

VAA FLAG FOOTBALL FAQs



SOME FAQs:

Q: Who can play flag?

A: The Program is open to anyone entering 1st grade through 8th grade this fall.

Q: How are teams made?

A: Teams are created by combined grades in the fall (IE 1st and 2nd, 3rd and 4th, 5th and 6th, 7th and 8th) and the school they attend. If there aren't enough athletes from one school, we will combine schools, but we try to keep schoolmates and friends together. Most teams will have around 9-12 players (but that can vary based on numbers available and grade level). **We do not accept team registrations, to ensure consistency and to prevent stacking.**

Q: When are practices/games?

A: Practices will either be Mondays/Thursdays or Tuesdays/Fridays for teams, typically starting around 6pm (days/times are subject to change). Games are typically on Saturdays. General start times will be 9am and games wrapping up around 5 pm.

Q: Why don't we know the practice/game schedule before registration closes?

A: We try to keep the practice schedule similar from year to year, but we can't finalize the schedule until registration closes as numbers will depend on practice days and times. Once all teams are made and coaches are assigned, we can then create the game schedule. We will be working hard to get that to the coaches to send out as soon as possible.

Q: What are the qualifications to volunteer coach?

A: This is a volunteer position and we don't require coaches to have experience in coaching flag. If you have a basic knowledge of flag football, there are many resources online for drills/plays/etc. Having two coaches per team would be ideal. Please consider coaching! All coaches are background checked, do online training (including concussion training) and attend a mandatory coaches meeting.

Q: Does my athlete need a mouthguard?

A: Yes! Mouthguards are required at practice and during games. The athlete will not be allowed to play without a mouthguard.

Q: Is my athlete required to wear cleats & gloves?

A: No! Most athletes do wear cleats, and it makes it easier to play with them, but they are not required. (No metal cleats.) Gloves are also not required but some athletes choose to wear them.

Q: Where can I find the rules for my athletes' grade?

A: Navigate to <https://vaasports.sportngin.com/flag> and it will be under Flag Football Rules.

Do you still have outstanding questions? If so, please [email us](#)!

We look forward to seeing your athlete out of the playing field soon!