



## Winter is Focus on Fun and Safety

The City of Charleston Recreation Department will offer winter sports for our citizens. Winter sports will look different than our normal season. We will continue to institute new standards, protocols and game rules that will meet or exceed CDC national standards for keeping our children safe when playing outdoor sports. Our goal is to provide an atmosphere to allow our children to exercise, socialize, be fit and have fun!

\*\*Coaches/Parents and Players will follow all city ordinances for Mask established at time of play

\*\*Parents will be required to socially distance

\*\*Parents will sit on the same side as their child's team, field will be lined for spectators viewing

# YOUTH FLAG FOOTBALL FACT SHEET

- Practices will start first week of December
- Games will begin first week of January and end at the end of February.
- 5-8 will practice and play on Saturdays.
- 9 and above will practice and play evenings.
- No combines or drafts this season. Random draw, limited request. No return teams.
- Request will be limited to one request per player and not guaranteed. Limits will apply to avoid manipulation of teams. Coordinators will make final roster decisions.
- Some age groups may be combined depending on registration.
- 6 games per league – 4 weeks of practice, 4-6 weeks of games.
- Game structure will be pods/cohorting of 4 teams to limit exposure in all age groups
- Players will need to have their own water bottle and hand sanitizer.
- No benches or bleachers will be utilized.
- Coaches will check out needed equipment with staff at games and practices. All equipment belts/balls will be sanitized before and after use by city staff
- Parents will be required to purchase mouthpieces for players. We strongly urge parents to purchase pieces that allow the child to breath so they are not constantly removing from mouth.
- Coaches will only be able to coach one team.
- Two coaches per team max. Prefer one.
- Referees will be used for 9 and above when available. We are experiencing a shortage of referees.
- We will minimize to eliminate all travel to other areas for this season.
- Teams will line up on their side after game ends and wave or Bow in sportsmanship - No shaking of hands with opposing team or referees

**Clinics:** Ran by qualified instructors, 45 minutes long, 6 week sessions

- 4 y old clinics Co-Ed Saturday options

**League:**

- 5-6 league Co-Ed 8 man roster – 10 max per team Play 5v5 Saturday games
- 7-8 league Co-Ed 8 man roster – 10 max per team Play 5v5 Saturday games
- 9-10 league Co-Ed 8 man roster – 10 max per team Play 5v5 Weeknight games
- 11-12 league Co-Ed 8 man roster – 10 max per team Play 5v5 Weeknight games
- 13-15 league Co-Ed 8 man roster – 10 max per team Play 5v5 Weeknight games

**Mouthguard:** recommendation Battle Sports oxygen lip protector CCM SISU 1.6 Mouthguard. Mouth guards will be purchased by participant.