



FOOTBALL

COACH GUIDE

P-BVUSD After School Recreation | 2026-2027

1 AT A GLANCE



BEFORE YOUR FIRST PRACTICE

Cleared to coach, CPR/First Aid current, ID badge, and tryout/participation permission on file for every athlete.



BEFORE SELECTING TEAM

Complete a minimum of five(5) practice sessions. Verify eligibility and determine the roster.



AFTER TEAM SELECTION

Collect required NCR forms, submit the roster to site administration, and copy the Recreation Coordinator.



THROUGHOUT THE SEASON

Communicate clearly, supervise at all times, follow safety and weather procedures, and report injuries or accidents.

2 TRYOUTS, ELIGIBILITY & FORMS

TRYOUTS

A completed After School Sports Contract / tryout permission must be on file before a student may participate. Team selection cannot occur until at least five (5) practice sessions have been completed.

ELIGIBILITY

Football is for 5th and 6th graders. Students must have no F grades on the most recent report card and must meet district behavior and participation expectations.

REQUIRED NCR FORMS

1. Parent Agreement Form
2. Minor Release Form & Consent to Treatment
3. Supervision & Transportation Form

3 COACH RESPONSIBILITIES



SUPERVISION

Supervise athletes before, during, and after practices and games. Athletes are never to be left unsupervised.



COMMUNICATION

Provide practice and game schedules. Notify families and the school site of changes as soon as possible.



SAFETY & WELLNESS

Follow district concussion, injury, AQL/weather, jewelry, and emergency procedures. Report accidents.



SPORTSMANSHIP

Model respect for officials, opponents, teammates, families, and staff. Use the proper chain of communication.

4 FOOTBALL FORMAT SUMMARY

LEVELS	Elementary: 5th-6th grade boys or coed
SEASON	Six (6) league games; no playoffs
ROSTER	Suggested 14-16 players; larger rosters permitted
PLAY TIME	All players receive meaningful playing time each game
FORMAT	Two (2) 16-minute halves; running clock
CLOCK	Last 2 minutes of regulation use a regulation clock
TIMEOUTS	Two (2) per half
POSSESSION	No kickoffs; start at 30 after each score / half
PUNTS	No rushing allowed
TIES	No overtime or tiebreaker; games may end tied

5 KEY RULE REMINDERS



NO HURDLING / END-ZONE DIVING

Players may not hurdle another player. Ball carriers may not dive into the end zone; defenders may dive to pull flags.



SPINNING / FLAG GUARDING

Spinning is legal. Using hands to block or push away a defender's hand is flag guarding.



FLAGS & TAGS

If a ball carrier loses flags, or a player without flags gains possession, a defensive tag ends the play.



BLOCKING

Standing blocks only. Forearms and hands stay folded against the body.



FLAG BELTS

Clip belts normally-no looping, twisting, or manipulation for an advantage.



INADVERTENT WHISTLE

During a legal snap, pass, or kick: replay the down. If in possession: accept the result or replay.

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Injury

Stop participation when an athlete is injured. Do not allow continued participation when there is a safety concern.

Concession

If a concussion is suspected, immediately remove the athlete from participation and follow district concussion procedures. When in doubt, sit them out.



Emergency

For a serious or potentially life-threatening emergency, call 911 and follow site emergency procedures.



Preparedness

Know the location of the nearest AED, first-aid supplies, and emergency equipment, as well as your site's emergency procedures and contacts.



Supervision

Never leave an injured athlete unattended. Maintain supervision until the student is released to the appropriate adult or emergency personnel.



Reporting

Report injuries and accidents promptly and complete all required district documentation.