



January 21, 2024

Happy New Year, JAAFSC,

We are super excited for the upcoming 2024 Spring Season right around the corner. Last season marked our 5th year together where the league had over 70 teams and played over 450 games in the season.

Since its inception, the Spring Season for JAAFSC has been focused on development for the subsequent fall season. For Chapters that have participated in the past, thank you for showing up and I hope last season was valuable for your athletes. For Chapters that are new to joining us, we are excited to welcome you!

With the introduction of Girls Fast Flag and Lineman 5v5, I'll now be referring to the season as JAAFSC Spring Season.

Spring Season begins with practice, paperwork certification, and the coaching certification. We kick off Opening Day Saturday, March 23 with a round-robin style tournament. Championship weekend is Saturday and Sunday, May 4 and 5. Included in this email, you will find the necessary paperwork, important dates, and links to register for the coaching certification.

Teams will not be scheduled for opening day unless all paperwork, team fees, and the coaching certification is completed.

NEW this season:

All-girls Fast Flag (Micro - Midget, only)

Lineman 5v5 (JPW - Midget, only)

Scroll down for more information regarding Girls Fast Flag and Lineman 5v5.

All Chapters are more than welcome to send me an email for any questions regarding the season. I look forward to meeting you and getting to know you soon.

Let's have a great Spring Season 2024!

Stacie Bass

Boost Training

admin@BoostTrainingSystems.com

First Day of Practice

Date: Feb 1, 2024

Paperwork Certification

Paperwork is mandatory for all teams: 7on7, Girls Fast Flag, and Lineman 5v5.

We do NOT weigh athletes before the season. Register athletes based on which division they intend to play in for Fall 2024.

Date: Saturday, March 2, 2024

Start Time: 9:00 am

Location: Boost Training

Address: 500 Harrington St. Unit C1, Corona, CA 92878

[Link to the shared folder to download the required paperwork.](#)

See the link to the [2024 Spring Season Age Breakdown by Division](#) for 7on7, Girls Fast Flag, and Lineman 5v5.

1. [2024 Team Registration Checklist \(one per team\)](#)
2. [Spring Season Game Roster \(one per team\)](#)
 - a. [Link to copy and edit Google Sheets version.](#)
3. [Team Officials Agreement \(one per team\)](#)
4. [Player Contract \(one per player\)](#)
5. **COPY** of birth certificate (one per player)
 - a. Do not submit original birth certificates
6. Player photo/headshot (one per player)
 - a. No size requirement specified for the player headshot.
7. [2024 Boost Training Waiver of Liability](#) (one per player)

***Players with incomplete or incorrect paperwork will be redlined from the team's roster. Players may be added back onto the roster with completed paperwork on Opening Day, and weeks 2 and 3.**

Mandatory Coaching Certification

Date: Saturday, March 9, 2024

Location: Historic Civic Center

Address: 815 W 6th Street, Corona, CA 92882

Space is limited, please pre-register ahead of time.

Session 1



Time: 9:00 - 10:00 am

Registration Link for Session 1: <https://forms.gle/ZAWPyxr3YkkLcWYXA>

Session 2

Time: 10:00 - 11:00 am

Registration Link for Session 2: <https://forms.gle/WW7g4xa3eLQ56dhm9>

Session 3 for Girls Flag and Lineman Teams, ONLY

Time:

Girls Fast Flag - 11:00 - 11:30 am

Lineman 5v5 Teams - 11:30 - 12:00 pm

Registration Link for Session 3: <https://forms.gle/FN6VcyZbMBZfC>

Season Dates

Week 1: Opening Day

Date: Saturday, March 23, 2024

Week 2

Date: Saturday, April 6, 2024

Week 3 (Rosters Lock)

Date: Saturday, April 13, 2024

Week 4

Date: Saturday, April 27, 2024

Week 5: Championship Weekend

Date: Saturday, May 4 and Sunday, May 5, 2024

Team Fees

7on7 and Girls Fast Flag Teams:

\$750 per team (due at paperwork certification)

Lineman Teams ONLY:

\$500 per team (due at paperwork certification)

Game Site Location

Citrus Park

1250 Santana Way, Corona, CA 92881

Uniforms

All teams and all athletes must have JAAFSC chapter uniforms with JAAFSC chapter names, logos, and colors - ONLY. **No team nicknames or non-chapter logos are permitted.** All teams must represent an associated JAAFSC chapter.

Clubs and Teams Outside of JAAFSC

Teams from outside JAAFSC are allowed to participate in the Spring Season, but must register under an existing JAAFSC Chapter and follow all season rules and guidelines, including uniforms. The registering Chapter is responsible for the team.

Girls Fast Flag (NEW THIS SEASON!)

Fall 2023 marked the first year of high school CIF Girls Flag Football. It's a huge milestone for the sport and our young female athletes. Over the next few years, youth leagues will continue to pop up to assist with the development of the sport. Now is the time for our JAAF chapters and league to get involved at the ground level to help support the development of these athletes before their high school years.

Girls Fast Flag will follow the CIF rule book closely and I'll have that finalized rulebook out by the end of the month! Please keep an eye out.

Divisions for Girls Fast Flag: Micro, JPW, Pee Wee, Midget (ONLY)

[See the 2024 Spring Season Age Breakdown by Division for Girls Fast Flag.](#)

Required equipment for Girls Fast Flag: mouthpieces, JAAFSC uniforms, flags, soft helmets required

Lineman 5v5 (NEW THIS SEASON!)

CALLING ALL LINEMAN! Chapters - get your lineman and coaches together - This is for you!

Lineman 5v5 is a fun and physical competition where two opposing teams of offensive and defensive lineman compete. The game consists of a series of 1on1 plays at the line of scrimmage whereas a defensive lineman competes against an offensive lineman. The defensive lineman is trying to get to the QB and the offensive lineman is trying to protect the QB with each play being either a point for the defense or a point for the offense. Although the game is executed as a series of 1 on 1 plays, all defensive lineman and offensive lineman are aligned at the line of scrimmage during competition. Lineman rosters require 8 players, minimum.

Lineman 5v5 will follow a separate rulebook and I'll have that finalized rulebook out by the end of the month! Please keep an eye out.

Question: Can athletes play both 5v5 & 7v7?

Answer: Yes, but conflicting schedules will not be accommodated.

Question: Will athletes be required to weigh-in?

Answer: No, however, athletes should register in their intended fall divisions.

Divisions for Lineman 5v5: JPW, Pee Wee, Midget (ONLY)

[See the 2024 Spring Season Age Breakdown by Division for Lineman 5v5.](#)

Required equipment for Lineman 5v5: mouthpieces, JAAFSC uniforms, soft helmets and softshell shoulder pads required

7on7

There are little to no changes to the 2024 rulebook for the upcoming season. I will also have this finalized by the end of the month. Please keep an eye out. New additions from last year that will remain in place include:

- Conversion after a touchdown (JPW, PW, & Midget)
- Overtime/Tie Breaker (JPW, PW, & Midget)

Required equipment for 7on7: mouthpieces, JAAFSC uniforms, and soft helmets

[See the 2024 Spring Season Age Breakdown by Division for 7on7.](#)