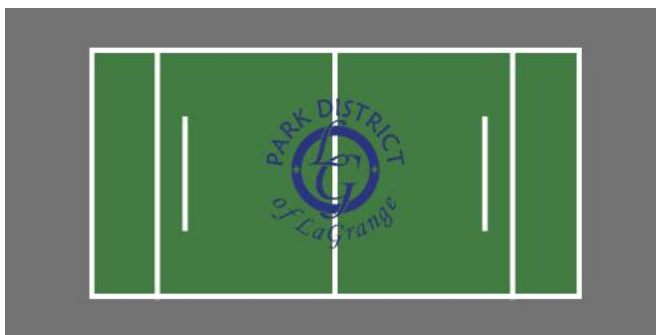




NFL Flag: Flag Football League Summer 2026

Park District of La Grange

Manual, Rules, Emergency Action Plan, etc.



Please contact Athletic Supervisor with any questions:

Liam Sise

liamsise@pdlg.org

athletics@pdlg.org

708-588-2228

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I. Summer NFL Flag League Overview

- a. As an NFL Flag affiliated league, the Park District of La Grange offers young football players the opportunity to play in a safe and organized Flag Football league with NFL Flag branded uniforms and promotions. The league will consist of 5 games, with 6 weekly practices between the dates of June 29th – August 6th.
- b. All practices will be held at Sedgwick Park (10th Ave & 48th St, La Grange Illinois, 60525) on the main Sedgwick soccer field (Fields 1-3). All games will also be held at Sedgwick Park on the main soccer field. Please see below photo for a visual description:



Field locations are marked in blue and numbered as they will be for practice and game designations. Parking is available in multiple locations, including at the South end of the park off 49th Street, the East end of the park off East Avenue, and the North end off 47th Street.

- c. Flag football is a rapidly growing sport in the United States, that takes the traditional game of football and brings a new sense of speed, and skill, while removing the power football and physical aspects of the game to make it safer. This league will play in the 5v5 (6v6 for 5th/6th grade) style, which features a Quarterback, a Center, and a Running Backs/Receivers. The center does not block for the Quarterback, rather, they snap the ball and then become an eligible receiver. Flag football emphasizes creative plays by limiting defensive pressure at the line of scrimmage. More league specific rules can be found later in this manual, or on the NFL Flag website (links below).
- d. Helpful Links:
- About NFL Flag: <https://nflflag.com/about>
 - Basic Flag Rules: <https://nflflag.com/coaches/flag-football-rules>
 - Basic Flag Drills: <https://nflflag.com/coaches/football-drills>
 - Basic Flag Plays: <https://nflflag.com/coaches/flag-football-rules/5-on-5-flag-football-playbook>
 - Fan Shop: <https://shop.nflflag.com/>
 - PDLG Website: <https://pdlg.org/>
- e. Weather Hotline: (708) 352-0588

Differences for younger age groups:

- 1st/2nd Grade
 - 'No-run' zones are eliminated. Players may run the ball from anywhere on the field
 - Defenders MAY NOT rush the passer unless there is a handoff in the backfield
 - One coach from each team is permitted to be on the field pre-snap to help their players. They must be at a safe distance from the play when the ball is snapped
 - If the ball falls to or touches the ground during the initial center to quarterback exchange, the play is ruled a 'Do Over' with no loss of down, once per down. On a second consecutive occurrence, the down is consumed

II. Emergency Preparedness

a. Weather

- Due to this being an outdoor league, the possibility of inclement weather impacting start times or cancelling days of practices/games is possible. To keep you in the loop, a park district contact will reach out to you via email or phone as soon as possible, in the event that the weather impacts a practice or game. We will make judgement calls on weather at least 1 hour prior to practice or game start time based on radar and weather forecasts. We also have a weather hotline that can be called at any time, that will provide updates on field availability. The hotline can be reached at (708) 352-0588.
- **Lightning:** The Park District of La Grange will follow the 30-minute rule for all outdoor practices and games that occur during a thunderstorm. This rule entails witnessing a lightning strike or flash thunderstorm close enough to be dangerous. Please seek shelter and wait at least 30 minutes after the most recent lightning strike to resume.
- **Severe Storms:** Please keep yourself familiar with the following definitions:
 - i. Warnings vs Watches
 1. Warnings: “A warning is issued when a hazardous weather or hydrologic event is occurring, imminent or likely. A warning means weather conditions pose a threat to life or property. People in the path of the storm need to take protective action.”
 2. Watches: “A watch is used when the risk of hazardous weather or hydrologic event has increased significantly, but its occurrence, location or timing is still uncertain. It is intended to provide enough lead time so those who need to set their plans in motion can do so. A watch means that hazardous weather is possible. People should have a plan of action in case a storm threatens and they should listen for later information and possible warnings especially when planning travel or outdoor activities.”
 3. [Link to National Weather Service definitions](#). Make plans to keep you and your family safe!
- **Shelter:** Sedgwick Park is an outdoor space, and indoor shelter may be limited. With renovations occurring during Summer 2026, the small school building near the main parking lot will be off limits. Participants and fans will

be asked to go back to their cars in case of inclement weather such as lightning. When inside your vehicle for a thunderstorm, make sure to not touch any conducting paths leading outside (ex: windows). We will do our best to make sure all participants are notified before these poor weather conditions occur.

- **Weather Cancellation Policy:** We will do our best to reschedule any missed practices or games due to weather conditions in a timely manner. For certain practices, gym availability may be an option for teams looking to use their same practice time. This availability will be made at the discretion of the Athletic Supervisor, provided gym space is available.

b. First Aid & Injuries

- Field monitors will be equipped with first aid materials, including a first aid kit. Staff are CPR and First Aid certified and will be available to assist in the case of both minor and major medical emergencies. Staff will primarily be located at the North end of field 1. If you notice something, and there are no Park District staff available to help, please call 911 in case of a major medical emergency, at the discretion of the injured party or their guardian(s).
- Staff will be required to fill out incident reports for any injuries requiring First Aid. Please be aware that staff may need to ask for personal information and the specifics of the incident to participants, coaches, or fans for these reports.

III. Refund Policy

- a. For a successful refund to take place, there must be a refund request made to the Athletic Supervisor (contact info on page 1) and meet one of the following criteria:
 - a. Request made at least 14 business days before the season start date.
 - b. A prorated refund will be issued after the withdrawal deadline if the Park District receives a written note/certificate from a physician stating that a medical condition exists that prohibits further participation.
- b. NOTE: Prorated refunds will be adjusted based on uniform & equipment cost and the number of weeks into the season the request is made, along with a \$5.00 processing fee.

Appendix



COACH CODE OF CONDUCT

- ☐ I agree to conduct myself in a positive manner toward players, coaches, parents, and officials at all times
- ☐ I will remember that kids register to play football because it is fun.
Every child should have the opportunity to play
- ☐ I will support and respect all decisions made by the game officials and refrain from outward criticism
- ☐ I am responsible to understand the rules of the game and abide by those rules
- ☐ I will create a safe and positive environment for my players to learn how to play the sport
- ☐ I will encourage my players to play to the best of their ability and conduct themselves in a positive manner

By signing this form, I will honor the Coaching Code of Conduct and will accept any discipline action that comes from violating this policy.

(Name – Printed)

(Name – Signed)



PARENT/PLAYER CODE OF CONDUCT

Player

- ☐ I am accountable for the results of my behavior toward my teammates, coaches, and game officials.
- ☐ I will respect my teammates, opponents, coaches, and officials at all time
- ☐ I will honor the sport by playing within the rules and not using foul language
- ☐ I agree to put forth my best effort on the field and in the classroom

Parent

- ☐ I agree to support our team in a positive manner and showcase good sportsmanship
- ☐ I will respect the coaches and not interfere with on field instruction during practices and games
- ☐ I will address my concerns with the coach in private and in a positive manner
- ☐ I will cheer for our team in a positive manner regardless of the outcome of the game

By signing this form, I will honor the Parent/Player Code of Conduct and will accept any discipline action that comes from violating this policy.

(Parent Name – Printed)

(Parent Name – Signed)

Corrective Action Policy:

Persons who do not follow the Code of Ethics will be subject to a Corrective Action Policy. It is the philosophy of the Park District of La Grange that parents or coaches should not spoil the experience of those participating in sports. Furthermore, the Park District will never punish a child for the actions of their parent(s)/family. Therefore, the following guidelines have been established for addressing situations with parents.

For violations of the Coach Code of Conduct or Parent Code of Conduct, the following steps will be followed:

1. **Verbal Warning**- A verbal warning will be issued to the parent or family member who violated the code of conduct by the Athletic Supervisor.
2. **Written Warning and Meeting**- A formal letter will be given to the parent(s)/ family member stating that the next violation will lead to them being prohibited from the next scheduled game.
3. **Game Suspension**- The Park District will prohibit the parent(s)/family member from attending the next scheduled game and another letter will be given stating that the next offense will result in them being banned from all future games for an indefinite period.
4. **Season Suspension**- The parent(s)/family member will be prohibited from all Park District of La Grange Flag Football League events, including practices and games. The offending party will have to meet with the Athletic Supervisor and Director of Recreation to determine if the party is capable of behaving within the letter of the guidelines of the flag football league.

FAQs

Q: Where are the practices and games located?

A: All practices and games take place at Sedgwick Park- 10th Ave & 48th St, La Grange Illinois, 60525

Q: When will my child receive their uniform and flag?

A: All uniforms and flags will be handed out to players before their first game. We will try to hand these out at their first practice but may be unable to do so based on shipping times.

Q: I would like to help out my child's team but cannot commit to coaching at all practices and games. Can I still help?

A: Absolutely! We love having more parents involved with each team. Whether it is helping out with practice here or there, or being a support to another coach, all help is appreciated!