



EXILES FLAG FOOTBALL

Player & Parent Pack 2023-2024

Our vision for flag football at the Exiles :

We aim to promote the sport of American Football, supporting and developing you to be the best you can possibly be, in a positive environment, while encouraging discipline, commitment, integrity and respect both on and off the pitch.

What it means to be an Exile?

We have 5 core values:

RESPECT – Everyone in the team is valued and is expected to show respect to each other, officials, opponents and the game of football.

INTEGRITY – Honesty and trust are central to the team

DEVELOPMENT – We will provide you with the opportunity to learn, develop and progress your skills and abilities.

COMMITMENT – You must be willing to give up time and energy to achieve our team goals, and dedication to each other by committing to training, game days and Club events.

ENJOYMENT – Having fun, enjoying football, and feeling part of the Club is key

EXILES FLAG FOOTBALL - RULES & TIPS



Uniform & Equipment

- **MOUTHGUARD** worn at all times
- **FLAGS** positioned on each hip, buckles angled outwards (& tuck in the long belt end)
- **SHIRTS** tucked into shorts/trousers
- **SHORTS/TROUSERS** to be **BLACK** with **NO POCKETS** for tournament matches
- **FOOTWEAR** – wear the correct type for the weather conditions and surface



Sportsmanship & Attitude – ‘YOU are an Exile!’

- Show **RESPECT** (to Officials, to other Players, to Supporters)
- **LISTEN** to your Coaches and Captains
- **100% EFFORT** to be given
- Always work to try to **IMPROVE**
- Handshake/‘Low Five’ Opponents at the end of the game
- After a tackle, **hand back the flag** & run to your Huddle
- **ENCOURAGE** and **CELEBRATE** with your teammates
- Have **FUN!**

OFFENSE

1. The **Center** calls “**Huddle**” loudly & sets it up 10 yds back from the Line of Scrimmage
 2. Run to the **Huddle** and **Listen** to the play called (only the QB is talking)
 3. Know your **ASSIGNMENT**
 4. Run to the Line of Scrimmage & **get set in your stance** (don’t move)
 5. **Sprint** as soon as the ball is snapped
- **DON’T obstruct the Blitz** or ‘shield’ a ball carrier from a Tackler (so stand still)



RECEIVERS

- Wide Receivers get set no closer than **2 yards from the Sideline**
- Run your **ROUTE** properly and at full speed
- **WATCH** the ball all the way in to your **HANDS**
- **JUMP** to catch any higher balls at the **HIGHEST POINT**
- **CATCH**, then **TUCK** the ball away & **SPRINT** towards the End Zone
- If a play breaks down, **GET OPEN** a.s.a.p. so the QB sees you



BALL CARRIERS

- ✓ Do **TUCK** the ball firmly (the 4 points of contact & squeeze) in your outside arm
- ✓ Do **SPRINT** at full speed
- ✓ Do **AVOID** tackles by using : **Spins / Hip Flicks / Dips / Going Skinny**

and with **Fakes & Cuts**

- **Don't JUMP** to avoid a tackle (only jump to catch a ball)
 - **Don't 'FLAG GUARD'** (e.g. don't cover your flags with arm/elbow/ball, or knock away a tackler's hand, or push or hold them to keep them away)
 - **Don't RUN INTO** a Defender who's standing there
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DEFENSE

- Know your **ASSIGNMENT**
- **Be AWARE** of your area nearby, AND ALSO the rest of the field / other players
- **Be AWARE** of the Down & Distance for the likely play & where they must get to
- **BE AWARE** of the Offense's Formation & likely plays
- **SPRINT** towards the ball direction (whether it's a run or a pass)
- **AIM** for where the ball is going (NOT where it is), so use the correct pursuit **ANGLE**
- **SWARM** as a whole team around the ball carrier – the first one 'freezes' them
- After a **TACKLE, HOLD the flag up** and stand still
- When the ball is in the air, remember it's **YOURS** as much as it's the Receiver's
- **JUMP** to try and catch the ball at it's highest point
- **DON'T Tip or Bat** the ball further up into the air
- Always **COMPETE** with controlled aggression



BLITZER (U14s & U17s only)

- **Raise your hand**, get set at **7 yards** back from the ball
- On the snap, **SPRINT** flat out at the QB
- **'Break down'** for last 2 steps (before reaching the QB)
- If QB is still holding the ball, **go LOW** for the Flag pull
- If QB is mid-throw, **go HIGH** to block the pass with your hands up
- **If you get obstructed** by anyone on Offense, **tell the Referee**

WHAT WE OFFER?

Why play for our flag program? We like to think we've got a lot to offer both new players and those who've played before that sets us apart from other clubs in South East London & in Kent.

Our training/game day facilities

We train at Westcombe Park RFC.

Training days/times:

Saturday's – 9.30am-11.30am

Training will run from Saturday 6th January 2024 up until the summer holidays.

Tournaments:

The season runs from April to July. The schedule will be distributed as soon as we receive it. There is usually seven tournaments (including a home tournament, hosted at Westcombe Park)

Tournaments are whole day events on a Sunday. On the weekend there is a tournament there will NO training on the Saturday. Tournaments tend to run from 10am-3pm.

Be part of something bigger

We're bigger than one team. Our club is made up of eight teams and has over 250 players, coaches and staff involved.

We're well run

Our club is managed by a dedicated committee. We follow all the rules, make sure everything is always done in the right way and with player health and safety in mind. We don't settle for second best and are always pushing to be better. We are in partnership with Go London! which recognises well governed, safe, and inclusive clubs.

We have strong finances

Our finances are in great shape and are managed transparently. At our AGM we share a full copy of our accounts so you can see exactly what we've spent your money on. You're also very welcome to look at our accounts or ask questions about our finances at any time. We have a fantastic track record at securing grant funding for the club.

We look out for you

We take things like safeguarding, first aid and insurance seriously. We are a club that abides by the rules and take seriously looking after your children during the time we have them with us.

We listen

Your views are important to us. We regularly invite parents, players, coaches and staff to share their views on every aspect of the organisation and we regularly act on this feedback.

SUBS & REGISTRATION

Running an American Football club is expensive, so we rely on regular income from player fees or 'subs' to cover our costs. Without that money we wouldn't be able to pay for training facilities, gamedays, referee cover or afford all of the other things our team needs.

How it works

Annual fees for the 2024 season are as follows:

U17 & U14 flag = £100 (payable in 5 monthly instalments of £20) - which includes insurance cover

U11 flag = £80 (payable in 4 monthly instalments of £20) – which includes insurance cover

All new players get an initial free trial period of three weeks, but after that point we ask that a standing order is set up for payment and both league and club registration is completed.

Our payment year runs from the 1st December.

Club Registration link: <https://app.joinin.online/#/app/joinin/organisation/shop/26e3ae5c-94aa-4c19-81ee-00b262716aab>

For those players playing both flag and contact – please register and add both subscriptions to your basket. Admins can then log in and approve memberships and reduce rate by 50% to play contact.

What we expect

We require all our players, to pay monthly subs by standing order. We only accept cash by exception and by prior agreement with that team's Head Coach and the club treasurer or chairperson.

What happens if you fall behind

Players who fall behind on their player fees without prior agreement will become ineligible to play in tournaments and may also be unable to train with the team until their debt is cleared.

Players still in debt in October of each year will be placed on the British American Football Association's debtors list and will not be able to transfer to another team until this debt has been cleared satisfactorily.

We provide a regular update to players and parents on their subs balance and we are also happy to share or answer questions on all aspects of our income and expenditure.

Other costs

We're very upfront about what our player subs include, and what they don't. All practices and gameday expenses are included. Extra charges will apply for any team social events.

FREQUENTLY ASKED QUESTIONS

We're regularly asked the same questions about subs – here are answers to some of the common ones...

I've quit the team part way through the season – why do I still need to pay?

We charge an annual fee, not a monthly one. We base our budget on the number of players we have on the roster for the season ahead. For all teams (from 2023 onwards) we ask players to sign a player agreement committing to pay the full fee for the year ahead. This usually takes place just before the start of the season, at the point we expect players to have decided if they wish to play with us this year and fully commit to the club. Think of it like a phone contract that you agree to pay monthly for a certain period of

time, not pay as you go. We will also always treat each case individually where injury or other extenuating circumstances apply.

What if I'm having money problems?

We know that sometimes life doesn't go quite to plan – so if you find yourself in financial difficulties, let us know as soon as possible so we can discuss your circumstances and agree a way forward. Please don't just ignore the problem.

Practice isn't currently on – why do we still have to pay if there's no team activity?

As outlined above, our subs are based on an annual fee and are used to budget for the year ahead. We split the fees into 7 monthly payments to make them more affordable for you rather than asking for more money over a shorter period of time. We also often have out of season activities going on too – such as awards nights or training events that have costs attached too or have team registration fees to pay so we need a continuous stream of income.

Where does my money go?

All money you pay in is spent on running our teams. This means paying for practice facilities, gameday venues, team registration fees, gameday officials, first aid supplies, training, and development for our coaching staff amongst many other things. We have Community Amateur Sports Club status with HMRC and are an entirely non-profit making organisation.

SAFEGUARDING

We acknowledge our duty of care to safeguard and promote the welfare and well-being of young people within our club and prioritise this in all of our activity. We're committed to ensuring our safeguarding practices reflect government guidance and complies with best practice and British American Football Association requirements to create the best and safe environment for our players.

If you have any questions or concerns regarding a safeguarding matter, please fill in the following form: <https://tinyurl.com/2yu684zz> or reach out to us via email: safeguarding@kentexiles.com.

SPOND

We use an app called Spond where all information re training and games can be found. You can also contact the coaches via this app. We use this app to track attendance at practice and games and to disseminate key information.

The link to join is: <https://group.spond.com/OQZLF>

KIT & EQUIPMENT

What we provide:

- Flag belt

What you need to provide:

- Mouthguard
- Game day jersey (purchasable from the Club at a cost of £20)
- Black shorts (with no pockets)
- Black socks
- Football boots (no metal studs)
- Gloves (optional)

PRE-SEASON SOCIAL

Saturday 30th March 2024, 7pm, at Westcombe Park RFC

Whole club event - Head Coaches will be making a short 2-3 minute speech re the season ahead and will be announcing Team Leaders for the 2024 season.

£10 per head

7pm arrival for a 7.30pm start

Food served at 7.30pm

Dress code: Casual Please make every effort to attend and let's get 2024 off to a great start!

Payment via the Club's admin system:

<https://app.joinin.online/#/app/joinin/organisation/shop/product/3888/26e3ae5c-94aa-4c19-81ee-00b262716aab>