



Fall is Focus on Fun and Safety

The City of Charleston Recreation Department will offer fall sports for our citizens. Fall sports will look different than our normal fall season. We will institute new standards, protocols and game rules that will meet or exceed CDC national standards for keeping our children safe when playing outdoor sports. Our goal is to provide an atmosphere to allow our children to exercise, socialize, be fit and have fun!

- **Coaches/Parents and Players will follow all city ordinances for masks established at time of play
- **Parents will be required to socially distance
- **Parents will sit on the same side as their child’s team, field will be lined for spectators viewing

YOUTH FLAG FOOTBALL FACT SHEET

- Practices will start after Labor Day
- Games will begin first of October
- No combines or drafts this season. Random draw, limited request.
- Request will be limited to one request per player and not guaranteed. Limits will apply to avoid manipulation of teams. Coordinators will make final roster decisions.
- Some age groups may be combined to co-ed depending on registration.
- 6 games per league – 4 weeks of practice, 4-6 weeks of games.
- Game structure will be pods/cohorting of 4 teams to limit exposure in all age groups
- Coaches will check out needed equipment with staff at games and practices. All equipment belts/balls will be sanitized before and after use by city staff
- Parents will be required to purchase mouthpieces for players. We strongly urge parents to purchase pieces that allow the child to breath so they are not constantly removing from mouth.
- Coaches will only be able to coach one team.
- Two coaches per team max. Prefer one.
- Referees will be used for 9 and above when available. We are experiencing a shortage of referees.
- We will minimize to eliminate all travel to other areas for this season.
- Teams will line up on their side after game ends and wave or Bow in sportsmanship - No shaking of hands with opposing team or referees

Clinics: Ran by qualified instructors, 45 minutes long, 6 week sessions

- 4 y old clinics Co-Ed Saturday options

League:

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|----------------|-------|--------------------------------|----------|-----------------|
| • 5-6 league | Co-Ed | 8 man roster – 10 max per team | Play 5v5 | Saturday games |
| • 7-8 league | Co-Ed | 8 man roster – 10 max per team | Play 5v5 | Saturday games |
| • 9-10 league | Co-Ed | 8 man roster – 10 max per team | Play 5v5 | Weeknight games |
| • 11-12 league | Co-Ed | 8 man roster – 10 max per team | Play 5v5 | Weeknight games |
| • 13-15 league | Co-Ed | 8 man roster – 10 max per team | Play 5v5 | Weeknight games |

Mouthguard: recommendation
Battle Sports oxygen lip protector
CCM SISU 1.6 Mouthguard

****ONLINE REGISTRATION ONLY AT RECTRAC.CHARLESTON-SC.GOV****