

2024 Flag Football League Info Sheet

With the West Licking-NFL Flag Football League

This is a partnership between the LHYSL, SW Licking, and the Buckeye Valley YMCA to form a larger, more competitive flag football league for Western Licking County.

LHYSL provides a fun, non-contact, developmental Coed Flag Football experience for boys and girls, K to grade 6 kids. We will teach fundamentals, conditioning, discipline, sportsmanship, and teamwork as it pertains to Coed non-contact flag football in a fun atmosphere.

This league will concentrate on passing, running, receiving, route running, and defensive coverage.

This league serves as great steppingstone for kids that are interested in tackle football or help skills for the kids who already compete in tackle football.

- **Flag Football League will be made up of 3 COED divisions.**

***Mini** -- Kindergarten, 1st, and 2nd grade age players*

***Junior** – 3rd and 4th grade age players*

***Junior** – 5th & 6th grade age players*

Each division will have more than one team or may be combined depending on registration numbers.

Participants may be assigned to a division differing from their grade based on size and skill.

- **Flag Football General Information (practice & game)**

- ✓ Each team will participate in organized football drills.
- ✓ Each team will have at least 10-15 players and at least (2) coaches that will teach fundamentals.
- ✓ Practices and games will usually be on the weekend (Sunday afternoons).
- ✓ Each team has the option to have practice once a week.
- ✓ There will be a draft after evaluations. Teams are determined by skills & grades. Approved by each organization's Football Director.
- ✓ Each team has the option to have (1) practice once during each week.
- ✓ There will be practice first then after will be game after the practice session. Practice is usually an hour then the game is appx 30 - 45 min.
- ✓ Each team will compete against other teams from the YMCA and SWL.
- ✓ All games will be 7on7 using NFL/USA Flag Football Rules
- ✓ The locations of practice/games will be LH Craig Field, SWL Lions Club, & the YMCA fields.
- ✓ Each season will end with a Championship / Awards day that will be at the YMCA.
- ✓ Transportation to and from practices and games is the responsibility of the Parents.

- **Flag Football Participant Information**

- ✓ All registration will be online at www.lhysl.org
- ✓ All children, Boy and Girls, eligible to register from kindergarten age up to 6th grade age.
- ✓ All participants will receive (1) game jersey that will be reversable, NFL style.
- ✓ The league will provide flags for all practices and games.
- ✓ Each participant is responsible and must have the following:
 - Mouthpiece / Mouthguard (this is mandatory to play)
 - Black shorts without pockets
 - Cleats (football or soccer) NO baseball or metal cleats
 - Water for Hydration
- ✓ This will be a 7–9-week league. If you sign your child up for this league, he or she is expected to be at all practices and games. Poor attendance will result in reduced playing time.
- ✓ Playing time: There is NO minimum playing time for any athletes. Our coaches will try and play everyone and keep all involved. Attendance, attitude, and effort will help the most for play time.

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With the West Licking-NFL Flag Football League (Cont.)

· **West Licking-NFL Flag Football league responsibilities**

- ✓ This league is a partnership between Licking Heights Youth Sports League, SW Licking Football and Buckeye Valley Family YMCA.
- ✓ League commissioners that will be overseeing the League and making decisions will be:
 - Sharde Pratt – YMCA
 - Rick Bittner – LHYSL
 - Mike Buckman – SWL
- ✓ Our goal is to manage all practices and games at each location in the same manner, and also to enforce flag football game rules consistently across the league.
- ✓ If you registered through the LHYSL website then all questions, grievances, and general communication will be handled by the LHYSL.
- ✓ Anybody that registers through the LHYSL website will be subject to LHYSL bylaws and Code of Conduct the same as any other program the LHYSL offers.
- ✓ No refunds after the order for game jerseys have been placed (appx 3/18/24)

2024 West Licking-NFL Flag Football “Tentative” Schedule

All times to be determined when registration numbers and game schedule is created.

Jan 15th to March 4th: Open registration at www.lhysl.org @ \$100 per athlete

March 22nd @ 5:00pm: Coaches meeting (Location TBD)

March 24th @ 3:00pm: Practice / Evaluations (At Craig Field & check-in will start at appx 2:30)

1st WEEK - EVALUATIONS/COMBINE WILL BE AT THE PRACTICE FIELD NORTH OF THE MAIN FIELD.

- *If poor weather, Coaches mtg and/or practice may be moved to the week of 3/25 during the week.*
- For weather related info/status pertaining to camp look for LHYSL emails and follow our Facebook page.

Starting March 24th Season's Schedule

Locations

Pre - 3/24/24 - Sunday - Practice / Evaluations	LH Craig Field
Holiday - 3/31/24 - Easter Sunday	NO Practice or Games
Wk 1 - 4/7/24 - Practice & Games	LH Craig Field / SWL / YMCA
Wk 2 - 4/14/24 - Practice & Games	LH Craig Field / SWL / YMCA
Wk 3 - 4/21/24 - Practice & Games	LH Craig Field / SWL / YMCA
Wk 4 - 4/28/24 - Practice & Games	LH Craig Field / SWL / YMCA
Wk 5 - 5/5/24 - Practice & Games	LH Craig Field / SWL / YMCA
Holiday - 5/12/24 - Mothers Day	NO Practice or Games
Wk 6 - 5/19/24 - Practice & Games	LH Craig Field / SWL / YMCA
Wk 7 - 5/26/24 - Practice & Games	LH Craig Field / SWL / YMCA
Wk 8 - 6/2/24 - Playoff & Championship Week	LH Craig Field / SWL / YMCA

- ✓ League goal is to have at least a 6-7 game minimum, but with the weather there are no guarantees.
- ✓ Actual times and locations of game will be published appx 1 week before Week 1.
- ✓ Week 8 Playoff games will be held at all three locations with the Championship game at the YMCA.
- ✓ All coaches will have proper training and background checks according to LHYSL rules.

Spring Coed Flag Football FAQs

✓ **Registration**

Registration is available at LHYSL.org. (Go to "Flag Football Registration" on the top row of home page).

✓ **When is the registration deadline?**

Spring Deadline -- March 4th

✓ **What is different this year than in past years?**

The LHYSL have partnered up with SW Licking Football and the Buckeye Valley YMCA to combine our 3 flag football programs to make one large **league** that could have up to 300 kids. We think it will make it a stronger and more competitive league. Traditionally the LHYSL have just operated a camp in past years. This year it is an actual league.

✓ **Is the Flag Football league coed?**

Yes! As most of our programs are, the Flag Football camp is open to boys and girls.

✓ **What are the Divisions of Play?**

Divisions: Players will be placed in the division for their current grade level and skill. Some divisions will have multiple teams and participants may be assigned up to down to a specific division based on size and skill.

Minis: K, 1st, 2nd grades

Juniors: 3rd and 4th grades

Seniors: 5th and 6th grades

✓ **What is registration cost?**

\$100 for all registrants

- Game shirts will be provided by the league Belts and Flags will be provided by the league.

✓ **What do I provide for my child that isn't covered in registration cost?**

- Mouthpiece/guard

- Black shorts without pockets

- Cleats (football or soccer) NO BASEBALL CLEATS

✓ **What kind of playing time can my child expect?**

Rules are in place to promote equal playing time regardless of skillset or experience but there are no minimum play times. This camp will focus on teaching fundamentals of football (catching, passing, lineups, defense, etc).

✓ **When will practices & games occur?**

Practices will be held Sunday afternoon/evenings prior to their scheduled games. Schedules to come before the season.

✓ **Where are the practices and games held?**

Craig Field (located behind Central Intermediate), SWL Lions Club Field, YMCA Fields

✓ **How will players be placed on teams?**

Players will be placed into divisions based on current age/grade and skill set.

Evaluations and practice will be held March 24th.

✓ **Practices/Games Overview**

All practices and games will be Sunday afternoons. Exact times TBD.

Weeks 1 practices will be 2 hours long (no game). All Licking Heights participants will be at Craig Field.

For the Mini (K, 1st, 2nd grade) division, practices will be 60 minutes followed by a 30-minute game.

For Mini (3rd & 4th grade) division, practices will be 60 minutes followed by a 40-minute game.

For Junior (5th & 6th grade) division, practices will be 60 minutes followed by a 50-minute game.

✓ **Coaches/Officials/Referees**

The LHYSL tackle coaches along with LH Varsity/JV Football players will be participating as Coaches during practice and game play. There will be at least one referee from the YMCA for each game.