

**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 5<sup>th</sup> & 6<sup>th</sup> Grade Division

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

- \*Games are scheduled are at Pfeiffer Park Softball Fields on 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

- |                  |                  |                  |                        |
|------------------|------------------|------------------|------------------------|
| 1. ALD - EAGLES  | 4. CH - TEXANS   | 7. HN - CHARGERS | 10. OH - RAIDERS       |
| 2. ALD - BENGALS | 5. CH/NC - COLTS | 8. HD - 49ERS    | 11. SD/ST.P - SEAHAWKS |
| 3. ALD - BRONCOS | 6. HN - JAGUARS  | 9. HD - DOLPHINS | 12. SD - SAINTS        |

Games at Pfeiffer Park PW (closer to parking lot), & PE. The team listed first will wear their dark jerseys.

<b>Tues., Sept 14</b>	<b>PW</b>	<b>PE</b>	<b>Tues., Oct. 5</b>	<b>PW</b>	<b>PE</b>
5:30	SEAHAWKS – COLTS	RAIDERS – SAINTS	5:30	SEAHAWKS – JAGUARS	DOLPHINS - COLTS
6:30	CHARGERS – BENGALS	TEXANS– DOLPHINS	6:30	CHARGERS – BRONCOS	49ERS – EAGLES
7:30	EAGLES – JAGUARS	49ERS – BRONCOS	7:30	TEXANS – SAINTS	BENGALS – RAIDERS
<b>Tues., Sept 21</b>	<b>PW</b>	<b>PE</b>	<b>Tues., Oct. 12</b>	<b>PW</b>	<b>PE</b>
5:30	EAGLES – BENGALS	BRONCOS - TEXANS	5:30	JAGUARS – TEXANS	COLTS – BENGALS
6:30	49ERS – COLTS	CHARGERS – JAGUARS	6:30	BRONCOS – SAINTS	EAGLES – RAIDERS
7:30	DOLPHINS – RAIDERS	SEAHAWKS – SAINTS	7:30	49ERS – SEAHAWKS	CHARGERS – DOLPHINS
<b>Tues., Sept 28</b>	<b>PW</b>	<b>PE</b>	<b>Tues., Oct. 19</b>	<b>PW</b>	<b>PE</b>
5:30	RAIDERS – 49ERS	SAINTS – CHARGERS	5:30	DOLPHINS – EAGLES	SEAHAWKS - BRONCOS
6:30	BENGALS – DOLPHINS	TEXANS – SEAHAWKS	6:30	RAIDERS – COLTS	SAINTS – JAGUARS
7:30	COLTS – EAGLES	JAGUARS – BRONCOS	7:30	BENGALS – 49ERS	TEXANS – CHARGERS



### 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 | • Loss of taste or smell   |
| • Cough                     | • Sore throat              |
| • Shortness of breath       | • Congestion or runny nose |
| • Fatigue                   | • Nausea or vomiting       |
| • Muscle or body aches      | • Diarrhea                 |
| • Headache                  |                            |



#### 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.  
Only direct handoffs behind the line of scrimmage are allowed. No laterals anywhere on the field.
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 & failed 4<sup>th</sup> down attempts) start at the 5-yard line. Interceptions cannot be returned.
9. The 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 4<sup>th</sup> down the opponent gets the ball on their own 5 yard line. Once a team crosses midfield teams have 3 downs to score a touchdown.
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

