

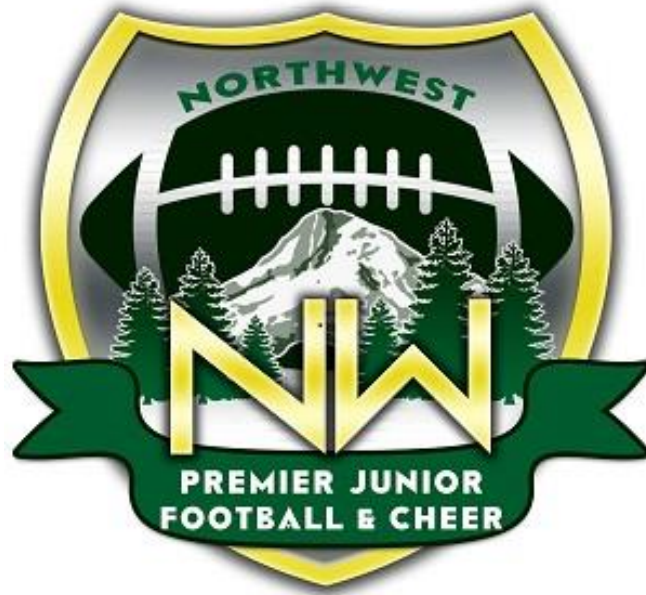
# NW Premier Jr. Flag Football

## Freshman

### 1<sup>st</sup>/2<sup>nd</sup> Grade

## Division Playbook

### 5 on 5



# RULES

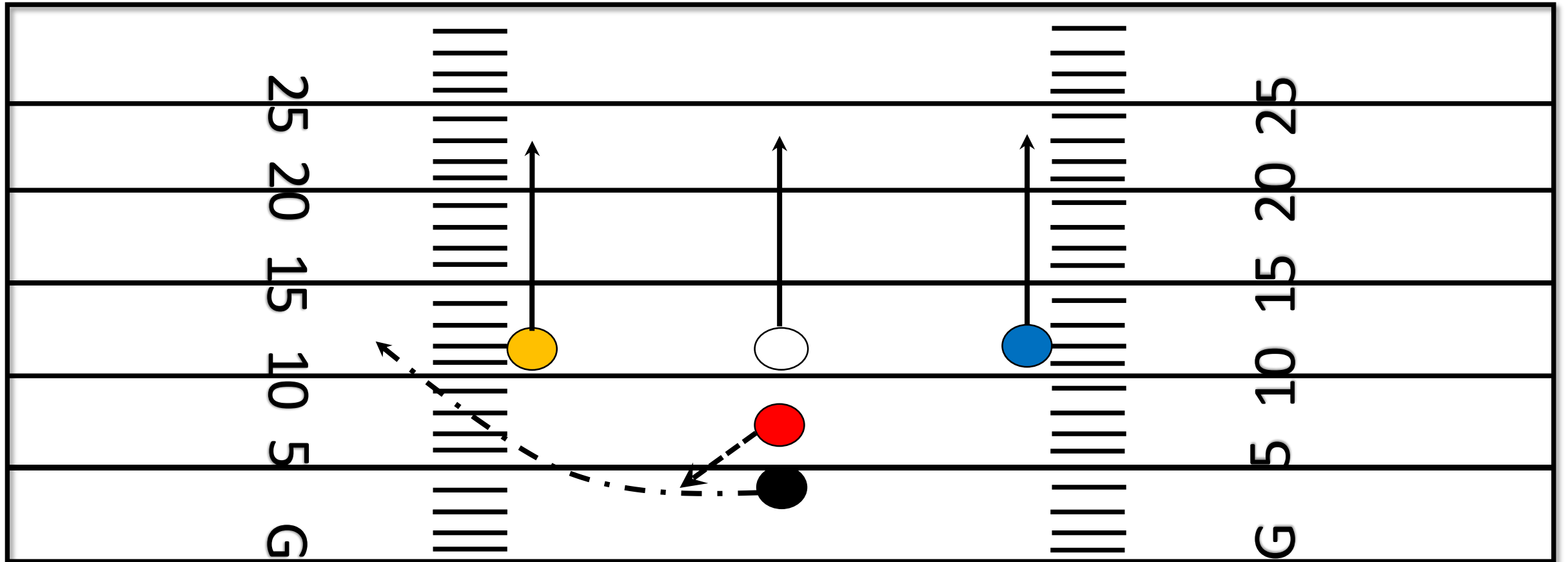
1. (4) Downs to pick up (1) first down (YELLOW CONE) or score.
2. BLUE CONES are NO RUN ZONES. No RUN plays inside the BLUE CONES. Except for FRESHMEN who may use running plays anywhere on the field.
3. NO BLOCKING OR SCREENING defenders
4. (2) 20 MINUTE HALVES; RUNNING CLOCK. 5 MINUTE HALFTIME
5. (1) 60 SECOND TIMEOUT (2<sup>ND</sup> HALF ONLY)
6. 25 SECOND PLAY CLOCK
7. PLAYERS MUST BE SUBSTITUTED AT LEAST EVERY (4) PLAYS
8. BALL CARRIER CANNOT HURDLE OR JUMP; FEET MUST STAY GROUNDED AT ALL TIMES.
9. NO CHARGING
10. NO FLAG GUARDING
11. QUARTERBACK HAS (5) SECONDS TO RELEASE THE BALL

# QUICK TIPS

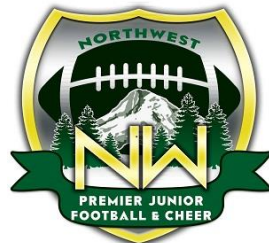
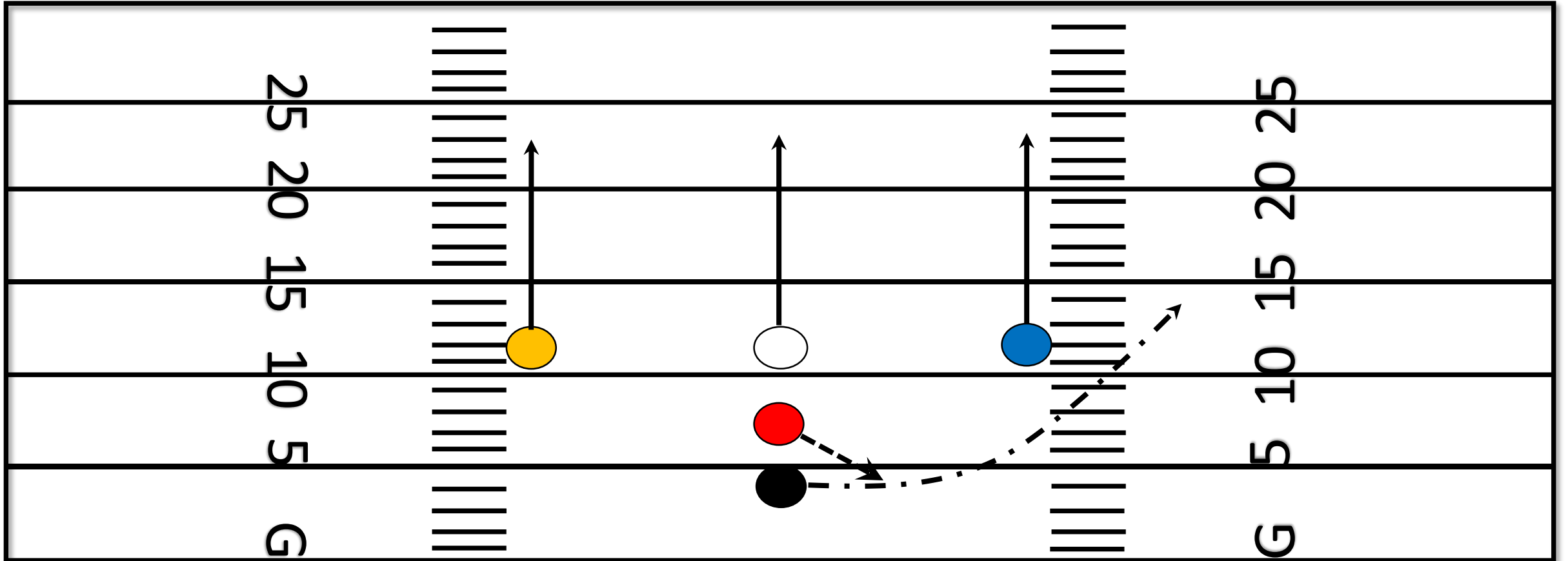
1. Rotate players at every position; encourage the kids to try all positions.
2. Don't try to modify plays during game, it will only confuse the kids. ***WE DON'T WANT THEM THINKING TOO MUCH. Keep it Simple (K.I.S.)***
3. Pick a few plays to practice and stay with them in the game; the more they are familiar with a play; the better they will execute.
4. We've given you a lot of options in this playbook but, figure out what the kids are most comfortable with and "stick with it".
5. ***HAVE FUN; WE WANT THIS TO BE AN AWESOME EXPERIENCE FOR NOT ON THE KIDS BUT, YOU AS WELL.***

***THANK YOU FOR PLAYING NW PREMIER FLAG FOOTBALL***

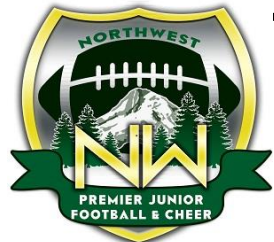
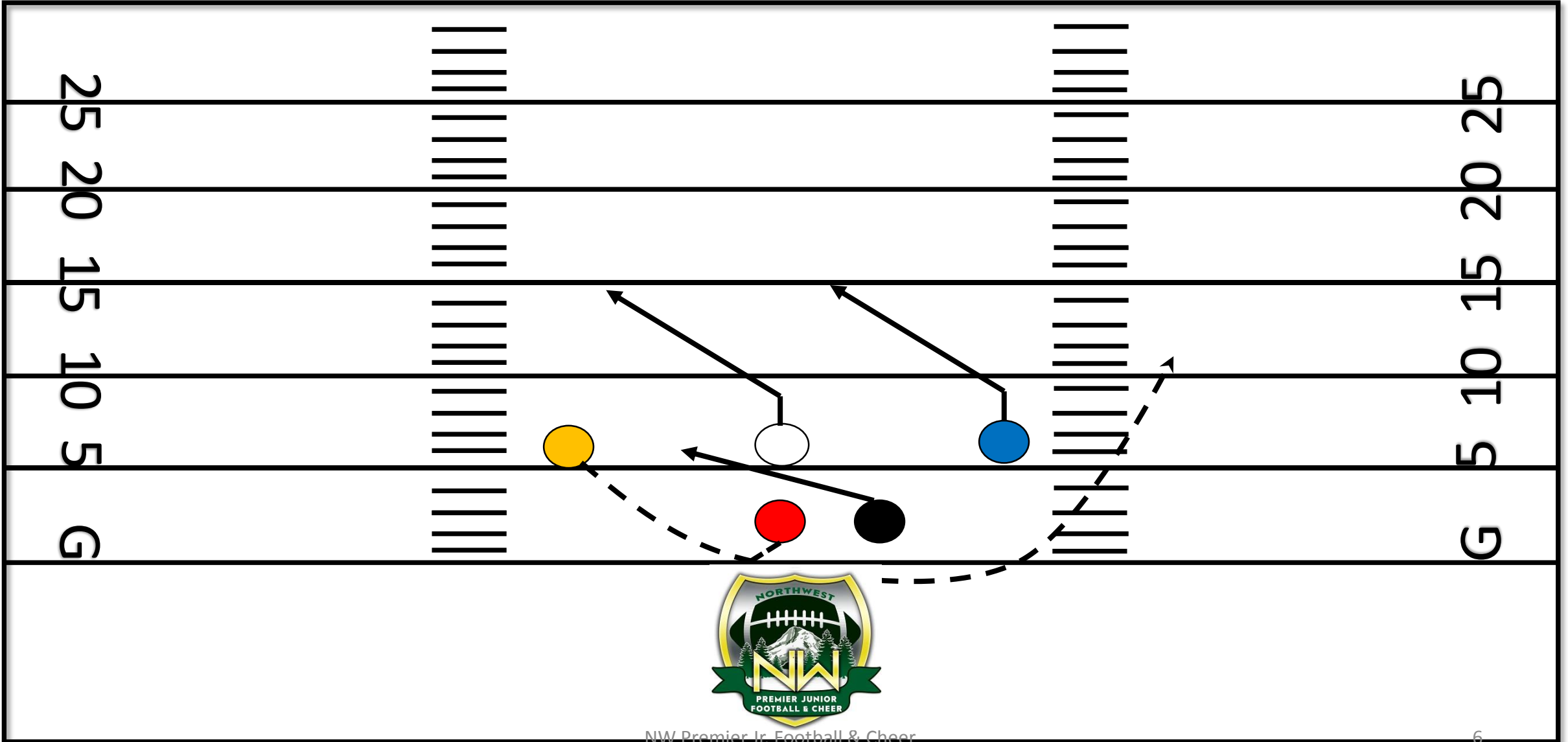
# BLACK PITCH LFT



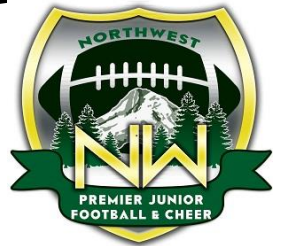
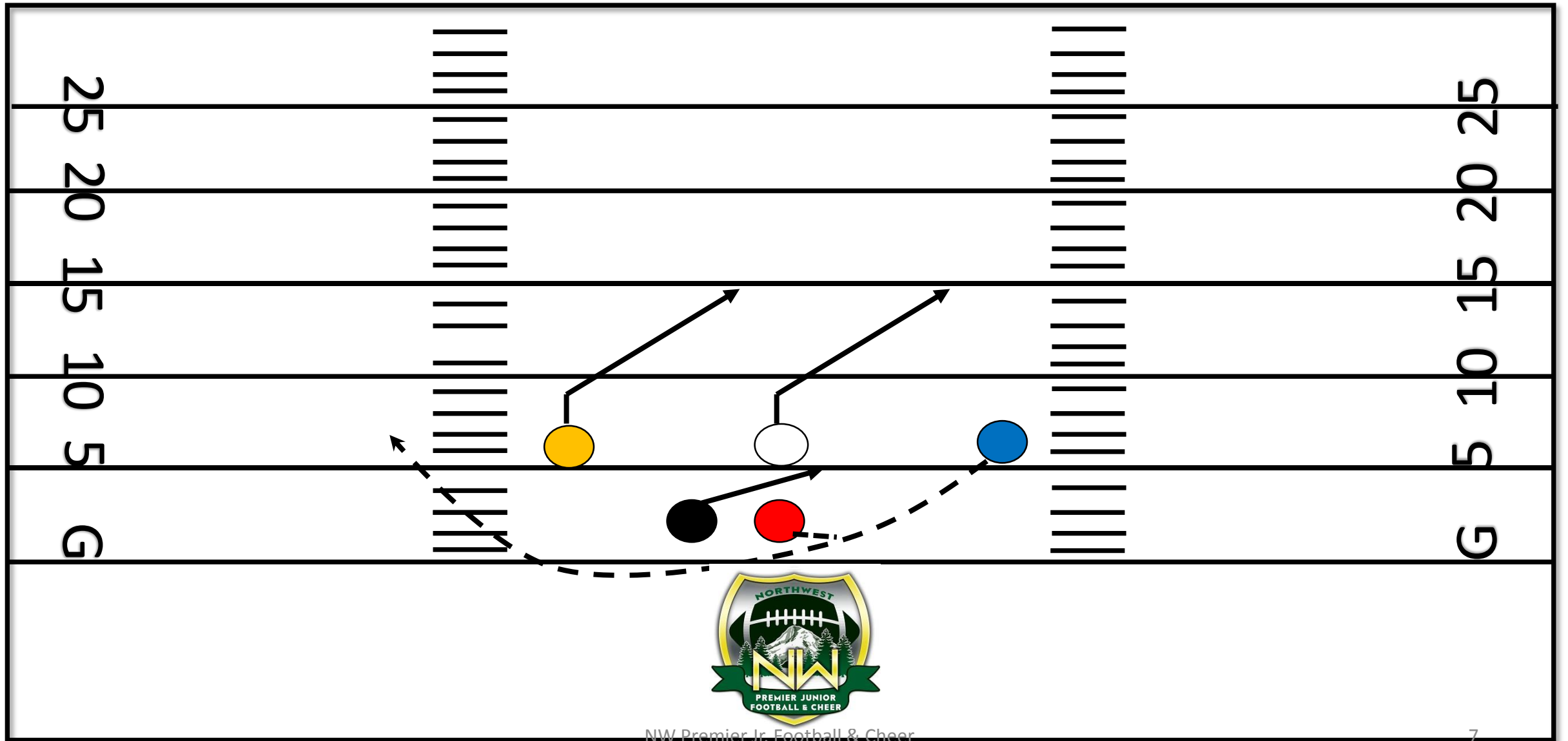
# BLACK PITCH RIGHT



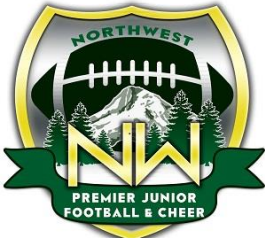
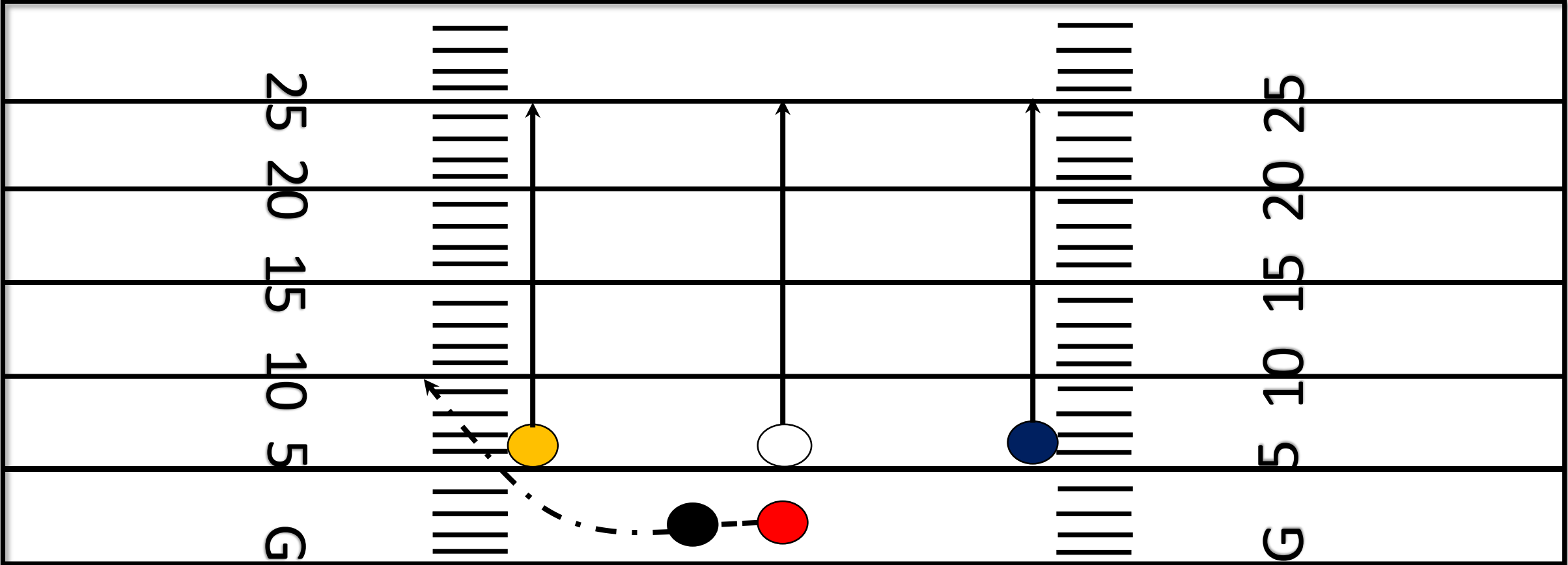
# GOLD REVERSE



# BLUE REVERSE

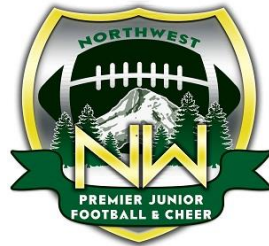
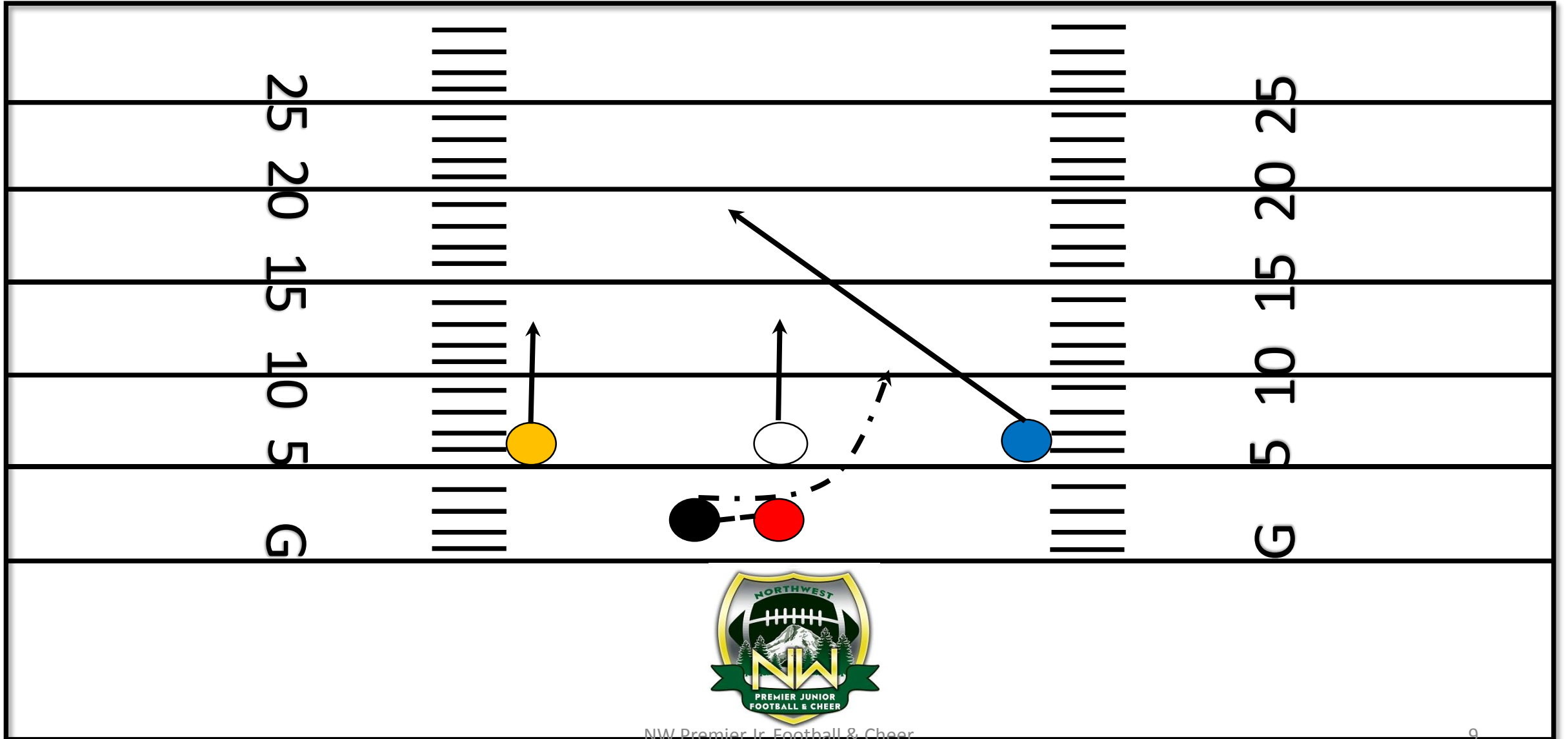


# BLACK PITCH LEFT

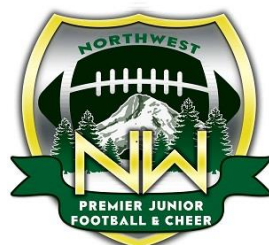
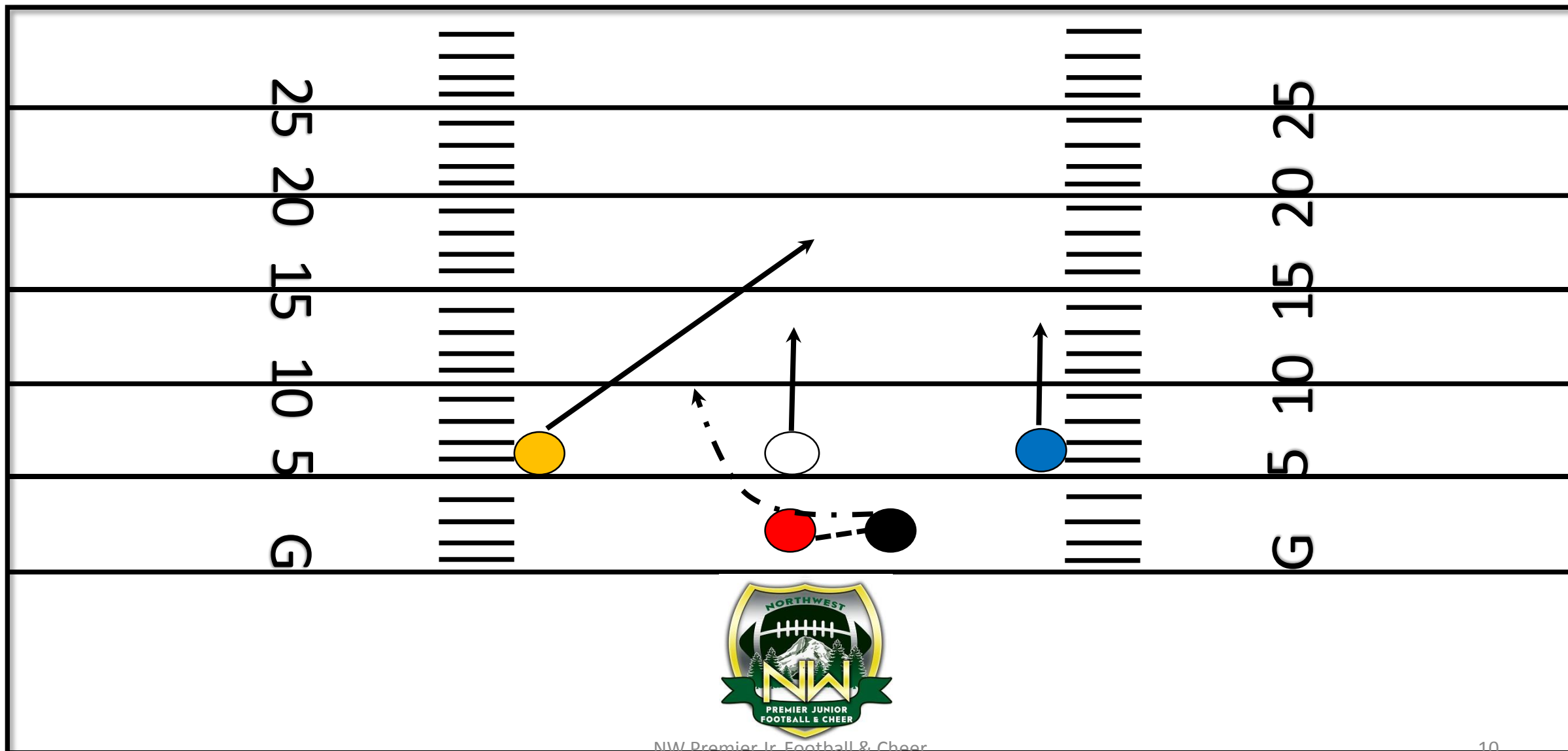




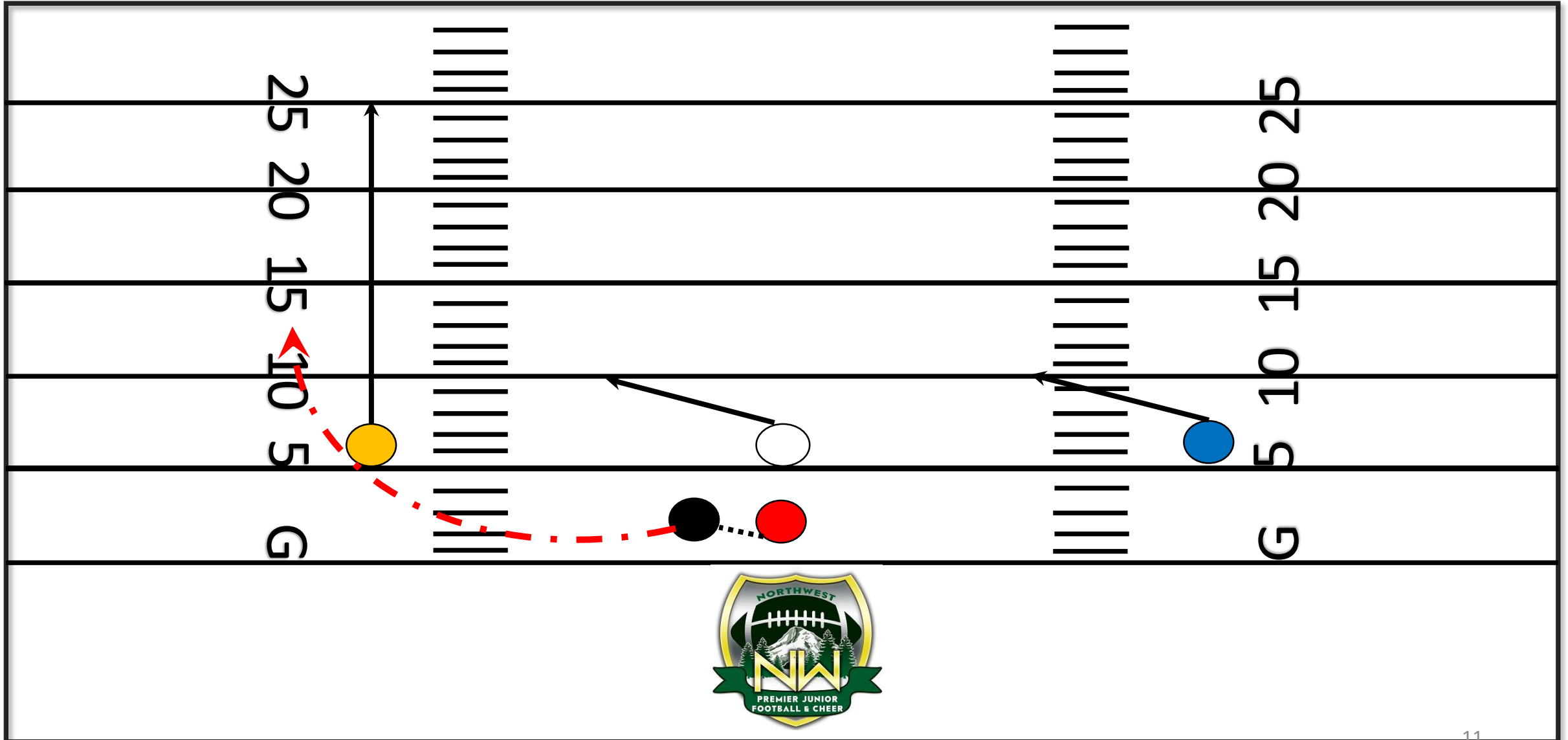
# BLACK RUN RIGHT



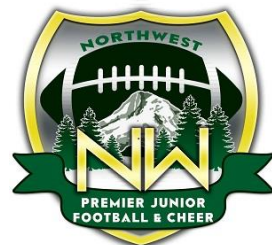
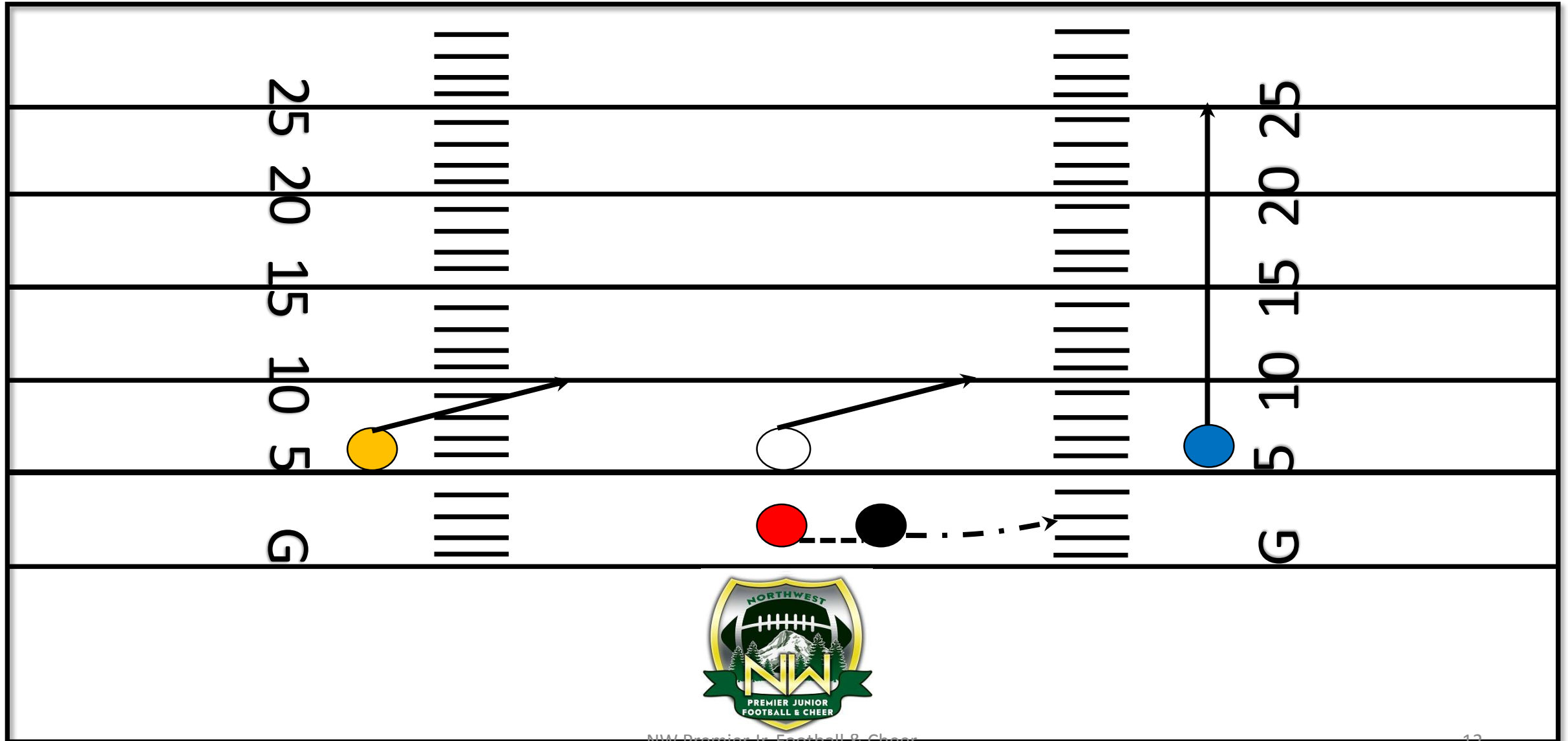
# BLACK RUN LEFT



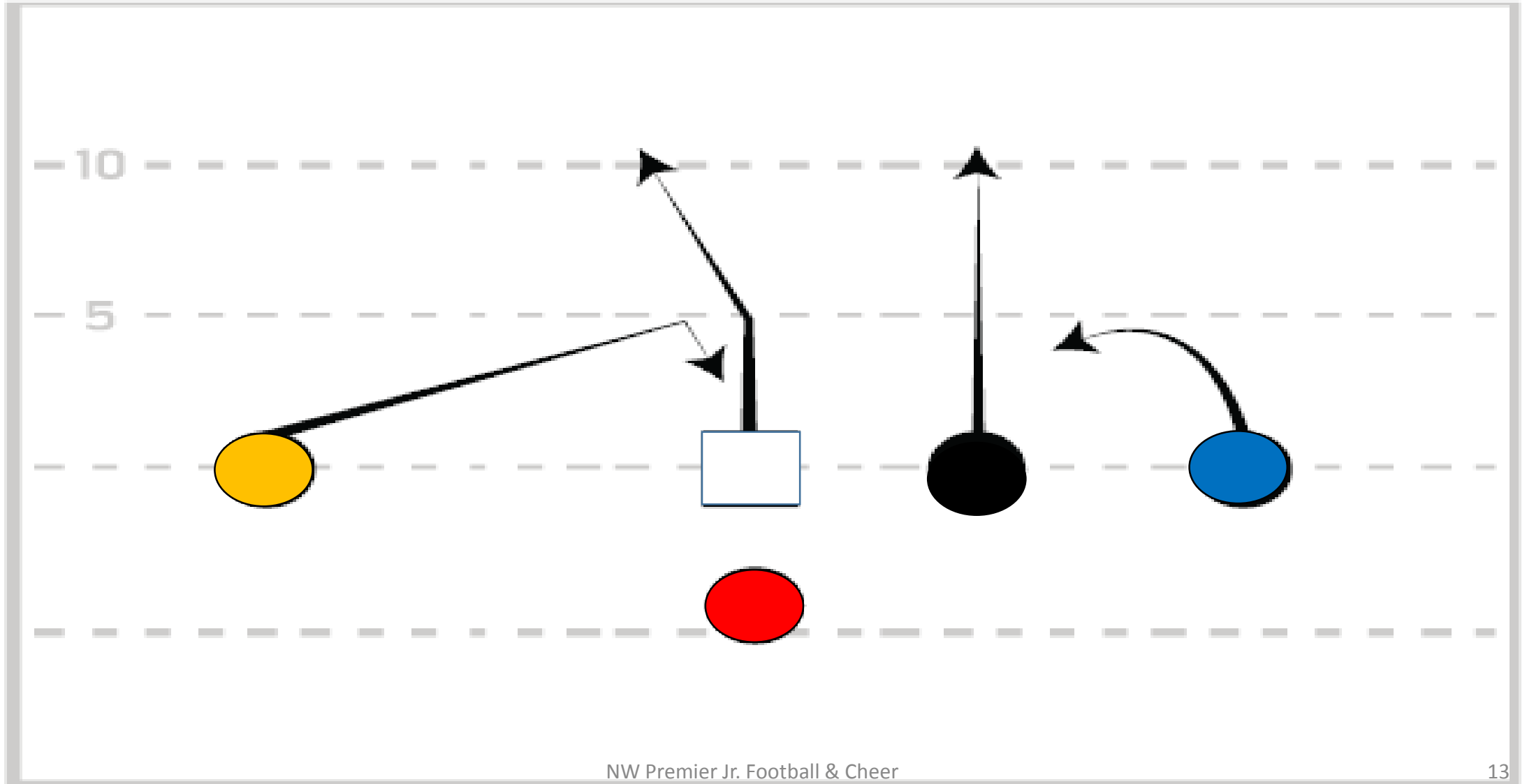
# SPREAD PITCH PASS LEFT



# SPREAD BLACK PITCH PASS RT

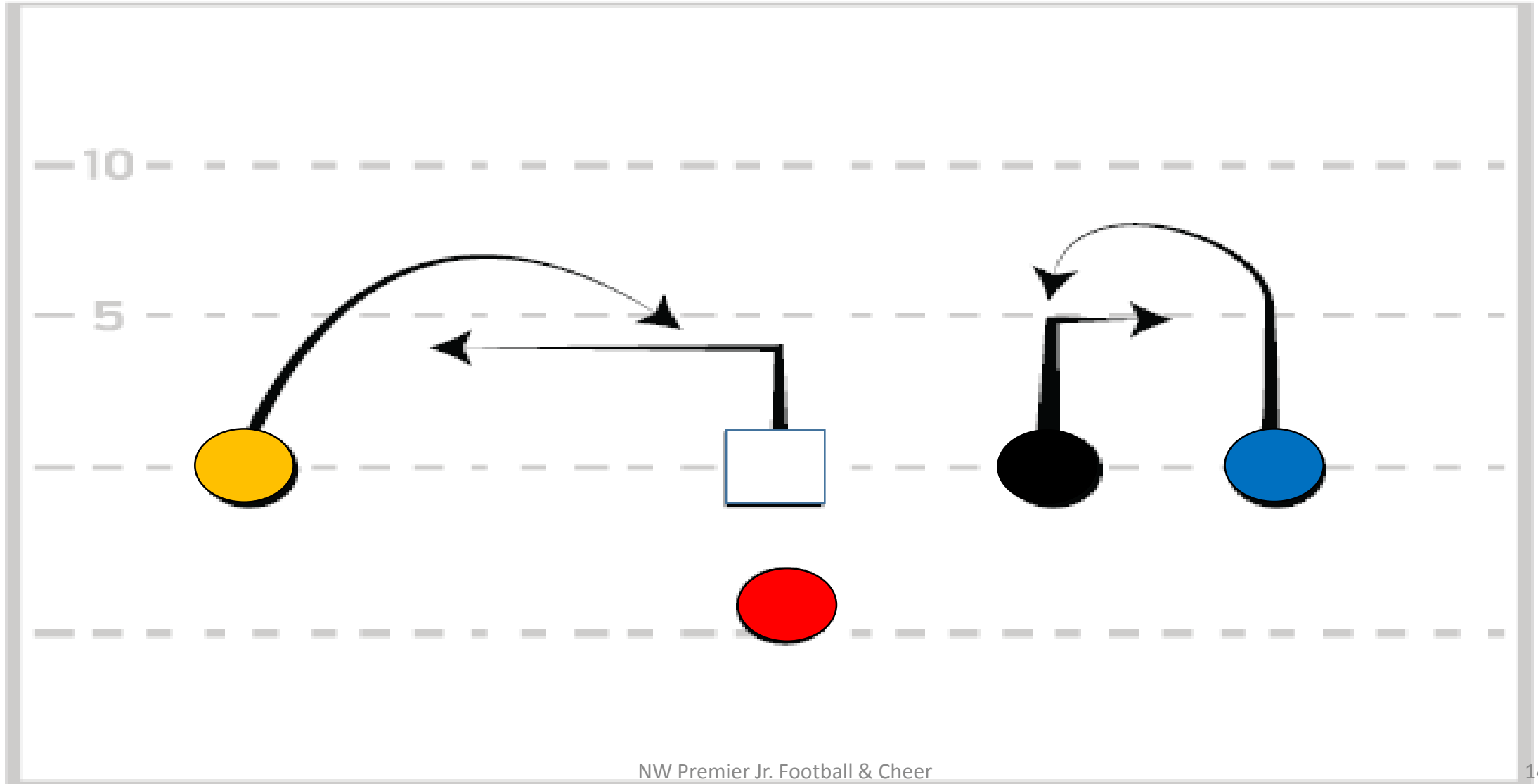


# SPREAD RT SLANT POST GO HOOK



BEGINNER

# SPREAD RT HOOK FLAT FLAT CURL



BEGINNER