



2011 N.L.C. Youth Flag Football
1st/2nd Grade
Coralville Youth Sports Park, Coralville



Teams	Managers	Phones
1. Raiders (gray)	Brian Ahrens	919-389-3542
2. Chiefs (red)	Jace Bisgard	560-6891
3. Browns (browns)	David Gallagher	626-4915
4. Jaguars (teal)	Brandon Davis	330-0421
5. Colts (white)	Mark Hall	325-2506
6. Redskins (maroon)	Jacob Koller	341-9936
7. Packers (forest green)	Chad McCarty	330-0018
8. Broncos (orange)	Bryan Klosterman	626-2210
9. Vikings (purple)	Steve Schrepfer	665-2235
10. Steelers (gold)	Brian Greer	626-6196
11. Chargers (powder blue)	Val Barnes	466-7473
12. Bears (navy blue)	Chris Eastman	541-2909
13. Jets (kelly green)	Eric Massey	853-8680
14. Saints (black)	Brad Freidhof	354-2609
15. Falcons (red)	Walter Maley	354-3580
16. Lions (royal blue)	Brent Overton	338-3043

Sunday, September 25	Sunday, October 2	Sunday, October 9
12:00 (1) 9-10	12:00 (1) 10-11	12:00 (1) 11-12
12:00 (2) 1-3	12:00 (2) 2-4	12:00 (2) 3-5
12:00 (3) 8-11	12:00 (3) 9-12	12:00 (3) 10-13
12:00 (4) 2-16	12:00 (4) 1-5	12:00 (4) 2-6
1:00 (1) 7-12	1:00 (1) 8-13	1:00 (1) 9-14
1:00 (2) 4-15	1:00 (2) 3-16	1:00 (2) 1-7
1:00 (3) 6-13	1:00 (3) 7-14	1:00 (3) 8-15
1:00 (4) 5-14	1:00 (4) 6-15	1:00 (4) 4-16

PICTURE DAY

Sunday, October 16	Sunday, October 23	Sunday October 30
12:00 (1) 13-14	12:00 (1) 14-15	12:00 (1) 8-16
12:00 (2) 5-7	12:00 (2) 6-8	12:00 (2) 7-9
12:00 (3) 12-15	12:00 (3) 7-16	12:00 (3) 1-15
12:00 (4) 4-8	12:00 (4) 5-9	12:00 (4) 6-10
1:00 (1) 6-16	1:00 (1) 1-13	1:00 (1) 2-14
1:00 (2) 3-9	1:00 (2) 4-10	1:00 (2) 5-11
1:00 (3) 1-11	1:00 (3) 2-12	1:00 (3) 3-13
1:00 (4) 2-10	1:00 (4) 3-11	1:00 (4) 4-12

FIELDS

CORALVILLE YOUTH SPORTS PARK

Field 1 & 2 = MIDDLE TIER

Field 3 & 4 = LOWER TIER (farthest west)

Rain Out Hotline Number 248-1763 (2 hours before game time)

Mouth guards must be worn at all games and practices!

Erik Dinusson, Athletic Supervisor
Coralville Parks & Recreation
(319) 248-1750

Brian Motley, Asst. Director
North Liberty Recreation
(319) 626-5716



**2011 N.L.C. Youth Flag Football
3rd / 4th Grade
Coralville Youth Sports Park, Coralville**



Teams	Managers	Phones
1. Colts (white)	Brad Maras	533-2138
2. Jaguars (teal)	Trevor Bollers	853-0336
3. Browns (brown)	Kerry Anderson	626-3895
4. Redskins (maroon)	Kevin Dauber	665-6208
5. Vikings (purple)	Ryan Swartzendruber	899-0751
6. Raiders (gray)	Steve Langridge	930-1649
7. Chiefs (red)	Jonathan Shun	626-6457
8. Packers (forest green)	Chuck Wolfe	330-5715
9. Steelers (gold)	Jamie Johnson	321-5607
10. Broncos (orange)	Doug Schillinger	321-9476
11. Chargers (powder blue)	Joey Woody	512-1918
12. Bears (navy blue)	Dean Harkin	354-0181
13. Jets (kelly green)	Jay Goodman	325-1600
14. Falcons (red)	Neil Telander	626-2495
15. Saints (black)	Kenny Voparil	358-9441
16. Lions (royal blue)	Robert Perdue	855-8637

Sunday, September 25	Sunday, October 2	Sunday, October 9
2:00 (1) 5-13	2:00 (1) 6-14	2:00 (1) 7-15
2:00 (2) 4-14	2:00 (2) 5-15	2:00 (2) 11-16
2:00 (3) 6-12	2:00 (3) 7-13	2:00 (3) 8-14
2:00 (4) 3-15	2:00 (4) 10-16	2:00 (4) 1-6
3:00 (1) 7-11	3:00 (1) 8-12	3:00 (1) 9-13
3:00 (2) 9-16	3:00 (2) 1-4	3:00 (2) 2-5
3:00 (3) 8-10	3:00 (3) 9-11	3:00 (3) 10-12
3:00 (4) 1-2	3:00 (4) 2-3	3:00 (4) 3-4
		PICTURE DAY

Sunday, October 16	Sunday, October 23	Sunday October 30
2:00 (1) 6-7	2:00 (1) 7-8	2:00 (1) 4-13
2:00 (2) 13-15	2:00 (2) 15-16	2:00 (2) 5-12
2:00 (3) 5-8	2:00 (3) 6-9	2:00 (3) 3-14
2:00 (4) 14-16	2:00 (4) 1-14	2:00 (4) 6-11
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3:00 (3) 3-10	3:00 (3) 4-11	3:00 (3) 1-16
3:00 (4) 2-11	3:00 (4) 3-12	3:00 (4) 8-9

FIELDS

CORALVILLE YOUTH SPORTS PARK

Field 1 & 2 = MIDDLE TIER

Field 3 & 4 = LOWER TIER (farthest west)

Rain Out Hotline Number 248-1763 (2 hours before game time)

Mouth guards must be worn at all games and practices!

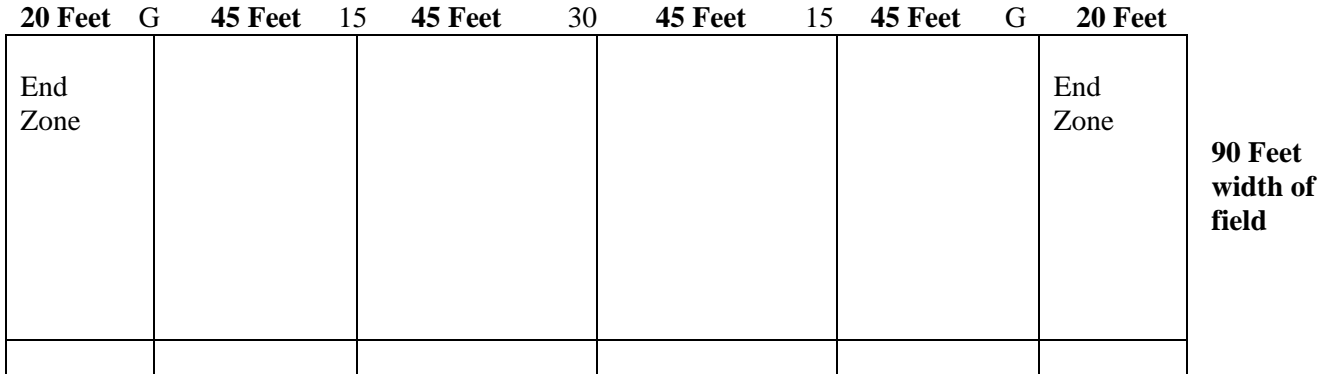
Erik Dinusson, Athletic Supervisor
Coralville Parks & Recreation
(319) 248-1750

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2011 N.L.C. YOUTH FLAG FOOTBALL RULES

The following rules and regulations have been established to allow participants to compete in a safe and fair environment. Participants and coaches are to be familiar with these directives. These rules may be subject to change if during the season if a team gains an unfair advantage over other teams due to a given rule in the league. All coaches and players will be notified of any rule changes made during the season.

A.



_____ 60 Yards _____

(180 Feet)

_____ 73 1/3 Yards _____

(220 Feet)

B. EQUIPMENT/CLOTHING:

1. Helmets, hats, or pads will not be allowed.
2. Metal or plastic spikes or cleats will not be allowed. Rubber-soled cleats may be worn.
3. Participants will not be allowed to participate when wearing jewelry, watches or any other potentially dangerous items.
4. Participants should wear loose fitting clothes.
5. Footballs and flags will be provided by the Recreation Dept.
6. **ALL PARTICIPANTS MUST WEAR A MOUTH GUARD!!!**

C. NUMBER OF PLAYERS:

1. A Maximum of 9 players per team will be allowed on the field when the ball is in play. Teams may play with a minimum of 7 players.
2. Offense must have a minimum of 5 players and a maximum of 8 on the line of scrimmage. The quarterback must start in the backfield.
3. Position of players on defense is optional behind the line of scrimmage.

D. COIN TOSS:

1. Each game will start with a coin toss.
2. The captain winning the toss shall choose one of the following options.
 - a. to kick off;
 - b. to receive;
 - c. to designate which goal his/her team will defend;

E. LENGTH OF GAME:

1. Playing time is 40 minutes, which is divided into two 20-minute halves of play.
2. Teams will be allowed a five-minute break between halves.
3. The clock will run continuously, stopping only for time-outs and after a touchdown.

F. TIME-OUTS:

1. Each team will be allowed **ONE** two-minute time-out per half.
2. It is a five yard penalty to request additional time-outs. Teams may not buy additional time-outs for a penalty.

3. Injury time-outs do not count against a team and are at the discretion of the referee.

G. KICK OFF:

1. Will take place at the beginning of each half, and after every score.
2. If the ball goes out of bound, the ball may be kicked again and the kicking team assessed with a five-yard penalty or may be taken where the ball went out of bounds. Should the ball be kicked out of bounds two times, the receiving team will take possession at mid-field.
3. On-side kicks are not allowed.
4. The Receiving team will line up at their own 15 yard line. In 1st-2nd grade the kick off will be from the 30 yard line. 3rd-4th Grade will be from the kicking teams 15 yard line.

H. FIRST DOWNS:

1. A first down will be awarded to the offense when they cross a stripe on the field, regardless of distance from that line.
2. If the offense loses yardage, which crosses back over a line, they must still cross the original line-to-gain for a first down
(Ex: 3rd down and 2 lines-to-gain).

I. WEARING FLAGS:

1. Flags may not be wrapped or tied and will be checked after every score.
2. All players must wear flags while on the field.
3. All players will have a belt and three flags, one flag on each hip and one at the rear.
4. The spot on the field where the flag belt is pulled from the ball carrier is where the down ends, and the ball is next put in play.
5. It is the player's responsibility to be wearing a securely fastened belt.
6. Should the flag belt accidentally fall off, play continues and defense must use two hands below the waist to down the runner.
7. A player may not hold or guard their flags from a defensive player. However, spinning away from defense is legal.
8. All flags must be worn over the jersey.

J. BLOCKING:

1. No blocking below the waist or at the backside of a player.
2. Down field blocking is allowed, provided it is a legal block.
3. Players shall not leave their feet on a block. The blocker must keep hands and elbows in.

K. DEFENSIVE RESTRICTION:

1. Defensive players may not use their hands as blockers. They must attempt to avoid blockers. Incidental contact with the hands will be allowed, but should the defender gain an advantage by use of the hands, he/she will be penalized.
2. Defensive player may not impede the forward progress of the ball carrier.
3. Coaches on defense will count to 5 one thousand and then the defense can rush in.

L. RUNNING WITH THE BALL:

1. Hurdling or jumping over a player is not permitted. The play shall be blown dead and the ball marked at the point of infraction.
2. Jumping in the air in a direct attempt to avoid their flag from being pulled will result in the play being blown dead at that point.
3. Spinning is allowed.
4. Ball carrier cannot guard their flag with their arms or hands.
5. It is a penalty for the ball carrier to "stiff arm", charge into knee or try to knock over a player at any time. Ball carrier must try to avoid contact with defensive players.
6. Diving is allowed as long as the player is not trying to avoid the defense or dive over another player. A player may dive for a pass, first down, or score.

7. The quarterback can not run with the ball past the line of scrimmage.

M. FUMBLE:

1. All fumbles are dead at the spot, except on a fumbled snap during a punt.
2. A fumbled ball is a dead ball and will stay in possession of the team that fumbled at the point of the fumble, except on fourth down.
3. The ball may not be fumbled forward.

N. PASSING:

1. All players are eligible to receive a pass.
2. All forward passes must be thrown from behind the line of scrimmage.
3. There may be more than one forward pass, must be thrown from behind the line of scrimmage.
4. If a pass is caught simultaneously by opposing players, the ball shall be blown dead and awarded to the offensive team.

O. PUNTING:

1. The defense may not rush a declared punt. Any other play will be illegal once the team has declared they will kick.
2. Teams may quick (undeclared) kick, however, the defense may rush the kick.
3. The snap can be dropped and still be kicked on a declared kick play. However, defense still may not rush.
4. After the ball has been legally kicked, the ball becomes dead when it touches a player and hits the ground, if it hits the ground before touching the receiving team the receiving team can return the kick.

P. DEAD BALL:

1. A live ball becomes dead when an official blows the whistle and declares it dead.
2. When the ball goes out-of-bounds.
3. When any part of the ball carrier's, other than the hand or foot, touches the ground.
4. When a forward pass strikes the ground.
5. When a ball carriers flag is removed.
6. When and inadvertent whistle occurs.
7. All fumbles are dead at the spot, except, on a punt snap.

Q. GADGET PLAYS:

1. All players must report from the sideline to the huddle.
2. May not purposely try to deceive the defense.
3. No sleeper play or center sneak is allowed.

S. SPECIAL RULES/ HELPFUL HINTS:

1. Minimum of 5 players on the line of scrimmage, maximum allowed on line of scrimmage is 8. Quarterback must always start in backfield.
2. No 3 point stance allowed, use a 2 point stance (hands on knees).
3. Quarterback may line up in the shotgun position, or may take the ball from under center.
4. Center may use a side snap or between the legs.
5. Motion is legal.
6. All players must report to the huddle. **All plays must begin with a huddle.**
7. One two minute time-out per half.
8. The referees will also assist the players on the field.

T. SUMMARY OF PENALTIES:

MAJOR PENALTIES:

1. Impeding the runner – 10 yards from spot of foul.
2. Tackling – two yards from spot of foul.
3. Unnecessary roughness – 15 yards and automatic first down or loss of down.
4. Stiff-arming or tripping – 10 yards from spot of foul.

5. Defensive pass interference – 10 yards from line of scrimmage and automatic first down.
6. Offensive pass interference – 10 yards from line of scrimmage and loss of down.
7. Unsportsman like conduct – 15 yards from spot of foul.
8. Illegal use of hands or arms (block) – 10 yards from line of scrimmage.
9. Guarding flag – 10 yards from spot of foul.
10. Illegal arrangement of flag – 10 yards from the line of scrimmage.
11. Clipping – 10 yards from line of scrimmage.
12. Shoving opponent out-of-bounds instead of pulling flag –10 yards from spot of foul.
13. Roughing kicker or passer – 10 yards from line of scrimmage and automatic first down.
14. If a quarterback runs across the line of scrimmage with the ball it will be a 5 yard penalty plus loss of down.

****** The offended team may take or decline a penalty. A declined penalty will result in the play standing.**

U. MINOR PENALTIES:

1. Delay of game (30 seconds after ball is marked) – 5 yards from line of scrimmage.
2. Kick off out-of-bounds – 5 yard from original kick.
3. Too many players on the field – 5 yards from line of scrimmage.
4. Too few players on the offensive line of scrimmage – 5 yards from line of scrimmage.
5. Offsides – 5 yards from line of scrimmage.
6. Too may time-outs requested – 5 yards from line of scrimmage.

****** THE INTENT OF THIS PROGRAM IS FOR ALL THE PARTICIPANTS TO HAVE FUN!!!!******



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PRACTICE SCHEDULE

SEPTEMBER 18TH, 2011

	<u>Field #1</u>	<u>Field #2</u>	<u>Field# 3</u>	<u>Field#4</u>
12:00	1 & 2	3 & 4	5 & 6	7 & 8
1:00	9 & 10	11 & 12	13 & 14	15 & 16



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Coralville Youth Sports Park, Coralville



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SEPTEMBER 18TH, 2011

	<u>Field #1</u>	<u>Field #2</u>	<u>Field# 3</u>	<u>Field#4</u>
2:00	1 & 2	3 & 4	5 & 6	7 & 8
3:00	9 & 10	11 & 12	13 & 14	15 & 16