


FLAG FOOTBALL LEAGUE

The league is offered in the spring and fall for ages 5-15

- Registration opens in January for our Spring Season which runs March – May
- Registration opens in June for fall season which runs August – October.
- Age divisions are 5-6, 7-8, 9-10, 11-12, 13-15
- A player's age as of September 1st **OR** April 1st prior to the upcoming season is their playing age for the league.
- Each team will have a 8 game regular season schedule + single elimination playoffs.
- **Games will be played** Monday through Friday and some Saturdays. No games on home WVU Football days.
- Weekday **game times** will be 5:30, 6:30, 7:30.
- Saturday game times will be between 9am-6pm.
- Each player will receive an official NFL jersey and a set of flags.
- Rubber/molded spikes or tennis shoes are allowed on the turf field.
- Mouth pieces are recommended.
- All games will be played inside of Pro Performance on the turf field.
- A coach may protect a max of 3 players, then draft the remainder of their team.
- Players that don't attend the combine can be drafted. They will still be placed on a team by their name being drawn out of a hat at the end of the draft.

FLAG FOOTBALL Q & A (continues to page 2)

How do I register for the flag football league AND the clinic?

- Use the registration link below or on our website to register. This link will also be used to post schedules, standings, and other information so please remember your login
- Registration for the league and clinic are separate
- The preseason clinic is optional and held prior to start of the league
- If you have more than one child you will need to fill out of form for each one attending
- REGISTER  <https://clubs.bluesombrero.com/Default.aspx?tabid=1333634>
all registrations will be done through this link

What is the preseason clinic? The clinic is an optional activity held 2 weeks before the combine/draft to help improve players skills and help them prepare for the combine. The cost is \$95 for a total of 6 sessions and will focus on Quarterback Play, Flag Pulling, Receiving, Running.

What is the combine/draft? This event is where players are placed on teams. The combine has become a very popular event conducted by the Pro Elite Football Staff that is a lot of fun for both the players and parents. Players go through a series of football drills including: throwing, catching, running and flag pulling during the event. The coaches will meet after the combine and draft their teams. The coaches will contact the players that week and inform them what team they are on. If your child misses this event, they will still be placed on a team by their name being drawn out of a hat at the end of the draft.

When are practices held? Practices typically start a week after the draft. Each team is guaranteed a one practice per week. If the head coach of the team decides to practice more than once a week, that is up to the coach.

When do games start? The first games will start typically 10-12 days after the combine/draft. Schedules are not done prior to this because we don't know how many teams and kids we have until after the draft.

Can I volunteer? If any parent would like to volunteer as a coach, please note the section on the registration form to volunteer. Your participation is greatly appreciated for a successful season for the kids.

Other details: Like "Pro Performance Flag Football" on Facebook and Pro Elite Flag football on Instagram for the latest news on the league.

Contact: proelitefotball@gmail.com OR jarrett@properformancerx.com

for information on the league/clinic/coaching/referee