

**Q: Who can play?**

**A:** This program is **currently** open to K-12th grade girls (Ages 5-18). Girls in this age bracket from any city can register.

**Q: How are individual players placed on teams?**

**A:** This is a league designed to keep schoolmates playing together. However, we do allow for special requests such as if there is a coach your child has played for that would like to play for them again or to keep friends together. Please understand that special requests are **NOT GUARANTEED and NO REFUNDS WILL BE GIVEN IF WE CANNOT MEET THE REQUEST.** Also, please keep in mind that to keep balance our teams, requests may not be accommodated if the team is heavy on a grade level. One of our goals is to create a fun and balanced league that is fair.

After requests are processed, individuals are placed on teams determined by school, grade, and age factors. Our goal is for middle school to have their own flag football teams. Teams are formed using the following criteria:

1. School Affiliation
2. Current Grade/Age

Most teams will have 8-11 players. If there are more than 11 players registered in the same grade/age range at the same school, those players will be divided into multiple "School" teams and then the remaining spots could be filled with players from other schools.

**Q: If my child and his/her classmates do not have enough players to form a team?**

**A:** No worries! We will always try to keep classmates together but if needed we will combine players from other schools to form your team for the season.

**Q: Do we accept team registrations?**

**A:** Currently we do not but maybe in the future. While we will allow for teams to return, we will carefully examine full teams registering so it is a fun experience for all. Please contact us with your intent so we can discuss this option with you!

**Q: How many teams can one school have?**

**A:** It depends. We will not turn any players away. As many teams that can be

formed from each school by grade/age division will be accepted. Any female athlete who wants to play in the 11-14 age range is welcome.

**Q: How many players are on a team?**

**A:** Most teams have 8-11 players. Teams with 8 are at a disadvantage than teams that are filled with 11, so we will adjust accordingly. Our goal is to have 11 players per team.

**Q: Does the league supply uniforms?**

**A:** Every Flag Football player in our program receives an NFL reversible team jersey and a flag belt to keep with your registration.

**Q: Who are the officials and are they qualified?**

**A:** Our officials are trained and certified by our staff, so they have a full understanding of our rules. They are very good at what they do and will call a fair game for both sides. If you are interested in being a paid official, please email [GirlPowerFlagAtl@gmail.com](mailto:GirlPowerFlagAtl@gmail.com) with the subject line, "Official Inquiry." Officials make between 25\$ and 30\$ a game depending on experience. **High School and College Students are welcome to apply!**

**Q: How much playing time can my child expect?**

**A:** Our program(s) promote participation, fun, and fundamentals. Coaches are required to fairly allocate playing time equally among all female athletes on the team. We will do our best to assure all players receive equal playing time.

**Q: What do I get for my registration fee?**

**A:** An 8-game season including practices, use of well-groomed fields, certified officials, NFL reversible team jersey, flag belt and flags, interactive website, organized administration, weekly awards, and lots of FUN for you and your child! Also there are two rain dates baked in for any game days that are canceled due to inclement weather.

**Q: Are there playoffs?**

**A:** Yes. Weeks 1-7 are regular season games. Week 8 is the playoffs. Every team makes the playoffs. Teams with the better records have the better seeding positions and or maybe a round one bye. The week 8 playoffs are determined by a one loss elimination.

**Q: Are the playoffs rules different than the regular season rules?**

**A:** Yes.

**During the season**, all games are 51:00 minutes in total. They are broken down into two 25:00-minute halves. Halftime is 1:00 minute.

**During the playoffs**, games are subject to change to 25:00 minutes in total. They would be broken down into two 12:00 minute halves. Halftime is 1:00

minute. **During the season**, once a team passes the first down mark (midfield mark), they will have four downs to score a touchdown.

**During the playoffs**, once a team passes the first down mark, they will only have three downs to score a touchdown.

**For both regular season and the playoffs**, if a team fails to cross the first down mark, they can elect to "punt" on 4th down, giving the opposing team the ball on their own 5 yard line. That is when there is a change of possession, and the opposition starts a new offensive drive.

**Q: What types of awards are given?**

**A:** There are awards every week during the season and at the conclusion of each tournament. **[See Below]**

**Weekly Performance Award:** Every week, when all games within a division conclude, all our parents, coaches, and athletes come together to celebrate their individual and team performances. We start off with a mini game by game breakdown letting the head or assistant coach of each team talk about what transpired during their games. **Girlpower custom dye medals** will be given out to the girl or girls on each team who deserved them that week for their effort, courage, or performance. Each girl gets one medal over the course of the season. We want to make sure each girl regardless of skill level or talent gets celebrated. We also want to take this time to teach our young female athletes valuable lessons in life from the game of football. The unique post-game awards ceremony is a big part of the magic and makes the Girlpower experience an extraordinary one.

**Weekly MVP Award:** Once the performance medals are given out, we move onto the MVP performers of the winning team. Each Coach will send up their most valuable player to hold up the MVP belt and get a group picture.

**End of the Season Awards:** At the conclusion of each tournament, the winning teams are awarded championship rings, and the Head Coach is given the Charles Woodson Trophy.



**Q: Do all flag football players need mouthpieces?**

**A:** It is mandatory that all players are wearing a mouthpiece before stepping on the field.

**Q: How does the refund policy work?**

**A:** After you register, you have until 5:00pm on our registration deadline (close) date to send an email to the league office stating that you would like to withdraw your child from the program. You will be assessed a \$30 cancellation fee AND will forfeit your child's flags and jersey. Processing fees are nonrefundable. There will be no refunds issued after the deadline date. **If** there aren't enough girls registered for a division, everyone who registered their girl(s) will get a full refund back.

**Q: Can I volunteer?**

**A:** Yes, we love and need volunteers to make our NFL Flag league operate. All officials, board members, and coaches undergo a background check and review with the GPF Board. No person with any history of sexual abuse will be allowed to coach, officiate, or be on the staff of GPF. Please email [GirlPowerFlagAtl@gmail.com](mailto:GirlPowerFlagAtl@gmail.com) if you have any questions or concerns.