Youth NFL Flag Football League FAQs

Updated: Fall 2026

1. How do I register my child/ren for Flag Football?

You may register online on WebTrac through the City website here, or in-person at the Andy Morin Sports Complex (66 Clarksville Rd, Folsom, CA 95630) during the program's registration period. For assistance with registrations, please call 916-461-6661.

2. When does registration open?

Registration opens for Folsom residents on July 1. Registration for non-residents opens on July 17. (Please see WebTrac for the most up to date program information.)

3. When does the Flag Football season start?

The Fall season usually runs from August-November. The Winter season usually runs from January-April. Please note that seasonal dates may vary from year-to-year. Each season is about ten (10) weeks altogether.

4. How much does the Flag Football League cost?

The program costs $195 for Folsom residents, and $205 for non-residents.

5. Are there program scholarships available?

Yes, need-based scholarships are available through the City of Folsom SPARK program. Information about the application process is located on the City website here.

6. Where can I find the game and practice schedule for the league?

The game and practice schedule are posted on Team Sideline the week before the first practice.

7. Where can I find the official Flag Football League rules?

The official league handbook is posted on Team Sideline under the "Downloads" tab.

8. Are there any documents that I need to complete after registering my child/ren?

Yes, all participants must submit a signed liability waiver to the Recreation Coordinator prior to the start of the program. The liability waiver can be found on [Team Sideline](#) under the "Downloads" tab.

9. How do I become a volunteer coach in the league?

The Youth NFL Flag Football League relies on the assistance of volunteer coaches to operate. If you are interested in coaching a team, please contact the Recreation Coordinator at aanela@folsom.ca.us or call 916-461-6655.

10. What is the coaching commitment?

Coaches are expected to attend the pre-season evaluation day, a coaches meeting, their team's weekly practice, and games on Friday evenings. Each week the coach volunteers for about two (2) hours between practices and games. The coach's primary role is to facilitate practices and games and to be a positive example for the players.

11. When will I know which team my child is on?

Team assignments will be sent out to the email address on the participant's WebTrac account prior to the first week of practices. Please confirm that your household information is updated with your preferred contacts. If you would like league information sent to any additional contacts, please email the Recreation Coordinator at aanela@folsom.ca.us.

12. When are the games?

The games take place on Friday evenings between 5:00 and 9:00PM.

13. Can my child play on the same team as a friend?

The league does not accommodate friend requests at this time.

14. What are the age groups/divisions?

The league currently offers four divisions based on school grade: 2/3, 4/5, 6/7, 8/9. Please note that while divisions are demarcated by grade, program eligibility is still ultimately based on the player's age at the start of the program (ages 7-15).

15. Are there games during holidays or breaks?

   The league tries to avoid scheduling games and practices during holidays or breaks.

16. What equipment is required to play flag football?

   Included with the registration fee is an official NFL jersey, shorts, and flag set. Players must wear their jersey during the game, although they may choose to wear their own shorts/pants. Bottoms must be pocketless or have the pockets taped shut during games. All players must provide their own mouthguard to participate in games; the league will not provide mouthguards. Players must also wear close-toed shoes; metal cleats are not allowed.

If you have any additional questions, please contact the Recreation Coordinator at aanela@folsom.ca.us or call 916-461-6655. Thank you!