

ALL NEW From Centennial Youth Football Association

K-1st Grade Flag Football



Centennial Youth Football Association is proudly introducing flag football to K-1st grade athletes in a non-contact setting! With learning and emphasis on the following areas of the game:

1. Fundamentals
2. Various football positions
3. Skills at each position
4. Football terminology
5. Rules of the game
6. Good sportsmanship



This is an instructional and developmental league with a secondary emphasis on competition. The non-contact rule will be strictly enforced by the coaches/referees. Centennial Youth Football will be a part of league play with Blaine and Spring Lake Park.

- **SQUAD SELECTION:** Teams will consist of approximately 9-12 players on each team formed by neighborhoods
- **EQUIPMENT:** Centennial Game jersey and use of flag belts will be provided by the league. Mouth guard is strongly recommended
- **PRACTICE/SCRIMMAGE/GAME:** Teams will practice, scrimmage or play games at the most three times per week for no longer than 1 ½ hours each. 6 x 6 games played on weekend (Saturday) and during the week – 8 games
- **PLAYING TIME/PARTICIPATION:** Players must play half of the game on offense and half of the game on defense. Coaches are responsible for rotating their players into these positions equally
- **FIELDS:** Games are all at Aquatore Park in Blaine. Practices will be held/scheduled by the coaches – max of 3 events per week
- **SIGN UP:** Registration starts in April through August 15th. \$50 fee includes game t-shirts, paid referees, field usage and equipment use (flags, belts, footballs, etc.) Parents are responsible for supplying good fitting athletic shoes or molded cleats and mouth guards.
- **LEAGUE DATES:** Games start after Labor Day and will be done before MEA break

Flag Football Registration Opens April 1

Visit www.CentennialYouthFootball.com to register

Questions? Email CYFA at CYFAMN@gmail.com