

Spring 2026

Boys 9th-12th division

1. Why should a player sign up?
 - a. Increased opportunity for individual player development
 - b. Increased opportunity to interact and play with peers
 - c. Opportunity to play in more competitive environment
 - d. No change in offering a safe, fun environment
2. How will registration be different?
 - a. A modified Rec offering will be available for Boys 9th-12th, which is typically referred to as “academy style”.
 - b. Registration for 9th-12th Boys will be \$163 (Early Bird) and \$198 (Regular) to cover the cost of a reversible jersey and wristband. This is \$35 more than standard Rec fees.
 - c. Any outside tournament fees and expenses will be extra and not included in regular-season registration. (Playing in tournaments is optional and tournament dates are TBD.)
3. How will evaluations be different?
 - a. Players registered for Boys 9th-12th will attend the same evaluations as all players.
 - b. An initial and end-of-season evaluation will be provided to each player.
 - c. Outside tournament teams will be based on player interest in addition to performance and coachability observed throughout the regular season.
4. How will coaching be different?
 - a. Boys 9th-12th will have a single Head Coach with [TBD #] Assistant Coaches.
 - b. As always all coaches must register with AYS and pass a standard background check.
 - c. Coaches in 9th-12th will receive the same coaching credits as Head coaches at the end of the season.
5. How will team formation be different?
 - a. Players registered for Boys 9th-12th Rec must attend evaluations.

- b. There are currently no limits on the number of players that may register.
- c. For regular season games, teams will be recreated weekly to compete in officiated games with the other Boys 9th-12th teams.
- d. Near the end of the regular season or at the beginning of playoffs, players will be placed on 1 of 4 competitively balanced teams for the duration of playoffs.
The number of teams and number of players per team may vary depending on the number of players registered for the Spring 2026 season.
- e. Invitations to join outside tournament teams will be based on interest in addition to performance and coachability observed during the season.

6. How will practices be different?

- a. Practices are 1 hour, once per week.
- b. All Boys 9th-12th players practice at the same time and location.
- c. Each practice consists of drills and a 7 v 7 scrimmage.
 - 1. 20 min - Speed and Agility Drills
 - 2. 25 min - 1 day Offense and 1 day Defense
 - 3. 15 min - team offense and defense scrimmage

7. How will games be different?

- a. Players will play the same number of games as standard Rec.
- b. Regular season games serve as an opportunity to play competitively; otherwise, there is no regular season Win/Loss record kept in Boys 9th-12th.
- c. All games will continue to be officiated by an AYS referee crew.
- d. All games will be played 7 v 7, no subs.
 - i. If a team has less than 7 players, a player will be pulled from another team to fill in.

8. How will the playoffs be different?

- a. Practices and games throughout the regular season will be used as the eval to make four (4) well-balanced teams for playoffs.
- b. Each of the four (4) teams will play in a double-elimination playoff resulting in a single 9th-12th division champion.

9. How will the rules be different?

- a. Boys 9th-12th will follow the same AYS Flag Football rules as the Rec league. The only exception is that there will be no restriction placed on the number of offensive TDs a player may score in a game.

10. How will provided equipment be different?

- a. Players will receive one (1) numbered, reversible jersey as part of their registration.
- b. Teams will wear light or dark for scrimmages during practice and games throughout the season.
- c. Sizing will be based on size requested during registration.
- d. Players will receive QB wrist bands with a tri window to call offensive plays and defense.

11. Anything else?

- a. This is being offered as a pilot for only Boys 6th-8th Rec+ and 9th-12th Rec players. Success of this season will help determine how a similar format could be carried over and offered more broadly in future seasons.
- b. All Boys 9th-12th players and coaches will be placed in the same GameChanger team and communications will be managed through GameChanger.
- c. Boys 9th-12th will be given a designated 2-hour time block on game day to hold games. Two 1-hour games will be played during this time block, and the Head Coach will determine which players are on which team for each game ahead time.
- d. The Head Coach will provide each player an evaluation at the beginning and end of season with focus on strengths and recommended improvement areas.
- e. Playing in this format opens the opportunity to form teams that compete in tournaments. More details to come.