



## 2025 Alabaster NFL Flag Football (Non-Contact Sport)

### Contact Information

- **Nik McCrimon**, Athletic Manager
- **Phone:** 205-664-6840
- **Email:** [nmccrimon@cityofalabaster.com](mailto:nmccrimon@cityofalabaster.com)
- **Website:** [www.alabasterparks.org](http://www.alabasterparks.org)

### Registration – April 28<sup>th</sup> thru May 31<sup>st</sup>

- **On-Line Registration** at [www.alabasterparks.org](http://www.alabasterparks.org)
  - Begins: April 28<sup>th</sup> at 8:00 AM
  - Ends: May 31<sup>st</sup> at 11:00 PM
- **Registration at the Alabaster Parks and Recreation office** located at 200 Depot Street
  - April 28<sup>th</sup> thru May 30<sup>th</sup> ... Weekdays only from 8:00 AM – 5:00 PM

Registration forms will not be accepted or processed without payment. For special arrangements, contact Parks & Recreation. Our goal is to provide an opportunity for every child to participate.

### Fees – \$135.00 for first child

- **Registration fee includes** the following: Shorts, NFL Flag jersey and participation medal
- **Multi child discount:** 10% after oldest child pays in full
- **Non-resident fee:** Additional 10% per child
- **Service fee:** There will be a **3.5%** service fee assessed by Municipal Pay Services, AL for **all** debit/credit card transactions. The City of Alabaster receives no additional revenue from this fee.

### Payments

- **Visa, Master Card, Discover, and Cash** are Accepted.
- **NO Checks** Accepted!
- **Cash Payments** – Please bring the exact amount owed as change will not be provided by our office.

### Birth Certificate

**ALL Players** are required to have a copy of their Birth Certificate on file with the Parks and Recreation Dept. If you have not submitted one in the past, you can do so by uploading to your online account, emailing to [nmccrimon@cityofalabaster.com](mailto:nmccrimon@cityofalabaster.com), or delivering in person to the Parks and Recreation Office.



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### Equipment

- All players will receive Shorts and an NFL Flag Jersey.
- All players will be required to purchase a Mouthpiece.
- Each team will be provided Flag Tags which must be returned at the end of the season.
- Cleats: Any flat soled, close toed shoes will be acceptable. Metal or metal tipped cleats will not be permitted.

### Divisions – based on 2025/2026 school year

- K-5 / 1<sup>st</sup> Grade
- 2<sup>nd</sup> / 3<sup>rd</sup> Grade
- 4<sup>th</sup> / 5<sup>th</sup> Grade
- 6<sup>th</sup> / 7<sup>th</sup> / 8<sup>th</sup> Grade (BOYS)      6<sup>th</sup>/ 7<sup>th</sup>/ 8<sup>th</sup> Grade (GIRLS)
- 9<sup>th</sup> / 10<sup>th</sup> / 11<sup>th</sup> / 12<sup>th</sup> Grade (GIRLS)

### Evaluations

Evaluations will occur at Buck Creek Football Field. Dates/times are tentative.

- 6:30PM June 23<sup>rd</sup> K-5 / 1<sup>st</sup> Grade
- 6:30PM June 24<sup>th</sup> 2<sup>nd</sup> / 3<sup>rd</sup> Grade
- 6:30PM June 26<sup>th</sup> 4<sup>th</sup> / 5<sup>th</sup> Grade
- 6:30PM June 27<sup>th</sup> 6<sup>th</sup> – 8<sup>th</sup> Grade (BOYS)
- TBA 6<sup>th</sup> – 8<sup>th</sup> Grade (GIRLS)
- TBA 9<sup>th</sup> – 12<sup>th</sup> Grade (GIRLS)

### Practices

- Practice schedules will be determined by the number of teams we have.
- There can be up to 3 practices per week.
- Practices – Start date **TBA**.

### Games

- Preseason Jamboree August. **DATE TBA**
- There will be 8 games per season.
- The season will begin in mid-August.
- The season will end with a single elimination tournament.
- The season timeline is subject to change depending on the number of teams in the league.
- Games will be on **weeknights** and **Saturdays**. The earliest start time for week nights will be 6:00PM and the earliest start time for Saturdays will be 8:00 AM.
- The games are 40 minutes long with two 20-minute halves.
- Games will be played at Helena Sports Complex and Veterans Park

NOTE: There may be occasional weeknight games for certain divisions.

**TBA** = To Be Announced.

## Volunteer Coaches Only

**CPR Certification:** We will be offering classes for CPR Certifications. Dates and times are **TBA**.

### CoachSafely

**Mission:** Limit youth sports injuries through research, advocacy and education of coaches, parents, physical educators and other influential figures in young athletes' lives.

#### **Fast Facts about the CoachSafely Course:**

- Approved by Dr. James R. Andrews and CoachSafely's Medical Board
- Delivered online or through your mobile device through the CoachSafely website.
- 9 subject areas, 11 video modules.
- Subjects include Concussions, Mental Health, Overuse Injuries.
- 90 minutes maximum total time to complete full course.
- Complete at your own pace.
- Provided at no charge through the Alabama Recreation and Parks (ARPA) Coach Safely Initiative.

#### **To Access the CoachSafely Training Course:**

- Visit <https://www.arpaonline.org/arpa-coachsafely-initiative/> or scan the QR Code.
- Complete the personal information sections.
- Complete the 11 modules in the course and go CoachSafely.
- Certificates of completion can be printed or emailed in a PDF document.



