



## Guidelines for Flag Football

Last Updated 7/22/20

<b>Scheduling</b>	<ul style="list-style-type: none"><li>• No overtime will be played.</li><li>• All participants must immediately leave the facility at conclusion of their game.</li><li>• <i>Adult:</i> Leagues will be capped at 8 teams and games spaced out to allow for disinfecting.</li><li>• <i>Fall Youth Outdoor:</i> Games will have 15 minutes scheduled between game times to allow for disinfecting.</li></ul>
<b>Facility Entrance &amp; Warm Up Areas</b>	<ul style="list-style-type: none"><li>• Players may not arrive more than 5 min. early to sessions.</li><li>• Facility entrance and exit locations are listed in registration notes.</li><li>• <i>Adult Indoor:</i> Warm up time and space is limited to the venue during the 5 minutes prior to your scheduled time. No warming up in hallways.</li><li>• <i>Adult Outdoor:</i> Teams may enter the field and warm up on the infield along each baseline. Home Team = 3<sup>rd</sup> baseline; Visiting Team = 1<sup>st</sup> baseline.</li><li>• <i>Fall Youth Outdoor:</i><ul style="list-style-type: none"><li>○ If the Equestrian Field is available, teams may spread out and warm up there, 15 minutes prior to game time.</li><li>○ You may not arrive at the assigned football field more than 5 minutes early and may not occupy the sidelines if they have not been fully vacated by previous teams. Warm up time on the football fields is limited to this 5 minute window.</li></ul></li></ul>
<b>Player Areas</b>	<ul style="list-style-type: none"><li>• Teams must sit on their assigned benches (Home or Away, per the game schedule).</li><li>• Teams must clean all trash and personal items from all areas.</li><li>• Team benches will be sanitized between games.</li><li>• <i>Kinder:</i> Please do not use pavilions unless able to self-disinfect.</li><li>• <i>Fall Outdoor Youth:</i><ul style="list-style-type: none"><li>○ Players should set personal equipment at least 6 feet away from other equipment or, preferably, leave it with their parents.</li><li>○ Players and coaches only are allowed on the inside sidelines and all teams must spread out, using the entire sideline area.</li></ul></li></ul>
<b>Player Limitations</b>	<ul style="list-style-type: none"><li>• <b>All participants must self-screen for a temperature of 100.4 or higher and any other COVID symptoms and are NOT allowed to attend if exhibiting either.</b></li><li>• <i>Fall Youth Outdoor:</i></li></ul>

	<ul style="list-style-type: none"> <li>○ Games will be played 7 v 7.</li> <li>○ QB, Center, plus 5 skill positions (i.e. WR, RB, TE, FB).</li> <li>○ No line allowed.</li> </ul>
<b>Food and Hygiene</b>	<ul style="list-style-type: none"> <li>● No spitting.</li> <li>● Team water coolers are not allowed. Players must bring their own water/sports drink.</li> <li>● Wash hands before attending and bring your own personal sanitizer when possible. Players are encouraged to sanitize their hands regularly.</li> </ul>
<b>Personal Equipment</b>	<ul style="list-style-type: none"> <li>● Gloves are optional. No sharing of personal equipment.</li> <li>● <i>Adult:</i> Each team must provide their own ball. In the event of an interception, a player from the bench must disinfect the ball. Staff will have disinfectant available.</li> <li>● <i>Kindergarten:</i> Participants may bring a labeled ball if they choose. A ball will be provided for each child. Participants are encouraged to sanitize/wash hand often during session breaks.</li> <li>● <i>Fall Outdoor Youth:</i> <ul style="list-style-type: none"> <li>○ Mouth guards are recommended and should remain in the participants' mouths for the duration of the game (please do not remove and play with mouth guards during games).</li> <li>○ Each team must provide their own ball. In the event of an interception, a team coach, volunteer, or player from the bench must disinfect the ball. Staff will have disinfectant available.</li> </ul> </li> </ul>
<b>Shared Equipment</b>	<ul style="list-style-type: none"> <li>● <i>Adult:</i> Flags will be sanitized between each game.</li> <li>● <i>Kindergarten:</i> Equipment is only used within the same cohort. Coaches will be asked to wash flags in the laundry between sessions. Footballs will not be used between sessions.</li> <li>● <i>Fall Outdoor Youth:</i> <ul style="list-style-type: none"> <li>○ Flags should not be shared between teams. Coaches will be asked to wash flags in the laundry between sessions.</li> <li>○ Footballs should not be used between sessions allowing at least 3 days before use <i>or</i> disinfecting between use.</li> </ul> </li> </ul>
<b>Social Distancing-Participants</b>	<ul style="list-style-type: none"> <li>● Flag football is a no-contact sport and contact is penalized accordingly.</li> <li>● No team huddles.</li> <li>● Players on the bench must remain 6 feet apart.</li> <li>● Carpooling with non-family members is discouraged.</li> <li>● No post-game or post-practice team huddles. No high fives, fist bumps etc. Sportsmanship will continue to be a touchless manner.</li> <li>● <i>Kindergarten:</i> Coaches are provided with sport-specific drills that allow for social distancing. Scrimmages should be limited to the final 10 to 15 minutes per session, rather than half the session.</li> </ul>

<b>Spectators</b>	<ul style="list-style-type: none"> <li>• <i>Adult:</i> No spectators are allowed unless approved by admin to accommodate social distancing and appropriate Contact Tracing measures.</li> <li>• <i>Kinder and Youth:</i> <ul style="list-style-type: none"> <li>○ We ask that spectators are limited to immediate family only in the first phase of reopening. Parents may be asked to assist with keeping participants safely engaged and distanced.</li> <li>○ Parents/guardians are responsible for any first aid needs of their child.</li> <li>○ Spectators from the same household may sit together as long as 6 feet spacing is observed between other households.</li> </ul> </li> <li>• <i>Fall Outdoor Youth:</i> No spectators in the team areas.</li> </ul>
<b>Coaches</b>	<ul style="list-style-type: none"> <li>• <i>Adult:</i> NA</li> <li>• <i>Kinder and Youth:</i> <ul style="list-style-type: none"> <li>○ Coaches can ask parents and assistant coaches to help with any of the following pending the volunteer abides by all social distancing and mask guidelines.</li> <li>○ Wash flags between uses.</li> <li>○ Disinfect football in the event of an interception.</li> <li>○ Wear a mask whenever coming in close contact to help a participant with proper mechanics or positioning.</li> <li>○ Be creative with non-physical sportsmanship and support. No high fives, hugs, etc.</li> <li>○ Maintain team roster and attendance for each practice and game to assist with Contact Tracing if needed.</li> </ul> </li> </ul>
<b>Game Staff Support</b>	<ul style="list-style-type: none"> <li>• Officials will still host a pre-game meeting with distancing observed; no handshakes and no coin toss allowed. Home Team is assigned by the game schedule.</li> <li>• Sport supervisors will have hand sanitizer available if needed.</li> <li>• <i>Adult:</i> <ul style="list-style-type: none"> <li>○ Two officials will be used for all games, including playoffs.</li> <li>○ Staff will disinfect team benches and flags in between games.</li> </ul> </li> <li>• <i>Kinder:</i> A sport supervisor will be present the first two sessions to assist with directing participants to the correct field, social distancing and mask reminders. Staff may not be present for the entire season. League administration will review and adjust as needed.</li> <li>• <i>Fall Outdoor Youth:</i> <ul style="list-style-type: none"> <li>○ Sport supervisors and officials are available during games to assist with social distancing and mask guideline enforcement and disinfecting equipment. Our team is committed to supporting coaches and participants.</li> <li>○ Supervisors will wear masks and practice social distancing to the greatest extent possible.</li> <li>○ Game staff will have disinfectant available for teams to use.</li> </ul> </li> </ul>