

NFL Flag Football Frequently Asked Questions (FAQ)

Updated 12/22/2023

1. I would like my child to play flag football. How do I get them on a team?

To enroll, visit <https://webtrac.folsom.ca.us/wbwsc/webtrac.wsc/SPLASH.html> or call 916-461-6650. Enrollments will be open for the fall season from May through July, and September through December for the winter season. Your child will be drafted onto a team following our player evaluation day.

2. When does registration open?

For the fall: For residents of Folsom, registration will open in late April. For nonresidents, registration will open in late July at 5:00pm. All registration will close in early August at 5:00pm, or when the division is full, whichever occurs first.

For the winter: For residents of Folsom, registration will open in mid-October. For nonresidents, registration will open in late November at 5:00pm. All registration will close in mid-December at 5:00pm, or when the division is full, whichever occurs first.

3. When does the flag football season start?

The fall season will begin in August and run through late November or early December. The winter season will begin in January and run through late March or early April.

4. What is the cost to enroll my child?

For residents, the price is \$195. For nonresidents, the price is \$205. If enrolling after the close of registration, a late fee will be assessed.

5. Where can I find the schedule for the NFL Flag Football season?

Schedules will be posted prior to the first week of practice on TeamSideline under "Schedules." You may access it by visiting <https://www.teamsideline.com/sites/folsom/home>.

6. Where can I find the NFL Flag Football rules?

The rules are posted on TeamSideline under "Downloads". You may access it by visiting <https://www.teamsideline.com/sites/folsom/home>.

7. Are there any documents that I need to complete after registering my child?

All participants are required to have filled out a liability waiver. You can find this on TeamSideline under "Downloads." This form must be completed and turned in prior to your child participating.

8. How do I register to be a head coach?

The NFL Flag Football program relies on volunteers to coach each team. When enrolling your child, please indicate that you would like to be a head coach and provide a contact email and phone number.

9. What is the time requirement for a coach?

Coaches are expected to attend evaluation day, practices, and games on Friday evenings. Weekly, it is about a two-hour time commitment.

10. My child attended evaluation day. When will I know what team they are on?

You will be contacted by your coach two weeks prior to the first practice.

11. What day of the week will my child play?

All games and practices will take place on Friday evenings. Evaluation day will take place on a Friday evening. More information about evaluation day will be sent out to those who registered the week before.

12. My child has a friend they would like to play with. Can I get them on the same team?

Unfortunately, we do not take any requests for friends to play on the same team. We only take requests for siblings in the same age group who would like to play together.

13. What are the different divisions for NFL Flag Football?

We currently offer 2nd/3rd grade, 4th/5th grade, and 6th-8th grade divisions. All divisions are coed. Please indicate at the time of registration what grade your child is in.

14. Will there be games during holidays and school breaks?

No, we avoid scheduling games and practices when there are holidays or school breaks.

15. What equipment is required to play NFL Flag Football?

Each player must have a mouthguard for all games. Players must wear their NFL Flag Football jersey, shorts with no pockets, and a set of flags. Players can wear tennis shoes or rubber cleats, but no metal spikes.

If you have additional questions not covered by these FAQs, please contact Penelope Crouse-Feehan at pcrouse-feehan@folsom.ca.us or call 916-461-6650.