

YOUTH FOOTBALL PROGRAMS

Pepsi Punt, Pass and Kick Local Competition

The Pepsi Punt, Pass and Kick Local Competition will be held Sunday, August 30 at 2 p.m. on the football fields in Ellis-Porter Park. Participants must register between 1:15 and 1:45 p.m. the day of the event. Boys and girls will compete against their own gender in each of the following age groups: 8-9, 10-11, 12-13 & 14-15. Age is determined by age as of December 31, 2009. **All participants must show proof of age at each level of competition.**

No football shoes, cleats, turf shoes or bare feet are allowed. Footballs and tees will be provided. Scores are based on both distance and accuracy. The final score is the cumulative total of his/her punt, pass, and kick attempts. First place finishers from the local competition advance to the sectional competition on October 18; and sectional first place winners may advance to the team championships, which takes place during a regular season NFL game on November 28. The top four boys and girls in each age group from all over the country go to the national finals.

For more information, please contact Parks and Recreation at 634-6482.



5TH GRADE FLAG FOOTBALL

The 5th grade flag football program is run cooperatively by the Parks and Recreation Department and the Jefferson City School District. Children interested in playing should register at their school. Each participating school will form the team rosters and recruit the coaches. Anyone interested in coaching their child's team should contact the school. Schools will receive a program packet detailing the rules and policies.

Games will be played on Monday evenings at the Optimist Sports Complex in Ellis-Porter Park. Schools need to turn in rosters to the Parks and Recreation Department by Friday, August 28. Games will begin the week of September 7.



NFL Flag Football



Registration for 1st - 4th Grade NFL Flag Football ended July 31. Registrations received after 5:00 p.m., July 31, 2009 are not guaranteed placement on a team.

Fees will increase \$10 for those allowed to register after the July 31 deadline in leagues where there are still spaces available. Please call 634-6482 to check on availability.



Flag Football Safety Tips

- * Players should not wear rings, belt buckles, necklaces, watches, etc., that could injure another player or themselves.
- * Players who wear glasses should wear an eyeglass guard.
- * The ball should be declared dead on all fumbles so players aren't diving for loose balls.
- * Safety rules should be enforced to reduce the risk of injury.
- * Make sure the playing area is free from holes, rocks, broken glass, or anything else that could injure a player.

