



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## FAQ NFL Flag Football 2021

- **What are the dates of the program?** 8/28/2021-10/30/2021
- **When are practices and games?** Monday (Make Up Games/Practices), Wednesday (Practices), Saturday (Games)
- **Does my child need to wear cleats?** Not required.
- **Do I need to provide my child with a mouth guard?** Not required.
- **What should my child wear to games and practices?**
  - Child will be provided with NFL Flag Football Jersey and flag belt with flags to be worn on game days. Practice attire is shorts and t-shirts with flag belt and flags.
- **Will my child receive a shirt or uniform?**
  - Yes! An official NFL certified NFL Flag Football jersey
- **Can I drop off my child for practice and leave or do I need to stay for the duration of the practice/game?** Parent/guardian Attendance is optional but encouraged.
- **Will my child get injured?**
  - Flag football is a non-contact sport. Children are coached on proper techniques to reduce injuries.
- **What first-aid do you provide?**
  - Berkshire Family YMCA program employees are onsite and certified in First Aid and CPR.
- **How will I be communicated with throughout the program?**
  - Facebook (facebook.com/BerkshireFamilyYMCA), email, and Remind App (remind.com) to communicate major program changes.
- **When will I hear from someone after I've registered?**
  - A message via the Remind app will go out to parents the week before the first practice.
- **Who is my child's coach?** All BFYMCA Volunteers are CORI checked individuals that have a love of children and the sport.
- **What is the weather policy?**
  - Flag Football will be played Rain or Shine with the exception of thunder storms.
- **How will I know if practice or a game is cancelled?** Parents will be notified as soon as possible via the remind app.
- **What are the rules of the game?**
  - Visit <https://nflflag.com/flag-football-rules> to further explore the rules of the game.

**BERKSHIRE FAMILY YMCA:** [www.bfymca.org](http://www.bfymca.org)

**Pittsfield (Corporate Office):** 292 North Street, Pittsfield, MA 01201 **P:** 413-499-7650 **F (All Locations):** 888-965-0663  
**Northern Berkshire:** 22 Brickyard Court, North Adams, MA 01247 **P:** 413-663-6529  
**Bennington Recreation Center:** 655 Gage Street, Bennington, VT 05201 **P:** 802-442-1053

