



Central Jersey Flag Football

centraljerseyflag.com

## **Flag Football Coach Overview and Contract (updated 1/23)**

### ***Central Jersey Flag Football***

Thank you for volunteering to be a Coach for Central Jersey Flag. It is important that you review this document in its entirety to ensure that you fully understand the responsibilities and commitment expected of you as a Coach. If confirmed you will be expected to sign this contract indicating that you have read, understand and commit to live up to both the letter and more importantly the spirit of this contract and that you agree to unconditionally abide by league policies and rules.

### **Our coaches and referees are the most important people in our organization!**

1. Each Coach agrees to attend the mandatory Rutgers SAFETY Course as mandated by Montgomery Township rules for volunteer coaches. There are **NO** exceptions to this requirement.
2. Effective 2017, every adult coach (18+) must complete a mandatory background check. A successful background check must be completed prior to being approved as a coach and before you set foot on the field with players. Central Jersey Flag requires 100% compliance to ensure the safety and security of our players; there are **NO** exceptions to this requirement.
3. Each Coach is responsible for the organization, communication, and management of all the elements of the team.
  - A. Clearly define expectations of practice, game schedules, and uniform and safety equipment with players and parents
  - B. Set up a group email for the teams to in order to ensure efficient and effective communications
4. Each Coach agrees to review and understand the Central Jersey Flag Rules which can be found under **MORE INFO > RULES AND LINKS** on the league website. Rules can change before the documentation has been updated and may be presented verbally at the coaches meeting. It is the responsibility of the coaches to review these rules and, if you have any questions discuss them with the Commissioner prior to the season, or with the game referees in season during game play.
5. Each Coach agrees to support the Central Jersey Flag rules and always exercise caution/common sense regarding safety and injury protection. **The safety and health of all players is your first priority.**



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6. Each Coach agrees to properly prepare game lineups and adhere to the playing rules and rotations. Anyone who violates the Player Rotation rule will be subject to potential removal from coaching privileges. ***Ensure that each player receives proper playing time and position opportunities.***
  
7. Each Coach agrees to properly care for league provided equipment and ***after every game thoroughly clean up the field area.*** Ensure that your players treat our field with care.
  
8. Each Coach is responsible for ensuring positive and cooperative interaction with ALL players, parents, referees ***and especially other Coaches.*** The person(s) across the field with the other team is very important to you and you are very important to them. They are your competitor, but they are **NOT** your adversary. They are your **PARTNER** and you are their **PARTNER**. Together, you work collectively and productively to ensure that ALL of the kids have a great time playing flag football in a fun, safe and positive atmosphere. You agree to conduct yourself with the highest level of integrity, sportsmanship and ***friendly*** competition. You agree not to communicate or behave towards the opposing coach, team, referee or any parent/spectator in a negative or inappropriate manner.

In conclusion: this is not the NFL; it is a great game to properly teach our kids that effort, consistency and determination will reap successes. Help them, show them, teach them, guide them what it means to be part of a team and that mistakes are part of the game and are to be learned from. In everything you do, ask yourself this question: ***"Long after the game scores have faded from memory, what will these kids remember...what will they have taken away from this experience?"***

Let's play some Flag Football and make it fun and a great experience for everyone involved!

I AGREE TO ALL OF THE ABOVE AND PROMISE TO PUT FORTH MY BEST EFFORTS TO KEEP THE BEST INTERESTS OF THE KIDS AS A PRIORITY ABOVE ALL ELSE AT ALL TIMES

Coach Name: \_\_\_\_\_

Coach Signature: \_\_\_\_\_

Date: \_\_\_\_\_