



Please use these guidelines to rate your team and players. On the entry form, your overall team level will be placed on the right hand side while each player will receive a rating from below as well – no need to total anything!

You can also click here to see examples of teams playing at each level:

https://www.youtube.com/channel/UCDQqcF6v9WwWn-nsrUOgDkQ?view_as=subscriber

FLAG FOOTBALL

Level 1

- **General:** Fast pace game. Athletes and partners all play at the same pace and there is a good flow to the game. Players have the ability to make long plays down the field.
- **Athletes:** Have a good knowledge of the rules and have high skill level in 1 or more areas (athleticism, speed, catching, passing). Can understand multiple plays and can adjust defense with minimal coaching.
- **Partners:** Partners and athletes should complement each other and participate equally.
- **Officials:** Should call the game very closely enforcing all rules.

Level 2

- **General:** Fairly fast paced game. Athletes and partners still function at a high pace but a slight difference in skill may be noticed. Players have the ability to make long plays down the field occasionally.
- **Athletes:** Have a good knowledge of the rules. Moderately high skill level although all athletes may not be at level 1 or 2.
- **Partners:** Partners and athletes should complement each other and participate equally. Not all partners will be at level 1.
- **Officials:** Should call the game very closely enforcing all rules.

Level 3

- **General:** Slower paced game and many more handoffs and short passes occur.
- **Athletes:** Still learning the game with support of partners and coaches. Learning how to run plays and read changes in plays to adjust defense, etc. May have difficulty catching a ball that's not thrown perfectly or may need plenty of time to make a pass.
- **Partners:** Some mentoring is happening at this level while playing, but they are still involved in the game. Skill set is a bit lower level to match the ability of the athletes although they should still be able to successfully facilitate the game. The speed at which they move and make decisions will be reduced.
- **Officials:** Should be calling penalties however reminders may be necessary prior to throwing the flag. Encourage appropriate skills.

Level 4

- **General:** Slow paced game but the integrity of the game is still intact. Mostly handoffs with a few very short passes.
- **Athletes:** Still learning the basic rules, feeling comfortable on the field, and being a part of a team. Not proficient in the basic individual or team skills but are in the process of learning.
- **Partners:** Facilitate the basic skills needed to play flag football. Encourage athletes to work with others on the field to understand plays. Direct players on where to stand on defense and offense. A lot of leadership is needed at this level while playing.
- **Officials:** Reminders are necessary but should call penalties, enforce rush zone/throw zones, and encourage appropriate skills.