

## 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, 1<sup>st</sup>, and 2<sup>nd</sup> grade age players*

***Junior** – 3<sup>rd</sup> and 4<sup>th</sup> grade age players*

***Junior** – 5<sup>th</sup> & 6<sup>th</sup> 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](http://www.lhysl.org)
- ✓ All children, Boy and Girls, eligible to register from kindergarten age up to 6<sup>th</sup> 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 15<sup>th</sup> to March 4<sup>th</sup>: Open registration at [www.lhysl.org](http://www.lhysl.org) @ \$100 per athlete**

**March 22<sup>nd</sup> @ 5:00pm: Coaches meeting** (Location TBD)

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

***1<sup>st</sup> 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 24<sup>th</sup> Season's Schedule**

#### *Locations*

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

- ✓ 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 backgrounds checks according to LHYSL rules.