



South Valley Flag Football  
[www.svflagfootball.net](http://www.svflagfootball.net)  
408-778-3900



## Player Checklist

Welcome to the South Valley Flag Football League! Here is a handy checklist to help maximize your child's NFL FLAG experience. Please contact the league director or your coach if you have any questions.

### Paperwork

1. Signed NFL FLAG Waiver\*
2. Signed MHYSA Football Waiver
3. Confirmed fee payment

(\* Part of online registration process)

### Required Equipment

1. Mouthpiece – Players will not be allowed to participate without one!
2. Shorts or sweatpants WITHOUT pockets
3. Jersey
4. Flags

(First set provided by South Valley Flag Football League)

### Suggested Items

1. Athletic bag to hold equipment, extra clothing and other personal effects
2. Cleats – soccer or football is recommended – No steel cleats are allowed!
3. Sun-block, jacket, hat, extra socks
4. Drink and snack for each game day

It would be best if each player has every item on this list each game day. Kids can play in tennis shoes, but they will be sliding around on the grass. Shorts with pockets can catch fingers that get broken or dislocated. This is a no-contact league, but kids going for the ball can run into each other. Mouthpieces ensure they keep their brilliant smiles. Kids will get thirsty and hungry during their time with us. A snack and drink meets this need. Finally, an athletic bag to carry each child's equipment and personal effects will reduce the chances of things getting lost or a child not being able to play due to lack of a mouthpiece, jersey or other equipment.

In summary, we are interested in ensuring every child has a safe and fun football experience. Please support our efforts in this arena by making sure your child is on time, fully equipped and ready to play each week.

Thank you for your support.

South Valley Flag Football League Staff