

Women's Flag Football League 2016

When will the league begin? The Women's Flag Football League will begin on Monday 19th and run thru October 31st. No games Columbus Day and on Halloween. Those games will be played on Tuesday, October 11th and Tuesday, November 1st.

When are the games? Games will take place each Monday from 5:30-7:30pm. There will be a short warm up prior to the games.

Will there be contact? This is a non-contact league. There will be blocking above the waist and occasional incidental contact but there will be no tackling of any kind.

Location? All games will be held at Carrigan field.

Cost? The cost per player will be \$60. This covers all the equipment, jerseys, refs and field fees etc.

What age groups are there? 18+

How many teams will there be? We expect 5 teams will 6 players per team.

Do I need to be in shape to play? Our players come in all shapes and sizes. We share an appreciation of the game and the camaraderie of team sport.

I've never played football, and don't really know much about it. What do I need to do? Players of all ages, experience and athletic ability are part of the league. We foster a culture of respect and of helping each other learn and improve their skills. All you need to do is try your best.

What Equipment do I need to buy? A mouth guard is required. Cleats or sneakers.

How do I register? Online registration is open now and runs until we have enough kids for a minimum of four teams. You can register at www.hopkintonrec.org under Co-Ed Youth Flag Football.

Do we receive NFL Flag Jerseys? - YES! Register and Submit Jersey Size by September 14 to guarantee shirt for first game 9/19.