



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# FLAG FOOTBALL CIRCUIT FAQ



## 1. What is the Flag Football Circuit?

The flag football circuit provides regional circuits for players in Charlotte and surrounding areas. We will no longer have branch specific football leagues, players will have games and practices at different YMCAs in their region around Charlotte seeing what all the YMCA of Greater Charlotte has to offer. The flag football circuit will focus on drills and games designed to develop the fundamental skills of passing, catching, play running, positioning, and flag pulling. The flag football circuit will also focus on improving technique and building lasting friendships.

## 2. What is the cost?

YMCA Members: \$100  
Program Participants: \$140

- My Y Pricing will apply to members and program participants.
- Jerseys are included in the registration fee and will be distributed the second week of practice.  
-Athletes will need cleats and black shorts/pants, and cleats are recommended.

## 3. What are the Flag Football Circuit dates?

March 15 – May 29

Each team practices at least twice before their first game.

Game schedules will be as follows:

Game Day 1: March 27

Game Day 2: April 17

Game Day 3: April 24

Game Day 4: May 1

Game Day 5: May 8

Game Day 6: May 15

Game Day 7: May 22

- U12-U16 teams may begin their end-of-season tournament play.
  - Tournament games may be played during the week.
  - Schedules will be published in advance.

Game Day 8: May 29<sup>th</sup>

- Final game for all U8-U10
- Tournament play for U12-U16
  - Tournament play may be played during the week.
  - Schedules will be published in advance.

Teams will continue to have 1 practice a week throughout the season.

Practice day and times will vary by region.

No practices or games will run between April 3 – April 10

## 4. Which region am I in/do I register for?

Look for the branch that you have played at in the past. You will register by finding your branch which will correspond to one of our regions.

- North: Keith, Lowes, Sally's, Lincoln County & Lake Norman
- Central: Dowd, Harris, Simmons, Stratford Richardson, McCrorey & Johnston
- South: Brace, Morrison & Steele Creek

Please note that these may change as the CDC guidelines and the state of the pandemic change. Should our protocols change prior to the season and they are not suitable to your family, a refund will be given.

UPDATED: 3/2/2021



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# FLAG FOOTBALL CIRCUIT FAQ



## 5. Can I sign up at any region?

Yes, of course, while we organized the regions geographically, athletes are welcome to sign up anywhere.

## 6. Who do I contact if I have questions?

One of our sports staff will answer all questions sent via email at:

- North: northsportsregion@ymcacharlotte.org (JP Fulton can also answer regional questions john.fulton@ymcacharlotte.org)
- Central: centralsportsregion@ymcacharlotte.org
- South: southsportsregion@ymcacharlotte.org (Steven Crespo can also answer regional questions steven.crespo@ymcacharlotte.org)

## 7. Will practices and games be held at the branch that I register at?

- Practices and games will be held at YMCA's within your region.
- We will do our best to create a consistent practice schedule for each team.
- Schedules will be released in advance of the start of the season.

## 8. What days will practice and games be held on?

- Practices will take place Monday-Friday between 5:00PM-8:00PM for 55 minutes for U8-U16.
- Games will take place Saturday between 8:00AM-4:00PM.  
-Make up and tournament games may take place during the week.

## 9. How many spectators are allowed at games and practices?

- 1 spectator is allowed per participant and must stay in the designated spectator area.  
-We will update this as the season approaches.

## 10. Can teammate and coach request still be made?

Yes, the YMCA will make every attempt to honor requests but please understand that all request may not be met.

## 11. Are you still looking for volunteer coaches?

Yes, please consider coaching and visiting: [YMCA Youth Sports Coaching](#)

## 12. Will teams only consist of players from my branch?

Teams will be made up from all players within the region.

## 13. Should my athlete bring a football?

We will have all equipment available. If your athlete brings a ball, it will need to be sanitized.

## 14. What COVID-19 safety measures are in place?

- All players and spectators will be temperature checked and asked to complete health screen form upon entry of facility.
- All coaches and officials will be temperature checked and will acknowledge health screen questions at membership desk.
- All players, coaches, volunteers, spectators, and staff members are required to wear a face covering that covers your nose, mouth and chin at all times.

Please note that these may change as the CDC guidelines and the state of the pandemic changes. Should our protocols change prior to the season and they are not suitable to your family, a refund will be given.

UPDATED: 3/2/2021