



FAQ's

Is American Football really for me?

Absolutely! American football is one of the most exciting, dynamic, and rewarding sports you can play! Whether you're fast and agile, strong and powerful, or have a sharp mind for strategy, there's a position that suits your strengths. Come to a free taster session and find out!

Do I need to know the rules to play?

Not at all! Don't worry if you don't know a touchdown from a tackle! Our coaches are experienced in training beginners, and we will guide you through all the rules and make it fun to learn.

Are there separate boys and girls teams?

No, we run mixed teams in all age groups. So, if you're interested in playing, but are unsure about which format (flag or contact) suits you best, come to a taster session and we'll help you find the right fit!

What is the difference between Flag and Contact Football?

Contact is what you see in the NFL, with full body tackling and players wearing protective padding and helmets. Flag, which will be in the next Olympics, is a non-contact version of American Football, using the same skills but without the contact. Flag is one of the fastest growing sports in the UK.

Do you play in a competitive league?

Yes, we play in the BAFA National League and our teams have competitive games, which are usually held in Tournaments that are hosted in turn by each of the league teams. We also host or attend Friendlies each year.

When and where do you train?

Training is on Saturdays. For all teams except U17 Flag, Training is 11am – 1pm, at Horsforth Secondary School, Lea Lane in Leeds. Training for the U17 Flag Team is 2pm – 4pm on Saturdays at Prince Henry School in Otley.

How much does it cost?

Full info is available in the "useful documents" section of the website.

Do you offer financial assistance?

Yes, we want everyone to be able to play, irrespective of financial circumstances, so if you want to play but are not able to afford the fees associated with doing so, please email will@yorkshireacademy.com

What equipment do I need to play?

Not a lot! You'll need Cleats (studded shoes or football boots) and, if you are playing Contact, you need a Mouthguard. American Football Gloves are optional for Flag and Contact. The club can provide helmet, shoulder pads, and jerseys for Contact players.

Is American football safe for young players?

Flag is a non-contact sport, but when we are coaching Contact, safety is our top priority. Our coaches are trained in safe tackling techniques, and all players are provided with proper protective equipment.

What happens if a player gets injured?

We have trained first aiders at all games and practices, and we have external paid medical expertise on site during all tournaments. Players who experience injury will be assessed and given proper care before returning to play.

Are coaches and staff DBS checked?

Yes, all coaches and staff are DBS-checked and have undergone safeguarding training.