



If you have a question that isn't listed here please email it to me.
sports@ashlandy.org

Welcome to the ASHLAND YMCA NFL Flag Football Program!

Below are the common questions we receive from the families in our program. As a parent myself, I welcome you to the world of organized sports, for many of you this will become a part of your weekly life for many years to come.

Sections below:
Basic Program Q&A
YMCA Registration /

Fall 2023 NFL FLAG League

04/26-07/24: On-time Registration
07/25: Coaches Meeting and Free Coaches Training
07/26-07/30: Notification of Team Assignments start through PlayerSpace!
08/01: Practices Start
08/12: Entire Seasons Game Schedule Released
08/14-08/18: Uniforms are distributed at practice.
08/26: First League Game
09/30: Last Game for Little Blitz Division
10/14: End-Of-Season Playoffs (Super Bowl)

BASIC PROGRAM Q&A

Q: WHAT'S INCLUDED WITH MY REGISTRATION?

A: Your registration secures your spot on a team for the entire season, and each team receives official NFL gear, including jerseys, belts, and flags. In fact, NFL FLAG is the only flag football league that allows players to wear officially licensed NFL gear.

Q: What time are the games and practices?

A: This is determined by the total number of registrations. Games normally begin at 9 a.m. and last until noon. On the painted fields behind the Ashland YMCA, we have three fields playing at the same time. (Myers Field) We will begin with the youngest age groups and work our way up to the oldest.

Teams normally practice for one hour once or twice each week. The season's first practice begins in the first week of August. Typically, practices take place in our fields behind the YMCA. We have enough space on the fields to accommodate up to 6 teams at once. In the past, a few coaches have held practices at public locations like: Freer Field, on school property, or even at a public park.

Q: How do I find out information like my coach, practices or game schedules?

A: We will be using a program called Playerspace to communicate with such a large league. Playerspace is a sports communication and league management portal that we use to enhance and improve the overall communication and scheduling for our football league. All teams, players, coaches and volunteers will be active users in Playerspace in conjunction with their YMCA registration. Once registered, all users will have access to all league schedules and information. Cancellations due to weather are posted on the website, emailed out to parents and text if you opted to receive them.

Q: I am having troubles with how to use Playerspace.

A: Playerspace is the system we use to communicate with the 5,000+ families in our programs. It will always have the most up to date information. This includes your Childs team, coach, practice times and game times. The following site is available to help parents on how to navigate the system. <https://www.playerspace.net/playerspace-view-all-parents>

Q: I have not heard from anyone, including my coach. When will this happen?

A: Even if coaches don't email you, you will get emails from me via Playerspace. I send updates out each week. So if you have not received these please scroll to the bottom and problem shoot. If that still doesn't work please email me so i can trouble shoot. (Meantime, all information can be found on this site once you are logged in - including the option to email your coach.)

Q: How long is the season?

A: 8 Weeks: 7 weeks of regular season and 1 week of playoffs. Little Blitz season is 6 weeks long.

Q: What days are the games on?

A: Games are played on Saturdays.

Q: How many players are on a team?

A: Most teams have 8-12 players. However, we do reserve the right to stretch these guidelines if the league deems necessary.

Q: Does the league supply uniforms?

A: Every Flag Football player in our program receives an NFL reversible team jersey and a flag belt to keep with your registration.

Q: Who are the coaches?

A: Parent volunteers. The Ashland YMCA does not provide coaches. Training is provided for all parents who wish to be a coach. No experience is necessary.

Q: Who are the Officials and are they qualified?

A: Most of our referees are NFL Flag certified. We are always looking for referees so if you know anyone that is interested, email us.

Q: How much playing time can my child expect?

A: All of our programs promote participation, fun, and fundamentals. Coaches are required to fairly allocate playing time FAIRLY among all players on the team. We will do our best to assure all players receive FAIR playing time.

Q: What do I get for my registration Fee?

A: A seven-week season including practices, NFL FLAG reversible team jersey, flag belt and flags, interactive website, organized administration, and a lot of FUN for you and your child!

Q: Are there playoffs?

A: Yes, for ages 5 and up there will be single elimination playoffs. Little Blitz division there will be no playoffs.

Q: Do all flag football players need mouth pieces?

A: It is absolutely mandatory that all players are wearing a mouth piece before stepping on the field.

Q: How do I register?

A: All of our registrations are taken online or can be registered by our front desk staff.

Q: How much does it cost?

A: The program costs \$85 for YMCA members and \$112 for non-members. Those that qualify may receive financial assistance. For further information, please contact us.

Q: What if I have a friend or coach request?

A: When registering your child's name, jersey, and so on. A question about coach or player demands will be asked. We do our best to accommodate every request, but we cannot guarantee that every request will be granted. The greatest recommendation is to register as soon as possible.

Q: Why do you allow players to request a friend or coach?

A: This is permitted because we have seen over time that the children develop good ties and rapport with their coaches and friends. Some of our teams include students from a single school (for example, Hillsdale) who play together as a team. Children that have a history of playing together begin to develop team chemistry and an awareness of how to play. You are not required to request a coach or player to participate in this program. It is simply an option that we provide.

Q: What if I am interested in coaching?

A: Our program is run entirely by volunteers. All coaches will be expected to attend a coach's meeting at the YMCA prior to the start of the season. If you want to coach or help out with a team, please mention so on the registration form or contact Christian Langston at (419) 289-0626 or sports@ashlandy.org.

Q: Where should my kid play?

A: The youth flag is divided as follows. Ages 3-4 in the Little Blitz Division. Age 5/ K-1st Grade, 2nd-3rd Grade, 4th-6th Grade. Our league allows participants to play up one division. Players are not permitted to play below a division (unless there is a medical emergency). This is done to maintain our division fair and equal. The rule that permits you to play up a division is in place so that buddies who are off by a grade can play together, or if you simply want to play in a more competitive environment. If an age group does not have the required number of children, we will mix grades to make teams.

Q: How do I find out information like my coach, practices, or game schedules?

A: All teams, players, coaches, and volunteers will receive an email once rosters are set out at the coach's meeting. All schedules, once set, are posted on the YMCA Sports Website and Ashland YMCA-Youth Sports Facebook Page.

Q: What size football does my child play with?

A: Divisions 5 Year or Kindergarten-1st, 2nd-3rd will use the Junior (Size 7) Ball Divisions 4th-6th grade can choose to use either the Junior (Size 7) or Youth (Size 8) ball.

Q: I have not heard from anyone, including my coach. When will this happen?

A: Even if coaches do not email you, you will receive communication emails from me since I send out weekly updates. We may still be seeking for a coach for that squad, which is why you are not receiving communications. If this occurs, we will contact families to see if a parent is willing to volunteer.

Q: What jersey size should I order?

A: Check the jersey size chart to determine the size jersey you should order for your child. [Jersey Size Chart](#)

Q: When do I get my child's Jersey?

A: Jerseys will be issued the week prior to the first league game. They are ordered from the NFL Flag Website, so we need to know your child's size by late July.

Q: Does my child need mouthguards and/or cleats?

A: Mouth guards are required for all players. You can find them at sporting goods stores or on Amazon. Cleats are not required but are recommended for older ages.

Q: What are the basic rules in each age group?

A: We go by the official NFL Flag Rule Book which is posted on the YMCA NFL Flag website.

Q: What is the Weather Policy?

A: Below is our cancellation guidelines for outdoor sports.

NOTIFICATIONS: There are two ways we communicate this so please make sure we have current/correct contact information.

POSTED: Information will post on our Facebook page.

EMAILS & TEXT: We will email teams affected by weather so please check your email before leaving to come to the fields. We will do our best to cancel as quickly as possible, for last minutes cancellations we will also, text as well as email the notification.

PRACTICES:

Calls for practices are made between 3 PM and 3:30 PM during the week. We will do our best to wait so we can get all practices in.

Our Volunteer Coaches: Our Volunteer Coaches have the choice to cancel practices before we close fields. COACHES, please email us so we can share that information.

GAMES: We play in the rain (the kids love it, parents and my staff not so much.)

We only cancel games and practices if there is lightning, thunder, and/or standing water on more than 25% of our fields. If light rain only, we are going to play. Calls will be made early in the morning for a full day closure or if we will cancel on a game-by-game basis, it will be called 1 hour before your game time. We will contact you by email and text so please make sure we have your current and correct information

Q: What first aid do you provide?

A: We have first-aid kits available at all fields. Our staff have been CPR certified and will always be on-site during the programs. We call 911 for any

major injuries. If your child has any severe conditions please include that in the flag football survey as well as their coach.

Q: What is your refund policy?

A: You will receive a full refund before jerseys have been ordered. After that day, a \$40 non-refundable is subtracted from the refund/credit options below to cover the cost that is accrued once a child registers for the program.

Full refund granted (minus \$40) if the request is made prior to the first practice.

50% credit granted (minus \$40) if the request is made after the first practice.

No credit is available if the request is made after the second practice.

If sports seasons are canceled a prorata equally to the number of canceled