

West Islip Little Conference Football League

Suffolk County PAL

****GIRLS SPRING FLAG FOOTBALL****

2025

Practice Starts Early May, Games Mid May Thru June

Practice and Games will be on Weeknights

All Girls Grades 3 through 8 Welcome

Teams will be 3rd & 4th combo, 5th & 6th combo, 7th & 8th combo

7v7 Game format

League Provides Uniforms and Flags

Registration Fee: \$130 per child

****REGISTRATION DEADLINE: 4/11/2025****

Scan the QR code below to visit our registration site

Questions: Please Contact

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*******TEAMS & COMPETITION*******

This is a developmental league with modified rules intended to instruct and create an interest in the game of flag football in a safe and fun environment. Girls in Grades 3 through 8 will participate in the Suffolk County PAL Flag Football season against other towns in the league. Season will be a 6 week game schedule starting in Mid May with practices starting early May. All players will receive uniforms and the league will provide flags, practice equipment, and insurance
