

Welcome to Upward Flag Football!

In Upward Flag Football, ***Every Child Is A Winner.***

This season, you will participate in a league that will redefine the word *winner*.

Today's sports culture has created a "win at all cost" mentality. However, in Upward, success is not based on wins and losses. Coaches are trained that success is determined by how they convey salvation, character, and self-esteem to each child. Upward defines winning as ***learning and/or teaching lessons in the game of life.***

Be a Winning Parent!

As a parent, you play a very important role in building the self-esteem and character of your child and every child in this league. Players will look to their parents, coaches, and referees as models for sportsmanship, respect for authority, and positive attitudes. Through your positive participation in this league, you can provide a lasting effect in these children that will live well beyond the end of the season.

What you can do to ensure a meaningful experience for your child:

- Make sure the child arrives on time to practices and games.
- After each practice, ask your child about the practice devotion and Scripture that was shared.
- Look for positive actions during practices and games that you can praise your child for.
- During practices and games, support the coach by allowing him or her to give instruction or feedback to the team. Directions from multiple sources can cause confusion to the players.
- Cheer for both teams. This helps create an environment in which every child is supported.
- Support the volunteer referee with positive comments only. They are giving their time to your child.
- After the game, join your child's team and cheer for each player as they receive their game day stars.



**FLAG FOOTBALL PARENT
ORIENTATION FLYER**



Practices

- You will be contacted in the coming weeks with information about your child's coach and practice night.
- There will be a one-hour practice per week.
- Your child's player items will be distributed by the coach at one of the first practices.
- During each practice, your child's coach will spend 5-8 minutes talking about God and the impact He can have on our lives.
- Children will have the opportunity to learn Scripture verses together, and will be rewarded for their participation.

Games

- Every team will play one game a week. Each game lasts about one hour.
- Following each game, teams and parents gather together as each player is awarded a star. Cheer for each player as stars are distributed.
 - › The blue star represents *Effort*
 - › The orange star represents *Leadership*
 - › The gold star represents *Sportsmanship*
 - › The gray star represents *Offense*
 - › The red star represents *Defense*
 - › The white star represents *Christlikeness*

Rules Unique to Upward Flag Football

You will receive a detailed set of rules unique to Upward Flag Football in the *Parent's Guide to Upward Flag Football*, which will be distributed with your child's player items.

Game Format

- Referees lead both teams in prayer at midfield before every game.
- Scores are not kept in K5 and 1st and 2nd grade divisions.
- No division standings are maintained in any division. Such standings add unnecessary pressure and intensity.
- This is a non-contact league. Any intentional contact will be penalized.
- Each team will have six players on the field at a time.
- All coaches will adhere to the substitution rules.

Substitutions

This substitution system is designed to provide every player equal opportunity for improvement. The substitution system ensures that:

- No child will sit out more than one possession at a time.
- Every child will play offense and defense in each game.
- Every child will start on either offense or defense in each game.
- In most cases, each child will play against someone of equal ability.
- Coaches are not open to making unfair substitutions or being accused of such.
- Coaches are free from monitoring playing time for each player.
- Playing time for all players is virtually even over the course of the season.

