

# NFL FLAG PARTICIPANTS

## GAME LOCATION

University of Winnipeg - Axworthy Health and RecPlex - 350 Spence Street

[GOOGLE MAP LINK](#)

## PARKING

Underground parking available \$5 flat rate per day on weekends.

[Access via Young Street \(off Portage\)](#) as you get to the building. Limited street parking is available however there has been some vandalism of vehicles that has occurred in the past when parked on the street.

**NO CASH PAYMENTS ACCEPTED**

**Credit and Debit payments only as parking is not staffed.**

## ARRIVAL

Players should arrive at least **30 minutes prior to the start of your game for week one.** This will allow you time to meet up with your team and get your game shirts, shorts, etc.

When arriving, proceed upstairs to the second level viewing area. The game information in the TeamLinkt mobile app will have your Field # listed. **Signs will be posted along the east wall on the pillars as follows: FIELD #1, FIELD #2, etc.** If your game is scheduled to be played on Field #1 for example, please go to the appropriate area to meet up with your team.

## GAME SHIRTS AND SHORTS

All players will receive a reversible NFL jersey for their team. There is only one of each NFL team in any age division so your team can normally play using either colour. **However, when playing another team with the same or similar colour, the AWAY team will have to reverse their jersey to avoid confusion.**

YOUR COACH will have the package of all items for all players on your team.

## CHANGE ROOMS

Rooms are available to change into shorts etc., however we ask that no clothing or valuables are left in the dressing rooms. After changing, [parents should take clothes, jackets, boots](#) etc., upstairs to the viewing area. Separate change rooms are available for female players.

## SPECTATORS

Spectators are not allowed on the field level other than to accompany players to change etc. Parents should never enter the waiting area inside the field entry doors except to assist your child when changing. This area is for players, coaches, officials and Football Manitoba/U of W staff to reduce congestion with the large number of participants.

When meeting your child after their game, please wait in the foyer area outside the field access doors. In future weeks we urge all players to come dressed for games with pants or sweats over top of their shorts which can be easily removed without the need for change rooms.

**Football Manitoba and RecPlex Staff are not responsible for lost or stolen items left in dressing rooms or on the field area.** Please bring only what is necessary for the game and have parents/guardians hold all valuables until you are ready to leave.

## **RUNNING SHOES vs CLEATS**

Cleats are not required to play flag football. Good indoor gym shoes will work; however, players will find better traction if they do have cleats.

Both football and soccer cleats are allowed for flag football and must have molded rubber cleats only. If you do decide to purchase cleats, keep in mind that more expensive shoes are not always better. Go with what your budget allows, as the less expensive cleats will do the job!

## **RECEIVER GLOVES**

If you are new to flag football you will see many players wearing receiver gloves. These sticky gloves make it easier to catch the football, however there is no need to rush out to purchase gloves right away. Many players are fine without them, but the choice is yours. More expensive gloves are not always better and you do not need to purchase “brand name” gloves.

**PLEASE REMEMBER – ONLY WATER IS PERMITTED ON THE TURF AREA. NO JUICE, GATORADE OR OTHER SPORT DRINKS ARE ALLOWED.**

## **NFL FLAG BELTS**

The NFL popper flag belts provided are yours to keep along with your jersey.

These are all one size meaning that they are going to be very big on the younger/smaller players. The good thing is that these can be cut to shorten the belt providing you follow the instructions on properly cutting and sealing the end.

**SEE THE ATTACHED PDF FILE FOR COMPLETE INSTRUCTIONS ON CUTTING YOUR BELT**

**For week one, please just help your child wrap the excess belt around their waist, or tuck inside their shorts. Please do not attempt to cut these at the RecPlex.**

# COACHES

## TEAM KITS

If you have not picked up your team kit please pick it up prior to your game at the Football Manitoba tables located on the upper level in front of the windows **at least 30 minutes prior** to your game.

A list of your players with their sizes will be in with the game shirts, shorts and any other items ordered by the players. If there are any errors in what was packaged for your team compared to the order information, **please gather all of the problem details and bring them to the Football Manitoba table on the second level before leaving, along with the incorrect sized items.** This will make things much more efficient than dealing with separate email requests from individual families.

## FIELD LEVEL ACCESS

Once teams have met up, players changed etc., please proceed to the field level where you will be directed to a waiting area. Players should bring as few items as necessary to avoid coats, shoes etc. from being scattered around the field.

The TRACK AREA behind the netting will be used for assembling the next set of teams. Players should NOT leave any personal items in that area to avoid congestion or loss of personal items.

## PRE-GAME – ENTRY AND WARMUP

Teams should not enter the field area until the teams playing prior to you have collected any water bottles etc., and exited the field area. Once your team is allowed on your game field you will have only about 5-10 minutes to warm up. To get all games in without running behind schedule, all teams are asked to exit the field as quickly as possible to avoid delaying the following games.

When entering the field for your games ensure that your players have everything with them to take to your bench area, another reason to limit what players are bringing downstairs.

**Thank you to everyone joining us this season.**

We hope everyone is excited as we are for our first season of NFL Flag Football!

**Football Manitoba Staff**