



Sunland Recreation Center

8651 Foothill Blvd., Sunland, CA 91040 | (818) 352-5282 | sunland.recreationcenter@lacity.org

WINTER 2025 *Girls* FLAG FOOTBALL



- Registration begins Monday, November 4th and will continue until all teams are full.
- Age is determined as of January 1, 2025.
- Evaluations are mandatory for all players to be placed on a team.
- League fee includes practices, uniform, 6-8 games, officiating fees, and award.

\$10
PER PLAYER

Divison	Age	Year	Evaluation
Minor	9-10 YRS	2014-2015	Monday, December 16 @5:30pm
Major	11-12 YRS	2012-2013	Monday, December 16 @5:30pm

HOW TO REGISTER:

- In-Person Monday-Friday 10:30am-8:30pm and Saturday 9:30am-4:30pm
- Online: www.laparks.org/reccenter/sunland



PLAY LA YOUTH AND ADAPATIVE SPORTS PROGRAM IS MADE POSSIBLE BY THE LA28 OLYMPIC AND PARALYMPIC GAMES.



WINTER 2025 GIRLS FLAG FOOTBALL LEAGUE INFORMATION

FEE

- \$10 per player.
- Fee includes practices, uniform, 6–8 games, officiating fees, and award.
- PlayLA Youth and Adaptive Sports Program is made possible by the LA28 Olympic and Paralympic Games.

REGISTRATION

- Registration begins on Monday, November 4th and will continue until all teams are full.
- You can register in-person at Sunland Park Office Monday–Friday 11am–8:30pm or Saturday 9:30am–4:30pm.
- Payment must be made in full with a completed registration form. Payment can be made in exact cash, credit/debit card (VISA, MASTERCARD ONLY) or check payable to City of L.A.
- You can register online at www.laparks.org/reccenter/sunland or scan the QR code.

EVALUATIONS

- It is mandatory for all players to attend evaluation. Please see the front page for your player's day/time.
- All players will be drafted to create balanced teams of 10–12 players.
- Only siblings will be placed on the same team. Coaches' children will play on their parent's team.
- No other requests will be accommodated.

PRACTICES

- All teams will have at least one weekly practice.
- Practice day and time are based on coaches' availability and can be subject to change.
- Practices will be weekdays starting as early as 5pm.

GAMES

- Games will begin in January and will be held on Saturdays and weeknights.
- Some divisions may require traveling to other recreation centers. Parents are responsible for the transportation of their child.
- In the event of rainouts, there will only be one makeup game. The rest will be cancelled.

VOLUNTEER COACHING

- Volunteer coaches needed!
- You must be over the age of 18 and will need to be finger-printed and cleared by the City of Los Angeles – Department of Recreation and Parks.
- All coaches will need to attend evaluations and coaches meeting.

REFUND

- Full refunds will only be issued if the league is cancelled by Sunland Park Recreation Center.
- Partial refunds will be available until teams are made.

CODE OF CONDUCT

All participants, coaches, and spectators are expected to demonstrate good sportsmanship at all times. This includes but is not limited to placing the emotional and physical well-being of the children above any desire to win, meet the responsibilities of the coach and the team, treating the officials, coaches, players, staff, and other spectators with respect, and maintaining a fun and POSITIVE environment for all.