

First-Time Coach Quick Reference

Everything you need on the sideline

ALL FORMATS

SCORING

- Touchdown**
6 points
- 1-Point Conversion**
Passed from 5-yard line
- 2-Point Conversion**
Passed from 10-yard line
- Safety**
2 points to defense
- INT Return on PAT**
2 points to defense

GAME STRUCTURE

- Two halves (typically 20-24 min each)
- 4 downs to reach midfield
- 3 downs to score from midfield
- Turnover on downs if you don't convert
- Possession flips after scores & halftime
- No-run zones: 5 yds from midfield & end zone
- Play clock: typically 25-30 seconds

KEY TERMINOLOGY

- Audible** — Changing the play at the line
- Blitz** — Defender rushing the QB
- Flag pull** — A tackle in flag football
- Lateral** — Backward/sideways pass
- No-run zone** — Area where rushing is prohibited
- Play clock** — Time limit to snap the ball
- Safety** — Offense flagged in own end zone
- Snap** — Center handing ball to QB
- Turnover on downs** — Failing to convert on final down

COMMON PENALTIES

- Flag guarding**
Using arms to protect flags
→ 5 yds + loss of down
- Illegal rushing**
Defender crosses line early
→ 5 yds from line of scrimmage
- Offside**
Moving before the snap
→ 5 yds
- Impeding the rusher**
Blocking a blitzing defender
→ 5 yds + loss of down
- Illegal contact**
Pushing/holding a player
→ 5 yds + auto first down
- Pass interference**
Contact preventing a catch
→ Spot of foul + auto 1st

60-MIN PRACTICE TEMPLATE

- 0:00 – 0:10** Warmup & stretching
Light jog, dynamic stretches
- 0:10 – 0:20** Skill drill #1
Flag pulling, routes, or throwing
- 0:20 – 0:30** Skill drill #2
Different skill focus
- 0:30 – 0:40** Competitive drill
1v1 or small-sided game
- 0:40 – 0:50** Play installation
Walk through 2-3 plays
- 0:50 – 1:00** Scrimmage
Full game simulation

GAME DAY CHECKLIST

- ☐ Flags and flag belts for every player
- ☐ Cones for field setup (if needed)
- ☐ Printed roster and stat sheet
- ☐ Water for players
- ☐ Assign a parent stat keeper
- ☐ Arrive 15 min early for warmup
- ☐ Review 3-4 offensive plays with team
- ☐ Set defensive assignments
- ☐ Manage subs — equal playing time