

Flag Football Handbook

2023

Hello Families,

The following contains information about flag football and the requirements for flag.

Hopefully this will answer all your questions and guide you through the season with your player.

Our goal is to teach the fundamentals and ultimately have fun and learn teamwork and sportsmanship.

First and foremost, **you will need to download, use and check Sports Engine app.** This is how coaches and team parents will communicate with you. Please use whatever email you used to sign up.

**EQUIPMENT**

* Cleats are recommended but not required
* Mouth guards are required
* Jerseys are provided as part of your registration
* Water bottle for practices and games

**PLAYERS**

* Players must be 5 years old by start of season and no older than 14 and in 8th grade
* 9th graders ARE NOT eligible to play flag at this time
* Players can be male or female
* Little or no experience is acceptable
* Some seasons players are required to attend a player evaluation

**AGE BRACKETS (can vary per season and registration dependent)**

* 5-6 year olds will be considered 6U
* 7-8 year olds will be considered 8U
* 9-10 year olds will be considered 10U
* 11-12 year olds will be considered 12U
* 13-14 year olds will be considered 14U
* Registration dependent, we may sometimes do 5-7, 8-10, 11-14 for age groups
* If siblings want to play together and are different ages, the younger child can play up (if appropriate)
* Older siblings are NOT permitted to play down

**COACHES**

* All coaches are volunteers
* Coaches are required to pass a background check and complete Positive Coaches Alliance training every three years
* Coaches can be family members or other volunteers from the community, male or female
* Coaches are required to abide by a code of conduct

**VOLUNTEERING**

* Each family is required to complete one hour of volunteering for each season
* Unfulfilled volunteer time will result in the opt out fee or inability to register your child in the future
* You DO NOT need to volunteer for the sport your child plays, just in the same season. For example, if you play fall flag, you can volunteer to help tackle, cheer, lacrosse or flag.
* Volunteer opportunities are:
  + Coaching and assistant coaching
  + Concessions
  + Registration Check in
  + Jersey Hand out
  + Swap Table
  + Time clock
  + Field set up and tear down
  + Volunteer hour tracker
  + Facebook B/S/T admin
  + Team parent

**TEAM PARENT RESPONSIBILIITES**

* Communicate with coaches and families
* Advise families of practice and game locations and time
* Advise families of any changes to the schedule
* Pick up and hand out jerseys – if not picked up at field
* Coordinate snack sign up (if that’s something your team wants to do)
* Answer general questions from parents
* Coordinate end of season coach gifts or get together, etc. (again if that’s something your team wants to do)

**COMMUNICATION**

* Most communication will happen through Sports Engine either in the chat feature or message feature.
* Occasional emails will come from the Stallions but ONLY to the primary email you entered at registration
* Your coach and team parent will reach out to you via email or Sports Engine

**PARENT CONDUCT**

* Parents are expected to follow the code of conduct signed at registration
* No yelling at coaches
* No yelling at refs
* No coaching from the stands/sidelines
* Do not engage verbally with parents from other teams
* All parent must sit in bleachers or set up chairs behind fences, outside of the field at all locations
* Parents are expected to be an example of sportsmanship to their children

**PRACTICES/GAMES**

* Coaches choose the time and location of practices. Your coach may choose not to run a weekly practice or run one before each game
* Spring and summer practices should be no more than 1 hour once a week.
* Fall practices may be up to an hour and a half twice a week
* Practices are NOT mandatory and your player WILL NOT be penalized, lose game play or benched for missing a practice
* Summer games are Sunday mornings and Wednesday evenings with younger kids playing earlier.
  + All summer games are played at Behm Park, 22222 W. Peterson Road, Grayslake
* Spring and Fall games are played Saturdays or Sundays at various locations in the area
* All games are approximately one hour including a short half time

**PLAYER CONDUCT**

* Players are expected to win and lose graciously
* Players are expected to listen to coaches directions and plays
* Players are expected to know and play by the rules
* Flag football is NOT a physical sport and tackling is not allowed
* Shirt pulling is not allowed
* “Smack talk” or any degrading talk towards Stallion teammates or other teams is not allowed
* Players are expected to shake hands or say good game (Something to that affect) after each game

**SPECIAL ACCOMODATIONS/REQUESTS**

* We will try to accommodate all children at all different levels and abilities. If there is something that we need to be aware of (an allergy, sensitivity, etc.) please notify the coach so they may give your child to best experiences possible
* Although we understand that kids always want to play on the same team with their best friend/neighbor etc., we cannot always accommodate requests. It can often lead to lopsided teams. We will do our best but no promises. We think its important to learn how to play with different people and make new friends
* If there is a certain coach you have requested we will let them know before the draft so they can try to draft your child onto their team. Again, we will do our best but no promises.

Thank you for taking the time to read this, hopefully it answered all your questions. We will make sure you are loaded onto your team in Sports Engine shortly.

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