



COACHES HANDBOOK



Mission Statement

To support a football league that is developmental, yet competitive; to teach good citizenship and good sportsmanship in addition to the fundamentals of football.

Our Board and Coaches will encourage commitment, self-discipline, responsibility, team work, fair play and an appreciation for and knowledge of the game of football in an atmosphere of enjoyment and respect for self and others.

INTRODUCTION

Thank you for your time and commitment to these young athletes you will be coaching this season. Remember these young athletes look up to you as a leader. Try to make this a positive experience at practices and games. A great rule to coach by is to correct and teach a player and not to criticize a player.



The mission of CDA Jr Tackle Football, Inc. is to support a football league that is developmental, yet competitive; to teach good citizenship and good sportsmanship in addition to the fundamentals of football.

Our Board and Coaches will encourage commitment, self-discipline, responsibility, team work, fair play and an appreciation for and knowledge of the game of football in an atmosphere of enjoyment and respect for self and others.



Important Dates & Details

August 9 th	Fitz Coaches Meeting at LCHS (6:30pm)
August 14 th	All Coaches Meeting at LCHS (7pm)
August 18 th	Equipment Handout for ALL players – Persons Field (Times tba)
August 26 th	Coaches pickup Team Equipment/Field Prep
August 20 th	Practices begin
August 27 th	Team Mom Meeting at LCHS (7PM)
September	Games begin – Check your Schedules for times & location
September	Fitz League begins (Times tba)



Players will be responsible for:

- *Pants (White)
- *Cleats (No Metal)
- *Practice Jersey

CDA Jr Tackle will supply:

- *Game jersey
- *Shoulder pads
- *Helmet
- *Mouth guard

****All players will need to have a current physical (good for two seasons) completed before equipment checkout on 8/14. There is a physical form available on our website or you can get one from your physician.**

This information and lots more is available on our website:

www.cdajrtackle.org

Responsibilities of a CDA Jr Tackle/Fitz League Football Coach

Coaches are among the most influential adults in the lives of youth athletes. In conjunction with parents and schools, coaches are key to developing character in our children.

Children who are coached responsibly in sports achieve better grades, are less likely to engage in dangerous behavior, live longer and healthier lives due to improved fitness they carry forward from youth sports. Sports provide the ideal 'virtual classroom' for teaching life lessons, if coaches prepare themselves to become Responsible Coaches.

- Ensuring player safety
- Placing education and character development *before* wins
- Coaching beyond the "X's and O's"
- Coaching athletes to master their sports
- "Keep Positive" to improve performance and instill love of sport

A CDA Jr Tackle/Fitz League Coach is someone who:

Exhibits a high level of coaching competence

- Personal commitment to coaching excellence – on and off the field
- Commitment to constant development of personal coaching skills
- Collaborates and partners with other coaches for personal and game improvement

Achieves and maintains excellence on-the-field

- Maintains paramount concern for the health and safety of the athletes
- Focuses on mastery of skills over winning; effort over outcome
- Fosters success through positive feedback, valuing teamwork and consistently providing support to players

Demonstrates an on-going commitment to the well-being and development of athletes off-the-field

- Concerned for the development of the athlete as a whole person – emotional, physical and intellectual
- Understands and embraces their role as mentor and role model
- Respects the rights of every athlete and treat everyone equally regardless of background or ability

Honors and respects the Game

- Upholds the spirit as well as the letter of the rules of the game
- Respects all opponents, officials and opposing players

Coaching Reminders!

Thank you for volunteering to coach in the CDA Jr Tackle/Fitz League Program. Here are a few guidelines before the season begins:

Focus on FUN, not winning at all costs:

Please remember this! Win-at-all-cost attitudes will not be allowed. Above winning, kids participate in this program to have fun and won't want to continue playing unless they do. Remember kids and adults have a different version of the definition of FUN! If a child is on the sideline most of the game wishing to be out on the field, that is not fun, even if the team is playing well or winning. Help each child have a good experience that will allow him/her to remember his/her season positively.

Every Player MUST play in the game:

Regardless of size and playing ability, each and every player deserves playing time (at least 10 plays per game)! Remember, coaching is not just putting your best players on the field....Coaching, is taking every player on your team and find out what skills they possess, help them improve in these skills, and put them in a position that utilize these skills and be productive. Sometimes coaches must change their game plan according to the ability of the players you have on your team.

Rotate the Players in various positions:

Let the kids explore positions in which they are interested and do not limit the players to where you want them to play. Try and put the players in a position that would allow them to touch the ball in the game. Remember, there are three areas in football...offense, defense and special teams. The Board encourages a coach to use a player in each of these areas.

Positive comments and attitude:

Please don't forget that these kids are exploring their curiosity about sports choices and learning as they go. ENCOURAGE them in all efforts. Make it your goal to find at least one positive detail about each child's contribution to tell him/her each game. *Using foul/degrading language is intimidating, does not boost self-confidence, shows poor sportsmanship, makes the child afraid to try AND WILL NOT BE TOLERATED!*

For many of these kids, this is their first experience with football. Please be patient and help them learn this great game. Please keep in mind the way to measure your success as a coach is not on the number of wins. It's all about being a role model who shows the kids the meaning of good sportsmanship, as well as how much fun sports can be!

Coaching Philosophy

- You will always be proud of them as long as they give **100% effort** (regardless of the outcome on the scoreboard).
- You want each one of them to **constantly strive to learn and improve**. This involved them comparing their own performance to their own performance (i.e. Are they better than they were 2 weeks ago?)
- Mistakes are an inevitable part of the game. If they are giving 100% and trying new things (as they strive to improve), mistakes are bound to occur, and your best players are those who find ways to quickly **bounce back from mistakes**.
- Teams that focus on giving their full effort, constantly learning and improving, and bouncing back from mistakes, **actually win more** than teams who consistently focus on the scoreboard.

Remember.....

- Effort – Always give 100%
- Learning – Improve constantly as you gain more knowledge
- Mistakes are OK – Mistakes are how we learn

At the start of the season, let your players know you want to coach a team that will have respect for the ROOTS of the game:

Rules – We refuse to bend/break the rules to win

Opponents – We value and recognize that a worthy opponent brings out our best and we take a “fierce and friendly” attitude into competition.

Officials – We respect Officials even when we might disagree with them

Teammates – We never do anything to embarrass our team (on or off the field)

Self – We live up to our standards of playing football, even when others don’t

Lead by example.....when your players and their parents see you keep your temper in check, for example, when an official misses a call, they are more likely to check their own tempers

It is important in stressful situations in a game for a Coach to have – and practice – a self-control routine. For example:

- Take a deep breath
- Remind yourself of the discipline required NOT to react
- Engage in self-talk (“I need to be a role model. I can rise above this!”)
- Turn away from the action
- Count to 10 (or 50 if you have to!)
- Quickly refocus on the next play

Seize Teachable Moments

Capitalize on the many instances during your practices and games – or in media coverage of college and professional sports – when lessons can be highlighted. These can be either positive or negative moments, such as someone losing graciously (positive), or an athlete taunting an opponent (negative). Engage your players in a discussion about whether the behavior in question is positive or negative.

Drill During Practice

Just as we develop drills for improving physical skills, we must create situations in practice where players learn how to handle negative situations. For example, during a practice game, make a bad call on purpose and see how your players react.

If they react in a way that is consistent with good sportsmanship and positive, praise them. If they don't, use that moment to discuss how you want them to respond in a game situation (not letting the questionable call throw them out of their rhythm). You might also consider having your players officiate during practice games to appreciate the difficulty of being an Official.

Positive Charting

Coaches tend to think that they add value only by telling players what they are doing incorrectly and then correcting them. But it is equally important to point out when players are doing things correctly and to reinforce them, so players will continue to do them.

"Positive Charting" is a technique for recording positive efforts and plays made during practices or games. Your positive chart can simply list all of your players with space to note two or three of their specific positive acts.

Dealing With Officials

Before the game, take 5 minutes and go over and introduce yourself to the Officials. This is a good time to ask them if you have any questions on the rules, etc.. Also, write their names down on your sheet so if you want to talk to them during the game you can easily call them by their name (not just 'Hey, Official').

Do you think there is an effective way to approach an Official after a bad call? You may be able to ask Officials, "Can you let me know what you saw on that last play?" By staying calm, keeping your voice low and giving the Official plenty of space and asking a question about what they saw (rather than outright questioning the accuracy of their call), you'll have the best chance of having a constructive interaction with the Official.

Coaching Your Own Child

Coaching your own child can offer some of life's greatest moments, though it requires a delicate balance between coaching and parenting. Make it clear to your child when you are in "Coach Mode". Be sensitive to favoring or penalizing your child. Allow your assistant coaches to work with your child; that will benefit your child and provide a less stressful situation between yourself and your child.

Serving as both coach and parent, gives you even greater than usual influence on your child's emotional tank! Emphasize that you love your child, regardless of on-field performance.

When your child starts playing sports, you need to communicate to your son or daughter when you're in the coaching mode. You can say, "I am putting on my Coach hat on now, where I need to give equal attention to everyone". When coaching your older children, leave your coaching mode at the field, so your children don't feel they are being coached by you 24/7.

Coaching your own child should be one of the best times in your life for both you and your child!



Parent Meeting Agenda

A pre-season parent meeting is a wise investment. People tend to live up to expectations if they know them. A meeting can help mold the behavior of your player's parents. Follow this general outline:

- Welcome and Introductions
- Your Coaching Philosophy
- Goals for the Season (present yours and ask for theirs)
- Logistics (practice/games schedules, phone/email lists, etc.)
- Asking for Parent Volunteers and Team Moms
- Explain Fundraisers

Time for Parent Questions

Attached is a sample Info Sheet to help convey info to your parents on some of the details you need to share.

SAMPLE

CDA Jr Tackle Football Info Sheet to hand out to parents:

General Information

5th Grade (Team Name) Heat Football Coach (Name) and Asst Coaches (Names)

Cell #(208) xxx-xxxx

Email – xxxxxxxxxx@gmail.com

Team Mom – Contact Information

To look up game information or results go to The CDA Jr Tackle Website: www.cdajrtackle.org

Practices will be held at (school name), please ask for directions if you are unfamiliar with the location of this school.

Important Dates

First day of practice: (Team name) will practice at (school name) from 5:00PM – 7:00PM

8/14/10 Equipment Handout for (Team name) is at XXXXXX

8/16/10 Practices Begin

8/28/10 Season Games Begin

9/18/10 Punt, Pass & Kick Fundraiser – Location CHS (Addt'l Info to follow)

Practices

Please call Head Coach (Name at 208-xxx-xxxx) your son/daughter is unable to attend practice. School and family matter are more important than football. Please let me now in advance if your child will not attend practice. Unexcused absences will affect game playing time for that week.

Players must have their Physicals before the first padded practice (Thursday the 19th) to be able to play. Physicals are good for 2 years, so if you child had a Physical last year, they will not need a new Physical. **(Please report any illness or conditions a player may have to the Coaches before practice begins).**

Players must have 3 pad-less practices before a padded practice (Mandatory)

Players must have 10 practices before playing a game (Mandatory)

Practice Times:

Monday – Thursday @ 5:00-7:00PM

Friday @ 5:00-6:30PM (No pads – Only Helmets)

Games

Please be at the playing field at least 1 hour before game time. Check schedule for game time and location. Home games – Our team is responsible to provide Chain Gang and Clock Keeper and I will be asking for parent volunteers for these tasks.

Safety Measures

We cannot stress enough the importance of safety. Driving to and from games and practices, overexposure to sun, dehydration, exhaustion, faulty equipment, overuse injuries and those that result from accidents on the field all present potential hazards. That is why the number one characteristic of a Responsible Coach is ensuring player safety.

Ask parents to report any illness or condition a player may have to the Coaches before practice or a game begins. The players are covered by the league's insurance at practices and games. If a player is injured, the insurance claim forms are located on the CDA Jr Tackle website at www.cdajrtackle.org

The major areas of safety are:

- **Conditioning:**

Have your players warm-up properly with stretching and calisthenics before they start any physical conditioning. Make sure your players check with their family doctors to assess player fitness before they begin any physical activities. A player's Physical is good for 2 yrs

- **Hydration:**

Hydration is a big issue in sports. Teach your athletes the importance of hydration – ask parents to send their children to practice with water bottles; and as a Coach, remind players they should drink water throughout the day. You may want to bring additional water to practice in case a player forgets to bring some.....which happens often!

- **Nutrition:**

We all know nutrition is important. It becomes even more important for our youth athletes who are burning lots of calories during practices and games. Do your best to ensure your players are eating a balanced diet and touch base with parents to make sure they're aware of special nutritional needs before practices and games.

- **Equipment:**

Make sure the equipment used in practices and games is safe. Make sure players wear adequate protective gear and examine all training and field equipment. Emphasize the importance of mouth piece. Also, teach players to use equipment only for its intended purpose.

- **Injury Prevention and Treatment:**

A first-aid kit and a cell phone should be present at all practices and games in case of an emergency. Make sure players are properly warmed-up before a practice or a game.

COACHING: X's and O's and Beyond

CDA JR TACKLE FOOTBALL RULES

We will play by High School rules with the following exceptions:

5th & 6th Grade:

- Kickoffs will start from the 40-yard line
- Extra points WILL NOT be live for 5th grade
- Punts WILL be live for 5th grade
- Punts and Extra Points will be live for 6th grade
- Extra Point Scoring will be:
 - 1 point for a successful run or pass
 - 2 points for a successful kick
- Quarters will be 10 minutes long
- Halftime will be 10 minutes long
- There will be NO ball carrier weight limits

7th & 8th Grade:

- Kickoffs will start from the 40-yard line
- Punts and Extra Points will be live
- Extra Point Scoring will be:
 - 1 point for a successful run or pass
 - 2 points for a successful kick
- Quarters will be 10 minutes long
- Halftime will be 10 minutes long
- There will be NO ball carrier weight limits

All Grades:

- The Chain Crew will be on the home team side of the field, and will be provided by the home team
- At Person Field, the inside of each field will be the home side. (For Clock and Scoreboard purpose)
- When a team is 21 or more points ahead in the second half, a running clock will be imposed at the **loosing coaches' discretion**. At Person Field, if the 2 hour time limit is going to be overrun, a Board Member can impose a running clock.
- Each player will play a minimum of 10 plays, including special teams. (If a player missed practice time or has a discipline problem, this rule can be waived for that week, at the Coaches' discretion)

PRACTICES

Guidelines for Practices:

- All Players must have 3 pad-less practices before a padded practice, No Exceptions
- All Players must have 10 practices before playing in a game, No Exceptions
- 2 hours maximum practice time
- Practices are not allowed on CDA Jr Tackle game fields at Persons Field
- No practices on Sunday allowed
- Parents are not allowed in player area during practices
- There must be a cell phone at all practices in case a player is injured and you need to call 911.

CDA Jr Tackle Games

- 1) Home games are your team's responsibility to provide chain gang and clock keeper
- 2) Must have your team help at least once for field set up and take down
- 3) Your entire sideline (players & parents) is your responsibility. Once you have talked with someone on your sideline who is misbehaving and the problem continues, next time talk to a Board Member on the field and they will have the person escorted off the field
- 4) High School rules apply at the game
- 5) 2 points for PAT (field goal)
- 6) 1 point for a run PAT
- 7) All kicks will be live for all grade levels (5th PAT is no-rush)
- 8) 10 minute quarters
- 9) 10 minute half time
- 10) Football sizes for 5th and 6th grade are junior sized ball and 7th and 8th grade are intermediate sized ball. Size for Fitz League is also junior size.
- 11) Every player must play at least 10 plays per game. Special team plays are included
- 12) Keep parents out of player area on game day
- 13) There must be a cell phone at all games in case you need to call 911
- 14) No schedule changes for games unless approved by the Board

ORGANIZATION

All players are covered by the league's insurance at practice and games. Organize a mandatory team meeting early after the first practice if possible. This will be your opportunity to tell your players and their parents your expectations, rules and responsibilities. Here are a few examples of topics to discuss during your first team meeting:

- The league has a zero tolerance for misbehavior towards referees, players and coaches
- The league has a no tobacco policy on all practice and game fields
- All coaches on your team (including a parent who helps out part time) must fill out a coaching application prior to having any contact with players. This is so the league can perform background checks to protect the players.
- Inform the parents and athletes of CDA Jr Tackles website: www.cdajrtackle.org
- Coaching applications and accident claim forms are available from above site
- Recruit a TEAM MOM!.....They are invaluable and duties may include the following
 - o Collecting/maintaining ALL physicals before the first game
 - o Collecting league commitment forms before the first game
 - o Organizing chain gang and clock keeper schedule for your team
 - o Help coordinate/collect money from Fundraiser
 - o Hand out your team practice schedule and game schedule and assist with coordinating team photos
 - o Scheduling for team's concession responsibilities

* * *TEAM MOM MEETING SCHEDULED FOR MONDAY 8/27/12 AT LCHS AT 7PM* * *



COEUR D'ALENE JR TACKLE FOOTBALL OPERATING/POLICY & PROCEDURES

TEAMS

A. Number Of Players On A Team

Number of players per team will be a function of available finances and interest in involving as many players as possible in game play. The suggested number of players per team is (18-25) at the start of the season.

B. Team Registration

Teams will not be considered eligible for league play until the CDA Jr Tackle Football Board has received and approved the team registration package which will include the following:

1. Parent and Player Applications
2. Physical Examinations
3. Proof of Residence
4. Proof of age and grade – This requirement waived if the child's age has been verified in a previous year.

No player may participate in any practice or game until a full packet has been given to their coach.

C. Insurance

Insurance will be purchased by the league. The premium will be paid by the players and will be included in the registration fee. Injuries resulting in a claim for hospitalization, doctor, or medicine must be reported to the CDA Jr Tackle Football Board immediately by parents and coaches.

D. Team Equipment

All Players will be required to be dressed in full protective equipment for all practices involving 'body to body' contact and all games. The team uniform jersey will not be worn during practice.

E. Player Equipment

Each player is required to purchase their own (white) practice/game pants and pant pads and practice jersey.

PLAYER ELIGIBILITY

A. Player Application

Each player will complete a player application provided by the league and will obtain their parent's or guardian's permission to play football as signified by the signatures required on the application. All new players to CDA Jr Tackle will be required to provide proof of residence.

B. Physical Examination

Each player will obtain a statement from a physician which states the player is physically fit to participate in football. Any new player will be required to provide a physical prior to playing. Physicals are good for 2 years.

B. Fees

Each player must pay a fee established by the league prior to receiving a uniform to be eligible to play on a team.

C. Scholarships

Scholarships are available and must be written requests presented and approved by the CDA Jr Tackle Board

D. Refunds

\$20.00 will be deducted from the registration fee paid to cover cost of insurance and administration costs. Refunds will be addressed by the CDA Jr Tackle Board on a case by case basis. No refunds will be granted after the 1st game has been played.

E. Player

CDA Jr Tackle participation is limited to fifth, sixth, seventh and eight graders. A player is limited to one year eligibility at each grade level and no more than 4 years of eligibility. (The Fitz League has separate Operating Policies & Procedures)

GAME AND FIELD RULES

A. Game Rules

Games rules will be in accordance with Idaho State High School rules except for the following special rules:

1. The unlimited substitution rule will always be in effect. Each player must play the equivalent of one quarter of the game. Ten (10) plays with Special Teams equals one quarter.
2. Time limit for each quarter of play will be (10) ten minutes for 5th - 8th grade.
3. Spectators must stay behind “fenced off” markers during all games.
4. Official game ball will be the intermediate size ball for 7th and 8th grade and junior size ball for 5th and 6th grade.
5. Board Member(s) may call a game forfeit if a team arrives later than ten minutes after the scheduled game time.
6. 5th - 8th grade teams will have the opportunity to play for extra points after a touchdown. The team may choose to run-in or kick the extra points. There will be 2 points for kicking and 1 point for running in. No rushing kicker in 5th grade.
7. Mercy Rule – Running clock in the 2nd half when team is ahead by 21 points

B. Field Rules

The following special field rules apply:

1. Field length will be a standard 100 yard field.
2. The Junior Tackle Association will provide down markers, clock/scoreboard, and game officials.
3. The Junior Tackle Association will be responsible for all football field maintenance.

GAMES AND PRACTICE SCHEDULE

A. Practices

Practices shall not begin prior to team registration. No practices will be held on Sunday. A player must have at least 10 days of practices in prior to the 1st game they participate in. A player must have 3 days of practices in before they can practice in full pads.

B. League Games

League games will be scheduled by the Coeur d'Alene Jr. Tackle Association. Schedules will be established to conclude the football program by November 1st.

C. Non-League and Exhibition Games

All non-league and exhibition games must be approved by the Junior Tackle Football Board prior to accepting or scheduling invitations to participate.

COACHES

A. Selection of Coaches

Coaches must meet the Junior Tackle Football Association's coaching criteria. Coaches will be selected by the Board of Directors and shall be volunteers working for the Junior Tackle Association. Coaches must re-apply each year they wish to coach.

B. Mandatory Rule

Each Coach will comply with each of the following rules:

1. Refrain from profane and abusive language and unsportsmanlike conduct in the presence of players or spectators.
2. Accept game official's decisions on the field as being fair and unbiased. Game Official's decisions are final.
3. Refrain from intentionally 'running up' a score against any opponent.
4. Attend coaching clinic(s) provided by the CDA Jr Tackle organization

C. Suggested Practices

Refer to Coaches Handbook

GAME OFFICIALS

A. Assignment

Game Officials will be assigned by the North Idaho Referee Association.

EQUIPMENT

A. Helmet

The helmet is to be of a high quality material and must have as a minimum the following: Adequate head suspension, face guard and chin strap. Helmets must be NOC SEA approved. Any helmets not provided by the Junior Tackle Association must be approved prior to use. NO ALTERATIONS OR 'QUICK FIXES' WITHOUT PRIOR APPROVAL.

B. Shoes

Shoes will be provided by the player. No exposed metal on shoes.

C. Shoulder Pads

Shoulder pads are provided by CDA Jr. Tackle organization.

D. Hip Pads and Tail Pads

Hip pads/Tail pads are provided by player.

E. Thigh Pads

Thigh pads are provided by player.

F. Knee Pads

Knee pads are provided by players.

G. Pants

Pants must be white and may be either one piece or shell construction. One piece pants must have removable pads.

H. Jerseys

Game jerseys will be provided by CDA Jr Tackle. Any exceptions must be approved by the CDA Jr Tackle Board. Numbers on the back of the jersey must be eight inches in height. Game jerseys will be worn in games only. Players must provide their own practice jerseys.

I. Mouth Piece

Every player must use a mouth piece during all contact drills and games. Mouth pieces will be provided by the League.

AWARDS

A. Championship Awards

The league championship team in each grade level will receive a championship football trophy from the Coeur d'Alene Jr. Tackle organization at the completion of the season.

Criteria for Championship: Losses are 1 point and ties are ½ point. Lowest points are league champs. There can be co-champions.

DIVIDING TEAMS

Teams will be divided into geographic areas or districts: Lake City North, Central and South and Coeur d'Alene North, Central and South. These sections can be divided any year as the Board sees fit. The sections will remain small to help compensate for an overflow in another area. These areas were chosen not to be used as specific borders but as a starting point to build teams. After players are divided by area, the Board will draw players nearest to each area until each team has equal numbers. Players will stay with their teams for the following years in Jr. Tackle. Late registrations will be on the team closest to the area they live in. If in following years a team is short players, new players will be assigned as determined by the CDA Jr Tackle Board.



THE FITZ LEAGUE OPERATING/POLICY & PROCEDURES

TEAMS

A. Number Of Players On A Team

Number of players per team will be a function of available finances and interest in involving as many players as possible in game play. The suggested number of players will be determined by Board.

B. Team Registration

Teams will not be considered eligible for league play until the CDA Jr Tackle Football Board has received and approved the team registration package which will include the following:

1. Parent and Player Applications
2. Physical Examinations
3. Proof of Residence
4. Proof of age and grade – This requirement waived if the child's age has been verified in a previous year.

No player may participate in any practice or game until a full packet has been given to their coach.

C. Insurance

Insurance will be purchased by the league. The premium will be paid by the players and will be included in the registration fee. Injuries resulting in a claim for hospitalization, doctor, or medicine must be reported to the Coeur d'Alene Jr. Tackle Football Board immediately by parents and coaches.

D. Team Equipment

All Players will be required to be dressed in full protective equipment for all practices involving 'body to body' contact and all games. The team uniform jersey will not be worn during practice.

E. Player Equipment

Each player is required to purchase their own (white) practice/game pants and pant pads and practice jersey.

PLAYER ELIGIBILITY

A. Player Application

Each player will complete a player application provided by the league and will obtain their parent's or guardian's permission to play football as signified by the signatures required on the application. All new players to CDA Jr Tackle will be required to provide proof of residence.

B. Physical Examination

Each player will obtain a statement from a physician which states the player is physically fit to participate in football. Any new player will be required to provide a physical prior to playing. Physicals are good for 2 years.

C. Fees

Each player must pay a fee established by the league prior to receiving a uniform to be eligible to play on a team.

D. Scholarships

Scholarships are available and must be written requests presented and approved by the CDA Jr Tackle Board

E. Refunds

\$20.00 will be deducted from the registration fee paid to cover cost of insurance and administration costs. Refunds will be addressed by the CDA Jr Tackle Board of Directors on a case by case basis. No refunds will be granted after the 1st game has been played.

F. Player

The Fitz League participation is limited to third and fourth graders. A player is limited to one year eligibility at each grade level and no more than 2 years of eligibility.

GAME AND FIELD RULES**A. Game Rules**

Games rules will be in accordance with Idaho State High School rules except for the following special rules:

1. The unlimited substitution rule will always be in effect. Each player must play equal playing time in each scrimmage.
2. Time limit for each quarter of play will be (12) twelve minutes with a running clock for 3rd & 4th grades.
3. Spectators must stay behind “fenced off” markers during all games.
4. Official game ball will be a junior size ball for 3rd and 4th grade.
5. 3rd & 4th grade teams will have the opportunity to play for extra points after a touchdown. No rushing kicker in 3rd grade. Free kick (No Rush)
6. No covered Center
7. No Shotgun
8. No Defensive Blitz
9. Coaches Officiate

B. Field Rules

The following special field rules apply:

1. Field length will be a 50 yard field, ball spotted on 40 yard line.
2. The CDA Jr Tackle organization will provide down markers, clock/scoreboard, and game officials.
3. The CDA Jr Tackle organization will be responsible for all football field maintenance.

GAMES AND PRACTICE SCHEDULES

A. Practices

Clinics/Practices will be Monday & Tuesday at designated time.

B. League Scrimmages

League scrimmages will be Wednesdays at Person Field at 5:30PM.

COACHES

A. Selection of Coaches

Coaches must meet the CDA Jr Tackle Football organization's coaching criteria. Coaches will be selected by the Board of Directors and shall be volunteers working for the CDA Jr Tackle organization. Coaches must re-apply each year they wish to coach.

B. Mandatory Rule

Each coach will comply with each of the following rules:

1. Refrain from profane and abusive language and unsportsmanlike conduct in the presence of players or spectators.
2. Accept game official's decisions on the field as being fair and unbiased. Game Official's decisions are final.
3. Refrain from intentionally 'running up' a score against any opponent.
4. Attend coaching clinic(s) provided by the Coeur d'Alene Jr. Tackle organization.

EQUIPMENT

A. Helmet

The helmet is to be of a high quality material and must have as a minimum the following: Adequate head suspension, face guard and chin strap. Helmets must be NOC SEA approved. Any helmets not provided by the CDA Jr Tackle Organization must be approved prior to use. NO ALTERATIONS OR 'QUICK FIXES' WITHOUT PRIOR APPROVAL.

B. Shoes

Shoes will be provided by the player. No exposed metal on shoes.

C. Shoulder Pads

Shoulder pads are provided by the CDA Jr Tackle organization.

D. Hip Pads and Tail Pads

Hip pads/Tail pads are provided by player.

E. Thigh Pads

Thigh pads are provided by player.

F. Knee Pads

Knee pads are provided by players.

G. Pants

Pants must be white and may be either one piece or shell construction. One piece pants must have removable pads.

H. Jerseys

Game jerseys will be provided by CDA Jr Tackle. Any exceptions must be approved by the CDA Jr. Tackle Board. Numbers on the back of the jersey must be eight inches in height. Game jerseys will be worn in games only. Players must provide their own practice jerseys.

I. Mouth Piece

Every player must use a mouth piece during all contact drills and games. Mouth pieces will be provided by the League.

DIVIDING TEAMS

3rd & 4th grade squads will be divided by equally by Board at their discretion.

COACH EQUIPMENT CHECKLIST

TEAM: _____ Grade: _____

- (1) Gear Bag – Value \$40.00
- (2) Game Balls – Value \$20 each
- (3) Synthetic Balls – Value \$6 each
- (2) Kicking Tees – Value \$3.00 each
- (1) PAT Tee – Value \$4.00
- (1) Coaches Handbook – Value \$20.00
- Team Players Jerseys – Value \$700.00 # _____
- Tackling Dummies – Value \$125.00 each # _____
- Shields – Value \$40.00 each # _____
- Unused Medical Supplies/Repair Equipment, etc.
- Other _____
- Other _____
-

NOTES:

Received by: _____ Date: _____

Verified by: _____ Date: _____

COEUR D'ALENE JR TACKLE FOOTBALL PLAYER CODE OF CONDUCT

I Will.....

- Be on time for all practices and games and in the equipment and uniform prescribed by my Coach.
- Give my best effort at all times and accept assignments and decisions cheerfully.
- Not argue with other Players or dispute the decisions of Coaches, Game Officials, or Player Captains.
- Not swear or use abusive language at any time during practices or games.
- Not belittle or laugh at others because of inexperience, inability or mistakes.
- Not show off or brag and not engage in any horseplay during practices or games.
- Not lose my temper or become angry or hateful during practices or games.
- Not use dirty tactics or play unfairly.
- Learn to win humbly, lose proudly and play fairly.

TEAM MOM/DAD RESPONSIBILITIES

Some of the responsibilities that can be shifted to a Team Mom or Dad would be:

- **Concession scheduling on your required day**
- **Organize team photos**
- **Distribute information as necessary**
- **Equipment Day – Assist & Organize**
- **Record Individual Player #'s on website when jerseys have been distributed**
- **Organize team party at end of season**
- **Misc.**
 - **Coordinate Vandal Game logistics should team decide to go on 11/3 (\$25 for bus ride/game or \$10 for game only)**
 - **Fitz League – Volunteers for Concessions & Laundry**
 - **Field Maintenance/Painting**

TEAM PARENT RESPONSIBILITIES

Some of the responsibilities that can be shifted to a Team Mom or Dad would be:

- Concession scheduling on your required day
- Organize Clock & Chain Volunteers on home games
(Ask that ALL parents contribute in keeping fields clean every game)
- Organize team photos & collect photo envelopes
- Distribute information as necessary
- Assist with Field Maintenance/Field Painting
- Equipment Day – Assist Coach as necessary
- Record Individual Player #'s on website when jerseys have been distributed
- Create Player Roster for parents (optional)
- Organize 'end of season' team party (optional)
- Misc.
 - Coordinate Vandal Game logistics should team decide to go on 11/3 – More details to follow
 - Fitz League–Volunteers/Concessions & Laundry

Volunteer Sign up sheet for

Chain Gang

Please provide your contact info below if you can assist w/the the yardage chains.

I will contact you with the "game and time" info when we get the team schedule.

Your assistance is appreciated.

(1) _____ Parent name	_____ Player Name	_____ Best Contact #
(2) _____ Parent name	_____ Player Name	_____ Best Contact #
(3) _____ Parent name	_____ Player Name	_____ Best Contact #
(4) _____ Parent name	_____ Player Name	_____ Best Contact #
(5) _____ Parent name	_____ Player Name	_____ Best Contact #
(6) _____ Parent name	_____ Player Name	_____ Best Contact #

Volunteer Sign up sheet for
Concession Stand

Please provide your contact info below if you can assist w/the concession stand.

I will contact you with the "game and time" info when we get the team schedule.

Your assistance is appreciated.

(1) _____	_____	_____
Parent name	Player Name	Best Contact #

(2) _____	_____	_____
Parent name	Player Name	Best Contact #

(3) _____	_____	_____
Parent name	Player Name	Best Contact #

(4) _____	_____	_____
Parent name	Player Name	Best Contact #

(5) _____	_____	_____
Parent name	Player Name	Best Contact #

(6) _____	_____	_____
Parent name	Player Name	Best Contact #

Volunteer Sign up sheet for

After Game Field Clean Up

Please provide your contact info below if you can assist w/ field clean up after our games.

I will contact you with the “game and time” info when we get the team schedule.

Your assistance is appreciated.

(1) _____
Parent name Player Name Best Contact #

(2) _____
Parent name Player Name Best Contact #

(3) _____
Parent name Player Name Best Contact #

(4) _____
Parent name Player Name Best Contact #

(5) _____
Parent name Player Name Best Contact #

(6) _____
Parent name Player Name Best Contact #

Volunteer Sign up sheet for

Punt, Pass and Kick Event

Wednesday 8/31 - Thursday 9/01 (Your Team Here) time block from (Time Here)

Please provide your contact info below if you can assist for this event.

Our team needs a minimum of (3) volunteers.

Your assistance is appreciated.

(1) _____ Parent name	_____ Player Name	_____ Best Contact #
(2) _____ Parent name	_____ Player Name	_____ Best Contact #
(3) _____ Parent name	_____ Player Name	_____ Best Contact #
(4) _____ Parent name	_____ Player Name	_____ Best Contact #
(5) _____ Parent name	_____ Player Name	_____ Best Contact #
(6) _____ Parent name	_____ Player Name	_____ Best Contact #