



DEPARTMENT OF PARKS AND RECREATION

ATHLETIC AND FACILITY SERVICES DIVISION  
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## Arlington County Department of Parks and Recreation

### COVID-19 2020 Flag Football Athlete FAQ

*Q: Will we play flag football games this season?*

**A: The season will start with practices only. We will try to play a shortened season or small tournaments later in the fall.**

*Q: Can we shake hands with our teammates at practices?*

**A: We recommend that instead of shaking hands, players clap toward teammates to show encouragement or implement “foot shakes” with their teammates.**

*Q: Will I still get to play with my friends?*

**A: Yes. The way teams are formed has not changed due to COVID-19.**

*Q: Will we still use flags?*

**A: Drills with flag pulling will be limited to begin the season. We will continue to evaluate as the season progresses.**

*Q: Will I still receive an NFL team jersey?*

**A: Yes, all players will receive an NFL team jersey.**

*Q: What do I do with my mouthguard?*

**A: Please keep your mouthguard in your mouth as much as possible and avoid touching your face.**

*Q: Do I need to wear a mask while playing?*

**A: You will need to wear a mask when entering the field and leaving the field. You do not need to wear a mask while playing.**

*Q: Can my family still come and watch me play?*

**A: Yes. Two people per player can attend games or practices.**