



Y Adult Flag Football

September 12 - October 31

THE YMCA:

- THE YMCA is devoted to creating positive communities through our programs and activities. The Y sports leagues are no different and are to be played with the highest levels of sportsmanship.



- League:

This is a co-ed league that is a great way to get together with a group of friends and have some fun. Games are 7 vs. 7 and you must have 1 girl on the field at all times. The 1st game is scheduled for Sunday, September 12th and the last game will be October 31st.

- Registration:

Begins August 4th and ends September 3rd. Teams: \$400 (must have a member register the team) Members: \$40 Program Participants: \$55.

- Captains:

Each team must designate a captain at registration who will receive the schedule, rules, and any updates throughout the season.

- Games:

Played every Sunday between 3pm - 6pm.

- Equipment:

The Y will provide jerseys, flags, and balls.

For more information, please contact:

Matt Lilley, Sports Director | 919-845-3836 | matt.lilley@ymcatriangle.org

Or **Dustin Hickman**, Assoc. Sports Dir. | 919.845.3879 | dustin.hickman@ymcatriangle.org

Weather Hotline: 919-848-0266 ext. 4011