



# PAL FLAG FOOTBALL PROGRAM

## Fall 2025 FAQ

### Important Dates

Registration Opens	Ratings	Practice Starts	First Game	Anticipated End of Season
4/7/25	5/27, 5/29, 5/31	8/4/25	8/18/25	11/7/25

For up-to-date information please visit: [www.palsports.org](http://www.palsports.org) and follow the link for Flag Football

### REGISTRATION FAQ

#### Q: When is registration?

A: Registration opens on April 7, 2025 and will close to waitlist on June 2, 2025, or when AT CAPACITY.

#### Q: How do I register?

A: You must register with the City of Plantation. Previous participants can register online at [parks.plantation.org](http://parks.plantation.org). New players must register in-person at Plantation Central Park Multi-Purpose Building. **Only parents or legal guardians may register players.** You must **bring birth certificate & proof of residency** to registration.

For more information, please call Central Park's front desk – 954-452-2510.

#### Q: What are the divisions and age rules?

A: We organize our teams according to player's age on August 31<sup>st</sup> 2025. We have 5 divisions: 6U Clinic (5-6), 8U (7-8), 10U (9-10), 12U (11-12) and 14U (13-14). **GIRLS REGISTERING MAY BE ON A TEAM WITH ALL BOYS. PLEASE DISCUSS PRIOR TO REGISTERING. NO REFUNDS WILL BE MADE FOR WITHDRAWING.**

#### Q: Can my child play up a level?

A: It is the sole decision of the Flag Football Board to determine a player's eligibility to play up a division.

#### Q: What is the time commitment?

A: Teams can meet no more than three times per week (3 practices & 0 games, 2 practices & 1 game, 1 practice & 2 games or 0 practices & 3 games). Weeks begin on Sundays and end on Saturdays.

#### Q: How much does it cost? What does this cost include?

A: \$150 for Plantation residents and \$200 for non-residents. This fee covers players' uniforms (jersey & shorts), coaches' shirts, flags, footballs, insurance, game officials, and trophies for the 1st and 2nd place teams in each division.

#### Q: Can you explain playoffs?

A: All teams are eligible to make the playoffs.

#### Q: When will the season end?

A: Nov 7, 2025.

#### Q: Will there be an All-Star game?

A: Yes, provided weather conditions and field availability allow.

#### Q: What holidays will there be no practice/games this season?

A: Games will not be scheduled on Holidays. The schedule generally aligns with the Broward County Schools holiday schedule.

#### Q: What equipment do I need to purchase for my child?

A: All players must have a mouthpiece for all games and practices. Practice shorts must have no pockets. Non-metal cleats (football or soccer style) are recommended. The league provides any other equipment needed.

#### Q: Are there other expenses we are responsible for?

A: No.

#### Q: How does the league/coaches communicate?

A: Text, email, app, and phone.

### SCHEDULE FAQ

#### Q: When/where is practice?

A: All practices will be scheduled at Plantation Central Park. Exact locations and times will be set by each head coach.

#### Q: When/where are games?

A: Games will be played at Central Park during the week at 6:15 pm and 7:30 pm and on Saturdays between 9:00 am & 1:00 pm.

#### Q: How are teams scheduled for practice/games?

A: Schedules are made around volunteer coaches' availability.

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**Q: How many games are scheduled?**

**A:** There are 12 games for 6U Clinic (no playoffs) and 12 games, plus a minimum of one playoff game, for 8U, 10U, and 12U.

**Q: When will I get a game schedule?**

**A:** A schedule will be posted to the League Website (<http://www.leaguelineup.com/palflagfootball>) by September.

## TEAM BUILDING FAQ

**Q: Does my child need to attend ratings?**

**A:** YES. Please visit the League Website (<http://www.leaguelineup.com/palflagfootball>) for updates regarding ratings / skills testing (dates, format, etc.).

**Q: When will coaches be selected?**

**A:** Prior to ratings. Coaches will be selected based off those who volunteer to coach. If there are too many coaches the board will make final decisions for coaching assignments.

**Q: When is the draft?**

**A:** The draft should take place in early June.

**Q: Who attends the draft?**

**A:** The draft is the process by which the coaches choose the players for their teams from the list of all of the eligible players.  
While not perfect, it is designed to balance the teams as much as possible.

**Q: When and how will I be notified which team my child is on?**

**A:** Coaches should call their players during the week immediately following the draft. If you have not received a call from a coach by this time, please email: [andrew.dittoe@compass.com](mailto:andrew.dittoe@compass.com)

## OTHER FAQ

**Q: I have more questions – who can I contact?**

**A:** Please visit the flag football website and follow the contact info link.  
<https://www.leaguelineup.com/directors.asp?url=palflagfootball>

**Q: Can I request a specific coach?**

**A: NO.** THERE ARE NO PLAYER FREEZES ALLOWED. Any player can, however, be drafted by the coach, if the player is available and the coach chooses to do so.

**Q: When will I get a uniform?**

**A:** Uniforms will be distributed by the coaches approximately one week before regular season games begin.

**Q: Will there be a picture day?**

**A:** Yes, head coaches will notify their teams of the date and time of their pictures. Information will also be posted on the League Website (<http://www.leaguelineup.com/palflagfootball>) after the season begins.

**Q: How will I be notified if a game/practice is canceled due to weather?**

**A:** The flag football website allows families to sign up for ALERTS which are sent by the league. Individual teams will have their own team communications regarding weather or cancellations. You can also access the link for delays due to the lightning alarm system.  
<https://widget.perryweather.com/?id=3572d79e-81c5-4b5b-9fd9-06d8c12dbbc0>

You can scan the QR code below to view our weather stations, including lighting alert countdowns.



**Q: How can I volunteer?**

**A:** Volunteers can contact the commissioner through the flag football website.  
<https://www.leaguelineup.com/directors.asp?url=palflagfootball>

**Q: What is a team parent?**

**A:** A coach may ask for volunteer(s) to assist with any day-to-day managerial tasks. This role is optional and determined by the coach.

**Q: What is a team sponsor?**

**A:** A team sponsor is a business or individual who supports the league through a tax-deductible contribution. Various sponsorships are available to promote their business. Details will be located on the league website.

