

2021

HUDSON BOOSTERS

FOOTBALL PROGRAM

COACHES BOOK



**HUDSON BOOSTERS
FOOTBALL PROGRAM
COACH'S AGREEMENT FORM**

HUDSON BOOSTER PHILOSOPHY

1. Emphasis should be placed on learning how to play the game rather than the final score of the game. Winning is found in the progress made toward individual and team goals, not in the won/loss record of the team. Emphasize teamwork, hard work, and good sportsmanship as qualities of successful teams and individuals.
2. Coaches and parents are to set good role models and high standards of conduct for the players. Players will be expected to follow this example by exhibiting good sportsmanship, conduct, and citizenship.
3. Arguing judgment calls made by the referees will not be tolerated. This applies to ALL coaches, parents and players. It is the responsibility of the Head Coach to control this. When questioning a rule interpretation, the coach needs to ask the officials for an official's time-out to discuss it. This time-out will not be charged against the team unless in the referee's judgment, the time-out is being asked to prolong the game.
4. Provide the same commitment to our less developed or less skilled players so they too can achieve personal satisfaction and growth through the game of football. To this end, each player should be on the field for 50% of each game.
5. Develop the total individual (not just the athlete) with emphasis placed on skill development, teamwork, self-confidence, self-esteem, and personal growth, not necessarily in that order.
6. Promote football excellence while emphasizing good sportsmanship.
7. Provide an opportunity for Hudson players to continue to develop their skills and to play with and against players of similar age.
8. Coaches are responsible for the maintenance and return of the equipment issued to them.
9. Coaches and Parents who fail to meet these standards may be disqualified from participation.

As a coach representing the Hudson Booster Club, I agree to follow the above guidelines to the best of my ability:

_____/_____
Print and Sign Name Date

Address

Phone E-Mail Addr

Team Color

Division

HUDSON BOOSTER FOOTBALL PROGRAM POINTS OF EMPHASIS

COACH EXPECTATIONS

- **Team Management**
 - **Rosters**
 - We expect each coach to hand in a roster (player’s names and numbers) prior to playing in the Pigskin Preview
 - **Practices**
 - 3rd/4th We expect each team to practice Tuesdays and Thursdays 5:30 to 7 at the booster fields
 - 5th/6th We expect each team to practice on Mondays, Tuesdays and Thursdays 5:30 to 7:00 at the booster fields
 - **Playing times for players**
 - We expect the coach to rotate players in and out of the game so that each eligible player will be on the field for approximately 50% of the game.
 - Players **MUST NOT** sit on the sideline for more than 1 possession. If a player is not on the field for offense, then they **MUST** go on the field when the defense goes out and vice versa.
 - This is best accomplished by having 2 offenses and 2 defenses.
 - **Positions for players**
 - We expect the coach to give each player a fair and equal opportunity to earn a chance to play a skilled position on the team. Skill positions include all offensive backfield and end positions.
 - **Position of coaches during a game**
 - We expect that the coaches will not interfere in the game while on the field
 - Coaches should be behind all players when the ball is put in play.
 - See rules on coach’s positions on the field.
 - Coaches must remain in the “players box” when not on the field.
 - This is from the 20 yd line to the Middle of the field.
 - Coaches and players are to remain on their end of the field and in their own player box.
 - **Equipment**
 - We expect the coach to ensure that all equipment is kept in a clean and safe manner.
 - We expect each coach to help handout equipment prior to the season starting on the night of their grade’s handout.
 - We expect the coach to help put away equipment after their last game of the season
 - Coaches will be provided with a coach’s bag that includes, balls, cones, etc. Coaches are responsible the bag and its contents.
 - **Time**
 - Coaches are expected to start practice and end practice on time. If you want to have a end of practice talk with your players this time should be included in your planning.
 - Coaches are expected to run practice for the whole time unless parents have been previously communicated with, or in the case of severe weather.
 - **TRASH**
 - Each coach is responsible to pickup their practice area after each practice leaving nothing behind.
- **Behavior**
 - Coaches are expected to behave in a civil manner during games.
 - Coaches need to be aware of their language and tone while giving instructions to your players or talking to a game official.
 - No coach may enter the field of play to confront an official about a call. You can request a clarification from an official, but confrontation will be penalized.
 - On-field coaches may request a clarification of a call in a civil manner.
 - Constant “yipping” at an official will result in an unsportsmanlike penalty
 - Coach is responsible for anyone standing in the “player’s box”. This would include players and other coaches.
 - The Booster Football Committee will make it a point of emphasis for the officials to take a harder stance on confrontation from coaches.
 - **Coaches will be suspended from coaching for either flagrant or repeated offenses of unsportsmanlike conduct**
 - **Coaches may be removed from the field by a Ref or commissioner for unsportsmanlike conduct.**

TEAM EXPECTATIONS

- **Line-to-gain sideline crew**
 - We expect each coach to assign 3 adults (or appropriate aged people) for the line-to-gain crew when home team.
- **Parent Meeting**
 - Each team is expected to hold a parent’s meeting
 - Prefer to be at first practice
 - Topics to include:
 - Coach’s playing philosophy
 - Importance of player being at each practice and game
 - Coach’s philosophy on positioning of players
 - Parent’s responsibility for concessions (Need to Volunteer)
 - Parent’s responsibility for helping on the line-to-gain crew when home team.
 - Recommend coach ask for volunteer to line up parents for chain gang crews. (Team Manager)

PARENT EXPECTATIONS

- **Time**
 - Parents are expected to drop off and pick-up players on time to practices and games.
- **Equipment**
 - Parents are expected to ensure equipment is handled with care and that it is all returned **on or before** the last game of the season.
- **Conduct**
 - Parents are expected to treat the Refs, Coaches of both teams and other players with respect. ALL coaches and Refs are volunteer. They are doing their best at very tough jobs. If you are not satisfied with how things are going we are always looking for volunteers to coach or ref.
 - Parents exhibiting unsportsmanlike behavior will be escorted from the game.
- **Trash**
 - This is a fun family event that often involves snacks and treats. This is welcomed but PLEASE pick up after yourself. We share these fields with the school and if there is a mess left on these fields it reflects badly on the entire program.
- **Water bottles**
 - Each player is expected to have a water bottle with their name on it at each practice.
 - Players are discouraged from bringing disposable bottles as they just become trash that is often left for coaches or administrators to clean up.
- **Side Lines**
 - Parents are not allowed to sit on the players side of the field.

PLAYER EXPECTATIONS

- **Behavior**
 - Players are required to show respect to all other players, coaches, parents and referees at all times.
 - Players are expected to show respect for their equipment at all times.
 - DO NOT THROW, KICK, or SIT on a helmet
 - Players who behaving in a dangerous manor will be removed from practice or game. Safety is the #1 concern.
 - Players who continually engage in dangerous activities / behaviors will be removed from the program with no refund. These activities include but are not limited to:
 - Targeting – Leading with crown of the head
 - Spearing – hitting player from behind in the back with the crown of their head
 - Face Masking – Flagrant use of the hands on the facemask
 - Tackling above the shoulders

Hudson Boosters Football Rules

Game

- Field will be 80 yards long, with 10 yard end zones. (Unless field conditions necessitate a variance)
- Scoring:
 - Touchdown - 6 pts
 - Extra point (from 2 ½ yds) - 1 pt
 - Extra point (from 5 yds) - 2 pts
 - Safety - 2 pts
 - Defense cannot score on a failed Extra point attempt
- Game times
 - 4 quarters of 10 minutes each (running time except for last 2 minutes of the 4th quarter.)
 - During running time, Clock will be stopped after a touchdown is scored and after a change of possession. In both instances, the clock will start on the change of possession snap
 - Stop time for last 2 minutes of 4th quarter (unless a team is behind by 18 pts or more).
 - Referee will call an officials time out to let the benches know that stop time is about to begin.
 - In stop time, clock will stop for time-outs, penalties, out of bounds, incomplete passes, and moving the chains after a first down.
 - The clock will start on the next snap of the ball for all but moving the chains
 - The clock will start at the “ready to play” whistle after the chains have been moved.
 - Each team will get 3 time outs per half.
 - Time outs will last 1 minute.
 - Time outs can only be called by the main coach on the field – not anyone from the sidelines.
 - Time outs for injury will be an official's time out, and will not count against a team's total.
 - Half time will last 6 minutes
 - Teams have 40 seconds between offensive plays. Time starts when the official spots the ball.

Practices

- There will be a set schedule for practices
- Team practices should have limited use of full contact – This time will be used for drills, conditioning, and learning plays and positions
- All equipment to be neatly put away after practices
- Practices will be held at the Booster Football Fields unless otherwise specified by the Boosters.
- Large practice equipment will be stored at the Booster Football Fields only

Game Rules

- Unless otherwise specified, National High School rules will apply)
- Home team is responsible for supplying the line-to-gain crew, which includes two (2) people for the chain gang and one (1) person for the down-box operator.
 - Boosters will supply the clock operator.
- Team that wins the coin flip will have the option of either (1) receiving the kick or (2) defending a goal. The second half will be the reverse of the first half (e.g. Red wins toss, selects to defend north goal. Blue has ball possession. Second half, Red has ball possession , Blue defends north goal)
- At the beginning of each half and after a touchdown (THERE ARE NO KICKOFFS):
 - The offensive team will take possession at their own 25 yard line

Game Rules (continued)

- Safety: The kicking team has the option of either punting or kicking off from their own 35 yd line.
- 4th down situations:
 - Teams must punt the ball if they are not past mid-field, except for the 4th quarter.
 - In 4th quarter, teams must still declare whether or not they are going to punt.
 - Teams that are past mid-field must declare their intention to punt to the referee.
 - No quick-kicks (punting before the 4th down).
 - Official will hand the ball to the punter after ensuring that both teams are lined up correctly.
 - Players must stay in their positions until the ball is kicked.
 - Offense (kicking team) must have 7 players on the line of scrimmage, with a maximum spread no more than hand to hand. Two backfield positions may be spread, one on each side of the line.
 - Defense (receiving team) must also have 7 players on the line of scrimmage, head to head with the offensive team's line. The rest of the receiving team can be spread out to cover the offensive backs and to receive the ball on the kick.
 - Once the ball is punted it will be called dead as soon as receiving player has fielded the ball and the receiving team will start the possession at that point.
 - If a player has a ball go past or is muffed it is their responsibility to get the ball and field it and at that area where it is fielded the possession will start.
 - If a punt is muffed and goes forward towards the kicking team and is recovered, the ball will be move back to where it was muffed and start the possession.
 - There will be no blocking or tackling during the punt – Kicking team does NOT send anyone down field.
- Fumbles
 - Fumbles can be advanced when:
 - Recovered by defensive team before hitting the ground (includes stripping the ball)
 - Recovered by offensive team behind the line of scrimmage.
 - Fumbles cannot be advanced when:
 - Recovered by defensive team after the ball has hit the ground.
 - Recovered by offensive team after the line of scrimmage.
- **Offensive rules**
 - Offensive line consists of: Center, 2-Gaurds, 2-Tackles, 1-Tight End (**All in 3 point Stance**)
 - No spread, squeezed, or direct snap formations.
 - Maximum line spread is hand-to-hand.
 - Minimum line spread is 1ft between the feet of the players.
 - Pistol/Shotgun formation **IS** allowed
 - **No Motion**
 - **No Triplets**
 - No pulling linemen.
 - **Straight forward** blocking only (no cross-blocks, crack-back or Trap blocks allowed.)
 - Offensive players may use their hands to block, **but may not:**
 - grab a defender with extended arms.
 - use their hands to block outside of their shoulder width.
 - Make first contact above the shoulder **or below the knees**
 - We will incorporate a Jumbo Series to allow the bigger kids to carry the ball and allow the defensive team to prepare
 - There will be one jumbo series per half (Series is an entire possession)
 - **Each Team will be notified of their Jumbo Players (Jumbo is any player 30% or more heavier than the league average)**
 - **You are not required to run a Jumbo package if there are no Jumbo players that want to run the ball.**
 - No quarterback sneaks or designed plays where the quarterback runs from tackle to tackle. Plays designed for the Quarter back carry the ball need to be to the outside.
 - A quarterback may run over the center position on a scramble or broken play.
- Excluding the quarterback, all backfield positions inside the Tackles must be at least 3 yds behind the line of scrimmage, except when inside or on the opponent's 5 yd line. Then these backs must be at least 1 yd behind line of scrimmage.

- **Defensive rules**

- A player cannot be past their designated starting point when the ball is snapped – this will be a defensive motion penalty
 - Defensive players can move but if they move past their starting points they must be back to their starting point before the ball is snapped
- Must use a 4-4-3 alignment – See playbook
 - 2 tackles line up head to head or shaded to the outside shoulder of the offensive guards
 - 1 end lined up on the outside shoulder of the weak side tackle and 1 end lined up on outside shoulder of the strong side end.
 - 2 outside linebackers
 - 2 inside linebacker
 - 2 corner backs
 - 1 safety
- Defensive tackles must be in either a 3 or 4 pt stance, **defensive ends in a 3 point stance**
 - First contact must be solid contact with the player in front of them, Solid contact means either using 2 hands or contact to the offensive lineman's shoulder with their shoulder (**No tapping and going through the inside gap, player must engage and read the play**).
 - IF the offensive player leaves his hole, a defensive player is NOT required try to follow him in order to make first contact. If there is a gaping hole, undefended, the defensive player may proceed forward. This is NOT considered "Shooting the Gap"!
 - No defensive player can be head to head with the offensive center.
 - No interior linemen can make 1st contact with the center.
- Down Linemen must be lined up **1 yard** off of the ball except in goal line formation then they can be just off the ball.
- **Linebackers must line up at least 4 yards behind the line of scrimmage** except in goal line formation (between the goal line and 5 yard line (inclusive).
 - In goal line formation (including extra points), linebackers may line up 1 yard behind line of scrimmage.
 - Linebackers must be stationary before the ball is snapped. NO FORWARD MOTION. Lateral motion is allowed to properly align with the offense.
- **Cornerbacks** must be 3 yards behind the line of scrimmage, except in goal line, then 1 yd.
- **Safety** must be 8 yards behind the line of scrimmage, except in goal line, then 3 yards.
- First contact by tackler must be at shoulder pads and below.

- After possession change, all players on the bench must be put into the game for at least 3 plays.
 - Intent of the rule is that all players will play about 50% of the time.
- One offensive and one defensive adult coach will be allowed on the field at a time. During time outs, multiple coaches per team can be on the field. Coaches must not interfere in a play.
 - One (1) High school helper may be on the field with a coach during a play (both for offense and defense).
 - Defensive coaches and HS helper must be at least 7 yards from the line of scrimmage at the time of the snap
 - Offensive coaches and HS helper must be at least 5 yards from the line of scrimmage at the time of the snap
 - (Some latitude will be given if a coach is attempting to follow the above rules when the ball is snapped)
- Players and coaches not on the field must be in the team box (At least 1 yd behind the boundary line, between their team's 40 and 20 yard line).
- On Field Coaches are NOT allowed to give any direction to players once the ball is snapped. This includes things like "Run", "Pass", "Now", etc

Behavior

- Players and coaches are expected to behave in a civil manner.
- Coaches are held responsible for the behavior of their team's spectators. If a situation arises, it is expected that the coaches do what they can to help the referees. A team's spectators may forfeit the game as a result of poor behavior.

Safety

- All players are required to wear all protective equipment when on the field.
 - Helmet and Chin strap (buckled)
 - Complete pad set (Shoulder, Hip, Tail, Knee, and Thigh pads)
 - Mouthpiece
 - Must be in the mouth when a play starts.

No clear mouth guards allowed.

- Football and Turf-style shoes are allowed. No cleats with sharp edges allowed (baseball-style)
- Have players arrive early so that they can have an adequate warm-up period before a game.
- 2nd time an individual player is injured during a game, must sit out rest of the half. 3rd time injured, out for the rest of the game.
- No jewelry allowed on the field.

Playoffs

- All teams will participate in the playoffs.
 - In the event of an odd number of teams, the team with the best record will NOT play in the game to determine if they move into the playoffs.
- Format to be determined by the Football Committee

Equipment

- No decals, markings, or tape (other than white athletic tape) will be allowed on helmets.
 - Penalty: Player will not be able to participate until tape or decals are removed.
- No writing or markings on Booster game jerseys will be allowed.
 - Penalty: Player removed for remainder of game, and must reimburse the Hudson Boosters \$25.00 for a replacement jersey.

Penalties

Listed below are the most common penalties for this age group.

Chin Strap	Chin strap not fastened at snap of ball. Automatic whistle, no play.	5 yards
Illegal equipment	Illegal shoes, jewelry, tape or decals on helmets (other than white cloth athletic tape), clear mouth guard, or any other equipment a referee deems illegal.	Removal from game until removed
Clipping	Blocking behind the back, either beyond the line of scrimmage or more than 5 yards behind the line of scrimmage. Mark from spot of foul. Offending player must sit out next play.	10 yards
Delay of Game	Taking more than 40 seconds between when the ball is set and the next snap of the ball.	5 yards
Encroachment	Defensive team crosses line of scrimmage before snap. Automatic whistle, no play. No time runs off of the clock (in stop time)	5 yards
Defensive Offsides	Defensive player past their starting points once the ball is snapped	5 yards
Offensive Offsides	Offensive Player moving prior to the snap of the ball. Play will be stopped	5 yards
First contact above shoulders	First contact by either a defensive tackler or offensive blocker (3 yards on either side of the line of scrimmage) is above the shoulder pads. Offending player must sit out the next play. Stiff arm to helmet by runner is legal, but cannot grab face mask. <u>Offense</u> - Penalty marked from line of scrimmage <u>Defense</u> - Penalty marked from line of scrimmage if foul occurs behind line of scrimmage, marked from spot of foul if penalty occurs past line of scrimmage.	10 yards
Grabbing Face mask	Grabbing the facemask. If penalty occurs behind the line of scrimmage, mark from scrimmage line. If penalty occurs beyond the line of scrimmage, mark from spot of foul. Offending player must sit out the next play.	10 yards
Illegal use of hands	<u>Offense</u> - grabbing the defensive player or using hands outside of shoulder width. Penalty marked from the line of scrimmage <u>Defense</u> - Holding onto an offensive player. Penalty marked from the line of scrimmage.	5 yards
Motion	Offensive team lineman moves before snap. Automatic whistle, no play.	5 yards
Mouth Guard	Mouth guard not in mouth at snap of ball. Automatic whistle, no play.	5 yards
Pass Interference	Defender interfering with the offensive player catching a ball (ball must be in the air.) Penalty marked from line of scrimmage.	10 yards
Roughing	Any action deemed by the official to be so. This would include things like piling on after the whistle, hitting a player when clearly out of bounds, etc.	10 yards
Unsportsmanlike conduct (Coach)	Any action deemed by the official to be so. (Profane language, excessive arguing, etc.) Dead ball penalty. If ejection, referee must notify the Football Committee Referee Chair with details (Coach's name, team, date, short description of events)	1 st - 10 yards 2 nd - 10 yards, ejection, and/or forfeit.
Unsportsmanlike conduct (Player)	Any action deemed by the official to be so. (Profane language, piling on, kicking, slapping, disrespecting the officials, etc.) Player must sit out next play. On second penalty, player is ejected from the game, and must sit out next game. May or may not be a dead ball penalty. If ejection, referee must notify the Football Committee Referee Chair with details (Player name, team, date, short description of events)	1 st - 10 yards 2 nd - 10 yards and Ejection
Unsportsmanlike conduct (Spectator)	Same as Coach. After the warning, tell both coaches to talk to their parents. Official can demand the offender to leave the area. If no compliance, a forfeit can happen. Referee must notify Football Committee Referee Chair with details (spectator name, team, date, short description of events)	1 st - Warning to team 2 nd - Forfeit of game

* Dead-ball penalties:

Dead ball penalties are fouls that are committed after a play has finished (referee whistle), and are marked after the end of a play. If a first down was reached on the same play as a dead ball penalty, the first down is gained, and then the penalty is marked off.

For example, if an offensive player commits a roughing penalty after a play has been whistled over, and the preceding play resulted in a first down, the offensive team would be awarded a first down. The referee would mark off the ten-yard penalty, and the offensive team would be in a first down and twenty yards to go situation. The offending player would have to sit out one play.