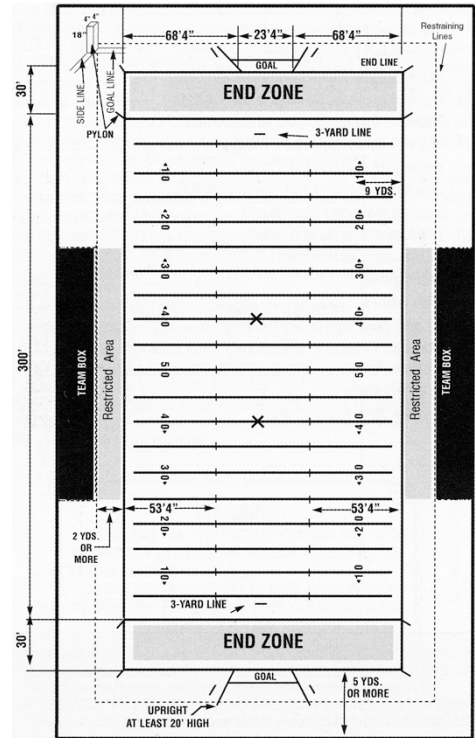


Make no mistake, that 2-yard out-of-bounds strip up and down the entire length of the football field is YOURS. Included in that is the 2-yard out-of-bounds strip between each of the 25-yard lines called the Restricted Area. Coaches and players will try to claim this area. It's YOUR job to make sure they don't.

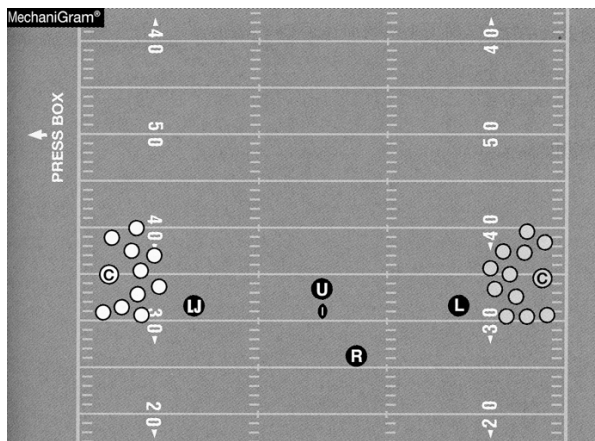
RESTRICTED ZONE

- During a dead-ball period, no more than 3 coaches can be in the Restricted Area.
- During a live-ball period, NO coaches or players can be in the Restricted Area.
- If they are, tell them, "coach I need you to get back."
- If a coach or player is in, or enters the Restricted Area during a live-ball:
 1. Warning
 2. 5-yard penalty
 3. 15-yard penalty for all subsequent
- If you ever run into a coach or player in this area it's a 15-yard penalty

The key to good sideline management is to enforce these rules early. If you've let them get away with it in quarters 1 through 3, it's hard to enforce in the 4th.

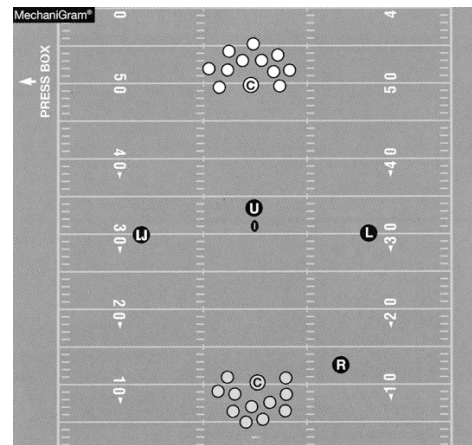


TIME OUT: OUTSIDE THE NUMBERS



Can have multiple coaches and players on the field.

TIME OUT: INSIDE THE HASHMARKS



Can have one coach on the field and one attendant (water person).