

The logo is a stylized, geometric shield shape composed of interlocking lines in a brown and tan color scheme. The letters 'FCA FLAG' are superimposed over the center of the shield in a bold, black, sans-serif font.

FCA FLAG

FALL 2026

**“Whatever you do, work at it with all your heart,
as working for the Lord and not human masters.”**

-Colossians 3:23

This book belongs to:



Athletes,

Welcome to FCA Flag! You are encouraged to read through each week's lesson before game day and memorize the weekly scripture. On game day, you'll have the chance to recite the verse to a coach or huddle leader and be entered into drawings for prizes! While participation is optional, it's a fun way to get into God's Word and grow together as a team.

Don't forget to scan the QR code in the top corner of each week's lesson to hear encouragement from athletes and coaches across South Dakota.

Parents,

We've added something special for you this year: Parent's Corner! This includes portions of the Parenting Your Athlete devotional produced by FCA. We have hand-selected these videos for this season, and we encourage you to watch the introduction and each weekly video before game day.

Thank you for walking alongside your athletes in both sports and faith.

Be Blessed,

FCA Flag Football



Scan Here for the
Parent's Corner Introduction

JOY



READY:

“Rejoice in the Lord always. I will say it again: Rejoice!” -Phillippians 4:4

SET:

Joy is deeper than happiness—it’s not based on wins, stats, or how we feel. It’s rooted in something unshakable: God’s presence. Teams that play with joy play with freedom. They don’t let circumstances dictate their mindset. They bring energy, positivity, and perspective that lifts everyone around them. Joy gives life to a team and reminds us why we love the game in the first place.

In sports, joy can get lost in pressure, comparison, or frustration. But when athletes choose joy—even in tough seasons—it changes everything. Joy doesn’t ignore the hard stuff; it walks through it with a smile and a steady heart. It sees purpose in the process and beauty in the journey. When you compete with joy, you become the kind of teammate others love to follow.

Philippians 4:4 reminds us that joy is something we choose again and again. It’s found in Jesus, not just in the scoreboard. He is our reason to rejoice—no matter what’s happening around us. As athletes who follow Him, we lead with joy because He gives us something the world can’t take away.

GO:

1. What’s been stealing your joy in sports, and how can you shift your focus back to what matters?
2. How can you choose joy today as a response to who God is- not just how life feels?

OVERTIME

God, Thank You for being the source of unshakable joy. When circumstances are tough, or I am feeling down, remind me that You are still good and still with me. Fill my heart with joy that overflows into how I live, play, and lead. Amen.



GOD LOVES YOU



READY

“For God so loved the world, that He sent his one and only Son, so that everyone who believes in him will not perish, but have everlasting life.” -John 3:16

SET

God’s love is the foundation of everything. From the very beginning, He created you on purpose and in His image. That means you have value—not because of your performance, but because of your design. On a team, when each person feels seen, loved, and valued, something powerful happens. That kind of love isn’t earned through stats, wins, or roles. It’s given. That’s the kind of culture we want on this team—and the kind of love God offers to each of us.

As an athlete, it’s easy to measure your worth by performance. But no win, mistake, playing time, or coach’s opinion changes your value in God’s eyes. His love isn’t based on what you do—it’s based on who He is. You were created to reflect His image, to walk in His love, and to live with confidence that your identity is secure. That kind of love frees you to play with joy, lead with humility, and show others they’re valuable too.

John 3:16 and Romans 5:8 show us just how far God’s love goes—He didn’t wait for us to get it all together. He sent Jesus to show us what love looks like. God’s love is deep, personal, and unchanging. When you understand that you’re fully known and still fully loved, it changes everything. You’re not just an athlete—you’re a child of God, created with intention and loved without limits.

GO

1. How would understanding God’s love change the way you view your role and value as an athlete?
2. What keeps you from fully believing and receiving God’s love in this season?

OVERTIME

God, thank You for creating me with purpose and calling me valuable, no matter how I perform. Help me believe that Your love isn’t something I have to earn. Let Your love shape the way I lead, compete, and treat others. Give me the courage to live as someone fully loved by You. Amen.



COURAGE



READY:

“Haven’t I commanded you: Be strong and courageous? Do not be afraid or discouraged, for the Lord your God is with you wherever you go.” -Joshua 1:9

SET:

Courage is more than confidence—it’s showing up even when you’re nervous, unsure, or overwhelmed. On a team, courage looks like giving your best when the odds are against you, speaking up when something’s not right, or staying calm under pressure. It’s not about being fearless—it’s about choosing to act despite fear. Teams thrive when athletes are willing to be brave for each other, for the mission, and for what’s right.

In sports, courageous athletes are the ones who take responsibility, keep competing when it’s tough, and encourage others no matter what. Courage shows up in the way you fight through injuries, try again after a mistake, or chase a challenge instead of hiding from it. You don’t need to feel ready to be courageous, you just need to be willing. That mindset pushes teams forward and inspires others to step up, too.

Joshua 1:9 reminds us that God doesn’t just suggest courage—He commands it. Why? Because He’s with us. We don’t stand alone in the hard moments. Our courage isn’t based on how strong we are, but on how faithful He is. As followers of Jesus, we carry a quite confidence; not in ourselves, but in the One who never leaves us.

GO:

1. What situation in your sport is calling for courage right now, even if it feels scary or uncertain?
2. How can you trust God to be with you as you step out in faith and face your fears?

OVERTIME

God, Thank You for promising to be with me in every situation. When fear rises or pressure hits, remind me that You are near. Help me choose courage even when it’s hard and lead with strength that comes from trusting in You. Amen.



GRATITUDE



READY:

“Give thanks in everything, for this is God’s will for you in Christ Jesus.”

-1 Thessalonians 5:18

SET:

Gratitude isn’t just for when things are going well—it’s a mindset that sees God’s goodness in all seasons. On a team, a spirit of thankfulness changes everything. It turns complaining into encouragement. It shifts focus from what’s missing to what’s already been given. Grateful athletes are grounded, generous, and more aware of the people around them. Their presence brings peace and perspective.

It’s easy to overlook the gifts we have—our health, coaches, teammates, or even just the chance to play. But when we practice gratitude, we grow content and strong. Gratitude isn’t about ignoring hard things—it’s about noticing how God is working in the middle of them. When athletes lead with thankfulness, they lift the entire team.

1 Thessalonians 5:18 challenges us to give thanks in everything—not for everything, but in the middle of it. Gratitude isn’t a feeling; it’s a choice. And when we choose it, we walk in God’s will and reflect His heart to the world.

GO:

1. What’s one thing about your current season you’ve taken for granted that you can start giving thanks for?
2. How does practicing gratitude help you grow closer to God in everyday moments?

OVERTIME

God, thank You for every opportunity, every lesson, and every person You’ve placed in my life. Teach me to see the good in each day and to lead with thankfulness—even when things are hard. Let my gratitude reflect how much I trust and love You. Amen.



HARDWORK

**READY:**

“Let us not get tired of doing good, for we will reap at the proper time if we don’t give up.” -Galatians 6:9

SET:

Hard work isn’t always exciting. Sometimes it feels repetitive, unnoticed, or just plain exhausting. But great teams are built by people who choose to show up and give their best—day after day. Hard-working athletes bring energy and consistency that raise the standard for everyone else. They don’t just grind for themselves—they work with the belief that their effort matters to the whole team. That mindset keeps teams moving forward, even when things get hard.

In sports, it’s easy to want results fast. We want wins, stats, or improvement to show up right away. But real growth takes time. It’s built through quiet discipline and steady commitment, especially when no one is watching. The athletes who keep giving their best—when it’s early, when it’s tough, and when no one’s cheering—are the ones who eventually reap the reward. They know that hard work isn’t a feeling; it’s a choice they make daily.

Galatians 6:9 reminds us that our work isn’t wasted—even when it feels like nothing is changing. God honors the faithful, steady effort of those who keep showing up. When we commit to working hard in every part of life—school, sports, and faith—we’re planting seeds that will grow in His timing.

GO:

1. How do you respond when your hard work isn’t immediately noticed or rewarded?
2. Where do you need God’s help to stay faithful in doing what’s right, even when it’s hard?

OVERTIME

God, thank You for the reminder that every bit of effort I put in matters to You. When I feel tired, overlooked, or discouraged, help me to remember that You are working even when I don’t see the results right away. Give me strength to keep going, and joy in knowing that I am growing in ways that honor You. Amen.



HUMILITY

**READY:**

“Humble yourselves before the Lord, and he will exalt you.” -James 4:10

SET:

Humility is one of the most powerful and respected traits a teammate can bring to a team. It’s not about being quiet or shrinking back—it’s about choosing to put others first and thinking beyond yourself. Humility creates space for trust and teamwork to thrive. It says, “This isn’t just about me—it’s about us.” When a team is full of athletes who serve, encourage, and lead without needing the spotlight, something special starts to happen. That’s the kind of team that lasts.

In sports, it’s easy to get caught up in recognition, stats, or comparison. But the most impactful athletes are often the ones who lift others up, take correction without pride, and celebrate the team’s success over their own. Choosing humility on the field might look like accepting your role, doing the unseen work, or giving credit to someone else. That mindset shows maturity, and it allows your influence to grow in ways that titles or trophies never could.

James 4:10 reminds us that when we choose to humble ourselves before God, He’s the one who lifts us up. We don’t have to prove our worth or fight for attention—God sees us and honors the posture of our hearts. As athletes who want to reflect Christ, humility isn’t optional—it’s foundational. When we lower ourselves, we give God space to be seen through us. That’s where real greatness begins.

GO:

1. How can you show humility toward your teammates or coaches in a way that helps your team thrive?
2. What’s one area where you need to let go of pride and trust God to lift you up in His time?

OVERTIME

God, thank You for showing me that true strength comes through humility. Help me put others first, lead with grace, and trust You with the recognition I often crave. Keep my heart soft and my focus on You. Amen.



2026 FALL RULES

FCA MISSION

To present to athletes and coaches, and all whom they influence, the challenge and adventure of receiving Jesus Christ as Savior and Lord, serving Him in their relationships and in the fellowship of the church.

LEAGUE MISSION

Help build young boys and girls into godly men and women through the love of the game of football.

FOCUS

Love Christ. Love the Kids. Love the Game.

FORMAT

- 8 on 8 depending on numbers of players
- 50 yard field
- 30 minute running clock
- 1 timeout per team; allows one final play even if time expires
- 1 minute huddle enforced after game 2
- Coaches are the referees and can make calls to manage the game. There are no W/L records kept. No playoffs.
- Coaches on field: limit of 4/Move to sideline before ball is snapped
- Use play cards in your offense huddle
- 6 plays in playbook/1 new play per game
- One basic formation only (see diagram in coaches handout)

RULES

- Fumbles cannot be advanced
- Mishandled QB snap exchange of kickoff/punt is not considered a fumble
- No bumping receiver coming off the line of scrimmage
- Defenders cannot cross line of scrimmage until ball is exchanged (except designated rusher)
- First down at 30-yard line/Midfield
- Center ineligible - snap from ground/side straddle or through legs
- Minimum of one pass for every four downs, can pass all four
- 1st & 2nd: 3x1
- 3rd & 4th: 2x2 (maximum 2 runs per 4 downs)
- 5th & 6th: 1x3 (maximum 1 run per 4 downs) or coaches agree 2x2
- Dump pass inside TE is considered a run

2026 FALL RULES

- 10 yard setback for pass rusher/sitting facing opposite direction/coaches signal
- One rusher only
- Cannot advance the ball two consecutive plays by the same player, receiving or running
- No motion
- No stiff arm or swatting defender reach
- 2 quarterbacks per game suggested (or at least one per half) with different rotation each week
- Defense can play zone or use rover
- Defense must have 3 men on the line at all times, anywhere on the line, covering receivers or TE
- No huddle offense is allowed by no hurry up offense without defense being set
- Blocking- Push on, not through, open hands, extended arms
- No pushing out of bounds
- No tackling or wrap-ups
- 1 flag off to be down/ball marked where flag comes off
- Flags must cross goal line for touchdown

- No 3-point stance
- If flag is off = automatic down, judgment call where touch
- Runner is down when knee touches ground
- Direct snap to RB is considered an exchanged and defenders can rush
- Inside 5 yard line rule, QB cannot run, TE box to be marked, if QB runs (replay down from LOS)
- One 2 point conversion per game
- See BLOWOUT policy in coaches playbook for lopsided games

OVERTIME

- 4 plays from midfield for each team, FG is an option, 2 overtime limit

KICKING

- Kick from 30-yard line (midfield)
- Touchback start at 10-yard line OR at "X" - do not start at "X" if downed behind it
- Out of bounds where ball went out/coffin corner kick on kickoff/punt
- Kickoff from X mark if ahead by two touchdowns or more
- Will kick extra points between marks and over line, ball must go over the heads
- Punting: announce you are punting/free kick/snap is a throw from center. 8 yards back. K-1-2 can throw the ball for their punt/3-6 must Punt
- no onside kicking. Un-recovered kick is a dead ball
- You can kick a field goal on any down from any place on the field. Never inside the X
- Fair catch cushion on punt and kick returns

2026 FALL RULES

PENALTIES

- Off sides; illegal motion, 5 yard penalty
- Illegal Use of Hands; holding, tackling interference, pushing = 5 yard penalty
- Unsportsmanlike Conduct: 10 yard penalty and loss of down, warning will be issues, ejection from game for second offense
- Runner Blocking Defender from Flags: 1 warning, then 5 yard penalty
- Delay of Game: huddle longer than 1 minute, 1 warning, then loss of down
- Illegal Advancement: single player advances the ball on two consecutive plays, loss of down
- Interference in end zone:

-Intentional: automatic touchdown

-Unintentional: 3 yard line and replay down

PLAYER SAFETY

- Rubber or plastic cleats required for all players
- Mouthguards are optional

PRACTICES

- You are allowed 1-2 team practices before the first game. After that, one practice per week during the season is allowed.

GET INVOLVED WITH FCA

DAILY IMPACT PLAY

Geared towards Christian coaches and athletes, **Daily Impact Play** is an email newsletter and social media outlet to engage, equip, and empower readers to be stronger Christian competitors. Sign up at fca.org/quick-links/daily-impact-play-other-e-newsletters to receive Daily Impact Play devotionals every day or follow @fcaimpactplay and our Facebook page at facebook.com/thefcateam.



YOUVERSION

In partnership with the **YouVersion** Bible app, FCA's reading plans plug you into God's Word with a competitor mindset and offers you a variety of topics that relate to you and where you're at in your spiritual journey as a coach or athlete. Start a reading plan today at app.bible.com/fca.



FCA RESOURCES

FCAResources.com is a multi-publishing platform that houses devotionals, reading plans, articles, ice-breakers, FCA logos, photos, and other materials for coaches, athletes, and FCA staff to utilize in their areas of ministry. Access FCA's top devotional and study content at fcaresources.com.



YOUTUBE

The FCA **YouTube** channel unites your two passions, faith and athletics, to impact the world for Jesus Christ through video. Subscribe at: youtube.com/c/fcavideos.





THE FOUR

THE GOSPEL EXPLAINED IN FOUR SIMPLE TRUTHS

The FOUR is an initiative at FCA that gives our staff and volunteers a simple, relevant, repeatable way to clearly communicate the Gospel and four biblical truths within our disciple-making efforts.



THE FOUR

GOD LOVES YOU

God made you and loves you! His love is boundless and unconditional. God is real, and He wants you to personally experience His love and discover His purpose for your life through a relationship with Him.

Genesis 1:27, John 3:16

SIN SEPARATES YOU

Sin damages your relationships with other people and with God. It keeps us from experiencing the fulfilling life that God intends for us. The result: you are eternally separated from God and the life He planned for you.

Romans 3:23, Romans 6:23, Isaiah 59:2



JESUS RESCUES YOU

Jesus died, but He rose to life again. Jesus offers you peace with God and a personal relationship with Him. Through faith in Jesus, you can experience God's love daily, discover your purpose and have eternal life after death.

1 Peter 3:18, 1 Corinthians 15:3-8,
Romans 5:8



WILL YOU TRUST JESUS?

You choose to trust Jesus when you believe and confess that Jesus is Lord and surrender your life to Him. Are you ready to place your trust in Jesus?

Romans 10:9-10, John 1:12, Rev. 3:20,
Ephesians 2:8-9



THE COMPETITOR'S CREED

I am a Christian first and last.

I am created in the likeness of
God Almighty to bring Him glory.
I am a member of Team Jesus Christ.

I wear the colors of the cross.
I am a Competitor now and forever.

I am made to strive, to strain,
to stretch and to succeed
in the arena of competition.

I am a Christian Competitor
and as such, I face my challenger
with the face of Christ.

I do not trust in myself.
I do not boast in my abilities
or believe in my own strength.
I rely solely on the power of God.

I compete for the pleasure of
my Heavenly Father, the honor of Christ,
and the reputation of the Holy Spirit.

My attitude on and off
the field is above reproach-
my conduct beyond criticism.

Whether I am preparing,
practicing, or playing;
I submit to God's authority
and those He has put over me.
I respect my coaches, officials,
teammates and competitors
out of respect for the Lord.

My body is the temple of Jesus Christ.
I protect it from within and without.

Nothing enters my body that
does not honor the Living God.

My sweat is an offering to my Master.
My soreness is a sacrifice to my Savior.

I give my all - all of the time.
I do not give up. I do not give in.
I do not give out. I am the Lord's warrior-
a competitor by conviction
and a disciple of determination.

I am confident beyond reason
because my confidence lies in Christ.

The results of my efforts
must result in His glory.

LET THE COMPETITION BEGIN.
LET THE GLORY BE GOD'S.