

Coaches Meeting Agenda

July 31st, 2025 6:00PM



Introduction & Welcome

COACHES INFORMATION

Background Check

- **ALL COACHES (Head Coach & Assistants)** must fill out a background check online
 - You must submit a new background check each season
 - Click [here](#) or find the link on www.longbeachfnl.com under the “Coaches” tab
- **Coaches [GroupMe](#)** - Join for important announcements and real time updates.
- **Rosters** - Log into [LeagueApps](#) and view Roster in your Dashboard.
- **Player & Family Introductions** - Contact all player families on your roster, no later than **Sunday, August 3rd**.
- **Setup Communication App** (GroupMe, Whatsapp, Heja, GameChanger, etc.)
- **Equipment Pick Up**
 - **Saturday, August 2nd, 10AM-12PM**
Sports Basement
2100 N. Bellflower Blvd., Long Beach
Please send a team representative if you cannot make it.
Background check MUST be completed before pickup.
- Coach Mentor Volunteers

Practices (May begin on August 4th)

Number of Practices

- 1 practice per week
- Use your discretion for length based on age/division (1-hour)

Location

- Permitted Site - Los Altos Park (Map available on website)
 - Please remind parents to be neighborly.
 - Do not block driveways

- Keep the kids safety in mind when dropping off
- Clean up any trash after practices
- No restrooms (please remind parents to have their kids use restroom before practice)
- City has the right to revoke permit if multiple substantial complaints occur
- Additional Practices Sites (first come, first serve, non-permitted)
 - Recreation Park (Behind Blair Field)
 - Recreation Park (by Dog Park)
 - El Dorado Park (Behind Turf Field)
 - Stearns Park (South End)
 - Heartwell (near Duck Pond)

Games

Opening Night

- September 5, 2025 at Cal State Long Beach, Intramural Fields

Kinder

- 8 game Season - NO Playoffs
- Coach is allowed on the field
- Score is not kept
- No extra points after a touchdown
- No run zone areas do not apply to Kinder division

1st -8th

- 8 game season
- Playoffs after completion of regular season (tent. Nov. 7 & Nov. 14)
- 1st/2nd & 3rd/4th grade division- Coach allowed on field, no overtime (except playoffs)

Code of Conduct

- **Review and share with your team.**
 - [Parent & Coach Code of Conduct](#)

Schedule/Game Times

- **Coach Conflicts - Submit by Monday, August 4th**
 - **USE [FORM](#) ONLY TO SUBMIT! No emails!**
- Game Schedule will be available on our website [LB FNL SPRING 2025 Schedule](#) the Tuesday before our opening Friday Night September 5, 2025
- Games are scheduled on the 50
 - 4:45, 5:35, 6:25, 7:15, 8:05, 8:55
 - 10 minute quarters, 3-5 minute halftime, 1 minute water breaks between quarters
- Have game Line-up cards completed, mouthguards and belts properly on kids **BEFORE** game time to ensure games run on schedule.
- Line-up cards will be available for pick up every Friday at the LB FNL tent. Also available online in the Coaches Corner tab of our website, if you prefer to print them at home.
- Have the entire team at the field **BEFORE** game time so you can start immediately following the conclusion of the previous game.
- Please move teams off of the field **immediately AFTER** games to do post game meetings.
- Game Scores will be entered the following Monday.

Game Location/Parking

Fields/Location

- Cal State Long Beach - [Intramural Fields](#)

Sideline Rules

- Home Team faces East (Toward Palo Verde St.)
- Teams should sit on OPPOSITE sides of the field
- Field size approx 25-30 x 55-60 yards
- Please stay off equipment, rugby poles, fences, etc. Please supervise your children.
 - Please **DO NOT ALLOW** your other children to climb on other field equipment (ie soccer nets, fences, etc)
- Bathrooms available near the softball field.

Parking Options

- **Monthly Activities Parking Pass**

- Available for purchase through CSULB
- \$36/Month - Valid in General (G) Lots after 4PM on Weekdays (Monday-Friday) and all day on Weekends (Saturday - Sunday).
- Multiple license plates may be added to one pass, but only one vehicle may be parked in the lot at a time.

Google Form Parking Sign Up

- Posted to website and linked [here](#)
- Please ask all interested families on your team to complete the Google form no later than **August 11th**.
- CSULB will reach out directly via email to everyone interested in purchasing passes. There is no physical pass! Electronic license plate recognition is used.

Street Parking

- Limited free street parking is available on Palo Verde and Atherton. Please pay close attention to all parking signs and restrictions.

Security

- CSULB Police Department

Chaperone Rule

- All guests 17 years old or younger not in full uniform must be accompanied by an adult or chaperone who is directly responsible for their actions/behaviors

Rain Policy

- YES! We *can* play in the rain.
- All decisions to play or not will be made by CSULB on Fridays. Player safety and field conditions will always be at the forefront of the decision to play. We will post it on our home page, GroupMe, Social Media and will also send an email through League Apps.

Uniform/Sponsorship

Uniforms

- Each team will receive a variety of sizes. Please line up kids biggest to smallest and pass out jerseys according to size not number.
- Last names on back of jerseys are OPTIONAL
 - Erina Dark - (562) 201-7162 - Jersey Lettering

Sponsorship

- Mandatory - \$300.00 per team (only 1st-8th Divisions)
- [Sponsorship Form](#) due before uniform pickup (August 30th)
- **Money** due at pickup, **10AM - 12PM**, at **Sports Basement**
 - 2100 N. Bellflower Blvd., Long Beach
- **Cash, Check or Zelle - longbeachfnl@gmail.com**
- **Make check out to:** *Long Beach FNL*

If you cannot make uniform pickup, please send a representative to pick up uniforms for the team.

Food Vendors

- CSULB Concessionair will be providing all concessions

Pickup for Equipment **THIS WEEK (SATURDAY, AUGUST 2ND)**

- One set of flags per player - (Coaches discretion on whether to keep the set each week or have players take them home.)
- 2 Footballs per team
- Extra balls available for purchase or can contact us
 - \$25/\$27 per ball
- **Football Sizes:**
- **F3** - Kinder, 1st/2nd Grade Divisions
- **F5** - 3rd/4th and 5th/6th Grade Divisions
- **F7** - 7th/8th Grade Division

Contact Richie to arrange pick-up time. 562-882-2255

IMPORTANT

- Please read all the emails that we send out. There is a lot of important information that we send to you that needs to be relayed to your players.
- **ADD LONGBEACHFNL@GMAIL.COM & FNLLONGBEACH.MAILER@LEAGUEAPPS.COM TO YOUR EMAIL CONTACTS.**
- **When emailing or texting us, please include your Name, Team and Division.**

Important Season Dates

- **AUGUST 30th**
 - Sponsorship money and Sponsorship Form Due
 - Uniform Pickup 10AM -12PM
 - Sports Basement
 - 2100 N. Bellflower Blvd. Long Beach
 - PLEASE SEND A TEAM REPRESENTATIVE IF YOU CANNOT MAKE IT
- **SEPTEMBER 2ND (Tuesday)** - Schedule Released.
- **SEPTEMBER 5TH** - Opening Night.
- **OCTOBER 25TH** - Picture Day - Details to come.
- **OCTOBER 31ST** - BYE Week
- **NOV. 7TH & 14TH** - Playoffs

Checklist of what to complete:

- Coach Game Conflict Submitted by **Monday, August 4th.**
- [Parking Interest Form](#) due **BY August 11th.**
- [Sponsorship Form](#) due **BEFORE** pickup on **August 30th.**
- Pick up uniforms and bring all Sponsorship money **August 30th.**
check, cash or Zelle for sponsorship (\$300.)

Rules

Overview of Rules

- **IMPORTANT OVERSCORING RULE CHANGE**
- **FINAL SCORE POSTED IN STANDINGS WILL ONLY REFLECT A MAX 28 POINT DIFFERENTIAL.**
- Any team leading by 35 points or more is prohibited from rushing the passer and cannot advance an interception, until the lead drops below 35 points.
- Any team beating another team by more than 42 points will be penalized.
- Each point above the 42 point differential will then count against that team's points allowed.
 - Example- Team A beats Team B by the score of 49 to 2... Team A will then have 5 points placed against them in points allowed. POINTS SCORED DOES NOT HAVE ANY BEARING ON SEEDINGS FOR PLAYOFFS BUT POINTS ALLOWED DOES... SO RUNNING THE SCORE UP DOESN'T HELP WITH SEEDINGS... BUT NOW IF YOU DO RUN UP THE SCORE... IT WILL HURT YOU IN THE SEEDINGS.
- See Attachment or [LB FNL Rules and Regulations](#) (Read and **re-read** carefully)