

F.A.Q. ABOUT REGULAR SEASON FALL FLAG FOOTBALL AND CHEER

For 5, 6, and 7 year olds only

(Age as of 7/31/08)

1. How often are practices and what days do they take place?

Flag practices start with 3 nights per week in August and goes to 2 nights per week in September. Which days the team will practice depends on the coaching staff's schedule and field availability.

2. How are game locations and schedules decided for Flag teams?

All game schedules are done through Palomar Conference, not RPPW. They try to rotate so each team has a few home games during the season, so obviously this will involve some travel. Some of the furthest locations you may have to travel to include Murrieta, Temecula, Carlsbad, and Ramona. We will give a schedule to the Head Coach as soon as it is available. The schedule will also be posted on our website.

3. Can a cheer squad choose not to travel to a game location?

No. All cheer squads are required to be at all scheduled games. Associations are fined if a squad is a "no-show".

4. What equipment is supplied by the league? What do we need to purchase on our own?

Cheer: The Flag cheerleaders are required to wear the uniform issued to them by RPPW. You will be loaned a shell and skirt by the RPPW Association which will need to be returned at the end of the season. You will be required to pay a \$50 refundable uniform deposit at the time of uniform fittings, which will be given back to you when the uniform is returned clean and on time at the end of the season. Part of your registration fee covers the following items for you to keep: socks, briefs, crop top, cheer shoes, and "camp wear" consisting of shorts and a shirt with the RPPW Cheer logo. There will be some optional items at uniform fittings that you can choose to purchase including sweatshirts, sweatpants, shorts, t-shirts, warm-up suits, cheer bags, etc. Again, these are optional items.

Football: The football players will be loaned practice pants, game pants, and belts by the RPPW Association which you will need to return at the end of the season. You will be required to pay a \$50 refundable equipment deposit at the time of equipment issue, which will be given back to you when the equipment is returned clean and on time at the end of the season. Part of your registration fees cover the following items for you to keep: a mesh "RPPW" practice jersey, a game jersey with players name on back, and one mouthpiece which is mandatory in order to play. Flag players do not wear helmets or any pads. The items you will need to purchase are cleats (no metal), jockstrap, extra mouth pieces, and socks.

5. How many games do Flag teams play?

Flag teams play 8 regular season games. There is a "Bowl Game" at the end of the season in which all Flag teams in Palomar Conference are invited to participate.

6. How many players are allowed on a Flag team?

National Pop Warner rules states that each Flag football team must have a minimum of 10 players and can roster a maximum of 24 players. All players will play a minimum of 10 plays each game. RPPW has tried to keep the Flag squads small in order to give the players more time on the field and it also allows for more one on one instruction during practices. Flag cheer squads are not limited to a minimum number of cheerleaders and can roster up to 24, but historically RPPW has rostered teams between 5-10 cheerleaders per Flag team.

7. Do Flag cheer squads compete in the Pop Warner local and regional competitions?

No. Only the Jr. Pee Wee and older squads compete at these competitions. However, both the Flag and Mighty Mite divisions perform an exhibition cheer at the local Palomar Cheer Competition at Cox Arena at SDSU. This competition takes place every year, usually on the last Sunday in October. All the Palomar Associations that have cheerleaders at these two levels send them to the floor at the same time to perform a cheer together. This helps get the younger girls acquainted with the process of competition.