

COACH & VOLUNTEER RESOURCE HUB



One team. Every sport. A positive experience for every child.

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Applies across Just Compete Sports and Just Compete Sports Foundation programs, including Kansas City NFL FLAG, Colorado NFL FLAG, Girls Play Flag Football, Touchdown for Tots, YOUNG3 Basketball, NHL STREET and MLS GO.

Confirm role specific requirements with your program coordinator. Use the current program rulebook and organizational policies for complete requirements.



Prepare. Support. Keep kids safe.

A practical checklist for all Just Compete sports

BEFORE YOUR FIRST ACTIVITY

- Register for the correct coach or volunteer role. Confirm your assignment, location and responsibilities with your coordinator.
- Complete all screening, training and acknowledgments assigned to your role before serving. The NFL FLAG portal on page 1 is specific to that program and is not a universal certification.
- Read the Code of Conduct, Safety & Incident Response Policy, applicable sport rules and facility instructions provided by your program.
- Confirm your roster or participant group, schedule, approved communication channel and emergency contact procedures. Keep participant information private.

PLAN A POSITIVE PRACTICE

- Choose a simple skill goal. Include a warmup, short teaching demonstrations, active drills and opportunities to play.
- Use age appropriate instruction, encourage effort and rotate opportunities. Follow your program's playing time requirements.
- Plan water breaks and adaptations for weather or individual needs. Never use humiliation or denial of water as discipline.

GAME DAY & VOLUNTEER CHECKLIST

- Arrive early. Check the playing surface, equipment, required protective gear and emergency access routes.
- Know who is supervising athletes, who can provide first aid, the facility address and where emergency equipment is located.
- Keep adults in authorized areas, address officials respectfully and follow staff directions. Disclose conflicts of interest to leadership.
- Account for participants at the end of the activity and follow pickup procedures. Do not leave a child alone awaiting pickup.

SAFETY & INCIDENT RESPONSE

- Immediate danger or serious medical emergency: call 911. Stop the activity as needed, move people away from danger and follow responder instructions.
- Suspected concussion: remove the athlete immediately. No same day return. Notify the parent or guardian and follow healthcare clearance, return to play and applicable program requirements.
- Report other concerns promptly to the site director or program coordinator. If that person is involved, contact another member of leadership. Record facts and preserve evidence privately.
- Do not investigate suspected child abuse yourself or wait for internal approval to make a legally required report to outside authorities. Good faith reporting must not lead to retaliation.

CDC concussion response guidance

BACK TO HUB

Find your sport resources

Use your program rulebook for final gameplay requirements



NFL FLAG / INTRO TO FLAG

Fundamentals, rules and practice planning.

[Drills](#) [Rules](#) [Plays](#)



FIRST LINK

GIRLS PLAY FLAG FOOTBALL 7v7

Just Compete's one way field rules and game reference.

[Simplified 7v7 Rulebook](#) [Quick Game Guide](#)



FIRST LINK

YOUNG3 BASKETBALL

Understand the format and the game's distinctive features.

[Rules Explained](#) [4 Point Shot FAQ](#) [Bring the Fire FAQ](#)



FIRST LINK

NHL STREET HOCKEY

Review the supplied rulebook and coaching resources.

[2024 Rulebook](#) [Coaching Resources](#)



FIRST LINK

MLS GO SOCCER

Age specific learning manuals and practice sessions.

[MLS GO PLAYBOOK](#)



FIRST LINK

Links open external resources and retain their existing access settings. General coaching resources supplement your league rules. Confirm age division, format, safety training and local requirements with your coordinator.

[BACK TO HUB](#)



JUST COMPETE SPORTS

Parent & Guardian Pledge

All Sports. All Programs. One Shared Commitment.

At Just Compete Sports, we believe youth sports should help children build confidence, develop skills, make friends, and enjoy healthy competition.

This pledge applies to all Just Compete Sports and Just Compete Sports Foundation programs, including Kansas City NFL FLAG, Colorado NFL FLAG, Girls Play Flag Football, Touchdown for Tots, Young3 Basketball, NHL Street Hockey, MLS GO Soccer, and future programs.

Please read and initial each commitment, then sign on page 2.

1 I Will Put My Child's Experience First

I will remember that youth sports belong to the children. I will support my child's participation without placing my own expectations above their enjoyment, development, or well-being.

INITIALS

2 I Will Celebrate Effort and Growth

I will recognize effort, teamwork, improvement, and sportsmanship. I will help my child learn from mistakes and understand that their value is never determined by a score, performance, or playing time.

INITIALS

3 I Will Be a Positive Example

I will treat players, coaches, officials, staff, volunteers, and other families with respect. I will not use abusive language, threats, intimidation, discriminatory remarks, or behavior that embarrasses or humiliates a child.

INITIALS

4 I Will Encourage From the Sidelines

I will cheer positively and allow coaches to provide instruction. I will avoid shouting directions that confuse players or undermine their coaches. I will recognize good effort and sportsmanship from either team.

INITIALS

5 I Will Respect Officials

I understand that officials make difficult decisions and may make mistakes. I will not argue calls, confront officials, or encourage others to do so. I will raise concerns respectfully through the appropriate program contact.

INITIALS

6 I Will Communicate Respectfully

I will address questions or disagreements calmly and privately through appropriate channels. I will avoid criticizing coaches, players, or other families in front of children. I understand that urgent safety concerns should be reported immediately.

INITIALS



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7

I Will Help Keep Everyone Safe

I will follow facility rules, remain in designated spectator areas, and respect staff instructions. I will not enter a playing area to confront anyone or approach another child about a dispute. I will follow separation, dismissal, and emergency instructions.

INITIALS

8

I Will Support My Child's Health

I will provide required equipment, current emergency contact information, and relevant medical instructions. I will encourage my child to report pain, illness, or unsafe situations and will not pressure them to play while injured or unwell.

INITIALS

9

I Will Respect Everyone's Time

I will make reasonable efforts to ensure my child arrives ready and on time. I will communicate absences and arrange timely pickup by an authorized adult.

INITIALS

10

I Will Protect Children Online

I will use team messages and social media respectfully. I will not post or circulate content to shame, threaten, mock, or escalate conflict involving children or families. I will share incident evidence privately with program leadership or appropriate authorities.

INITIALS

11

I Will Speak Up and Support Others Who Do

I will report suspected abuse, bullying, harassment, misconduct, or unsafe conditions. I will not retaliate against anyone who raises a concern in good faith. Nothing in this pledge prevents lawful reporting or contacting emergency services or appropriate authorities.

INITIALS

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I Will Support Our Shared Standards

I will review and follow the Just Compete Sports Code of Conduct, Safety & Incident Response Policy, and applicable program rules. I will help guests attending with my family understand these expectations. I understand that violations may result in restrictions, removal, or other action under these policies.

INITIALS

MY COMMITMENT

I will encourage my child, respect others, support safe play, and help make youth sports a positive experience for every family.

Parent or Guardian Name

Date

Parent or Guardian Signature

Participant Name(s)

Sport / Program