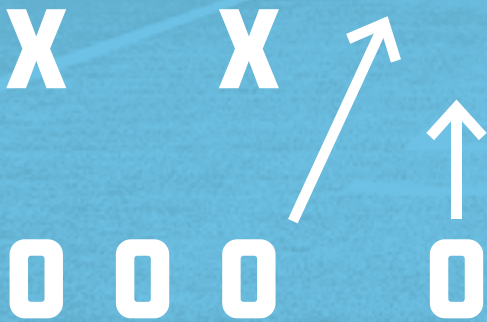




# FLAG FOOTBALL TEAM HANDBOOK



#ISWF



PROUDLY SPONSORED BY RED CARPET PETS

# WEL- COME

Our ethos or aim for all of us is simple:

**HAVE FUN, BUT KNOW THAT  
WINNING IS THE MOST FUN  
YOU CAN HAVE.**

We want you to love playing for the Giants. We want you be the best player you can be so you can help win. Winning in turn will make you love the Giants even more. The more we enjoy the more we win.

You may have noticed a hashtag on the cover #ISWF. It stands for 'In Sheffield We Fight'. It's the words by which every Giant, from 7 to adult, is taught. This doesn't mean that each game is a royal rumble. It means that we don't quit. That even when games seem over we don't start walking, we won't be bullied. It means that our first minute of play has the same effort as the last minute regardless of the score; up 20 or down 20.

**NOW LET'S GO HAVE SOME FUN.**

# WHAT IS FLAG FOOTBALL?

**FLAG FOOTBALL IS A NON-CONTACT VERSION OF AMERICAN FOOTBALL THAT CAN BE PLAYED BY ANYONE.**



[click to watch online](#)

### **Tackling is not allowed!**

Flag Football is an evasion game. Pulling a player's flag simulates a tackle and stops the attack.

It's a 5 a side game. One team starts on offence and the other defends. Each team then takes turns to attack.

The aim of the game is to score points by moving the ball into the opponent's end zone.

A match is divided into two 20 minute halves and the playing field is 70 yards long and 25 yards wide.

The offence has four attempts (downs) to reach at least midfield to keep possession of the ball. If they're able to

do so they get four more downs to move the ball into the end zone and score a touchdown.

A touchdown is worth six points. The offence has the opportunity to score one or two extra points.

Flag Football is a very tactical sport where the attacking combinations (plays) are endless.

The offence can move the ball in two ways. On the ground where the quarterback hands the ball to a teammate who aims to gain ground by running with the football. Or through the air where the quarterback throws the ball to a teammate who has to catch it to advance the ball. The team with the most points at the end of the game wins.

# HOW WE GOT HERE

**2008** Formed as the Sheffield Predators

**2014** Steel City Knights Flag team joins

**2012** Adult contact team win Division 2

**2016** Club rebranded as Sheffield Giants

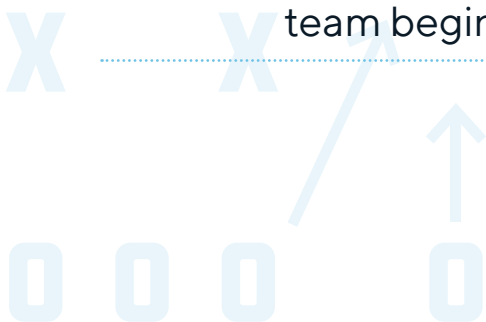
Adult flag team, both mixed and female, have had many successful season with runs in the national finals

**2018** The youth team for contact football forms

**2020** Youth flag team begins

## WE CURRENTLY HAVE THE FOLLOWING TEAMS:

- Adult contact in the Northern Premier League
- Women's adult flag
- U19 contact
- U16 contact
- U14 Flag
- U11 Flag



# WHO CAN HELP YOU...



## REBECCA DEX **HEAD COACH**

Bex has played flag football in Sheffield for 7 years, playing with the Sheffield Giants women's team since it began. She plays the centre position on offence as well as corner position on defence.



## ANDREW HALLIWELL **U11 COACH**

Andrew has an extensive history within flag football as a former regular in the Sheffield Giants adult flag team.



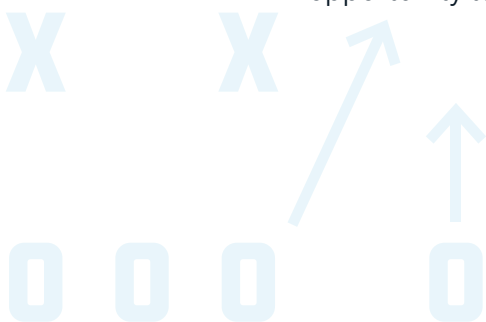
## CHRIS WEBB **U14 COACH**

Chris has a history with Sheffield American Football stretching back to the former Sheffield Predators contact team as well as having represented the Sheffield Giants adult flag team, playing at the defensive back position for both teams.



## JON BRADLEY **TEAM MANAGER**

Jon has been involved with the Cadet Flag team since its inception and is excited to see more young people have the opportunity to play.



## OBJECTIVES

# HAVE FUN, ENJOY TRAINING, ENJOY THE GAME!

## WE WANT TO DEVELOP OUR PLAYERS IN:

- Passing
- Running and Receiving
- Foundational athletic abilities
- Thinking, feeling and behaviours

## COMPLETING OUR FIRST SEASON WILL MEAN:

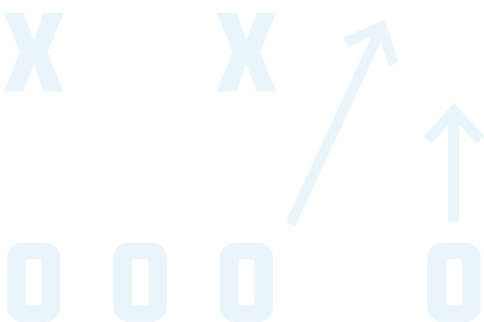
- Learning the game
- Being competitive... hustle!
- Being resilient... **In Sheffield We Fight**
- Supporting each other... teamwork!

**MATCH RESULTS DO NOT MATTER. WE WANT TO  
FOCUS ON EFFORT, DEVELOPMENT AND TEAMWORK.**



# OUR DEVELOPMENT AIMS FOR A CHILD AGE 11 INCLUDE;

- Throw 15 yards to a stationary target
- Consistently throw accurately to a moving target within 15 yards
- Catch a ball thrown at different heights while maintaining movement throughout
- Demonstrate the ability to vary speed and direction relative to the location of a thrown ball
- Demonstrate proper acceleration and deceleration mechanics
- Demonstrate efficient backwards movement in varying directions
- Adapt speed of movement to the needs of the competitive scenario
- Demonstrate improved decision making ability
- Understand more complex rules of the game
- Exhibit Giants values and behaviors with increasing consistency



# LEAGUE STRUCTURE

## UNDER 11 YEAR 6 AND BELOW

- No formal league schedule
- “Games” are not scored
- Competitive scrimmage session

## UNDER 14 YEAR 7 TO 9 INCLUSIVE

- Formal schedule of games
- Scores and stats recorded
- Play against regional teams and can qualify for national finals

# 2021 GAME DAY CALENDAR



Sheffield



Burnley



Chorley



Manchester



Wigan

# GAME DAY

- 6 to 9 games are hosted across 1 or 2 pitches
- Giants will participate in 2 or 3 games per day
- We are also required to referee 2 or 3 games
- On site between 3 and 6 hours depending on schedule
- We need parental support for travel and supervision
- All children who attend a gameday will get time on the field
- We hope to get U11 game time on these dates



## TRAINING

**9:00-10:30**  
**EVERY SATURDAY**  
**FROM 3<sup>RD</sup> APRIL**

**📍 MOSBOROUGH RUFC**  
**CAR PARK ACCESS VIA**  
**WESTFIELD CRESCENT**

**PLEASE ARRIVE 5 MINS EARLY TO ENSURE WE ARE READY TO START ON TIME!**

### Required kit

- Boots suitable for grass
- Shorts or jogging bottoms without pockets
- Water/sports drink

### Recommended kit

- Mouthguard
- Receiver gloves

### Kit provided by club

- Flag belts
- Balls

## COVID PROTOCOLS

For the foreseeable future the following protocols will need to be observed (subject to change as government restrictions evolve).

### Before training

- You must self-assess both as players and parents. If you have any COVID symptoms you must let the coaches know and not attend training.
- All balls and flags will be wiped / sprayed before players arrive.

### On arrival at training

- Use hand sanitiser to disinfect hands.
- Cones will be set out (2m apart) for each parent & player to place their kit and stand to watch.

### During

- Maintain social distancing between drills and during breaks.
- Balls and flags will be disinfected as often as possible during the session and between drills.

## ADMIN

### BAFA REGISTRATION

To ensure that players are insured, and to enable them to join the team, they **must** register with the governing body BAFA after the first three training sessions.

The cost to register with BAFA is £15.00, and to register follow this link [bafa.azolve.com](http://bafa.azolve.com) and set up an account and away you go.

### CLUB SUBSCRIPTIONS

**The subs each year are £90.00.**

We will collect subs at £15.00 per month through a system called Go Cardless.

To sign up to club subscriptions we require the parent/guardian to sign up to Go Cardless using the below link.

<https://pay.gocardless.com/AL0000Q2NBPKCY>

A payment plan will be set up, as a monthly subscription.

Subs pay for our gameday hosting fees, facility hire, equipment etc. Each player receives a Nike Giants T-shirt when they join. Additional merchandise is available to purchase.

### TEAM COMMUNICATIONS

We currently have Facebook pages that we encourage players and parents to follow:

**Sheffield Giants u11, u14, u16 and u19 Teams Recruitment**

### SPOND

We wanted to ensure that we have a single method of communication with players. We therefore will be using the Spond app to manage team communication.

This will enable us to schedule games and training sessions and players can set their availability or unavailability for any sessions with a simple click of a button. We can also send out team wide messages. Please respond with your attendance status to all events ASAP.

Good communication is vital for planning training and gamedays so we require ALL players to join this app and to use it regularly. The link to join the flag team on Spond is <https://group.spond.com/CZXPF>

# FLAG TERMS

**UNDERSTANDING THE FUNDAMENTALS OF FLAG FOOTBALL IS KEY TO FUN AND SAFE PLAY. HERE'S A LIST OF COMMON TERMS.**

**BALL CARRIER** An offensive player in possession of the ball who tries to advance it by running with the ball.

**CENTER (HIKE)** Putting the ball in play from the ground by passing the ball between the center's feet.

**CONVERSION** (Run = 1 point; Pass = 2 points) is attempted after a touchdown is scored; it is one scrimmage play from the three yard line.

**DEAD BALL** Signifies the time starting from the end of a down to the centering of the ball to initiate the next down.

**DEFENSIVE TEAM** The team trying to prevent the offensive team from scoring.

**DEFENSIVE PLAY** After the flag is pulled, the ball is dead. The ball is dead when a flag is pulled, the ball goes out of bounds, or a fumble occurs.

**DOWN** A unit of the game that starts with the centering of the ball and ends when the play is dead (over). A team shall have four downs (trials) to advance the ball into the end zone for a

touchdown. If touchdown is not made, the team shall turn the ball over to the opposing team. They will begin their own 20 yard line.

**END ZONE** The area between the goal line and the end line.

**FLAG GUARDING** A player using hands, arms, or clothing to prevent a player from pulling his or her flag. This illegal in regulation play.

**FORWARD PASS** A pass thrown by any offensive player from behind the line of scrimmage toward the opponent's goal line. Only one forward pass is allowed per down.

**FUMBLE** Occurs when a ball carrier loses control of the ball and it drops and hits the ground. The play is over and the ball is dead.

**HAND-OFF** Handing the ball to a teammate who is nearer to his or her goal than the player handing it to him or her.

**INTERCEPTION** Defensive player catches the ball before the pass receiver.

# TERMS CONTINUED.

**LATERAL PASS** A pass that is thrown parallel to or backwards toward the passer's own goal line.

**LINE OF SCRIMMAGE** An imaginary line the width of the football field from sideline to sideline that separates the offensive team from the defensive team until the ball is centered to start a down. This also determines where a forward pass must be thrown from (behind).

## LINE OF SCRIMMAGE

**OFFENSE** From the front tip of the ball.

## LINE OF SCRIMMAGE

**DEFENSE** Three yards from the offense's line of scrimmage.

**MOTION** When an offensive backfield player sets for one second and then runs parallel to or away from the line of scrimmage before the ball is hiked.

**NEUTRAL ZONE** The length of the football field sideline to sideline. The offensive team is on one side of the ball and the defensive team is on the other side of the ball.

**OFFENSIVE TEAM** The team that is in possession of the ball and is attempting to score.

**OFFSIDES** An offensive or defensive player in the neutral zone or beyond when the ball is centered.

**OWN GOAL** The goal that the team is defending.

**OFFENSIVE PLAY** The ball carrier may run, lateral pass, or hand-off (the ball) anywhere; He or she may forward pass only from behind the line of scrimmage; Players may screen by body position only...no arms; No more than two running screens at one time is allowed; Simultaneous possessions are awarded to the offense.

**PASS INTERFERENCE** An act in which a player blocks, removes a flag from, or holds an opponent to prevent him/her from catching or intercepting a forward pass after the ball has left the hands of the passer.

**QUARTERBACK SACK** Defender grabs quarterback's flag before a pass is thrown.

**SAFETY** Is scored when the ball legally in the possession of a player becomes dead behind his or her own goal line (2 points).

**SCREEN BLOCKING** The only type of blocking in which the blocker is positioned directly in front of an opponent with arms positioned at the

# TERMS CONTINUED.

sides or folded across the chest, much like a pick used in basketball.

**SCRIMMAGE PLAY** The offensive team behind the line of scrimmage must be motionless except one backfield player. There may not be more than four players in the backfield. The defense must be five yards away from the line of scrimmage. The ball must be centered in a reasonable amount of time...extended delays will not be allowed.

**SPIRAL** The action of a properly thrown pass - a tight spin in clockwise motion.

**TOUCHBACK** When a ball is downed in the end zone by the receiving team. Usually on a punt or kickoff, but may also be on an interception. The team making the touchback puts the ball in play at its own 10-yard line.

**TOUCHDOWN** (6 points) is made when a runner carries the ball across the goal line or a pass is completed in the end zone.

