

HELP & RESOURCES



Answers for families. Tools for coaches. Every sport.

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For Just Compete Sports families, coaches and volunteers across all sports and locations. Program offerings, schedules and requirements may vary by location and season.

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This hub is a starting point. Read your program communications and linked policies for complete details.

A great season starts here.

Quick answers for families, coaches and volunteers

Can we request a friend or coach?

Include friend, teammate and coach requests during registration. Requests are not guaranteed. Returning to a previous team is also not guaranteed. An unmet request does not qualify for a refund. Review the refund policy on page 3 before registering.

Where do I find my team and schedule?

Check the email address used during registration and your program's designated team communication platform. Check spam or junk folders if you are missing an update. Your program coordinator can help with team assignments and schedule questions. Follow program notices for changes to times or locations.

What should my athlete bring?

Bring water, suitable athletic clothing and the equipment required for your sport. Uniforms, footwear and protective equipment requirements vary by program. Review your registration information and sport rulebook before the first activity. Ask your coordinator which items are provided and which you need to bring.

How do I become a coach or volunteer?

Sign up through your program's registration process or contact the program coordinator. Confirm your role and complete all assigned background screening, training and acknowledgments before serving. Review the Code of Conduct, safety resources and your sport's rules.

How do I raise a concern?

Contact your site director or program coordinator with the facts and relevant details. Keep information about children private and communicate respectfully. If the concern involves that person, contact another member of Just Compete Sports leadership.

Still need help?

Contact the coordinator listed in your registration confirmation or program communications. Include the athlete's name, sport, league location, season and a brief description of the question. Send sensitive information only through the appropriate private channel.

For an immediate emergency, call 911.
Routine league messages are not an emergency response service.



Find the right resource.

Tap an underlined title to open the linked resource

SPORT RULES & COACHING TOOLS

NFL FLAG | Drills, rules and plays

[Drills](#) [Rules](#) [Playbook](#)

Girls Play Flag Football | 7v7

[Simplified Rulebook](#) [Quick Game Guide](#)

YOUNG3 Basketball

[Rules Explained](#)

NHL STREET Hockey

[2024 Rulebook](#) [NHL STREET Resources](#)

MLS GO Soccer

[MLS GO Playbook](#)

Use the rulebook and age division requirements assigned by your program. General coaching resources may use different rules. For Touchdown for Tots, ask your coordinator for age appropriate activity guidance.

POLICIES & SAFETY RESOURCES

[Code of Conduct](#)

[Participation Waiver, Release & Consent](#)

[Refund Policy](#)

[Concussion & Injury Management Policy](#)

[Weather Policy](#)

[KSHSAA Heat Safety Reference](#)

[KSHSAA Environmental Safety Reference](#)

KSHSAA materials are safety reference resources. Follow your program's requirements and applicable facility or governing body instructions.

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Your season, explained.

Program details for Girls Play Flag Football

These details apply to Girls Play Flag Football. Check your season listing and program communications for location specific information.

What ages can play?

Girls ages 5 through 17. Check registration for the age divisions offered at your location.

What is the weekly time commitment?

Practices and games are on the same day, with a scheduled commitment of approximately two hours each week.

How long is the season?

The season includes six regular season games and a division tournament, for a total of seven weeks.

What comes with registration?

Each player receives an NFL FLAG jersey, flag belt and flags. Registration also helps cover officials, field costs and league administration.

When will we receive equipment?

After teams are formed, families will be invited to uniform week to pick up their jersey, flag belt and flags. Additional items may be available for purchase.

When will we hear from our coach?

Coaches attend a virtual meeting before the season. You should hear from your coach five to seven days before Week 1. Contact your coordinator if you have not received an update.

Where do we find rosters and schedules?

Use TeamSnap One for your roster, schedule, team communications and available coaching resources. Watch your registration email for your invitation and setup information.

Are weekday practices required?

No. Additional practices before or during the season are optional and arranged by the individual coach and team. Athletes cannot be penalized with reduced playing time for missing an optional practice.

What else should my athlete bring?

Bring a mouthguard to every practice and game, water, appropriate athletic footwear and pocketless shorts that provide full coverage throughout movement. Mouthguards are available at the field for \$5 each week. Butterfly, loose or flowy shorts, split sides, side slits and overlapping side panels are not permitted.

EQUIPMENT HELP | TAP TO OPEN

[Flag Belt Fit Guide](#)

[Mouthguard Information](#)

[NFL FLAG Equipment Checklist](#)

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