

**Schumacher Division**

**Coaches Guide**



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## Mission Statement

The mission of the BYFL is to provide and promote the youth with safe and supervised growth of football development throughout Bismarck and the surrounding area. The development of sportsmanship, teamwork, honesty, respect, fair play and physical fitness are the BYFL values and priorities.

## Purpose

The Bismarck Youth Football League (BYFL) shall be a non-profit youth football organization promoting supervised, instructional football for youth in grades third through sixth, age eight through twelve residing within city of Bismarck and surrounding communities.

To provide youth the opportunity to learn, participate, and establish friendships in the great game of football under proper supervision and safety precautions while nurturing moral, emotional and academic growth.

Provide qualified coaches who promote coaching the whole child in four key areas: Physical, Mental, Technical, and Tactical.

## Philosophy

Coaches play a pivotal role in the development of athletes at all levels. As a coach, you may take on a variety of roles throughout the season such as a: Mentor, Innovator, Supporter, Educator, Trainer, Leader, Counselor, Role Model, and Friend to your players. Be a teacher first and a coach second. Effectively teach the fundamentals of football in a positive safe environment. Challenge and teach players how to play the game right, and what good sportsmanship means. Motivate and stimulate confidence in your players. Value each player's effort and persistence and support their development on and off the field.

The number one reason children participate in youth sports is to have fun. Remember that you have a team of 8-10-year-old children and the game of football is just a game. Learning about winning and losing, playing by the rules, and respecting an opponent are just as important as learning football skills.

*"A good coach will make his players see what they can be rather than what they are." – Ara Parashoghian*

## Contact

[BismarckYouthFootball@gmail.com](mailto:BismarckYouthFootball@gmail.com)

<https://bismarckfootball.com>

## Behavior

All coaches, parents/guardians, players, fans, league representatives are prohibited from physically pushing/shoving, punching, or in any way physically assaulting others. If any of these actions should occur, the individual(s) may/will be removed from the league. All parties involved are expected to control their emotions.

All coaches, parents/guardians, players, fans, league representatives are prohibited from using obscene or abusive language during practice, games, or other league activities. Such behavior is subject to disciplinary action by the coach and/or Executive Members. Disciplinary action will be determined by the coach and/or Executive Members and may include suspension from a scheduled game or expulsion from the league.

Coaches, Referees, and/or League Officials have the right to remove any parent, player, or volunteer, from any BYFL event (including practice), who is creating a disturbance, or creating an unhealthy environment for children, without a refund, pending review by the League's 'Grievance Committee'.

You will find it easy to get caught up in the excitement of the game. However, we ask that you remember that this is not the NFL, college, or even high school football. Please keep your comments positive and encouraging. We ask that you set a positive example for the children. At this age keep football a game, not a sport.

If you believe that you are being treated unfairly, please talk to your coach first. If that fails to adequately address your issues, you may contact the respective division Coaching Directors or Commissioners and/or submit a league grievance form. The League's 'Grievance Committee' will review and follow the procedures outlined on the form. Please remember that BYFL grievance decisions are FINAL. Involving the 'Grievance Committee' may cause a coach, parent/guardian and/or the player to be dismissed from the league without refund of deposit. It is always best to try to settle issues with coaches. Any parent/guardian that does not follow this procedure will be in jeopardy of losing their child's privilege to participate in the League without a refund. BYFL grievance form is available in this document and online.

## Facilities and Equipment

BYFL will provide practice and game facilities within the community. Be aware teams may be required to relocate practice locations during the season.

BYFL will provide the following equipment: Helmet, Shoulder Pads, Pants, Game Jersey. At the conclusion of the year, all BYFL equipment items are to be returned in good condition at a time and location announced by the league. Failure to return the borrowed equipment will result in the League charging the responsible parent/guardian \$400 (cost of the equipment) and any collection costs (including attorney fees, if required). Parents are responsible for: Practice Jerseys, Mouth Guard, Socks, shoes (no metal cleats). Game jerseys are to be worn for games only, not practice.

Parents/guardians are responsible for inspecting their player's football equipment prior to practices or games. All players must have all their protective equipment in order to practice or play in games. If your

child is not properly equipped for football, they will be declared ineligible to participate. Ask coaches for help.

BYFL shall have the responsibility for supplying teams with a minimal First Aid kit to be used at all games and practice sessions.

Obey ALL parking signs at the facilities. City officials will enforce the parking regulations. DO NOT climb on or over the fences, please use the gates.

No Dogs allowed at facilities.

It is everyone's responsibility to inspect practice/game fields and any other BYFL event for safety. If you see something, say something.

## Practices and Games

During games, only players, coaches and league officials may be near team's sideline. ONLY authorized coaches and players are allowed the team sideline. ALL parents & spectators will be in the dedicated fan areas.

All players should attempt to make it to every practice, provided that all forms and dues are recognized by BYFL, or unless medical, family or coach's decision. Attendance to all events on time is expected.

The Schumacher Division (3<sup>rd</sup>-4<sup>th</sup> grade) will play their last game during "Super Weekend."

Student trainers are expected to attend all league games and will provide limited treatment for minor injuries.

BYFL will provide referees for all games.

In the event we expect or have inclement weather in the area that may impact schedule practices or game, please watch for updates through the various BYFL communication channels.

## Alcohol, Tobacco, Firearms

The use of alcohol, tobacco or illegal drugs during practices, scrimmages, or games is prohibited. All firearms and weapons are prohibited at all BYFL events.

## Schumacher Division Rules

North Dakota High School Athletic Associations (NDHSAA) playing rules shall apply except as specifically revised in this guide.

### Gameday Fields, Officials, Time and Scoring

The games will be played on condensed fields with two officials. The game format consists of each team continually on offense and defense two whole quarters. For example, Team A is on offense 1<sup>st</sup> & 4<sup>th</sup> quarter while Team B is on defense 1<sup>st</sup> & 4<sup>th</sup> quarter. Teams switch possession 2<sup>nd</sup> & 3<sup>rd</sup> quarter. Whoever wins the coin toss will receive the ball 1<sup>st</sup> and 4<sup>th</sup> quarter. The opponent will start on offense 2<sup>nd</sup> and 3<sup>rd</sup> quarters. This will ensure players are not standing around for more than one quarter. See illustration below:

EAGLES; GREEN TEAM/WHITE TEAM      CHIEFS; RED TEAM/GOLD TEAM

1ST QTR EAGLES GREEN OFFENSE-CHIEFS RED DEFENSE

2ND QTR CHIEFS GOLD OFFENSE-EAGLES WHITE DEFENSE

3RD QTR CHIEFS RED OFFENSE-EAGLES GREEN DEFENSE

4TH QTR EAGLES WHITE OFFENSE-CHIEFS GOLD DEFENSE

Games will consist of four 12-minute quarters with a continuous clock, except:

- The clock will stop after touchdowns, injuries, and timeouts.
- The clock will not run during extra points.
- One of the officials will keep time on the field.

No down and distance.

Halftime will consist of a five-minute break.

No overtime.

Each team will have two timeouts per half.

Major penalties are 10 yards.

Offensive holding penalty is 5 yards.

Two coaches from each team are allowed on the field during play. Coaches on the field call the plays and may not advise their players or team after the quarterback begins cadence.

No special teams.

- No kickoff. Coin flip will determine offense/defense in 1<sup>st</sup> & 4<sup>th</sup> quarter or 2<sup>nd</sup> & 3<sup>rd</sup> quarter. Team that is on offense first receives the ball at the predetermined spot on the field and continues on offense until the end of the quarter.
- No punting.
- No field goals or kicked extra points.

Touchdown is six points. Point after Touchdown shall be as follows:

- Ball will be placed at the two-yard line
- A run that crosses the goal line is worth one (1) point.
- A forward pass is worth two (2) points.

Although points will be acknowledged for scoring, the Schumacher Division does not keep score on the scoreboard.

### Offense Philosophy

League requires all plays be ran from provided formations and plays ([see offensive formations](#))

League forbids use of

- Shotgun formations
- Trips formations
- Unbalanced formations
- QB sneak and QB draw
- Offensive lineman pulling or trapping
- No huddle (unless within final two minutes of each half)

No quarterbacks, offensive backs, or wide receivers may weigh over the league determined ball-carrying weight and must be on the line of scrimmage at the time of the snap. These players are identified with a red dot on their helmet.

Each team will be allowed two trick plays per game. Trick plays consist of reverses, halfback passes, receiver passes. If more than two tricks plays are attempted, a 10-yard penalty will be enforced.

### Defense Philosophy

League requires all plays be ran from provided formations ([see defense formations](#))

Defense formations always arrange in 4-man front. Center is uncovered.

All defensive lineman must be in a three- or four-point stance and must engage the lineman in front of them when the ball is snapped. Predetermined shooting gaps or stunting is prohibited.

Linebackers and defensive backs must maintain a minimum 5-yard setback from line of scrimmage. They can align 2-yards from line of scrimmage when offense is inside the 5-yard line.

Linebackers and defensive backs cannot be in a forward motion until the ball is snapped.

League forbids:

- Goal line defense (5 or 6 man front)
- Stunting and Blitzing

### Participation

Schumacher Division incorporates and follows the equal play time rule. Each player must participate in half of the game on offense and half the game on defense. An exception to this rule is permitted at the discretion of the head coach for disciplinary reasons, player readiness or illness, or safety concerns for the player.

A player could have his playing time altered for disciplinary reasons. A coach may exempt a player from the mandatory play rule for discipline, missing practices, or for physical injury or illness but only if the coach notifies and explains the cause for the exemption to the player and guardian prior to the game.

You may substitute for injuries and instructional purposes only. For instructional purposes the player is to be out only one play and then is to be placed back in the same position the player came from (i.e., you are not allowed to get all your “studs” back in the game to stop a play or score.) You play with the players you have on the field during that possession.

## Practice

A football practice shall be defined as any coordinated scheduled mandatory football related activity during the season involving at least two designated coaches and player(s).

Player physicals are not required, however encouraged if there are concerns about child participating in tackle football.

Preseason practice sessions and schedules will be communicated by league administrators prior to the first eligible day of practice. After the first game each team is allowed two practices each week.

[See suggested practice framework for ideas how to structure your practice.](#)

- Each practice will be no longer than 90 minutes.
- Scrimmages are not allowed.

The team's coaches will set practice times. It is recommended to confirm with players and parents' any obligations outside of football before and during the season.

## Game Cancellations

Things such as rain, snow or cold temperatures will NOT be grounds to cancel games. Extreme weather, such as lightning may be cause for canceling a game if it is considered a safety problem. After the game starts, the game's referee has the authority to cancel the game.

Every attempt will be made reschedule any games that are canceled because of weather. However, certain situations such as field availability, etc. may not allow for canceled games to be rescheduled.

## Schumacher Division Weight Limits

All players will be weighed on the League scale on the day of equipment issue. This will be the ONLY weigh-in. An average league weight will be determined, and 5 pounds will be added to that weight to determine the ball carriers' weight.

Players exceeding the determined weight will not be allowed to catch, rush, or advance the ball and will be identified with a red dot on the back of their helmet.

Non-ball carriers "red dot" are not to be playing in ball carrier positions (QB, RB, or receivers) and must be on the line of scrimmage at the time of the snap.

Non-ball carriers "red dot" may play tight end, but are ineligible to catch pass, rush, or advance the ball.

No player over the ball-carrying weight limit may advance the ball. Defensive players over the ball-carrying weight may intercept a pass or recover a fumble. The ball will be ruled dead at the spot of recovery.

League weight limits are imposed on participants and may change from year to year.

## Equipment

A player cannot receive equipment until the player is registered, has paid all fees, has submitted a physical form. Equipment condition is very important to the safety and enjoyment of the game – please take special care of it.

Every player must wear equipment provided by BYFL. Safe fitting of helmets is a primary safety concern. All helmets will be issued and fitted by league officials.

Every player must use a protective mouth guard in all contact practices and games. Mouth guards are not provided by the BYFL.

Every player must provide his/her own shoes and athletic socks. No player may wear shoes with metal cleats.

Game jerseys are to be worn for games ONLY, not practice.

Game rosters will be printed after equipment and jerseys are handed out, therefore a player must retain this number throughout the season.

If equipment is damaged through abuse or misuse the player will reimburse the League the replacement cost of the damaged equipment.

Athletic supporters (cups) are recommended by the league, but are not required.

DO NOT wear your equipment except to practice and games. Do NOT alter or attempt to repair your equipment. DO NOT ever put any markings, tape or decals of any kind on any of the equipment. Only the Coaches are allowed to alter any equipment.

Clean your equipment weekly.

Make sure you try all of your equipment on and become familiar with it before the first practice. Please attend practices with gear on so coaches can ensure gear fits properly.

Equipment return will be at Super Saturday/Sunday after players play their last game of the season. Please remember to bring a change of clothes on that day. It is very important that we get your equipment on the scheduled day. A player who does not return equipment on time MAY NOT be allowed to play the next season and will be charged a replacement cost for any equipment not turned in.

## Coaches

Prior to the first practice, ALL coaches must submit and pass a background check.

All new coaches are required to be USA Football certified and returners every other year.

The coaching staff may have difficulties at times. Not all plays will work and be patient as they learn the identity of their team. We ask that stay positive and cooperation with the coaches. Please keep negative comments to yourself. Coaching youth can be challenging but very rewarding. Please support your coaches as they are volunteers.

To the best of their knowledge, coaches will try their best to position your child appropriately on the team according to the rules and safety of each division.

Coaches may exercise discretion to not allow a player to play in a game if they miss too much practice. Additionally, the coach may discipline a player by not allowing the player to play in the game if the player is not following the team rules, directions of the coach or league rules.

All coaches are prohibited from physically pushing/shoving, punching, or any in way physically assaulting another coach, a parent or a player. If any of these actions should occur, the coach may/will be removed from the league. Each coach will conduct himself/herself in appropriately during games and practices.

If a coach receives an unsportsmanlike conduct penalty during a game, the coach will be removed from the game and will not be allowed to coach the next game. Second offense will result in an Executive Board review and possible loss of coaching privileges.

Assure that ineligible players are not allowed to practice or play.

Each coach is responsible for maintaining an attendance roster throughout the season for his/her team. The attendance roster will track player attendance at practices and games.

Lead and participate in the "end of the game handshake" with the opposing team in a sportsmanlike manner in keeping with the spirit of the game of football.

Each coach shall meet with the parents of team to discuss player safety, BYFL rules, and other matters of interest to the parents.

Each coach agrees to abide by the guidelines and rules in the BYFL coach's handbooks. If a coach violates the rules, disciplinary action may occur at the discretion of the Executive Members.

## Players

BYFL does NOT carry medical insurance for players. This is the responsibility of each participant's parent/guardian to include ambulance or emergency medical treatment.

Parents or legal guardians have the right to remove their child from participation at any time.

Player physicals are not required, however encouraged if there are concerns about child participating in tackle football.

Players should attempt to make it to every practice, health permitting.

Players are prohibited from using obscene or abusive language during practice, games, or other league activities. Such behavior is subject to disciplinary action by the coach and/or league directors. Disciplinary action will be determined by the coach and/or league director and may include suspension from a scheduled game or expulsion from the league.

Any player ejected from the contest by game officials for unsportsmanlike conduct, including but not limited to flagrant, violent, or verbal misconduct will be ineligible to participate the remainder of the day.

Players will participate in the "end of the game handshake" with the opposing team in a sportsmanlike manner in keeping with the spirit of the game of football.

## Parents

If a parent has concerns or issues with other parents' conduct, that issue/concern should be brought to the attention of a league director.

Parents are required to attend a mandatory parent meeting at the beginning of the football season. This meeting is held to inform parents of rules, schedules, and opportunities to volunteer. **BYFL appreciates parent volunteers.**

No parent may use abusive, threatening, or inappropriate language directed toward a BYFL director, coach, player, or game official.

Inappropriate conduct by an offending parent will result in the suspension of the parent from the games and practices for the remainder of the football season, except to drop off and pick up his/her player. Repeated violations by an offending parent could result in the expulsion of his/her child from the BYFL program.

## Miscellaneous

BYFL has a "No Refund" policy after the first practice. Refunds will be available before the first practice, less \$20 for administrative costs. This means, no refunds for any reason, to include injury, sickness, medical excuse, moving out of town, desire to play a different sport, school issues, fighting, not liking the coach or teammates, practice field is too far away, etc.

If a team has ineligible players, or cheating occurs of any kind, the team will be investigated and, if needed, suspended. Ineligible players will be removed from the team and, if necessary, at the discretion of the BYFL, games may be forfeited, and an entire team may be disqualified from postseason play. Reporting ineligible players is everyone's responsibility. Parents and coaches should always work together to demonstrate good sportsmanship.

## Practice Plan

### Levels of Contact

Levels of Contact focuses on varying intensity levels throughout practices to build player confidence, ensure their safety and prevent both physical and mental exhaustion.

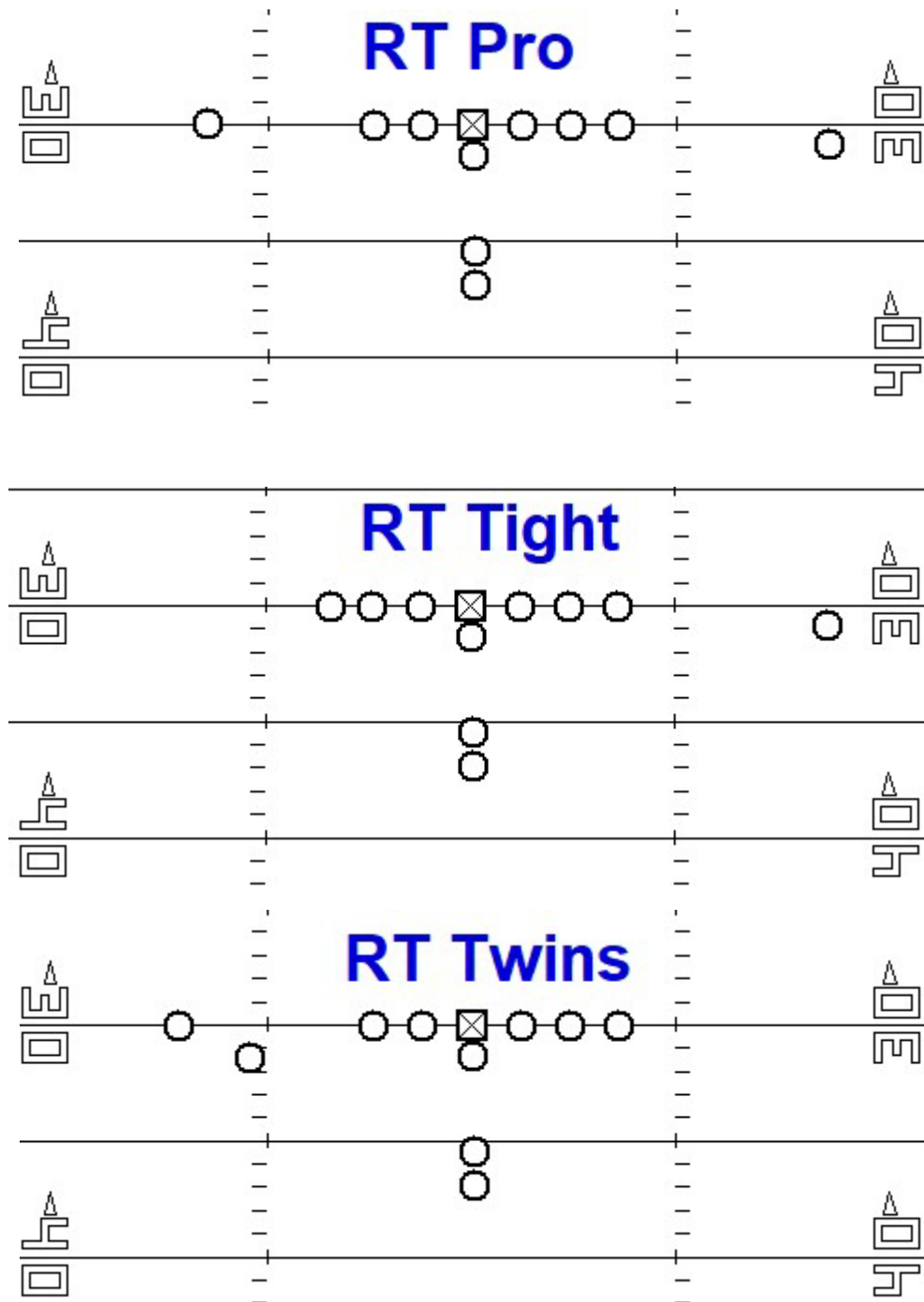
Five intensity levels are used to introduce players to practice drills which position them to master the fundamentals and increase skill development.

Contact	Intensity	Description
Air	0	Players run a drill unopposed without contact.
Bags	1	Drill is run against a bag or another soft-contact surface.
Control	2	Drill is run at assigned speed until the moment of contact; one player is pre-determined the 'winner' by the coach. Contact remains above the waist and players stay on their feet.
Thud	3	Drill is run at assigned speed to competitive speed through the moment of contact; no pre-determined "winner." Contact remains above the waist, players stay on their feet and a quick whistle ends the drill.
Live	4	Drill is run in game-like conditions and is the only time that players are taken to the ground.

### Practice Plan Example

Activity	Duration (min)	Contact
Coaches/Players Meeting	5	
Warmup	15	Air
Water Break	5	
Tackling Circuit Bags	10	Bags
Tackling Circuit drills	15	Thud
Water Break	5	
Positional Breakdown	10	Control
Water Break	5	
Team Period	15	Live
Coaches/Players Meeting	5	
Total	<b>90</b>	

## Offense Formations

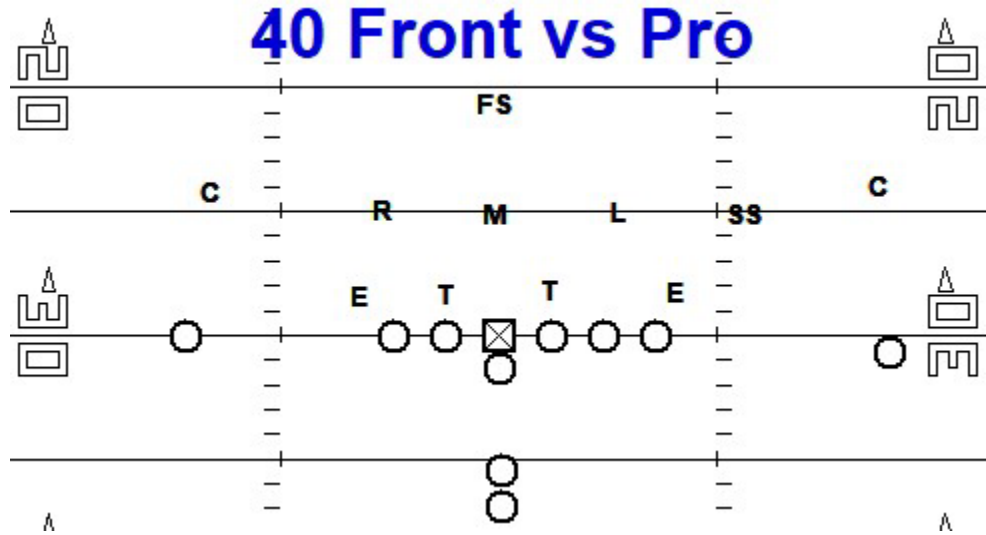


## Offense Plays

See Schumacher Playbook on <https://www.bismarckfootball.com/coaches>

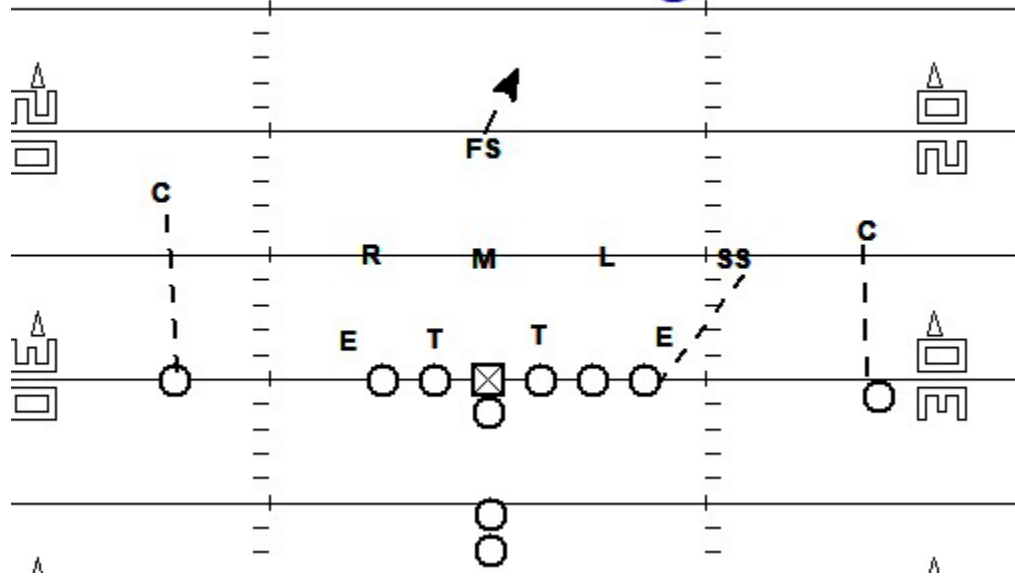
# Defense Formations

## 40 Front vs Pro



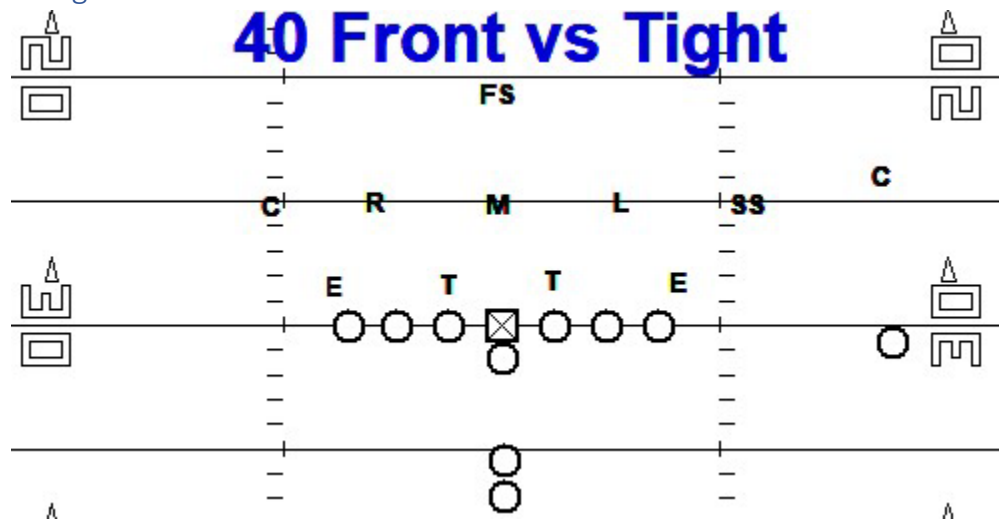
Position	Alignment	Key	Assignment Run	Assignment Pass
E	Outside shade of widest lineman	TE	D Gap	Contain Rush
T	Head up on Guard	Guard	Engage Guard, Upfield, Flow to ball	Rush
T	Head up on Guard	Guard	Engage Guard, Upfield, Flow to ball	Rush
E	Outside shade of widest lineman	TE	D Gap	Contain Rush
R	5 yards off, Inside widest lineman	Offensive Lineman	Flow to Ball	Hook/Curl
M	5 yards off Center	Offensive Lineman	Flow to Ball	Hole
L	5 yards off, Inside widest lineman	Offensive Lineman	Flow to Ball	Hook/Curl

# Man Free Coverage vs Pro



Position	Alignment	Key	Assignment Run	Assignment Pass
C	5 yards off ball	WR	Flow	Man Coverage on WR
SS	4x4 outside alignment	TE	Flow	Man Coverage on TE
FS	8 yards off ball, align on Center	Ball	Flow	Middle Third

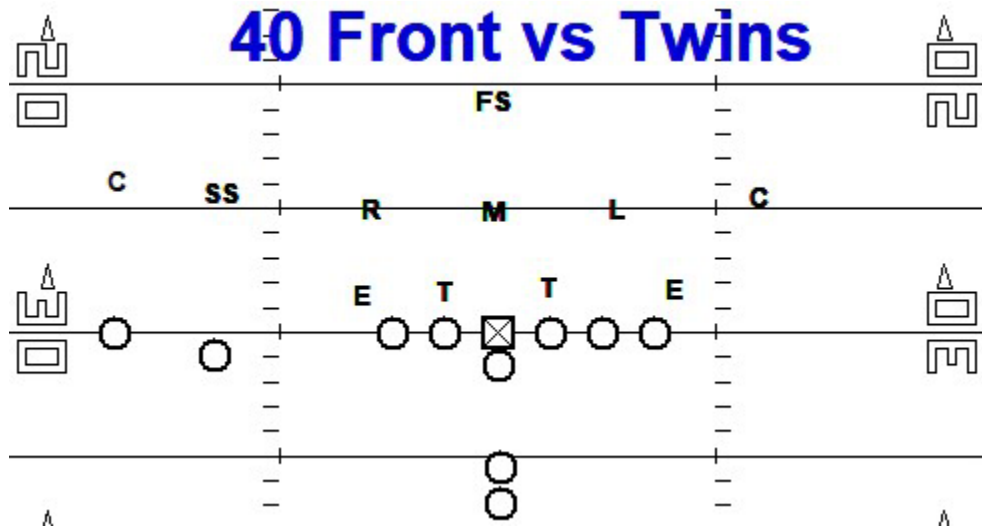
40 Front vs Tight



Position	Alignment	Key	Assignment Run	Assignment Pass
E	Outside shade of widest lineman	TE	D Gap	Contain Rush
T	Head up on Guard	Guard	Engage Guard, Upfield, Flow to ball	Rush
T	Head up on Guard	Guard	Engage Guard, Upfield, Flow to ball	Rush
E	Outside shade of widest lineman	TE	D Gap	Contain Rush
R	5 yards off, Inside widest lineman	Offensive Lineman	Flow to Ball	Hook/Curl
M	5 yards off Center	Offensive Lineman	Flow to Ball	Hole
L	5 yards off, Inside widest lineman	Offensive Lineman	Flow to Ball	Hook/Curl



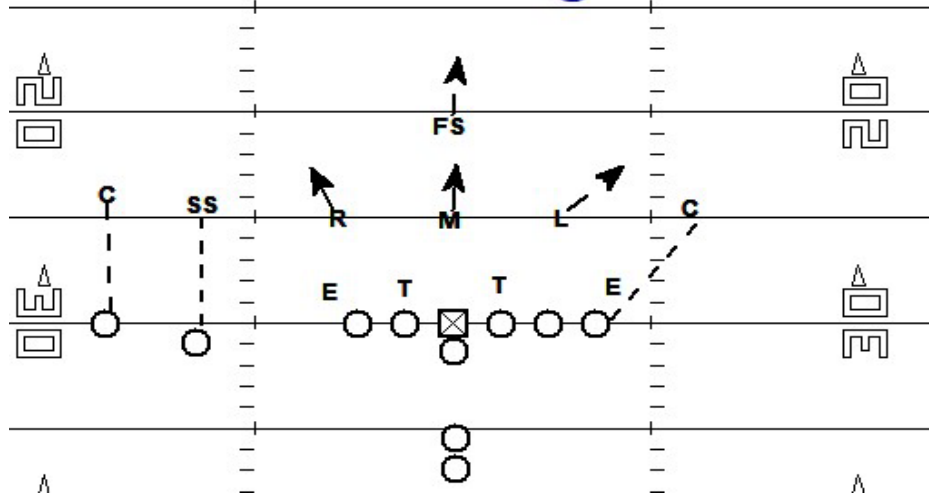
40 Front vs Twins



Position	Alignment	Key	Assignment Run	Assignment Pass
E	Outside shade of widest lineman	TE	D Gap	Contain Rush
T	Head up on Guard	Guard	Engage Guard, Upfield, Flow to ball	Rush
T	Head up on Guard	Guard	Engage Guard, Upfield, Flow to ball	Rush
E	Outside shade of widest lineman	TE	D Gap	Contain Rush
R	5 yards off, Inside widest lineman	Offensive Lineman	Flow to Ball	Hook/Curl
M	5 yards off Center	Offensive Lineman	Flow to Ball	Hole
L	5 yards off, Inside widest lineman	Offensive Lineman	Flow to Ball	Hook/Curl

Man Free Coverage vs Twins

# Man Free Coverage vs Twins



Position	Alignment	Key	Assignment Run	Assignment Pass
<b>C</b>	5 yards off ball 4x1 outside shade	WR, TE	Flow	Man Coverage on WR,TE
<b>SS</b>	5 yards off ball	WR	Flow	Man Coverage on WR
<b>FS</b>	8 yards off ball, align on Center	Ball	Flow	Middle Third
<b>L</b>	Outside shade of widest lineman	TE	D Gap	Hook/Curl
<b>R</b>	5 yards off, Inside widest lineman	Offensive Lineman	Flow to Ball	Hook/Curl
<b>M</b>	5 yards off Center	Offensive Lineman	Flow to Ball	Hole

## Parents Meeting Example

### Introductions

Introduce coaching staff and football and/or coaching experience.

### Goals

- To have fun!
- Teach the fundamentals of football and basic skills to play the game (under the guidelines that the sport is to be taken seriously due its violent nature). Football is a collision sport, not a contact sport.
- Teaching and Coaching
  - Sportsmanship
  - Team work
  - Development
  - Responsibility
  - Perseverance
  - Perspective.
  - Confidence

### Philosophy

We operate in a positive, safe, and patient environment. We ask that the parents provide positive reinforcement for their child and coaches. We may call you about your child, this is only to gain a better understanding on how to motivate or improve our approach on an individual basis

### Parent Concerns

- If you have any concerns regarding your child, please feel free to talk to the coaching staff about your individual concerns. Please approach us in a positive manner about your concerns. If you feel something is not going well please do not approach us during a game or immediately after, wait until the next practice and discuss issue with the coaching staff.
- We know that we will have critics on how we do things, but we are dealing with 22 kids. Each year brings different challenges to the coaching staff so there will be mistakes. We will make hard decisions that not everyone will agree with. We are trying our best to accomplish the job.
- If your child is considering to quit the team, please talk with coaching staff before final decision. We don't like to see anyone quit and the coaching staff would like to talk with your child if he/she is considering to quit.

### Rules

- Attendance is required at ALL practices and games unless there are (noted exceptions). Make the team the main priority.
- Discipline is a large part of football, we cannot tolerant kids being disruptive during practice as our time is limited.
- Five Strike Rule
  - If a problem with discipline occurs, we will talk to the individual 3 times to change the behavior.
  - If we cannot gain control, we will call the parents **one** time to change the behavior.
  - If we call a **second** time to change behavior, there is will be a one game suspension.

- If a **third** call is needed the individual will no longer be on the team. This has not been a problem in the past but we need to maintain control of a positive environment of the team.
- We have zero tolerance of abusive teasing, bullying, picking on teammates or mocking opponents or game officials. We cannot control things outside the team for example: If a situation from the playground or school arises.
- Be on time for practice and the games if you cannot make it please notify myself or an assistant coach.
- Please supply your child with a water jug and label it and remind them to take it home.
- If your player will miss a game, please inform the coaches ASAP so we can plan accordingly.

### **Playing Time**

- Attendance, attitude, skill level, desire to play, all contribute to where the kids will play and the amount of time in the games. Some kids work hard at every practice and they will get the chance to play more so than a kid that only shows limited interest and desire to play. Each player will play a minimum of 12 plays per game.
- NO ONE will be forced to go in a game and play.

### **Suggestions**

- Parents be PATIENT especially the first-year players. You don't know how they will react to contact and neither do we. Lower your expectations and let your child gain the experience at their speed.
- Get the kids to bed early before games and practices.
- Provide proper nutrition during season, especially nights before games and practices.
  - Stay away from soda and candy
- Dress child accordingly. We will play in all sorts of different weather.

### **Additional info**

Provide parents coaches contact list including phone number and email.

Provide practice schedule and game schedule.

Encourage parents to enroll in league provided mobile app.

Win or lose, have fun and cheer on these kids!

### **Questions?**