

## **Welcome to the League**

We are excited to welcome you to the NMARS Santa Fe NFL Flag Football League for the Fall 2025 season. Whether you are a parent, coach, or spectator, your participation helps create a positive, safe, and fun environment for our athletes to grow and enjoy the game of football.

---

## **Code of Conduct**

**For Parents and Spectators** - Cheer positively and encourage all athletes. - Refrain from coaching from the sideline. - Show respect for referees, coaches, players, and other families. - Notify your coach ahead of time if your athlete will miss a game or practice. - Help maintain a clean field by picking up after yourself.

**For Coaches** - Model respectful and encouraging behavior. - Focus on player development, teamwork, and effort. - Complete required concussion training and wear your coach badge at all times. - Communicate clearly and respectfully with families. - Teach the rules of the game and reinforce league expectations.

**For Players** - Show up ready to learn, practice, and play. - Respect your teammates, opponents, coaches, and referees. - Demonstrate good sportsmanship at all times. - Listen to your coaches and give your best effort.

---

## **Game Day Guidelines**

- **Games held Saturdays at Nina Otero Community School.**
  - Arrive 20 to 30 minutes before game time.
  - No glass bottles or shelled seeds allowed at the fields.
  - No animals allowed, except certified service animals with vests.
  - Adults (age 17 and up): \$5 admission. Children and students enter free.
- 

## **Practice Expectations**

- Coaches will set practice schedules once facilities are approved.
  - Players should attend all practices unless sick or dealing with a family emergency.
  - Practices are generally held 1–2 times per week in the evenings.
  - Players should notify their coach ahead of time if they will miss practice.
- 

## **Equipment Requirements**

- All players must wear a mouthguard.

- League-issued flags must be visible and worn on the hips.
  - Players must wear their official NFL Flag uniform to games.
  - Players should wear athletic shoes or cleats (no metal spikes).
- 

## Important Policies

**Weather:** Games and practices may be delayed or canceled if lightning is detected within a 5-mile radius. We will notify families via email, app, and social media.

**Concussion Safety:** All coaches must complete concussion training. Athletes who show signs of a head injury will be removed from play until cleared.

**Sportsmanship:** Taunting, trash talk, or unsportsmanlike conduct by players, coaches, or spectators may lead to penalties, ejection, or suspension.

**Volunteer Opportunities:** Parents are encouraged to volunteer. You can help with coaching, refereeing, setup, or support roles on game days.

---

## Coach Resources and Support

We provide all coaches with resources to support practice planning and skill development. Please check with league staff or email us for the latest materials.

**Recommended Links and Tools:** - NFL FLAG Coach Resources: <https://nflflag.com/coach> - NFL FLAG Playbook App: Available on iOS and Android - USA Football Drills and Practice Plans: <https://usafootball.com/resources-tools/> - **Mojo App:** Free app for youth sports coaches offering NFL FLAG practice plans and videos – <https://www.mojo.sport> - **Coach D YouTube Channel:** Excellent breakdowns of plays, drills, and flag football strategy – <https://www.youtube.com/@CoachDFlagFootball> - **Grant Caraway – Flag Football Tips and Schemes:** <https://www.youtube.com/@GrantCaraway> - Sample Practice Schedule and Drills: Provided upon request

---

## Questions or Support?

For help with registration, payments, scheduling, or general questions: **Email:** nmarsflagfootball@gmail.com

**Phone:** 505-316-0013

We're here to support you and ensure a great season for every athlete!