



Amherst Youth Flag Football 2011 ROSTERS

K/1st Grade DIVISION:

K/1 Royal	K/1 Black	K/1 Light Grey	K/1 White
Coaches: Scott Soulsby 715-824-5714 Patrick Blaskowski 715-824-3268	Coaches: Rick Martin 715-340-8373 Tim Trzebiatowski 715.570.7383	Coaches: Ted & Desiah Melby 715-321-0658	Coaches: Matt Ehrenberg 715-824-2154 Toby Derezhinski 715-824-2329
Julian Anthony Wyatt Blaskowski Ryker Kollauf Callie Konkol Cole Oleson Gabriel Roberts Jakob Roberts Tyler Soulsby	Westin Allen Hunter Blanke Bryce Bunting Jacob Dombrowski Gabriel Helbach Maizee Martin Nicholas Toth Evan Trzebiatowski	Colton Dombrowski Ethan Felckowski Emily Gibbs Jacob Gibbs Matthew Glodowski Dane Melby Landen Prescher Carson Zietlow	Aleah Breed Ryan Breed Sara Breed Isaac Bushman Spencer Cohen Kenny Collins Jacob Derezhinski Trevor Ehrenberg

K/1 Dark Grey	K/1 Navy Blue	K/1 Carolina Blue	K/1 Light Blue
Coaches: Rich Jorgensen 715-824-4498 Scott Wright 715-824-5776	Coaches: Travis Holat 715-310-7353 Jeremy Spoelstra 715-342-6964	Coaches: Chris Adamski 715-824-3286 Dani Trebe 715-467-3318	Coaches: Andy O'Brien 715-343-1982 John Williams 715-824-6884
Mason Hetzel Bradley Jorgensen Landon Shidell Porter Stuczynski Jada Sutheimer Shane Sutheimer Cayden Wright	Michael Benjamin Blake Heinz Marcus Kennedy Jacob Spoelstra Shaun Stanke Max Voss Gabe West Gunnar Wierzba	Riley Adamski Ephraim Anglemeyer Alex Glodowski Aidan Jastromski MaKenzie Trebe Balin Wojtalewicz Mason Zielinski Ethan Zilisch	Talon Armatoski Drew Bandy Payton Jastromski Jacob Johnson Zachery Johnson Luke O'Brien Elton Williams

2nd/3rd Grade DIVISION:

2/3 Royal	2/3 Black	2/3 Grey	2/3 White
Coaches: Brian Cory 715-824-5956 Jeremy Moe 715-824-6041	Coaches: Kent & Deb Jakubek 715-824-2799	Coaches: Jamie Jastromski 715-824-5977 Gretchen Konkol 715-340-2660	Coaches: Bob Stuczynski 715-824-5449 Jason Sopa 715-677-7004 Jill Sopa 715-824-7652
Tucker Cory Ashlee Dahms Anthony Dombrowski Landon Moe Michael Morales Grace Peterson Alexa Shulfer Aidan Stroik	Haydn Czech Jake Hoffman Colton Jakubek Tyler Kennedy Tate Konkol Tori Stormoen Ellie Villnow	Josh Bentley Mason Haas Sydney Jastromski Max Konkol Joseph Ligman Jenna Morgan Marcus Prondzinski Tucker Swan	Mindy Cegielski Clayton Kollauf Brady Loken Mason Siverling Alex Skibicki Rachel Sopa Sawyer Stuczynski Peter Werner

(continued)

4th/5th Grade DIVISION:

4/5 Royal	4/5 Black	4/5 Grey	4/5 White
Coach: Gary Villnow 715-824-2568	Coaches: Jon Czech 715-824-2156 Tyler Miller 715-824-7619	Coach: Sean Wheeler 715-824-2520 Beth Singer	Coach: Gabe Barnes 715-824-5811
Shailyn Brooks Dylan Mischnick Grace Moe Isaac Premus Ben Villnow	Mitchel Brenner Mason Czech Morgan Gibbs Preston Miller Jarrett Morgan	Ethan Ebert Alex Felckowski Ashley Groshek Adam Loken Renee Wheeler	Sabin Barnes Jaden Filtz Brogan Glennon Emalie Ligman Sophia Ligman Jonathan Sterner

Flag Football League Coordinators: Gary & Jill Villnow, 715-824-2568



Amherst Youth Flag Football 2011 SCHEDULE

day	date	time	location	event	
Thur	Sept 15	4:30 pm	Flag Football Fields	COACHES MEETING	
Thur	Sept 15	5:00-6:00 pm	Flag Football Fields	PRACTICE – all teams	
Sat	Sept 17	9:00 am	Flag Football Fields	Field A	K/1 Royal vs. K/1 Black
				Field B	K/1 Light Grey vs. K/1 White
				Field C	K/1 Dark Grey vs. K/1 Navy Blue
				Field D	K/1 Carolina Blue vs. K/1 Light Blue
				Field E	2/3 Royal vs. 2/3 Black
				Field F	2/3 Grey vs. 2/3 White
				Field G	4/5 Royal vs. 4/5 Black
				Field H	4/5 Grey vs. 4/5 White
Sat	Sept 24	9:00 am	Flag Football Fields	Field A	K/1 Royal vs. K/1 Light Grey
				Field B	K/1 Dark Grey vs. K/1 Carolina Blue
				Field C	K/1 Black vs. K/1 White
				Field D	K/1 Navy Blue vs. K/1 Light Blue
				Field E	2/3 Royal vs. 2/3 Grey
				Field F	2/3 Black vs. 2/3 White
				Field G	4/5 Royal vs. 4/5 Grey
				Field H	4/5 Black vs. 4/5 White
Sat	Oct 1	9:00 am	Flag Football Fields	Field H	K/1 Royal vs. K/1 White
				Field B	K/1 Dark Grey vs. K/1 Light Blue
				Field C	K/1 Black vs. K/1 Light Grey
				Field D	K/1 Navy Blue vs. K/1 Carolina Blue
				Field E	2/3 Royal vs. 2/3 White
				Field F	2/3 Grey vs. 2/3 Black
				Field G	4/5 Royal vs. 4/5 White
				Field H	4/5 Grey vs. 4/5 Black
Sat	Oct 8	9:00 am	Flag Football Fields	Field A	K/1 Royal vs. K/1 Dark Grey
				Field B	K/1 Black vs. K/1 Navy Blue
				Field C	K/1 Light Grey vs. K/1 Carolina Blue
				Field D	K/1 White vs. K/1 Light Blue
				Field E	2/3 Royal vs. 2/3 Black
				Field F	2/3 Grey vs. 2/3 White
				Field G	4/5 Royal vs. 4/5 Black
				Field H	4/5 Grey vs. 4/5 White

Fields A, B, C & D are located adjacent to the elementary school playground.

Fields E, F, G & H are located northwest of the elementary school playground and beyond the pine trees.



Amherst Youth Flag Football 2011 INFORMATION

PRACTICE

One practice is scheduled for Thursday, September 15, 5:00-6:00 p.m. Please meet near the elementary school playground. No additional practices are scheduled.

T-SHIRTS

Player t-shirts will be distributed at the September 15th practice. Please wear the t-shirt as the outermost layer, if at all possible. Players are also encouraged to wear their flag football t-shirts to school on the Fridays before their Saturday games.

GAME TIME – Saturday mornings

Players should report to their playing field at 8:45 a.m. for warm up activities. All Saturday morning games start at 9:00 a.m. at the sound of the air horn. Games will last 40 minutes, with a 5 minute break for half-time. Games will conclude at 9:45 a.m. at the sound of the air horn.

GAME LOCATION

All Saturday morning games will be played on the marked playing fields behind the Amherst Elementary School playground and in the area beyond the pine trees to the northwest. Look for signs indicating field locations.

LEAGUE RULES

Coaches will review the league rules with the players at the first practice.

COACHES MEETING

All coaches should please plan to attend the coaches meeting on Thursday, September 15th, at 4:30 p.m., just prior to the practice, on the fields behind the elementary school playground.

COACHES & REFEREES

All coaches are parents and community members that volunteer their time to coach. All referees are high school football players that volunteer their time to referee. Please remember to thank these generous men, women, and boys for their dedicated work.

WATER BOTTLES

Players are reminded to bring a water bottle to practice and games. Please label the bottle with the player's name.

TEAM & INDIVIDUAL PHOTOS

Please watch for additional information about photo days.

WEATHER CANCELLATIONS

Weather cancellations will be announced at or before 8:30 a.m. on game day. Coaches will attempt to contact players in the event of a cancellation. Cancellation announcements will be made on WDUX (92.7 FM).

QUESTIONS

Please contact your coach or the league coordinators (Gary & Jill Villnow; home 715-824-2568; cell 715-498-4572; jill@villnowlaw.com) with any questions, concerns, or comments.



Amherst Youth Flag Football 2011

LEAGUE RULES

Flag Football is a game filled with fun and action. In this game, the offensive team plays for a first down at midfield and a touchdown in the end zone. Running and passing plays are allowed. The defensive team covers receivers, rushes the passer and grabs flags to make "tackles."

The Basics

A coin toss determines first possession.

The offensive team takes possession of the ball at its 5-yard line and has three plays to cross midfield. Once a team crosses midfield, it has three plays to score a touchdown. If the offense fails to score, the ball changes possession and the new offensive team takes over on its 5-yard line.

If the offensive team fails to cross midfield, possession of the ball changes and the opposition starts its drive from its 5-yard line.

All possession changes, except interceptions, start on the offense's 5-yard line.

Teams change sides after the first 20 minutes. Possession changes to loser of coin toss and the clock does not stop.

There are no kickoffs, and no blocking is allowed.

Players

Teams must field an equal (or close to equal) number of players at all times.

Timing

Games are played to 40 minutes running time (20 consecutive minutes of play, 5 minute half-time break, 20 consecutive minutes of play). If the score is tied at the end of 40 minutes, the game is a tie. No overtime.

Each time the ball is spotted, a team has 30 seconds to snap the ball. Teams will receive one warning before a delay-of-game penalty is enforced.

Scoring

Touchdown: 6 points

Safety: 2 points

Running

The quarterback cannot run with the ball. Only direct handoffs and pitches behind the line of scrimmage are permitted. Offense may use multiple handoffs.

The player who takes the handoff can throw the ball from behind the line of scrimmage.

Once the ball has been handed off or pitched, all defensive players are eligible to rush.

Spinning is allowed, but players cannot leave their feet to avoid a defensive player (no diving).

The ball is spotted where the ball carrier's feet are when the flag is pulled, not where the ball is.

Absolutely NO laterals of any kind are allowed.

Receiving

All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage).

No motion is allowed.

A player must have at least one foot inbounds when making a reception.

Passing

Forward passes are allowed from behind the line of scrimmage. Shovel passes are allowed. Lateral passes are not allowed.

Interceptions change the possession of the ball at the point of interception. Interceptions are the only changes of possession that do not start on the 5-yard line.

Dead Balls

The ball must be snapped off to one side to start play.

Play is ruled "dead" when:

- Ball carrier's flag is pulled
- Ball carrier steps out of bounds
- Touchdown or safety is scored
- At the point of an interception (interception returns not allowed)
- Ball carrier's knee hits the ground
- Ball carrier's flag falls out

There are no fumbles. The ball is spotted where the ball hits the ground.

Rushing the Quarterback

The referee will designate ten yards from the line of scrimmage. All defensive players must line up at least ten yards from the line of scrimmage. Any number of players may rush the quarterback. Players not rushing the quarterback may defend on the line of scrimmage.

Remember, no blocking or tackling is allowed.

Stopping the Ball Carrier

A ball carrier may only be stopped by pulling the ball carrier's flag. A ball carrier may not be stopped by the defensive player "blocking" the ball carrier. Blocking is the act of physically impeding the ball carrier's progress.

Sportsmanship/Roughing

If the referee witnesses any acts of tackling,

elbowing, cheap shots, blocking or any unsportsmanlike act, the game will be stopped and the player will be ejected from the game. **FOUL PLAY WILL NOT BE TOLERATED.**

Trash talking is illegal. The referee has the right to determine offensive language. (Trash talk is talk that may be offensive to officials, opposing players, teams or spectators.) If trash talking occurs, the referee will give one warning. If it continues, the player or players will be ejected from the game.

Penalties

All penalties will be called by the referee.

Defense:

Off Sides	5 yards & automatic 1 st down
Interference	10 yards & automatic 1 st down
Illegal contact (holding, blocking, etc.)	10 yards & automatic 1 st down
Illegal flag pull (before receiver has ball)	10 yards & automatic 1 st down
Illegal rushing (starting rush from inside 10-yards)	10 yards & automatic 1 st down

Offense:

Illegal motion (more than one person moving, false start, etc.)	5 yards & loss of down
Illegal forward pass (pass thrown beyond line of scrimmage)	5 yards & loss of down
Offensive pass interference (illegal pick play, pushing off/away defender)	10 yards & loss of down
Flag guarding	10 yards & loss of down
Delay of game	10 yards & loss of down

Referees determine incidental contact that may result from normal run of play. All penalties will be assessed from the line of scrimmage.

Only the team coach may ask the referee questions about rule clarification and interpretations. Players cannot question judgment calls.

Games cannot end on a defensive penalty, unless the offense declines it.

Attire

Amherst Flag Football t-shirts should be worn during play. Plastic cleats are allowed. Metal cleats are not allowed.