



Fall Flag Football 2022 **Parent Fact Sheet**

Thank you for participating in the 2022 Sterling Park District fall soccer program. The success of this program as well as other park district youth sports programs depends upon the support from parents like you. This Parent Fact Sheet is designed to help you better understand how the 2022 Flag Football season will be implemented.

If you are able to help coach your child's team please let your current head coach know or contact Brian Totey (Athletics Manager) at 815-622-2219 or btotey@sterlingparks.org.

Saturday September 3rd: Team Orientation Day: Parents and players will be given an overview of the season with the parent fact sheet and be able to ask questions. Pre K- 2nd graders will be divided up into teams. 3rd through 5th graders will be put through a skills assessment to help divide the teams.

Equipment

- a) Team jerseys will be given out at the first game on Saturday September 10th if not before from the team coaches.
- b) Pants or shorts may be worn with no pockets, belt loops, tie strings, etc.
- c) Athletic-type sneakers or rubber cleats (no metal cleats)
- d) We recommend that mouth guards be worn.
- e) Coaches will be given footballs, flag belts, and other necessary equipment.

Practice Schedule

Practices will be one night during the week and days/times will be set by the coaches and Athletics Manager.

Picture Day: Pictures will be taken on Sept 17th. Forms will be handed out at a Saturday game and are due on picture day.

Game Format

- Games are held at Westwood Fitness & Sports Center; field assignments and locations are on game schedules.
- The game is played with four (4) ten (10) minute running clock quarters. Halftime is five (5) minutes.
- The official can stop that clock anytime at his/her discretion.
- Teams change sides at the end of each quarter.

- A player is “tackled” when his/her flag belt is detached by the opposing team.
- Specific rules are explained in the Sterling Park District Flag Football rules packet which can be found online at www.sterlingparks.org
- Please note that there is no actual physical contact allowed in flag football however accidental physical contact does occasionally occur.

Inclement Weather

Facility changes/cancellations will be determined 1 hour before start time. If you have any questions, please call Brian Totey (Athletics Manager) at 815-499-4703.



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www.sterlingparks.org