fustle Coach's Cheat Sheet								
Practice / Game Day Checklist:								
Coaches Shirt	Team Roster	Stat Sheet		Wh	Whistle		Jerseys	
Playbook	Pen / Pencil	Duct Tape			Mouth- pieces		Cones	
Roster / Line-Up:								
Player		1st Qtr POS		nd Qtr POS	3rd Qtr POS		4th Qtr POS	

Coach's Cheat Sheet

Team Goals:

- 1.) _____
- 2.)

3.) _____

Remember! The officials are likely high school kids with a little training. They will make mistakes. This is a recreational league. Take any concerns to the Site Director.

Penalty / Yardage:

Penalty	Yards				
Illegal Forward Pass	5 yds from LOS & LOD				
Offensive Pass Interference	5 yds from LOS & LOD				
Illegal Runner	LOD				
Illegal Motion	5 yds from LOS & replay down				
Delay of Game	5 yds from LOS & replay down				
Flag Guarding / Charging	5 yds from spot & LOD				
Screening, Blocking	5 yds from spot & LOD				
Off-sides on Defense	5 yds from LOS & replay down				
Illegal rushing	5 yds from LOS & auto 1st				
Defensive Pass Interference	5 yds from LOS & auto 1st				
Roughing the Passer	5 yds from LOS & auto 1st				
Illegal Contact	5 yds from spot & auto 1st				
LOS—Line of Scrimmage; LOD—Loss of Down					