



NFL FLAG – YORK NORTH

2024 Start of Season



What we are trying to do as a League

Our Mission:

To empower youth athletes and instill a lifelong passion for flag football through leagues that are engaging, fun, and accessible for everyone. With the support of NFL Flag, we provide a structured opportunity for kids to discover the importance of sportsmanship, teamwork, and friendship—both on and off the field.

The four pillars of this mission are:

CHARACTER – it's all about sportsmanship, teamwork, and friendship (it's not about winning)

EXPERIENCE – making each session exciting

PLAY-EQUITY – providing equal play time and equal play involvement

SAFETY – keeping players safe from physical and emotional harm



NFL FLAG – YORK NORTH

2024 NFL Flag Football Season Overview

- The following are key elements of the upcoming season:
 - Three (3) age divisions:
 - 8-11 years of age
 - 12-13 years of age
 - 14-15 years of age
 - Click here for [Team Rosters](#)
 - May 14 – July 30 season
 - Sessions are on Tuesday nights:
 - 7-740pm – practice
 - 745-840pm – game (25 min halves x 2)
 - Location – Brenner Field (53 Morton Ave)
 - Referees
 - 2 referees for 14-15 years of age group
 - 1 referee for 8-11 and 12-13 years of age group



2024 NFL Flag Football Season Overview

- The season schedule has been developed to provide you with the maximum amount of practice and game time:
 - 4 full Practice Only sessions
 - 2 at start of season
 - 2 during the season
- Remainder of sessions are Practice & Game sessions
- Each team will play their opponents in their division twice (home/away)
- Playoffs occur during the second last week of the season (1 vs 4 and 2 vs 3)
- Championships occur the following week
- Click here for the [Full Schedule](#)

2024 NFL Flag Football Schedule						
Day	Date	Activity				Comments
Tuesday	14-May	PRACTICE WEEK				
Tuesday	21-May	PRACTICE WEEK				
		HOME	AWAY	HOME	AWAY	
Tuesday	28-May	Buffalo Bills	San Francisco 49ers	Kansas City Chiefs	Miami Dolphins	OPENING KICKOFF
Tuesday	04-Jun	Kansas City Chiefs	Buffalo Bills	Miami Dolphins	San Francisco 49ers	
Tuesday	11-Jun	PRACTICE WEEK				
Tuesday	18-Jun	Buffalo Bills	Miami Dolphins	San Francisco 49ers	Kansas City Chiefs	
Tuesday	25-Jun	San Francisco 49ers	Buffalo Bills	Miami Dolphins	Kansas City Chiefs	
Tuesday	02-Jul	PRACTICE WEEK				
Tuesday	09-Jul	Buffalo Bills	Kansas City Chiefs	San Francisco 49ers	Miami Dolphins	
Tuesday	16-Jul	Miami Dolphins	Buffalo Bills	Kansas City Chiefs	San Francisco 49ers	
Tuesday	23-Jul	1st Place	4th Place	2nd Place	3rd Place	
Tuesday	30-Jul	Winner 1 vs 4	Winner 2 vs 3	Loser 1 vs 4	Loser 2 vs 3	CHAMPIONSHIP DAY

Preparing for Practice Only Sessions

- Many of our players are new to flag football.
- All are new to NFL Flag Football.
- We recommend that you prepare for coaching this summer by following this sequence:
 - Familiarize yourself with the rules
 - Understand how to coach the basic skills
 - Understand the route-tree
 - Select plays you want to focus on
- Over your first two practices we recommend getting through each of the following areas:
 - Rules Review (can occur throughout practice)
 - Skill Focus
 - Route Focus
 - Offensive Plays Focus
 - Defending Focus
- Your practice session should consist of the following:
 - Welcome / overview of the session
 - Warm-Up
 - Skill Focus
 - Route Focus
 - Plays Focus
 - Defending Focus
- Remember to allow for breaks during the session



Preparing for Practice & Game Sessions

- Each practice will run from 7:00 – 7:40pm
- Each game will run immediately after practice (2 x 25 min halves / 3 minute halftime)
- In reality you should plan for a 30 minute practice with 5 minutes on either side. For example:
 - 7:00 – 7:05pm waiting on players to gather
 - 7:05 – 7:35pm practice
 - 7:35 – 7:40pm get ready to play game
- Each practice should have a structure. Here is a recommendation of the amount of time you should spend in each area, but you can adjust this as you see fit:
 - Welcome /
Overview of the session /
Warm-Up (can occur at same time) 5 min
 - Skill Focus 7 min
 - Route Focus 7 min
 - Plays Focus 7 min
 - Defending Focus 5 min



The Rules

- We will play 5 v 5
- We will snap the ball
- We will have a steamboat count before the QB can be rushed (this is different than the NFL Flag rules)
 - 5 steamboats for 12-13 years and 14-15 years age groups
 - 7 steamboats for 8-11 years of age
- Become familiar with the rules
- Download and review the Quick Field Rules document
- If you really want to get into it you can review the full NFL Flag Rulebook
- Both documents can be found by clicking on this [link](#)



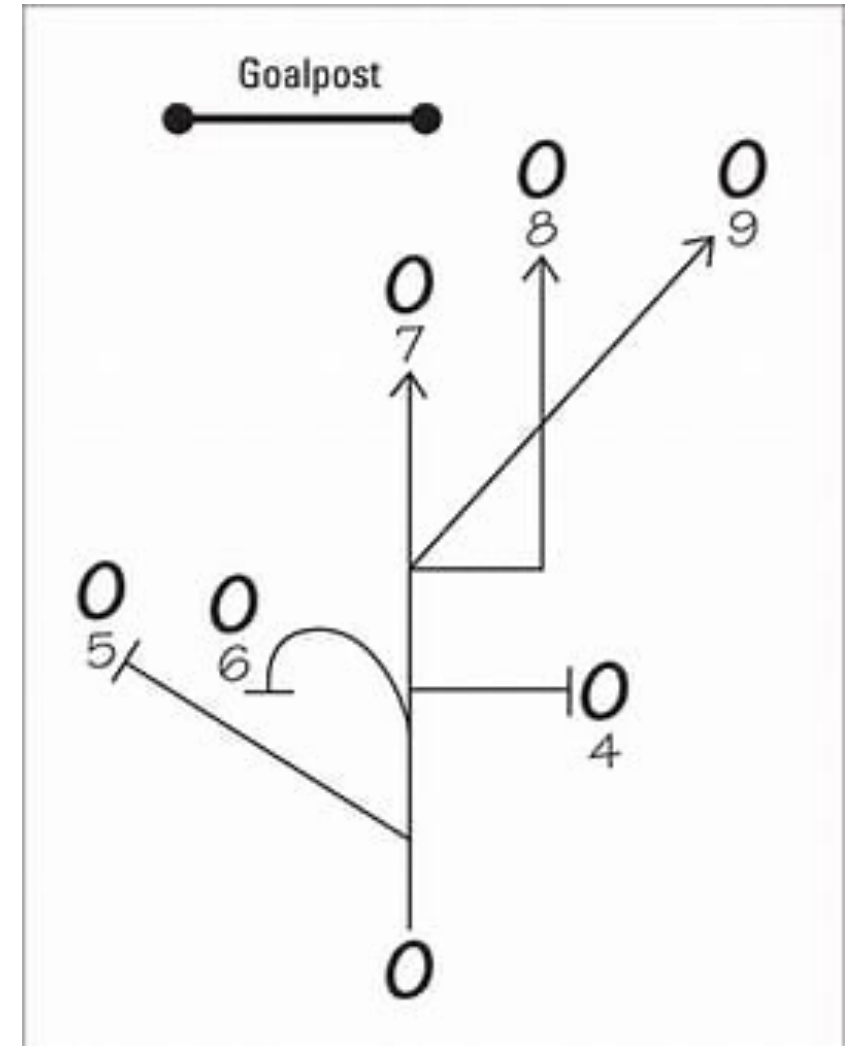
Basic & Position Skills

- Click on this [link](#) to take you to the NFL Flag website for instruction and videos on the following:
 - Basic Skills
 - How to catch a football
 - How to throw a football
 - How to snap a football
 - Position Drills
 - Wide receiver
 - QB
 - Running Back
 - General Drills
 - Flag pulling
 - Football conditioning
 - Football agility



Route Tree

- A route tree is a diagram used in football that shows the various routes a receiver can run
- It consists of a single straight line with other lines branching off it, depicting the different possible routes
- The route tree is referenced in the "NFL Play Book" – see next section



NFL FLAG – YORK NORTH

Plays

- Flag football and football itself is less of a fluid sport than other sports and relies more on set plays
- The NFL Flag Play Book can be found by clicking this [link](#)
- A companion site providing context to the playbook can be found [here](#).
- The NFL Flag contains the following :
 - Provides a multitude of plays for both offense and defense and includes the following sections
 - Offensive Formations
 - A formation is where players are set up prior to the snap
 - This is followed by all the plays that can be run out of that formation
 - These are primarily pass plays
 - Run Plays
 - Defensive Coverages
 - Man and Zone coverages



Plays

- Here is another cool site that you can use to prepare for the upcoming season. Click on this [link](#) and go to the bottom of the page:
 - The Fine Art of Flag Guarding
 - 7 Practice Essentials for Coaches
 - Flag Football Positions – Explained



Equipment

- Player Equipment
 - Reversible jersey & Flag (yours to keep)
 - Mouth Guard - mandatory
 - Soccer cleats - optional
- No jewelry or caps for games or practices



May 14 – What to do

- Make sure you know what team you are on – [Team Rosters](#)
- May 14 is our first of two Practice Only sessions
- There is no need to come to the tent
- Check out the field assignments >>>
 - field assignments will also be near the tent
- Fields will be clearly marked (#s 1-6)
- Your coach will have your jerseys & flags
 - If there is a sizing issue with jerseys try to fix it at the field

FIELD 1		FIELD 2	
AGES 8-11			
BUFFALO Jason Nijakowski	SAN FRANCISCO	MIAMI Tony DiNunzio	KANSAS CITY

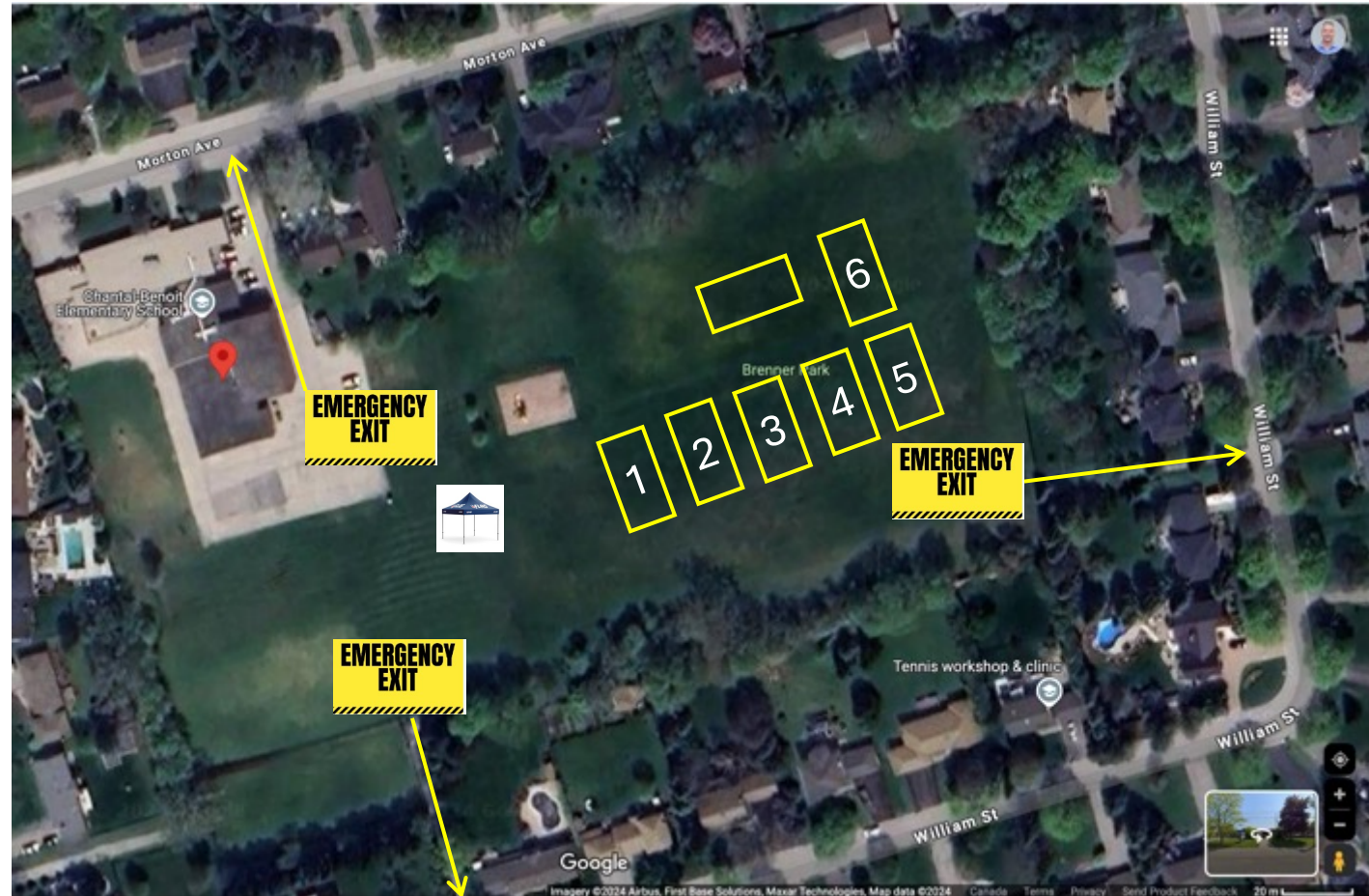
FIELD 3		FIELD 4	
AGES 12-13			
BUFFALO James D'Aprile	SAN FRANCISCO Corey Daxon	MIAMI Matthew Vetere	KANSAS CITY Mario Duarte

FIELD 5		FIELD 6	
AGES 14-15			
BUFFALO Darren Banks	SAN FRANCISCO Tyler Fotheringham	MIAMI Jack Aloise	KANSAS CITY Dondre



Weather & Evacuation Exits

- We play rain or shine, so be prepared!
- Severe weather
 - Prior to Game – check web site, look for email
 - During Game – Air Horn will indicate that you need to evacuate the field and go to your car
 - A second Air Horn will indicate that the session has been cancelled
 - **There are 3 evacuation exits**
 - Missed games will be made up with Doubleheader (no practice – two games)



Safety

Dehydration

- Athletes often arrive dehydrated
- Urge parents and players to monitor hydration level before they arrive
- Monitor Urine
 - Dark = Dehydrate
 - Light = Hydrated
- Urge parents and players to bring their own bottles with water or a sports drink
- Urge players to drink when they arrive and throughout the game
- Tent will have water for sale. However, we will never turn away a player requesting water

Injuries

- All injuries must be reported to the tent
- Do not move an injured player
- Our first aid personnel will come to the player

Coach & Player Interaction

- Contact and activities outside of the league sessions are **NOT** allowed and not covered by league insurance
- Do not request family emails
 - Coach's email will be available on the web site

Referees

- They will try their best!
- As long as they are trying, give them the benefit of the doubt
- No one should ever yell at a referee

Spectators

- Teams will occupy the sideline facing the parking lot
- Spectators shall sit on opposite side of the field and minimum of 2 meters from the sideline

Thank You

- Thank you for taking joining NFL Flag!
- Remember success is measured not by wins, but by the enjoyment and growth (character & skills) of your players.
- Please feel free to reach out with any questions / concerns now and throughout the season.

Gerry Aloise

mentorflagfootball@rogers.com / 905-830-7774



NFL FLAG – YORK NORTH



LET'S PLAY.

