**SDCFOA Information Update - Steve Coover - November 22, 2024**

**Game Tempo**- Just a reminder to keep a "brisk" game tempo during regular play.  Chain crews will be excellent and we can move quickly and wind as the box arrives.  The chains will be set a second or two later.  Just our usual game tempo.  BUT - Game circumstances should cause us to slow that tempo near the end of each half.  3-minutes is a traditional starting point to consider slowing the tempo.  There's nothing worse than a team attempting a hurry up drive on offense and them declaring that "the clock never stopped on that 1st down!"  Let's stop the clock, get the chains and our officials in place prior to winding the clock.  When the clock is stopped we are no longer in a hurry!  
  
**Congratulations Katie Ott**- Katie has been selected to work the NFL Flag Football Regional Tournament this Sunday in Costa Mesa.  Go Katie!  Go SDCFOA!