

**CONTACT YOUR LOCAL BRANCH TO LEARN MORE OR VISIT OUR WEBSITE**

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OCY Association Age/Grade Scale		
Grade	Min Age	Max Age
Kinder.	5y	6y 6m
1st	6y	7y 6m
<b>K-1st</b>	<b>5y</b>	<b>7y 6m</b>
2nd	7y	8y 6m
3rd	8y	9y 6m
<b>2nd-3rd</b>	<b>7y</b>	<b>9y 6m</b>
4th	9y	10y 6m
5th	10y	11y 6m
6th	11y	12y 6m
<b>4th-6th</b>	<b>9y</b>	<b>12y 6m</b>



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# LEARN GROW PLAY



**REGISTRATION DEADLINES:**  
**SPRING: MARCH 23RD**

**NFL FLAG FOOTBALL**  
**Ages 5y—12.5y**  
**SPRING LEAGUES**



This flag football league is a proud member of NFL Flag Football, but none of the National Football League (NFL), its member clubs, NFL Ventures, L.P. or any of their respective affiliates or subsidiaries will have any liability or responsibility for any claim arising in connection with participation therein. All NFL-related logos and marks are trademarks of the NFL.

**OLD COLONY YMCA**  
**www.oldcolonymca.org**  
**CONTACT** | See back side for all contacts!



**WELCOME!** Our sport programs offer a fun and unique aspect to youth development. The leagues will offer a mix of fun, instruction, skills and drills that have been proven successful. These co-ed leagues will require parental volunteers in helping run drills and games. Please see back cover for more details.

**NFL FLAG FOOTBALL (AGES 5-12.5)** NFL FLAG is the premier youth flag football league for boys and girls ages 5-12.5. The program provides young players a fun and exciting opportunity to engage in non-contact, continuous action while learning life lessons in teamwork.

**SPRING LEAGUE | April 20th – June 15th**

**REGISTRATION DEADLINE — March 23rd**

## BASIC NFL FLAG INFO

- Coed, all abilities and skill levels welcome
- Ages 5-12.5, see back panel for age range/grade scale (5 year olds must be enrolled in Kindergarten)
- This is first and foremost an instructional league, the main focus of practice, drills, and games will be on skill development
- Children will be split into three divisions—Grades K-1 | 2-3 | 4-6
- All games are played on Saturdays with a game length of 40 minutes, played with NFL Play 60 rules and standards
- All participants, coaches, parents, and guardians will be held to the OCYs code of conduct available on our website

**REGISTRATION | OPEN TO ALL— June 30th**

**Member Fee \$130** Price includes team jersey and flag belt

\*Non-member Fee is available at branch location\*

## IMPORTANT DATES BREAKDOWN | COMBINE, PRACTICES, GAMES, & SUPERBOWL

**COMBINE —** Located at the Stoughton YMCA at 445 Central Street, Stoughton

**SPRING COMBINE: April 20th**

Grades K-1 at 10am

Grades 2-3 at 11am

Grades 4-6 at 12pm

**PRACTICES —** All practices will be held for 45 minutes during the week at branch specific locations.

- **Practice attire:** T-shirt, shorts or sweats (no jeans) and sneakers
- Practices are 45 minutes and focus on skill development, teamwork and sportsmanship. They are led by a volunteer coach and/or a YMCA staff member.

**GAMES —** Games will be played Saturdays on the hour with 15 minutes of pre game warm ups.

- **Game Schedule:** Games will run between 12-4pm on Saturdays. The final schedule will be released after the combine. The amount of games will be dependent upon enrollment. Games run approximately 40 min.
- **Game attire:** Team-shirt, flag belt, shorts/sweats (no jeans) & sneakers
- **Game Locations:** Games will be played at the following locations:
  - **SPRING SEASON: Southeastern Regional Voc/Tech -**  
250 Foundry St. South Easton, MA 02375

**SUPERBOWL WEEKEND —** After culmination of the season we will be having a Superbowl for all players. All players will receive medals for participation in the league. More info to follow later in the season!

**FOR YOUTH DEVELOPMENT™**

