



Minnesota Youth 7on7 Passing League – Coaches Info – 2018

Thank you for your time and dedication as the league wouldn't be possible without your leadership and support.

Roles:

There are 4 volunteer opportunities within each team:

- Head Coach – aid players in the development and game facilitator (see coach's description for full details).
- Assistant Coach – aid head coach with instructing players.
- Team Manager – league point of contact, and works with head coach to communicate details to parents.
- Athletic Trainer – assist with player injuries.

Requirements:

- Commitment for all 5 weeks and 7-8 games. If unable to be there, must work with other volunteers and/or parents to provide coverage.
- All coaches must complete the safety and certification program prior to the first game – April 8th (see link on coaches tab for full details)
 1. Background Screening
 2. HEADS UP Concussion Certification.
 3. Coaches Code of Conduct.
- Safety and Certification can be completed online: [click here](#).

Teams:

- For coaches that signed up as a team – if all your players have not individually registered by **March 2nd** then their positions can be filled with other registrations (as decided by my7on7 staff). A full roster will be provided to you at least one week prior to the first game.
- For coaches that volunteered; a full roster will be provided to you at least one week prior to the first game.
- The maximum number of players per team is 12-14. If your team is not at full capacity, we will add "late registrants" to your team if needed. You will be notified if/when this happens.
- If you are short players for a game, the game will be played "as is". However, if a team has 4 or less players it is considered a forfeit. (*please note, teams are free to play the game and "share" players but it will count as a forfeit*).
- The start of the game will not be delayed because players have not arrived.
- Each team is designated by a # and color.
- Team jerseys will be provided during the coaches meeting or at the first game. Each coach/team manager will receive a box of jerseys and roster with sizes to distribute to players.
- Team jerseys are ordered 4 weeks prior to the first game. Extra jerseys are ordered however, if players registered after that point (March 11th) they may not receive the size requested. We will do our best to accommodate "exchanges".



Minnesota Youth 7on7 Passing League – Coaches Info – 2018

Practice:

- Practice is optional and at your discretion.
- Recommended to meet an hour before the game to practice.
- Footballs are not provided for practice. We encourage you to bring your own – and label them.
- Football sizes are as follows:
 - 1st and 2nd – peewee
 - 3rd and 4th – peewee or junior
 - 5th and 6th – junior or youth
 - 7th and 8th – youth or high school

Games:

- The schedule can be found online.
- Check the [website](#) weekly for updates.
- A schedule will be posted on-site the day of the games to know which field your team plays on.
- We encourage you to send weekly reminders to your team about the upcoming week's games. Please make special notes of the weeks where you have two games.
- There will be up to four games played at one time.
- All games will start at the same time, break at the same time, and end at the same time. This allows us to stay on schedule and provides for smooth transitions from one game to the next.
- Games will start on time!
- Games will not be delayed because a team doesn't have a full line-up.

Training Sessions:

- Training sessions are special skill development and provide an opportunity for players to work on certain skill positions (offense and defense), try different positions, and have fun.
- Training sessions are optional and not required.
- There is no additional fee for the training; it is included with player registration.

Rules:

- Rules can be found under the "[COACHES](#)" tab – on the left hand column. Key highlights include:
 - TOUCH Football (no tackle and no flags)
 - ALL Passing for Grades 3rd – 8th
 - 1st and 2nd can run the ball, but must pass every 4 downs
 - 5 receivers, 1 center, 1 QB.
 - Center takes a knee after ball snapped (must snap between the legs)
 - QB has 4 seconds to throw the ball, if ball dropped, it's not a dead ball, continue play
 - No blocking or rushing
 - Interception is 3 points. Cannot run the ball back for a touchdown (safety reasons)



Minnesota Youth 7on7 Passing League – Coaches Info – 2018

Rules cont.:

- As outlined in the coach's code of conduct we request fair playing time for all players, regardless of the score, development of players at all levels and the importance of having fun and good sportsmanship.
- Refs are provided by My7on7. Goal is to have two refs per game at all grade levels. Disrespectful commits to the refs will not be tolerated, and may result in ejection of the game and possible game forfeit.

Resources:

- Visit the [Coaches](#) tab online for playbooks
- Additional sites are: youthfootballonline.com
- Email: info@my7on7.com
- Game Day: there will be a designated Site Manager and Site Coordinator from My7on7 available to answer questions, inform of field locations, etc.

Goal:

- Beginners: Introduces the game of football in a fun and safe environment.
- Intermediate: Allows for high repetition and the opportunity to play multiple positions in a short season.
- Advance: Athletes will focus on both offensive and defensive skills to increase game IQ to benefit those that want to play football at the High School level.