

COACHES CORNER



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

START HERE / CLICK A CARD TO OPEN A RESOURCE

01	GETTING STARTED Registration, role confirmation, screening and preparation. OPEN RESOURCE	PAGE 2
02	CODE OF CONDUCT Read expectations for coaches, players and families. OPEN RESOURCE	
03	SAFETY & INCIDENT RESPONSE Know how to report concerns and respond to urgent situations. OPEN RESOURCE	PAGE 2
04	TRAINING & CONCUSSION PORTAL Open the NFL FLAG concussion training coach lookup. OPEN RESOURCE	
05	SPORT RULES & COACHING TOOLS Find football, basketball, hockey and soccer resources. OPEN RESOURCE	PAGE 3
06	TEAM & FAMILY RESOURCES TeamSnap, policies, equipment and the parent pledge. OPEN RESOURCE	PAGE 4

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, applicable safety policies, 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](#)



Keep your team connected.

Practical steps, policy links and resources to share

SET UP TEAM COMMUNICATION

- Use the TeamSnap account associated with your assigned role. Confirm that your roster and coach access are correct with your coordinator.
- Introduce yourself to families. Share the program schedule, required equipment, arrival expectations and the approved way to reach you.
- Check official schedules and league updates before communicating changes. Contact your coordinator about missing athletes or access problems; do not add unregistered players to activities.
- Keep athlete contact and health information private. Use organization approved channels and follow adult boundaries when communicating with minors.

SHARE EQUIPMENT EXPECTATIONS

- Confirm the required uniform and protective equipment for your sport and age division. Check gear and the playing area before each activity.
- For flag football, share the belt fit guide and mouthguard resource below. General equipment guides supplement Just Compete requirements.
- For basketball, hockey, soccer and Tots, use the specific program instructions and contact your coordinator with questions.

[Flag Belt Fit Guide](#)

[Mouthguard Information](#)

POLICIES & SAFETY LINKS

- Use the organizational Code of Conduct for expectations and discipline. Follow current injury and weather procedures and facility directions.
- Report safety or conduct concerns to the site director or program coordinator. If that person is involved, contact another member of leadership. Call 911 for an immediate emergency.

[Concussion & Injury Management Policy](#)

ALL SPORTS WEATHER POLICY > PAGES 5 & 6

BUILD A POSITIVE SIDELINE

- Share the Parent & Guardian Pledge before the first game. Explain how families can encourage effort, respect officials and raise concerns constructively.
- The complete pledge is included on pages 7 and 8 for families to review and sign.

OPEN PARENT & GUARDIAN PLEDGE > PAGE 7

[Heat Safety Guidelines](#)

[Environmental Safety Resources](#)

[Need help? 365@justcompete.org](mailto:365@justcompete.org)



Weather & Environmental Safety

Prepared October 22, 2026 | Applies across sports and locations

Our priority is safe participation.

This policy applies to Just Compete Sports and affiliated programs, including NFL FLAG, Girls Play Flag Football, Touchdown for Tots, YOUNG3 Basketball, NHL STREET and MLS GO. It covers practices, games, clinics, tournaments and other activities, including indoor events affected by unsafe travel, building conditions or environmental hazards.

Who makes the weather decision?

Designated league or event leadership, in coordination with facility staff and officials, may delay, modify, relocate, suspend or cancel an activity when conditions are unsafe. Facility closures and stricter applicable facility, governing body or local requirements take priority. Coaches and teams must follow suspension and evacuation directions.

Rain and playing surface conditions

Rain alone does not automatically cancel outdoor activities. Play may continue when there is no lightning risk and the surface and conditions remain safe. Standing water, flooding, slick courts, poor traction, reduced visibility or unsafe fields may require a delay or cancellation. Wear suitable clothing and footwear. Do not enter closed fields or courts.

Thunderstorms and lightning: stop and shelter

Suspend outdoor activity immediately when thunder is heard, lightning is seen, or reliable monitoring identifies lightning within 10 miles of the activity. Do not wait for an app alert when thunder or lightning is observed. Allow enough time for everyone to reach shelter safely.

Use safe shelter

Move to a substantial, fully enclosed building or an enclosed vehicle with a hard metal roof and closed windows. Tents, canopies, dugouts, open shelters and trees are not safe lightning shelters. Stay away from plumbing and electrical equipment inside buildings. Follow the facility emergency plan for tornadoes and other severe weather; a vehicle is not a tornado shelter.

Returning after a lightning suspension

Wait at least 30 minutes after the last thunder or observed lightning, and after the last detected strike within the 10 mile monitoring radius. Each new occurrence restarts the full waiting period. Stay sheltered until designated leadership and the facility authorize a return. A 30 minute delay is a minimum safety interval, not a maximum waiting time or an automatic restart.

Immediate danger or a serious medical emergency: call 911.

Stop activity, follow the emergency action plan and keep emergency access clear.



Prepare. Monitor. Communicate.

All sports | Outdoor and indoor considerations

Heat and humidity

Evaluate conditions at the activity site and modify duration, intensity, equipment and rest breaks as needed. Use the current linked KSHSAA Wet Bulb Globe Temperature (WBGT) guidance as a reference for heat decisions, including outdoor activity and facilities without air conditioning. WBGT is different from air temperature or heat index. Provide unrestricted access to drinking water, rest and a cooler area. Follow stricter applicable requirements.

Cold, wind and precipitation

Consider wind chill, wet clothing, exposure time, participant age and access to warm shelter. Add warming breaks, shorten activities, delay or cancel when needed. Require clothing appropriate for the sport and conditions. Snow, ice, freezing precipitation and unsafe travel or facility access may also require changes. Use the linked cold weather and wind chill resources to guide decisions.

Air quality and other environmental hazards

Check local air quality and public health advisories when smoke, pollution or other hazards are present. Modify or stop activity based on conditions and applicable guidance. Athletes with asthma or other respiratory conditions may need changes sooner than others. Follow tornado warnings, evacuation directions and facility instructions. Secure equipment only when it is safe to do so.

Indoor programs

An indoor location does not eliminate weather risks. Building closures, power loss, excessive indoor heat, unsafe air quality, leaks, slippery floors or hazardous travel may affect basketball, hockey, soccer and other indoor activities. Follow the facility shelter and evacuation plan.

Updates, delays and schedule changes

Check the official communication channel designated for your program, such as TeamSnap, email, text alerts or the program website. Do not assume another location has the same status. Weather delays may exceed 30 minutes, and later activities may have adjusted start times. Remain in safe shelter and wait for official instructions. Makeup plans will be shared when confirmed; do not assume a replacement date or time.

Shared responsibilities

League and event staff should identify who monitors conditions, locate safe shelter before activities begin, coordinate decisions with the facility and communicate directions to coaches and families. Coaches should account for athletes and follow parent pickup and supervision procedures. Families should report safety concerns promptly and keep contact information current.

Questions? 365@justcompete.org

For heat and environmental safety links, see page 4.



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



JUST COMPETE SPORTS

Parent & Guardian Pledge

All Sports. All Programs. One Shared Commitment.

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

12

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