### Eligibility

**CYFL (4 yr olds - 12 yr olds)**

**Flag Football** — Instructional (4-5 yr olds)

**Competitive (6-7 yr olds)**

**Tackle** — JV- 100lbs (max 130lbs, 8-9 yr olds)

**Varsity** - 120lbs (max 150lbs, 10-12 yr olds)

To be eligible to play for the ND Colonial Youth Football League (CYFL) program, your child must either attend Catholic school or be a member of a Catholic parish.

**Middle School (7th/8th Gr)**

To be eligible to play for the ND Middle School program, your son must attend a diocesan Catholic school. This is a PIAA rule.

### Registration

Sign-ups can be completed at our website [www.ndlilcrusaders.com](http://www.ndlilcrusaders.com).

Please have the following available:

- Your child’s weight (tackle football only, for eligibility and equipment sizing)
- Your health insurance information
- Your credit or debit card (as payment is made online at registration)
- Your child’s birth certificate (if new to NDYF), which will be collected later

### Schedule

**Practices**

**At:** Notre Dame High School

**Start:** around August 1

**Frequency:**

- **CYFL Flag**-
  - 2-3 times per week

- **CYFL Tackle**-
  - 4 times per week in the summer
  - 3 times per week once school starts

- **Middle School Tackle**-
  - 4 times per week

**Games**

**At:** NDHS (home) or Travel

**CYFL Divisions**-

- Plays weekly (8 games) on Saturdays or Sundays, beginning in late August.
- Post season (up to 3 games) begins in late October and ends in early November.

**Middle School**-

- Plays weekly on Mondays, beginning in late Aug.
- Regular season ends in early Nov, and there is no post-season.

### Costs*

- **Flag Football** - $40 Inst / $60 Comp
- **Tackle Football** (all levels) - $150**

*Refunds are prorated until July 1; NO REFUNDS after July 1.

**Early registration discounts are available (up to $50) and late fees apply (up to $25).**

### Questions?

Please contact Notre Dame Youth Football via email at ndcrusaderseaston@gmail.com

### We Believe

Our boys go to Mass together; they go to school together.

They should also play football together.

Please visit our website at [www.ndlilcrusaders.com](http://www.ndlilcrusaders.com) for more information and to sign up.