



FLAG FOOTBALL

PROGRAM GUIDE

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PURPOSE

The Flag Football Program is designed to provide fundamental instruction in the game of flag football for players with a wide variety of skills. The program provides for the physical, mental, and emotional development of each child who participates. This is accomplished through emphasis on sportsmanship, team play, self-discipline, maximum effort, integrity, and maximum participation. SYC Flag Football is registered with and plays under the NFL Flag Football League.

AGES/GRADES

Flag Football is an option for both boys and girls, ages 3-15 years old as of October 31st. The coed age divisions are as follows: 3-4yrs., 5-6yrs., 7-8yrs., 9-11yrs., and 12-15yrs.

SEASONS

SYC NFL Flag Football is offered in the spring and fall season. Spring Flag Football registration begins December 1st. The spring season starts approximately mid-March. Fall Flag Football registration begins in May and starts the first week of August. Each season runs for a total of 10 weeks.

PRACTICES

SYC NFL Flag Football practices on Sundays approximately an hour before the scheduled games. All practices and games are on Sundays. However, there may be a time where a playoff game or championship game will need to be played on a Saturday. Inclement weather, cancellations and unforeseen schedule changes may influence this infrequent reschedule to a Saturday.

SCRIMMAGES

SYC NFL Flag Football will have one practice scrimmage prior to the start of the regular season. This helps players, referees, and coaches become familiar with playing and following the rules.

UNIFORMS AND EQUIPMENT

Players will receive an official NFL Reversible Flag Football jersey and a flag belt. The cost of the uniform and belt is included in your registration and the player will keep them at the end of the season.

SYC provides use of the footballs for coaches.

Each player will need to have the following items:

- Mouth piece
- Cleats – nonmetal (not required but recommended)

COACHES

SYC NFL Flag Football teams are coached by volunteers. Parents, older siblings, family and friends are encouraged to sign up to help Coach. All coaches are required to apply online on our SYC Flag Football webpage. SYC conducts a background check on all coaches 18 and over. Each team will have at least one coach but may have multiple volunteers. Our volunteer coaches receive a volunteer credit applied to their family account at the end of the season.

VOLUNTEER CREDIT

Flag Football coaches who are registered with SYC as a volunteer coach are eligible for credit. To receive a volunteer credit, volunteer coaches must be registered with SYC for a background investigation submission. In addition, coaches are required to complete the concussion awareness training that is provided online via the SYC website. Coaches must also register with NFL Flag Football. A credit of \$25.00 will be issued to coaches shortly after the season has completed. The credit may be applied to a future registration with any SYC sport.

CODE OF CONDUCT

Parents/guardians, spectators, players, and coaches shall adhere to the code of conduct as written in SYC policies and procedures. Code of conduct for players, parents/guardians, spectators, and coaches can be found on the website, www.sycva.com, under “About SYC” in “Policies and Procedures”.

COMPLAINT PROCEDURES

Sport-related complaints should first be addressed to the coach. Since the coach will be the person most likely to understand the member's concerns, an email or phone call to the coach should be the first level of address. Addressing a coach during a practice or game is discouraged as this has an overall negative effect for the children and families participating in the program. If a resolution cannot be found, the problem should then be brought to the attention of the [SYC Flag Football Commissioner](#). If the Commissioner is unable to resolve the issue, then the complaint can be directed to the SYC Operations manager. If the Operations Manager is unable to resolve the issue, the complaint may then be directed to the SYC Board of Directors utilizing the Complaint Procedure. The Complaint Procedure may be found on the SYC web site at www.sycva.com.

REGISTRATION AND REFUND POLICY

SYC encourages families to register for SYC NFL Flag Football online at www.sycva.com; Optionally, parent(s) or guardian(s) may come to the office during office hours to register their children. SYC cannot accept phone registrations.

SYC NFL Flag Football follows the SYC Refund Policy that you agree to when you register your child. To qualify for a full or partial refund of activity fees, participants will be required to fill out the online refund request form. For more information regarding the SYC Refund Policy, please refer to the [REFUND POLICY](#) found at www.sycva.com.