

YOUTH FLAG FOOTBALL



Fall 2024 Season

September 4th - October 26th

“Rec” level youth flag football for beginner and intermediate skill levels.
Divisions for 1st-8th graders, determined by '23/'24 school year.

Rookie League (1st & 2nd Grades)

Games on Wednesday nights

The first 15 minutes of each rookie game will be dedicated to individual team practice and skill development. After the 15-minute practice, teams will hold a 30-minute game with 15-minute halves. There will be a two-minute time out between halves.

Recreation League (3rd-8th Grades)

Games on Saturday mornings/early afternoon (no later than 2pm)

Games will consist of two 20-minute halves, with a 2-minute halftime.

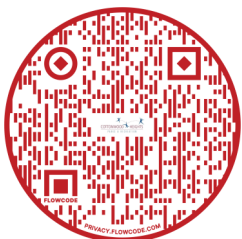
Weeknight practices optional, determined by Coach.

All games (all divisions) are at Mill Hollow Park.

Registration: June 10th - August 2nd, 2024

\$65/Member
\$75/Non Member
(includes jersey & 7 games)

Find complete program information and register online via
Cottonwoodheights.com



Questions?
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Cottonwood Heights
Parks & Recreation