



2018 INFORMATION PACKET

Overview

The Connecticut Winter Indoor Football League has been in existence since 2010 and consists of two formats-- 6v6 Full Contact and 7v7 Passing (no equipment). These programs were developed to provide an instructional format for today's youth players to develop the fundamentals of football. The League is well organized and run professionally year-in and year-out. Thousands of Connecticut's most committed youth football players and programs have participated in the Winter League since inception.

General information can be found on our website at BreakOutAthlete.com. League game schedules and all player updates and notifications will be emailed and posted on BreakOut Athlete's Twitter and Facebook accounts so please follow us.

6 vs 6 Full Contact

The 6v6 format provides an unparalleled opportunity to develop the fundamentals of football. Given the smaller number of players all skills are developed and applied "in space" which results in much more developmental blocking, tackling, and overall execution skills. This format also provides youth coaches with an enjoyable opportunity to coach a smaller number of players on the field at any given time.

The Winter Indoor season is six weeks long, beginning on the weekend of February 24th and ending on April 8th. Games will be played on either a Saturday or Sunday afternoon between the hours of 1-4pm. All games will be played in the bubble at the Sportsplex located on Foxon Rd in North Branford. All games are also officiated by certified CT high school officials and a certified trainer is present for all games.

Week 1: Saturday, Feb 24th | Jamboree. Each team scrimmages one another in a controlled scrimmage format.

Week 2: Sunday, Mar 11th | Regular Season Game 1

Week 3: Sunday, Mar 18th | Regular Season Game 2

Week 4: Sunday, Mar 25th | Regular Season Game 3

Week 5: Saturday, Mar 31st | Regular Season Game 4

Week 6: Sunday, Apr 8th | Playoff Week *Every team participates

Divisions: 4th Grade, 5th Grade, 6th Grade

Roster Size: The ideal roster size is 10-12 players. Minimum roster size is 9 players.

Cost: \$225 per Player

Equipment: Our teams work with their respective hometown youth programs for equipment.

Jerseys: Teams have the option of wearing their own jerseys or CT WFL jerseys. In the event a team wears their own jerseys, pinnies may be necessary to differentiate colors.

Practices: Practices are organized exclusively by the individual teams. Most teams practice 1x per week. The League does not provide field time for practices.

Team Registration: Coaches are asked to contact us at info@breakoutathlete.com or 203-298-4277 to

reserve your team spot and we will ask you to email your team roster.

Player Registration: Players will then be required to register online at our Store or on our App (see attached) from your mobile device.

Free Agent Registrations: The League does its best to place free agents on teams. That said, there are no guarantees and often times lining up logistics re: travel and practices may pose challenges. From experience, players interested in participating in our League are encouraged to recruit teammates and enter as a team.

Questions & Contacting the League: Emails and phone calls will typically be returned the same day of the inquiry by either Tom Brockett or John Coughlin. When leaving an email or voicemail, please leave a detailed message.

7v7 Passing League

The 7v7 format provides a unique opportunity to develop in the passing game of football, both offensively and defensively. The Winter Indoor season is six weeks long, beginning on the weekend of February 24th and ending on April 8th. Games will be played on either a Saturday or Sunday afternoon between the hours of 1-4pm. All games will be played in the bubble at the Sportsplex located on Foxon Rd in North Branford.

Schedule (All games will be played inside the 1-4pm window. Passing League is 1 hour)

Week 1: Saturday, Feb 24th

Week 2: Sunday, Mar 11th

Week 3: Sunday, Mar 18th

Week 4: Sunday, Mar 25th

Week 5: Saturday, Mar 31st

Week 6: Sunday, Apr 8th

Divisions: 7th Grade, 8th Grade

Roster Size: The ideal roster size is 10-12 players. Minimum roster size is 9 players.

Cost: \$135 per Player

Equipment: No equipment is needed.

Jerseys: Most teams prefer to wear their own t-shirts. However, jerseys will be provided if needed which must be returned at end of season.

Practices: Practices are organized exclusively by the individual teams. Most teams practice 1x per week. The League does not provide field time for practices.

Team Registration: Coaches are asked to contact us at info@breakoutathlete.com or 203-298-4277 to reserve your team spot and we will ask you to email your team roster.

Player Registration: Players will then be required to register online at our Store or on our App (see attached) from your mobile device.

Free Agent Registrations: The League does its best to place free agents on teams. That said, there are no guarantees and often times lining up logistics re: travel and practices may pose challenges. From experience, players interested in participating in our League are encouraged to recruit teammates and enter as a team.

Questions & Contacting the League: Emails and phone calls will typically be returned the same day of the inquiry by either Tom Brockett or John Coughlin. When leaving an email or voicemail, please leave a detailed message.

How To Register


BreakOut Athlete has transitioned to a new software for the registration process. The biggest reason for this change is to improve the mobile experience. As a result, there are two simple steps for those that would like to register via your mobile device. 1. Set up an account 2. Download the app on your mobile device and use the account details to log in.

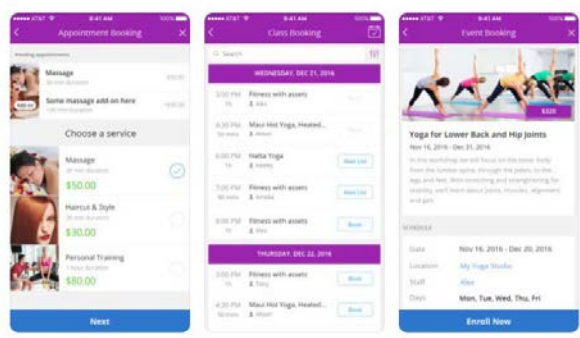
You can setup an account by going to the "Store" at www.BreakOutAthlete.com and clicking on the appropriate Winter Football League item. This will prompt you to setup an account if you don't already have one. From there you can proceed to purchase online or download the app and login to the app with the details you just setup. We urge all of our athletes' families that participate in our performance training to get setup on the app.

We thank you in advance for your patience in completing these added (1x) steps. The new system will result in a much easier registration experience going forward. Please don't hesitate to contact John Coughlin at jcoughlin@breakoutathlete.com with any questions.

AT&T 3:16 AM

achieve

 **WellnessLiving Achieve Client App**
Health & Fitness **OPEN**



WellnessLiving Achieve App

Once your account is created, please download the WellnessLiving Achieve app from the App store. To log in to the app please utilize the account information you just created. Everything else should be self-explanatory. It doesn't matter which "Location" you select for the Winter FB because all games will be played at the Sportsplex Dome, not at either of our BOA locations. All BreakOut Athlete programs, memberships, and scheduling can be completed through the Achieve app going forward.



CONNECTICUT WINTER INDOOR FOOTBALL LEAGUE “RULES & POLICIES”

In order to best ensure both the safety of our League’s participants and the overall success and longevity of the League all infractions will be dealt with swiftly by the League’s governing body. Any and all concerns, comments and suggestions are welcome. Our League is only as good as its participants so please adhere to the below listed rules. The Connecticut Speed School is committed to delivering a 1st class youth football experience stressing the importance of athletic development, competitiveness, sportsmanship and a positive attitude. Any occurrence viewed by the League’s governing body to be contradictory to these values will be dealt with immediately.

Sportsmanship

1. Any person acting inappropriately will be subject to immediate dismissal from the facility and be subject to suspension for the remainder of the season. Inappropriate behavior will not be tolerated.
2. Sportsmanship starts with our coaches as they set the tone for their respective teams. Our Winter Football coaching staffs will be held to a high standard of sportsmanship at all times. Head coaches are ultimately held responsible for the behavior of their staff, players and parents. In the unfortunate event of unsportsmanlike conduct by any member of a team (including parents) the head coach can face suspension. It is important for our coaching staffs to take direct responsibility for the conduct of their team, their parents and their fans.
3. Due to the limited number of players in Winter Football the game is visually much clearer. As a result, coaches, players and parents will see infractions that may or may not get called by the League’s officiating staff. Blocks from behind, holds and other infractions will certainly occur. At no point will player-specific denouncements from opposing players, coaches, parents and other spectators be tolerated. Coaches and parents are not allowed to address the coaches and players of an opposing team.
4. Any uninvited parent or spectator entering the field of play will be subject to immediate dismissal from the game, removal from the facility and turned over to law enforcement if necessary. That person will be banned from the League for the remainder of the season and that person’s participating player may also suffer the same consequence.

General

1. All games will consist of two 25-minute halves and a 5-minute halftime.
2. All players must play at least 20 snaps. We expect our coaching staffs to self-police themselves in order to best develop each and every player. If a pattern of players not getting the necessary playing time develops the governing body will be forced to take disciplinary action.
3. One (1) coach is allowed on the field on both offense and defense during play. Coaches must not physically interfere with play. And coaches must be quiet during the snap count.
4. Coaches and parents are not allowed to address the coaches and players of an opposing team.
5. Coaches must be quiet during the snap count.



Offensive-Oriented Rules

1. Six (6) players on the field, three (3) down linemen and three (3) players made up of a quarterback, running backs and/ or receivers at all times. Skilled players may line up anywhere but must be off the LOS.
2. 30-second play clock.
3. Offensive formations must consist of three (3) down linemen with the Center in the middle. Wide receivers and running backs can line up anywhere. Line splits should be no bigger than 3 feet.
4. All offensive players are eligible.
5. Quarterbacks are allowed to run.
6. After a player scores four touchdowns that player is restricted from touching the ball on offense UNLESS the point spread score margin is less than eighteen (18) points.
7. No "baiting" with regards to cadence is allowed with extended snap counts. Keep snap counts simple. If a pattern of intentional "baiting" occurs penalties will be imposed by the Officiating staff. This should only be for the sixth grade and younger.
8. The offense can elect to "go for it" on 4th Down or punt. In the event of a punt the ball is placed 25 yards from LOS. In the event that the LOS is inside the 25-yard line at the time of punt the ball will be placed on the 10-yard line.
9. In the Lil Tacklers Division offensive linemen must engage the defensive linemen. Youth blocking rules apply.
10. Teams have option for the Points-After-Touchdown (PAT) attempt. For 1 point the ball is placed on the 3-yard line. For 2 points the ball is placed on the 5-yard line.
11. All offensive drives start with the ball on the 10-yard line.
12. Coaches intentionally taking penalties to manipulate the clock will be subject to a 15 yard penalty, loss of down and the addition of 30 seconds to the game clock.

Defensive-Oriented Rules

1. Blitzing is not allowed. Linebackers must line up at least three (3) yards off the LOS except in goal line situations where LBs can have their feet on the goal line. No forward movement is allowed for any defensive player before the ball is snapped. Once the ball is snapped defensive players may go anywhere, this includes sacking the Quarterback.
2. The maximum allowable down linemen (DL) for every division are two (2) DL. DL may line up in the A gap and slant to the Guards. However slanting into the Center is NOT allowed. We want to keep the Center somewhat "protected" in order to best ensure a proper QB/ Center exchange.
3. Defensive Noseguards are NOT allowed to line up over the Center at any level.
4. A player is deemed down when and where the player's knee touches the ground.
5. All fumbles and interceptions can be advanced.
6. Safeties are allowed. After a safety the ball is placed on the team's 10-yard line.



Field Operations

1. There will be designated sideline areas for both players and parents. Opposing teams will share the same sideline and will not be allowed to occupy any part of the opposing team's designated space.
2. In order to maximize the allowable field space strict rules will apply for everyone's safety.
3. Each team is responsible for supplying two (2) parents to work the down and distance chains.



Connecticut Indoor Winter Youth Football Passing League Format & Rules

Field Dimensions

- Field length: 40 yards
- Field width: 53 yards
- 1st down marker will be at the 20 yard line

Format

- Games will be 60 minutes
- 3 teams will rotate on each field
- Each offensive possession will be 10 minutes
- If the offensive team scores or gets stopped they maintain possession until their 10 minutes is up (always start back at the 40)

Rules

- 1) Games will be 7-on-7
- 2) No rushing the QB
- 3) QB will have 4 seconds to get rid of the ball or it will be a sack
- 4) Center is not an eligible WR. If team does not have a center the QB can snap the ball to himself
- 5) Offensive formation must have one RB in the backfield and no more than 3 WRs on one side of the formation
- 6) Interceptions can not be returned for TDs, and as a result become dead
- 7) Player is down once a defender touches him with one hand
- 8) All plays must be a pass attempt, NO running plays
- 9) No fumbles, the ball is dead and the offense keeps possession
- 10) If a snap hits the ground, QB can pick the ball up but still has only 4 seconds to get rid of it

Scoring

Offense

- Six (6) points for a TD
- One (1) point for a conversion from the 5 yard line
- Two (2) points for a conversion from the 10 yard line

Defense

- Three (3) points for an interception
- One (1) point for a sack