



City of Los Angeles  
 Department of Recreation and Parks  
 Metro Municipal Sports Office  
 3900 West Chevy Chase Drive  
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 (818) 246-5613

[Flagfootball.munisports@lacity.org](mailto:Flagfootball.munisports@lacity.org)



## 2024-25 Flag Football Fact Sheet

TOPIC	DESCRIPTION
Registration	<ul style="list-style-type: none"> <li>• Registration by teams only.</li> <li>• Individuals may register for the Free Agent List.</li> <li>• Registration will be accepted starting Monday, July 8<sup>th</sup> and will continue until the league fills or 5pm on Friday, August 9<sup>th</sup>.</li> </ul>
Individual Players	<ul style="list-style-type: none"> <li>• Players seeking to join a team can e-mail the sports office with the following information: Name, Age, Phone number, Experience, and positions played.</li> <li>• We will compile a list and circulate it to the team managers.</li> </ul>
Type of League	<ul style="list-style-type: none"> <li>• 7-on-7: traditional, blocking allowed</li> </ul>
League Starts	<ul style="list-style-type: none"> <li>• League is tentatively scheduled to start on Sunday, September 15<sup>th</sup>.</li> <li>• Regular season will consist of approximately 12 games plus playoffs for teams that qualify.</li> </ul>
Manager's Meeting	<ul style="list-style-type: none"> <li>• Thursday, August 29<sup>th</sup> @ 6:00pm – To be held virtually</li> </ul>
Games	<ul style="list-style-type: none"> <li>• Games will be played on Sundays at Robinson Stadium at the Michelle and Barack Obama Sports Complex (formerly Rancho Cienega).</li> <li>• Game times vary between 9am and 4pm pending total number of teams.</li> </ul>
League Web Site	<ul style="list-style-type: none"> <li>• <a href="https://www.laparks.org/sports/flagfootball">https://www.laparks.org/sports/flagfootball</a></li> <li>• Web site consists of a variety of league information; in addition, all forms pertaining to the league may be downloaded from this site.</li> </ul>
E-mail address	<ul style="list-style-type: none"> <li>• <a href="mailto:Flagfootball.munisports@lacity.org">Flagfootball.munisports@lacity.org</a></li> </ul>
Holidays (no games scheduled)	<ul style="list-style-type: none"> <li>• Dec 1 Thanksgiving weekend</li> <li>• Dec 22 Christmas weekend</li> <li>• Feb 9 Super Bowl</li> </ul>
For More Information	<ul style="list-style-type: none"> <li>• Contact Eric Mellem at <a href="mailto:eric.mellem@lacity.org">eric.mellem@lacity.org</a></li> </ul>