

CFPO Spring 6-Man Coaches Manual



Introduction

The CFPO (Christian Federation of Police Officers) Youth Football League has been a staple in the South Central Texas area for over 34 years. We offer the youth in the area the opportunity to play organized tackle football.

Our league has over 80 teams in the fall from twelve cities: New Braunfels, San Marcos, Geronimo, Sequin, Luling, Lockhart, Hays, Kyle, Buda, Canyon Lake, Austin and Stockdale. We practice at different locations throughout the South Central Texas area and play our games at a complex off Hunter road between San Marcos and New Braunfels at Peyton Fields, 333 S. Reimer Road, San Marcos, Texas 78666.

Mission

The Mission of the CFPO is to prevent juvenile crime and violence by providing a safe environment for civic, athletic, recreational and educational opportunities, for youth overseen by Police Officers.

Values

The CFPO order of values is as follows:

1. God
2. Family
3. Country

Vision

It is our vision that through the vast experience and diversity of our many volunteers and coaches the game of football is used to teach life skills and in doing so develops the character needed to make this world a better place. CFPO-PAL has long since stood for more than teaching football skills and developing good football players. We are developing good teachers, plumbers, firemen, construction workers; Just good men. Football is merely a vehicle to make this happen.

6-Man Contacts

Director of Operations: Frank Calabrese, frankcfpo@yahoo.com 830-708-1836

Director of Football: Adrian Almendarez, cfposports@gmail.com 210-473-1963

Website: www.cfpo-palyouthsports.com

Life Skills

To help us instill the values mentioned above to our players and equip them with tools to use on and off the field we have developed a set of life skills for weekly discussion with all of our players. A teaching format for weekly discussion with our players will be outlined later in our coach's manual.

School – I can be a good student

Responsibility – I can be responsible Goal

Setting – I can set goals

Sportsmanship – I can demonstrate good sportsmanship Self

Control – I can have self-control

Smart Moves – I can make smart moves

Teamwork – I can work on a team

Leadership – I can be a leader Perseverance

– I can persevere

Integrity – I will be a good young man

In teaching these life skills it is also important to remember that these kids will be looking for you and your coaches to model the same behaviors you are teaching please walk what you are talking. These life skill messages should be interjected briefly throughout practice. Use moments when the players are putting equipment on, during drills, before competition etc. Life skill message repetition is important. Examples from football, school, family and friends should be emphasized. You can also assign three different team captains each week to help emphasize the life skills.

Registration

Players will be registered at their respective locations and on our website at www.cfpo-palyouthsports.com. Teams will be allocated equipment by appointment. Coaches will bring their teams to be fitted with equipment at predetermined times throughout the week. Coaches must be present to assist in the fitting of all equipment. Registration forms and full payment is required to enable your team to draw equipment. Players that miss equipment allocation will need to arrange a time to pick up equipment with the league and bring their registration form to draw equipment.

Registration Amount

The registration amount for CFPO Six Man Youth Football League is \$115 per player (\$95 per player before February 28th). An additional deposit of \$300 for equipment per team is needed for those teams that draw equipment. The coach will receive the deposit back once the equipment is returned. Under the CFPO 6-Man Youth Football League, registration covers the player's equipment to include helmet, shoulder pads and jersey (which the jersey will be theirs at the end of the season). The registration fee does not include cleats, football pants or pant pads.

Introduction

Football is an aggressive, rugged contact sport. Only the highest standards of sportsmanship and conduct are expected of coaches and players and spectators. There is no place for unfair tactics, unsportsmanlike conduct or maneuvers deliberately designed to inflict injury.

Coaches on Sidelines

Each team will have a Maximum of 6 certified coaches on the sideline during the game, the head coach and 5 assistant coaches (team moms are not allowed on the sideline unless they are a certified assistant coach, but the team mom takes the place of one of the 6 coaches). All coaches will be given an ID card upon completion of the Certification Class and before the first game. Coaches will need to have their ID at all games. No one will be allowed on the player's bench except the certified coaches with ID Cards. If there is something that needs to be addressed with the referees, the head referee will only communicate with the head coach. The referee has the right to eject a coach from the fields. If a coach is ejected, he must leave the fields or the game will be forfeited. Water boys are not allowed on the sideline.

No Fighting Rule - Players

If a player throws a punch in a game:

HE WILL BE EJECTED FOR THE REMAINDER OF THE GAME.

If a player is ejected twice in the season for fighting:

THE PLAYER WILL NOT BE ALLOWED TO PLAY FOR THE REST OF THE SEASON.

Zero Tolerance Rule – No Fighting Rule for Coaches/Parents/Fans

If a Coach, Parent or Fan cannot control their self:

They will be asked to leave the complex.

If a Coach, Parent or Fan cannot control their self a 2nd time:

They will be banned from the CFPO Complex.

If a Coach, Parent or Fan gets into a fight at the CFPO Complex:

THEY WILL BE BANNED FROM THE CFPO COMPLEX. NO 2ND CHANCES WILL BE GIVEN.

SMPD will be called if necessary.

Team Rosters

15 Max Players for tackle teams – 15 Max players for Flag Teams

The Coaches responsibilities and binder requirements are as follows, but not limited to:

- Have control of his players, coaches and parents.
- Ensure that the team has a safe place to practice.
- Teach the values and weekly life skills detailed in this manual.
- Ensure all equipment is turned back in at the end of the season.
- Keeping copies of completed eligibility forms for all players in case a medical emergency occurs. A number will be provided by the league to call for activation of the insurance.
- Designated lined areas on the field will be provided for the parents and it is the coach's responsibility to keep the parents in these areas so as to not have them interfere with the flow of the game.
- Each team may have a Maximum of Five (5) certified coaches on the sideline during the game, one (1) head coach and four (4) assistant coaches. No one will be allowed on the player's bench except the coaches and a team photographer.
- Team rosters, birth certificates and picture (report cards for 7th grade only) will be turned into league before the first district game in a binder that is validated by the league and kept by the league until the end of the season.
- Team rosters will be locked before the first district game and no other players will be accepted after this date, except if a team has lost players and would have to forfeit the next game or rest of season, and must be with league approval. Furthermore, no player is allowed to switch teams unless approved by the league and both teams' head coaches.
Penalty for such violation will be forfeiture of all games during violation period.
- Players cannot play on more than 1 team. EX: A Junior player cannot play on a junior team and senior team.

Player Eligibility

Youth are eligible to play in the CFPO 6-Man Youth Football League in the age bracket according to the child's age as of September 1, 2021.

- There will be a Mighty Mite, Pee Wee, Junior, Senior and 7th grade age group.
- **7th Graders are not allowed to play in Seniors.**
- **8th Graders are not allowed to play in 7th Grade league.**

League Issued Jerseys

The League will provide a game jersey **if needed**. The jersey will have the team name and logo on the front and number on the back. If you need jerseys let us know ASAP.

Equipment Maintenance

The football equipment the players will be issued is expensive. In order for the CFPO to keep expenses down, we ask that you follow the steps listed below in maintaining your equipment and encourage your parents to follow the same procedures.

Shoulder Pads

When the shoulder pads are dirty the top portion can be wiped down with a damp cloth. After each use the inside of the pads can be wiped down with standard household rubbing alcohol, this will kill any bacteria. Bleach is never to be used on the shoulder pads. Shoulder pads should be kept in a dry area away from household pets (cats & dogs). Never stack items on top of shoulder pads as they will become disfigured and will not maintain a comfortable fit.

Helmet

Never allow your players to sit on their helmet. Sitting or stacking items on the helmet will cause it to deform and it will lose its comfortable fit. If the helmet is dirty or has old decals that need to be removed it is to be wiped down with hot water. A light rubbing compound will remove most marks from the helmet (never use a power sander on the helmet as it will reduce the structural integrity of the headgear). Polish your helmet with regular car polish it will make it shine and give it a good protective coating. If you have one of the white painted helmets and it needs touching up use regular white car touch up paint to repair it. The helmet should be periodically checked for loose snaps and screws. To ensure proper fit and function check helmet before contact practice starts the first week, then before the first game and about mid-season. Try a dab of Vaseline on the chinstrap snaps, this will make them work better and will not allow them to rust. Before the first use the helmet interior should be sprayed with Lysol and wiped out with a rag. After each use the inside of the pads can be wiped down with standard household rubbing alcohol, this will kill any bacteria. Please bring any equipment concerns to a league representative.

At the end of the season you will return all of the equipment issued to players. You may receive the same equipment next year, so please return it like you would like to receive it next year.

Equipment Return

Records will be kept per team of issued equipment. The head coach of each team will be responsible for the collection of team's equipment. Once all equipment has been collected the deposits will be returned.

UIL Rules

The CFPO 6-Man Youth Tackle Football will abide by the rules set forth by the National Collegiate Athletic Association (NCAA) along with the Texas UIL Six-Man variations of the NCAA rules, which are attached as Appendix A and are posted on the CFPO website. Below are specific exceptions and additions to the rules that the CFPO has put in place for safety reasons or to make the game more fun to play.

Blocking Rules

Crab block - A player may not continue to block while his hands are on the ground.

There are no cut blocks or blocks below the knees outside the tackle box or downfield.

Defensive Rules

A defender **CAN** line up **directly over the** center.

Headsets

Headsets are not allowed to use for communication to players on the field during the game.

Football Size

MM/PW will use a PeeWee size ball. JR/SRs will use a junior size ball.

Majors will use a youth size ball.

Time Rules

We use a running clock except for the last 2 minutes of the 2nd and 4th quarter. Each quarter will consist of 10 minutes. The official game time is kept on the field by the officials. Half Time periods are 4 minutes. The clock will stop at the 2 minute warning in the 2nd and 4th quarter. The last 2 minutes of the 2nd & 4th quarter will be played with a regulation clock. (Clock will stop for incompletions, out of bounds, penalties, official's time outs, coach's time outs, touchdowns/field goals). The clock will stop for 1 minute after the 2 point conversion to get the kick off/kickoff return teams to set up. If the teams are not ready a delay of game flag will be thrown. The referee is in charge of the game and the clock. The official game time is kept on the field by the head official. If a game is suspended or terminated, the score as it stands at that time becomes the final score if one half or more of the game was completed when the referee so declares.

Game Schedules and Start Times

Game schedules will be posted on the CFPO website on the Tuesday of week 1. Once the schedule is posted, we will not make any changes to games or game times. Games should never start before the scheduled start time. If the game before your game ends early, your game time will stay the same. Some fields will fall behind throughout the day due to injuries or unforeseen circumstances. If this happens, your game might be delayed. Your game will start as soon as the prior game ends.

Mercy Rule

A Mercy rule will be enforced if a team is losing by 32 points or more at any time during the 2nd half. There will not be a regulation clock if a team is down by 20 points at any point in the game.

Facility and Field Rules

All Spectators will sit on the appropriate side of the field. Two sets of stands (located on the home and visitor side of the field) will be designated home and visitor.

Spectators are allowed to bring chairs and sit as long as they are behind the fence line.

Spectators are never allowed beyond the fence line, on the visitor side of the field or in the end zones. Players and coaches are allowed in the sideline box (between the 20 yard lines) on the home and visitor sidelines respectively. The visiting team will provide two (2) volunteers, one for the Chain Gang and one for the Down Marker. The home team will provide one volunteer for the chains.

Tobacco, Firearms and Alcohol Are Prohibited

The use of tobacco is not allowed in the field complex. Tobacco use is only allowed in the parking area. Alcohol and firearms are prohibited in the entire facility.

Make-up Games

In order to finish up our season the week before Memorial Day no “make-up” dates are built into the schedule. The first game and the last game in your schedule will more than likely be non-district games. Therefore if there are district rain-outs, they will be played in that last week’s non-district slot. If more than 1 district game needs to be played to decide playoff standings, games may need to be played during the week or on Sunday. Please check the CFPO website for updates during the season.

Overtime

If at the end of regulation play (District and playoff games only) the score is tied, overtime will be played. Each team will receive one time out for each overtime period. A coin will be flipped by a referee, the visiting team will call the flip. The winner of the flip will have the choice of having possession first or second. The other team will chose which end of the field will be used. The first team will start on the **15 yard line** heading into the end zone. You will then be given four (4) plays to either score or get the deepest penetration.

Turnovers can be advanced by the defensive team in overtime. The team with the higher score or deepest penetration on their last offensive play wins the game.

If both teams score and are tied in the first overtime, each team will then get one play to score or get the deepest penetration from the 15 yard line going in (a pre-snap, dead-ball penalty will not count as a play).

Game Cancellation (rainouts)

If it is necessary to cancel games due to weather or other issues, the league will provide this specific information on the CFPO website at www.cfpo-palyouthsports.com or head coach should then distribute the information to his players and coaches.

Playoffs and Championship Games

If there are more than 6 teams, then the teams will be divided into districts. The top two (2) teams from each district will go to a tournament style bracket. If there is a two-way tie in a district for first or second place, the tiebreaker is head-to-head. If there is a three-way tie in a district for first place, the team with the best record against the three tied teams will win the tiebreaker and the the remaining two will be head-to-head. If all three teams have the same record against each other, then point differential against the teams tied will be the final tiebreaker. At the sole discretion of the league director, the league director may schedule non-playoff teams to play on the first weekend of playoffs.

Pictures

Pictures are a fund generator for the CFPO. That being said each team will take pictures with the league and no outside photos will be allowed. The league will provide a photographer and pictures will be taken at Peyton fields on the second or third game Saturday of the season at least an hour before a team's scheduled game for that particular day.

TEXAS UIL/NCAA SIX-MAN FOOTBALL RULES with CFPO Exceptions

General: Texas 6-Man Football Rules are the same as NCAA Football Rules Except for the following variations.

NCAA Rule 6-Man Rule Variations:

1. Each team has six players. The 6-man field is 80 yards by 40 yards, with the 40 yard line being the center of the field. The two hash marks are 40 feet from the sidelines.
2. During a try after touchdown the ball becomes dead if the defense gains possession or a kick is unsuccessful.
3. Offense must advance 15 yards in four downs for a 1st down.
4. Unless relocated by penalty, the kicking team kicks from the 30 yard line on a 6-man field and the 20 yard line for a free kick after safety. The receiving team will line up 15 yards from the point of kickoff. There is no requirement to have a minimum number of players on either side of the kicker.
5. The ball must travel 15 yards on a kickoff (or punt after a safety) or be touched by the receiving team before members of the kicking team are eligible to touch it.
6. A kick off out of bounds between the goal lines untouched by a player of the receiving team is a foul. PENALTY- Five yards from the previous spot or the receiving team may put the ball in play 20 yards beyond the kickoff line.

7. Unless the ball is kicked or forward passed, it may not be advanced beyond the neutral zone until AFTER AN EXCHANGE has been made between the receiver of the snap and another player. EXCEPTION: Any player on the offense can advance a loose football after it has been touched by a defensive player. PENALTY: 5 yards plus loss of down (illegal procedure) from previous spot.
8. If the snap is muffed and an offensive player catches or recovers the ball beyond the neutral zone, he may not advance it. PENALTY: Loss of down (illegal procedure) from previous spot, 5 yards from the previous spot is also assessed if the offensive player advances the ball. If an offensive player catches or recovers the muffed snap behind the neutral zone, he may legally advance it only after a legal exchange.
9. At least 3 offensive players must be on the line of scrimmage at the snap.
10. The ball is dead when a passer catches his own pass, and it is ruled as an incomplete forward pass.
11. The ball may be handed in any direction to any player during a down behind the neutral zone. A lineman may receive a forward hand-off at any time and is not required to be 2 yards behind his line of scrimmage and does not have to face his goal prior to receiving the hand-off. EXCEPTION: The ball may not be handed forward to the snapper through his legs. PENALTY: 5 yards from previous spot and loss of down.
12. All players are eligible to catch a forward pass, except that a pass is ruled incomplete when caught by the passer. If a forward pass is thrown to the snapper, it must travel at least one yard in flight.
13. Field goals count 4 points. Extra point tries; 2 points if successful through place kick and 1 point if successful by pass or run. The defense may not score on a try.
14. When a team is in an offensive or scrimmage kick formation, a defensive player may not initiate contact with the snapper until one second has elapsed after the snap.

CFPO FLAG FOOTBALL RULES

The game has 2 – 20 min quarters.

Each team has 6 players on the field.

The coach is the 7th. Player, Quarterback on offense, Advisor on defense.

Only 1 coach is allowed on the field during the game. Max of 6 coaches total.

All players must use a mouthpiece in order to play in a game.

The games starts with the offense getting the ball on their own 20 yard line, (no kick off).

The offense must have 4 players on the line when the ball is snapped.

The defense lines up 2 feet away from the ball.

On offense the coach must hand off or pass he can't scramble and if tagged before he releases the ball he is down at that point, (within a 2 yard box).

To get a first down the offense must advance the ball to the next 10 yard line, within 4 plays. There are no chains. Each time you reach a new 10 yard line you get a first downs until you score.

For a 1 point PAT the ball is placed on the 5 yard line. For a 2 point PAT the ball is placed on the 10 yard line and on the 20 yard line for 3 points.

To punt the offense picks one of their players and he throws the ball down the field as far as he can. The other team starts, their 4 play series at the point where they stop the ball.

A player can't guard his flag with his hand, he can't jump while running the ball.

When the ball hits the ground it is a dead ball and the play is over. The new line of scrimmage is where the ball was dropped. (No fumble recoveries)

Blocking- Players can extend their arms and block. They cannot throw other players to the ground. (holding penalties will be called)

If the game is tied at the end of the 2nd half. Overtime will be played in district and playoff games only. Tackle overtime rules apply.

A player can line up as the QB and can run the ball.

The last 2 minutes of the half will be a regulation clock.