



NOTRE DAME YOUTH FOOTBALL

KINDERGARTEN THROUGH 8TH GRADE

www.ndlilcrusaders.com

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.

ARE GIRLS ELIGIBLE?

The Diocese of Allentown does not permit girls to play football at any level (neither flag nor tackle).

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 - \$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).

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-

- Play weekly (10 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 Saturdays or Mondays, beginning in late August.
- Regular season ends in early Nov, and there is no post-season.

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 for more information and to sign up.