



# **PARSIPPANY PAL - FLAG FOOTBALL**

## **WELCOME LETTER – SPRING 2024**

Welcome to the 2024 Spring Season of Parsippany Flag Football. Thank you for participating with us! Parents and Coaches, we appreciate your dedication and effort to make sure we have a great learning experience where everyone plays, and we have fun doing it. Below, we hope to provide all participants in our flag-football program with details & an season overview.

### **What we are committed to do:**

- Having fun is the number one priority.
- Assign volunteer coaches that teach the fundamentals of football in a safe and secure environment.
- Get more people excited about the league and enjoy the Sunday game-day atmosphere.

### **What we need from you:**

- Make sure your child has cleats, a water bottle, a mouthpiece, and is ready to have fun.
- Let your coach know if there are any (major) conflicts with the schedule, any medical issues or concerns you may have, and want to help in any way. We are always looking for volunteers.

### **1. Coaches:**

- **WE NEED COACHES for the GR. 1-2 Division & GR. 7-8 Division!** Experience is not necessary but does help. Assistance in coaching and specific flag football coaching resources can be provided for new coaches. If you are interested in coaching, please contact [ashley@parsippanypal.org](mailto:ashley@parsippanypal.org). Please include your players' name, your name, phone # and email.
- **Divisions will NOT start until every team has a coach. If there are NOT enough coaches' volunteers in EACH division, we will NOT be able to begin on time.**

### **2. COACH, TEAM MANAGER & PARENT GUIDELINES**

- Be a good Role Model. The primary focus of the PAL Flag Football League is the development of our players, not just from a skill standpoint, but also from a personal standpoint. Each adult should always encourage sportsmanship and respect. Children learn by watching the adults around them. Keep in mind calls made by the referee are at their discretion based upon the site of vision which may be different than what is seen from the coaches or parents' angle. Treat all game officials as if they are a member of your family. No one deserves to be treated poorly in front of others for doing the best they can.

### **3. League/Schedule:**

- **OVERVIEW** - 4 Divisions based on grade level. 6 weeks of regular-season games, 1-night Championship Games. The top 2 teams in each division will make the championship game.
- **SEASON SCHEDULE** - Games will kick off from 1pm-4pm; wrapping up the day by 5:30pm. Game Times: younger divisions scheduled first; older divisions scheduled later.
  - Regular Season = Sunday's
    - Week 1: 4/14
    - Week 2: 4/21
    - Week 3: 4/28
    - Week 4: 5/5
    - Week 5: 5/12 \*Mother's Day
    - Week 6: 5/19
    - Championships: **Tuesday, 5/21 OR Wednesday, 5/22 OR Sunday, 6/2**  
\*ONLY the top 2 Teams in each Division will play. Date will be determined ASAP.
- Due to the 'odd' number of teams registered in the 1/2, 3/4, and 5/6 divisions, teams MAY have a BYE week during the season with a 'double header' another week. Be sure to review the schedule in it's entirety.
- Game Schedule Link: <https://parsippanypal.org/programs-events/youth-programs/spring/flag-football/>  
*\*The schedule will be posted ASAP & an email will go out when it's on the website.*

### **4. Practice/Game Sites:**

- The PAL will host practices and games at **Smith Field Park Turf Field "D"**
  - Located behind the Empire Diner on Route 46E in Parsippany
  - GPS Address: 10 Grange Road, Parsippany, NJ 07054
  - Practices will take place 1 hour prior to game time at the field. There is plenty of room for

all teams to practice prior to game time. If you choose not to practice at that time, you must notify all team players.

- ANY additional practice times and locations will be at the discretion of your coach.

**NOTE:** the PAL FLAG League is designed for SUNDAYS ONLY.

- GAMES ARE "ON" = RAIN or SHINE. CANCELLATIONS WILL ONLY BE ANNOUNCED for SEVERE WEATHER, i.e THUNDER, LIGHTING, HEAVY EXTENDED RAIN and EXTREME HEAT.

#### 5. **Equipment/Safety:**

- Custom GAME JERSEY'S will be provided. Shorts are NOT provided. **Participants are encouraged to wear black shorts. All games will be on turf, cleats are strongly recommended.** Team Uniforms designs are below. We will distribute jerseys/flags at your first game - Sunday, April 14th. Please arrive early.
- Custom-POP-Socket Flags will be provided. If lost, replacement flags will cost \$10.00 – CASH ONLY.
- All PAL registered players **MUST WEAR THIS (pic below) BELT/FLAG** – no other belts/flags will be allowed.



- Mouth guards are the only required equipment this season.
- Cleats: Rubber (football style) Cleats are strongly recommended.
- Soft Shell Helmets are optional.

The Parsippany PAL is committed to deliver safe playing facilities and equipment, a healthy playing environment and we are ready for emergencies, should the need arise.

#### 6. **Safe Playing Environment:**

- The PAL is committed to providing safe playing facilities and equipment, healthful playing situations and be ready for emergencies, should the need arise. **Parsippany PAL's Philosophy:** The philosophy of the PARSIPPANY PAL is to instill in young people a positive attitude, good sportsmanship, sound fundamentals, confidence, and high moral standards.

- #### 7. **Coach Mandatory RULES Review:**
- We had a very productive coach meeting last week, 3/28. We will be scheduling another one closer to the first game date. Rules can be found on the PAL website.

**Information, Game Schedule, Standings:** <https://parsippanypal.org/programs-events/youth-programs/spring/flag-football/>

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**Thank you and have a great season!**