



# BENGALS YOUTH FOOTBALL & CHEERLEADING

## FLEX FOOTBALL GRADES K-3



Flex is similar to flag football in that tackling is prohibited, allowing younger players time to learn the fundamentals and develop skills in a safe and enjoyable atmosphere.

Flex is a great progression from flag football to tackle as it focuses more on the running and passing game, as well as blocking and pass rush.

- Teams consist of combined grades, K/1 and 2/3
- K/1 plays 7 on 7 and 2/3 plays 9 on 9 on a 40 yard field
- Players must wear mouth guards, soft-shell helmets & shoulder pads
- Football cleats recommended, sneakers are acceptable
- Season runs from mid July through October, roughly 7/24-10/31
- Practices are 90 minutes twice per week, days determined by coach
- Games are ~90 minutes, 4 home & 4 away
- Flex teams compete against other Central Mass towns



### REGISTRATION IS OPEN!

\$100 - K/1 Registration	5/9 - 10/31
\$175 - 2/3 Early Registration	5/9 - 6/30
\$200 - 2/3 Regular Registration	7/1 - 7/24
\$300 - 2/3 Late Registration	After 7/25

*Per Family Maximum is \$400 | Limited Scholarships Available*

- Pre-Season Jamboree Game
- 8 Regular Season Games
- Mighty Might Bowl
- Helmet, Shoulder Pads, Jersey, Flags

*Players must supply their own mouthguard, footwear, socks, black shorts/shirt and water bottle*

### PARENTAL COMMITMENTS

**Fundraising:** Required to sell 10 raffle tickets (\$10 each) by September 15th

**Volunteering:** Required to volunteer 2 hours per season (Ex: Game Day Needs, Events)

**Equipment:** In-season care & cleaning, prompt return of equipment post season

**Paperwork:** Payment, original birth certificate and 2023 physical required to receive equipment

**Registration Link**  
[www.ASLBengals.com](http://www.ASLBengals.com)

**LEARN MORE** [www.ASLBengals.com](http://www.ASLBengals.com)

**For Questions Contact**  
[aslbengals.president@gmail.com](mailto:aslbengals.president@gmail.com)