



CITY OF LOS ANGELES
 DEPARTMENT OF RECREATION AND PARKS
 WESTWOOD RECREATION CENTER
 1350 S. SEPULVEDA BLVD. LOS ANGELES, CA 90025
 (310) 473-3610



Westwood NFL Flag Football



2023 SPRING ROOKIE DIVISION SCHEDULE

PICTURE DAY: MAY 6th

Saturday, April 22, 2023

9:00am Seahawks vs Saints
 10:00am Dolphins vs Jets
 11:00am Cowboys vs Giants
 12:00pm Colts vs 49ers

Saturday, April 29, 2023

9:00am Jets vs Saints
 10:00am Cowboys vs Seahawks
 11:00am Dolphins vs Colts
 12:00pm Giants vs 49ers

Saturday, May 6, 2023 **PictureDay!**

9:00am Jets vs 49ers
 10:00am Seahawks vs Dolphins
 11:00am Colts vs Giants
 12:00pm Saints vs Cowboys

Saturday, May 13, 2023

9:00am 49ers vs Seahawks
 10:00am Jets vs Colts
 11:00am Cowboys vs Dolphins
 12:00pm Saints vs Giants

Saturday, May 20, 2023

9:00am Colts vs Seahawks
 10:00am Jets vs Giants
 11:00am Dolphins vs Saints
 12:00pm Cowboys vs 49ers

Wednesday, May 24, 2023

4:00pm Saints vs Colts
 5:00pm Jets vs Cowboys

Thursday, May 25, 2023

4:00pm 49ers vs Dolphins
 5:00pm Giants vs Seahawks

Saturday, May 27, 2023 NO GAMES MEMORIAL DAY

Saturday, June 3, 2023

9:00am Jets vs Seahawks
 10:00am Colts vs Cowboys
 11:00am Giants vs Dolphins
 12:00pm 49ers vs Saints

Wednesday, June 7, 2023

4:00pm Giants vs Cowboys
 5:00pm 49ers vs Colts

Thursday, June 8, 2023

4:00pm Jets vs Dolphins
 5:00pm Saints vs Seahawks

Pictures and trophies will be distributed following the final game.
 Sportsmanship is everyone's responsibility... and it starts with you!