



NASHOBA YOUTH FOOTBALL AND CHEER PRESENTS

FLEX FLAG FOOTBALL



FAST-PACED FOOTBALL IN A LIMITED-CONTACT ENVIRONMENT.

Our pro-inspired 9v9 game format utilizes the NFL's practice philosophy of high-tempo, low-impact play. Flex provides superior football development and player progression in a non-tackle environment, allowing one to experience the thrill of football without the associated risks of repetitive impact.

A SMARTER STYLE OF PLAY

Inspired by our Experience as Pros and Designed to Develop the Physical and Mental Skills Required for Today's Game.

Nashoba YFC will be participating in a fun and exciting Spring Flex Football League! Games will be held Sunday mornings in Marlborough, and played against other towns. Teams will be determined based on the number of sign-ups. Practices, which could be as little as once a week, will be scheduled based on coach and player availability.

Flex Football is the platform that our sport has needed for years. It gives our youth the opportunity to either play or supplement the game of football in an environment that teaches the fundamentals, while limiting exposure to high-impact collisions. As parents, this gives us peace of mind that our children are being taught, while being protected."
Tyler Clutts – Fullback – Fresno State • Cleveland Browns • Chicago Bears • Houston Texans • Miami Dolphins • Dallas Cowboys

THIS IS THE START OF A LIFELONG LOVE FOR THE GAME



THE BASICS

- 9 on 9 play
- Offense: 5 eligible, 1 QB, 3 O-linemen
- Defense: 7 skill players and D-ends
- 1 football field = up to 2 Flex fields
- Traditional first downs
- Limited contact environment
- No shoulder blocking
- No tackling



THE SKILLS

- Defeating blocks for all positions
- Develop proper practice/game tempo
- Build football IQ
- Develop coaching
- Introduction to blocking
- Focus on using hands and leverage
- Realistic Reps for Linemen and Skill players



THE VALUE

- Supported by USA football
- Develop program and players year round
- More fields = more kids, more reps
- Peak interest of new players
- Works in conjunction with other sports
- New entry point to the game

GRADES: K-8. OPEN TO BOYS AND GIRLS IN NASHOBA + SURROUNDING TOWNS
REGISTRATION PERIOD: NOW - APRIL 1.
\$25 LATE FEE AFTER APRIL 1.
COST: \$100 INCLUDES FLEX GEAR.

SEASON: APRIL 28 - JUNE 16
GAME DAYS: SUNDAY AFTERNOONS
CONTACT: NYFCCHIEFS@GMAIL.COM
REGISTER NOW AT: WWW.NASHOBAYFC.COM
LEARN MORE ABOUT FLEX AT: WWW.FLEXFOOTBALL.COM



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ROCKSOLID