

# GRACEAC

Grand Rapids Area Catholic Elementary Athletic Council



## **Catholic United Flag Football - 3rd/4th Grade Registration Flyer**

### **WHAT: Catholic United Flag Football**

- Split geographically - Catholic United West and Catholic United East
- Play flag football within GRACEAC organized league
- Games are played 5v5 with a roster of roughly 11.
- 24 minute halves with six minute half time

### **WHO: 3rd & 4th Grade Boys in GRACEAC/Diocese**

- Must register using TeamSnap
  - Cost = \$95 per player
- All paperwork on file at school before first practice
  - Current Physical
  - Concussion acknowledgement form
  - Any other requirements at your school
- GRACEAC Commissioner: Conrad Cuncannan -  
ccuncannan@grcatholicschools.org
- Football Sport Coordinator: Bob Wolf - sportwolf@msn.com

### **WHEN: Fall Season**

- Practice starts week of September 7
  - Practices max time of 90 minutes
  - Two practices per week until first game
  - Then one practice per week with games on Saturdays
- First game tentatively scheduled for Saturday, September 19
  - Season concludes by Saturday, October 17
  - Game times between 9:00 am - 3:00 pm

### **WHERE:**

1. Practice/Game Locations - TBD
  - a. CUW - Possibly at Holy Spirit, St. Anthony, ABVM, or West Catholic
  - b. CUE - Possibly at IHM, SJV, or the CAT

**\*DETAILS SUBJECT TO CHANGE\***