

# YOUTH FLAG FOOTBALL



**SPRING 2026**

**March 25 - May 16**

**“Rec” level youth flag football for beginner and intermediate skill levels. Divisions for 1st-8th graders, determined by '25/'26 school year.**

## **Rookie League (1st & 2nd Grades)**

**Games on Wednesday evenings**

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: January 5 - March 1, 2025**

**\$75/Member**  
**\$85/Non Member**  
*(includes jersey & 7 games)*

**Find complete program information and register online via**  
**[CHparksandrecUT.gov](http://CHparksandrecUT.gov)**



## **Questions?**

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**Cottonwood Heights**  
**Parks & Recreation**