

FREQUENTLY ASKED QUESTIONS

TEAMS

Do I have to live in the same city to participate in the league?

Absolutely not! While the league is based in that specific location, it's open to everyone, regardless of where you live.

Is there an additional fee for non-residents?

No. The registration fee is the same for all participants, regardless of residence.

How many players are on each team?

Our target is 5-11 players per team for the best experience. However, teams may have slightly more or fewer players as needed.

How many players are on the field during a game?

All United Sports Flag games are played 5 vs 5

How many divisions does the league have?

We currently offer four divisions:

- PRE-K - 1st Grade
- 2nd Grade - 3rd Grade
- 4th Grade - 5th Grade
- 6th Grade - 8th Grade
- 9th Grade - 12th Grade

Can players play on the same team as a friend?

Yes! You can request a buddy or specific coach during registration, and we'll do our best to accommodate and will confirm with the coach for roster capacity

Can teams from previous seasons stay together?

Absolutely! Returning teams can stay together as long as players meet the age and grade requirements for their division.

SEASON

When does the season start and end?

The season runs from JUNE - AUGUST.

How many games are in the season?

Each team plays 5-6 regular-season games, followed by playoffs and selected teams will enter the Super Bowl.

Can Parents or Guardians leave their child at practice or games?

We strongly encourage parents or guardians to stay during practices and games to support their child and be available in case of an emergency. However, if you need to

step away, please ensure another responsible adult is present and aware that they are responsible for your child during that time. For younger players (Kindergarten - 1st Grade), a parent or guardian must remain onsite.

What happens if there's bad weather?

In the event of severe weather, games may be rescheduled. We'll notify families as early as possible.

Weather Guidelines

1. Dress Appropriately: Players and coaches should wear layers, including base layers, to stay warm. Gloves, hats, and weather-resistant jackets are recommended.
2. Field Conditions: If fields are wet but safe, games and practices will continue as scheduled. Cleats are recommended for traction on wet grass or turf.
3. Communication: Stay updated via email alerts regarding game-day decisions. We will notify families as early as possible for any cancellations or delays.

Playing Through Rain

1. Rain Policy: Games and practices will typically proceed in light to moderate rain unless the field becomes unsafe.
2. Field Safety Checks: Coaches and referees will assess field conditions for mud, standing water, or slippery surfaces before the game.
3. Gear for Rain: Encourage players to bring waterproof bags for storing jerseys, flags, and other equipment. Rain ponchos or waterproof jackets are ideal for sidelines.

Extreme Weather: Thunder and Lightning

1. Lightning Policy:
 - Play will be immediately suspended at the sight of lightning or the sound of thunder.
 - All participants must move to a safe, enclosed shelter (e.g., vehicles) and remain there for 30 minutes after the last lightning or thunder occurrence.
2. Resuming Play: The game or practice will only resume if no lightning or thunder is observed for 30 minutes. Otherwise, the session may be canceled or rescheduled.
3. Coaching Role: Coaches must ensure all players leave the field promptly and remain in a safe area until the all-clear is given.

Parent and Coach Reminders

- Stay Prepared: Bring extra towels, dry clothes, and warm blankets for players after rainy games.
 - Health Considerations: Watch for signs of hypothermia or cold-related illnesses, especially for younger children.
 - Cancellations: Safety is our priority. Extreme weather conditions, including severe storms or freezing temperatures, may result in game cancellations. Decisions will be communicated as quickly as possible.
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COST

What is included with registration?

Registration includes:

- NFL FLAG reversible jersey
- Flag belt

Are there additional items available for purchase?

Yes! Optional items include:

- NFL Flag performance socks
 - Youth football gloves
 - NFL Flag headbands
 - NFL Flag footballs
 - Please visit our store <https://nflflagwestga.com/shop-1>
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COACHES

Who can coach?

Any parent, guardian, or family member can sign up to coach a team in any division. Along with interns and students.

How do I sign up to coach?

You can select the Head Coach or Assistant Coach option during your child's registration.

Are there any requirements to coach?

All coaches must pass a background check, which is covered by the league, concussion test and training guide review. Coaches must know all codes of conduct, rules and player safety.

What support do coaches receive?

We provide training guide, practice plans, rulebooks, and ongoing support to ensure every coach feels prepared and confident.

EQUIPMENT

What equipment is required?

Players must wear a jersey, mouthguard and shorts or pants without pockets. Molded cleats are recommended but not required.

Can I purchase additional gear?

Yes, additional items like socks, gloves, and headbands are available for purchase during registration.

Will returning players need a new jersey?

Yes, NFL FLAG requires all participants to purchase a new jersey each season.

MISCELLANEOUS

Are food or drinks provided on game days?

No, players should bring their own water or sports drinks to stay hydrated.

Is the league non-contact?

Yes, flag football is a non-contact sport. However, incidental contact may occur during play. Intentional or unsafe contact is not tolerated and may result in penalties or suspension.

Can quarterbacks run the ball?

No, quarterbacks are not allowed to run the ball in NFL FLAG games. Players must receive a handoff in order to run. Please consult the rulebook for run zone policy

Can defenses blitz?

Yes, but only in older divisions. Blitzers must start 7 yards from the line of scrimmage and follow specific rules.

What should I do if I'm not receiving emails from the league?

If you're not receiving our emails, please check your spam or filtered inbox to see if the messages are being routed there. Additionally, if you've previously unsubscribed from our email list, you'll need to resubscribe to start receiving updates again. Feel free to contact us at info@nflflagwestga.com if you have any questions