

# Salem 2nd Grade

## 2<sup>nd</sup> Grade Flag Football

Salem Parks & Recreation will offer a 2<sup>nd</sup> grade intro to (flag) football league. This league will be for boys and girls going into the 2<sup>nd</sup> grade. The league will be set up with a goal of teaching football skills and philosophy. Teams will play games twice a week, Wednesday and Fridays evenings. Prior to each game a skills work out will take place for 10 minutes. Workouts will be focused on catching, throwing and flag pulling. Youth from outside of Salem may sign up for an addition \$5.00. Cost for this league is \$25.00 if paid prior to August 27<sup>th</sup>. A \$10.00 late fee will be charged after the 7<sup>th</sup>. Volunteer Coaches are needed. League play will begin September 16<sup>th</sup>.

1. Coaches will be assigned 8 to 10 players to their team. Coaches will work on skills and drills with team. Team may practice prior to playing dates. Playing dates are Wednesday, September 16<sup>th</sup> to October 16<sup>th</sup>. Each session will have skill work outs with league coordinator/refs. The first session on the 16<sup>th</sup> will be a 1 hour skill work out. Starting the second session and forward teams will split the hour into 3 20 minute segments. Two of the segments will be spent playing scrimmages while the other 20 minutes will be spent in a skills session.
2. All games will be held at Loafer View Complex field #3 & #4. Same game time each week, 5:30 to 6:30 p.m.
3. It is important that we strive to teach the game and not to win at all cost.
4. All participants should have the opportunity to play and play many positions.
5. Each game day teams will Warm up for 15 minutes and play a one 40 minute scrimmage.
6. 8 players on the field per team.
7. No (defensive) rush of the QB. The QB may not run the ball, he must pass it or (pitch) hand it off.
8. Coaches will strive to teach sportsmanship and safe play. Blocking should be done in front of the body. No tackling.
9. The playing field is marked with 3 first down lines. Teams will have 4 plays to achieve a first down.
10. Kickoffs will be done from the mid field mark. On punt plays there are no fakes. Neither team can leave the line of scrimmage until the ball is kicked.
11. In the event that a player loses his flag without being touched the defense must touch him anywhere on the body.
12. Flag guarding will result in the player being ruled down. A ball carrier may spin once, and then must run 5 steps before spinning again. Consecutive spins will result in the play being blown dead.

**13.** Offensive set:

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<b><u>Sept. 18</u></b> F3 Tan vs. Grey F4 Navy vs. Columbia	<b><u>Sept. 23</u></b> F3 Columbia vs. Tan F4 Grey vs. Navy	<b><u>Sept. 25</u></b> F3 Tan vs. Navy F4 Grey vs. Columbia
<b><u>Sept. 30</u></b> F3 Columbia vs. Tan F4 Grey vs. Navy	<b><u>Oct. 2</u></b> F3 Tan vs. Navy F4 Grey vs. Columbia	<b><u>Oct. 7</u></b> F3 Tan vs. Grey F4 Navy vs. Columbia
<b><u>Oct. 9</u></b> F3 Tan vs. Navy F4 Grey vs. Columbia	<b><u>Oct. 14</u></b> F3 Tan vs. Grey F4 Navy vs. Columbia	<b><u>Oct. 16</u></b> F3 Columbia vs. Tan F4 Grey vs. Navy

