



**2011**  
**COACH'S**  
**MANUAL**

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*The development of character, sportsmanship, and knowledge of the sport are the goals of any amateur sports program. Those characteristics do not inevitably or automatically result from participation in sports. The coach has the opportunity to instill in the minds of players (especially when they are 4<sup>th</sup>, 5<sup>th</sup>, 6<sup>th</sup>, and 7<sup>th</sup> graders) the right principles of conduct and the ideals of good sportsmanship. If coaches (through their own actions) demonstrate fairness, self-control, courtesy, and respect for the rules and participants of the game, the young people they coach will tend to do likewise.*

*In keeping with our philosophy and those of the Minnesota State High School League, the Board would like to impress upon all coaches and parents that they must support the premise that an athletic contest is a learning experience and not just about winning.*

*The White Bear Youth Football Association was established in 1983 to promote youth football in the White Bear Lake area. You, as coaches, have taken the time and shown the interest in our children that is necessary in every community. By your efforts, we will build a better community along with producing better football players. We want to thank you for getting involved with the children of our community. Your efforts will help teach White Bear Lake area children to become better people, learn sportsmanship, and build in them a sense of community pride.*

*This manual is your guideline, as a coach, to understand the Association's philosophy and rules. Please take the time to read it thoroughly.*

**ADMINISTRATION**

**ACTIVE MEMBERS**

<b>President</b>	Lyle Hoff	387-2084
<b>Vice President (Rules)</b>	Stuart Hilderman	426-3845
<b>Vice President (Property)</b>	Nick Molkenbur	426-0974
<b>Treasurer</b>	Peter Meyers	429-2538
<b>Secretary</b>	Dennis Jansen	653-4908
	Doug Kovala	653-0771
	Mike Mason	653-8891
	Jim Snyder	773-3286
	Tom Sohrweide	653-8276
	Mike Sonntag	407-9299
	Scott Tessier	653-7130

**WEBSITE AND EMAIL**

Please visit our website at [www.wbyouthfootball.org](http://www.wbyouthfootball.org) for the latest information regarding White Bear Youth Football. Schedules, game results, and game photos can be found there plus much more. You may also reach us through the contacts tab with any questions or concerns you may have.

**CONCESSION STAND**

Each team is required to have one representative (15 or older) work the concession stand a pre-determined number of nights (decided by Board) during the season from 6 PM until closing (usually no later than 9:15 PM). Teams may split their shift(s) among parents. The schedule is decided after sign-ups. If a team does not meet the scheduled requirements, the team party refund will be reduced accordingly.

## STARTING YOUR TEAM

(THE FOLLOWING INFORMATION IS TO HELP YOU GET STARTED AND EXPERIENCE A POSITIVE SEASON.)

### RESOURCE INFORMATION

- 1) We play according to Minnesota High School Football League rules, with a few exceptions listed throughout this manual. **Please learn all the rules and know the exceptions with emphasis on the following:**
  - a) Officials will enforce Association formations:
    1. Offense -- Wishbone, Flexbone, and Punt Formation.
    2. Defense -- Tight Okie (all grades) and Split Eagle (7<sup>th</sup> grade only).

Players should be taught the offensive and defensive formations detailed in this manual. Teach player spacing, stationary positions, goal line stance, etc. Illegal formations will result in a penalty call.
- 2) If you have questions regarding rules, the Concession Stand has a High School Football Rules Book. You can purchase a Rule Book for \$7.20 from the National Federation of State High School Assns, PO Box 361246, Indianapolis, IN 46236-5324. You can contact them by phone at: 800-766-3462, or by fax at: 317-899-7496, or from their website: (www.nfhs.com).

### GETTING STARTED (PLEASE READ AND STUDY THIS MANUAL.)

**Coaches are allowed to be a head coach or assistant coach on one team only.**

**Two coaches/adults (minimum) are required at all team practices or activities.**

- 1) You **must** attend the Coaches Meeting (and be certified to coach football) to receive the names of your team members and equipment (dummies, shields, jerseys, Instruction & Drill Video, first aid kit, first aid manual, footballs, and kicking tee).
- 2) Promptly after receiving your team from the Board:
  - a) Establish your first practice and parents meeting at the earliest possible date.
  - b) A parents meeting is required and should be held on or before your first practice to review points in the Coach's Manual, Player's and Parent's Handbook, and other topics important to you.
  - c) Contact your players and parents to:
    1. Introduce yourself.
    2. Inform of date, time, location of parents meeting and first practice.
    3. Communicate equipment to wear to first practice.
- 3) Subjects to cover at Parents Meeting (**parents and players should attend**):
  - a) This is a youth league with emphasis on instruction and sportsmanship.
  - b) Parents should be examples of the highest level of sportsmanship.
  - c) Communicate the league rules along with your "ground rules".
  - d) Explain playing time rule.
  - e) Explain disciplinary actions for improper behavior (especially fighting).
  - f) Communicate practice schedule.
  - g) Provide an up-to-date written practice schedule (dates, start/end time, location, and coach's phone number).
  - h) Be sure each player knows that being on time for practices and games is their responsibility, not yours.
  - i) Ask for one or more "team parents" to volunteer for communication of information to other parents and handle miscellaneous activities (i.e. pictures, parties, association fund raising, practice/game changes).
  - j) Establish a procedure for canceling practices or reporting cancellation of a game due to inclement weather. (You may contact one parent who will in turn contact another, etc. Use any procedure that will get the word out to everyone timely.)
  - k) Visiting team seek **three adults** to operate the chains and down marker. Home team seeks one **adult** to operate the scoreboard (if needed).
  - l) Seek **adult volunteers** to work in the concession stand.

### MANAGING PARENTS

Handle parents with tact. Refer questions or situations you can't manage to any Board Member. If you experience pressure from parents it will most likely be concerning playing time. If every player plays the required amount of playing time (at least half of each game) this will not be a problem.

**Parents are not to interfere with officials. Please notify your parents they can sit, stand, watch, cheer, and help whenever possible. Ask them to leave or *not* to come if they want to yell at players, disrupt the games, or intimidate officials. If they persist contact any Board Member.**

## STARTING YOUR TEAM

### PRACTICES

**Two coaches/adults (minimum) are required at *all* team practices or activities.**

- 1) Keep attendance records of practices and games.
- 2) Plan in advance of each practice a schedule of exactly what players will do and for how long and stick to the predetermined schedule. *A sample first week practice schedule follows on pages 18, 19, and 20.*
- 3) Starting with the first practice and during the season it's recommended that you always refer to yourself and your assistant coaches as "Mister" or "Coach".
- 4) Learn names of players by taping their names on their helmets at first practice.
- 5) As soon as possible watch your players run sprints, in-and-outs, block, pass, and catch the ball. Assign each player a position (offensive, defensive, kickoff, and kickoff receiving units) and stick with these assignments except in rare situations.
- 6) **Never ask a player** what position they want to play. Players will play where they are assigned if they understand it is in the team's best interest and that the team's success depends on them doing their job.
- 7) From the first practice on, have your team practice doing everything (sprints, tackling drills, blocking drills, plays from scrimmage, etc.) on the count. Going on the count consistently is difficult for 4<sup>th</sup>/5<sup>th</sup> graders.
- 8) Be completely fair dealing with your players. Many players want to punt or kick. Let them try during a drill primarily designed to enable the team to practice covering and fielding kicks. Those who don't kick well enough to be selected as the punter or kicker will have had the chance and understand that you've been fair with them.
- 9) Don't use practice time to demonstrate your own punting or passing skills. **Practice time is for players.**
- 10) The majority of fumbles happen during the snap from the center to the quarterbacks. Reduce fumbles by having center and quarterbacks practice snaps during practice.
- 11) Introduce new plays only as fast as the players can master them. Don't expect players to master too many plays. On each play ensure that each player knows exactly what they are to do and how they are to do it. Most coaches believe that 15 to 20 plays are enough although some use fewer and some use more.
- 12) Emphasize to your players that games are won and lost on the field. Teasing or bragging to players on different teams is not acceptable behavior in the classroom, playground, neighborhood, or anywhere.
- 13) When speaking with your team or to individual players always make **calm** and constructive criticism of their performance. Precede any criticism with a compliment.

**No practices or scrimmages are permitted on Podvin Park Football Fields.**

### GAMES

- 1) There is **no** excuse for not giving minimum playing time to each player who suits up for a game and meets the eligibility standards.
- 2) Never complain about officiating within hearing distance of the players. Officials are doing their best.
- 3) Don't be concerned with the rosters of other teams (size, talent, etc.). Concentrate on your own team.
- 4) Be straightforward with your players in admitting coaching errors. Remember these players are extremely perceptive. If you "goofed" they will know so admit it.

## GENERAL POLICIES

### INSURANCE

The league has no insurance coverage for participants. Under Minnesota State law there is no need for liability insurance coverage for coaches and board members. There is no liability insurance for coaches covering injuries to players being transported to and from games and practices by the coaches. Therefore, it is important for all players to be covered under a family medical insurance plan.

### PARTICIPANT COSTS

The basic player registration fee is \$105.00 per season or \$190.00 maximum if there are two or more siblings in a family with a \$10.00 late registration fee for each player registering after registration closes. Each player receives a team jersey, team and individual photograph, and trophy at the end of the season.

**There are no refunds.**

### TROPHIES AND TEAM PARTY

Trophies are awarded to all players of the league at the end of the season.

**When the season is over and you have returned your equipment (dummies, shields, unused jerseys, Instruction & Drill Video, first aid kit, first aid manual, footballs, and kicking tee), and the Board has looked at your participation in the concession stand and fund raising, you will be given money from the Association to put towards your team party. Work with your assistant coaches and team parents to determine when and where your party will be held using your sponsor or one of the others.**

### INJURIES

If there is an injury, complete an injury report and return it to the concession stand.

### WEATHER

In the event severe weather postpones the start of any games, the Board will consult with the game officials to determine when and if the game(s) can be played. There is no specific time limit for this postponement. Because of game official's schedules with high schools games and the fact our games need to get completed because of possible scheduling conflicts, it is imperative we try to get them played on the night they are scheduled. Once the games have begun, it is the responsibility of the game officials to determine when and if to stop the game because of severe weather (following the MSHSL guidelines). The safety of all players and spectators is of utmost concern to us.

## LEAGUE RULES

### WEIGHT LIMITS

- 1) **There are no weight limits on participation.** There are, however, ball carrier weight limits for each grade level (five pounds above the average weight for each grade level) that are established by the Board after registration closes.
- 2) The term "ball carrier" for purposes of weight limits includes all offensive backs, pass receivers (split ends and tight ends), six deep kickoff receivers, and deep punt receivers. Ball carrier weight limits don't apply to prevent a linebacker playing their permissible position from fielding and advancing a short kickoff, short punt, fumble, or interception. A linebacker who is heavier than ball carrier weight must remain near (within 3-5 yards) the line of scrimmage in a punt return formation.
- 3) Official player weights are determined at registration or in the case of late/early registration at the WBL Area School District Community Services/Recreation Dept.

**Failure to abide by the above weight limit rules will subject the violating coach to possible forfeit of game and/or games.**

### MANDATORY EQUIPMENT FOR PLAYERS

- 1) Certified **white** helmet with facemask and chinstrap.
- 2) Certified shoulder pads.
- 3) **White** football pants and pads.
- 4) Mouth guard (recommended it be attached to the helmet).
- 5) Shoes (football, soccer, or any tennis or running shoe is acceptable provided that there is no more than ½ inch protrusion from the sole). **Removable ½ inch plastic cleats are acceptable. Metal or longer than a ½ inch are forbidden.**
- 6) Athletic supporter and cup are recommended.

**There is a 5-yard penalty (no warning) for failure to wear required equipment (missing or dangling chinstrap, no mouth guard, etc.).**

### MANDATORY PLAYING TIME

**Each player dressing and attending a game will have a starting position on offense and/or defense and play the entire game. Each time the ball changes hands from offense to defense, players not on the field must enter the game. Two-way players may be substituted for at any time. One-way players may not be substituted, except in the case of injury. A players' starting position may be changed from offense to defense or vice versa, for half of the game.**

This will be adhered to providing the player:

- 1) Attends practice regularly.
- 2) Displays an attitude of cooperation toward coaches and teammates.
- 3) Is physically ready to play.

**Coaches can only withhold a player from all or part of a game for an unexcused absence from practice, lack of cooperation toward coaches, teammates, referees, or behavioral issues if he:**

- 1) **Maintains attendance records for all players.**
- 2) **Brings attendance records to the games.**
- 3) **Documents cooperation and behavioral issues.**
- 4) **Notifies the player, parents, opposing coach, and the Board before the game, unless the incident occurred during the game, then player, parents and the Board shall be notified before the next scheduled event (practice or game).**

**Coaches must inform parents of any problems and outline the reasons for not allowing a player to participate.**

**Failure to abide by the above mandatory playing time rules will subject the violating coach to possible forfeit of game and/or games.**

### PLAYER PARTICIPATION

All grade levels operate on each player dressing and attending a game will have a starting position on offense and/or defense and play the entire game, but playing time and starting positions are subject to certain conditions.

These conditions are:

- 1) Injury or illness of a player which affect their ability to play.
- 2) **A player ejected from a game for fighting by the game official is ineligible to play the next scheduled game including playoff games. A second offense for fighting will result in suspension from the league with re-admission review by the Board of Directors. A third offense for fighting will result in suspension from the league for the remainder of the year with no review.**
- 3) A player being disciplined by the coach for any of the following:
  - a) *Unexcused* absences from practice.
  - b) Goofing off or roughhousing during practice.
  - c) Does not have all mandatory equipment for a game.

## LEAGUE RULES

### PLAYER PARTICIPATION (CONTINUED)

**Notify the player, parents, referees, and the Board before the game the reason why the player is being disciplined and the length of the discipline (not being played for a quarter, two quarters, or a full game suspension for repeat offenses).**

### TEAM PRACTICES OR ACTIVITIES

**Two coaches/adults (minimum) are required at *all* team practices or activities.**

Practices are critical to the success of any team. How a team prepares and learns the needed skills of a team sport during practices determines the ability of a team to play a sport well. The most important practices are the ones before the first game.

An *excused* absence from a practice will not affect a player having a starting position and playing at least half of each game. While definitions cannot meet one hundred percent of all situations, generally *excused* absences from team practices are:

- 1) Communicated to the head coach prior to the practice.
- 2) Involve a situation that is beyond the control of the player.

Examples of *excused* absences:

- a) Doctor or Dentist appointment.
- b) Out of town with parent(s).
- c) Religious education class.
- d) Injury or illness. If a player misses two consecutive practices due to illness, a Doctor's note stating the player is ready to return to football is required.
- e) School educational event.

**A player attending a practice for another sport instead of a scheduled football practice is not an excused absence.**

### PRACTICE HOURS

Practice time is no longer than 1½ hours per day plus an additional 15-minute warm-up. A maximum of 5 practices are allowed per week. No more than one practice per day. It is recommended that no practices be held on weekends.

After the first official game a maximum of two practices are allowed per week. Practice time will last no longer than 1½ hours with a maximum of 3 hours per game week. A 15-minute warm-up period before each practice is not counted as practice time.

Scrimmages count as practice time.

Practices, team meetings, instructional practices, etc. beyond the above guidelines are prohibited.

### TEAM AND PLAYER WARM-UP

To help prevent injuries, coaches **must** have players warm-up (at least stretching and running exercises) **a minimum** of 15 minutes prior to any practice or game. Pregame warm-ups may not exceed 1 hour 15 minutes (15 minutes warm-up and 1 hour practice time).

### SCRIMMAGES

**No practices or scrimmages are permitted on Podvin Park Fields.**

Scrimmages within your grade level are encouraged. (*See practice hour's guidelines.*)

**The Board prohibits all scrimmages, practices, or any interaction outside your grade.**

### OUTSIDE LEAGUE PLAY

**No league team is allowed to play any team outside of the White Bear Youth Football Association without the Board's permission.**

### SCHEDULING OF GAMES AND POSTPONEMENTS

A scheduled game will be played unless coaches are advised otherwise. If no decision to postpone a game is made by 4 PM on the day of the game or by a game scheduled start time, a decision to postpone the game may be made **on the field by the officials** (based on the weather and condition of the field). Decisions to postpone or cancel a game will be made by Board Officers or officials. Board Officers and/or officials will schedule make-up games. (Every effort is made to conduct games on weeknights but postponements may require a Saturday session.)

### FOOTBALLS

All grades use junior size footballs. Two balls and a kicking tee are supplied to each team for practices.

## LEAGUE RULES

### FIELDS

**4<sup>th</sup>/5<sup>th</sup> grade regulation field is 80 yards long.** All 15-yard penalties are 10 yards.

**6<sup>th</sup> and 7<sup>th</sup> grade regulation field is 100 yards long.** All High School rules apply.

### LENGTH OF GAME

Each quarter is 12 minutes running time for all grades.

The clock stops for:

- 1) Time-outs.
  - a) Each team has two time-outs per half, with each 1 minute in length.
- 2) Injuries.
  - a) Injured players **must** leave the field for at least one play.
  - b) A time-out is not charged to a team in the event of an injury to a player.
- 3) Officials conference.
- 4) **Delay of game penalties.**
- 5) **After a touchdown and until the ensuing kickoff.**
  - a) After the PAT, both teams have 30 seconds to be in proper formation from the time the official sets the ball down and signals that play is ready to continue.
  - b) Failure to do so results in a 5-yard delay of game penalty.
- 6) Incomplete pass or ball carrier going out of bounds in the last two minutes of each half.

The clock stops according to high school rules the last two minutes of each half.

Half time is five minutes in length.

There are no overtimes during the regular season.

### POINT AFTER TOUCHDOWN (PAT)

PAT attempts for all grades are from the 3-yard line by:

- 1) Run (one point).
- 2) Pass (two points).

### RULES AND CONDUCT DURING GAMES

- 1) **In all age groups**, one coach from each team is allowed on the field. The coach is **only to observe** once the offense and defense are set at the line of scrimmage (i.e. no helping players by telling what play is coming or where to run).
- 2) **Three coaches per team (one on field and two on sideline) are allowed on the Player's/Coach's side.**

**Any violation of these two rules will subject the offending team to a 10-yard penalty. Officials may eject the offender(s) for repeated violations.**

- 3) **Spectators and parents are not allowed on the Player's/Coach's side.**
- 4) **No videotaping is allowed from the Player's/Coach's side.**
- 5) **Home teams scheduled to play the first game of the evening at Podvin Park are responsible for getting the equipment from the concession stand and placing it on the field in the proper position.**
- 6) **Home teams and visiting teams scheduled to play the last game of the evening at Podvin Park are responsible for putting the equipment away.**
- 7) **Visiting teams (three adults) operate the chains and down marker and home teams (one adult) operate the scoreboard (if needed).**
- 8) **All teams are responsible for cleaning up the field and spectator area.**
- 9) Fighting, intentional kicking, or kneeing is cause for ejection from a game, at the discretion of the officials.

**A player ejected from a game for fighting by the game official is ineligible to play the next scheduled game including playoff games. A second offense for fighting will result in suspension from the league with re-admission review by the Board of Directors. A third offense for fighting will result in suspension from the league for the remainder of the year with no review.**

- 10) **Taunting** or verbal abuse to opposing teams, coaches, or officials is considered **Unsportsmanlike Conduct** (10 yard penalty). Continued abuse will result in ejection from the game and/or the league.

**LEAGUE RULES**

**PLAYOFFS**

All teams participate in the playoffs. Playoffs occur in the two-week period following the six regular season games and culminate with the playoff championship games on **Super Sunday** at Podvin Park South Field.

Teams are seeded in the playoffs based on their regular season record. Playoff seeding for teams tied at the end of the regular season will be broken as follows:

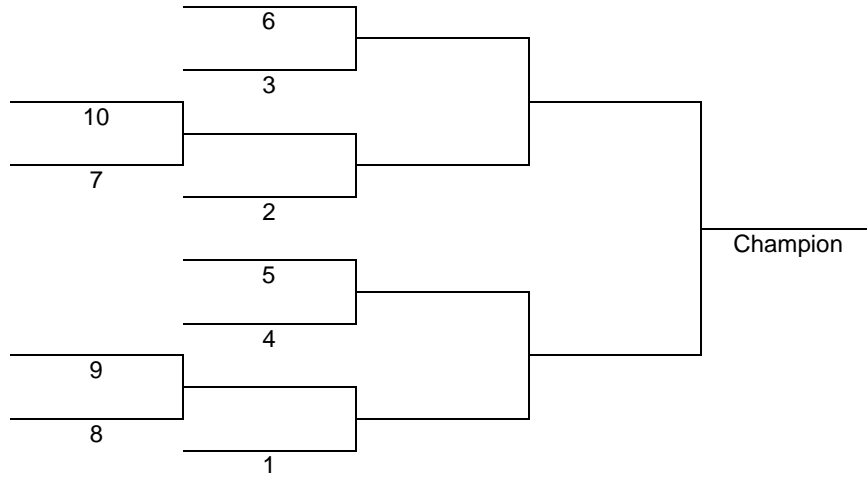
- 1) Head to head competition.
- 2) Coin toss for teams that didn't play each other or tied if they played each other.

**Points scored or allowed during the regular season do not have any bearing on the playoff seeding.**

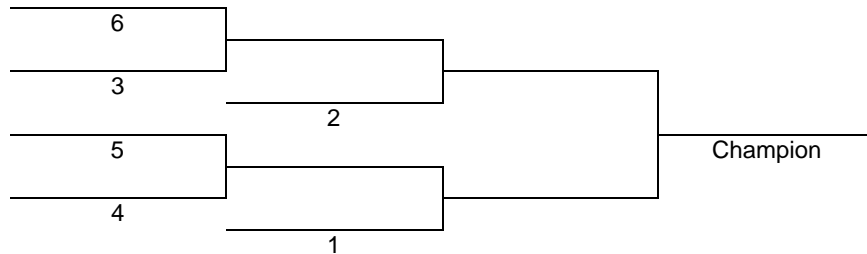
During playoffs, overtimes are used according to Minnesota High School Football rules.

**PLAYOFF SEEDING**

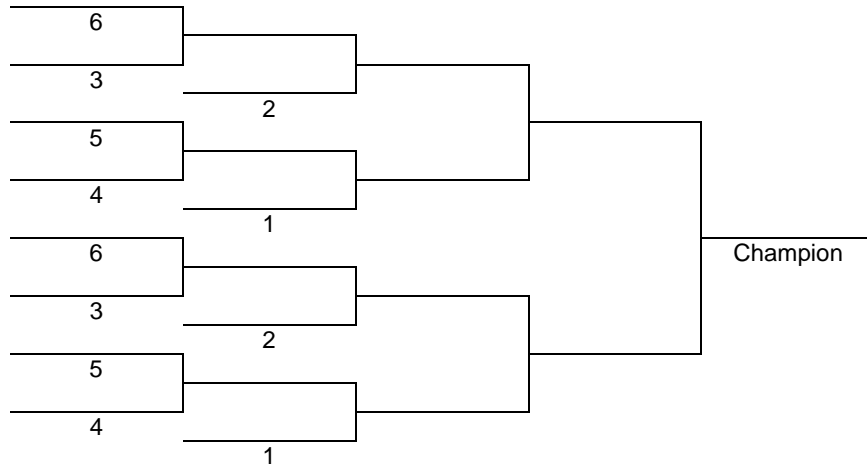
Based on 10 teams (higher seed is home team).



Based on 6 teams (higher seed is home team).



Based on 12 teams with 2 divisions (higher seed is home team).



## LEAGUE RULES – OFFENSE

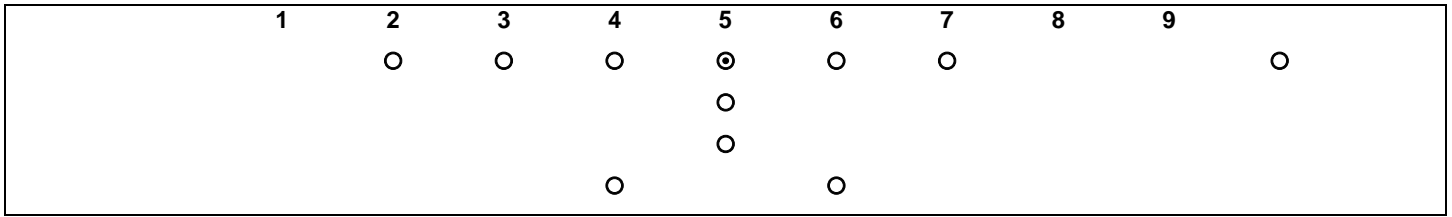
### OFFENSIVE PHILOSOPHY (COACH JACKSON, WBLHS VARSITY HEAD COACH.)

- 1) Coaches remember to stress to your players:
  - a) Your **team** comes first! There is no I in team!
  - b) You are only as good as your last play!
  - c) Play each game one play at a time!
  - d) I will play my **best** this play!
- 2) Understand the Wishbone offense is an option offense and what we are able to do at the varsity level will not be what you are able to do at this level. There is a progression from the younger ages to varsity.
- 3) The **Wishbone** is a running offense. It is a ball-control offense. Therefore, it is imperative that the offensive line is well taught. They must come "off the ball" low and hard. This only happens through repetition. Backs must learn to run hard with their shoulders over their toes.
- 4) Personnel Selection: *(It is critical that personnel be placed in the correct positions.)*
  - a) **QB** - Smart, leadership skills, good athletic skills, disciplined, good feet.
  - b) **FB** - Hard-nosed, consistent, quick, physically tough.
  - c) **HB** - Ability to run, good hands, good blocker, balance.
  - d) **SE** - Big play potential, good blocker, good hands.
  - e) **TE** - Must be a blocker first, receiver second, good frame and feet.
  - f) **C** - Smart, good feet, hands large enough for snap.
  - g) **G** - We play our biggest player here, good feet, powerful.
  - h) **T** - We play our smaller linemen here, quick, good feet, and tough.
- 5) Contrary to most offenses, the Wishbone is **not** a high turnover offense. If taught and executed properly, it should be a consistent discipline attack with big play potential.
- 6) Repetition equals success. Mistakes and inconsistent play can be eliminated with repetition. A-frames should be used for the backfield to make sure the backfield routes are consistent.
- 7) It is expected that at the Association level:
  - a) The game of football will be fun and enjoyable.
  - b) The **team concept** will be taught and understood.
  - c) No one player is more important than the team.
  - d) All players will be taught and be able to execute the basic fundamentals of sound football.
  - e) The coach's goals are to prepare players fundamentally and emotionally for the next level of play.
  - f) Winning is not the ultimate goal but, that players have a good experience and being a White Bear Lake football player is important.



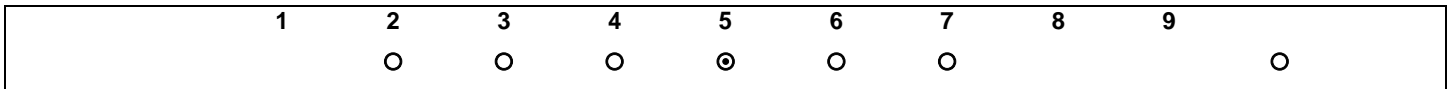
**LEAGUE RULES - OFFENSE**

**BASIC FORMATION**



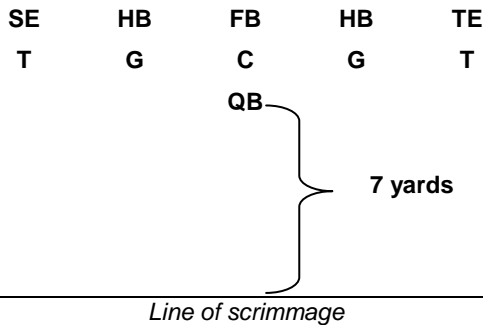
- FB** Lines up directly behind C with heels approximately 13' from the tip of ball (depth changed dependent on FB's quickness).
- HB** Lines up directly behind G with heels approximately 15' from the tip of the ball (2' behind FB).
- C to G** 3' or fingertip-to-fingertip is maximum split.
- G to T** 3' or fingertip-to-fingertip is maximum split.
- T to TE** 3' or fingertip-to-fingertip is maximum split.
- SE** Approximately 4 to 7 yards from offensive tackle.
- Slot** Varies from 1' to split the difference between the T and SE.

**HOLE AND PLAY NUMBERING**



First number of the play call describes the play (what series it's in -- option 10's, power 50's, etc.). Second number (1, 2, 3, 4, 5, 6, 7, 8, 9) tells the area the ball is going to. The key is anything lower than 5 is to the left of the center and anything higher than 5 is to the right. The ball carrier is **not** numbered.

**HUDDLE**



**PERMISSIBLE OFFENSIVE FORMATIONS**

Offenses permitted are **Wishbone** (right, left, tight, & split), **Flexbone** (right, right over, left, & left over), and **Punt Formation**. (See diagrams on page 12, 13, and 14.)

- 1) **Offenses must use the hole and play numbering system listed above.**
- 2) Only players ball carrier weight or below can line up in ball carrier positions (i.e. quarterbacks, offensive backs, split ends and tight ends).
- 3) No players in motion are allowed on the offense. This is a dead ball foul.
- 4) A fumble, lateral, or backward pass recovered by **any** player may be advanced as far as the player is able to advance the ball. A **fumbled snap** between a QB and Center may be advanced by anyone other than an offensive lineman.
- 5) Teams in all grade levels may have as many **pass plays** as the coach wishes **provided** the play is run from one of the permissible offensive formations.

**LEAGUE RULES - OFFENSE**

**ILLEGAL FORMATIONS**

- 1) Most common illegal formations on offense are:
  - a) Illegal ball carrier (i.e. ball carrier over weight limit).
  - b) Less than seven players on the line of scrimmage.
  - c) Slotback in Flexbone formation more than 2 yards off the line of scrimmage.
  - d) Illegal player (player exceeding ball carrier weight) in a "ball carrier" position.
  - e) Man in motion.
- 2) First use of an illegal formation results in a warning by the **official (except for 1a above, which is an automatic five-yard penalty in all cases).**
- 3) Second use of an illegal formation results in a 5-yard illegal procedure call and loss of down.
- 4) Further use of an illegal formation results in a 10-yard penalty and loss of a down.

**PLAY CALL**

Example of QB calling a play in the huddle:

- 1) **"Left 19 on one"** (SE always goes to call side/TE opposite)
- 2) **"Left 19 on one"**
- 3) **"Ready"**
- 4) **"Break"**

**PERMISSIBLE OFFENSIVE SERIES**

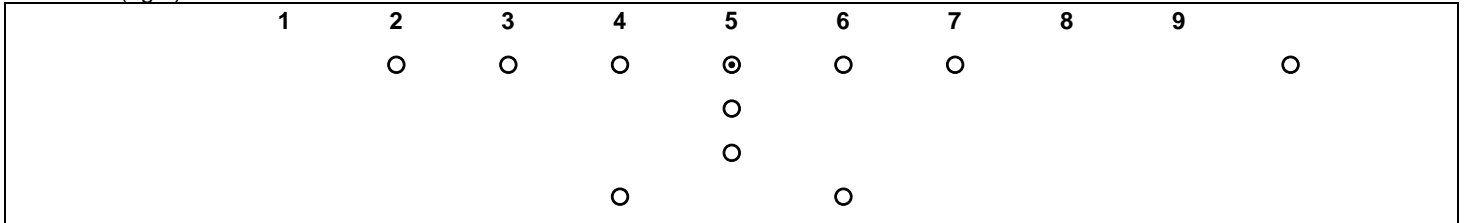
10's - Option Series - <i>(predetermined at this level)</i> 14 & 16    Predetermined FB Give 13 & 17    Predetermined QB Give 11 & 19    Double Option QB & HB	40's - Perimeter Series - <i>(outside plays)</i> 41 & 49    Sweep 42 & 48    Quick Pitch
20's - Option Series - <i>(against the flow)</i> 22 & 28    QB Bootleg 23 & 27    HB Cross Buck 24 & 26    HB Counter (Flexbone)	50's - Power Series 54 & 56    Inside Power 53 & 57    Power Off Tackle
30's - Passes to the left	70's - Passes to the right

**KEY**

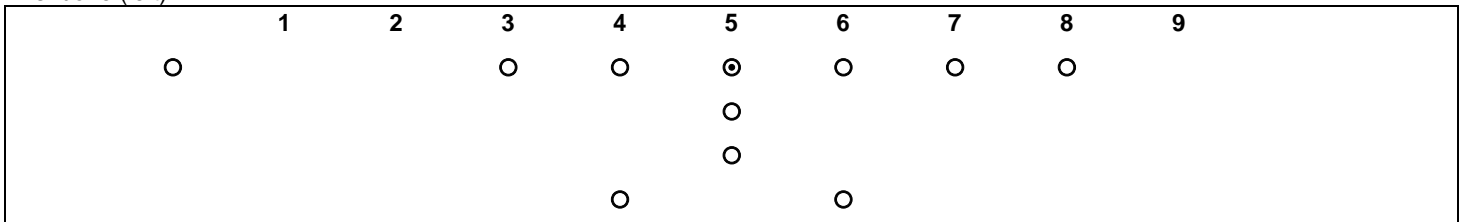
- |   |                  |
|---|------------------|
| ○ | Offensive Player |
| ● | Ball Carrier     |
| ⊙ | Offensive Center |
| ■ | Defensive Player |

**OFFENSIVE FORMATIONS**

Wishbone (right)



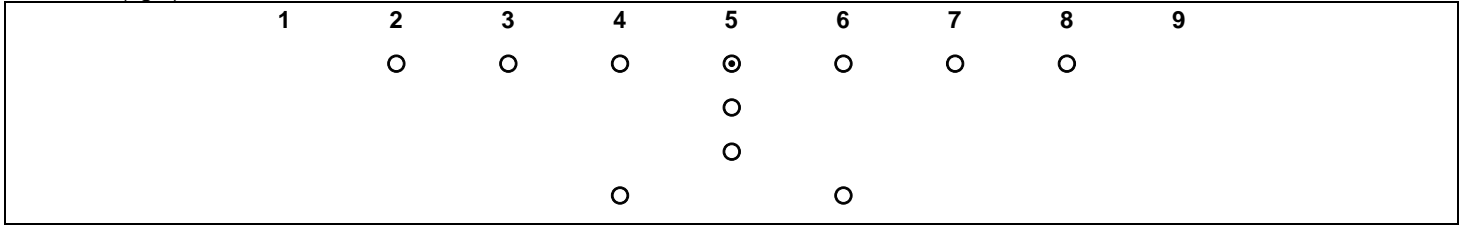
Wishbone (left)



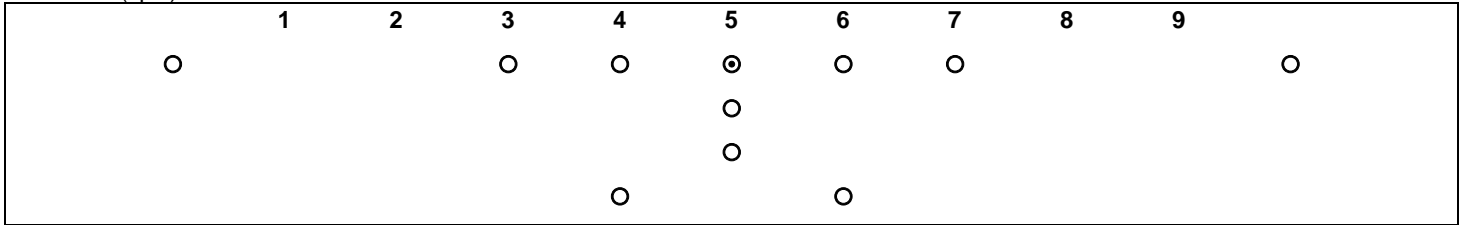
LEAGUE RULES - OFFENSE

OFFENSIVE FORMATIONS (CONTINUED)

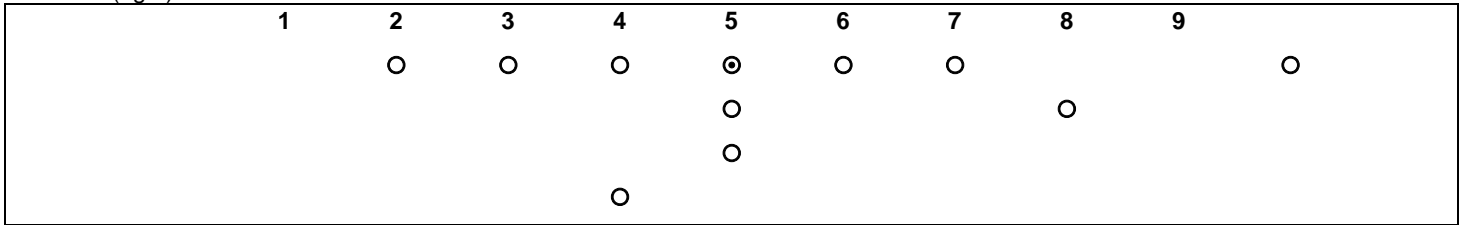
Wishbone (tight)



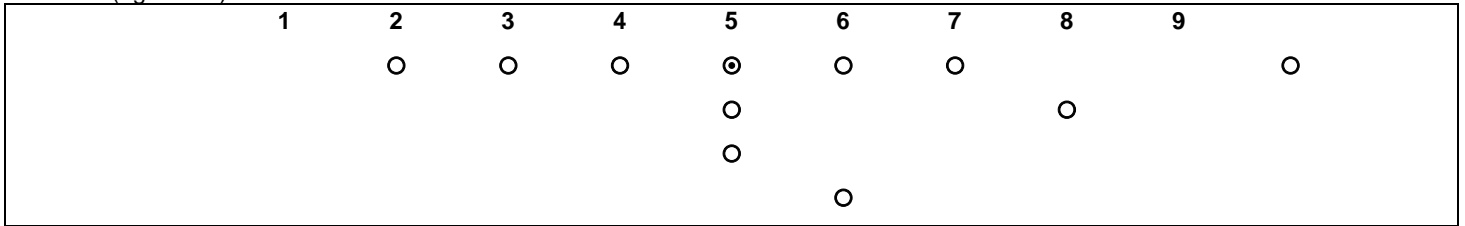
Wishbone (split)



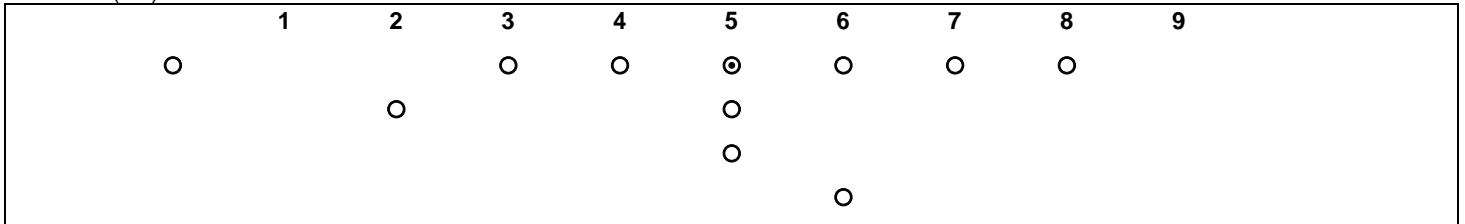
Flexbone (right)



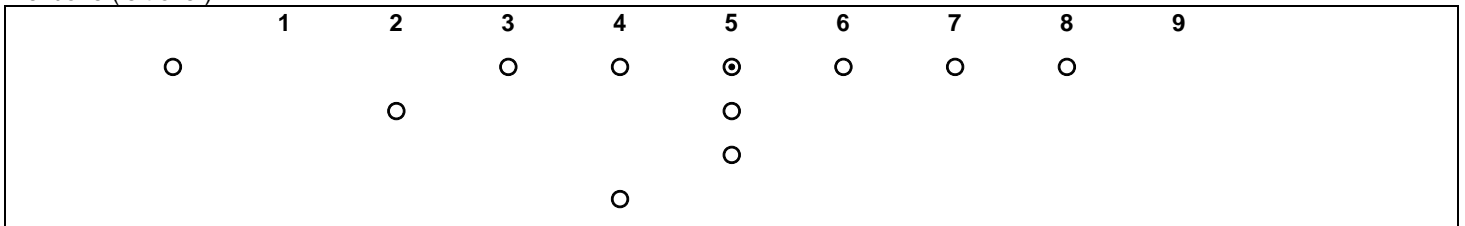
Flexbone (right over)



Flexbone (left)



Flexbone (left over)



## LEAGUE RULES - OFFENSE

### PUNTS

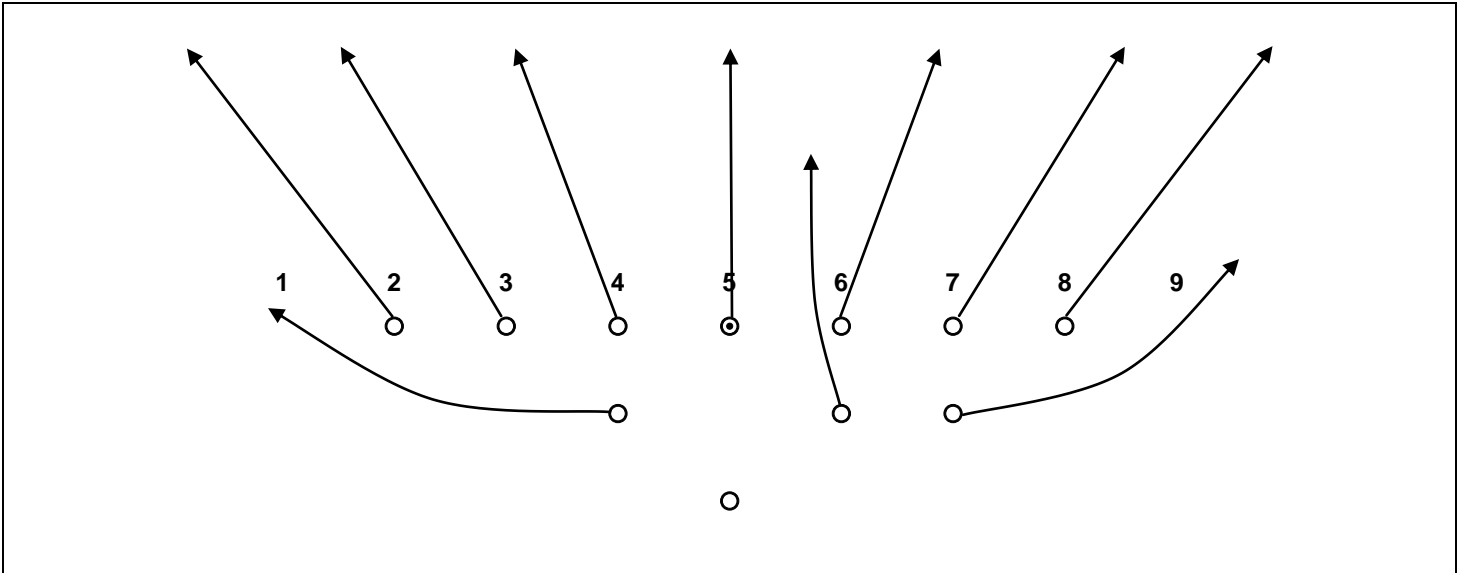
1) **4<sup>th</sup>/5<sup>th</sup> and 6<sup>th</sup> grades:**

**Punt formation is used only for punting.** You **must** notify the referee if you are going to punt. **No** play other than a punt may be designed or used from punt formation. In these grades the punter must punt. They need not be ball carrier weight because they cannot run the ball. Both punting and receiving teams must remain stationary until the ball is punted. **The defense cannot rush the punter.** In the event of a bad or fumbled pass from the center the punter is still allowed a free punt.

2) **7<sup>th</sup> grade:**

**Defenses can rush the punter.** If the punter is ball carrier weight they may advance the ball by run, pass, hand-off, or kick. **Punters may be above ball carrier weight but can't advance the ball by run, pass, or hand-off.** If they attempt to advance the ball beyond the line of scrimmage the play is whistled dead and the ball placed on the line of scrimmage with loss of down. **On 4<sup>th</sup> down only**, any running or passing play may be designed and used from the punt formation without restriction as long as the punter is ball carrier weight. On 1<sup>st</sup>, 2<sup>nd</sup>, or 3<sup>rd</sup> down you must punt from punt formation. (The intention of this rule is to prevent the running of a shotgun offense.)

### PUNT FORMATION AND COVERAGE LANES



## LEAGUE RULES - KICKOFFS

### KICKOFFS

Kickoffs are 10 yards off the midfield stripe on the kicking team's side of the midfield stripe (30-yard line 4<sup>th</sup>/5<sup>th</sup> grade and 40-yard line 6<sup>th</sup> and 7<sup>th</sup> grade). The receiving team has five men 10 yards from the designated kicking spot.

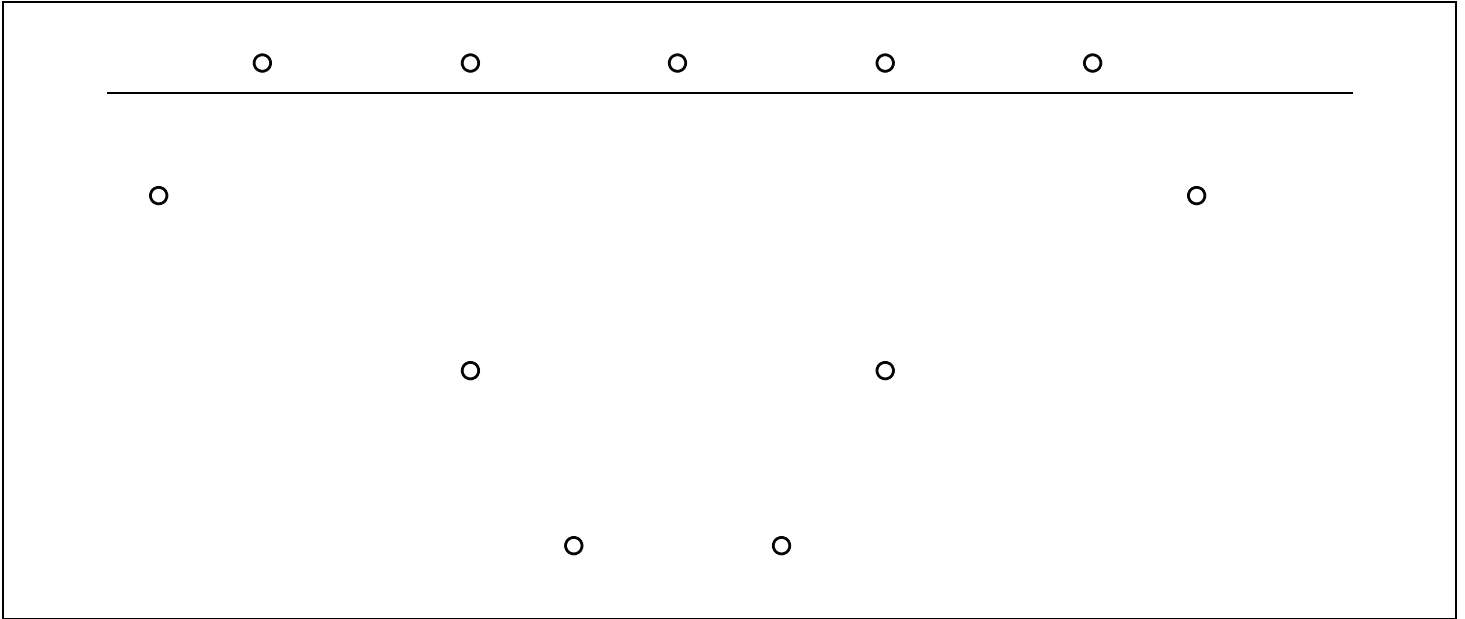
The kicker on the kickoff team may be of any weight.

Each of the six deep kickoff receivers must be ball carrier weight but all the players on the kickoff receiving team may advance the ball regardless of weight.

The receiving team has two options to choose from when the kicking team kicks the ball out-of-bounds:

- 1) Take the ball at the point it went out-of-bounds.
- 2) Take the ball at their own 30-yard line (4<sup>th</sup>/5<sup>th</sup> grade) or 40-yard line (6<sup>th</sup> and 7<sup>th</sup> grade).

### RECOMMENDED KICKOFF RECEIVING



## LEAGUE RULES - DEFENSE

### PERMISSIBLE DEFENSIVE FORMATIONS

Defenses permitted are **Tight Okie** (all grades) and **Split Eagle** (7<sup>th</sup> grade only).  
(See diagrams on page 17.)

- 1) The Tight Okie and Split Eagle defenses are three level defenses:
  - a) **First level:** five players (NG, DT's, & DE's), on the line of scrimmage.  
\*\*\*\* **Noseguard and Tackles must be in a down position** \*\*\*\*
  - b) **Second level:** three players (LB's), 3 yards off the line of scrimmage or 2 yards behind the defensive line.
  - c) **Third level:** 1 player (S) 7 yards off the line of scrimmage and 2 players (CB's) five yards off the line of scrimmage.  
\*\*\*\* **Corners cannot roll-up on the split-end** \*\*\*\*
- 2) At the snap of the ball, all three levels of defense must be in proper alignment and stationary.
- 3) Every member of the defensive team may advance a pass interception, fumble, or short punt.
- 4) A fumble, lateral, or backward pass recovered by any player may be advanced as far as the player is able to advance the ball.
- 5) No blitzing or defensive shifts are allowed before the snap of the ball.

**No short yardage, goal line, or prevent defenses are allowed.**

### ILLEGAL FORMATIONS

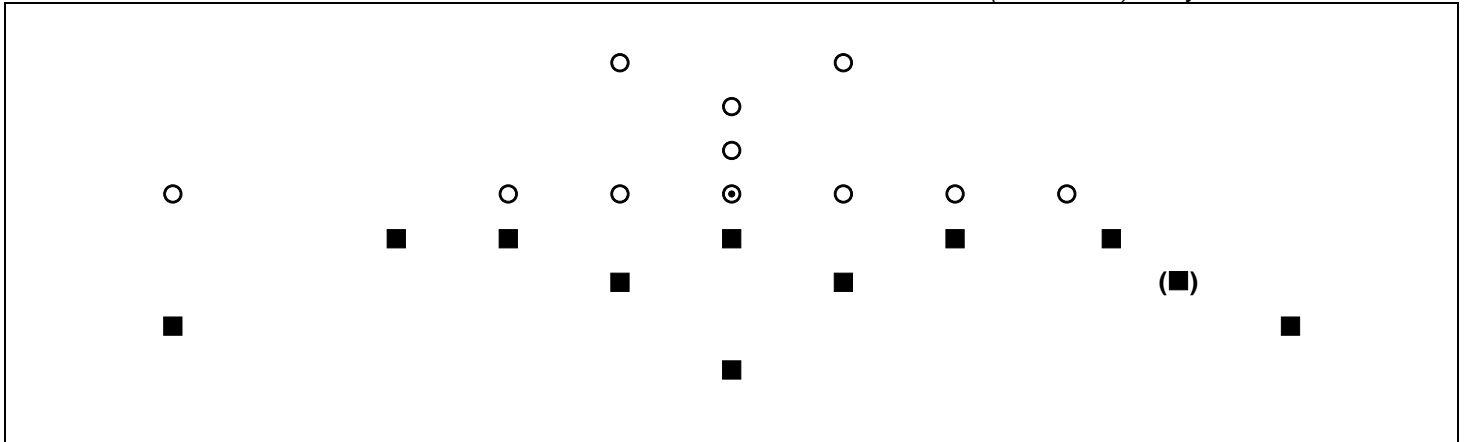
- 1) Most common illegal formations on defense are:
  - a) More than five players on the line of scrimmage.
  - b) Linebackers closer than 3 yards to the line of scrimmage or 2 yards of the defensive line.
  - c) Monster/SS closer than 3 yards to the line of scrimmage, 2 yards to the defensive line, or within 1 yard of defensive end.
  - d) Safety closer than 7 yards to the line of scrimmage.
  - e) Cornerbacks closer than 5 yards to the line of scrimmage.
  - f) Defensive player moving at the snap of the ball.
- 2) First use of an illegal formation results in a warning by the official.
- 3) Second use of an illegal formation results in a 5-yard illegal procedure call.
- 4) Further use of an illegal formation results in a 10-yard penalty.

LEAGUE RULES - DEFENSE

DEFENSIVE FORMATIONS

Tight Okie (all grades)

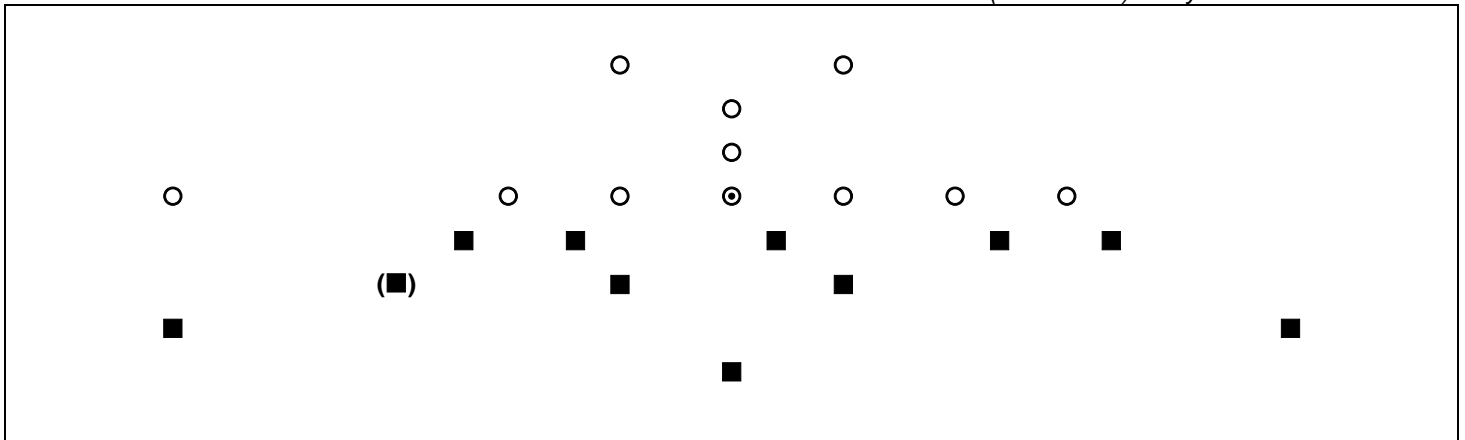
*(Monster/SS) always to defensive call side.*



- 1) **Noseguard (NG):** Head up on center **only**.
- 2) **Defensive Tackles (DT):** Head up on offensive tackles **only**.
- 3) **Defensive Ends (DE):** Outside shoulder of tight end or on air.
- 4) **Linebackers:** Two players, 3 yards off the line of scrimmage or 2 yards behind the defensive line and aligned over the guards.
- 5) **Monster/SS:** One player, 3 yards off the line of scrimmage or 2 yards behind the defensive line and a minimum of 1 yard outside the defensive end. **Monster/SS always goes to the call side either left or right.**
- 6) **Safety:** One player, 7 yards or deeper.
- 7) **Cornerbacks:** Two players, 5 yards or deeper.

Split Eagle (7<sup>th</sup> grade only)

*(Monster/SS) always to defensive call side.*



- 1) **Noseguard (NG):** Shades to opposite side of the center from the call side.
- 2) **Defensive Tackles (DT):** Call side tackle shades to outside of offensive guard and other tackle shades to outside of offensive tackle.
- 3) **Defensive Ends (DE):** Call side end shades to outside of offensive tackle and other end shades to outside of tight end.
- 4) **Linebackers:** Two players, 3 yards off the line of scrimmage or 2 yards behind the defensive line and aligned over the guards.
- 5) **Monster/SS:** One player, 3 yards off the line of scrimmage or 2 yards behind the defensive line and a minimum of 1 yard outside the defensive end. **Monster/SS always goes to the call side either left or right.**
- 6) **Safety:** One player, 7 yards or deeper.
- 7) **Corners:** Two players, 5 yards or deeper.

**SAMPLE FIRST WEEK PRACTICE SCHEDULE**

**FIRST PRACTICE (PARENTS MEETING)**

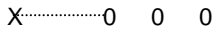
- 1) **15 minutes** - Warm-up.
- 2) **10 minutes** - Assemble and introduce coaches:
  - a) Theme: Have fun, learn football, and win some games.
  - b) How: Hard work, hard blocking, hard tackling, hard running, thinking, discipline, and hustle.
- 3) **5 minutes** - Check equipment, ensure nametags are on all helmets:
  - a) Bring tape and a marking pen.
- 4) **15 minutes** - Rules of the League (including playing time):
  - a) Rules of the coach.
  - b) Practice requirements (players check conflicts).
  - c) Stress punctuality.
  - d) Eyes and ears open (mouth shut when coaches are talking).
  - e) Always hustle (no walking, etc.).

Explain your "snap" system here and use it from now on in everything you do. "Ready, Set, Hut 1, Hut 2, Hut 3" is standard. Have your players standing upright on "Ready", getting into the 3 or 4 point stance on "Set" and charging off on the "Hut 3". This is only a suggested system. You may have others you prefer.

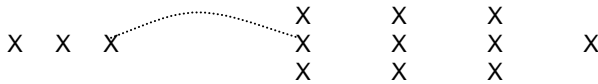
- 5) **60 minutes** - First day objective--get to know the skills of the players, their desire and enthusiasm:
  - a) Speed: Have races of all players. Pick six fastest.
  - b) Run ins-and-outs for agility.



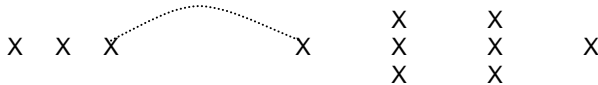
- c) Center football to coaches.



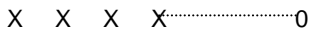
- d) Kickoffs: 1 line kicking 2 or 3 times to the rest of the players.



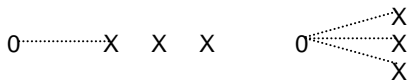
- e) Punts: 1 line punting to players catching.



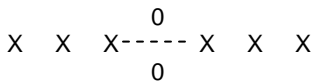
- f) Pass: 1 line throwing to coach two or three times.



- g) Catch: Coach throws to players in line or parallel.



- h) Tackling: 2 lines one-on-one through dummies. (Players **must** be wearing full equipment.)



- 6) Drill Basics:

- a) **15 minutes** - 3 or 4 point stance:
  1. Teach in one parallel line. Demonstrate and practice until satisfied. (If a player doesn't get this right they will have trouble all season with offside's, and lining up off balance.)
- b) **15 minutes** - Blocking demo by coaches with blocking dummies:
  1. Only if players are wearing full equipment.
  2. Teach shoulder block and hip or cross body block.
    - a. Drill two lines parallel.
    - b. Ball carrier two on one.

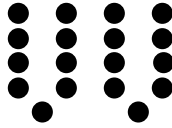
Repeat instructions over and over to your players. It may sound repetitious to you but it's not to them. Never take anything for granted. Explain everything in detail. **Never assume players know about a certain point or phase of the game.**

## SAMPLE FIRST WEEK PRACTICE SCHEDULE

### SECOND PRACTICE

- 1) **15 minutes** - Warm-up. (Introduce calisthenics and positioning).
- 2) **5 minutes** - Review:
  - a) 3 or 4 point stance.
  - b) Holding ball.
  - c) Catching ball.
- 3) **15 minutes** - Blocking with dummies.
- 4) **15 minutes** - Blocking live.
- 5) **30 minutes** - Place players in tentative positions of your choice:
  - a) Line up offensively and explain back numbers and holes.
  - b) Walk through two of simplest plays.
- 6) **10 minutes** - Explain huddle.

SE	HB	FB	HB	TE
T	G	C	G	T
		QB		
- 7) **10 minutes** - Explain count.
- 8) **5 minutes** - Sum-up what you covered for the day and give out two plays.



### THIRD PRACTICE

- 1) **15 minutes** - Warm-up (calisthenics).
- 2) **30 minutes** - Drill basics (narrow position selection to two players each):
  - a) Center candidate centers ball.
  - b) Quarterback passes to the rest of the players.
  - c) Teach blocking:
    1. Dummies.
    2. Live.
  - d) Tackling:
    1. Dummies.
    2. Live.
- 3) **10 minutes** - Review offensive line-up:
  - a) Walk through first two plays.
  - b) Add a third and fourth play.
- 4) **10 minutes** - Introduce Punt Formation.
- 5) **20 minutes** - Introduce Defensive Formation.
- 6) **5 minutes** - Count drill.
- 7) **10 minutes** - Fumble recovery practice.
- 8) **5 minutes** - Sum up and give out plays three and four.

***Use your own judgment for extra practices and concentrate on drills to help improve your team's weaknesses.***

## SAMPLE PRACTICE SCHEDULE

### PRACTICE AFTER SEASON STARTS

- 1) **15 minutes** - Calisthenics then two laps around field:  
While players are running, organize coaching duties with other coaches.
- 2) **45 minutes** - Concentrate on drills that will help improve any team weakness:
  - a) Tackling.
  - b) Blocking.
  - c) Offside corrective drills.
  - d) Incorrect line up:
    1. Usually tend to veer \_\_\_ ● \_\_\_ ● \_\_\_ ● \_\_\_.
  - e) Special teams:
    1. Kickoff.
    2. Kick receiving.
    3. Punting.
    4. Punt receiving.
- 3) **15 minutes** - Run all plays learned without contact.
- 4) **20 minutes** - Run all plays learned with contact under game conditions:
  - a) Coach says, "Ball on your 25 yard line, 1<sup>st</sup> down".
  - b) Next time coach may say, "Ball on your 33 yard line, 3<sup>rd</sup> down".
- 5) **Remainder of time** - Put in one or two new plays, walk through, and then run through.

A penalty usually results from confusion and disorganization of a team. Repeat calling your kickoff and kick receiving teams as units onto the field. This drill helps players learn where they should be during a game.



**OFFICIAL FOOTBALL SIGNALS  
HIGH SCHOOL AND COLLEGE**



<p>1</p> <p><b>Ball ready for play</b> *Untimed down</p>	<p>2</p> <p><b>Start clock</b></p>	<p>3</p> <p><b>Time-out</b> Discretionary or injury time-out (follow by tapping hands on chest)</p>	<p>4</p> <p><b>TV/Radio time-out</b></p>	
<p>5</p> <p><b>Touchdown</b> <b>Field goal</b> Point(s) after touchdown</p>	<p>6</p> <p><b>Safety</b></p>	<p>7</p> <p><b>Dead ball foul</b> <b>Touchback</b> (move side to side)</p>	<p>8</p> <p><b>First down</b></p>	
<p>9</p> <p><b>Loss of down</b></p>	<p>10</p> <p><b>Incomplete forward pass</b> Penalty declined No play, no score Toss option deferred</p>	<p>11</p> <p><b>Legal touching of forward pass or scrimmage kick</b></p>	<p>12</p> <p><b>Inadvertent whistle</b> (Face Press Box)</p>	<p>13</p> <p><b>Disregard flag</b></p>
<p>14</p> <p><b>End of period</b></p>	<p>15</p> <p><b>Sideline warning (NFHS)</b></p>	<p>16</p> <p><b>First touching (NFHS)</b> <b>Illegal touching</b></p>	<p>17</p> <p><b>Uncatchable forward pass (NCAA)</b></p>	
<p>18</p> <p><b>Encroachment (NFHS)</b> <b>Offside defense or free-kick defense (NCAA)</b></p>	<p>19</p> <p><b>False start</b> <b>Illegal formation</b> <b>Encroachment offense (NCAA)</b></p>	<p>20</p> <p><b>Illegal shift - 2 hands</b> <b>Illegal motion - 1 hand</b></p>	<p>21</p> <p><b>Delay of game</b></p>	<p>22</p> <p><b>Substitution infraction</b></p>



**OFFICIAL FOOTBALL SIGNALS  
HIGH SCHOOL AND COLLEGE**

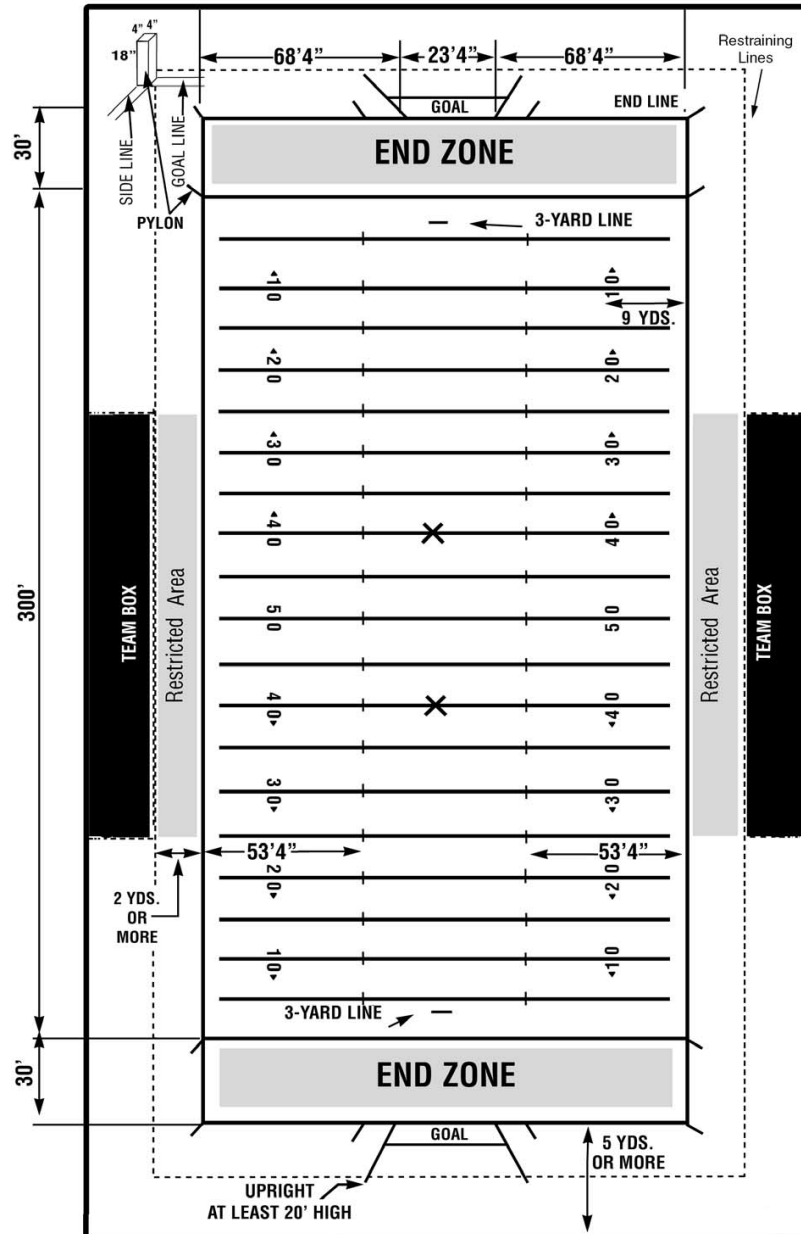


23  Failure to wear required equipment	24  Illegal helmet contact	25  Illegal Horse-Collar Tackle	27  Unsportsmanlike conduct Noncontact foul	28  Illegal participation
29  Sideline interference (Face Press Box)	30  Running into or Roughing kicker or holder	31  Illegal batting/kicking (Followed by pointing toward toe for kicking)	32  Invalid fair catch signal (NFHS) Illegal fair catch signal	33  Forward pass interference Kick catching interference
34  Roughing passer	35  Illegal pass/forward handing (Face Press Box)	36  Intentional grounding	37  Ineligible downfield on pass	38  Personal foul
39  Clipping	40  Blocking below waist Illegal block	41  Chop block	42  Holding/obstructing Illegal use of hands/arms	43  Illegal block in the back
44  Helping runner Interlocked blocking	45  Grasping face mask or helmet opening	46  Tripping	47  Disqualification	

NOTE: Signal number 26 is for future expansion.

09

11-player Football Field Diagram



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