

What is a combine?

A combine is a set of drills used to assess a player's experience and abilities. No special training is needed for the combine. Each player will be graded on their speed, agility, and ability to throw a football. The grade is only available to league personnel and is used to create competitive teams at the draft. All players will be assigned to a team and play in every game if they are healthy and available.

Why can't my child be placed on a team with his friends/neighbors?

The purpose of the combine and player draft is to distribute kids with similar skill/coordination/speed levels as equally as possible across the teams so we have balanced teams. The only request that overrides this distribution is for siblings in the same division to be placed on the same team. Implementing friend/neighbor requests results in uneven distribution of skills across teams, cliques of kids that may not welcome new players, and deprives the kids of the opportunity to make new friends they might not otherwise seek out.

Why are the practices for all teams not at the same location, days of the week, and/or time? Why can't we know the location, days, and times for practices and games before we register our player?

HONFL registration opens well in advance of the season start date. Fairfax County determines right before the season begins which fields are made available to which sports on which days/times. Within the availability we are given by the county, we then have to distribute space to our teams and determine the availability of our all-volunteer coaches. We try as much as possible to group teams in the same division at the same location and on the same days/times, but our coaches are working parents and their availability must be accommodated as well.

Why is there a rule about shorts/pants with pockets and why can't we just tape them closed?

The flags are at waist/pocket level and when kids go to grab the flags, their fingers can get caught in the pockets resulting in sprains or broken fingers. Taped pockets do not stay taped closed after running around and grabbing at the flags and stopping to re-tape them causes delays in the game. Pockets may be sewn shut if in accordance with HONFL rules.

Why are flag football games on Sundays?

Many of our coaches and players also participate in lacrosse or baseball during the same season. These two sports play their games on Saturdays, so HONFL plays its games on Sundays.

Why do Head Coaches have to find a team sponsor or fundraiser? Don't the fees we pay cover the costs of the league?

HONFL requires each Head Coach find a sponsor and/or hold a fundraiser because we use sponsors/fundraisers to keep our registration fees at a reasonable level and cover the difference between league costs and registration fees. Any funds collected above the minimum amount are permitted to be kept by the team for team parties, trophies, coach gifts, etc.

Why do I need to sign a parent code of conduct form?

HONFL values the families that make up the league. Football is a passionate and highly competitive sport, and we encourage our players to play with excitement and competitiveness. However, the HONFL league values sportsmanship and fairness above winning. We expect our coaches, players, parents, and spectators to respect and honor these values. These expectations are held both on and off the field, and filter through our community.