



## **Welcome to the YMCA NFL Flag Football Program!**

**Below are the common questions we receive from the families in our program.**

### **WINTER/SPRING 2021 Youth NFL Flag Football**

12/15: Registration opens

12/15 - 02/01: On-time Registration

02/02: Late registration. Open roster spots filled based on when registration received.

Roster placement-not guaranteed.

02/08: Notification of Team Assignments

02/11 & 02/13: Coaches Meeting (Zoom) and Coaches Training

02/15 -18: Practices Start

02/25: Entire Seasons Game Schedule Released

03/1 - 03/5: Uniforms are distributed at practice

03/06: First League Game

TBA: League Picture Day (Pending if able to do this season due to Covid-19)

04/10: Last Games of the Spring Season

04/17: End of Season Tournament

### **BASIC PROGRAM Q&A**

**Q: Can I still register my kid for flag football? (Our registration opened on December 15)**

A: "On-time" Registrations ends on February 1. After this date, you will put your name on a waitlist (<https://ymca-snoco.org/sports/wait-list>) and we will add you to a roster if space is still available. We do our best not to turn away any kid that wants to play, but in some instances, this may not be possible (lack of coaches). Many times throughout the season, positions open and you may be placed on a team even if you enroll mid-season.

**Q: What is NFL Flag?**

A: NFL FLAG is the premier youth flag football league for boys and girls ages 7-15. The program provides young players a fun and exciting opportunity to engage in non-contact, continuous action while learning life lessons in teamwork. This is an instructional league, the main focus of practice, drills, and games will be on being active, skill development and sportsmanship. All abilities and skill levels welcome. You can find more information at [www.nflflag.com](http://www.nflflag.com).

**Q: Why play flag football instead of tackle football?**

A: Football is one of the most exciting and popular sports for kids. However, whether it is because of limited size or ability, or the desire to keep from getting hurt, not all kids want to play tackle football and many parents are concerned about the violent nature of the game. Flag football has proven to be a much safer sport for kids that still includes the high action appeal of football with far less of the common injuries associated with tackle football: concussions, broken bones, sprains, and dislocations.

**Q: Is there physical contact in this league?**

A. This is a no-contact league, and penalties for contact will be enforced. Tackling, blocking, stiff-arming or physical contact of any kind is not allowed.

**Q: What time are practices?**

A: Practice times are set by the coaches and availability of field space. Typically, practices are either Tuesday, Wednesday or Thursday evenings between 5 – 7pm. Depending on available space, teams practice once or twice per week for 1 hour. First practices of the season start the week of February 25.

**Q: What time are games?**

A: That depends on total registration and field availability. This season's game schedule will be posted on the website and emailed out on February 25. Games will be played on Saturdays and typically begin at 9am. We will have two fields playing at a time on a regional field for all branches. We start with our youngest teams in the AM and finish the day with our oldest.

**Q: Where are games and practices?**

A: Each branch secures practice fields for team practices. We attempt to make sure this field is as close to your YMCA branch as we can secure. Once fields are confirmed, that information will be added to our registration page and emailed to everyone already registered. Our coaches choose their practice day and time, space permitting. Games to be held at a centralized field where all teams will play based on the number of teams we register.

**Q: How much does it cost?**

A: Program costs \$135 for community members.

\* YMCA Facility Members receive a \$45 discount. (\$90)

\* Financial Aid is available to those that qualify. Contact your local branch for more information.

**Q: What is included in my registration?**

A: Seven games and end of season tournament, Official NFL Flag Team Reversible Jersey, Official NFL set of flags, NFL Player Certificate, end of season award and fun.

**Q: What if I have a friend or coach request?**

A: After registration you will be emailed a link to enter your child's information, requests, jersey size, and if you are interested in coaching. This information is used on rosters and needs to be filled out before February 1.

**Q: What if I am interested in coaching?**

A: With us being an official NFL Flag League, we have access to resources to help you run practices and an official NFL Flag Playbook. You can either email your branch director for information, or include on your player's info survey your interest.

**Q: Where should my kid play? (How to determine age?)**

A: Your child's age in flag football is based on their current age as of the first practice, February 15, 2021. Youth Flag is broken down as follows. Age 7-8, 9-10, 11-12 and 13-15. We allow players in our league to play up one division. Players are not allowed to play down a division (unless there is a health related circumstance). This is to keep our division's fair and equal play. The rule that allows you to play up a division is so that friends may play together that may be off by a few months or if you would just like play that is a little more competitive. If the minimum number of kids are not registered for an age group, we will combine ages to form teams.

**Q: How do I find out information like my coach, practices or game schedules?**

A: All teams, players, coaches and volunteers will receive an email once rosters are set on February 8 with that information. All schedules, once set, are posted on the YMCA Sports Website at [ymca-snoco.org/sports](http://ymca-snoco.org/sports)

**Q: What size football does my child play with?**

A: Divisions 7/8, 9/10 & 11/12 will use the Junior (Size 7) Ball

Divisions 13-15 will use the Youth (Size 8) Ball

**Q: I have not heard from anyone, including my coach. When will this happen?**

A: Even if coaches do not email you, you will get communication emails from me as I send updates out each week. Sometimes your team still has not found a coach, which is why you have no communications. If this happens, we will reach out to families to try to find someone to volunteer.

**Q: What jersey size should I order?**

A. Check the jersey size chart to determine the size jersey you should order for your child.

<http://flagcontent.wpengine.com/wp-content/uploads/2017/12/NFL-FLAG-Jersey-Size-Chart-1.pdf>

**Q: When do I get my child's Jersey?**

A: Jerseys will be issued the week prior to first league game. They are ordered from the NFL Flag Website, so we need your child's size by February 10.

**Q: Does my child need mouth guards and/or cleats?**

A: Mouth guards are required for all players. You can find them at sporting goods stores or Amazon. Cleats are not required but recommended for older ages.

**Q: What are the basic rules in each age group?**

A: We go by the official NFL Flag Rule Book and is posted on the YMCA sports website.

**Q: What is the Weather Policy?**

A: Below is our cancellation guidelines for outdoor sports.

**NOTIFICATIONS:**

There are two ways we communicate this so please make sure we have current/correct contact information.

**POSTED:**

Information will post to the website as soon as possible.

**EMAILS & TEXT:**

We will email teams affected by weather so please check your email before leaving to come to the fields. We will do our best to cancel as quickly as possible, for last minutes cancellations we will also text as well as email the notification.

**PRACTICES:**

Calls for practices are made between 3 PM and 3:30 PM during the week. We will do our best to wait so we can get all practices in.

**Practices at a District, City or County field:** If notified of closures, once we are contacted, we will notify the league. There may be cases where on one side of the county we have practices and one side of the county is cancelled.

**Our Volunteer Coaches:**

Our Volunteer Coaches have the choice to cancel practices before we close fields. COACHES, please email us so we can share that information.

**GAMES:**

We play in the rain (the kids love it, parents and my staff not so much.)

We only cancel game and practices if there is lightning, thunder and/or standing water on more than 25% of our fields. If light rain only, we are going to play. Calls will be made early in the morning for a full day closure or if we will cancel on a game-by-game basis, it will be called 1 hour before your game time. We will contact you by email and text so please make sure we have your current and correct information.

**Q: What first aid do you provide?**

A: We have first-aid kits available at all fields. Staff has been CPR certified and will always be on site during the programs. We call 911 for any major injuries. If you child has any severe condition please include that in the flag football survey as well as their coach.

**Q: What is your refund policy?**

A: You will receive a full refund before February 10. After that day, a \$35 non-refundable is subtracted from the refund/credit options below to cover the cost that are accrued once a child registers for the program.

Full refund granted (minus \$35) if request is made prior to the first practice.

50% credit granted (minus \$35) if request is made after the first practice.

No credit available if request is made after the second practice.

If sport seasons are canceled a prorated equal to the number of canceled practices and/or games will be issued to your Y account.