



# ***SYSA SPRING FLAG FOOTBALL***

Coaches Meeting  
March 26th, 6:00pm



# *SEASON SCHEDULE*

- Practices begin week of April 8th
  - Grades 1-2 will practice once a week
  - Grades 3-6 will practice twice a week
- Practices can be scheduled any day Monday - Friday
- All games are scheduled for Saturdays at Andrew Rypien Field
- First game will be April 13th
- Picture Day is April 20th
  - Coaches will be emailed a link from Dorian to schedule your team's photo time
- Final game will be May 11th

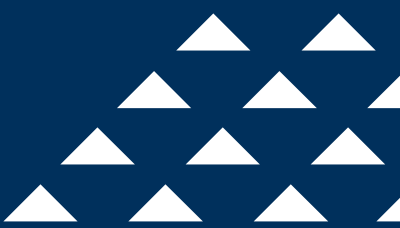


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# ***SPRING FLAG FRENZY***

For the first time - SYSA will be offering an optional Spring Tournament!

- The Spring Flag Frenzy will take place May 18th - 19th
- Teams can register for the spring tournament for a team fee of \$150
- Registration will open near the end of April



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# ***PRACTICE FIELDS***

To schedule a practice field, please email [admin@sysa.com](mailto:admin@sysa.com)



## **Field Confirmation**

-Practice fields are not available until SYSA gets authorization

-Please do not go out on a field until you receive confirmation from SYSA

## **Sharing Fields**

-Some practice fields will be shared with other teams

-Please pay attention to the side of the field listed in your confirmation

## **Field Courtesy**

-Please ensure you and your team are leaving the way you found it (clean up trash & gear)

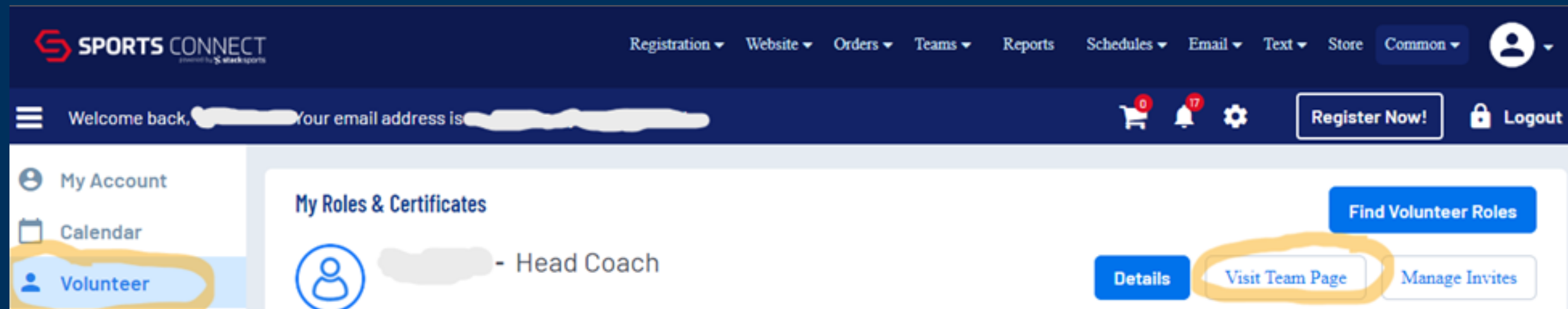
-Please be mindful of neighbors and other groups



# REACHING OUT TO YOUR TEAM

Sports Connect can be used as a communication tool, find your team rosters, and view schedules

**01** Use Sports Connect to reach out to your team via Team Page



**02** Set up an team email, Zoom , or team meeting to set the culture and expectations on your team

**03** Culture begins with YOU



# GEAR PICKUP

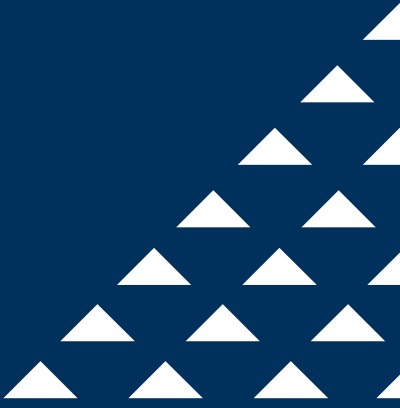
- Gear Pick will be at SYSA's Office (800 N Hamilton, Ste #201 - Second level of the Warehouse)
- Coaches can begin picking up gear starting **Tuesday, April 2nd**
- SYSA's Office is open **9:00am - 3:00pm, Monday - Friday**
- If you are unable to pick up your gear, you are welcome to send someone on your behalf
- **Coaches will receive**
  - **Jerseys** - players keep
  - **Mouthguards** - players keep
  - **Practice flags** - returned at end of season
  - **Practice football** - returned at end of season



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# UNIFORMS

Each player will be given a jersey & must wear it correctly



## Proper Wear

- Jerseys must be tucked in while playing
- During cold weather, layers can be worn under the jersey
- Any player not compliant is ineligible (**goes for mouthguards as well**)



## Uniform Exchanges

- If any players need a different size, their parent can bring the uniform to the SYSA office to exchange the size
- NFL Jerseys **can not** be exchanged for size as they are special ordered

## Unused Uniforms

- Please return any unused jerseys the SYSA office when you return your gear bag at the end of the season

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# ***CODE OF CONDUCT***

- SYSA has a zero tolerance policy for any and all inappropriate behavior
- Any player this is found to be conducting themselves in a way that violates the Code of Conduct will be disqualified from the current contest and the following content
- Spectators who violate Code of Conduct will be asked to remove themselves from the area

## **1,2,3 Policy**

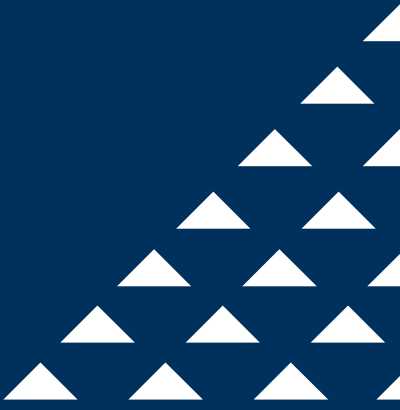
- This season, officials will be enforcing a new policy
  - During a game, any haggling, arguing, or other inappropriate behavior by a coach, fan, or player will result in a warning
  - The next time it happens, a final warning will begin
  - If it happens a third time, the game will be called





# ***RULES***

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## **Game Clock**

- Game time will consists of two 20 minute halves
- 5 minute half time
- Each team will have one 60 second timeout per half
- Once the ball is spotted and referee is in position there will be 30 seconds to snap the ball
- Once the ball is snapped from the QB tee, the quarterback will have 7 seconds to pass the ball
- If the ball is not passed after 7 seconds it will loss of down and the ball will be spotted at the point where the play was called dead.

## **Overtime**

- A tied game will result in a tie, there will be no overtime (except during tournaments)
- All games will be completed within an hour





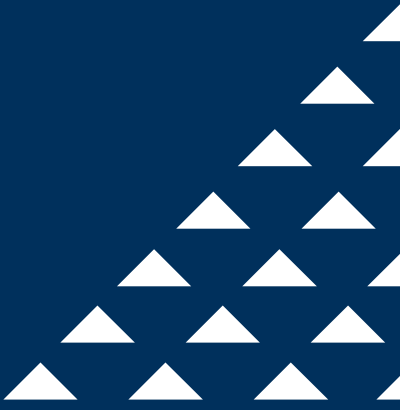
# ***RULES***

## **Results in a Dead Ball**

- Ball hits the ground
- Ball carrier's flag is pulled
- Ball carrier steps out of bounds
- A touchdown, PAT, or safety is scored
- Ball carrier's knee/arm/rear end hits the ground
- Ball carrier's flag falls off/one-hand touch rule (Referees discretion)
- 7 second pass clock expires

## **Scoring**

- 6 points for a touchdown
  - 1 point PAT from 5 yard line (pass only)(QB can scramble if blitzed)
  - 2 point PAT from 10 yard line (run or pass)
- Interceptions are live balls and can be returned for a touchdown, except during extra point tries.



# RULES

## PENALTIES

<b>Defense</b>	<b>Tackle (IX J)</b> - 10 yards from the end of the play <b>Pass Interference (IX R)</b> - 10 yards from previous spot <b>Holding (IX M)</b> - 5 yards from the end of the play <b>Offside (Defensive player lined up in neutral zone)</b> - 5 yards from previous spot <b>8 players in the play</b> - 5 yards from previous spot OR result of the play <b>Illegal Blitz (lined up inside of 7 yards when hiked)</b> - 5 yards from the end of the play
<b>Offense</b>	<b>Flag guarding (IX L)</b> - down at the spot of the foul <b>Blocking (IX C)</b> - 10 yards from the spot of the foul & replay of down <b>Pass Interference (IX R)</b> - 10 yards from the previous spot & loss of down <b>False Start/ Offsides/ multiple players in motion/ delay of game</b> - 5 yards <b>8 players (breaking the huddle with 8 players)</b> - 5 yards <b>Stiff Arm</b> - 10 yards from the end of the play <b>Illegal Run (running twice in a zone)</b> - 5 yards & replay of down <b>Illegal Forward Pass (QB throws &amp; is past the scrimmage line or VI F)</b> - 10 yards & loss of down
<b>Both</b>	<b>Charge (IX I)</b> - 5 yards from the end of the play <b>Unsportsmanlike</b> - 15 yards from the end of the play. <b>Fighting</b> - 15 yards from the end of the play & automatic ejection <b>Illegal flag pull (pulling a flag of a non ball carrier)</b> - 5 yards (multiple= unsportsmanlike) <b>Targeting</b> - 15 yards from the end of the play & automatic ejection

**Note:** Multiple Unsportsmanlike penalties in a game will result in ejection from the game and suspension from the next game. Plays with penalties on both teams will offset and the down will be replayed.





# ***RULES***

## **Rules to Note**

- **Run Plays**

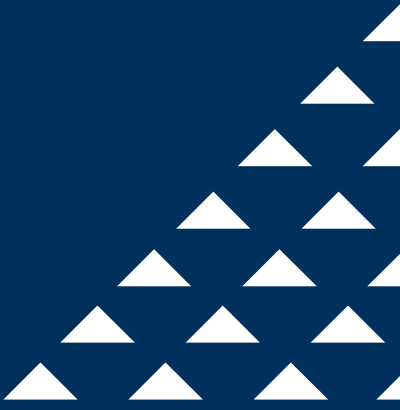
- Offense is allowed 1 run play per set of downs
- A play will be a run play if the ball carrier crosses the line of scrimmage

- **Defensive Blitz/Rush**

- A defensive player may line up on the neutral zone (1 yard from line of scrimmage)
- For a player to be eligible to blitz, they must be 7 yard behind the line of scrimmage
- Up to 3 players can blitz on every play.

- **QB Scramble**

- If a defender blitzes and crosses into the neutral zone, the QB is able to scramble
- QB scramble will not count as the team's 1 run play
- If the QB begins to scramble before the blitzer crosses into the neutral zone, the play shall be ruled a run play





# ***RULES***

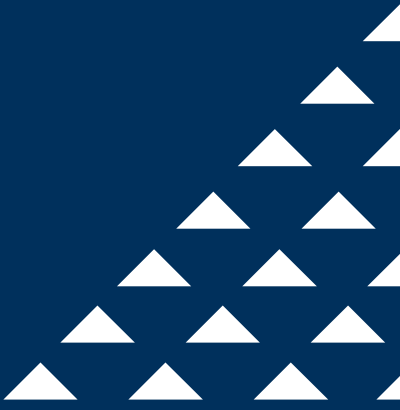
## **Rules to Note**

- **Passes**

- There can be a total of 2 passes, forward or backwards, behind the line of scrimmage
- The second pass must go across the line of scrimmage

- **Fourth Down**

- If a team has not gotten a 1st down in 3 downs, for their 4th down the team can elect to go for it and run a play in attempt to get a 1st down or “punt”
- There will be no actual kicking of the ball
- The ball will be placed on the opposing team’s 20 yard line and give them possession of the ball
- If a team elects a run play and does not get to a new zone, the possession will be turned over to the other team at the spot of the ball at the end of the play





# ***RULES***

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## **Rules to Note**

- **Blocking**

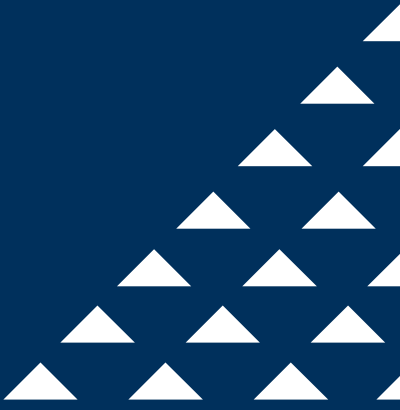
- An illegal block is defined as obstructing an opponent with contact of their body. Moving screens, or making contact with another player is an illegal block.
- Legal blocking is defined as obstructing an opponent without contact by moving into their way

- **Flags**

- If a player is not wearing flags, a flag falls off at the beginning or during play, are covered by untucked shirt, or unreachable for any reason, the player will be called down at first contact by a defensive player.
- This is a judgement call by the official
- Players must wear SYSA issued flags

- **Playing Time**

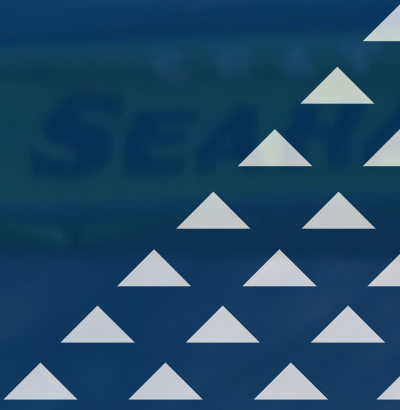
- Each player **MUST** play at least half the game
- Each player **MUST** equally play on offense and defense each game







# ***SYSA RULEBOOK***



For the complete rulebook, please click [\*\*HERE\*\*](#)





***THANK YOU FOR  
COACHING!***