



Park Ridge Sports, Inc. is excited to offer flag football this fall. We are all concerned about the safety of our families during the COVID 19 pandemic, so we are taking steps to ensure that we follow the Restore Illinois, Governor's guidelines and best practices for the safe resumption of youth sports. These changes will limit interaction among both players and spectators and will also allow for a fun and productive flag football season. Here are some of the changes you will see this fall in flag football, but these may change if the need arises, or if new guidelines are issued.

1. Each age group will be divided into Team Pods of roughly 40-48 players. This will ensure that player-to-player interaction is limited to smaller groups than usual.
2. Each Team Pod will practice at the same park at the same time.
 - a. Practice times and locations will be set and monitored by the league to prevent overcrowding and cross Team Pod interaction. Each Team Pod will be split into subteams of 10-14 players designated by collegiate team names and jerseys. These subteams will each have at least one designated parent coach each and should practice together and work together to ensure subteam unity and to further reduce player-to-player interaction and encourage greater distancing. There will be a limit of 50 total persons including participants, coaches, referees, and spectators in groups separated by at least 30 feet.
 - b. The parent coach and all other coaches will have masks on whenever possible and will maintain at least 6-foot distances.
 - c. Post-practice, intra-team pod, non-competitive scrimmages are allowed but must be reported to Park Ridge Football to assure compliance with guidelines and field availability.
 - d. Wellness checks must be done by parents/guardians prior to each practice and we insist that any player with symptoms be kept home, and follow the guidelines for reporting and return to play in accordance with the All Sports Policy, Restore Illinois Plan that can be found here – <https://dceocovid19resources.com/assets/Restore-Illinois/businessguidelines4/youthsports.pdf>
 - e. We strongly encourage parents to eliminate staying to watch practices.
 - f. If there are spectators, they must wear a mask or maintain 6-foot distances. Please bring a chair and set it up at least 6 feet from others. Please do not congregate or mingle. If the maximum of 50 is reached, parents will be asked to watch from a distance as to not exceed the maximum allowed. Coaches will monitor to limit capacity to the allowable 50 maximum.
3. Scheduled Intra-Team Pod Scrimmages will occur on Saturdays (or occasionally on Friday nights).
 - a. Scrimmages will be scheduled to assist us in maintaining the safest environment possible. We will not be keeping scores, using referees, whistles, or keeping standings.
 - b. One Team Pod will scrimmage in a given park area.
 - c. Within each Team Pod, one subteam will scrimmage another subteam.
 - d. Coaches will control the scrimmage. Scrimmages for kids from pre-K to 2nd grade will have a running 30-minute clock.
 - e. Scrimmages for kids 3rd grade and older will include two 20-minute halves.
 - f. There will be 30 minutes between scrimmages to allow for players and spectators to safely enter and exit without overlap. Please do not come early to practice. Please exit quickly after scrimmages.
 - g. Wellness checks must be done by parents/guardians prior to each scrimmage and we insist that any player with symptoms be kept home, in accordance with Restore Illinois, All Sports Policy.
 - h. Spectators will be limited to one per player and that spectators should be from the same household as the player, as long as the spectators can be accommodated within the maximum of 50.

- i. Spectators must wear a mask or maintain 6-foot distances. Please bring a chair and set it up at least 6 feet from others. Please do not congregate or mingle.
- j. Players must wear gloves.
- k. The ball will be sanitized regularly.
- l. As always, any player to player contact is prohibited.

Hypothetical Example: In the SEC division Team Pod A includes the subteams of Vanderbilt, South Carolina, Alabama and Auburn. They all practice on Wednesdays at 5pm at Prospect Park. They break into subteams during much of the practice to limit interactions and develop skills and plays. Team Pod A has two scheduled scrimmages on Saturday at 9am at Southwest Park: subteams Vanderbilt vs Alabama and Auburn vs S. Carolina. Team Pod A will ALWAYS scrimmage inside Team Pod A. So next week it may be Vanderbilt vs S. Carolina and Alabama vs Auburn.