



What is the proper procedure for the coin toss ?

- ✓ Call the team captains to the kick-off spot.
- ✓ Introduce yourself to the captains (shake hands and keep eye-contact).
- ✓ Ask captains to shake hands.
- ✓ Determine who the home team and away team are.
- ✓ Show both sides of your coin to the captains (tell them heads/tales, or colors depending on your coin).
- ✓ Ask the **AWAY** team for their choice (before doing the actual coin toss).
- ✓ Repeat their choice back to both captains.
- ✓ Perform the actual coin toss (do NOT let the coin drop on the ground, unless it is extremely windy).
- ✓ Show both captains what side the coin landed on (so there is no misunderstanding).
- ✓ Ask the winning captain of the coin toss which side of the field his team will defend on in the first half.
- ✓ Inform the OTHER captain which side of the field his/her team will defend.
- ✓ Inform the losing captain of the coin toss they will kick off the FIRST half.
- ✓ Shake hand again and wish them a good game.
- ✓ Make a note on your note sheet which team kicks off first half (so you remember who kicks off the 2nd half).

