



Teen Center Flag Football Sign Up Form



- Each team will be Co-Ed and will play one game a week for 7 weeks. At the duration of 7 weeks, there will be a one week playoff period with the Championship Game on January 6th.
- Players will follow the rules and show good sportsmanship during all games and league time.
- Teams will be picked and posted at the Rec Prior to the 1st game on Friday, November 11th
- Games will start promptly at 7:15pm
- There is no cost associated with the league other than the cost to attend Friday nights at the Rec Center.

Rules of the League

1. Teams of 5-8 players per team will take the field.
2. Each team will have a staff QB
3. There will be 4, Five minute quarters (6 teams) or 3, five minute quarters (8 teams)
4. A team will get 4 downs until half field, and then another 4 downs until the goal
5. Players will respect the calls from the staff
6. Players will show sportsmanship before, during and after all games
7. It is Flag Football, therefore no rough housing during the games.
8. Each team will play once a week during the regular Teen Center Friday Night hours (7:00-9:30pm)
9. The Championship game will be played on December 16th at 8:30pm.