

LEE'S SUMMIT

FOOTBALL



FLAG

LSFA
LEE'S SUMMIT FOOTBALL ASSOCIATION

Spring 2025

3/5/25 Coaches' Meeting

2025 Sponsors and Partners



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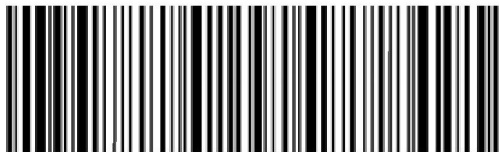
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LOGIN INFO

CODE: T89J8M6XG2

TEAM NAME: LSFAFB25

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TEAM NAME: LSFAFB25

LSFA BOARD OF DIRECTORS

We are a 100% volunteer league and we look forward to you serving with us!

Executive Board:

- **President** - Vernon Woodin (6th)
- Secretary - Jeff Sowinski
- Treasurer - Adam Haberberger (3rd)
- **VP | Tackle** - VACANT
- **VP | Flag** - VACANT as of Fall '25 Ryan Ginther (4th/6th/7th)
- VP | Technology - Eric Schlottach (2nd/6th)
- VP | Operations - Kyle Parris (2nd)
- **VP | Sponsorship/Marketing** - Sean McKelvey (5th/6th)
- VP | Player Personnel - Jeremy Baldwin (2nd/3rd)

Flag Division Reps:

- K/Pre-K - Kenney Connelly
- 1st Grade - Kyle Parris
- 2nd Grade - Sean McKelvey
- 3rd Grade - Jeremy Barber
- 4th Grade - Adam Haberberger
- 5th Grade - Derek Hulen
- 6/7th Grade - Jeremy Baldwin

General Board:

- Rules & Officials - Ryan Moore, Ryan Hendricks, & Miquel Warren
- **Rules & Officiating** - VACANT
- **Flag Equipment** - Vacant
- Tackle Equipment - Zac Callow (4th)

Major board members will age out of the program in the next 1-2 seasons! We especially need help on the tackle side



2025 Assistance

This is your league. The LSFA Board is here to manage the league on your behalf. Receive discounts on registrations and be a part of shaping the league in the future.

You will be called upon to assist us with some very easy tasks:

- 1. Forming policy**
- 2. Forming teams**
- 3. Parent and coach communication**
- 4. Monitoring flag games**
- 5. Driving golf carts at flag games**
- 6. Assisting with equipment and much more**

There is always room for additional board members and as kids phase out of our program due to age, the football community needs people to step up to keep these league going and to keep overall costs down and participation up. It is by far the best way to have your voice heard as well!

The single biggest obstacle for LSFA and expanding football in our community is NOT funding, facilities, or equipment, it IS LSFA board participation and volunteerism.



LSFA Growth

Our Flag Football Program has grown 58% in just 5 seasons!

Rapid growth requires more man-power. If you have time to spare, come be a pivotal part in your community!



Team Formation Guidelines

As a coach, how can you help the league in this area?

Our rec league forms by school boundaries. This is not a competitive league fixated on building power-house teams; rather, we want to group kids together as they'll play in high school so they can become power houses then! Our high school coaches, parents and national studies tell us this is the way to go. We're one of a few football organizations left which has continued to see growth. **Note, Formation rules are adjusted annually. It's advisable to review these prior to future seasons!**

1. Communicate to your parents that the league forms teams fairly based on where the player goes to school
 2. DO Recruit players to our league, but **DO NOT promise any player that they will be placed on your team.** Outside of returning players from last fall's team, no other player is guaranteed. ***Spring rostered players are not guaranteed a spot on your Fall team!**
 3. **DO NOT suggest to parents that they should appeal to the league to have their player put on a specific team**
 1. **Parent requests will almost always be denied.** With very few exceptions, the Board will almost always communicate that the request is not allowed and offer a refund if the parent isn't supportive of our league rules
 4. If a parent is upset that their player wasn't placed on your team, assist the league by curbing their fears. Let them know their player is going to be placed on a team with a good coach. Encourage the parent and let them know their child is going to have a great time and that the most important thing is that they're participating.
1. **NEW:** The K>1st Grade rosters are fully reset to support better team/zone placement due to registrations and zone representation being up 60-75% on average going into 1st Grade.

Player Exemptions

The primary benefit is to our youth and the impact that your hours will have with the league. Extra man hours helps LSFA to provide some of the best facilities, equipment, and leagues in the country.

- **Labor Exemption:** Head coaches commit to **8 volunteer hours** outside of team activities. Note, labor doesn't necessarily need to be conducted by the head coach.
- **Note:** You must repeat your hours each season to retain said player and parents must approve of your exemption to the league at flag@lsfootball.org. Limit to (1) player for each exemption class per team.
- Players who were on existing Fall rosters whether asked to be removed from their previous team or not, CANNOT be exempted under any circumstance.
- **Failure to complete hours could result in removing the exempted player, losing future exemptions, and/or moving your status out of "coach in good standing."**

Competitive Flag Addition

LSFA has introduced Comp NFL Flag as of this season (Pilot)

- Offered for 3rd grade - 4th Grade (3rd-5th this spring)
- **Planned 3rd-5th in fall**
- Coaches build their own teams (open boundary), collect fees, rosters, and jersey and helmet sizes.
- Same rules apply in our Modified NFL Flag Rulebook **except** playing time and touch requirements.
- Schedules will match Rec, minus the Jamboree in the fall.



Competitive Flag

Thinking about the transition into comp flag this fall???

1. Plan and communicate your intentions sooner than later
 - a. Contact parents of kids you do not intend on taking with you
2. Consider keeping your cusp rec/comp type players your first season
3. Talk to assistants or parents that will not be going with you and help us find your replacement
4. Be honest with parents!
 - a. Let them know your game plan with touches and playing time
 - b. If you will do “earn to play” style of rotating players, let parents know if their kid may see less than 50% playing time



7v7 Battle for the Summit League (spring only)

Thinking about the transition into 7v7 (non-flag) next spring?

1. Currently offered in 5th(11u), 6th(12u), 7th(13u), and 8th(14u).
2. Teams will be formed based on birthdate, not grades. It is encouraged to stay within your grade. Age as of 1/1/(current year)
3. Coaches build their own teams
4. Teams supply their own jerseys
5. Teams supply their own practice space
6. Coaches collect funds (\$800 per team this season)
7. Monday double headers played over a 4-5 week span
8. Includes an end-of-season tourney

Rule snapshot

- Players are down by being touched shoulders or below
- Tackle rules for WRs and DBs apply off the line
- Forward passes only with the center being ineligible (ball taken off of QB tee or hiked from center)



Emergency Action Plan (EAP)



- **Player Injury Protocol** - Tending to injured players & emergencies
- **Concussion Protocol** - Recognizing concussions & action plans
- **Sexual Abuse** - Prevention, recognition, & avoiding situations
- **Weather** - Protecting players from inclement weather

Emergency Action Plan (EAP)

EAP

- **Head coaches are to review the EAP on the website under “Resources > Coaches’ Tools”**
- A cell phone is required at all practices and games

The basic duties of first aid are:

- Check the scene for safety and **stop all activity near the athlete.**
- Check the injured athlete and **protect the athlete** from further harm.
- **Do not move the athlete** if there is a possibility of head or neck injury or if the athlete is unconscious.
- **Communicate the incident and status to the parent or guardian**
- **Assume that all blood, body fluids and any other potentially infectious** materials are infected with a blood-borne pathogen.
- **Activate the Emergency Action Plan if** the athlete shows any of the following signs:
 - Unconsciousness
 - Trouble breathing, pain, pressure, or discomfort in the chest
 - Severe bleeding, vomiting or passing of blood
 - Seizing from a diabetic emergency
 - Severe headache, injuries to the back, neck, or head
 - Possible broken bones or other signals that indicate that the athlete is at risk.
- **Care for the injured or ill athlete until EMS personnel arrive.**

Emergency Action Plan (EAP)

Primary Responder

- Head coach or the highest trained or certified person onsite
- Provide care to the player impacted

Secondary Responder (assistant coach or nearby parent)

- Call emergency services - 911
- Conduct crowd control
- Assist EMS with locating the person in need
- Obtain the AED (Automated External Defibrillator) if required – onsite at all LSFA home games – flag and tackle

If the on-site EMS responders determine that the athlete is in an emergency situation, it is the policy of LSFA that the injured athlete be transported by ambulance, where the necessary staff and equipment is available to deliver appropriate care.

Parents or guardians have the final say as to emergency transportation.

LSFA personnel will not transport injured athletes. Please communicate this to your parents. We'll communicate this to them as well during the all-league practice parent meeting.



Emergency Action Plan (EAP)

EAP Communications

Coaches are required to communicate in the following manner when the EAP has been initiated for medical reasons:

- 1. If emergency medical personnel are contacted, respond fully with them first**
- 2. If the issue is occurring during a game hosted at a LSFA field;** notify the Exec Board member or field supervisor at the site using the emergency field radio
- 3. Notify the player's parents/guardians**
- If medical personnel were contacted by either a parent/guardian or coach to treat a player for injuries sustained in an LSFA activity OR if the coach removed a player from play due to a suspected concussion or other emergency medical reasons:
 - 1. Notify one of the following LSFA Executive Board Members via telephone**
 - Vernon Woodin: LSFA President: 816.985.7725
 - Ryan Ginther: LSFA VP of Flag: 816.729.8947
 - LSFA VP of Tackle (pending position void)
 - 2. Submit written notice to the league within 24 hours of being notified of the medical treatment.**

Submissions need to be sent to admin@lsfootball.org and should include:

 - Player's name
 - Parent/Guardian's name and contact information
 - Location and date the injury occurred
 - Description of how the injury occurred
 - Description of the injury which occurred
 - Any additional pertinent information



Concussion Protocol and Action Plan

When in doubt, sit them out!

Prevention, Identification, Treatment



Concussion Protocol and Action Plan

Definition of a Concussion

- **It is a brain injury!!!!**
- Is the result of rapid deceleration of the brain within the skull.
- Does not require a loss of consciousness
- **Does not require a player to be struck by another player**
- No abnormality seen on structural neuroimaging studies (CT, MRI) in 99% of cases

Concussion Protocol and Action Plan

Delayed Symptoms Are Normal

- Generally occurs in period of hours rather than minutes
- Signs and symptoms may be delayed – could be a day or more

Immediate Removal If a Concussion Suspected

**HAVE YOUR ASSISTANTS AND PARENTS BE
YOUR EYES!!!**

Concussion Protocol and Action Plan

Concussion Symptoms and Signs

Physical & Postural

Headache
Nausea/vomiting
Sensitivity to light/noise
Visual problems
Fatigue
Dazed, stunned
Dizzy, balance problems

Cognitive

Feeling mentally "foggy"
Feeling slowed down
Answers questions slowly
Difficulty concentrating
Forgetful of recent events
Repeats questions
Drop academic performance

Emotional

Irritability
Sadness/Depression
Personality change
Anxiety/panic
More emotional
Less emotion (apathy)

Sleep

Drowsy
Sleeping more
Sleeping less
Difficulty falling or staying asleep

Concussion Protocol and Action Plan

LSFA's Concussion Policy

- Once a concussion is suspected, the player is **no longer eligible to practice or play.**
- The Emergency Action Procedure (**EAP**) will be engaged at the level appropriate for the event.
- **The player will not be allowed to return to practice or play** until a doctor's release is received by the league authorizing the return.
- **The league, not the coach, will make the final decision on when the player may return.**

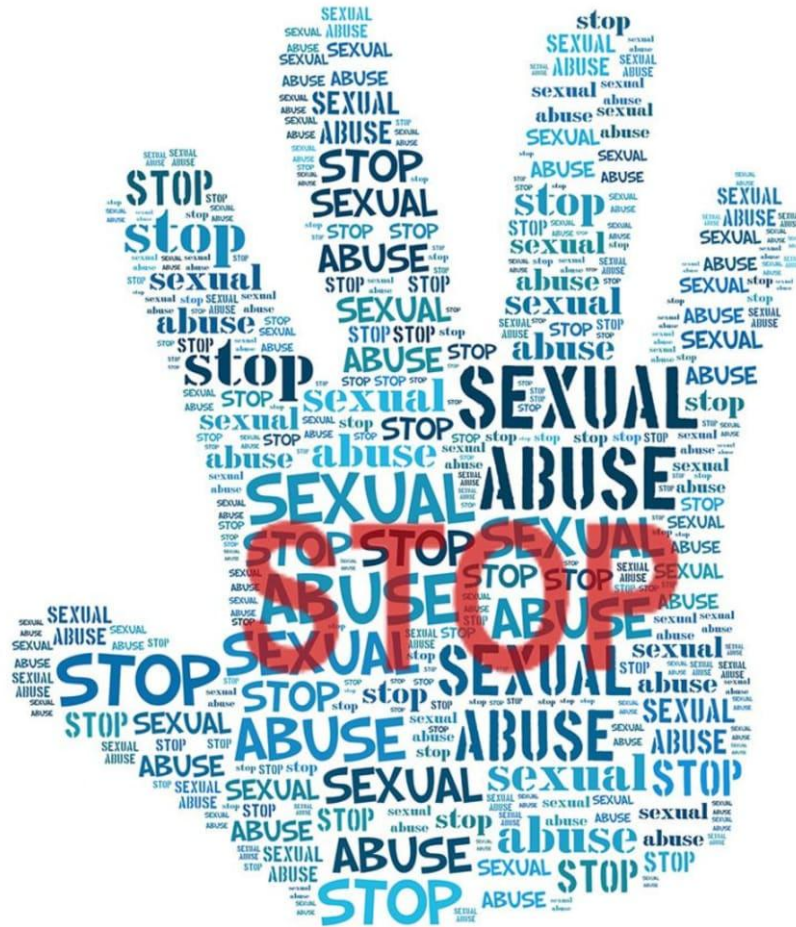


WHEN A CONCUSSION IS SUSPECTED

- 1 Remove the athlete from play
- 2 Ensure the athlete is evaluated by a health care professional
- 3 Inform athlete's parents or guardians about possible concussion
- 4 **Keep the athlete out of play the day of the injury and until they are cleared by a health care professional.**

WHEN IN DOUBT, SIT THEM OUT

Sexual Abuse



LSFA Child Sexual Abuse Overview

- **CDC Child Sexual Abuse Definition: Child sexual abuse involves any sexual activity with a child where consent is not or cannot be given.** This includes sexual contact that is accomplished by force or threat of force, regardless of the age of the participants, and all sexual contact between an adult and a child, regardless of whether there is deception, or the child understands the sexual nature of the activity. The sexually abusive acts may include sexual penetration, sexual touching, or non-contact sexual acts such as exposure or voyeurism.
- **LSFA Child Sexual Abuse Risk Reduction Strategy**
 - **All LSFA coaches have annual background checks conducted. These checks include local and national screening for sexual abuse.**
 - Per the Center for Disease Control (CDC), a background check is a good starting point, however they have limitations. **Criminal background checks will not identify most sexual offenders because most have not been caught.**
 - Due to the limitations on background checks, LSFA has instituted additional policies to help protect our players while participating in an LSFA activity.

LSFA Child Sexual Abuse Behaviors

- What constitutes inappropriate behavior? Sometimes it is unclear if a behavior is appropriate, inappropriate, or harmful. As an example, hugging. Hugging may be appropriate and positive in some circumstances, but it can also be inappropriate if the child is not receptive, if the employee/volunteer is hugging too often or for too long, or if the contact is romanticized or sexually intimate.
- **Verbal communication**
 - **Appropriate:**
 - Praise
 - Positive reinforcement for good work/behavior
 - **Inappropriate/harmful:**
 - Sexually provocative or degrading comments
 - Risqué jokes
- **Physical behavior**
 - **Appropriate:**
 - Pats on the back, shoulder, or helmet
 - **Inappropriate/harmful:**
 - Patting the buttocks
 - Intimate/romantic/sexual contact
 - **Corporal punishment**
 - Showing pornography or involving youth in pornographic activities

Limiting Sexual Abuse Exposure

What can you do to limit your exposure to these risks:

- **Limit physical contact to only what's essential**
- **Limit communications to ensure they're always appropriate to youth**
 - Shy away from jokes or other communications which could be misinterpreted
- **It is a LSFA requirement to always have 2 or more adults present during activities**
- **Always ensure activities are publicly visible** (applies to comp teams using their own space)
 - Don't go around the side of the building or behind the bushes to limit the players guardians' view
- **Never allow yourself or another coach to be alone with a child**
 - **(MOST COMMON) If you have to wait to have a player picked up after practice, ask another coach or adult to wait with you.**
 - Discourage parents from asking you or other LSFA representatives to provide transportation for their player.

Remember, what seems to be normal to you can be misconstrued or misinterpreted by other adults or minors who don't know you.



HEAT AND HYDRATION

A coach can prevent Heat-Related Illness nearly
100% of the time!

- Heat-related illnesses are caused when an individual is subjected to extreme temperature and humidity and is unable to cool down.

PREVENTING HEAT-RELATED ILLNESS

Schedule and enforce frequent water breaks.

- Coaches should take steps to prevent heat-related illnesses. When athletes are practicing or competing, coaches should do the following:
 - **Allow days for adjusting to warmer climates (run conditioning practices to begin the season)**
 - **Schedule practice during cooler times of the day.**
 - **If a kid says they are thirsty, let them go get a drink**
 - Make ice towels available during practice
 -

Remind parents to have their player hydrate the day before, day of, and right before games and practices...especially on hot days.

Sports Drinks or Water?

- Water is superior before and during games/practices
- If practice/games exceed 60 minutes, sports drinks may be used to replenish electrolytes
- If a child continues to show up with only sports drinks or small bottles of water, notify the parents that they may need more water sent with them to practices or games
 - **If this is a recurring issue, bring extra water bottles**

Inclement Weather

Practice Responsibly:

- **If in doubt, cancel**
- If inclement weather strikes while at practice, remain calm and clearly communicate to players and parents what the plan of action is.
 - Gather athletes at the closest structure for collection by their parents
 - **No athlete shall be left unsupervised**

CANCEL Practice if:

- **Thunder or lightning is heard/seen or a tornado warning sounds**
 - **If thunder is heard, the practice or game must be suspended at least 30 minutes.**
 - All practice or games will stop immediately, and all participants and spectators will seek shelter.
 - In case of a tornado, seek shelter in a solid structure, preferably in a basement or an interior room. If no building is available, lay down in a ditch.

Inclement Weather

LSFA HEAT RESTRICTIONS

- We use a **Green/Yellow/Red** system to communicate practice restrictions
- The league website (under the coaches' tab) will be updated at 4PM each day:
 - **Green** Practice anytime 5PM or later.
 - **Yellow** Outdoor practice allowed with restrictions. Please pay attention to the information following the alert for more specific information about how to handle practice.

For example: Yellow Alert – “NFL Flag start practice no earlier than 7pm for one hour.” or “Thunderstorms expected, do not practice within 30 minutes of present thunder/lighting.”
 - **Red** No outdoor practice is allowed.
 - Temperature ≥ 95 Practice Suspended
 - Temperature < 40 Practice Suspended (Spring Only Rule)
 - Heat Index ≥ 105 Practice Suspended
(as reported by Accuweather.com)

Inclement Weather

Weather restrictions will be posted at www.lsfootball.org on the home page

WEATHER UPDATES & PRACTICE RESTRICTIONS

CURRENT STATUS:

GREEN

Practices can be played as usual, starting after 5:00pm.

Gameday delay example. Direct parents and fans to check our WEATHER page

Lovell Community Center at Legacy Park		
Alerts	Connection	
Active Alert	Up	
Estimated Time to All Clear		
HOURS	MINUTES	SECONDS
00	20	45
Last Stroke Time	2024-03-07 11:00:37 CST	
Last Stroke Distance	3.76	
System Hours	5:00 AM - 11:00 PM	
EARTH NETWORKS		

LSFA NFL FLAG OVERVIEW



Coaching - Responsibility and Impact

Coaching is a major responsibility. Your goal should not just be to make players better at football, but to **build life-long values and lessons** that go beyond football skills by **focusing on the mental, emotional, and social aspects** of an individual and team effort.

Remember ⚠️ : These are **just KIDS** > Then **ATHLETES** > Then **Football Players**

- **You, as a coach, have the ability to shape lives** and make an impact in a **GOOD or BAD** way for the day, week, season, and even, their life through adulthood!
- Players buy in and follow inspiring coaches who boost confidence and acceptance season to season, sport to sport, giving a chance to be in their lives for years to come.

Coaching - Responsibility and Impact

In order to succeed, you must first believe that you can.

~ Tony Dungy

If you yell at your kids before bed, do you expect them to sleep well?

If you yell at your kids before school, do you expect them to have a good day?

- **You set the tone** for your children, players, and team.
- **You set the tone of your voice** in their head.
- **You become their inner voice.**
- **You can determine how they respond to adversity**
- Don't be their inner critic.
- Speak life, speak love, **speak confidence**, speak kindness and hope

Coaching - Your voice matters

Yelling and terms to avoid

We all get fired up in the moment and sometimes our words get the best of us. Consider adjusting how you correct poor performance. Outside of yelling in plays, or “run,” “pass,” **coaches should never yell at their players**. Yelling implies you care more about winning than you do them.

Avoid personal attacks: Yelling *“why did you do that!?”* or *“what are you doing!”* can have a lasting negative effect, destroys player confidence, and will do more damage than good next time they face the same on-field situation. Softly recognize the error, walk through a better approach, and own the the situation! Players know they messed up. They don’t need you adding shame to their inner voice.

Example: *“It’s all good man, I know you normally make the right throw. Next time once you see that blue is covered, instead of throwing deep, try looking to orange underneath instead. We can hit that hard next week in practice so we can work on going through your reads better. That’s on me. We just didn’t practice that enough.”* ***Use a joint effort approach and let them know you are there to help **support** adjustments and improve their decision making.



Coaching - Purpose

Coaches should lead with **PURPOSE#1**.

- Your “purpose” is a realistic and clear goal, motivation, and belief that you have for the team and individual player.

Winning is not everything, but making the effort to win is.

~ Tony Dungy

Setting the tone:

- We will win and lose as a team - every drill, play, practice, and game
- We pick each other up after each play and have each other's backs whether outcomes are good or bad
- If we focus, practice hard, and learn from mistakes, great things will happen
- Wins and losses are NOT important, but how we respond to them

Coaching - Process

Your **PROCESS#2** should reflect your purpose on how to achieve player and team goals. Your team talks, actions, practices, and reflections of the days work should point back to your original purpose and the result of the hard work and effort.

Upon mistakes, be quick to approach players and cool them down.

- Most of the time, **there is no need to point out the mistake that was made**
- **Take the heat** - Most of the time, coaches can control outcomes of plays *“Hey {QB}, I really need to work on that play so we can get {receiver} more open on that route.”*
- **Build them back up** - Encourage, speak confidence, and commit to working with them to improve every rep, read, throw, catch, and/or play.
- Remind them, this is a **PROCESS!** Mistakes lead to improvement and improvement leads to greatness

Coaching - Results

RESULTS#3 will come naturally if you have a clear goal (**purpose**) and **process** to reach the goal. While this may not always come in the form of a WIN on Saturdays, **focus on EFFORT and IMPROVEMENT**, win or loss and **OWN “FAILURES” as a coach.**

To learn to succeed, you must first learn to fail. ~ Michael Jordan

There are NO failures in sports. There is just the adaptation that happens after errors; such as a missed flag, dropped ball, bad pass, lost game, etc.

YOU (as the coach) control the message and atmosphere post “failure.” Let your players know that games and practices will never be perfect and you expect errors to be made.

**Ask players next practice where they think the team excelled and could use improvement. Be human and admit how you are looking forward to working on your own mistakes.*



Game & Practice Approach

- **Keep it SIMPLE & Keep it FUN**
 - The best way to keep a player's attention is keep things fun and upbeat. With attention, comes effort and improvement
- **Teach the fundamentals of Football**
 - Remember that there is no such thing as "failure" in sports, but a step to success
- **Spread the ball around**
- **Move players around** - Do not "pigeonhole" players
- **Make ALL players feel like they have an important role on the team**
 - Your new and below average players will perform at a much higher level as the season goes along if you build trust and they are invested
- **Prevent all types of bullying** (including coaching staffs)
 - PvP and Coach to Player bullying will not be tolerated
- **Be good role models**
 - Coach with positive reinforcement - Do not just highlight the best player(s) achievements, but who showed up and improved and gave great effort.
- **Ease players into physical activity** (especially with the heat)
 - Know that not all players just came from another sport's practice and some may need more time to adapt to the speed of the game

Game & Practice Approach

- **Avoid drills with lines**
 - Split your team in groups
- **Setup speed and agility drills**
- **Create real game situations** (do half field scrimmages, swarm drills)
- **Keep players off the ground**
- **Be careful of penalties – cautious of conditioning (laps, etc).** Sitting out or not getting to play desired position is a better approach.
- **Reward hard work** (name practice and game MVP's based off of effort and improvement, NOT necessarily who was the “best player”)
- You should be able to see the skills taught at practice in the games. Your goal should be to make game decisions automatic.
- **Lead with positive reinforcement**
 - Leading with hard-nosed, tough love does not belong in our sport
 - **Creating a hostile environment can have damaging effects**
- **If you need help at all, please email or call us! We want to help you be a successful coach!**

Game & Practice Approach

You are in control of what your players do on the field 99% of the time. If you are hostile, use poor language, and/or condone violence on the field, your players and team will mirror your behavior.

From our rulebook:

4. Coaches must agree to sign a coach's code of conduct and strictly adhere to our guidelines for coach conduct and attitude.
 - a. If a coach displays any type of negativity toward his or her players, coaches or staff, the coach will be removed from the field immediately and unable to coach for the remainder of the game.
5. Inappropriate, rude, or confrontational behavior by any coach, team or parent(s) may lead to a team's disqualification at the sole discretion of LSFA.
6. Misconduct by any individual may lead to removal from the premises at the sole discretion of LSFA.
7. Cursing –
 - a. First Offense for that game - Warning
 - b. Second Offense for that game - Automatic ejection
8. Breach of Coaches or Parental Code of Conduct
 - a. First Offense for that game - Warning
 - b. Second Offense for that game – Flag (10-yard penalty loss of down)
 - c. Third Offense for that game – Ejection
 - d. Two ejections for season will lead to season suspension



Game & Practice Approach (cont.)

Zero Tolerance

From our rulebook:

9. Verbal and Physical Threats

LSFA has a zero tolerance policy against any verbal or physical threats towards other coaches, referees, parents, kids, LSFA staff, or any other individuals at LSFA sanctioned events. This includes, but not limited to, any verbal bullying, verbal intimidation, verbal harassment, physical assault or threats, or physically aggressive body language displayed.

1. First Offense includes all of the following

1. Ejection from game, suspended for remainder of that day
2. Multi-game suspension to be determined by LSFA Board (suspension maybe carried over to next season depending on timing of incident)
3. Coach placed "Out of good standing" with LSFA
 1. After suspension, the Board will review and determine if coach has future opportunities to coach

2. Second Offense includes all of the following

1. Ejection from game
2. Lifetime ban from coaching LSFA

****Actions that continue beyond the playing field will be considered for more extreme violations***

Game & Practice Approach

GET ORGANIZED:

Daily Practice Plan:

- Warm up activities
- **PLAN REGULAR WATER BREAKS**
- Group drills (split into stations)
- Offense & defense team periods
- Cool down
- End with a fun game (picking a “practice MVP” will drive players to practice harder - let the MVP pick the game)
- **Youtube is your friend for coaching ideas**



Game Planning:

- Script out your game plays the best you can to ensure player involvement
- Aim for Equal Playing Time
 - All player should play half the game (minimum)
- Ensuring player touches (AT LEAST (1) per game)
- Have a play or two that any player can run to ensure a touch

NFL Flag Practice Rules

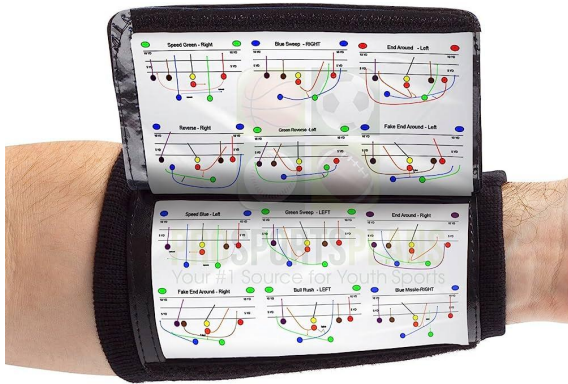
- **You must practice where the league assigns you.** If you want to move where you practice you must obtain approval from LSFA first. Insured spaces are required.
- **All players must wear league provided softshell helmets and mouthguards at practice.**
 - **On hot days, helmets can be removed when running non-possible contact drills.**
- **You will receive your practice location email with a map attachment to send to parents.**
- **Practices may begin the week of March 10th (this coming Monday)**
- **Lee's Summit Parks:** Be aware that other sports may be in your spot. Parks works off of a first-come-first serve, but we've consistently used spaces allocated and should not be an issue. *If it is an issue, find the nearest spot and email the league.

	FLAG
Duration	K,1,2 = 1 hour max 3 rd -7 th = 1.5 hours max
Frequency	3x / week max prior to school (Fall) 2x / week max after school starts



Game Planning

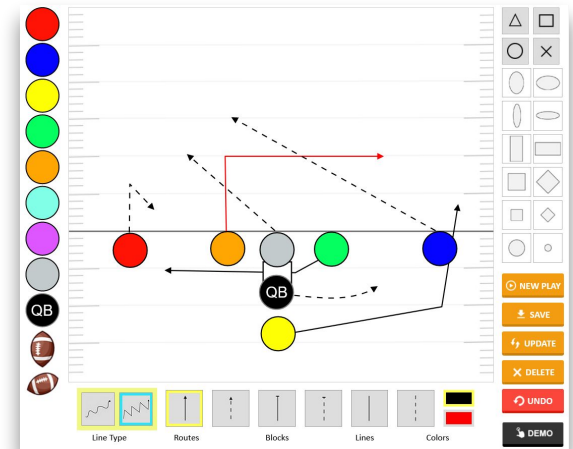
Recommended coach gear (not provided by the league)



Wristbands (\$4-10 a piece)
Amazon - youth size



Clipboards (\$3-5 a piece)
Amazon



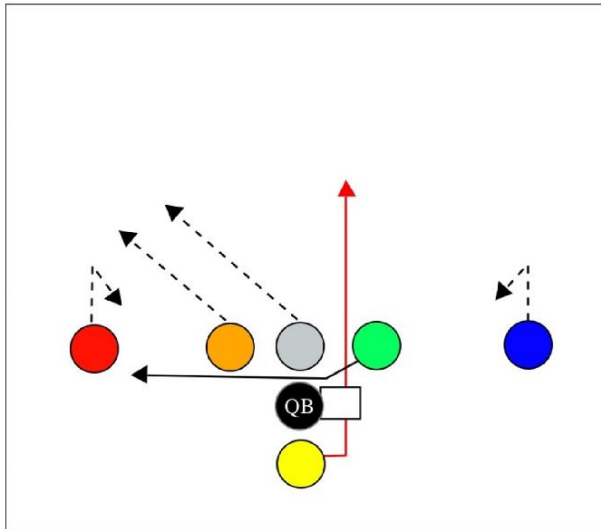
Play Maker Software
(\$5-\$20 a month)

Game Planning

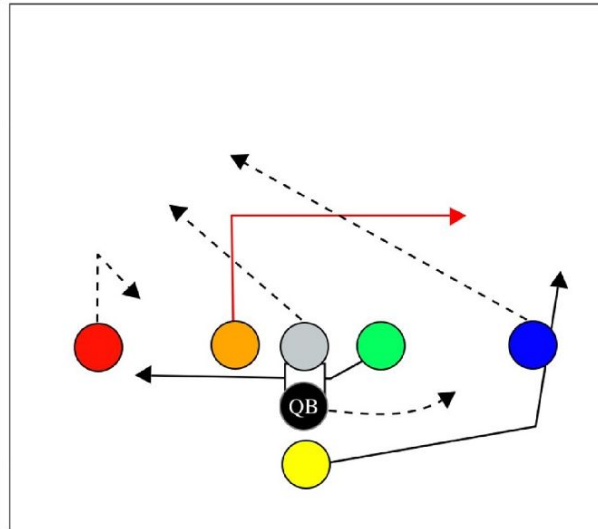
Create (visual) age appropriate plays that are easy to understand 👍

*Avoid complex play calling:

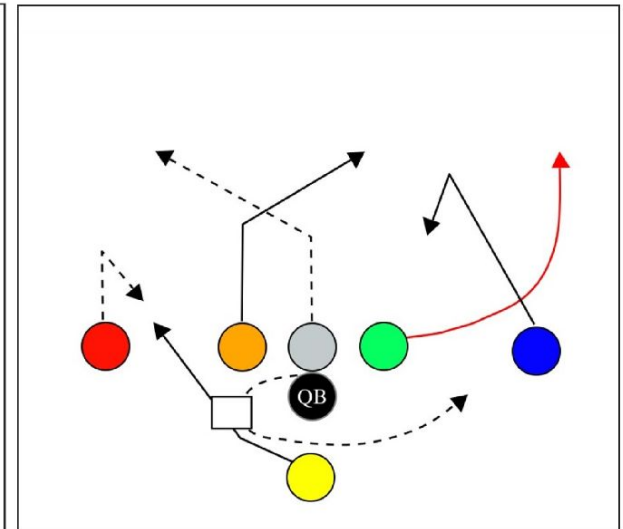
“Base single I action left boot orange post blue stick 10 green wheel” 👎



K/1 Example



2/3rd Example



4/5th Example

Game Planning

Pre Plan your rotations and positions

*Spreadsheet matrix and auto-population to see rotations
(on the coach's page - optional)

Example	Week 1									Off	
Touches	Player	10	1D	20	2D	30	3D	40	4D		
	BAXTER	1	1	1			1	1	1	6	3
	SEBASTIAN		1	1	1	1	1		1	6	2
	COLTON	1			1	1		1	1	5	3
	TATE		1	1	1	1	1	1		6	3
	REECE	1	0.5		0.5	1		1	0.5	4.5	3
	EVAN		1	1		1	0.5	1	1	5.5	3
	JACK		1	1	1		1		1	5	1
	MAC	1	0.5		0.5	1	0.5		0.5	4	2
	ELI	1	1	1			1	1		5	3
	WALTER	1		1	1		1	1		5	3
	MARC	1			1	1			1	4	2
out of town	PLAYER NAME									0	0
		7	7	7	7	7	7	7	7	56	

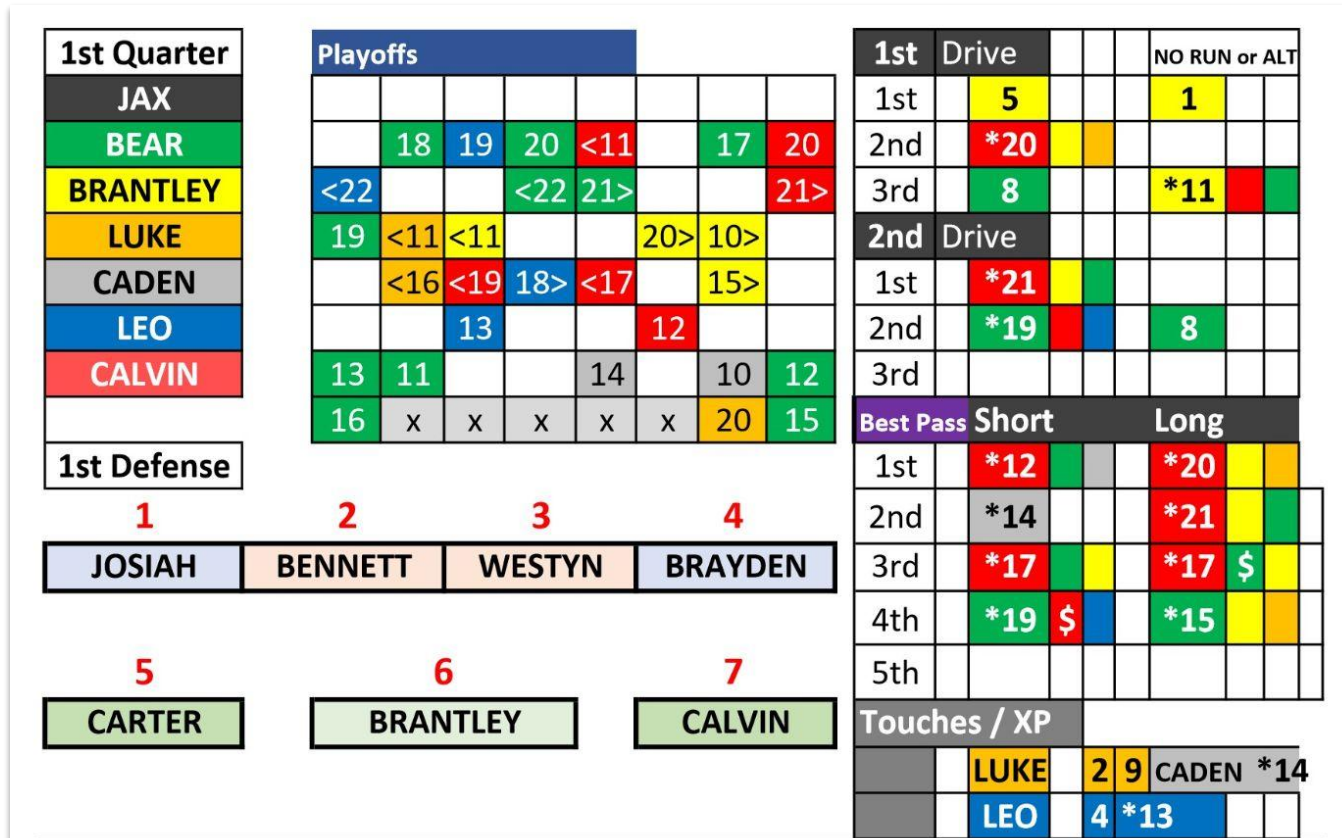
1st Quarter	2nd Quarter	3rd Quarter	4th Quarter
WALTER	WALTER	COLTON	COLTON
REECE	TATE	REECE	TATE
MAC	EVAN	MAC	EVAN
MARC	JACK	MARC	ELI
ELI	ELI	EVAN	WALTER
BAXTER	BAXTER	TATE	BAXTER
COLTON	SEBASTIAN	SEBASTIAN	REECE

	1st Quarter	2nd Quarter	3rd Quarter	4th Quarter
1	EVAN	JACK	JACK	EVAN
2	MAC/REECE	MAC/REECE	EVAN/MAC	REECE/MAC
3	ELI	MARC	ELI	MARC
4	JACK	WATLER	WATLER	JACK
5	BAXTER	SEBASTIAN	BAXTER	BAXTER
6	TATE	TATE	TATE	COLTON
7	SEBASTIAN	COLTON	SEBASTIAN	SEBASTIAN

Game Planning

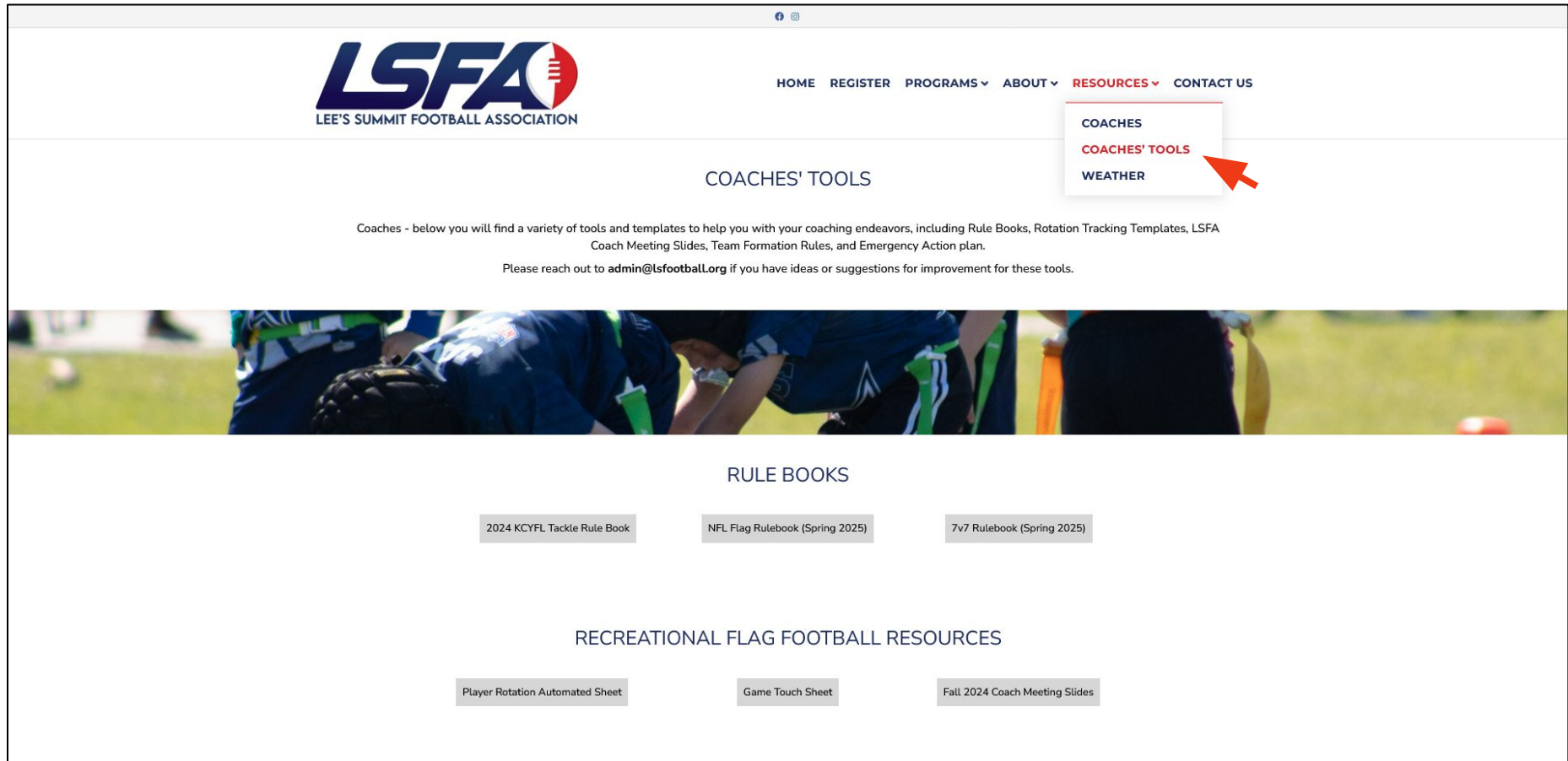
TIP: Pre Plan your play calls and player positions

*Spreadsheet matrix, heatmap, and touches



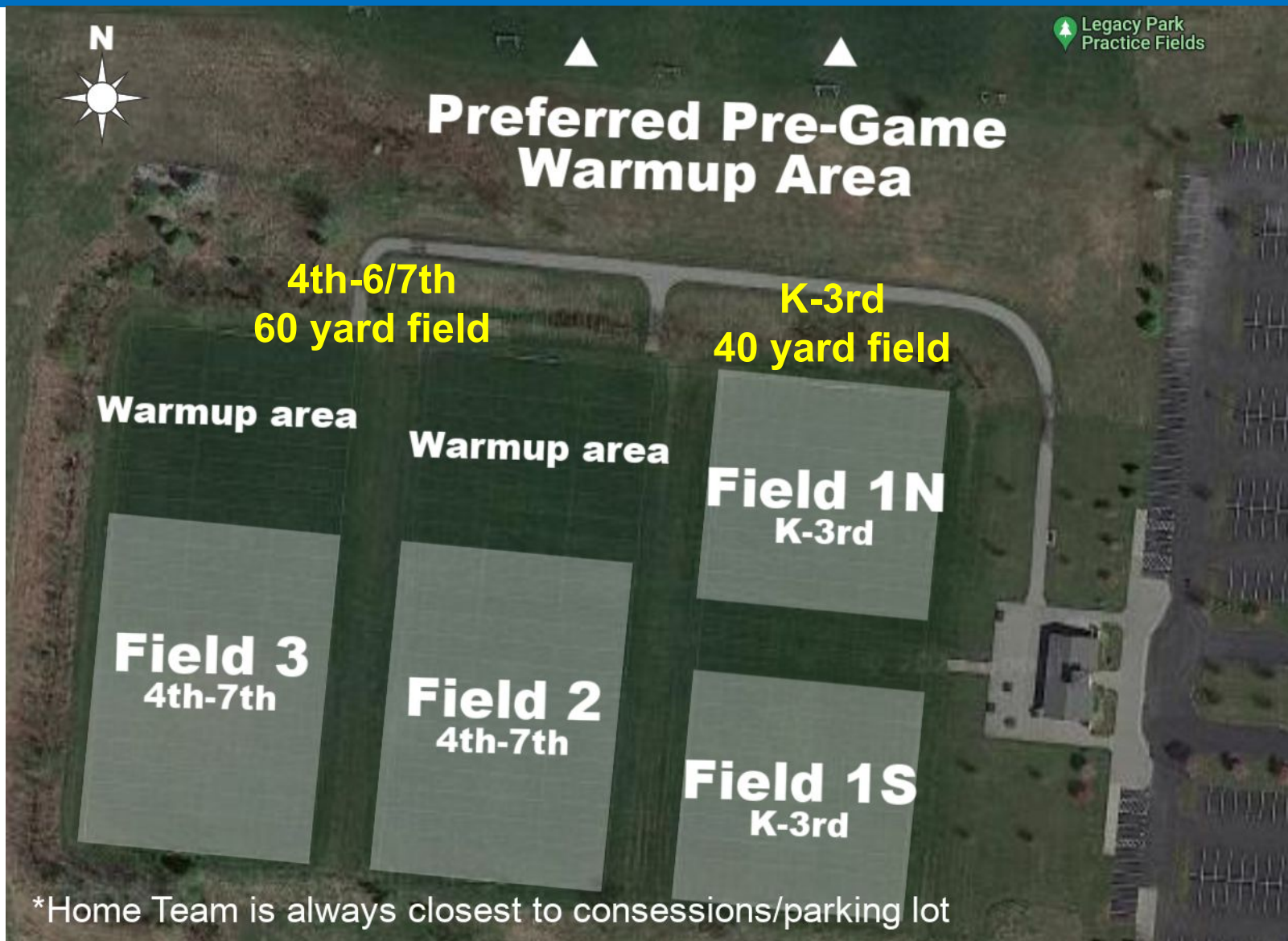
Game Planning

Coach resources such as the **Gameday Rotation/Touch sheet**, **Player Rotation Automated Sheet**, and **Rules** can be found on the coach's page.



The screenshot shows the LSFA website interface. At the top left is the LSFA logo with the text "LEE'S SUMMIT FOOTBALL ASSOCIATION". To the right is a navigation menu with links for HOME, REGISTER, PROGRAMS, ABOUT, RESOURCES, and CONTACT US. A dropdown menu is open under RESOURCES, showing options for COACHES, COACHES' TOOLS (highlighted with a red arrow), and WEATHER. Below the navigation is a section titled "COACHES' TOOLS" with a paragraph of text: "Coaches - below you will find a variety of tools and templates to help you with your coaching endeavors, including Rule Books, Rotation Tracking Templates, LSFA Coach Meeting Slides, Team Formation Rules, and Emergency Action plan. Please reach out to admin@lsfootball.org if you have ideas or suggestions for improvement for these tools." Below this is a banner image of football players. Underneath the banner is a section titled "RULE BOOKS" with three buttons: "2024 KYFL Tackle Rule Book", "NFL Flag Rulebook (Spring 2025)", and "7v7 Rulebook (Spring 2025)". At the bottom is a section titled "RECREATIONAL FLAG FOOTBALL RESOURCES" with three buttons: "Player Rotation Automated Sheet", "Game Touch Sheet", and "Fall 2024 Coach Meeting Slides".

Legacy - Gameday Field Setup



Unsupported Activities at League Sites

The following items will not be allowed at ANY game site or surrounding areas:

This is for KCFYL, LSR7 and Legacy Park Sites.

- A. Pets other than service animals
- B. Alcohol
- C. Tobacco products
- D. Musical Instruments
- E. Pyrotechnics of any type
- F. Vapor/Electronic Cigarettes



Score Keeping / Recording

- **Final Game Scores:** When you turn in your touch/rotation sheets the field monitor will record scores and we will update the scores in the TeamSnap app within 48 hours.
 - We may ask you to send in a picture of your game/touch sheet.
 - **Failure to turn in these sheets accurately could result in a 0-28 loss**



Rec Flag:

- **Once a team is up by 28 points in the 2nd half, that is the locked recorded score (capped at a 28 point spread)**
 - If the score is 27-0 at the start of the 2nd half, and the team that is up scores first, **the score will be recorded 28-0, NOT 33-0.**
- **There is a max of a 28 point spread at any time in the game (new)**
- **After a spread, games will continue as an unscored scrimmage**
 - Same rules, but the winning team does not get to attempt extra points

Comp Flag: No mercy rules (new)

Coach's Game Emphasis

- **ALL members of the active coaching staff must be registered and successfully pass a background check**
- **Field Position:** Home team closest to concessions-Wearing the darker jersey side
- **Spectators:** Must be on the same side as the team they're supporting
- **Coach Interaction:** Coaches may not interact with one another during the game
- **Playing Field Access:** Coaches may not enter the field once play begins unless tending to an injured player, during a timeout or requested by a referee
- **Coaches are Responsible for their Fans:** Referees will warn you once and then begin to flag your team if fans are not being appropriate. If you do not feel comfortable with addressing your fans directly, ask the referee to contact a Board member who will address.
- **Officiating Interaction:** Officials are to engage WITH HEAD COACHES ONLY. May only ask what the call is. Expect to get a 10-yard unsportsmanlike penalty if any negative comments/gestures are made to a referee and/or any other coach/parent is interacting with officials. If you don't believe your game was called correctly then list your reasoning on your tracking sheet along with the referee's grade.

Parent Management

- **Create Boundaries**
 - Physical space at practice (cone off space)
 - Communication – “LSFA Monday Morning Rule” (cool down over the weekend)
- **Sideline Expectations**
 - Interactions with coaches, players & officials
- **Manage the loud parent**
 - Get Them Involved - running the chains, keeping stats, videographer, etc.
 - Remind them that talk towards the officials or opponent will result in a team penalty



Be Stewards of LSFA

- **Provide a safe and fun environment** for youth to develop life skills while playing the game of football.
- **Be respectful** to players, parents, officials, league reps, and the community.
- We will.. Set the tone
- We will.. Have Years of Interaction (coaches, parents, & players)
- We will.. Be on the same field together
- We will.. Be cheering for the same team someday
- We will.. Leave the field and answer for our actions to our kids whether good or bad. That is in your control



Be Stewards of LSFA

- **Player and Official Interactions**
 - **Positive at all Times**
 - **Zero Tolerance** Policy from LSFA
 - Language
 - Physical Contact
 - **May ONLY inquire what the call or rule is with an official**
 - DO NOT QUESTION CALLS – ESPECIALLY FROM JUNIOR REFEREES. SPEAK TO A SENIOR REFEREE OR FIELD MONITOR ONLY IF THERE ARE SERIOUS CONCERNS.
 - DO NOT PERSONALLY OR ALLOW YOUR FANS TO RIDICULE REFEREES

Post Season Survey Results

Primary 2 complaints from our Fall & Spring Flag Seasons:

- **Rotation, touch, and “overly competitive” issues**
 - **Over 20%** of respondents complained about coaches not meeting minimum playing time requirements, lack of touches, and/or overall feeling like the coach’s approach was too competitive.
- **Officiating**
 - Officiating will never be perfect and we are making strides to improve consistency. YOU can help calm overall reactions to bad or inconsistent calls on the field. *Your reaction to officials and calls are echoed by parents and players! *Take complaints to the league, not field officials.*



Playing Time Rules (rec only)

- **Playing Time:** All players are to play a minimum of 50%. Coaches should aim to have a player on both offense and defense. The QB is an exception where this player may play more on offense. Must track by quarters, halves, or series.
- **Targets:** All players will be targeted with a pass or run **at least once** per game. Must track every single touch/target.***
- **Player Tracking Sheets:** Print these at home please! Extras are available with the field monitor. **Completed AND SIGNED sheets are to be turned into the field monitor at the end of the game by coaches.** FAILURE TO TURN IN A COMPLETED SHEET MAY RESULT IN A FORFEIT OF YOUR GAME (0-28 SCORE TO BE RECORDED) ****Does not apply to COMP*

Player Equipment Check

Tip: Assign gameday equipment checks to an assistant or parent

- **Excess Belt Length:** May not hang loose – We recommend cutting off excess while leaving a few inches, then tape the end with duct tape.
***Have scissors and tape with you when you fit belts
- **Shirts must be tucked in at all times** and shorts/pants cannot be the same color as your team's flags.
 - **Untucked jerseys and/or excess belt length violations that affect a play can result in a flag guarding penalty.**
- **Mouthguards and headgear are required**
 - **Lack of mouthguards or headgear can lead to a delay of game penalty**
- **On-field Playbook Aides:** Must be in possession of head coach at all times. Players may only use wristbands. No bluetooth devices.

Notable Rule Highlights/Changes (1)

- **Games are played in 4-12 minute continuous clock Quarters (48 total minutes) with 3 total time outs** (no automatic 2-minute stoppage)
- **(NEW)** In the final 2 minutes of the 4th quarter, IF the game is within a one score margin (8 points), the clock shall stop upon a touchdown. The ensuing PAT will be an untimed down. In addition, the clock will remain stopped during any change of possession and will restart when the opposing team takes it's first snap of the new possession.
- **K-2nd - Only ONE coach is allowed to be on the field at one time on both offense and defense**
On-field coaches are to stay 10-yards back from nearest player and are not allowed call anything out whatsoever. No "throw to timmy" "pass, pass!"
- **Coach QB's only in Kindergarten** (optional)
 - Coaches cannot conceal the ball or turn their back to the defense
 - Coaches are restricted to 20-yard passes - no living out your glory days!
 - Coaches are encouraged to teach and work in players into the QB position
 - **Kindergarten/1st can use official NFL "MINI" balls to help young QBs**
- **No-Run Zone:** (5-yards from First-Down or End Zone)
 - If you are in the no-run zone you cannot hand the ball off whatsoever! (No RB toss passing)
 - If a penalty moves the offensive team out of the no-run zone, there is no restriction on the next play (run or pass can be used) ***You are either within the 5-yards or not.**
 - Defense has option to decline penalty that would result in offensive team being moved out of the no-run zone



Notable Rule Highlights/Changes (2)

- **There is only one first down (mid-field)**
 - Prior to reaching mid-field, the offense has the option to “punt” on 4th-down
 - Punting will place the ball on the opponents 5-yard line
 - Upon failing the 4th-down attempt, the opposing team will take over at the spot of the ball
- **The offense now has 4 downs to score after passing mid-field.** Ball will be placed on the opponents 5-yard line if the offense doesn't score.
 - *This was added to encourage touches after the mid-field 1st down is gained.*
- **All passes, laterals, and pitches are LEGAL behind the LOS** except while in a no-run zone.
- **All Defensive Penalties will result in an automatic first-down (+yardage)**
- **All Offensive Penalties will result in a loss of down (-yardage)**
- **Blitzing the QB is allowed in 3rd Grade and UP**
 - There are no limits on the amount of players that can rush or where from as long as they are 10 or more yards back from the LOS
 - If a player takes off before the snap and crosses the line on a pass, a penalty will be called and a first down will be given

Key Player Rule Emphasis

- **Offensive players without the ball must stop their motion once the ball has crossed the line of scrimmage.**
 - No running with the ball-carrier. If a non-ball carrier is thought to have blocked a defender's path to the runner, a penalty will follow.
- **Only legal play in a no-run zone is a forward pass by the QB past the LOS**
- **Rushers must be stationary and behind or with the back referee (at or beyond 10 yards)**
- **Rushers CANNOT make any contact with the QB.**
 - Any contact will be flagged other than an attempt to pull their flags
- **The offense CANNOT impede the rusher in any way.**
 - If an offensive player is stopped then the rusher must go around; otherwise, the offensive player must avoid.
- **Defenders are not allowed to run through ball carriers when pulling flags**
- **Runners must make a move when a defender has established position**

Rules, Equipment, and Schedule Information

- LSFA Rules are posted at www.lsfootball.org under the For Coaches button at the top of our webpage
****Each coach is encouraged to learn the rule book and keep a copy on you.**
- **Write down the serial number given to each particular player to avoid swapping sweaty helmets.** The handout sheet will be in your jersey bag. **Take a picture of this so you always have a copy. DO NOT USE ANY TAPE OR MARK YOUR HELMETS IN ANY WAY!!!**
- GameBreaker helmets may be washed in a washing machine on a cold gentle cycle using mild detergent. Air dry only – NO DRYERS PLEASE!!!
- **Flags, jerseys, & shorts will need to be picked up on Sunday, March 9th 11am-5pm** - please have them try them on at the first practice to catch any sizing discrepancies.
- Distribute jerseys and GameBreaker headgear at your first practice (or as soon as received). Report any sizing issues to flag@lsfootball.org
- **There are no assigned names to match with gear this season to cut down on league costs. Please line players up and size them up with the best fit across your team with jerseys, shorts, and helmets!**
- Once schedules are set there is very little room to make changes.



Parent Communication (first contact)

When contacting parents for the first time...

- **Introduce yourself** and give some background info.
- Share your **practice location and times**, including expectations.
- Remind them that **schedules will be published by August 14th**
- Tell parents **what their kids need** at every practice and game.
 - Mouth guards and recommended cleats (before first practice)
 - Include their flags and GameBreaker helmet
- **Tell the parents what you need from them.**
 - Recommend a 32oz+ water bottle on hot days
 - Ask that they give you a heads up when their kid cannot make it to a game/practice and stress the importance of your game planning.
 - Let them know that you are looking for parents to assist if able.
 - When first messaging through TeamSnap, ask parents to validate that they see your team message. If not, emails and phone numbers are usually in each player's profile. The league can help you with contact info if needed.

Communication & Scheduling in TeamSnap

- **Setting up practice times and locations**
 - Log into the TeamSnap app > tap (+) icon > go to “New Event” & Schedule practices
 - You have the option to repeat weekly or pick multiple days
 - You have the option to notify changes or not
- **Adding a parent or guardian to the app**
 - Advise parents to go to the “Roster” > tap player > tap “add guardian”
- **To chat with team** > tap “Team Chat”
- **To add your profile picture**
 - Tap “Roster” > tap on your name > tap edit icon > upload image
- **Invoicing and Stat Tracking**
 - *There seems to be options for both, but they have not been tested*



End of Season Equipment Returns

- After your last game, YOU are responsible to return all league equipment for your team:
 - ***Our gamebreaker helmets are expensive! A 5% loss each year can tax us \$5,000 a year in replacement costs. This is passed on to you and the parents.**
 - The week prior to your last game, inquire with your team if anyone will be unable to play that day. If so, collect their headgear at their last practice they attend. If you advance in the playoffs, you can always return it at your next practice.
 - Immediately after your last game, collect all GameBreaker headgear and place these in your coaching bag and return your coaching bag and all equipment checked out to you at the communicated collection point at the game field.
 - When you return your equipment, communicate to the league representative the players' headgear you are missing as well as any other league equipment you still need to return.



Roster Release

Few more things and we are all done...

- Your rosters should be live in TeamSnap soon after you get home. Please check your app for your team and you can **immediately start communicating with parents** (ask parents respond in the app to confirm they are receiving your messages).
- Your practice schedules/maps will be emailed to you in the next 2 days. **DO NOT start practice until Monday, March 10th!**
 - Pay attention to your location's blackout dates, save the school's calendar to your phone, and check it weekly for changes.
- Please email questions post-meeting to your division rep.
- **Have assistants REGISTER if they wish to be on the field.** *If they are already in your app as a coach, no need.
- **Reminder: Jersey and Flags pickup will be this Sunday 11am-5pm.** Coordinate with an assistant or parent if you cannot make it.
- **Check your practice space allocation and meet us outside to collect your coach bag with your division rep**

