

# Football/Flag Football

## **1. Who can participate?**

Flag Football is an instructional league meant to introduce young kids to football in a safe atmosphere. It is open only to kindergarteners. Football is open to 1<sup>st</sup> through 8<sup>th</sup> grade players and is broken into four squads. The D squad consists of 1<sup>st</sup> and 2<sup>nd</sup> graders, the C squad consists of 3<sup>rd</sup> and 4<sup>th</sup> graders, the B squad consists of 5<sup>th</sup> and 6<sup>th</sup> graders, and the A squad consists of 7<sup>th</sup> and 8<sup>th</sup> graders.

## **2. When are games?**

Games for Flag Football are held on Monday nights. Games for Football are held on Sundays.

## **3. When are practices?**

Practices for Flag Football are held the same day as games, Monday nights. Practices for Football are held Tuesdays through Fridays.

## **4. Where do games/practices occur?**

Games and practices are held at DeSimone Football Field behind Borough Hall.

## **5. When is the season?**

The season runs from August 1<sup>st</sup> through November 10<sup>th</sup>.

## **6. What equipment is needed?**

Players grade 1<sup>st</sup> thru 8<sup>th</sup> must purchase personalized uniform Jersey. This jersey (depending on growth of child) will last several years and can be ordered through RFCA on our equipment pick up day. Equipment supplied by the program includes helmets, shoulder pads, rib pads, pants and girdle, thigh pads, and knee pads. Players must also supply their own cleats, jock, and possibly football receiving gloves, depending on position played.