




ARLINGTON
VIRGINIA

**NFL Youth Flag Football
Parent Meeting
8.13.2024**

Staff Introductions

- Greg Anselene
 - Manager of Sports Leagues and Field Management, Athletic and Facility Services
- Mariah Leonard
 - Sports Programmer, AFS
 - League Manager, Grades 1-6
- Tyler Remerow
 - Sports Programmer, AFS
 - League Manager, 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 20th year
 - Among the largest DPR Administered Youth Sports
 - One of the nation's largest NFL Flag programs
 - 1,300+ players this season
 - 130 teams
 - 242 Girls



League Information

- League Divisions
 - Coed Divisions - Grades 1,2, 3, 4, 5, 6, 7, 8, 9-10 & 11-12
 - Girls Divisions - Grades 5-6, 7-8, 9-10 & 11-12
 - Divisions split based on size & competitive level
- Players may play up, but not down
- Players may only play on one team per division
- Practices Begin Week of August 19th
- Games Begin Weekend of September 7th
 - 7 Scheduled Regular Season Games (6 Guaranteed) and at least 1 Playoff Game
- Single Elimination Playoffs Begin October 26th & 27th
- Playoffs Conclude November 3rd (11/9-10 Makeup Weekend)



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
- Must use NFL Flag Footballs for Game Balls
- No Altered Jerseys
- Team Jerseys
 - Home Team Wears Dark Side
 - Pick-up at Lubber Run Community Center – Monday, August 19th, 4pm to 7pm
 - 300 N. Park Drive
Arlington, VA 22203



Coaching

- Volunteer Coaches still needed! (Grades 2nd, 3rd, 5th, 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

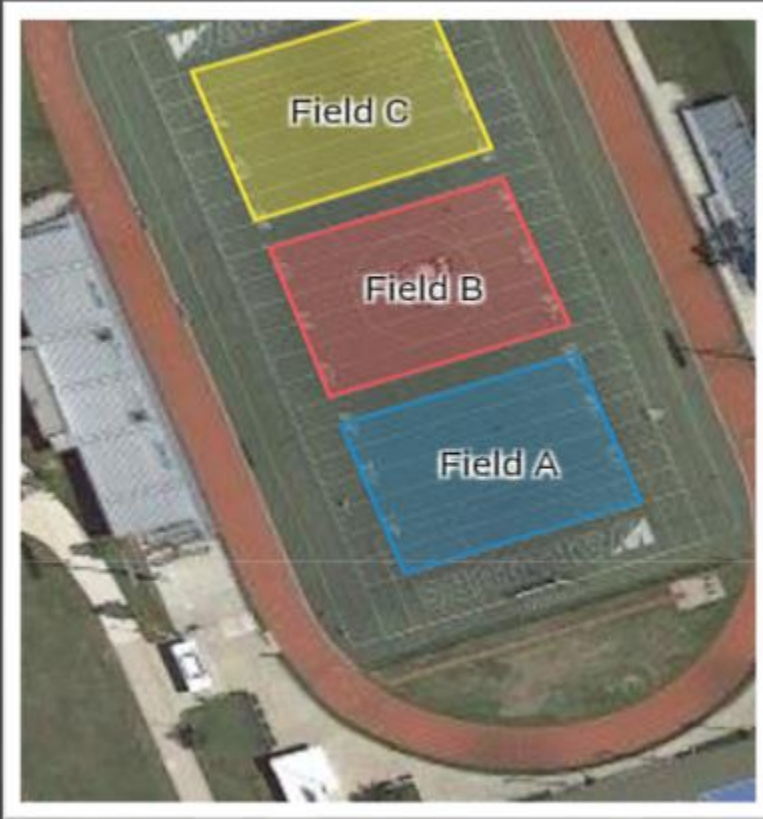


Practices

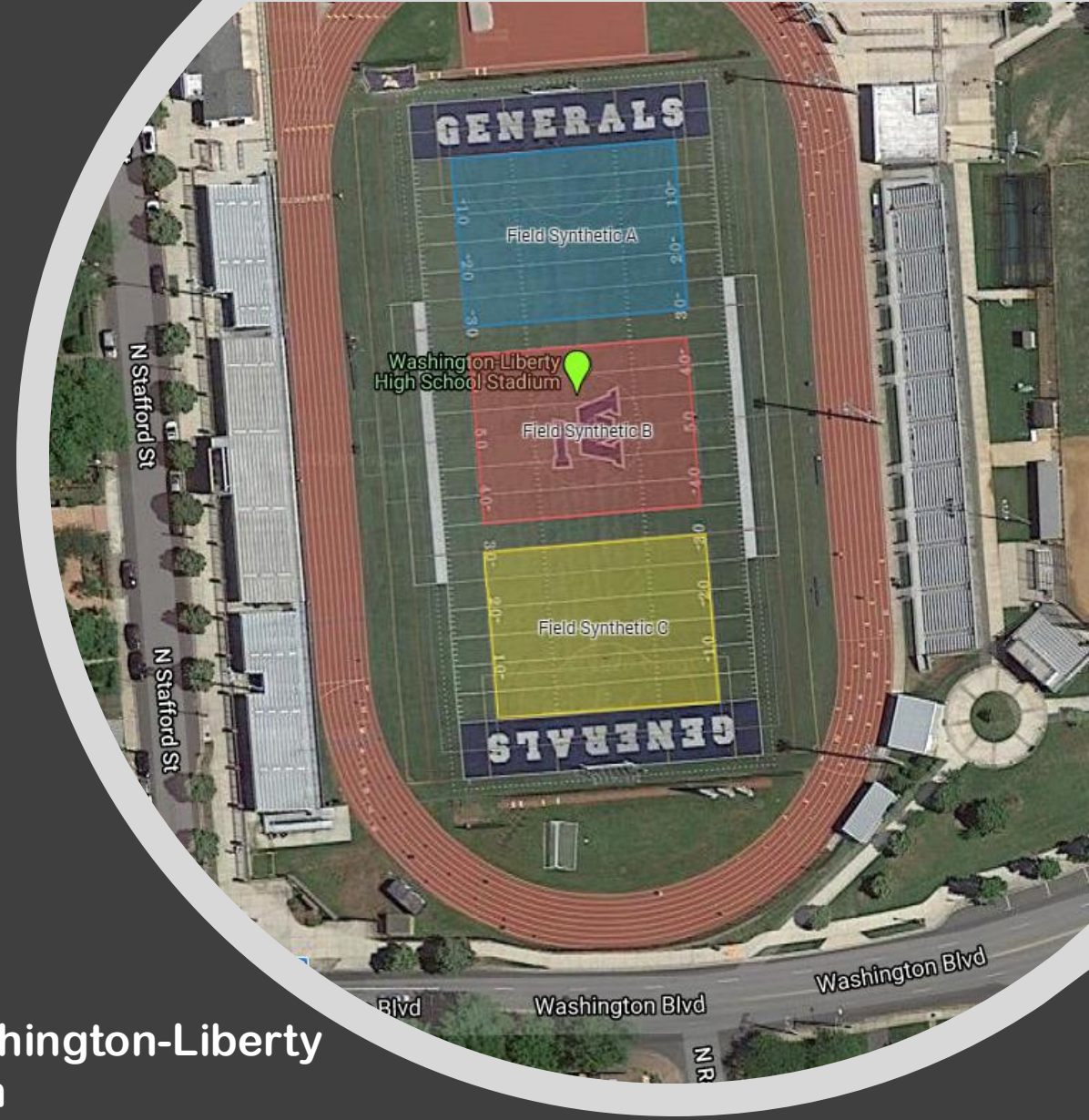
- 1-hour weekday practice until season end
- 1-hour weekend practice until 9/1 (Preseason)
- Check weather alert line before you go
 - 703-228-4715
 - Updated at 3 PM (Weekdays)
 - Sign-up for [Arlington Alert](#)
- Practice Field lines
- Leave no trace
- Practice Selection Platform
 - Head Coaches should have received credentials today
 - Today (8/13 at 12:00 PM) Dual Coaches and 1st – 2nd Grade Window Opens
 - Tomorrow (8/14 at 12:00 PM) 3rd and 4th Grade Window Opens
 - Thursday (8/15 at 12:00 PM) 5th – 8th Grade Window Opens
 - Friday (8/16 at 12:00 PM) 9th – 12th Grade Window Opens



Fields



Wakefield High



Washington-Liberty High

Fields



Ft. Barnard



Quincy #3



W-L Combo



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, referees
- 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 – Saturdays 10:30am & Sundays at 12:30pm
- 3rd Grade Coed – Saturdays 10:30am to 2:30pm & Sundays 1:30pm to 2:30pm
- 4th Grade Coed – Saturdays 11:30am to 3:30pm & Sundays at 1:30pm
- 5th Grade Coed – Saturdays 11:30am to 3:30pm & Sundays at 1:30pm
- 6th Grade Coed – Saturdays 4:30pm to 5:30pm & Sundays 3:30pm to 4:30pm
- 7th Grade Coed – Saturdays 4:30pm to 7:30pm & 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 4:30pm to 6:30pm
- 11/12th Grade Coed – Saturdays 7:30pm & Sundays at 6:30pm
- 5th/6th Grade Girls – Sundays at 2:30pm to 3:30pm
- 7th/8th Grade Girls – Saturdays at 4:30pm to 5:30pm
- 9th/10th Grade Girls – Saturdays 4:30pm to 6:30pm
- 11th/12th Grade Girls - Saturdays 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 - 11/2
 - Eagles Region- 11/30
- 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
 - 703-228-1818
- League manager for Grades 7-12
 - Tyler Remerow
 - Tremerow@arlingtonva.us
 - 703-228-1808



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Parks & Recreation

Questions?

Thank You Parents!

Arlington Flag Football 2024



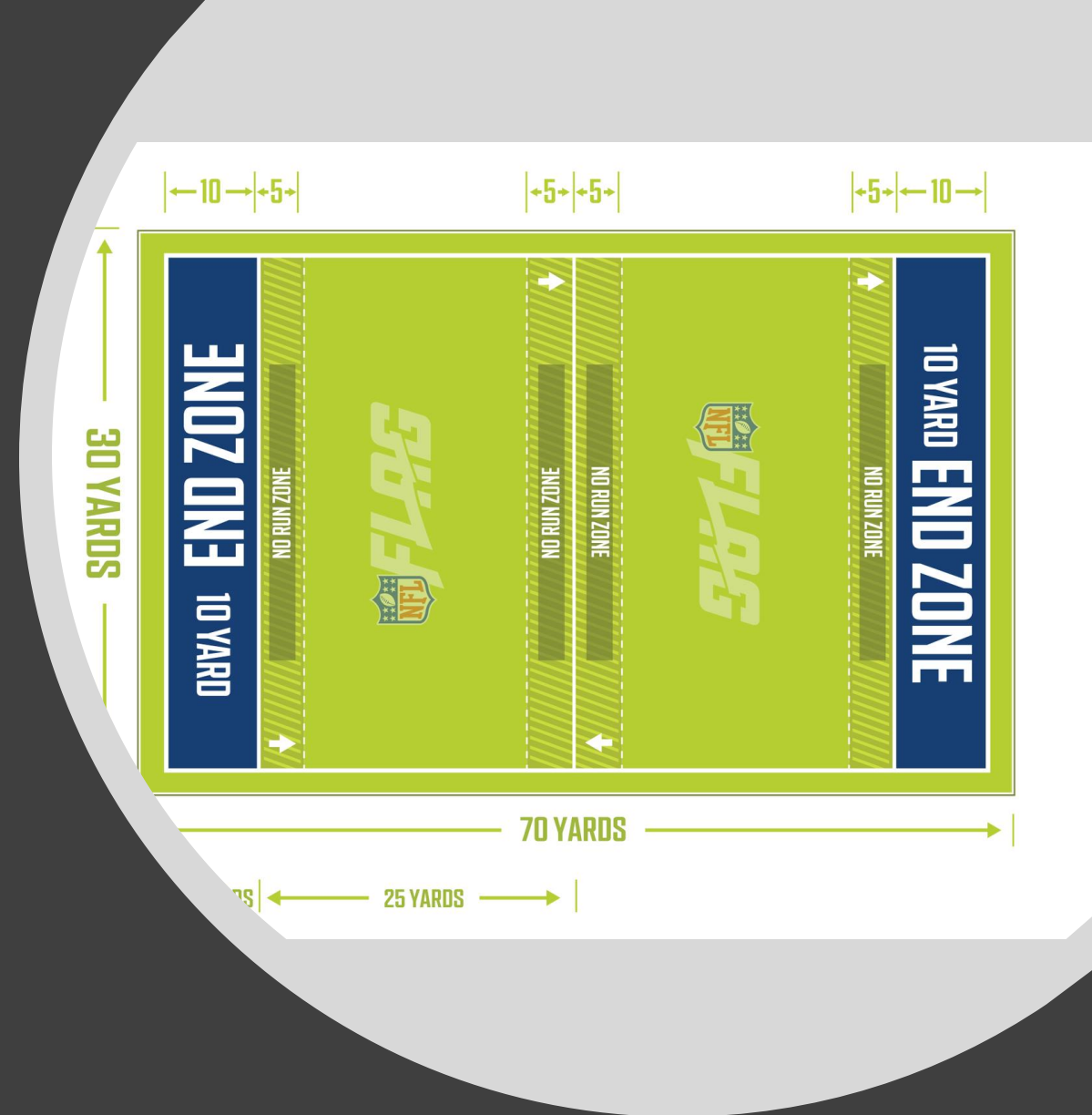
Flag 101

[Penalties Chart](#)

[2024 Rule Book](#)

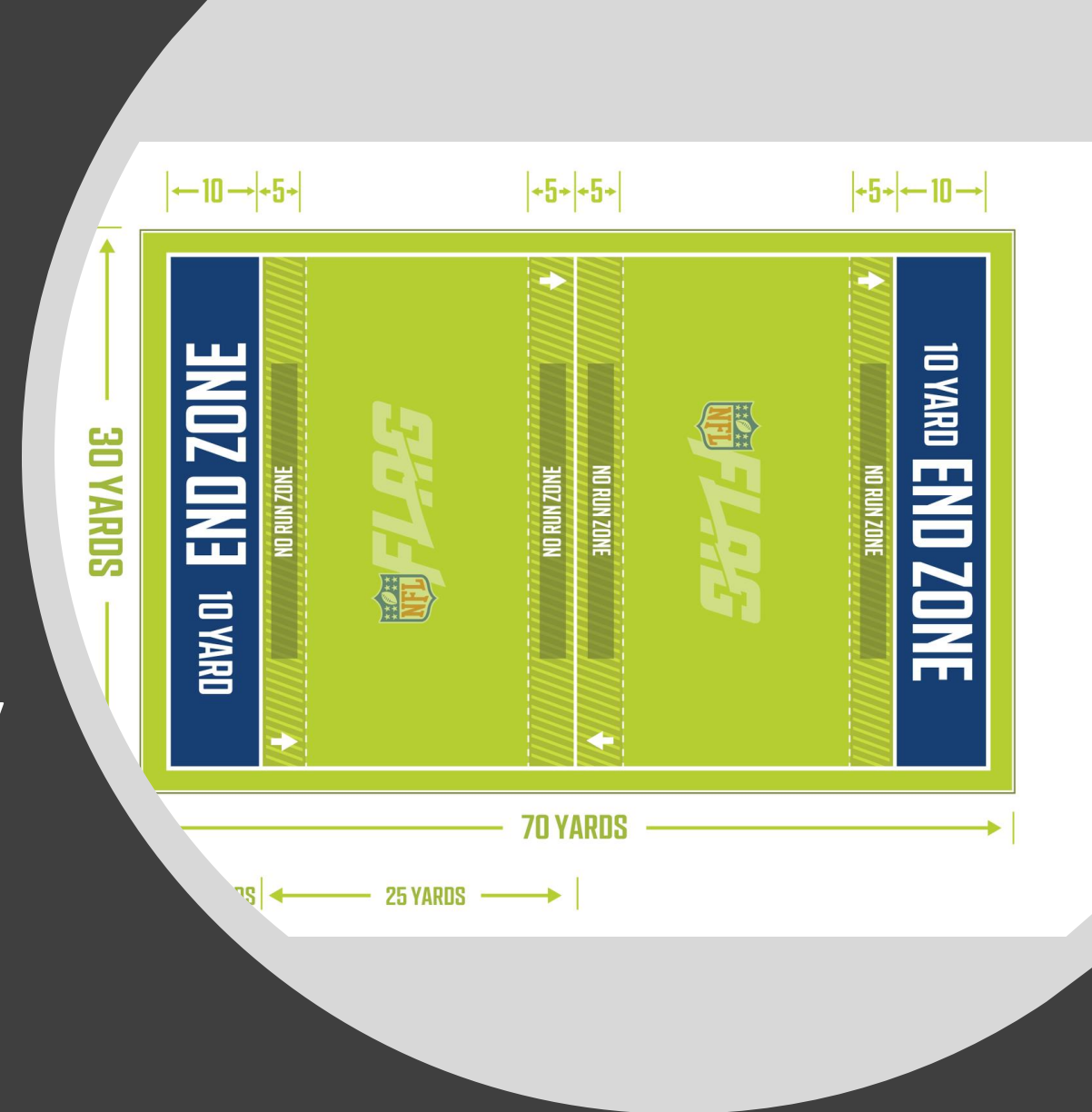
[Arlington County Rule Modifications](#)

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



New Rules

- Pitches, laterals, and backwards passes are permitted behind the line of scrimmage only
- Rushers must now identify themselves by raising their hand pre-snap. Maximum of 2 rushers per play
- Rush MUST be immediate. NO delayed rushing permitted.
- Any time prior to making the ball ready for play on 4th down, the referee must ask the coach to declare "PUNT or PLAY". The coach must answer or risk a delay of game penalty at that time
- Jumping and leaping is not permitted.



Season Standings

- Winning 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



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



QUESTIONS?



Thank You Coaches!



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2024**