



Coaches,

We hope you and your families had a fantastic time and that the new school year is off to a great start. Here at Montgomery County Recreation, we're preparing for the 2025 Spring Flag Football season, and registration is right around the corner.

New this season, we will utilize www.activemontgomery.org to build your teams so players can register directly to your roster. Please complete the Coaches Inquiry (Link to NFL Flag Coaches Inquiry). In this inquiry, you will provide us with information about you and your team, identify which league and location you are participating in, and create your team passcode that you will share with your players to register for your team.

Parents/Guardians of players on your roster will use www.activemontgomery.org to register for your team. Please provide the passcode only to those you would like on your team. Players can be inadvertently added to your roster if parents share your passcode. Once on our registration site, they will search the Activity Code **R05287** to locate the section your team is participating in. Your team section will be identifiable by your Last Name (Please see attachments "How to Reset Online..." and "How to Create an Online..." as Parent/Player registration help guide.)

We are excited to get the kids (and coaches) back on the field this season! Please feel free to reach out with any questions along the way, as we're here to help in any way we can!

We look forward to another great season!

Montgomery County Recreation
Countywide Programs
2425 Reddie Drive, 10th Floor
Wheaton, Maryland 20902



Leagues Breakdown

| Montgomery County NFL Flag Football | | |
|--|---|-----------------------|
| Activity Code | Divisions | Locations |
| R05287 | NFL Flag Football League 8U | Wheaton HS |
| R05287 | NFL Flag Football League 10U | Wheaton HS |
| R05287 | NFL Flag Football League 12U | Wheaton HS |
| R05287 | NFL Flag Football League 14U | Wheaton HS |
| R05287 | HERtime2shine NFL Flag Football League 9U | Wheaton HS |
| R05287 | HERtime2shine NFL Flag Football League 14U | Wheaton HS |
| R05287 | NFL Flag Football League 9U | Damascus CRC |
| R05287 | NFL Flag Football League 14U | Damascus CRC |
| R05287 | NFL Flag Football League 9U | Montgomery Village MS |
| R05287 | NFL Flag Football League 14U | Montgomery Village MS |
| R05287 | NFL Flag Football League 9U | Paint Branch HS |
| R05287 | NFL Flag Football League 14U | Paint Branch HS |
| R05287 | NFL Flag Football League - High School Girls League | Paint Branch HS |



NFL Flag Official Playing Rules will govern play with the exception listed below. The rule contradiction from the NFL Flag rule book and page number are listed where applicable.

Game

- The offense has 4 downs to obtain a first down which is ten yards from where the ball is made ready for play before the first down of a new series. **(Rule 1.3, page 3)**
- If the offensive team goes for it on 4th down and does not cross the line to gain, the opposing team will start its possession from that spot. **(Rule 1.3.e, page 3)**
- Games will consist of two teams comprised of seven players each. Offenses must have a minimum of one player (the center) and up to six players on the line of scrimmage. The quarterback must be off the line of scrimmage. **(Rule XV.1, page 15)**

Field

- Field dimension will be 25 yards wide by 70 yards with two 10-yard endzones. **(Clarification of IV.1, page 6)**
- No-Run zones will only be located five yards prior to the endzone in the offense's direction. **(Rule IV.1, page 6, & Rule X.5, page 11)**
- For 9U and 8U, No-Run zones are eliminated. Teams may run anywhere on the field.

Timing and Overtime

- Regular Season Games are played on a 40-minute continuous clock with two 20-minute halves, unless one team gains a 35-point advantage which will end the game. **(Rule VI.1, page 8)**
- Halftime is five (5) minutes. **(Rule VI.2, page 8)**
- In the event of a tie score at the end of the second half, there will be one overtime period. If teams remain tied after the first overtime, then the game will end in a tie. **(Rule VI.7.c-d, page 8)**

Unsportsmanlike Conduct

- Unsportsmanlike conduct penalties **(Rule XVII.iv-v, page 16)**:
 - o Defense +15 yards from line of scrimmage and automatic first down
 - o Offense -15yards from line of scrimmage and loss of down
- Any Unsportsmanlike Act/Taunting is a decision made at the referee's discretion. No appeals will be considered.

Aged Based Guidelines (page 17)

- For 8U and 9U: One Coach for each team is permitted on the field pre and post snap to help their players, but post snap at a safe distance to plays completion.
- For all age groups, the following rules will be used:
 - o Players may rush the passer **(See Rule XIII)**
 - o Defenders may line up on the line of scrimmage, no contact may be made at snap.



NFL Flag Football Timeline

| | |
|----------------------------|--|
| Thursday, January 30, 2025 | Parent / Coach Q/A |
| Monday, February 3, 2025 | Registration Opens |
| Sunday, April 6, 2025 | Registration Closes |
| Friday, April 18, 2025 | Schedules Posted |
| Tuesday, April 22, 2025 | Mandatory Virtual Coaches Meeting |
| Sunday, April 27, 2025 | Pre-Season Kickoff, Materials Pick Up @ (add locations) |
| Sunday, May 4, 2025 | League Start Date (practice/game) |



NFL Flag Football League Fact Sheet

Below you will find very important league information:

1. Registration opens on February 3, 2025
2. Registration deadline is Sunday, April 6, 2025
3. The fee to register individuals is \$60 per child. Registration fee includes a jersey, flag belt, and 5 practices/game dates; the schedule begins Sunday, May 4, 2025.
 - a. The head volunteer coach will receive a \$60 coupon code that can be applied to one player's registration cost.
 - b. To find information regarding Montgomery County Recreation's cancellation or refund policy, please visit <https://www.montgomerycountymd.gov/rec/howto/withdraw.html>
4. There are five practices and five games. Your practice time is scheduled one hour before your game time. For example, if the schedule says 5/4/2025 Falcons vs. Eagles at 12 PM at Wheaton HS, both the Falcons and the Eagles practice on 5/4/2025 at 11 AM at Wheaton HS. **Game and practice times may change from week to week**
5. An individual registered as a "Free Agent" will be assigned a team as space is available. (10 Free Agents in one area could be grouped to form their own team).
6. A minimum of 8 players on a team must be registered at www.activemontgomery.org to be placed on the schedule. The schedule will be posted on or about Friday, April 18, 2025.
7. The maximum roster size for NFL Flag Football is 12 players, with no exceptions. Therefore, please do not provide your team passcode to more than 12 players and ask that the parents do not share the passcode with others.
8. Montgomery County Recreation reserves the right to add additional players (free agents) to a team if the roster size is less than 12 after registration closes.
9. All volunteers, including coaches and assistant coaches, must be fingerprinted and cleared prior to the league start date of May 4, 2025.
10. Our Mandatory Virtual Coaches Meeting will occur on Tuesday, April 22, 2025.
11. NFLFF Kickoff Weekend and Uniform Pick Up will occur on Sunday, April 27, 2025, Location TBD.



How To Register for NFL Flag Football

1. Visit www.ActiveMontgomery.org
2. Log in or create an account (see attachments for more information).
3. Click on 'Search' at the top, then 'Activity Search'
4. On the left of the screen, type in the league code (R05287)
5. Open the league, and find the team you want to register for (Ex: Free Agent, Team Coach Name)
6. Add to cart
7. Insert Team Passcode
 - a. You should receive this information from the coach before registering.
 - b. If you're signing up as a free agent, there is no passcode.
8. Continue to answer questions, sign waiver, and checkout

How to Search and Register for an Activity

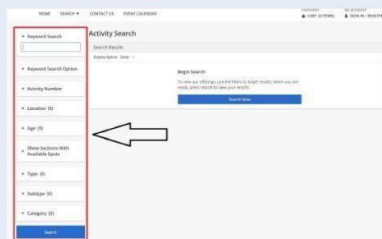
To search for an activity, membership, rental or facility reservation:

1. Select **SEARCH** or appropriate **picture box**.

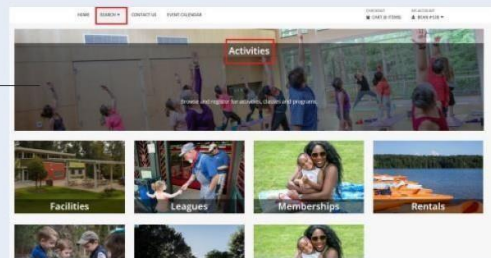
►The search button will take you to a drop-down search selection for the item you wish to explore.

►Selecting the picture box will take you to a search area with filters which will assist in narrowing your search results.

2. Using **Keyword Search** input Activity name. Select **Search**.



3. The Activity Search results will appear.
4. To see all Activity dates, times and locations, select the **"Sections"** area.
5. Once the sections have been selected you will see if the Activity is available for registration.
6. To see more detailed information on the Activity, select the **Activity #** or **Description**.
7. To see more details regarding registering for this activity, select the three black dots on the right-hand side of availability.
8. Select **Add to Selection List** and **Add To Cart**.
9. Answer all questions.
10. Check mark the ☒ **I agree with the above waivers**, Select **Continue**.
11. Select **Proceed To Checkout**.
12. Select **Payment Method**. Input billing information, email address, and **Continue**.



How to Reset Your Password

START HERE

Go to bit.ly/activemontgomery

1. Select **SIGN IN /REGISTER**.
2. Select **Forgot Password**.
3. Input your email address.
4. Check mark the "I'm not a robot" box.
☒ **I'm not a robot**
5. Select **Submit**.
6. You will receive an email with a link to reset your password.
6. Select **Click Here to Reset Password**.
4. Create **New Password**, then retype to confirm.
5. Select **Submit**.


Your password reset is successful.



How to Create an Online Customer Account

START HERE

Go to bit.ly/activemontgomery

1. Select  **SIGN IN /REGISTER**
2. Select **Don't have an account? Sign Up Now**
3. Input your email address as your **Username**.
This will be your login.
4. Create **Password**, then retype to confirm.
5. **Household Primary Person Information:** Input your information in all the required red fields:
Name, Address, City, State, Zip, Email address, and Birthdate.
7. Add any **Additional Family Members** and **Emergency Contacts**, then check mark the "I'm not a robot" box.
☒ **I'm not a robot**
8. Select **Save**

Contact Information

Montgomery County
Recreation: 240-777-6840

Montgomery Parks:
301-495-2580

CUPF: 240-777-2725

Spring Registration begins February 14.
Summer Camp Registration begins February 22.
Ice/Tennis Program Registration begins February 23.

Questions? Email info@ActiveMONTGOMERY.org

bit.ly/ActiveMontgomery

