



FLAG FOOTBALL



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LEAGUE INTRODUCTION

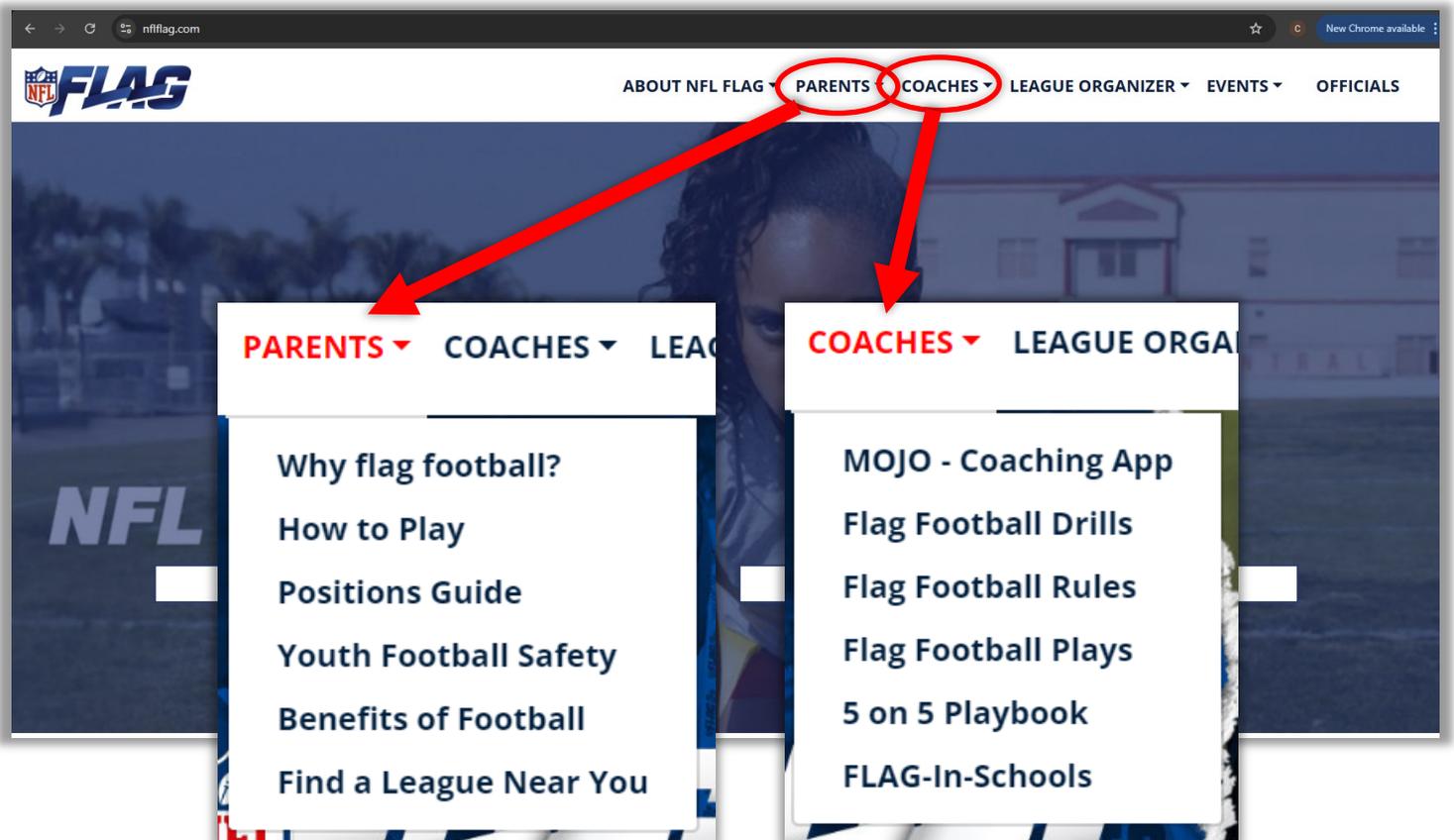
Welcome to the Woodlake Park & Recreation Youth Flag Football League! We offer this program for kids TK to 8th Grade. This is our newest addition to Woodlake Parks & Rec sports, and we are now offering affordable play to nearly 200 kids!

Because of this new and quickly growing program, and the fact that we do not put a cap on our registrations (for example, only take 200 registrations and then close the league), forecasting the details of each season is impossible. What we are striving to do in this packet of information is provide what has been done the previous season, to give you an idea of what to expect. However, **this information can change!** It's simply meant to give you a guide.

Our League is a Parks & Recreation League, which means that it is non-competitive. The score of games is not kept or recorded. There are no playoffs or championships. All players must receive an equal amount of playing time, and all will receive a participation medal at the end of the season.

The season's games will begin mid-June. Your team will have a 6-game schedule, and the season will wrap up at the end of July. (before the new school year begins)

We have also incorporated an affiliation with the NFL Flag program. What this means for participants is that you will receive a licensed reversible NFL team jersey, and have access TONS of resources that the NFL Flag program puts out for parents & coaches—including drills, rules, playbooks, access to regional tournaments, camps, and more! Make sure you check out www.NFLFlag.com!



SEASON OVERVIEW BULLET POINTS

SEASON REGISTRATION:

We only offer a Summer Youth Flag Football Season. Registration for this summer season will begin mid-April. Registrations will be taken until the announced deadline—likely the end of May, just before school gets out for Summer.

We like to group our registrations by grade (versus age) so that it's not confusing to kids if their classmate is in a different division. We will use this structure template as we accept registrations (this structure is *subject to change*):

- **6U Division**—this division is Coed, boys and girls, going into Kindergarten and 1st Grade the following school year. TK students are accepted registrations, however, anyone wishing to register their child who is not yet in TK will need to agree to Coach their child's team if-needed. This Division plays on a slightly shorter field, but not by much. It's very likely these games will be played on Thursday evenings.
- **8U Division**—this division is Coed, boys and girls, and includes students headed into 2nd and 3rd grades the upcoming school year. This division plays games on the same sized field as the 6U Division and flag football rules are more defined and enforced. It's very likely these games will be played on Tuesday evenings.
- **10U Division**—this division is Coed, boys and girls, and includes students headed into 4th and 5th grades the upcoming school year. This division plays games on a slightly longer field and all flag football rules are defined and enforced. It's very likely these games will be played on Tuesday evenings.
- **14U Division**—this division is Coed, boys and girls, and includes students headed into grades 6th—8th the upcoming school year. This division will very likely play their games on Wednesday nights (to avoid Middle School sports schedules). The teams in these divisions are often selected via a draft by the Coaches, so special requests are not taken into account.

It's incredibly important to register before the final deadline. After the deadline, teams are created and uniforms are ordered. We will order an equal amount of uniforms for each team in the same division to anticipate each team to have the same sized roster. So any late registrations that are accepted will be assigned to a team based on their uniform size (if it's available), and no special requests will be taken into consideration.

SPECIAL REQUESTS:

We recognize that Woodlake is a small town with a lot of related families, so we will do our best to accommodate special requests. However, we do ask for a few things by you: 1) Put all special requests on your child's registration form (any received via call or email will not be taken into consideration). 2) Be willing to Coach your child's team—Coach's requests are prioritized. 3) Make sure you state your request clearly. For example, do not list nicknames or first names only. If you feel your child is ready to play at a higher level, state that clearly (ie: don't just list a request to play with an older sibling). ***Please understand that we cannot guarantee your special requests.***

TEAM COACHES:

All of our coaches are volunteers. The season does not run smoothly without the volunteerism & dedication of parents and family members who step into these crucial team rolls! Don't be afraid to Coach your child's team—we will help you along the way, and we also encourage groups of parents to help each other and coach together!

Coaches are responsible for being the team point person with Woodlake Parks & Rec, as well as their team parents. We will host a Coaches Meeting before the season to introduce ourselves, allow you to meet fellow coaches, go through the rules, and answer any questions. After that meeting, Coaches will be able to reach out to their team parents and set practice dates. We encourage anyone wishing to have some control over the schedule to volunteer as a Coach. Parent's who take on coaching more than one of their children's teams are given priority during schedule making. They are guaranteed that none of their children's games will overlap. They also have control of the practice dates, times, and locations.

To be a team coach, simply make that notation on your child's registration form when you sign him/her up for the season—there will be a box to check that says you are willing to Coach. Once the season registration closes, you will be contacted with information for the date/time/location of our Coaches Meeting. At that meeting, you will receive your roster and team parent contact information, as well as your team's equipment.

SEASON OVERVIEW BULLET POINTS

HIGH SCHOOL VOLUNTEERS:

If you, or someone you know, would be interested in Coaching or Assisting a team for school volunteer hours, please reach out to Jennifer at JReynolds@ci.woodlake.ca.us.

PRACTICES:

Practices are determined & communicated by your team's coach. Woodlake Parks & Rec has no control over the date and time your team's coach sets for your teams practices. If you have any issues, we encourage you to speak with your child's Coach, or, volunteer to coach your child's team so you can work with your own busy schedule.

PRE-SEASON SCHEDULE:

Once registration closes, Woodlake Parks & Rec will release two "Season Information Packets". The first version will include pre-season events, team rosters, basic season info, and uniform information to help you prepare for the season. The second information packet will be released after the Coaches Meeting, and will include game schedules.

For the most up-to-date season information, follow the City of Woodlake on social media, or check our website at www.cityofwoodlake.com/recreation. If you include an email address on your registration form, you will also receive season announcements via email.

Here are a few key pre-season events to look forward to:

- **Team Rosters Announced:** Likely the first Friday in June.
- **Coaches Meeting:** Coaches will likely meet the second week of June.
- **Youth Soccer Clinic:** This one-time clinic is in partnership with the WHS Football team, with special guest and former NFL player, Bear Pascoe. Participation is \$20 and includes a t-shirt. All money raised goes to support the WHS Football Team. This is a great way to get your child excited for the season!
- **Opening Saturday:** Our season will kick off with one big Opening Saturday where all teams will play their first games and to allow for everyone to have their team pictures taken in the daylight. These games are also very festive and are created to get our participants excited about playing. All players will receive giveaways, there will be food vendors, and a photo backdrop to take pictures with friends/family.
- **Games:** Games will begin mid/end of June and will run through the end of July (ending before the new school year begins). Reference the chart on the following page to see when each Division played their games last season (*please note, this may change based on registrations for the next season*).



SCHEDULE TEMPLATE & FIELD LAYOUT

THE FOLLOWING INFORMATION IS TO PROVIDE A POINT OF REFERENCE; THIS INFORMATION IS ALL SUBJECT TO CHANGE BASED ON THE NEW YEAR'S REGISTRATIONS.



2025 FLAG FOOTBALL SCHEDULE OVERVIEW CASTLE ROCK FIELDS

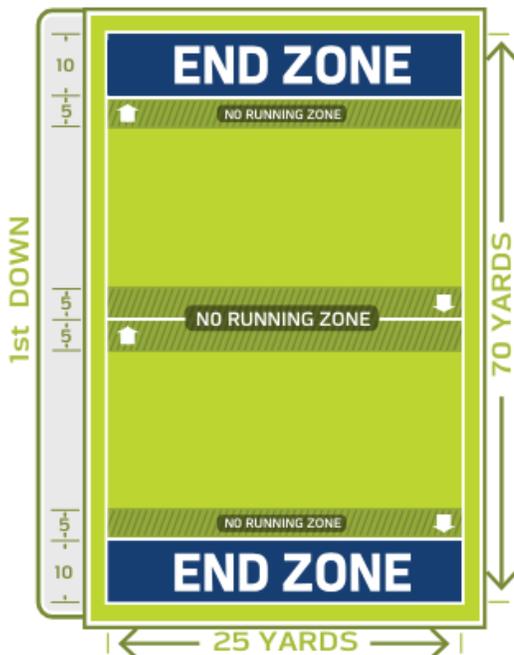
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
5:00PM	Available for Practices	(game prep)	(game prep)	(game prep)	Available for Practices	
5:30PM						
6:00PM						
6:30PM			Field #2: 8U Games @ 6:30 & 7:30pm	Field #1: 13U Game Field #3: 13U Game		Field #2: 6U Game
7:00PM						Field #2: 6U Game
7:30PM						
8:00PM			Field #1: 10U Games @ 6:30 & 7:30pm			
8:30PM				*After 7:30pm, all fields Available for Practices*		*Fields 1 & 3 Available for Practices*
9:00PM						



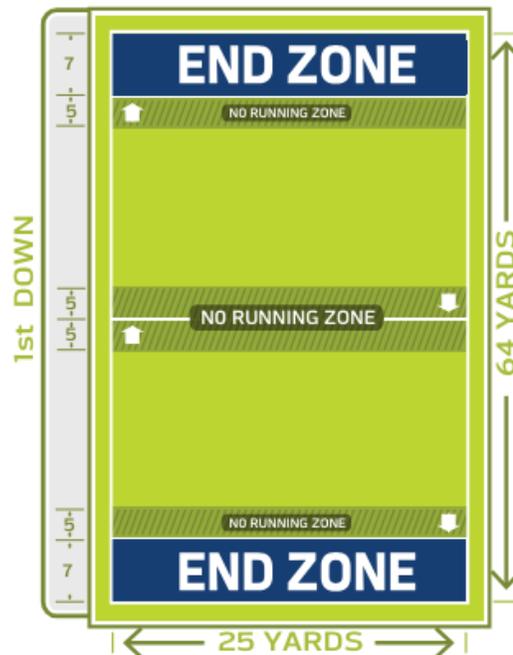
BASIC FLAG FOOTBALL OVERVIEW

- **Games Length:** two (2) 24-minute halves with a running clock, plus a 2-minute half time (50 mins total)
- **Players on the Field:**
 - * 6U: 6 v 6
 - * 8U: 8 v 8
 - * 10U: 8 v 8
 - * 13U: 8 v 8
- **Game Balls:** Teams work together to provide their NFL Flag balls for use in games
- **Link to NFL Flag Rule Book:** [NFL Flag Rulebook](#)
- **Link to NFL Flag Play Book:** [NFL Flag Playbook](#)
- **Link to NFL Flag "How to Play" Video:** [How to Play Video](#)
- **Link to NFL Flag Videos on YouTube:** [NFL Flag YouTube Channel](#)
- **Field Sizes & Set-Up:**

CASTLE ROCK FIELDS 1 & 3



CASTLE ROCK FIELD 2



WOODLAKE REGISTRATION PROVIDES:

- Reversible Jersey
- Shorts
- Flag Belt

Read more about NFL Flag Equipment [HERE!](#)