



NOTRE DAME YOUTH FOOTBALL

KINDERGARTEN THROUGH 8TH GRADE

www.ndlilcrusaders.com

ELIGIBILITY

CYFL (5 YR OLDS - 13 YR OLDS)

FLAG FOOTBALL (5-6 YR OLDS)
TACKLE - 90LBS (7-8 YR OLDS)
TACKLE - 110LBS (9-10 YR OLDS)
TACKLE - 130LBS (11-13 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.

ARE GIRLS ELIGIBLE?

By diocesan rules, girls are eligible to play flag football, only. The Diocese of Allentown does not permit girls to play tackle football.

REGISTRATION

Sign-ups can be completed at our website 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

COSTS

Flag Football - \$50
Tackle Football (all levels) - \$125*

* Those who register by April 15 will receive a \$25 discount, paying \$100.

SCHEDULE

PRACTICES

AT: Notre Dame High School

START: around August 1

FREQUENCY:

Flag-

- 3 times per week in the summer
- Twice per week once school starts

Tackle-

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

GAMES

AT: NDHS (home) or Travel

CYFL Divisions-

- Play 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.

QUESTIONS?

Please contact Paul Darno, Notre Dame Youth Football President, at 610-730-7208 or 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 for more information and to sign up.