

# Parent's Handbook



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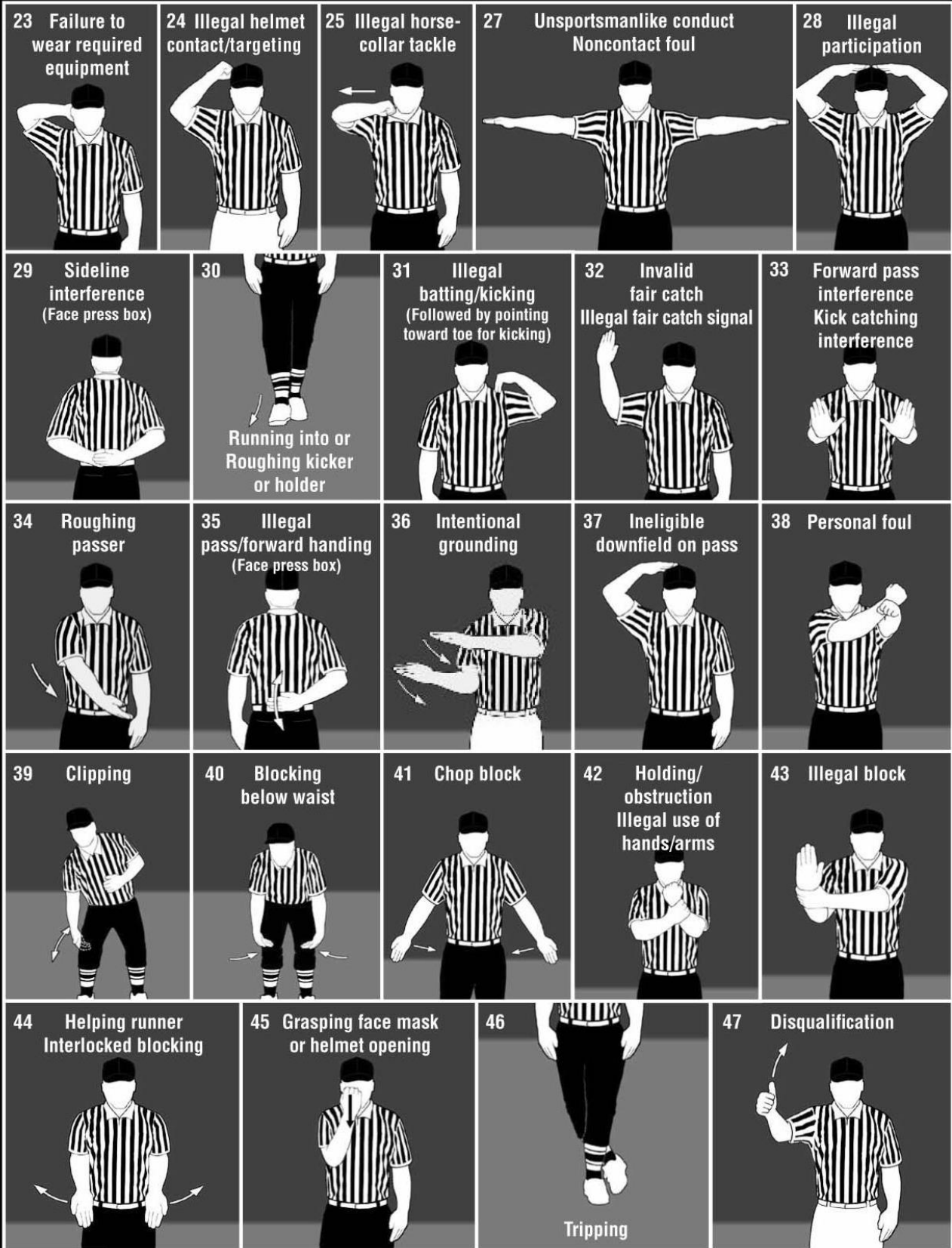
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# FOOTBALL OFFICIAL'S SIGNALS

|  |  |   |  |                                       |
|--|--|---|--|---------------------------------------|
| <p>1 Ball ready for play<br/>*Untimed down</p> | <p>2 Start clock</p>   | <p>3 Time-out<br/>Discretionary or injury time-out<br/>(followed by tapping hands on chest)</p>       |  |                                       |
| <p>4 TV/radio time-out</p>                     | <p>5 Touchdown, Field goal,<br/>Point(s) after touchdown</p> | <p>6 Safety</p>   | <p>7 Dead ball foul, Touchback<br/>(move side to side)</p> |                                       |
| <p>8 First down</p>                            | <p>9 Loss of down</p>  | <p>10 Incomplete forward pass<br/>Penalty declined<br/>No play, no score<br/>Toss option deferred</p> | <p>11 Legal touching of forward pass or scrimmage kick</p> | <p>12 Inadvertent whistle</p>         |
| <p>13 Disregard flag</p>                       | <p>14 End of period</p>                                      | <p>15 Sideline warning</p>  | <p>16 First touching<br/>Illegal touching</p>              |                                       |
| <p>18 Encroachment</p>                         | <p>19 False start<br/>Illegal formation</p>                  | <p>20 Illegal shift<br/>(2 hands)<br/>Illegal motion<br/>(1 hand)</p>                                 | <p>21 Delay of game</p>                                    | <p>22 Substitution<br/>infraction</p> |



## PLAYER POSITIONS

Football pits the *offense*, the team with the ball, against the *defense*, which tries to prevent the offense from scoring. Each side lines up facing the other with the football in the middle.

The players on the offensive side of the ball include the:

**Quarterback:** The leader of the team. He calls the plays in the huddle, yells the signals at the line of scrimmage, and receives the ball from the center. Then he hands off the ball to a running back, throws it to a receiver, or runs with it

**Center:** The player who snaps the ball to the quarterback. He handles the ball on every play.

**Running back:** A player who runs with the football. Running backs are also referred to as tailbacks, halfbacks, and rushers.

**Fullback:** A player who's responsible for blocking for the running back and also for pass-blocking to protect the quarterback. Fullbacks, who are generally bigger than running backs, are short-yardage runners.

**Wide receiver:** A player who uses his speed and quickness to elude defenders and catch the football. Teams use as many as two to four wide receivers on every play.

**Tight end:** A player who serves as a receiver and also as a blocker. This player lines up beside the offensive tackle to the right or the left of the quarterback.

**Left guard and right guard:** The inner two members of the offensive line whose jobs are to block for and protect the quarterback and ball carriers.

**Left tackle and right tackle:** The outer two members of the offensive line.

The players on the defensive side of the ball include the:

**Defensive tackle:** The inner two members of the defensive line, whose jobs are to maintain their positions in order to stop a running play or run through a gap in the offensive line to pressure the quarterback or disrupt the backfield formation.

**Defensive end:** The outer two members of the defensive line. Generally, their jobs are to overcome offensive blocking and meet in the backfield, where they combine to tackle the quarterback or ball carrier. On running plays to the outside, they're responsible for forcing the ball carrier either out of bounds or toward (into) the pursuit of their defensive teammates.

**Linebacker:** These players line up behind the defensive linemen and generally are regarded as the team's best tacklers. Depending on the formation, most teams employ either three or four linebackers on every play. Linebackers often have the dual role of defending the run and the pass.

**Safety:** The players who line up the deepest in the secondary — the last line of defense. There are free safeties and strong safeties, and they must defend the deep pass and the run.

**Cornerback:** The players who line up on the wide parts of the field, generally opposite the offensive receivers.

## ETIQUETTE

**THE COACH IS NOT A PARENT.** A coach wants what is best for the team, while a parent wants what's best for the child. Your job is to encourage your athlete to work hard. Also, remind him you're proud of him whether he's a star or on the last string.

**FOOTBALL IS A ROUGH SPORT.** See the difference between hurt and injury. A child may play with a sore wrist, but he wouldn't play with a broken wrist, until cleared by a doctor. Parents should trust toward the mutual goal of keeping players healthy with the coach.

**DETERMING MENTAL TOUGHNESS IS NECESSARY.** An athlete's response to adversity in practice predicts his likely response while under pressure during the game. It's hard to not defend your child, we are conditioned to do that as parents. However, coaches want to see players thinking for themselves.

**FOOTBALL IS A TEAM SPORT.** Even if he doesn't spend time playing in the game, your child has won or lost. Some kids want to talk about it and some don't. Losses always hurt, so don't minimize them. Learning to deal with disappointment is an important life skill, so take the opportunity to shape his response to losses.

**FOOTBALL – LIKE LIFE – IS UNFAIR.** Adversity is a great teacher. Some coaches aren't fair. Some kids aren't as skilled as others. Commend your son when he contributes to the team. A football team is like a family: find your talent, and use what you have to help your team.



## **CLEANING EQUIPMENT**

### **Cleaning shoulder pads**

An ounce of prevention is worth a pound of cure. It is pretty much inevitable that you will sweat inside of your shoulder pads. The first step in learning how to clean football shoulder pads is to let them air out after every practice or game. This will help to cut down on odor significantly. If you throw your shoulder pads in a locker as soon as you take them off, they will not be able to air out and the odor will grow worse, along with an increase of bacteria that could cause rashes.

Use a damp cloth to wipe down plastic pieces. Your shoulder pads are mostly fabric covered by plastic shells. The second step in learning how to clean football shoulder pads is cleaning these plastic components. These plastic shells can be cleaned easily with a cloth soaked in a mixture of soap and water. Simply wipe down the plastic pieces with the damp cloth.

Use a disinfectant on the rest of the pads. The last step in learning how to clean football shoulder pads is spraying everything down with an anti-odor disinfectant spray. This will not only improve the smell of your shoulder pads, but kill bacteria that could cause discomfort. You might want to scrub the disinfectant into the pads with a cloth to make sure all of the bacteria is killed. Once you have completed this step you have successfully learned how to clean football shoulder pads.

### **Cleaning thigh, knee, hip pads etc.**

#### Supplies

- Liquid soap
- Enzyme stain remover
- Pillowcase or lingerie bag
- Washing machine
- Laundry detergent
- An air dry location

Removing any loose dirt is the first step in learning how to clean football pads. A wet cloth or sponge soaked in warm soapy water can be used to begin the sport's equipment cleaning process.

Apply an enzyme pre-treat stain remover for any problem areas. Let the laundry agent remain on the item for at least fifteen minutes as part of the how to clean football pads process. The active ingredient in enzyme detergent breaks down stubborn stains for easy removal.

Place the sports pads in a clean pillowcase and make a knot at the ends as you continue the process of continuing how to clean football pads. The casing protects the equipment while it is tossed around in the washing machine.

Use a washing machine on gentle cycle is an important process of trying how to clean football pads. The water should be warm and add a standard amount of laundry detergent. Start the cycle and wait for the washing the end.

Take the football pads out of the washer when the cleaning is complete and remove them from inside the pillowcase. Letting the pads air dry is an important part of performing how to clean football pads safely and correctly. Never place them in the dryer!

## **Other cleaning hints**

Spray bottom of cleats when playing on wet/muddy grass fields with PAM Cooking Spray

Use Nature's Miracle (purchase in Pet Store) a capful in the washer with your uniform or dilute with water in a spray bottle and spray your helmet and shoulder pads and air dry.

Gloves can be cleaned in a bin of warm water with a capful of Nature's Miracle. Let soak for an hour and let air dry.

\* [falmouthfootball.com](http://falmouthfootball.com) and [fbu.com](http://fbu.com)