

Youth Football

NFL FLAG FOOTBALL



NFL Flag Football is for boys and girls in grades 1-4.

This is a non-contact league which will play eight games beginning the week of September 1. The games will consist of two, 20 minute halves and a five-on-five format (1st - 3rd) and seven-on-seven format (4th).

Games will be played as follows: 4th grade on Wednesday evenings, 3rd grade on Thursday evenings, 2nd grade on Saturday mornings and 1st Grade on Tuesday evenings.

Registrations are limited and will be accepted on a first-come-first-serve basis until the league is filled. Teams will be formed by school as long as the appropriate information is listed on the registration form. The maximum number of participants on a team is 10 for 1st - 3rd grade and 12 for 4th grade. Players may sign up with one buddy as long as the information is on both registration forms.

Flag Football registration forms will be available at the Parks and Recreation office. NFL registration fee includes your child's NFL jersey and flag belt.

If you are interested in coaching your child's team, please contact Angie at 634-6491 by July 31. Coach's packets are available at the Parks and Recreation office, 427 Monroe Street, or on-line at www.jeffcitymo.org/parks.

Registration: July 6 - 31

(Registrations received after 5 p.m. on July 31 are not guaranteed placement on a team. Fees will increase by \$10 for those allowed to register after the July 31 deadline where there are still spaces available.)

Rules and equipment information is available at:
http://flag.nflyouthfootball.com/rules_and_equipment.htm

NFL ULTIMATE FOOTBALL

In the Fall of 2009, Parks and Recreation is looking at offering a new league for 5-8th graders called Ultimate Football. Games would be played on Saturday or Sunday afternoons.

Ultimate Football is a combination of football, soccer, hockey, ultimate Frisbee, and basketball. The offense must avoid defenders and work the ball around the field while attempting to find an open teammate in the end zone. This will be a five vs five co-ed league. Teams will be formed by schools as much as possible.

If you have a child interested in this league and/or would like a full set of rules, please contact Angie Toebben at atoebben@jeffcitymo.org or 573-634-6491. To look at the league rules, please visit: http://flag.nflyouthfootball.com/rules_and_equipment.htm.

WHO IS COACHING YOUR CHILD?

Jefferson City Parks and Recreation is trying to do everything we can to make a safe youth sports environment for your child.

We screen all of our youth sports head coaches. The head and assistant coaches fill out an application. All head coaches must complete a fingerprint check their first year and then a name search each year thereafter.

We also require all head coaches to go through the National Youth Sports Coaches Association (NYSCA) certification program. This video-based training program was developed by the National Alliance for Youth Sports. We currently certify coaches in **youth volleyball, youth baseball, youth softball and youth flag football**. Youth softball coaches may go through the ASA coaches certification course instead if they choose. This certification also provides excess liability insurance for the coach and a subscription to Sporting Kid magazine. Each coach is required to sign the Coach's Code of Ethics.

Coaches and parents may visit our Coach's Corner page on our web site at www.jeffcitymo.org/parks. We post league rules, applications, parent handouts, maps of the ballfields and more.

Each year we have the opportunity to nominate a Youth Sports Coach for the National Youth Sports Coach Award through the National Alliance for Youth Sports. If your child has had an exceptional coach that you feel should be nominated, please send information to atoebben@jeffcitymo.org or mail to 427 Monroe Street, JC, MO 65101.

If you have had a bad experience or feel that your child's coach does not follow league rules, please let us know.

