



## **How old do kids have to be to play in youth flag football leagues?**

Our kids flag football leagues start with kids as young as 4. Flag football is a great sport for young children to get started with, as they learn all about running, passing, throwing, and general teamwork.

## **Can I pick which flag football team my child plays on?**

Yes you can! When you register your child for a team, you can request which team they are on. If you don't know any teams yet, no worries! Your child will be matched to a team with similar skills and age groups and have lots of opportunities to make new friends.

## **Can I request my child be on a flag football team with their friends?**

Yep! If you want to register your child with their friends, you can contact Steel Curtain Football team to request this.

## **What do 4 – 7-year-olds learn in flag football?**

4 - 7-year-olds have a huge development range and get to learn many skills as they start to play flag football! The youngest children start with learning how to run, pass, and grab the flags from their opponents, as well as the general rules of the game. Our core focus in all sports is teaching kids sportsmanship, love of the game, and teamwork.

Teams are divided into age groups, so each child is placed with others who are close in age and development.

## **What do 8 – 12-year-olds learn in flag football?**

8 – 12-year-olds are old enough that they're learning full flag football rules and concepts. They're playing in positions and learning their specific position. They're learning both offensive and defensive skills, as well as conditioning for the athleticism required.

At Steel Curtain Football, we believe in every child playing in every game – and this includes having opportunities to move into different positions and try things out throughout the season. The core fundamentals we always promote include sportsmanship and an overall love for the game. At this age, rules are taught and enforced in games, so kids learn about offsides, pass interference, and more.

## **My child has never played flag football before – can he or she join one of your teams?**

Of course! Our teams are all beginner-friendly, with strong age-appropriate progression. With a culture of fun and a focus on learning new skills, our kids' sports leagues are great options for kids who want to try a new sport.

## **Do you have flag football classes?**

We offer flag football leagues, clinics, and camps. Our flag football leagues typically run for 8–10 weeks

## **What seasons do you have kids flag football leagues for?**

Typically, it has everything to do with weather. We plan to offer flag football seasons in the spring, summer, and fall.

## **Do you have girls flag football leagues?**

We do!

