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YMCA of Greater Charlotte Youth Flag Football Family Playbook Spring 2025

Our flag football league is a recreational league for youth athletes ages 4-17. This league is played throughout the YMCA branches in a regional model, and will focus on practices that encourage athletes to love their sport as well as develop the fundamental skills needed to play the game.

The Y league is a true recreational flag football program where we promote at least 50% playing time in games for our athletes throughout the season.

- **What does the regional model consist of?**
 - Our association's regional model promotes a wide variety of teams, as well as exciting experiences to compete, grow, and improve skills! Athletes will have games and practices at the branches within their region, throughout the season. As well as the opportunity to compete against other YMCAs within our association footprint.
- **What are the different regions?**
 - When registering, double check what region you are registering for using the list below:
 - **North Region:** Lake Norman, Lowes
 - **Central North Region:** Keith, McCrorey, Simmons, & Stratford Richardson
 - **Central South Region:** Dowd, Harris, & Johnston
 - **South Region:** Brace, Morrison & Steele Creek
- **Can I sign up in any region?**
 - Yes, you are welcome to register for any region but please note that our regions are set up to host branches that are geographically close to one another.
- **When will registration open?**
 - Registration for Spring 2025 opens 1/1/25 for Members and 1/15/25 for Non-Members.
- **What are the flag football league prices?**
 - All pricing is available online at www.ymcacharlotte.org
 - My Y Program Pricing provides a scholarship to members meeting the household income requirements. Please check in with your closest YMCA branch to see if you and your family qualify.
- **What divisions are being offered?**
 - **Registration and team placement is determined by the grade level the participant is currently in***
 - North Region: Kindergarten – High School Coed
 - Central North Region: Kindergarten – High School Coed
 - Central South Region: Kindergarten – High School Coed
 - South Region: Kindergarten – High School Coed
- **Does the YMCA have flag football for athletes 4-5 years old?**



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Yes- Our Kindergarten age division are for our youngest athletes ranging from 4-5 years old. Athletes in this age group will learn the best parts of flag football through our Practice-Play model. Kindergarten teams will meet with their volunteer coaches and team one day a week on Saturday throughout the season. Teams will spend their time together practicing skills, working as team, and having fun, followed by elements of playing real games! There are no weekday meets for Kindergarten players unless communicated out specifically from the league.

- **What are the meeting days and times for each age group?**
 - Kindergarten divisions will only meet on Saturday for their weekly Practice/Play session.
 - 1st-2nd Grade – High School Practices may take place Monday-Friday between 5:00-8:00pm for 55 minutes.
 - 1st-2nd Grade – High School Games will take place on Saturdays between 8:00am-7:00pm.
- **Will practices and games be held at the branch I register at?**
 - Practices and games will be held at YMCA facilities where field space is available or at CMS facilities where agreements currently exist within your region. Please note: If there are not enough teams in certain age divisions, teams may be scheduled to interleague with teams within the association and play at other YMCA branches that are not in your region.
 - We will do our best to create a consistent practice and game schedule for each team.
 - Practice and game schedules will be released in advance of the start of the season via our YMCA's league platform Playerspace.
- **How will practice and game locations be determined?**
 - Practice locations will be determined by the region you sign up for. Practices can be held at any of the branches within the region, but will be consistent throughout the season.
 - Game locations will also be determined by the region you sign up for. Some branches may only hold a certain age group on game day due to field sizes, others may offer multiple age groups.
 - Although we do our best to accommodate all teams, it is possible that teams within our older age divisions may interleague with neighboring regions, requiring travel between surrounding branches for games throughout the season.
 - Team practice times are primarily dependent on the volunteer coaches' availability and preference. In order to guarantee your practice day and time we encourage you to sign up to COACH!
- **I have a special request of what team I would like to be on, can I communicate that to the league director?**
 - All special requests for our Fall season must be submitted by **Friday, February 21st**. Requests can be in the form of preferences for *one friend requests, one coach requests, or one day of the week you CANNOT practice.*
 - In order to have the best chance to get your request please make sure you and any friends or requested coaches are registered before the request deadline. We encourage families to put enter request preferences in at the time of registration.
 - Although we do our best, please understand that not all requests may be honored for a variety of reasons, but we make every effort to accommodate as many as possible.

How does my athlete receive a team uniform?



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- The YMCA will provide your jersey as part of your registration fee. Jerseys will be distributed the second week of practice. Teams will get a variety of sizes. Players are required to wear cleats and black shorts with their jersey, which are not provided by the YMCA.
- Teams will be assigned Home Team or Away Team for each game. Please make sure your athlete wears the appropriate jersey color that corresponds with the team assignment.
 - Home Team: Lighter Color
 - Away Team: Darker Color
- **Do I need to purchase any gear or equipment for my athlete?**
 - YMCA jerseys are included in the registration fee. The YMCA will also provide all balls and cones for the season, but you are welcome to bring one –just remember to label it.
 - Football Sizes Per Division:
Pee Wee: Kindergarten, 1st-2nd Grade
Junior: 3rd-4th, 5th-6th Grade
Youth: 7th-8th, High School
- **What are the season dates?**
 - Participant Special Request Deadline: **Friday, February 21st**
 - Team assignments released by: **Monday, March 3rd**
 - Game schedules posted by: **Friday, March 14th**
 - Practices start: **Week of March 10th**
 - U-6 Team Meet & Greet: **Saturday, March 8th**
 - Game Day 1: **March 22nd**
 - Game Day 2: **March 29th**
 - Game Day 3: **April 5th**
 - **** Spring Break*** No Practice or Games **April 12th-April 21st**
 - Game Day 4: **April 26th**
 - Game Day 5: **May 3rd**
 - Game Day 6: **May 10th**
 - Game Day 7: **May 17th**
 - Post-Season: TBD
 - Make-Up Dates: **The week of May 19th**
- **PLAYERSPACE: How will I see league and schedule details for my athlete's team?**
 - Our YMCA partners with PlayerSpace, a sports league management and communication platform that connects players, parents, coaches and sports directors.

We will use PlayerSpace as our primary communication platform for sharing game schedules, team rosters, cancelations and all other important information. Prior to the start of the season, parents will receive account login information from the Sports Director within your respective region. When you receive your family account login information email, be sure to activate your account to receive communication about the upcoming season.



PlayerSpace

PlayerSpace, allows athletes and families:

- Convenient 24/7 online access to league information such as schedules, practice times and team information
- Emails and texts with updates on important information including schedule changes and cancellations



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- The ability to post and share pictures and videos on your team's page!

I am interested in becoming a volunteer coach – who do I contact?

- Our youth sports programs rely 100% on the dedication and efforts of our volunteer head coaches, assistant coaches, and team parents. Passionate volunteers help the YMCA expand our impact and positive reach in the community.
- Please visit the following link and send your regional representative an email. Contacts can be found below. <https://www.ymcacharlotte.org/mission/join-the-mission/become-a-volunteer/coach-youth-sports>

○ I am a returning coach; how can I secure my spot to coach?

- The same process for returning coaches, please visit the following link and send your regional representative an email. <https://www.ymcacharlotte.org/mission/join-the-mission/become-a-volunteer/coach-youth-sports>

○ Who do I contact if I have questions?

- Individual branch front desks can answer basic information as well as register you for the program.
- Specific program questions can be sent to the following:
 - North Region: NorthSportsRegion@YMCACharlotte.org
 - Central North Region: CentralNorthSportsRegion@YMCACharlotte.org
 - Central South Region: CentralSouthSportsRegion@YMCACharlotte.org
 - South Region: SouthSportsRegion@YMCACharlotte.org

○ Youth Sports Refund Policy

- Please fill out this [form](#) to request a program cancellation. Cancellations require 15 days written notice before the program start date. No refunds if cancellation request is received fewer than 15 days before the program starts.