

RFL Spring 7on7 2016 FAQ

What exactly is Spring 7on7?

Spring 7on7 is an all passing format for skilled position players (QB,RB,WR & TE).

Does the RFL still have Flag Football?

Yes, we offer an instructional 6U (6 & under) Flag Division for the younger players.

How Does Spring 7on7 differ from Fall Football?

This allows a coach to assemble his Fall Football team skilled position players and practice in the Spring season. There are 7 players per team on the field. It is a fast paced and usually high scoring game. 13U & 11U play 7 on 7 touch football with the primary goal of working on passing, catching and pass defense skills that will pay off in the Fall. 8U is the same but running is allowed. There is no contact.

How do I register and what does it cost?

All registration is done on-line at www.rfl.cc. and beginning around March 1st and there will be a large link at the top of the home page to access the registration process. You will need a credit card, PayPal or personal check to pay the registration fee which is \$125.00. If you have played in the RFL before make sure you use your existing registration account. Your User Name is your email address. If you forgot your password you can retrieve it once you get to the log-in page.

What if I decide not to play after I register?

Refunds, less a \$25 processing fee will be credited up to April 1st.

When and where are practice and games?

The Spring 7on7 Season will start in April. Practice can begin after April 1. Teams are allowed three (3) practices between April 1 and the start of the season in mid April. Once the season starts there is one (1) practice allowed per week. Many coaches simply gather their teams an hour before game time to run plays and do not practice during the week at all once the season starts. Practice day, time and location are up to each individual coach. The RFL cannot tell you when each team practices.

Games will begin in mid April and are played on Sunday afternoons at Mattie Stepanek. Game times are between 12:00 noon and 5:00 PM. Games are played every Sunday except Easter and Memorial Day Weekend.

How do I know what age group to sign up for?

The age cut-off for each group is August 1st. If you turn 14 after August 1st and in 8th grade after then you can play 13U. If you are 14 before August 1st you must play High School 7on7. Spring ball is age only there are no weight limits. Players can play up one age group with the older group coach's approval.

How are players assigned to teams?

Once again there is no formal relationship to Fall teams although this does not prohibit a Fall Coach from putting together his team. We actually encourage this as a way for them to improve upon their Fall Season. There are no Bears, Raiders, Wolverines etc. There are no geographic territory requirements or

year to year team mandatory assignment likes the Fall. Players can either form their own team if there is a coach or be assigned to an existing team. Every attempt is made to accommodate friends that want to play together. During the on-line registration process there is opportunity to request a specific coach or players to be placed with.

What are the requirements for coaches?

Coaches must be CDC Concussion Certified and pass an FBI background check. Football and prior team sport coaching experience is a plus but the Commissioner will mentor and provide playbooks and technique material to first year coaches.

What Equipment do I need?

The league will provide team shirts and one mouth guard. Players must wear shorts , sweat or warm-up pants or football pants without pads and either football cleats, soccer cleats or sneakers. Street shoes, boots or baseball cleats are prohibited.

What if I play another Spring sport that may conflict or if there are make-up games or regular games scheduled on some Sundays?

We understand that regular spring sports such as lacrosse and baseball are the priority. Please discuss this with your head coach before the season starts to make sure there is a mutual expectation.