

SPRING
2024

Coed Youth Flag Football



Kindergarten-8th Grade

The Highlands Ranch Metro District's youth flag football leagues are for recreation level play with a focus on learning skills, game fundamentals, making friends and having fun. Teams play non-contact 5 v. 5 games on a 60-yard field where the basics of football are learned and good sportsmanship is promoted.



REGISTRATION

Deadline: Tuesday, March 5

Registration begins Monday, Jan. 8. All program registrations are accepted on a first-come, first-served basis or until full. Waitlists will apply once leagues are full or after the registration deadline.

Late fees - A \$15 late fee will apply after the registration deadline. However if leagues are full, late registrations will be placed on a waitlist. Late registrations cannot be completed online.

There are three ways to register:

- **Online:** highlandsranch.org/signmeup
- **Mail or In Person:**
3280 Redstone Park Circle
Highlands Ranch, CO 80129
- **Fax:** 303-470-9516

Questions? Please contact Luke Ruter at lruter@highlandsranch.org or 720-240-5912.

YOUTH FLAG FOOTBALL LEAGUE

Age/Grade	Activity #
Kindergarten	401400-A
1st	401400-B
2nd	401400-C
3rd	401400-D
4th	401400-E
5th	401400-F
6th	401400-G
7th/8th	401400-H

*Leagues may be combined if necessary.

- Fee includes a jersey, weekly practices, and six games.
- Fee: Resident: \$100
Nonresident: \$115

IMPORTANT DATES

- Practices begin the week of March 25.
- Games will begin on Saturday, April 6.

REQUIRED EQUIPMENT

- Running shoes or molded cleats
- Shorts or pants with no belt loops or pockets
- Mouthguard recommended

SPRING PRESEASON FLAG FOOTBALL CAMP

This annual camp, led by former NFL quarterback TJ Rubley, is recommended for all participants of the Metro District leagues as well as individuals interested in learning more about flag football.

Participants will break into age-appropriate groups and learn skills related to both offensive and defensive positions.

Saturday, March 9

9 a.m.-noon

Halftime Help Stadium
3270 Redstone Park Circle

Registration deadline: Thursday, March 7

Fee: Resident: \$35 Nonresident: \$40

Activity #402400-A

