Naperville Park District

Naperville Youth Flag Football Fall 2025

Promoting Healthy Lives Minds & Community

Introduction of Staff

- Brock Atwell, Program Manager

batwell@napervilleparks.org

- Shannon Fanelli, Flag Football Coordinator

sfanelli@napervilleparks.org

Please contact the league coordinator or program manager with any questions or concerns.

Our staff hours vary, therefore the best way to contact us is through e-mail.

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Program Philosophy

The Naperville Youth Flag Football League is an instructional/recreational program. The goal is for each participant to have **FUN** playing flag football, to make new friends, and to have the opportunity to gain a better knowledge, understanding and appreciation of the game.

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Coaching Forms

Prior to assisting with any practice or game, you must complete your coach paperwork.
See your email for specific instructions.

PAPERWORK DEADLINE JULY 31

- Online Application is required for new coaches only
- DCFS (Department of Child and Family Services) and NCSI (National Center for Safety Initiatives) background checks must be completed every two years
- Verified review of these training materials is required of all coaches each season (see link on the last page of this doument to complete)

Please complete all forms and requirements as soon as possible. If you have any questions, contact the league coordinator. Failure to complete required paperwork by the due date will result in cancellation of coaching status.

Head Coaches must notify the coordinator of any newly recruited Assistant Coaches. All coaches are required to complete their respective paperwork.

Each team is allowed (1) Head Coach and (2) Assistant Coaches.

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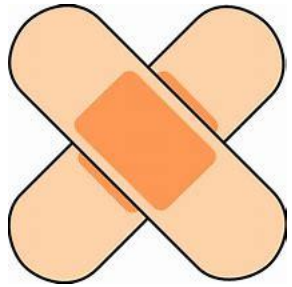
Injury Reports

- If a player or coach is injured during a practice or game, please complete an accident/incident report.
- Blank Accident/Incident forms can be found in your coach packet or obtained directly from your coordinator.
- Completed forms should be submitted to the Program Manager, Brock Atwell, at batwell@napervilleparks.org



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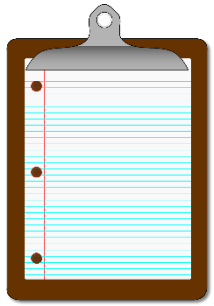
Team Rosters

- A copy of the team roster is included in the packet given to the head coach at the equipment pick-up.
    - Head Coaches:
        - As soon as you receive your roster, please contact the players on your team to provide them with information on yourself and the assistants.
        - Make sure to include the time of practice and where to meet. *IE: By the blue playground slide, sidewalk, etc.*
- The Park District manages who is on each team. Coaches may not give anyone, not on the roster, permission to participate on the team.



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Season Information

The season is 8 weeks of practice with 7 games

The first practice is the week of August 25

First game is the weekend of September 5

Rain date is October 24 and/or 26

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First Practice

- Coaches should arrive 15 minutes prior to the start of practice with a plan in place.
- Coaches should have a copy of their roster at each practice to assist parents with making sure they are joining the correct group.
- Coaches should also keep attendance of which participants are at each practice.
- Practice drills can be found on the NFL Flag Football site at https://nflflag.com/football-drills

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Practice: Location

- Practices may take place in any open grass area.
  - We have many parks with multiple teams practicing each night. Be kind to one another and share the space with others.
  - Please do not “cone off” a large area for your team, preventing others from having a space to practice.
  - Lined fields are not provided at practice locations. Each team is provided 10 disc cones to assist with setting up worthwhile practice and scrimmage space.

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Practice: Activity Plans

- Choose activities with minimum “waiting” time, and minimal physical contact when possible.
- Not all activities need to be done with a football, especially at the younger ages.
- NFL Flag has great resources and lesson plans. Coaches can find detailed instruction and videos by going to https://nflflag.com/football-drills
- NFL Flag also provides many plays and formations at https://nflflag.com/flag-football-plays

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Games: Schedules

- Schedules will be posted on the QuickScores webpage on Friday, August 15.
  - QuickScores website can be accessed by going to https://www.quickscores.com/napervilleparks

- You will need to know your teams 5 digit registration code (Team 23341, Team 23342, etc.) to identify your place on the schedule.

- It is suggested that parents and coaches click on their team on the quickscores website. This will pull up the teams individual game schedule and will assist in avoiding confusion.

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Games

- All players must receive equal playing time
  - Coaches may not restrict a participant's playing time due to missed practices
- Every player should have the opportunity throughout the season to play each position
- Running-up scores is not allowed
  - Scores and standing are not kept, but coaches are asked to keep games close in an effort to keep players engaged and having fun.

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Games: Rule Highlights

Detailed rules will be provided to coaches at the coach packet pick-up

1st – 2nd Grade

- 5 vs. 5
- Coach plays quarterback with 5 players on the field
- 7 second “pass clock”
- Defense does not cover the coach
- No quarterback rush
- Quarterback (coach) may not run
- The center may snap the ball through their legs or from the side of their body

3rd – 4th Grade

- 5 vs. 5
- 7 second “pass clock”
- Any player rushing the quarterback must be 7 yards behind the line of scrimmage
- Quarterback may run only if rushed by the defense
- The center may snap the ball through their legs or from the side of their body

5th - 6th Grade

- 5 vs. 5
- 7 second “pass clock”
- Any player rushing the quarterback must be 7 yards behind the line of scrimmage
- Quarterback may run only if rushed by the defense
- The center may snap the ball through their legs or from the side of their body

Games: Coach Positioning

- Coaches may enter the playing field to help with the positioning of the players. Prior to the snap the coach must either move to the sideline or move 10 yards behind the play.
    - Coaches must ensure that they do not disrupt play
- At no time should a coach be running alongside, stepping in front of or moving players while the ball is in play.

Referees

- The Naperville Park District contracts out the referee services.

- In the event a referee does not show up for your game, please email batwell@napervilleparks.org, sfanelli@napervilleparks.org and mark@chicagolandwhistles.com
  - Be prepared to provide them with your game location, time and field
  - Please have a parent or coach step in to referee the game so that it can be played. We will not reschedule a game due to no ref; remember, it is about the recreational experience. Scores and standings are not kept.

- Prior to the game, both coaches should meet with the referee to go over your grade level highlights. Make sure you are all on the same page about the rules prior to the game starting.
- Be patient! This is a first job for many of our referees and adults can be intimidating. Keep in mind it is as much of a learning experience for them as it is for the players.

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Referees Continued

- The overall goal for officiating is that games be played in a SAFE and FUN atmosphere
- Excessive physical play will not be tolerated
- Referees are taking more of an instructional role
- Officials will take time, where required, to explain their call and demonstrate the correct way or method for the play to proceed
- If at anytime during the season you have an issue or concern with a referee, please contact your league contact

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Equipment

Ball Sizes:

Grade 1-2 size Pee Wee

Grades 3-6 size Junior

- The Park District will provide a bag of equipment (10 cones, 4 balls and a first aid kit) to each team which will be given to the head coach.
- Players may wear gym shoes, or rubber cleats.
- Mouth guards are required for games and for practices.
- Street glasses are permitted, but sports glasses are recommended.
- No participation medals or awards are given. Each team is welcome to do their own celebration to commemorate the season.

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Game Uniform

- All players must wear the provided NFL reversible jersey (dark color as the home team and light color as the visitor)
- Player may wear any color athletic shorts/pants and socks but the shorts/pants must differ in color from the flags
- It is recommended that shorts or pants do not have pockets

Equipment Return

- Football bags must be returned to the Fort Hill Activity Center at the conclusion of the season.

- Bags return will take place the week of October 27

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Rainout Information

RainoutLine
(630) 883-4242
www.napervilleparks.org/cancellations
Sign-up for e-mail/text alerts

The Naperville Park District monitors game field conditions, and any field closures are communicated through RainoutLine.

Practices:

- Due to the size of Naperville, the District does not cancel practices based on weather (It may be pouring at Prairie Park but blue skies at Commissioners Park).

- Coaches are responsible for making cancelation decisions for practices based on the weather in their area and field grass conditions at their practice location. Flag football staff does not inspect practice areas.

Games:

- Once players are present at the field referees and coaches are responsible for determining field safety and playability at the time of their game.

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Make-Up Games

Due to the number of participants in the NFL Flag Football program and the complexity of field scheduling, all games must be played as scheduled.

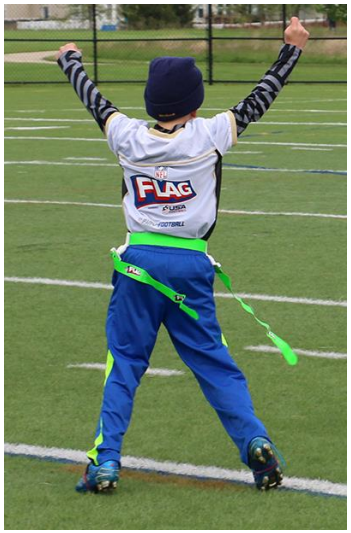
- No games will be rescheduled due to personal conflicts.
- If a team is unable to field enough players, they may:
  1. Borrow players from the opposing team
  2. Schedule a scrimmage at their practice location and use cones to set-up a field.

Games Cancelled Due to Weather

- In the event that games are cancelled due to weather or fields conditions, games will be rescheduled to the rain date of October 24/26 or before.

Behavior Code of Conduct / Sportsmanship

- The Naperville Park District has adopted a Behavior Code of Conduct for all coaches/volunteers, participants and parents. A copy of the Behavior Code of Conduct can be found on the NFL Flag Football manual.
- Remember you are a role model to your players. **Set a Good Example!**
- Poor behavior from coaches, participants, and/or parents will not be tolerated.
- If you have concerns regarding the conduct of a coach, participant or parent please contact Park District staff.



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Thank You for Volunteering!

Your time and hard work is much appreciated!

MANDATORY NEXT STEP

CLICK THIS LINK TO VERIFY YOU HAVE REVIEWED THESE TRAINING MATERIALS

This step is required for all coaches each season

If you have questions regarding this information, the season, etc. please contact your coordinator or program manager.

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