



ARLINGTON
VIRGINIA

NFL Youth Flag Football Parent Meeting

8.08.2023

Staff Introductions

- Greg Anselene
 - Manager of Sports Leagues and Field Management, Athletic and Facility Services
- Mariah Leonard
 - Sports Programmer, AFS
 - League Commissioner, Grades 1-6
- Tyler Remerow
 - Sports Programmer, AFS
 - League Commissioner, Grades 7-12



Agenda

- Program History
- Team Formation
- Equipment
- Practice
- Game Days
- Rules
- NFL Flag Affiliation
- Questions/Wrap-Up
- Coaches Meeting



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Program History

- Program entering 19th year
 - Among the largest DPR Administered Youth Sports
 - One of the nation's largest NFL Flag programs
 - 1,250+ players this season
 - 120 teams
 - 231 girls



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League Information

- League Divisions
 - Coed Leagues - Grades 1,2, 3, 4, 5, 6, 7, 8, 9-10 & 11-12
 - Girls Leagues - Grades 5-6, 7-8, 9-10 & 11-12
 - Some Divisions split based on size and competitive level
- Players may play up, but not down
- Players may only play on one team per division
- Practices Begin Week of August 14th
- Pre-Season Games August 26th (Optional)
- Games Begin Weekend of September 9th
 - 7-Regular Season Games and at least 1 Playoff Game
- Single Elimination Playoffs Begin October 28th & 29th



Team Rosters

- Team rosters consist of 10 players
 - Coaches may request more
 - Those coaches must make their team aware of carrying over the maximum
- Players requested specific teammate/coach at time of registration
 - Attempt to honor all requests
 - Players without requests assigned to teams based on school/neighborhood
- Rosters posted to Sports Connect website
 - Please ensure contact information is accurate



Equipment

- Mouthguard
- Shorts without Pockets
- No Metal Cleats/Spikes
- No Jewelry
- No Altered Jerseys
- Must use NFL Flag Footballs for Game Balls
- New Jerseys
 - Home Team Wears Dark Side
 - Pick-up at Lubber Run Community Center – Date TBD

300 N. Park Drive
Arlington, VA 22203



Coaching

- Volunteer Coaches still needed! (Grades 3rd, 5th, 6th, 7th, 8th, 9th & 10th)
- No experience necessary
- Interested individuals should [register online](#) through your sports connect account.
- [Link to Resources](#)
 - Playbooks
 - Complete Rulebooks
 - Situational Gameplans
 - Practice Plans
- Background Checks
- CDC Heads Up Training
- Sportsmanship

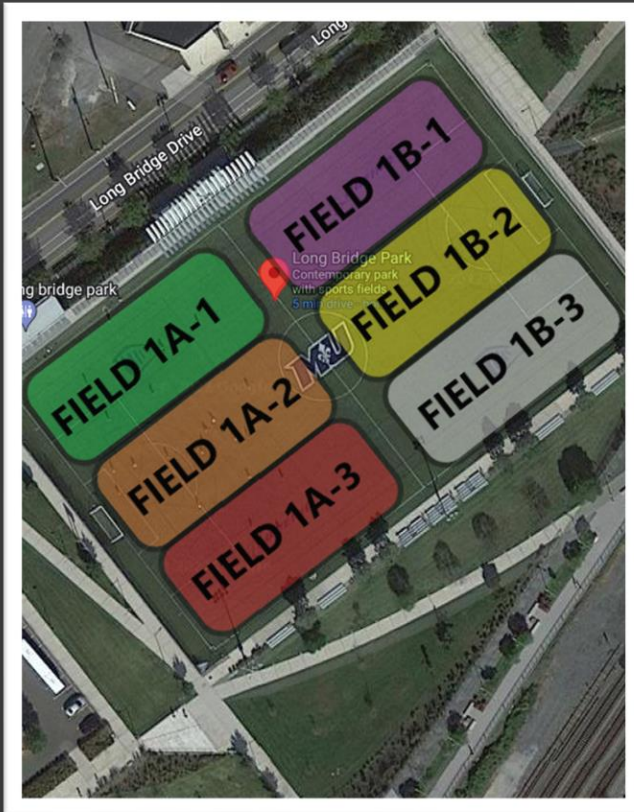


Practices

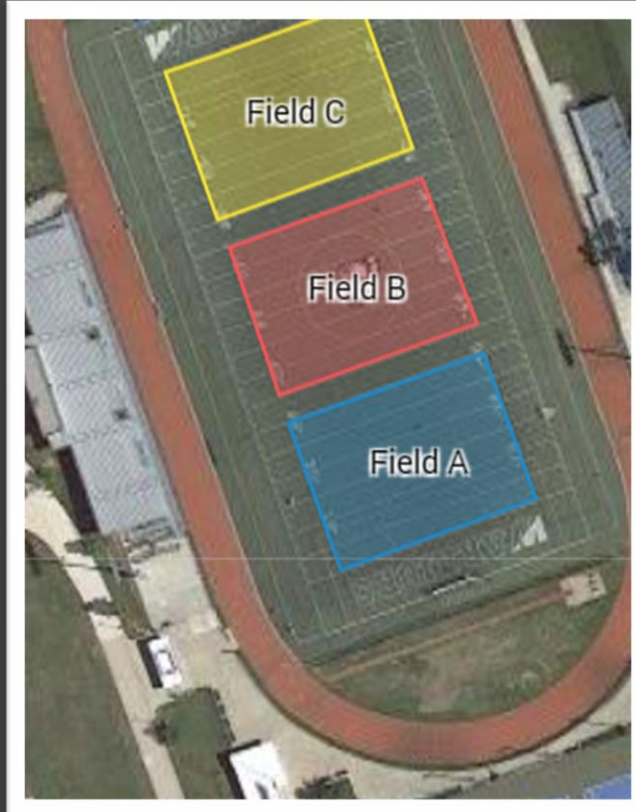
- 1-hour weekday practice until season end
- 1-hour weekend practice until 9/3
- Check weather alert line before you go
 - 703-228-4715
 - Updated at 3 PM (Weekdays)
 - Sign-up for [Arlington Alert](#)
- Locations
- Field lines
- Leave no trace
- Practice Selection Platform
 - Head Coaches should have received credentials today
 - Today for multi-team coaches
 - Tomorrow (8/9 at 12:01 AM) 1st – 6th Grade
 - Friday (8/11 at 12:01 AM) 7th – 12th Grade



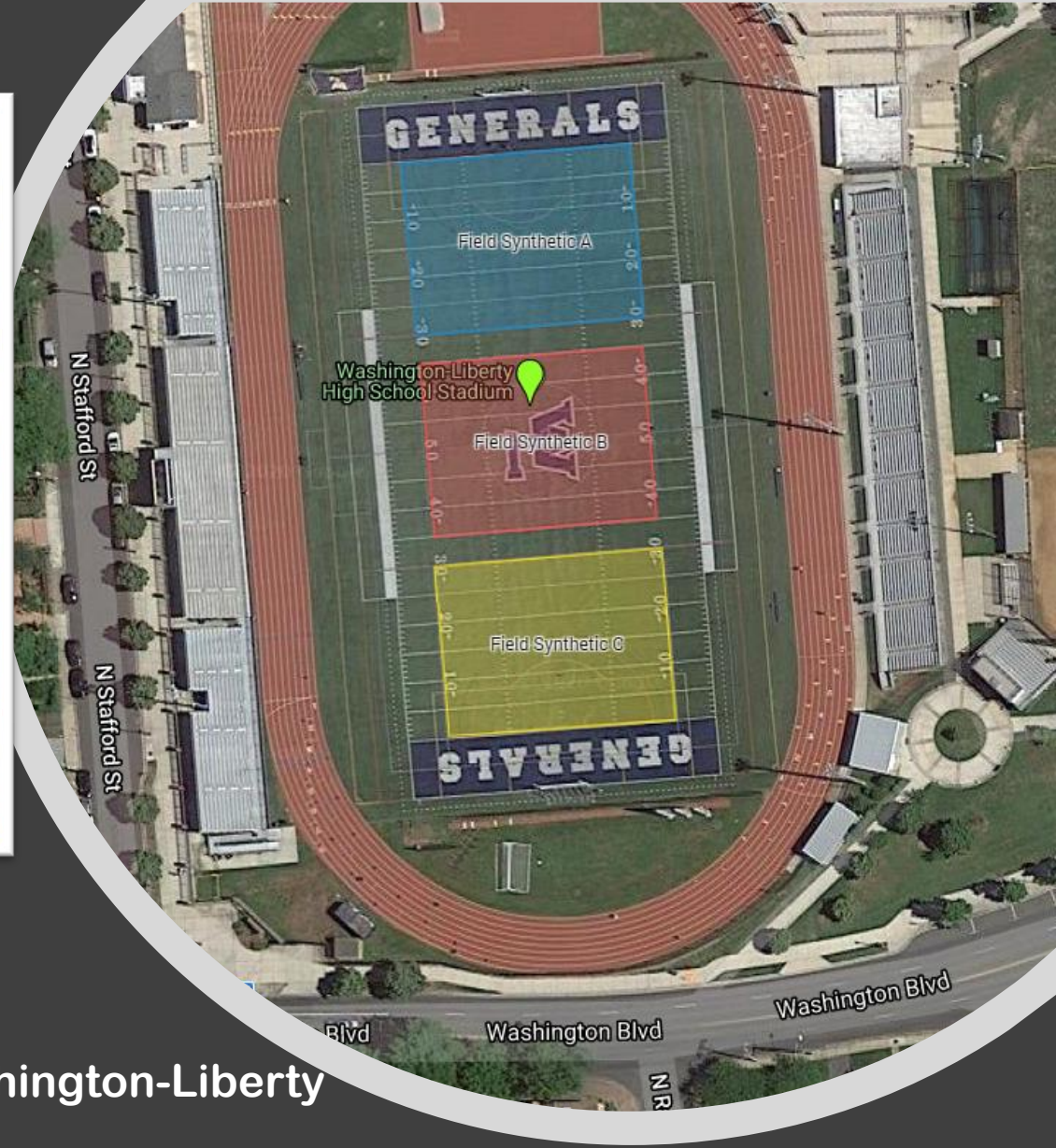
Fields



Long Bridge Park



Wakefield High



Washington-Liberty High



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Fields



Ft. Barnard



Quincy #3



W-L Combo

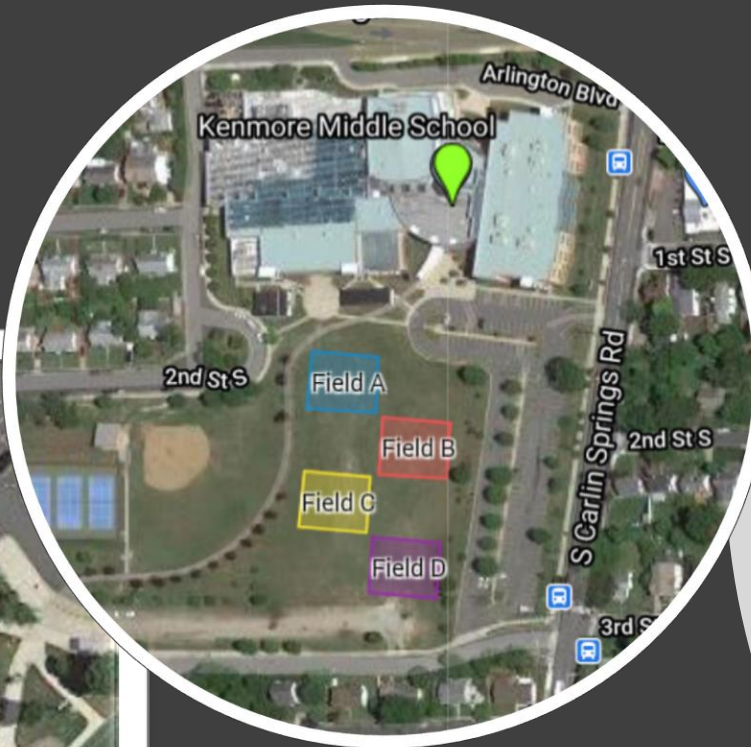


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Fields



Barcroft #4



Kenmore #4



Bluemont #1 & #2

Game Day Information

- Field Monitor
- Roving Monitor
 - 571-238-0265
- Sportsmanship
 - Code of Conduct for fans, coaches, players
- Fans in the Stands
- No Dogs on Fields or on APS Grounds
- Social Media
 - #ArlingtonFlag
- Playing time
 - All players should receive equitable playing time throughout the game and season



Game Day Information (Cont.)

- Game Start Time Windows

- 1st Grade Coed – Sundays at 11:30am
- 2nd Grade Coed – Sundays at 12:30pm
- 3rd Grade Coed – Saturdays 10:30am to 2:30pm & Sundays at 1:30pm
- 4th Grade Coed – Saturdays 10:30am to 2:30pm & Sundays at 1:30pm
- 5th Grade Coed – Saturdays 10:30am to 2:30pm & Sundays at 1:30pm
- 6th Grade Coed – Saturdays 3:30pm to 5:30pm & Sundays 2:30pm to 4:30pm
- 7th Grade Coed – Saturdays 3:30pm to 6:30pm & Sundays 5:30pm to 6:30pm
- 8th Grade Coed – Saturdays 5:30pm to 7:30pm
- 9th/10th Grade Coed – Saturdays 5:30pm to 7:30pm & Sundays 3:30pm to 6:30pm
- 11/12th Grade Coed – Saturdays 6:30pm to 7:30pm & Sundays at 6:30pm
- 5th/6th Grade Girls – Saturdays at 3:30pm & Sundays at 2:30pm
- 7th/8th Grade Girls – Saturdays at 4:30pm & Sundays 2:30pm to 3:30pm
- 9th/10th Grade Girls – Saturdays 5:30pm to 6:30pm & Sundays 4:30pm to 5:30pm
- 11th/12th Grade Girls - Saturdays 5:30pm to 6:30pm & Sundays 4:30pm to 5:30pm



Inclement Weather

- Synthetics Policy
- Weather Alert Line
 - 703-228-4715
 - Sign-up for Text Updates with [Arlington Alert](#)
 - DO NOT ASSUME FIELD STATUS
- No Make-up Games

LIGHTNING SAFETY

WHEN THUNDER IS HEARD, OR A CLOUD-TO-GROUND LIGHTNING BOLT IS SEEN

SUSPEND PLAY AND TAKE SHELTER IMMEDIATELY

PRESS BOXES, SHEDS, STORAGE BUILDINGS, OR DUGOUTS WILL NOT PROVIDE ADEQUATE PROTECTION.

30/30 RULE OR THIRTY-MINUTE RULE

WAIT AT LEAST 30 MINUTES AFTER THE LAST THUNDER IS HEARD OR FLASH OF LIGHTNING PRIOR TO RESUMING PLAY.

ANY SUBSEQUENT THUNDER OR LIGHTNING AFTER RESETS THE CLOCK FOR ANOTHER 30-MINUTE DLEAY

NFL Flag Affiliation

- NFL Flag Partnership
- [Regional Tournaments](#)
 - Commanders Region - 10/29
 - Eagles Region- 11/25
- All US Regional Divisions are: 8u, 8u Rec, 10u, 10u Rec, 10u Girls, 12u, 12u Rec, 12u Girls, 14u, 14u Girls, 17u Girls
- Rec Divisions roster must match Arlington County Roster



Contact Info

- League manager for Grades 1-6
 - Mariah Leonard
 - Mleonard2@arlingtonva.us
 - 703-228-0087
- League manager for Grades 7-12
 - Tyler Remerow
 - Tremerow@arlingtonva.us
 - 703-228-1808



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Parks & Recreation



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Questions?

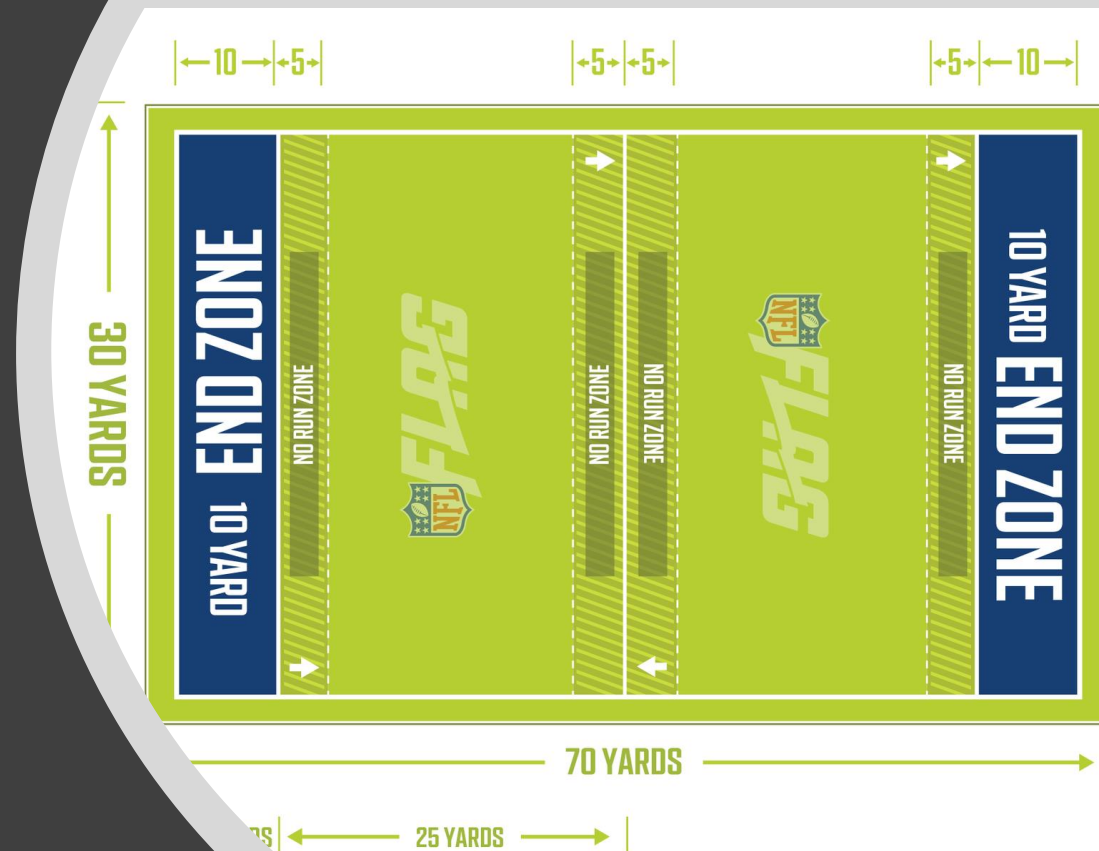
Thank You Parents!

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Flag 101

- All passes must be forward and past the line of scrimmage. (No laterals)
- Fumbles are Dead Balls
- Must be behind the rush line at snap
- No Run Zones
- Ball placement (Spot of Ball)
- Rushing the Passer (Rule 8.5)
- 2 60 second Timeouts per game
- 24-minute halves running clock
- 40 second play clock
- Coaches on the field (1-3)
- Overtime Format



Season Standings

- Coaches Report Scores through the Score Reporting Form within 24 hours.
- Divisional Tiebreakers:
 - Winning %
 - Head-to-Head
 - Record vs. Common opponents
 - Points against
 - Rock, Paper, Scissors via email
- All Teams make the playoffs
- Teams may be moved for playoffs



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Coach Registration

- Background Check Process
 - [Employer's Choice](#)
 - Not needed, if done in the past 8 months
 - [CDC Heads Up Training](#)
- Sports Connect
 - Team Central
 - [Stack Team App](#)
- Coaches Code of Conduct



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QUESTIONS?



Thank You Coaches!

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