



YMCA 2025 Spirit Flag Football

The YMCA Spirit Flag Football League is for competitive teams seeking to compete and develop in an encouraging atmosphere. Multiple divisions will offer teams an opportunity to compete against opponents with a similar skill level.

League Information

- ◆ Grades 3rd—6th for the school year of 2025. (League Director reserves the right to combine grades for Divisions if necessary)
- ◆ 8 game season beginning March 20/21. Games will be Thursday and Friday evenings.
- ◆ Single Elimination Tournament May 8/9 with makeup games beginning May 15/16 (All teams will participate in end of season tournament)
- ◆ A team roster must be submitted to the Youth Sports Office by February 18, 2025.
 - ◆ Team roster must have a minimum of 8 players.
- ◆ Coach will receive a registration link to provide to the parents of their team. That is the only way to register for that specific team.
 - ◆ Parents will have from February 20 - March 14 to register.
 - ◆ **\$80 per player.** YMCA Family Members can deduct \$10.
 - ◆ A player is not considered registered until they have paid.
- ◆ If seeking additional players for roster contact the Director for individuals.
- ◆ May have up to 2 weekly practices determined by volunteer coach.
 - ◆ Practices can be scheduled at the Coaches Meeting. Date TBD.
- ◆ Flexible game scheduling by coach request. Must have dates listed on registration form.
- ◆ May use YMCA Jerseys or purchase your own. Must be matching during the game

The YMCA of Lincoln, NE is committed to provide a safe, fun and encouraging atmosphere for everyone.

- ◆ All Head Coaches must be at least 19 years old.
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League Director
Andrew Lee
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Important Dates

February 18	Team Rosters Deadline
February 18	Individual Players looking Deadline
Feb. 20—March 14	Player Registration Deadline for team
March 10	Schedules Posted
March 15	Late fee of \$15 added to registration.
March 20/21	Season Begins
May 8/9	Spirit Tournament