



"INSPIRING CHILDREN THROUGH SPORTS"

Frequently Asked Questions (FAQ's)

1. What is the flag-football league structure?

- The MJCCA FALL Flag-Football program is a **Sunday-only league**, with no weeknight practices or games. The program is available to boys and girls, and is separated into two divisions: 8-10 yr old league and 11-13 yr old league. Players must meet the age requirements as of **September 1st** of that calendar year.

2. How do I sign up and what is the deadline?

- Registration can be completed online at the JCC Youth Sports website. After clicking on the Flag-Football webpage, parents can register their participants by choosing the appropriate league and following the instructions. Early-bird Registration ends **June 25th** and the Registration Deadline is **August 6th**.

3. Does my child have to have previous experience in order to play?

- Participants are not required to have any playing experience before joining the JCC flag-football league. The JCC welcomes children at all levels of experience.

4. What can we expect during the Player Evaluation sessions? What happens if a player cannot make Player Evaluations?

- Player Evaluations typically occur 1-3 weeks before the first practices begin and serve as Tryouts for all of the participants. Players will be graded on various offensive and defensive skills and drills throughout a 1-hour session. If unable to attend, please contact a league administrator as soon as possible to make alternate arrangements.

5. When do practices begin and where are they held?

- Shortly after the Player Evaluations, your new coach will contact you once your child has been drafted and placed on a team. Practices will be Sundays-only and will begin **Sunday, August 29th**. All practices and games are held at the JCC upper athletic fields (Fields 1 and 2).

6. When does the season begin and end?

- The season is scheduled to begin Sunday, **September 12th** and will run through mid-November. To view a complete season calendar, please follow the Calendar link on the Flag-Football webpage:
<http://www.atlantajcc.org/clientuploads/PDF/SF/YLC/FLAGFOOTBALL/YL-FlagFootball-Calendar.pdf>

7. What equipment do we need to bring? What does the league provide?

- Cleats are recommended and shorts are allowed; however, metal spikes are **never** allowed and players **cannot** wear shorts with pockets during games. All players are required to wear a protective mouthguard at all times! The JCC will provide jerseys, flag-belts, footballs, etc.

8. What about parking and access to the fields/building?

- All parties must first check in with the security gate upon entering the JCC campus. Parking is available throughout the upper and lower parking lots and it is recommended to arrive well in advance of your designated game-time to allow for parking. Access into the building must be granted via a membership card or the intercom system at the front entrance to the main building.

9. Can my child play other sports at the JCC at the same time?

- Yes! Fall sports at the JCC include flag-football, boys and girls soccer, as well as Triathlon. Schedules will not conflict at any point throughout the fall season.

10. If I have more than 1 child participating, can their schedules be coordinated?

- Typically, yes – the JCC Youth Sports staff will make every effort to coordinate situations that involve families with numerous children.

11. What should we do before practices and games?

- Properly preparing for practices and games is essential for performance and for the safety of the child. Adequately hydrate and continually stress the importance of stretching and ways to combat heat-related issues.

12. What should we do during Inclement Weather?

- In the event of inclement weather, please do not assume your game is cancelled. Instead, please utilize the **Youth Sports Rainout Hotline** throughout the day for continuous updates (**678-812-4001**). For more information and safety tips, please follow the Weather Guidelines link on the JCC Flag-Football webpage.

13. Where can I find a copy of the league rules?

- An electronic copy of the league rules can be found on the JCC Flag-Football webpage:
<http://www.atlantajcc.org/clientuploads/PDF/SF/YLC/FLAGFOOTBALL/FlagFootballWebRules.pdf>

14. Who should I contact if I am interested in coaching?

- If interested in coaching in any capacity, please be sure to designate your desire on the registration form or directly contact **Matt Pearce** of the JCC Youth Sports department (**678-812-4055**).

15. Who should I contact if I am interested in volunteering?

- The JCC is a volunteer organization and relies on the continuous and solid contributions from parents and volunteers. If interested in volunteering, please contact a league administrator to begin your involvement.

16. Who should I contact if I am interested in becoming a sponsor or making a donation to the program?

- The JCC Youth Sports department welcomes sponsors on several different levels. No contribution is too big or too small and is a great way to promote your company or business. If interested in becoming a sponsor, please designate your desire on the registration form or directly contact **Matt Pearce** of the JCC Youth Sports department (**678-812-4055**).

17. What is the Green Team?

- In our continuing efforts to promote environmental responsibility, accountability and ownership, we will be designating one team per week to serve as that week's **Green Team**. We ask that each **Green Team** do their part to help clean up the playing areas and properly dispose of any trash throughout the facility.

18. League Directory:

- **League Coordinator: Matt Pearce**
 - i. 678-812-4055
 - ii. matt.pearce@atlantajcc.org
- **League Commissioner: Howard Fish**
 - i. howard.fish@comcast.net

19. Other important things to remember:

- The JCC Youth Sports program is a professionally run department that relies on volunteers and parent-participation.
- Everyone involved in this league, no matter their role, must adhere to the Codes of Conduct.
- Consumption of alcohol or tobacco products is strictly prohibited during all practices and games.
- For more information on this program, or other sports offered at the JCC, please visit the Youth Sports website: [MJCCA • Youth Leagues & Classes](#)