

Introduction

The BAFA Playing and Practice Programme is a component of the Whole Sport Plan project 2.1 'Participation, not competition', that, when published, amongst many things, will define all aspects of the sport under the auspices of the BAFA – the National Governing Body for the sport of American Football.

In particular, the BAFA Playing and Practice Programme will support new clubs starting out with guidelines as to how to structure their programmes, as well as offer guidance to those who are more progressive and wish to achieve Clubmark accreditation.

Simon Newnham

BAFA playing and practice programme

Playing programme details	Number of practice sessions per week	Number of practice sessions per year	Number of games per week	Examples of progression	NGB Syllabus	Minimum coach/participant ratio	Internal competition	External competition	Coach Qualifications	Coach insurance – from where?	Risk assessment
Cadet Flag 5-on-5	1 x 2 hour training session per week	Weekly – February to July	No more than 3 x 20 minute games in a three-day period	No	Content of practice sessions will vary from team to team dependant on specifics to that team	1:10	Yes	Monthly tournaments from: February to July	Minimum – BAFA level 1	Coaches will have BAFA insurance once they complete BAFA level 1	Generic information forms – part of BAFA level 1 coach qualification
Youth & Junior Flag 5-on-5	2 or 3 x two-hour sessions per week	Weekly February to July	No more than 3 x 20 minute games in a three-day period	No	Content of practice sessions will vary from team to team dependant on specifics to that team	1:10	Yes	Monthly tournaments from: February to July	Minimum – BAFA level 1	Coaches will have BAFA insurance once they complete BAFA level 1	Generic information forms – part of BAFA level 1 coach qualification
Junior contact 5-on-5	2 or 3 x two-hour sessions per week. One-on-one contact should be limited to 40 minutes per two hour session	Weekly March to September	No more than 3 x 20 minute games in a 4 day period	No	Content of practice sessions will vary from team to team dependant on specifics to that team	1:10	Yes	Monthly tournaments from: March to September	Minimum – BAFA level 1	Coaches will have BAFA insurance once they complete BAFA level 1	Generic information forms – part of BAFA level 1 coach qualification
Youth contact 11-a-side	2 or 3 x two-hour sessions per week. One-on-one contact should be limited to 40 minutes per two hour session	Weekly April to September	No more than one 60-minute game in a 3-4 day period.	No	Content of practice sessions will vary from team to team dependant on specifics to that team	1:10	Yes	Periodical weekly games	Minimum – BAFA level 1	Coaches will have BAFA insurance once they complete BAFA level 1	Generic information forms – part of BAFA level 1 coach qualification