



## **Flag Football Roster Formation Guidelines**

**Scope:** This applies to KG-12<sup>th</sup> Boys and 1<sup>st</sup>-12<sup>th</sup> Girls. PreK Coed/KG Girls division shall utilize a different process.

Roster formation is done via a draft-like process, whether live by Head Coaches or simulated by League Coordinators and/or the League Commissioner. The League Coordinator determines which approach will be used. Regardless of which approach is chosen, the following guidelines herein shall be followed.

Most often the League Coordinator will draft teams to ensure the maximum number of friend/coach requests can be honored, an appropriate approach given this is a community recreational league. Without compromising the competitive nature of each age division, this approach has been favorably received by a large majority of our flag football families. Every effort should be made to ensure teams are as fair and balanced as possible using the provided evaluation information of each player. The guidelines herein were developed with that in mind.

### **Guidelines:**

1. Team formation shall be completed using a "snake draft".
  - Snake draft: 1, 2, 3, 4 - 4, 3, 2, 1 - 1, 2, 3, 4 - 4, 3, 2, 1
2. Draft order shall be determined through random selection.
3. The player of the Head Coach (and any Assistant Coaches) shall be automatically assigned to the Head Coach's team before the draft begins.
  - A. The League Coordinator and Head Coach shall agree, prior to the start of the draft, what round the coach's player(s) will be.
  - B. If the player is a first round pick, then the player shall automatically be that team's first round pick.
4. Total number of players on each team shall be +/- 1 player.
5. If the League Coordinator conducts the draft:
  - A. Each team shall have a balanced, competitive roster.
  - B. Each team shall receive a top-rated, first round pick.
    - i. #5 - #4.5 Overall Player Rating

- C. Each team shall have a player who can play QB.
  - i. #5 or #4 Passer per coach eval, in-person eval, and/or parent eval; coach eval from prior season should be considered most accurate.
  - ii. If no #5 or #4 Passers remain, then the next team shall receive two back-to-back picks; this is done to help keep teams reasonably balanced.
- D. Player height, travel experience, and number of years played shall be considered as part of having balanced rosters.
- E. Average Team Score differential based on combined player rankings shall be less than 0.25.
- F. Total number of players on each team shall be +/- 1 player.
- G. Friend / coach requests shall be honored only if balanced, competitive rosters can be obtained (i.e., Average Team Score differential < 0.25).

**Order of precedence:**

1. Coach's kid(s) <-- **automatically on team, per assigned ranking**
2. Each team has a #5 or #4.5-ranked player (per eval or parent-provided info)
3. Each team has a balanced roster
  - a. Each team has someone who can play QB
    - i. #5 or #4 per coach eval
    - ii. #5 or #4 Passer per in-person eval
    - iii. #5 or #4 Passer per parent input
  - b. Player rankings
  - c. Player height
  - d. Average team score differential based on rankings: < 0.25
  - e. Total # players: +/- 1
4. Friend / coach requests
5. Dual sport? Be cautious about placing too many dual sport players on the same team as this could create multiple scheduling conflicts.

### Lesson from 2025 season (Spring and Fall)

- Rosters should be submitted no later than **three (3) weeks** prior to the first practice. To achieve this all coaches should be secured one (1) week prior, which is **four (4) weeks** prior to the first practice.
- A player rated a “3” who is 70” tall and in 10th grade has a greater game impact than a player rated a “3” who is 59” tall and in the 7th grade. When making teams, those “3’s” are **not equal** and their rankings should be adjusted accordingly. For the two players in this example, the 10th grader would remain a “3” and the 7th grader would drop to a “2.5” or even “2”. If rostering a 6th-12th Boys or a 7th-12th Girls team (or even a 1st-3rd Girls team), this should be kept in mind and player rankings adjusted accordingly to ensure teams are evenly balanced.
- Attempt to resolve any rostering disputes/concerns BEFORE submitting final rosters to AYS staff. Otherwise, families will receive multiple notifications causing confusion and perhaps even frustration.
- READ the comments provided by parents during registration, paying particular attention to friend/coach requests and any behavior/development issues for the child. PROVIDE this information to the coach.
- Players with behavior/development issues (e.g., ADHD) should be rostered with coaches with experience and patience.
- Is player dual sport this season? Be cautious about placing too many dual sport players on the same team as this could create multiple scheduling conflicts resulting in forfeits or requests to reschedule games mid-season.
- Consider automating the Overall player rating based on standard, rule-based criteria. Pro: Expedites and standardizes the player rating process, which often requires considerable manual effort. Con: Requires data to be entered consistently in order to accurately calculate the Overall player rating.