

RYA Flag Football Spring 2026 Season FAQ



2026 SEASON (10 WEEKS)

DATES:

APRIL 6th – JUNE 13th

START OF PRACTICE:

MONDAY – April 6th

END-OF-SEASON

Championship Weekend of Friday, June 12th and Saturday, June 13th.

CALENDAR OUTLINE:

Visit Full Season Calendar view on our website at www.restonseahawks.org

Tabs: > Flag Football > 2026 Spring Season Calendar

2026 SEASON (10 WEEKS)

PRE SEASON:

March 14th: Assessment

March 23rd: Coaches Meeting

March 28th: Roster Distribution

REGULAR SEASON:

Monday, April 6th: Start of Practice

Week 1: April 10/11 – Games 1

Week 2: April 17/18 – Games 2

Week 3: April 24/25 – Games 3

Week 4: May 1/2 – Games 4

Week 5: May 8/9 – Games 5

Week 6: May 15/16 – Games 6

Week 7: May 22/23 – Bye Weekend

Week 8: May 29/30 – Games 7

PLAYOFFS:

Week 9: June 5/6 – Games 8 (Playoffs)

Week 10: June 12/13 – Games 9/10 (Playoffs - Championship)

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PRACTICES

PRACTICES:

Held once a week for no more than 1.5 hours.

LOCATIONS:

RYA holds permits for certain fields in the surrounding Reston area for specified days. Head Coach determines location and practice times.

PERMIT LOCATION:

- **Langston Hughes MS, Turf field:**
- **Dogwood Elementary**
- **Stratton Woods Park**
- **South Lakes Drive Park**

Note: It is not required to use our permitted fields – coaches can use other locations if available.

GAMES/TIMES/LOCATION

GAMES:

Held once a week at Langston Hughes Middle School.
Each game last 45 – 50 minutes.

LOCATIONS:

Langston Hughes Middle School; the field is divided into three separate fields – games will be assigned as follows:
LH1 – LH2 – LH3 – LH4 (Grass Field)

TIMES:

Game times are assigned by grade divisions. Example: 3-4 Grade division will play at 9am on Saturday mornings and then 1-2 grade division will play at 10am (and so forth). Once the time slots have been set; the goal is to keep the time slots the same for the remainder of the season. **TIMES: TBD**

GAME FIELDS

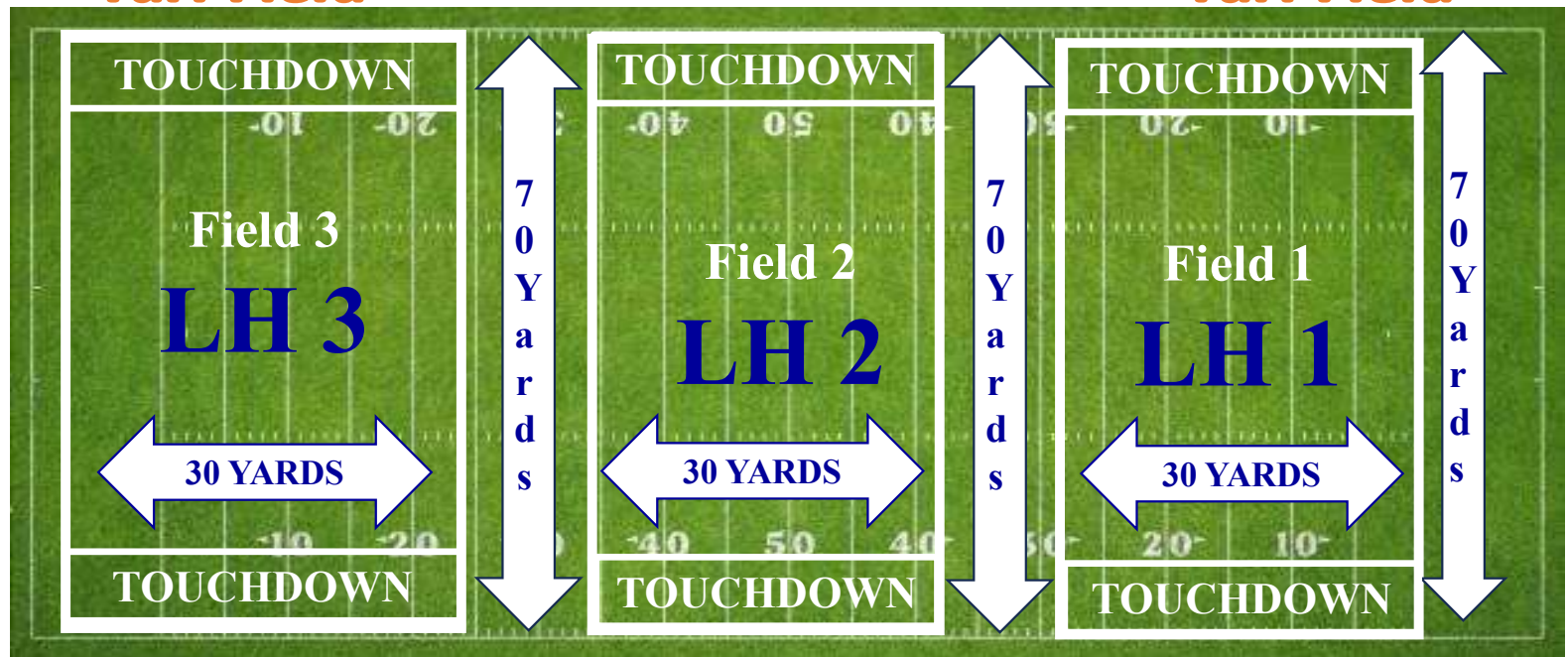
Langston Hughes Middle School
11401 Ridge Heights Road
Reston, VA 20191

PARKING LOT

SOUTH LAKES H.S.

Turf Field

Turf Field



Grass Field
LH 4

DIVISIONS

DIVISIONS by GRADES: Player's grade levels are based on the 2025 – 2026 school year.

BOYS DIVISION	BALL SIZES	GIRLS DIVISION	BALL SIZES
Division 1: Boys Grades 1 - 2	K2 / Peewee / Size 5	Division 6: Girls Grades 1 - 3	K2 / Peewee / Size 5
Division 2: Boys Grades 3 - 4	K2 / Peewee / Size 5	Division 7: Girls Grades 4 - 6	TDJ / Junior / Size 6
Division 3: Boys Grades 5 - 6	TDJ / Junior / Size 6	Division 8: Girls Grades 7 - 8	TDY / Youth / Size 7
Division 4: Boys Grades 7 - 8	TDY / Youth / Size 7	Division 9: Girls High School	TDY / Youth / Size 7
Division 5: Boys High School	NFHS / Official / Size 9		

****The divisions are subject to change based on registration numbers****

BOYS DIVISION:

Grades 1-2, 3-4: Games Held Saturday Mornings/Afternoons

Grades 5-6, 7-8 and High School: Games held Friday evenings

GIRLS DIVISION:

Games held on Friday Evenings

EQUIPMENT

RYA PROVIDES:

- **Flags for Practice and Games; Game Footballs; Game Jersey/T-shirt by Colors**

FAMILY REPOSIBILITIES:

- **MOUTH PIECE:** Without a strap (**MANDATORY TO PLAY**).
- **WATER BOTTLE:** Highly suggest a 32oz cooler/jug. Keep fluids cool on hot days!
- **CLEATS:** They are not mandatory but highly recommended! Cleats must have rubber teeth (**NO METAL**)

BOYS DIVISION BALL SIZES

BOYS: 1-2 & 3-4
K2 / Peewee/ Size 5

BOYS: 5-6
TDJ / Junior / Size 6

BOYS: 7-8
TDY / Youth / Size 7

BOYS: High School
NFHS / Official Size 9

GIRLS DIVISION BALL SIZES

GIRLS: 1 - 3
K2 / Peewee/ Size 5

GIRLS: 4 - 6
TDJ / Junior / Size 6

GIRLS: 7-8
TDY / Youth / Size 7

GIRLS: High School
TDY / Youth / Size 7

GENERAL NOTES

PLAYOFFS:

- All teams make the playoffs – which guarantee 8 games for all teams.
- Single game elimination playoff system
- Seedings are based on wins & loses and head-to-head competition.

Note: NUMBER OF POINTS SCORED ARE NOT CONSIDERED!

NO GAMES:

- MEMORIAL DAY WEEKEND (May 22nd or May 23rd)

Note: We may attempt to schedule make-up games if needed

WEATHER POLICY:

WE DO NOT CANCEL GAMES DUE TO RAIN! We will hold games in the rain. It is extremely difficult to reschedule games due to field availabilities and therefore we will play in the rain.

CANCELTION POLICY:

Games are canceled due to Lightning and/or extremely heavy rains. We will send out an email notification by 7am for the morning games and by 4pm for the evening games.

GENERAL NOTES

ASSESSMENTS:

- **First assessment will be held Saturday, March 14th**
- **Coaches needed to help assist with assessment**
- **Players only need to attend one assessment**
- **Even if players are already on a team – they still need to attend the assessment. This allows the commissioner to determine a team's strengths and needs.**

COACHES MEETING:

We will hold a coaches meeting to explain rules. Date, Time and Location: TBD

PLAYER/CARPOOL REQUESTS:

We will take into consideration personal request carpool/team/coaches requests. However, we cannot guarantee the requests. Requests can be entered during the registration process.

USEFUL WEB LINKS

RYA WEBSITE:

<https://www.restonseahawks.org/>

LINK TO 2026 CALENAR:

<https://www.restonseahawks.org/flag-football/2026-spring-season-calendar>

2026 SEASON OVERVIEW:

<https://restonseahawks.ottosport.ai/flag-football/2026-season-overview>

FAIRFAX COUNTY FIELD STATUS:

<https://www.fairfaxcounty.gov/parks/athletic-field-status>

COACHING RESOURCES:

<https://nflflag.com/coaches/football-drills>

**LET'S HAVE A
GREAT SEASON!!**



**Additional Questions: Contact Coach Adrian
coachadrian1123@outlook.com**