



City of Los Angeles
 Department of Recreation and Parks
 Valley Municipal Sports Office
 6911 Laurelgrove Avenue
 North Hollywood, CA 91605
 (818) 765-0284, (818) 764-5794 fax
Flagfootball.munisports@lacity.org



2019 Flag Football Fact Sheet

TOPIC	DESCRIPTION
Registration	<ul style="list-style-type: none"> • Registration by teams only. • Individuals may register for the Free Agent List. • Registration will be accepted starting August 1 and will continue until the league fills or 5pm on Friday, Aug. 30.
Individual Players	<ul style="list-style-type: none"> • Players seeking to join a team can e-mail the sports office with the following information: Name, Age, Phone number, Experience, and positions played. • We will compile a list and circulate it to the team managers. In the event that our list should increase to the point that there would be enough individuals to form a team, a meeting and practice will be scheduled with the goal of establishing a team.
Types of League	<ul style="list-style-type: none"> • 7-on-7: traditional, blocking allowed • 5-on-5: non-contact, similar to NFL Flag
League Starts	<ul style="list-style-type: none"> • League is tentatively scheduled to start on Sunday, September 29. • Regular season will consist of 12 games plus playoffs for teams that qualify.
Manager's Meeting	<ul style="list-style-type: none"> • Thursday, Sept. 19, 7:30pm at the Valley Sports Office.
Games	<ul style="list-style-type: none"> • Will be played on Sundays at Eagle Rock Recreation Center. • Game Times vary between 9am and 4pm pending total number of teams.
League Web Site	<ul style="list-style-type: none"> • https://www.laparks.org/sports/flagfootball • Web site consists of a variety of league information; in addition, all forms pertaining to the league may be downloaded from this site.
E-mail address	<ul style="list-style-type: none"> • Flagfootball.munisports@lacity.org
Holidays	<ul style="list-style-type: none"> • November 24, December 22, & 29, and February 2.
For More Information	<ul style="list-style-type: none"> • Contact David Gadelha at david.gadelha@lacity.org