

## Spring Flag Q & A

### **What exactly is Spring Flag?**

Spring Flag is a game played by 5 players on offense and five players on defense. Normal football skills involving running, passing, catching and defending are employed. There is absolutely no contact. While general football rules are followed the field and down structure are much different. RFL Spring Flag is low key with emphasis on fun much like backyard football.

### **When is the season and where are the games played?**

The actual season will start the weekend after public school and parochial school Spring Break. Practice can start on or about April 1st and are limited to three (3) sessions before the season starts. All games are played on Sunday afternoons, usually between noon and 5:00 pm with the youngest group first. Games last about 50 minutes. Sometimes double headers are played to make up for cancellations due to weather. All games will be played at Manny Stepanek Park, the home of the RFL, on Gaither Rd a block off of Shady Grove.

### **What if I play baseball or lacrosse?**

Coaches understand that these sports have priority just as football has priority in the Fall. Players may not be penalized if they have unexpected conflicts with traditional spring sports. Coaches should be notified as far in advance as possible if players will be late or absent.

### **Is this just for boys?**

Absolutely not. In both our Spring and Fall program we have excellent female athletes that go toe to toe with the guys. In fact the first touchdown ever scored at our new facility was by a young lady.

### **Are there age and weight divisions?**

There are no weights. Based on a players age as of February 1st of the current year players register for either 6 & U (must be at least in kindergarten), 8 & U, 10 & U or 13 & U. A middle school and high school jv program is run in conjunction with specific schools. Players may "play up" one age group if they are experienced or exceptional athletes. There are no age group exceptions.

### **How are teams selected?**

Unlike Fall Tackle which has strict geographic boundaries for teams, Spring Flag has no restrictions. In fact we encourage coaches to hand pick teams of friends or players that may be playing for them during the fall. Spring Flag teams have no relation to fall teams. There are no Bears, Panthers etc. Teams are designated by league issued shirt color.

### **How do I register?**

All registration is done on-line at [www.rfl.cc](http://www.rfl.cc). Complete instructions will appear on Registration Central when the home page Spring Flag Link is activated on or about February 15. Current or former RFL Spring or Fall players should use their existing account to register.

**How much does it cost and what do I need to buy?**

Registration is \$100.00 (includes all processing and credit card fees). Each player is issued a team shirt, mouth guard and a flag belt. Players must provide white shorts and either sneakers or football cleats.

**What if I want a specific coach or play with friends?**

There is a box on the registration form to request a coach. Please use last name. You can also request to be placed with a friend or friends by putting their names in this box. We are usually pretty successful in filling requests.

**Who are the coaches and can I coach?**

Some of our coaches are Fall RFL coaches, some coach Spring Flag only and some are dads or moms who want to have some fun. As long as you know the football basics you can coach Spring Flag. We will help you with playbooks and other publications that will give you plenty of ideas. The only requirements are to be at least 18 years old be certified by the National Youth Sports Coaches Association (NYSCA). If you are not NYSCA certified it is an easy on-line process that we will guide you through. You will also need to be fingerprinted for the mandatory FBI background check for abusers or other criminal activity.