



FLAG FOOTBALL COACHES MEMO

To: HOD's & Flag Football Coaches, Unified Partners
From: Bryan Schubring, Director of Sports & Competition
Date: October 25, 2017

CHECK IN PROCEDURES

All teams are invited to attend a team practice and brief team evaluation. As Flag Football is a new sport for SOVA we would like to see your team in action to get an idea of their ability level to have equitable matchups for Sunday's Exhibition Games. Teams are asked to report to the **Hampton Roads Soccer Complex Turf Field #6** at the following times on **Saturday, November 4, 2017**:

1:00PM = (02) Area 2 D Boys, (02) VA Beach Wolves
2:00PM = (06) Chesterfield Cheeseheads, (06) Packers
3:00PM = (25) Richmond Runners, (14) Dominators

Preliminary play is a part of the competition and teams are required to participate in the preliminary play. The check-in process will go as follows:

- I. It is the responsibility of the Head Coach to report to Veronica Jennings the facility 15 minutes prior to your practice time to do the following:
 - Verify your roster. (This means report your scratches and activate any registered alternates if necessary.)
 - We will also request your mobile phone # as well as the color of your jersey.
 - From that point you should begin your 60-minute practice at that time. We will also address any competition questions at that time.
 - Final game schedules will be available at the coaches meeting held immediately after Opening Ceremonies.

GAME FORMAT

Flag Football Competition Rules

All teams will play two (2) games. Each team/participant will receive the same awards.

Games will consist of two (2) 20-minute halves (running time) until the last minute of each half at which the clock will stop on all dead ball whistles (i.e. incomplete pass, out of bounds, change of possession).

Each team receives one (1) 60-second timeout per half.

There shall be a 5-minute break at halftime.

Mouth guards must be worn at all times.

Rosters

Traditional Teams

The team roster may contain up to 12 eligible players.

Teams shall field five (5) players to start the game (required).

Teams may continue with a minimum of four (4) players, if necessary due to disqualification or injury.

Unified Teams

The team roster may contain up to 12 eligible players.

The roster shall contain a proportionate number of athletes and partners.

During competition, teams shall field five (5) players to start the game (required). The line-up shall never exceed three (3) athletes and two (2) partners at any time.

Teams may continue with a minimum of four (4) players (two (2) athletes, two (2) partners) due to disqualification or injury.

Failure to adhere to the required ratio results in a forfeit.