

Island Wide Sports L.L.C Coaches Handbook



2026 Island Wide Sports Coaches Handbook vs1.25

Please keep this book with you at all games.

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INTRODUCTION

Thank you for volunteering as a Flag Football coach at Island Wide Sports L.L.C. Volunteer coaches are the backbone of Island Wide Sports L.L.C, playing a crucial role in developing young athletes. As a coach, you do more than teach football fundamentals—you help instill teamwork, discipline, and a passion for the game. Coaching goes beyond attending practices and games. It's about being a mentor, a role model, and a positive influence in the lives of your players. We know that many youth football coaches are parents stepping up to lead their child's team, and we appreciate your dedication. That's why we are committed to making your coaching experience as smooth and enjoyable as possible. This manual is designed to help first-time coaches build confidence by covering the rules, fundamental techniques, and effective drills. It provides the essential tools you need to create a fun, safe, and educational experience for your team. Your time, effort, and commitment make a lasting impact on our young athletes and our Maui community.

We are grateful for your involvement—

Thank you for making a difference!

Sincerely,

Director of Relations

Joshua J Whitcher

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Island Wide Sports L.L.C Coaches Handbook

Table of contents

- 1. Code of conduct Ethics Page**
- 2. Team Formation**
- 3. Switching Players**
- 4. Pre-Season Zoom Meeting**
- 5. Games and Practices**
- 6. Treatment of Officials**
- 7. Rule Book**
- 8. Expectation of parents**
- 9. Parents and players expectations of the coach**
- 10. Medical information**

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Island Wide Sports L.L.C Coaches Handbook

Code of conduct and ethics

All Coaches will be hired as volunteers for the youth . Coaches are expected to abide by reasonable standards while Coaching Island Wide Sports L.L.C. Coaches must abide by all policies and guidelines listed in this handbook. Coaches are subject to fines and team disciplinary actions or they can be replaced or dismissal for failing to abide by all policies and guidelines listed in the handbook.

Officials and Island Wide Sports L.L.C Have the authority to:

- **Give a verbal warning**
- **Written up**
- **Removed from current game and the following**
- **BAND FOR LIFE FINED AND TEAM TAKEN OFF THE PLAYOFFS RIGHT AWAY.**

Conduct Guidelines:

- **Verbal or physical intimidation of any individual is prohibited. This includes, but is not limited to, all players, spectators, Island Wide Sports L.L.C staff members and other Coaches.**
- **Foul language is strictly prohibited.**
- **ZERO TOLERANCE POLICY**

So Understand this

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Island Wide Sports L.L.C Coaches Handbook

Coaches Code of Ethics Pledge:

I will place the emotional and physical well-being of my players ahead of any personal desire to win. I will remember to treat each player as an individual, remembering the large spread of emotional and physical development for each age group. I will do my very best to provide a safe playing situation for my players. I promise to review and practice the necessary first-aid principles needed to treat injuries of my players. I will do my best to organize practices that are fun and challenging for my players. I will lead, by example, in demonstrating fair play and sportsmanship to all my players. I will insure that I am knowledgeable in the rules of each sport that I coach, and that I will teach these rules to my players. I will use those coaching techniques appropriate for each of the skills that I teach. I will remember that I am a youth coach and that the game is for children and not adults

Team Formation:

All teams will be formed according to the following guidelines and restrictions:

- 1. All Teams must consist of 10 players with two subs**
- 2. Team forming we allow but you must take any new player if you don't have enough to fill your squad.**
- 3. Remember equal playing time if we notice certain players are only going out some time or we get a complaint we will initiate a (MRP) League rule Mandatory 5 plays each half.**
- 4. We are affiliated with NFL Flag Football so you have to play for a NFL team.**
- 5. A player can double roster for a fee of \$50.00 and can move up but not down.**
- 6. Under no circumstances will children be switched from one team to another unless a documented error in registration has occurred.**

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Island Wide Sports L.L.C Coaches Handbook

Switching Players:

Once team rosters are established by Island Wide Sports L.L.C , they will not be changed. Coaches are required to abide to the following guidelines:

- Coaches may not ask another coach permission to switch rostered players.
- Coaches should direct all calls from players or parents who desire to switch or drop out to the league director
- Under no circumstance should a coach offer or insinuate agreement or desire to allow a child on his/her roster.
- No mixing of Teams (teams with small turnouts with be addresses by League director.

Pre-Season Zoom Meeting:

Will go over entire hand book

Games and Practices:

All games will be played on Saturdays. Games are 30 minutes long two minute halves and two time outs charged to both sides. Coaches are asked to attend all games and practices scheduled for them. If they do not show up for the game a \$100 dollar fine or a automatic forfeit on next game. Coaches are responsible for scheduling and conducting *(1) practices per week. If a coach is unable to attend a game or practice, a competent substitute must be secured/assigned.

*Pre-game warm-ups can be utilized as a practice if you get kids there early; see Coaching Tips and Drills section

Plan your practices. The more time you spend planning, the more that can be accomplished. Write down what you will do. Remember your goal is to keep all players active.

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Island Wide Sports L.L.C Coaches Handbook

Make them fun. Try to do different drills to involve everyone. Try not to have players standing around – keep everyone involved and as active as possible. Talk to other coaches about their practices. Discuss problems or concerns you are experiencing. Other coaches may have helpful ideas and solutions.

Start and end on time.

This is very important to parents. Even if you think “Just five more minutes and I’ll be done,” don’t. Your good graces with parents are more important than those five minutes. Do not have too many practices. Remember the age you are coaching. We expect parents will have other activities planned. Recreation activities are to complement other activities, not compete with them.

Keep an attendance record. If a player misses without notification, try to contact the parent to find out the reason. This serves a two-fold purpose. First, maybe the parents thought the child was, in fact, at practice. Second, you should expect a reason for missing. Remember, do not punish the child if it is the parent’s fault he/she missed practice. Try to work out a way to get the player to practice. Practice attendance should be noted and applied to playing time. A pre-season meeting should help this problem. Ensure all players have a way home. Never leave anyone at practice waiting for a ride. Know how your players will get home. Don’t make yourself the taxi. Once you start, you’ll be the taxi for the entire season.

Ensure water is available. Encourage players to bring their own water bottles. A large cooler with cups is another option

Time Limits:

All games in the Island Wide Sports program will have time limits. Time limits serve two purposes. First, they provide a timely procedure for proper scheduling. People arrive to play or watch a game, expecting it to start at a designated time. The proper starting of the game should be a feature of a well-run program. Second, players should learn that hustle and focus on the game are important lessons. When games are finished please pack up and

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Island Wide Sports L.L.C Coaches Handbook

allow other teams to enjoy. We do not allow sideline camping you must be 10 feet away from the sideline.

Treatment of Officials:

The officials for Island Wide Sports L.L.C program are Affiliated with IWS Management And are paid employees. It is a very difficult job. Please understand that they will do the best they can. We ask coaches to conduct themselves in a manner that will not bring discredit to the officials or to themselves. If you have constructive criticism about an official, please find an opportune time to contact your League director assigned to your team. Working together, we can strive to keep officiating to an acceptable level. Officials have the last say no one can override a decision except the director you must take a time out and challenge the call if you win you keep your time out if you loose you loose your time out.

Rule Book:

Island wide sports recognizes the 2025-2026 NFL Flag Football Rule Book.

Expectations of Parents:

- 1. Stress timeliness for games and practices. You are donating your time and should expect parents and players to be on time. Do not set unrealistic pre-game times. For most leagues, 15 minutes before a game should allow enough warm-ups. Stress to parents the need to pick up players on time after practices. Do not get into the habit of running players home. Parents have responsibility for their children.**
- 2. Talk about times and locations of practice with the parents.**
- 3. Discuss the role or need for a team manager. Roles a Team Manager (Parent, Team Mom) could fulfill:**
- 4. Form of carpools for practices (if required).**
- 5. Create a calling tree or similar method to notify players and parents of practice changes or game reschedules.**
- 6. Coaches should not be expected to have to call everyone. Utilize League Management Software to distribute a list of all phone numbers**

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Island Wide Sports L.L.C Coaches Handbook

and have a number where you can be reached. Advise availability during the day and at night. Assist players on and off the field. Handle first aid and player injury.

Parent and Player Expectations of the Coach:

- 1. Safety. Coach will always carry a first aid kit. All coaches will complete First Aid and CPR Certification.**
- 2. Coaches will promote and anti-bullying environment.**
- 3. Timeliness. Start and end practices on time. Do not try to take another 10 minutes. Parents expect practices to be finished at a certain time. Respect that. Try not to get into the habit of waiting for more players. Respect and reward those who arrive on time by starting on time.**
- 4. 4. Island Wide Sports L.L.C program has requirements for participation. All coaches must adhere to these requirements.**
- 5. Fun. Try to make practices a learning experience as well as fun for the players. Try to keep all involved and allow them to try different positions. Ask parents to help at practices. Give them a definite assignment and let them help.**
- 6. Do not forget your family. Your coaching assignment will take a lot of your time. Save time for your family. Balance is the key.**

Medical Information:

- Talk to parents about any medical problems their children may have.**
- Know what to do in an emergency.**
- Explain what you will do in the event of an accident.**
- This is just a small list of possible discussion items.**
- The key is information. The more information and understanding of the rules and expectations you share with players and parents, the more enjoyable your season will be. Remember that you are not alone in this coaching effort, you are not a professional coach, and you should not be expected**

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IF YOU HAVE QUESTIONS PLEASE CONTACT US

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Or contact us through help on the website

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