



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# YOUTH NFL FLAG FOOTBALL INFORMATION GUIDE



## GENERAL

### League Ages (COED DIVISIONS ONLY)

- U6 (3 to 5 yrs. old)
- U8 (6 to 7 yrs. old)
- U10 (8 to 9 yrs. old)
- U12 (10 to 11 yrs. old)

### Registration Period

Starts June 1st | Registration ends September 23rd

**\*All request will be considered and honored to the best of our ability. No guarantees for request made.**

### Cost

\$90 (Members)/\$120 (Non-Members) at the Lowes YMCA

**\$60 (Members)/\$80 (Non-Members) at South Elementary**

## SEASON INFORMATION

### SEASON DATES

September 9th to November 9th

### LEAGUE INFORMATION

Team info, practice schedules, and game schedules will be available through our PlayerSpace sports communication platform. Parents will receive login information starting Tuesday, September 3rd.

### GAMES (All games will take place at the Lowes YMCA)

U6 division will practice and play games on Saturdays only. U8–U12 games will take place on Saturdays only.

### PRACTICES at the Lowes YMCA

U6 teams will practice for 25 minutes and then play a 32 minute game on Saturdays. U8 division practices will take place on Mondays, Tuesdays, Wednesdays, or Thursdays. U10 and U12 division practices will take place on Mondays/ Wednesdays or Tuesdays/ Thursdays. U8-U12 division practices will take place at 5:00 p.m. or 6:00 p.m. at the Lowes YMCA.

Practices will take place for six weeks beginning Monday, September 9th, through Thursday, October 17th.

### PRACTICES at South Elementary

**U8, U10, and U12 division practices will take place at South Elementary School once a week on Tuesdays, Wednesdays, or Thursdays from 5:45 p.m.-6:45 p.m.**

**Practices will take place for four weeks beginning Tuesday, September 10th, through Thursday, October 3rd.**



## VOLUNTEER COACH INFORMATION

**Volunteer coaching is a powerful opportunity to instill positive values and help kids develop healthy habits that extend far beyond the playing field.**

*Our coaches provide a safe, healthy atmosphere, teach fundamentals of the game and promote the benefits of physical activity and teamwork.*

**As a volunteer coach, you become part of the Y family and build a sense of community and spirit within your team.**

*Help the Lowes YMCA Sports Department create a fun and safe environment for our kids to learn and grow in their sport of choice*

**Get involved today! [ymcacharlotte.org/volunteer](http://ymcacharlotte.org/volunteer)**

## FREQUENTLY ASKED QUESTIONS

### What night will my child practice?

During the registration process, parents are asked what nights of the week their child can not practice. We use this information to place participants on practice days.

### What team will my child play on?

Coach and Friend request are used to form teams. If no request is given, the participant will be placed on a team using other request (practice night) or placed on a team to fill out the roster.

### What equipment will my child need?

Participants will need a t-shirt and athletic shorts for practices and games. Rubber cleats are recommended but not required to participant in practices and games. Mouth guards are required! Game jersey will be provided by the YMCA

## IMPORTANT DATES

Parent Meeting: August (specific dates and times TBA)

Coaches Meeting: August (specific dates and times TBA)

Free Clinic Dates : August (specific dates and times TBA)

**First Week of Practices Lowes Y: Monday, September 9th**

**First Week of Practices South Elementary: Tuesday, September 10th**

First Games: Saturday, September 21st

## CODE OF CONDUCT

All members, guests and participants are required to adhere to the YMCA of Greater Charlotte Code of Conduct. Additionally, the YMCA of Greater Charlotte reserves the right to ask any player, spectator or coach to vacate our campus or playing facilities at anytime. No person(s) will be permitted to verbally harass opposing players, officials, staff or spectators. Harassment includes profanity, objectionable comments, questioning calls, arguing, threats or otherwise rude behavior. In the event that the person(s) in question does not leave the property, game play will be suspended until the person(s) leaves or the appropriate authorities have arrived.