

DISCLAIMER: Participants, parents, family, and spectators engaging in youth sports and activities related to youth sports do so with knowledge of the risk and potential exposures involved and agree to accept any and all inherent risks to their personal health.



NFL FLAG FOOTBALL 2021 3rd & 4th Grade Division

Cedar Falls Recreation Division
110 E 13th St.
Cedar Falls, IA 50613
(319) 273-8636

**Games are scheduled are at Birdsall Softball complex West 12th St. or Pfeiffer Park Softball Fields Grand Blvd.

*League standings will not be kept.

*Please wear shoes appropriate for outdoor athletic participation and your team jersey to each game.

*To provide a positive experience for all players, coaches are instructed to allow each child the opportunity for equal playing time.

*In the event of questionable weather please call the Cedar Falls Recreation **INFO-Line at 319-243-2718**

*For more information contact Brock Goos, Sports Program Supervisor at the Cedar Falls Recreation Center 273-8636, 8a-5p M-F

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| 1. ALD – FALCONS | 6. HA – GIANTS | 11. HA - BRONCOS | 17. OH - DOLPHINS |
| 2. ALD/SD – PANTHERS | 7. HA - SAINTS | 12. HD - TEXANS | 18. OH – JETS |
| 3. ALD/St.P - COWBOYS | 8. HA – SEAHAWKS | 13. HD - COLTS | 19. SD – RAIDERS |
| 4. CH - RAMS | 9. HA – EAGLES | 14. HD - JAGUARS | 20. SD – STEELERS |
| 5. CH - PATRIOTS | 10. HA – BENGALS | 15. LN – CHARGERS | 21. SD – TITANS |
| | | 16. NC – 49ERS | 22. TR – CARDINALS |

Games at Birdsall Park B1, B2 or Pfeiffer Park PW, PE. The team listed first will wear their dark jerseys

Mon, Sept 13	B1	B2	Mon, Oct. 4	B1	B2
5:30	49ERS – CARDINALS	PANTHERS – JETS	5:30	RAIDERS – GIANTS	SAINTS – EAGLES
6:30	SAINTS – DOLPHINS	BRONCOS – COLTS	6:30	BENGALS – SEAHAWKS	JAGUARS – BRONCOS
7:30	JAGUARS – RAIDERS	FALCONS – CHARGERS	7:30	49ERS – COLTS	JETS – TITANS
Thur., Sept. 16	PW	PE	Thur., Oct. 7	PW	PE
5:30	TITANS – PATRIOTS	EAGLES – SEAHAWKS	5:30	RAMS – FALCONS	STEELERS – PANTHERS
6:30	STEELERS – RAMS	GIANTS – TEXANS	6:30	COWBOYS – PATRIOTS	DOLPHINS – CHARGERS
7:30	BENGALS – COWBOYS		7:30	CARDINALS – TEXANS	
Mon, Sept 20	B1	B2	Mon, Oct. 11	B1	B2
5:30	PATRIOTS – PANTHERS	COWBOYS – DOLPHINS	5:30	JETS – BENGALS	COWBOYS – PANTHERS
6:30	COLTS – STEELERS	CHARGERS – JAGUARS	6:30	BRONCOS – TEXANS	CARDINALS – JAGUARS
7:30	EAGLES – RAMS	TEXANS – RAIDERS	7:30	RAMS – SAINTS	DOLPHINS – STEELERS
Thur., Sept. 22	PW	PE	Thur., Oct. 14	PW	PE
5:30	CARDINALS – GIANTS	FALCONS – SAINTS	5:30	TITANS – SEAHAWKS	PATRIOTS – CHARGERS
6:30	TITANS – BENGALS	SEAHAWKS – JETS	6:30	COLTS – GIANTS	49ERS – RAIDERS
7:30	BRONCOS – 49ERS		7:30	FALCONS – EAGLES	
Mon, Sept 27	B1	B2	Mon, Oct. 18	B1	B2
5:30	TEXANS – 49ERS	PATRIOTS – SEAHAWKS	5:30	RAIDERS – COLTS	COWBOYS – JAGUARS
6:30	CHARGERS – EAGLES	RAIDERS – BRONCOS	6:30	TEXANS – FALCONS	SAINTS – CHARGERS
7:30	GIANTS – JAGUARS	STEELERS – SAINTS	7:30	DOLPHINS – TITANS	BENGALS – PATRIOTS
Thur., Sept. 30	PW	PE	Thur., Oct. 21	PW	PE
5:30	PANTHERS – BENGALS	FALCONS – TITANS	5:30	RAMS – JETS	GIANTS – 49ERS
6:30	RAMS – DOLPHINS	COLTS – CARDINALS	6:30	EAGLES – STEELERS	BRONCOS – CARDINALS
7:30	JETS – COWBOYS		7:30	SEAHAWKS – PANTHERS	

Basic Rules & Regulations

1. Non-Contact, no blocking
2. Five Players on the field for each team
3. TD= 6 points, extra point 1 point (5 yards out) 2 points (12 yards out)
4. Running plays are allowed except in no run zones, QBs cannot run w/ ball down field. Only direct handoffs behind the line of scrimmage, No laterals.
5. All players are eligible to receive passes.
6. Only players coming from seven yards from the line of scrimmage after the snap may rush the quarterback. Any player may rush after a handoff.
7. Quarterback has seven seconds to attempt a pass or handoff or the play is ruled dead.
8. All drives and change of possession (except interceptions) start at the 5-yard line. Interceptions cannot be returned.
9. Offense has 4 plays to cross the mid-field first down line. Teams can elect to go on fourth down, if they fail the other team takes over possession at the spot. If they choose to "Punt" on 4th down the opponent gets the ball on their own 5 yard line. Once across midfield teams have 3_downs to score a TD.
10. Games consist of two, 20-minute halves. Running clock.
11. Once spotted, a team has 30 seconds to snap the ball.
12. Any ball that hits the ground will be ruled dead.
13. No fumbles, ball is ruled dead where it hits the ground.
14. Unsportsmanlike conduct or trash talking by players, coaches or spectators will not be tolerated.
15. Have FUN!

Return To Play Protocols will be Fluid. Decisions made today may not be same as tomorrow.

RECOMMENDED COVID-19 RELATED PRECAUTIONS FOR ATHLETES

- Daily symptom assessments (self-evaluation) anyone that is experiencing symptoms, a temperature of 100.4 or above, or has come in contact with someone who is sick must stay at Home.
- Wash your hands with soap and water and bring personal hand sanitizer to the fields.
- Bring a personal water bottle which needs to be labeled with player's name.
- Do not Share water bottles
- Adhere to 6- foot distancing while on the sidelines
- Fabric Face coverings are recommended at all times
- No touch rule – players should refrain from high fives, handshake lines and other extracurricular physical contact with teammates, opposing players, coaches, officials, and fans. A round of applause or similar act can be used to recognize your opponents good sportsmanship
- If a player, or other person in close contact with the team, tests positive, parents need to notify the coach. Any players that are unable to go to school, COVID related, are unable to play football.

RECOMMENDED COVID-19 RELATED PRECAUTIONS FOR SPECTATORS

- Conduct daily symptom assessments (self-evaluation) anyone that is experiencing symptoms, a temperature of 100.4 or above, or has come in contact with someone who is sick must stay at Home.
- Should not enter player areas during practices or games
- Should adhere to 6 foot social distancing for any one not in the same household or family.
- Must keep back 10 feet from sideline of field line painted on spectator side of the field.
- Face coverings at all times
- Please avoid post play socializing and leave the field area as soon as reasonably possible



DO NOT ATTEND IF:

- You have been in contact with anyone with a confirmed COVID-19 diagnosis in the last 14 days
- You are experiencing any of the following symptoms:
 - Fever (≥ 100.4) or chills
 - Cough
 - Shortness of breath
 - Fatigue
 - Muscle or body aches
 - Headache
 - Loss of taste or smell
 - Sore throat
 - Congestion or runny nose
 - Nausea or vomiting
 - Diarrhea

