

## 2022-23 Nassau County Flag Football Handbook

### Review From Last Year

In the Spring of 2023, Nassau County had 9 teams involved in the pilot program of Flag Football. Eight regular season games were played from mid-April to the end of May. We had a semi-final round and a Nassau County Championship game. The County Championship went on to play for the Long Island Championship.

### **2022-3 Flag Football Sport Committee**

Arnie Epstein, Nassau County Flag Football Coordinator

Joe Braico, Plainview-Old-Bethpage A.D.

Eric Caballero, Bellmore-Merrick CSD A.D.

Joe Martillotti, Lynbrook A.D.

Matt Moody, Bellmore-Merrick Coach

Chris Mistretta, West Hempstead A.D.

Tom Smith, Officials Association

Note: An e-mail was sent out to all schools requesting participation on the committee. Everyone who responded was invited to join.

### 2022-23 Season

At a NYSPHSAA meeting in September, we were informed that Flag Football will be an emerging sport in the state. We can have a Spring season and Flag Football should be treated with the same guidelines of lacrosse. Three proposals will be submitted to the State committee for approval that will give more guidance on how to proceed. This overview is presented under the assumption that the proposals will be approved.

Currently, with the 8 schools back from last year, we have 10 additional schools who want to join our league this season. The sport committee met on Wednesday, October 12th and the following proposal is being submitted for County review.

### Classifications

There is only one classification for flag football.

### Alignment

Two conferences based on enrollment with each conference having 9 teams.

### Number of Games Scheduled

Each team will play everyone in their conference once. In addition, 3-4 crossover games will be given to every team in conference 1 and 4 crossover games will be given to every team in conference 2.

### Playoff Criteria

For playoffs, only league games will count to determine who makes the playoffs and the seeding for the playoffs. All playoff games will be played at higher seed except for the Nassau County Championship which will be played at a neutral site. Tie-Breaking for playoffs will be determined as follows:

- 1-Head-to-Head
- 2-Record against higher seeded team
- 3-Points against
- 4-Coin flip

The number of teams in the playoffs will be 10 with 5 teams from each conference qualifying.

### Suggested Start and Other Important Dates

The committee unanimously feels the start date should be on March 13th. All other dates will be forwarded to schools in a timely manner once the schedule is approved

### **Playoff Schedule**

First Round: 5/18 (@ higher seed)

Quarterfinal Round: 5/20 (@ higher seed)

Semi-Finals: 5/23 (@ higher seed)

Finals: 5/26 (neutral site)

Long Island Championships June 3rd @ Sachem High School @ 12 p.m.

(Nassau will host next year)

Regional Games: June 10th at Jets Practice Facility Time T.B.D.