



# NFL Youth Flag Football Parent Meeting

8.11.2025



# Staff Introductions

- Ben Harris
  - Assistant Division Chief, Athletic and Facility Services
- Mariah Leonard
  - Sports Programmer, AFS
  - League Manager, Grades 1-12
- Xavier Marin
  - Athletic and Facility services Intern
  - Assisting with NFL Flag Program



# 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 21<sup>st</sup> year
  - Among the largest DPR Administered Youth Sports
  - One of the nation's largest NFL Flag programs
    - 1,300+ players this season
    - 132 teams
    - 252 Girls



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# 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 18<sup>th</sup>
- Games Begin Weekend of September 6<sup>th</sup>
  - 7 Scheduled Regular Season Games (6 Guaranteed) and at least 1 Playoff Game
- Single Elimination Playoffs Begin October 25<sup>th</sup> & 26<sup>th</sup>
- Playoffs Conclude November 2nd (11/8-9 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 Required**
- 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
  - Coach Pick-up at Lubber Run Community Center – August 18<sup>th</sup>, 4pm to 7pm
  - 300 N. Park Drive  
Arlington, VA 22203



# Coaching

- Volunteer Coaches still needed! (Grades 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup>/6<sup>th</sup>G, 6<sup>th</sup>, 7<sup>th</sup>, 8<sup>th</sup>, 9<sup>th</sup> & 10<sup>th</sup>)
- 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





# Practices

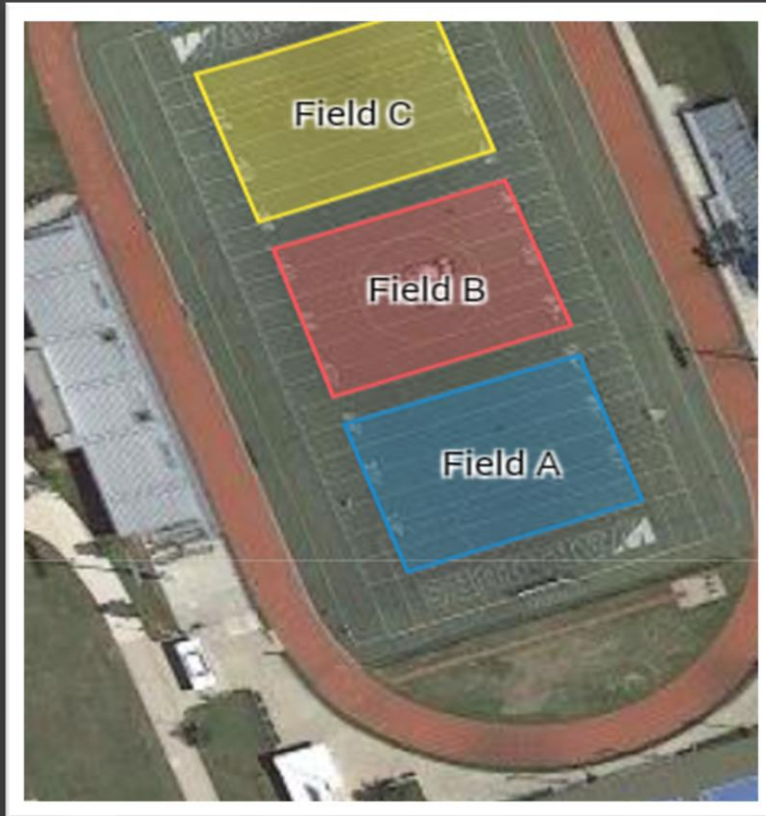
- 1-hour weekday practice until season end
- 1-hour weekend practice until 9/1 (Preseason)
- Check weather alert line before you go
  - 703-228-4715
  - Updated at 3 PM (Weekdays)
  - Sign-up for [Arlington Alert](#)
- Practice Field lines
- Leave no trace
- Practice Selection Platform
  - Head Coaches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



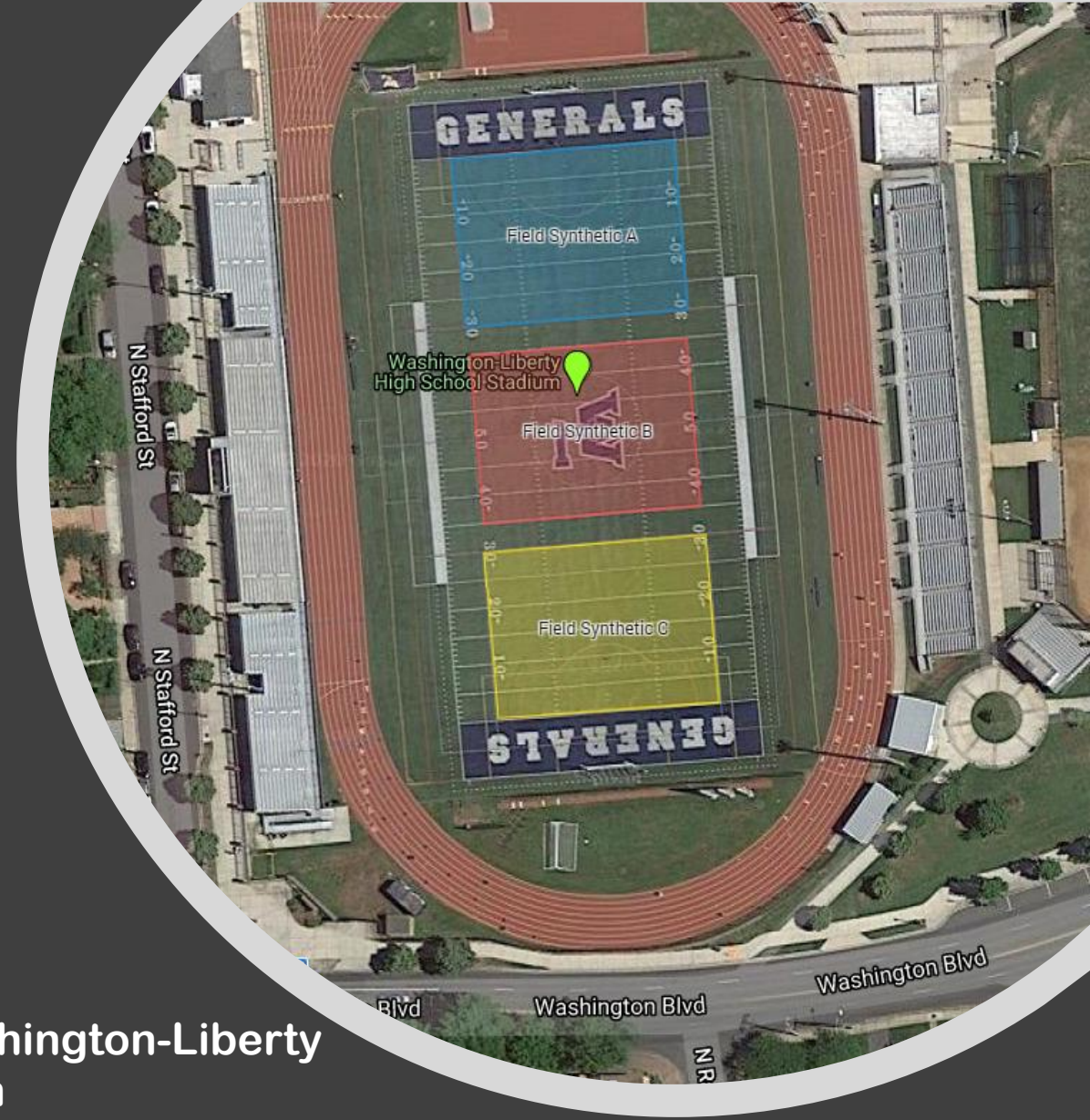
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# Fields



Wakefield High



Washington-Liberty High



# 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, 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



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# Game Day Information (Cont.)

- Game Start Time Windows

- 1<sup>st</sup> Grade Coed – Saturdays at 10:30am & Sundays 10:30am to 11:30am
- 2<sup>nd</sup> Grade Coed – Saturdays 10:30am to 11:30am & Sundays at 11:30am
- 3<sup>rd</sup> Grade Coed – Saturdays 11:30am to 4:30pm & Sundays 11:30am
- 4<sup>th</sup> Grade Coed – Saturdays 12:30pm to 2:30pm & Sundays 12:30pm to 2:30pm
- 5<sup>th</sup> Grade Coed – Saturdays 1:30pm to 5:30pm
- 6<sup>th</sup> Grade Coed – Saturdays 5:00pm to 6:30pm & Sundays at 2:30pm
- 7<sup>th</sup> Grade Coed – Saturdays 6:00pm to 7:00pm & Sundays 3:30pm to 6:30pm
- 8<sup>th</sup> Grade Coed – Saturdays 6:00pm to 7:30pm & Sundays 3:30pm
- 9<sup>th</sup>/10<sup>th</sup> Grade Coed – Saturdays 7:00 to 7:30pm & Sundays 5:30pm to 7:30pm
- 11/12<sup>th</sup> Grade Coed – Saturdays 8:00pm & Sundays 5:30pm
- 5<sup>th</sup>/6<sup>th</sup> Grade Girls – Sundays at 12:30pm to 1:30pm
- 7<sup>th</sup>/8<sup>th</sup> Grade Girls – Saturdays at 5:30pm to 6:30pm
- 9<sup>th</sup>/10<sup>th</sup> Grade Girls – Saturdays 1:30pm to 2:30pm
- 11<sup>th</sup>/12<sup>th</sup> Grade Girls - Sundays 3:30pm to 7:30pm



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# 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 - 11/1
- 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 1-12
  - Mariah Leonard
    - Mleonard2@arlingtonva.us
    - 703-228-1818



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**Parks & Recreation**

# Questions?

## Thank You Parents!

### Arlington Flag Football 2025





# 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





# 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



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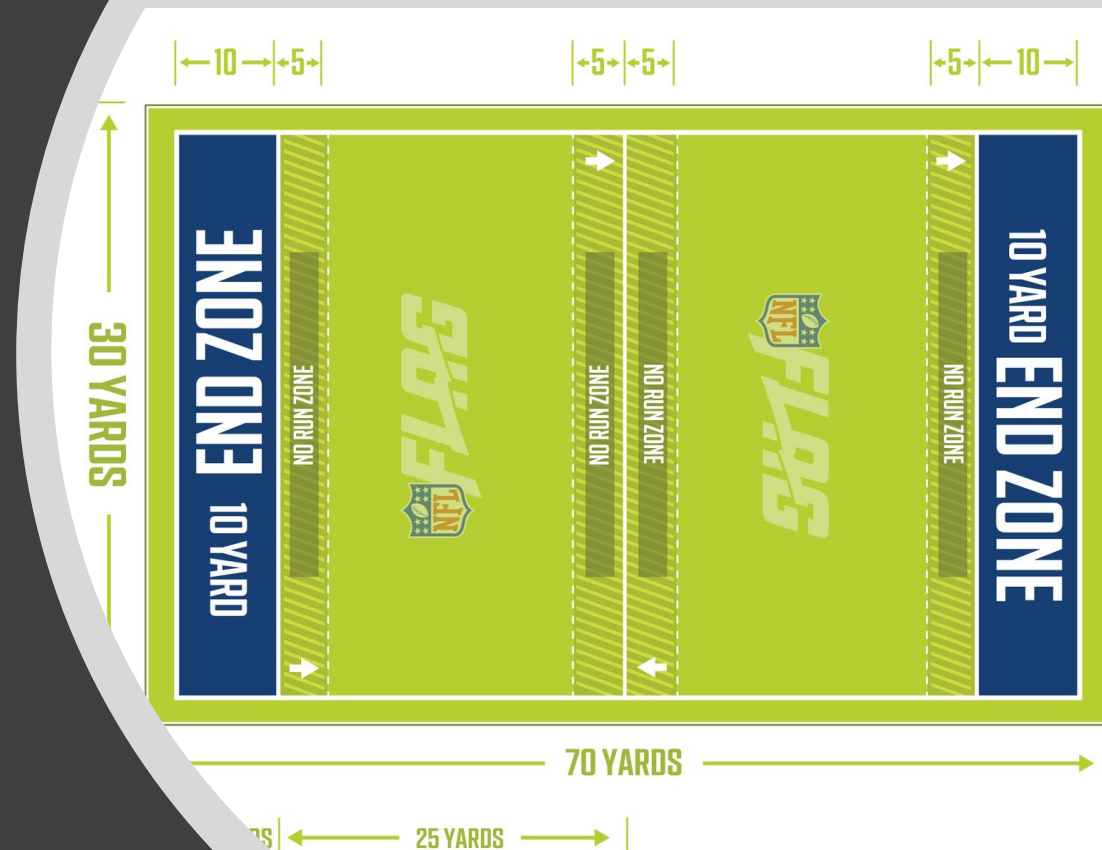
# Flag 101

[Penalties Chart](#)

[2025 Rule Book](#)

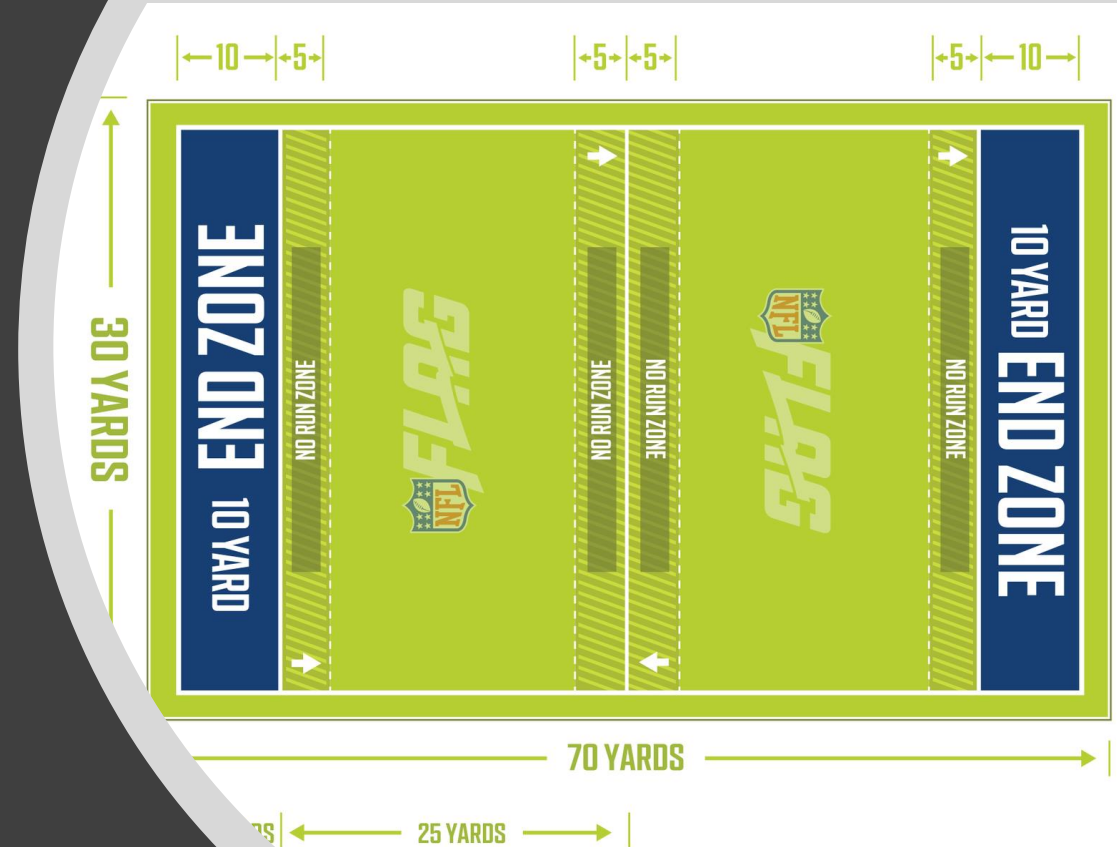
[Arlington County Rule Modifications](#)

- 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 13.5)
- No Run Zones\*
- 2 60 second Timeouts per game
- 24-minute halves running clock\*
- 45 second play clock
- Coaches on the field (1-2)
- Overtime Format



# Additional 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.





# QUESTIONS?



# Thank You Coaches!

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