess. Let us know what you think in the comments below!

Make it Fun - Most children play sports to either be with their friends, have fun, or because they enjoy the sport. If a kid is at practice for any of those reasons – they're having fun, right? Focus on fun! Scores, results and the outcome aren't as important at a younger age. The important thing is the kids are having fun and will want to return time after time after time to stay active and get better.

Kids First - As a youth football coach, it's your job to ensure kids are priority. You shouldn't be coaching so you can tell your friends you coached the league winners, it should be because you're passionate about what you do. Making it a fun, friendly and healthy environment for kids should be a top priority.

Patience - You may quickly forget they're just kids. Shouting at them like a drill-sergeant won't do anything but make them unhappy. Patience is key, because they're still learning life...let alone football. Youth football should be fun and they shouldn't feel pressured.

Involve Everyone - Discrimination is never ok. Never. Regardless of one's race, gender, religion, ability level, disability, etc – everyone, EVERYONE is entitled to play. If you're a true coach, you care more about ensuring every kid has a chance on the field than sticking to "the A team", at a younger age especially. It's important that everyone's rotated throughout the game so everyone gets an equal opportunity to play. Remember, it's about fun – not all about winning.

Bring Energy - Dealing with kids, especially when it's an active sport –like youth football– can be tiresome. It's important you're energetic, fit and proactive – but not just physically; but mentally, too!

By the Book - You need to be able to train, teach and coach youth football in a manner which is right. If you're very competitive with a tendency to "cut corners" or anything else that can be deemed as misconduct – then coaching may not be for you.

Show that you Care - You need to be able to care for the squad, but not just as athletes – as people and friends, too. You should be able to speak to each parent and tell them any concerns you have; concerns you have simply because you know enough and care enough about them.

Trust and Confidence - Parents and kids should place a lot of confidence and trust in the coach. The parents need to trust you're a good role model for the kids, and their kids need to trust you have their best interest at heart.

Safety First - A child's safety is paramount and will always be the youth flag football coach's main priority. Every injury should be evaluated, especially head injuries, so make sure and don't push the envelope just to get another victory if a child's safety is of concern.

Good Sportsmanship - As youth flag football coaches begin working with the kids, they'll understand it's not all about the game and winning, but it's also about shaping the kids to be better people. This is done by ensuring the kids know what it takes to be a good sport, why winning isn't important and why it should be fun. They'll be looking up to you and have a tendency to mirror your every action and reaction, so a good example is important for any youth flag football coach!

Everyone's a Winner - Every kid needs to feel like a winner. Whether they lost by a little or lost by a lot, whether they made the big plays or dropped every pass – it doesn't matter. A kid's morale – especially in regards to youth flag football – is very precious. It's important that you keep their morale high by making them aware everyone's a winner regardless of the results!

Positive - Negative comments are remembered easier than positive comments. Youth flag football coaches need to understand that while you may need to correct a kid's mistake, this can still be done in a positive manner. Never use bullying tactics.

9 Fun Flag Pulling Drills

<https://www.youtube.com/watch?v=gMi8VioQuEM>



FLAG FOOTBALL GAME ROSTER PARTICIPATION FORM



List First & Last Names. No Initials or nicknames please.

TEAM: _____

DIVISION: 1st Grade 2nd Grade 3rd Grade 4th Grade

HEAD COACH: _____

ASST COACHES: _____

Please list in numerical order. All Guest Players will be listed with "GP" before their name.

NUMBER	NAME	Participation			
		1	2	3	4
		1	2	3	4
		1	2	3	4
		1	2	3	4
		1	2	3	4
		1	2	3	4
		1	2	3	4
		1	2	3	4
		1	2	3	4
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		1	2	3	4
		1	2	3	4
		1	2	3	4
		1	2	3	4

Players Available: _____

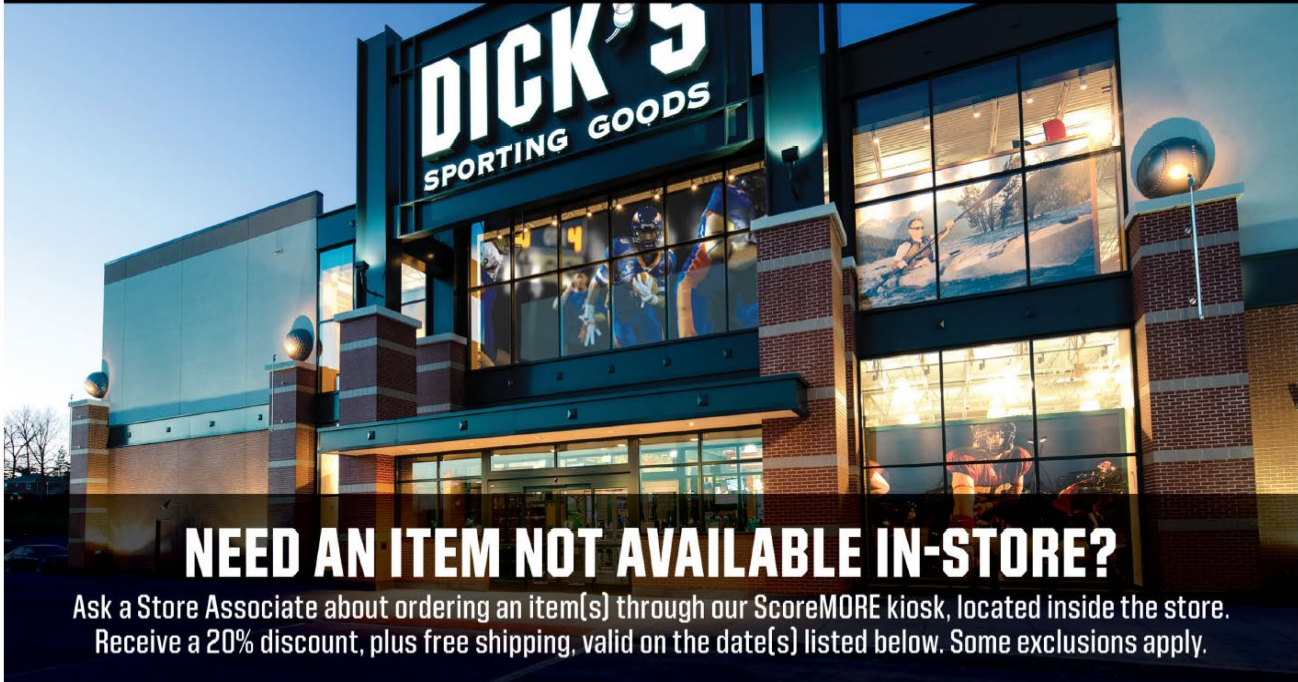
Coach's Signature: _____

Final Score: _____

- **Coach must submit their official game day roster before the game to the referee.**



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Diocese of Cleveland CYO
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