



**FREMONT  
FAMILY  
YMCA**  
FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# ADULT FLAG FOOTBALL LEAGUE

Fall 2019 – Sunday afternoons  
beginning September 8, 2019

**DATES** – League begins Sunday, September 8. It will run for six weeks with a season-end tournament

**WHERE** – Games are played at the FHS football practice fields at 16<sup>th</sup> and Clarmar

**LEAGUE FORMAT** – All games are 5-on-5, the field is 60 yds.x30 yds., two 30 minutes halves will be played. Game flags, fall and other equipment will be provided.



Each team will be responsible to provide a referee for a game they are not playing in. Each team will split a \$10 referee fee.

**SOME BASIC RULES** – No tackling, rough play or any other tactics will be tolerated (15-yard penalty). Only screen blocks will be allowed. All players are eligible to receive a forward pass. Three players must be on the line of scrimmage. Captains are responsible for his teammates to know and understand the rules of the game. Any fighting in any manner will result in immediate ejection of the league – no exceptions!

**COST** – \$100 per team.

**WHERE TO REGISTER** – Please register at [www.fremontfamilyymca.org](http://www.fremontfamilyymca.org) under the Adult Program tab.

**REGISTRATION DEADLINE** – Friday, August 30, 2019.

**QUESTIONS** – Contact Brooke Eklund, program director, 402-721-6952, [brooke@fremontfamilyymca.org](mailto:brooke@fremontfamilyymca.org)



**FREMONT FAMILY YMCA MISSION:** God has given us the pathway to life and health through Jesus Christ and the Holy Scriptures.

It is the mission of the Fremont Family YMCA to help put these Christian principles into practice through programs that help build healthy spirit, mind and body for all.

**NO YOUTH DENIED:** Any child may belong to the YMCA regardless of income or family situation. If you know of a child who would like to belong, please notify the YMCA staff.