

The logo is a white shield with a green border. Inside the shield is a stylized green 'F' and 'A' intertwined. The background of the entire page is a green football field with white yard lines and numbers.

FCA FLAG

COACHES PLAYBOOK

SOME RUN TO GET A CROWN THAT WILL NOT LAST
WE RUN TO GET A CROWN THAT WILL LAST FOREVER.

1 CORINTHIANS 9:24

Rules

FCA MISSION: To present to athletes and coaches, and all whom they influence, the challenge and adventure of receiving Jesus Christ as Savior and Lord, serving Him in their relationships and in the fellowship of the church.

LEAGUE MISSION: Help build young boys and girls into godly young men and women through the love of the game of football!

FOCUS: Love Christ. Love the Kids. Love the Game.

FORMAT

- 8 on 8 depending on numbers of players
- 50 yard field
- 25-30 minute running clock
- 1 timeout per team; allows 1 final play even if time expires
- 1 minute huddle enforced after game 2
- 1st & 2nd Grade: Coaches are the referees & make all calls
- 3rd-6th Grade: Coaches can assist field monitors in making calls
- Coaches on field: limit of 4
- Use play cards
- 6 plays in playbook/1 new play per game (suggested)
- One basic formation only (see diagram in coach handout; exception for 5th/6th grade Competitive teams. Options TBD at coaches meetings*)

RULES

- Fumbles cannot be advanced/dead ball
- Mishandled QB snap exchange or kickoff/punt is not considered a fumble/can be advanced
- No bumping receiver coming off line of scrimmage
- Defenders cannot cross line of scrimmage until ball is exchanged (except designated rusher)
- First down at 30-yard line/midfield

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- Center ineligible. Snap from ground/side straddle or through legs
 - Minimum of one pass for every four downs, can pass all four
 - 1st & 2nd: 3x1
 - 3rd & 4th: 2x2 (maximum 2 runs per 4 downs)
 - 5th & 6th: 1x3 (maximum 1 run per 4 downs)
 - Dump pass inside TE is considered a run
 - 10 yard set back for pass rusher/sitting facing opposite direction/coaches signal/must rush with a designated rusher.
 - **Seven second scramble rule: QB time allotment behind the line of scrimmage to execute the play***
 - One rusher only
 - Cannot advance the ball two consecutive plays by the same player, receiving or running
 - No motion
 - No stiff arms or swatting defender reaching for flags
 - 1 two point conversion allowed per game
 - 2-3 quarterbacks per game suggested (or at least one per half) with different rotation each week
 - Defense can play zone or use rover
 - Must have 3 men on the line at all times, anywhere on the line, covering receivers or TE
 - No huddle offense is allowed but no hurry up offense without defense being set
 - Blocking – push on, not through, open hands, extended arms
 - No pushing out of bounds
 - No tackling or wrap-ups
 - 1 flag off to be down/ball marked where flag comes off
 - Flags must cross goal line for touchdown
 - No 3-point stance
 - If flag is off = automatic down, judgment call where touched
 - Runner is down when knee touches ground
 - Direct snap to RB is considered an exchange and defenders can rush
 - Inside 5 yd line rule, QB cannot run, TE box to be marked - if QB runs (replay down from LOS)
 - If the same player runs or catches 2 plays consecutively, replay the down

Rules

OVERTIME

- 4 plays from midfield for each team. FG is an option
- 2 Overtime limit

KICKING

- Kick off from 30-yard line (midfield)
- 1 kickoff per half/otherwise start at "X"
- Touchback start at 10-yard line OR at "X" - do not start at "X" if downed behind it
- Out of bounds where ball went out/coffin corner kick on kickoff/punt
- Kickoff from X mark if ahead by two touchdowns or more
- Will kick extra points between marks and over line - ball must go over the heads
- Punting: announce you are punting/free kick/snap throw from center
- No onside kicking: un-recovered kick is a dead ball
- You can kick a field goal on any down from any place on the field
- Fair catch cushion on punt and kick returns
- Field goals for K-1-2: coaches hold rope on the marks to eliminate line drive/in the face kicks*

PENALTIES

- **Off Sides:** illegal motion, 5 yard penalty
- **Illegal Use of Hands:** holding, tackling, interference, pushing = 5 yard penalty
- **Unsportsmanlike Conduct:** 10 yard penalty and loss of down - warning will be issued, ejection from game for second offense
- **Runner Blocking Defender from Flags:** 1 warning, then 5 yard penalty
- **Delay of Game:** huddle longer than 1 minute. 1 warning, then loss of down
- **Illegal Advancement:** single player advances the ball on two consecutive plays, loss of down
- **Interference in End Zone:**
 - Intentional: automatic touchdown
 - Unintentional: 3 yard line and replay down

*denotes new rules for 2026

PLAYER SAFETY

- Rubber or plastic cleats and mouth guard required for all players
- Student Permission Waivers: Each player must have a completed waiver on file in order to participate. It is your responsibility to collect these from your players at your first practice and keep them with you at every practice or game in case of emergency. Please be sure to read these over so you're aware of any health concerns.

PRACTICES

- You are allowed three to four team practices before the first game. After that, one practice per week during the season is allowed. Pregame practice is not considered a full practice, but can be your practice time for the week if you so choose.

Coaches Notes

- It's not about winning at all costs
- We will e-mail you with updates, cancellations and rules changes
- Ask parents to help you
- Parent help list
 - Ball Spotter
 - Referee
 - Score Keeper
 - Pylon Pick Up
 - Sideline Judge
 - Rotation Specialist
 - Flag Patrol
 - Lesson Coordinator: Print lessons each week and distribute to players
- Coach/Huddle Leader: Please sit with team at pregame program

TO DO

- Schedule will be posted at all games and fields marked 1-13
- Game schedule always announced at pregame program
- BLOW WHISTLES! MAINTAIN CONTROL OF THE GAME

COACHES TO COVER IN PRACTICE

- Blocking
- Field goal formation
- Kickoff/punt formation
- Rushing
- Rules
- Play cards
- Rotation system

NEEDS FOR GAME

- Spotter
- Whistle (2)
- Tee thrower
- Scorekeeper
- Playcards/playbook
- Equipment bag (flags/footballs/tees)
- Flag Check
- Whistles ready

Blow Out Policy

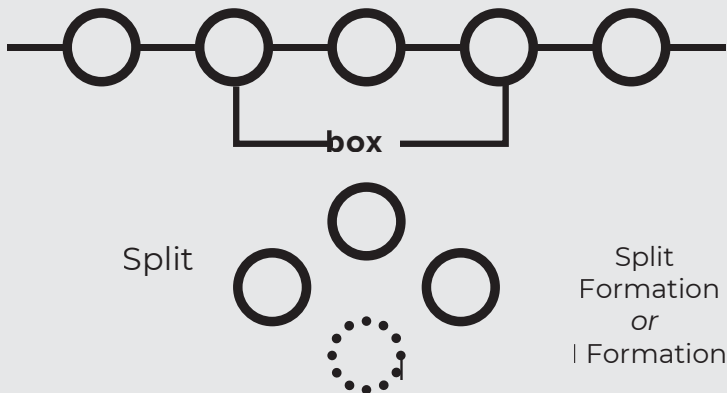
(UP BY 3 TD'S)

- Up by 3 / 3 extra plays
- Up by 4 / 4 extra plays (play flex defense)
- No Pick 6 (cannot advance an interception) ball @ X
- No / No huddle or Hurry up offense
- No Kickoff returns (start @ X)
- No runs / Pass only over LOS (No backfield passes.)
- Coffin Corner kicks on Kick offs only for trailing team
- C team / Utilize less skilled players @ QB/RB/REC (C team game plan in place/personnel adjustments)
- Find a way (get creative) to prevent lopsided scoring

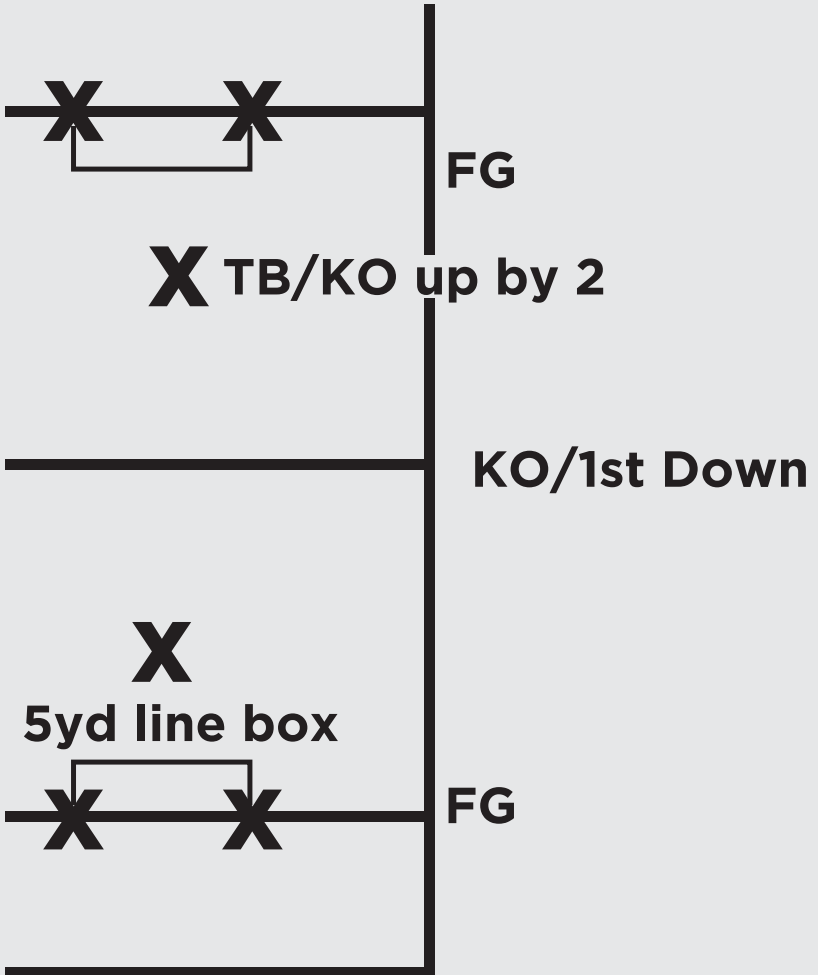
Example: Implement Quick out pass play and run OB RB out of backfield run wide sweep to sideline go OB after 5-7 yards

- Power Play: add a player/2 rushers at 5 yards
- If opponent scores and narrows lead, resume normal rules

Basic Formation



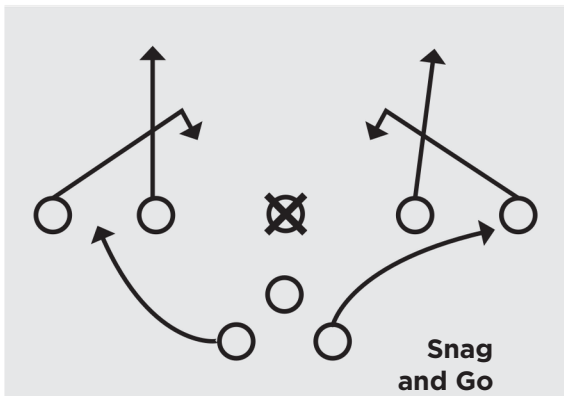
Field Layout



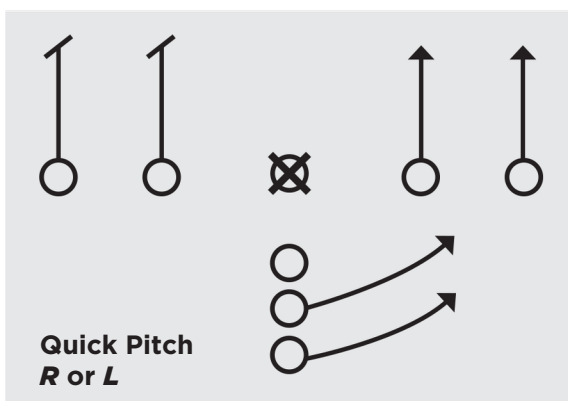
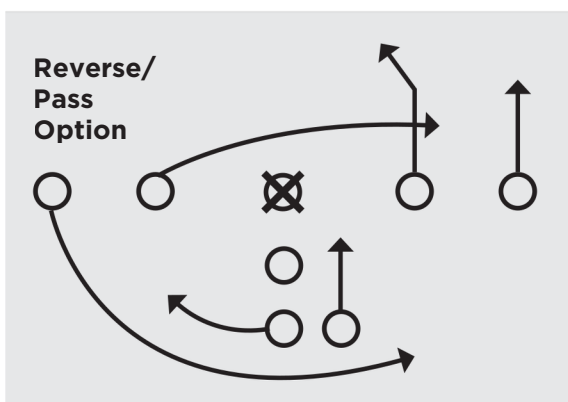
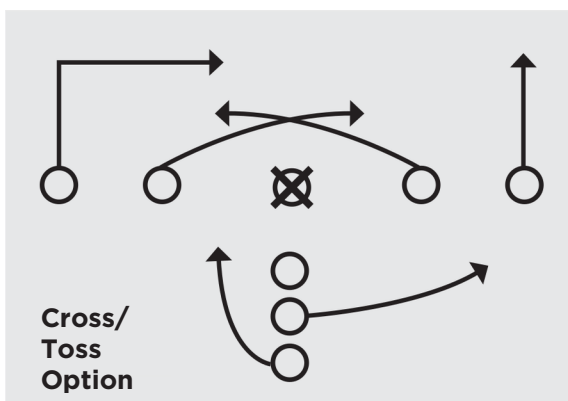
Weather Policy

- For updates and cancellations please visit our website www.southdakotafca.org
- Plan to play in light rain if there is not lightning in sight or forecast and field conditions are playable
- Lightning will always be a determining factor for cancellations.
- Games may be played in light rain depending on field conditions, if there is no lightning in sight or forecast.
- Threatening weather will be monitored throughout the day and we will make a decision 1 1/2 hrs. prior to the start of the pregame huddle. If the weather is questionable and you are uncertain if the games will be played, please check our website for game cancellations before leaving for the field.
- We will not contact you individually
- Week night games will be posted by 5:00 pm
- Saturday games will be posted by 9:00 am
- Coaches may or may not call/email to let you know
- Make-up games will be posted the following day on the website

Play Samples



Play Samples



Sideline Seating Policy

We hope you enjoy the game and will help us with your support, provide a positive, FUN experience for the players, coaches, referees and other fans. In order to keep order and avoid any confrontational situations we ask that you:

Refrain from ANY remarks to a coach, referee, player or parent.

By accepting a sideline front row seat you are agreeing to abide by these terms and:

Maintain a Positive Applaud Only presence and help us create a GREAT Game day experience for the kids.

We have field monitors stationed around the fields that will enforce our Applaud Only Policy and will ask you to leave IF your remarks or actions are in question.

We are blessed with a great group of parents and fans that this doesn't apply to, but for your sake we are trying to eliminate the few that step over the line.

Thank you for being part of FCA Flag Football.

FCA FFB Coaches Certification Contract

I acknowledge and understand the expectations of being a coach in the FCA Flag Football League.

My primary objective is to create a learning experience where the boys/girls I've been entrusted with will have an opportunity to develop physically, emotionally and spiritually.

My conduct on and off the field will be with the utmost integrity, and humility that will be an example to my players and will create a positive experience for my team and the team we are playing.

I will prefer my players, assistant coaches and opposing coaches above myself. I will not insist on my way and look to gain an advantage in anyway, but rather consider the best option, actions and words for fostering a united effort in ALL situations and circumstances.

My language and tone will be above reproach. I will strive for creating an amicable and compromising approach to each game, regardless of whether or not it is reciprocated.

I will do everything in my power not to run up the score on a lesser team and will know and abide by the "Blow out Policy."

I understand a Coach to Coach evaluation process is in place and I will communicate any behavior of opposing coaches that would be unacceptable and detrimental to the mission of the league and know they will do likewise.

I agree to carefully select and train anyone filling in as "Coach " in the event I or another FCA certified Co-Coach is not able to be in attendance at a game or practice, and agree to notify FCA of the substitution.

I agree to select from my parent pool or assistant coaches 1) Huddle Leader coordinator that will assist me with the role of spiritual development and encourager.

Signed

Date

THE COACH'S MANDATE

Pray as though nothing of eternal value is going to happen in my athletes' lives unless God does it.

Prepare each practice and game,
giving my utmost for His highest.

Seek not to be served by my athletes for personal gain,
but serve them as Christ served the church.

Be satisfied not with producing a winning record,
but with producing winning athletes.

Attend carefully to my private and public walk with God,
knowing that the athlete will never rise to a standard higher
than that being lived by the coach.

Glorify Christ in my coaching,
trusting the Lord will then draw athletes to Himself.

Desire to have a growing hunger for God's Word,
a transformed heart and daily obedience.

Depend solely upon God for transformation,
one athlete at a time.

Live out Christ's word in a Christ-like manner,
on and off the field of competition.

Recognize that it is impossible to bring glory
to both myself and Christ at the same time.

Allow my coaching to produce the fruit of the Spirit, thus
producing athletes who are authentic followers of Christ.

Trust God to reveal to my athletes His chosen purposes,
regardless of whether the wins are clearly visible.

Coach with humble gratitude,
as one privileged to be God's coach.