

**ALL NEW** Olympic division for 7<sup>th</sup> & 8<sup>th</sup> grade girls who might be looking to play flag football in HS

Girls Flag Football is now an official CIF sanctioned high school sport  
and all three of our local high schools have competitive teams.

The new MOL girls' division, coached by teams of parents and HS players,  
with rules more similar to all of the State's high school programs.

## MOL Flag Football

**NEW**

# GIRLS DIVISION THIS FALL



**Calling all rising 7th & 8th grade girls in**

**Lamorinda**



**7V7 Flag Football in the fall in Moraga at JM**



**Coached by Varsity Girls from Lamorinda High**

**Schools**



**1 Practice per week plus games on Saturday**

**mornings**



**Learn this fast growing High School & Olympic**

**sport!**

**Registration  
Opens May 15th!  
Scan the QR code  
or go to  
molfootball.org**



**SCAN ME**

Since 1969, MOL Football has been an alternative to tackle football  
where the emphasis is on speed and deception rather than violent contact.

The league is open to boys and girls in grades 3-8 living in Moraga, Orinda, Lafayette, or Canyon. MOL is divided into four divisions: PAC-12 for 3rd and 4th graders, NFC for 5th and 6th graders, AFC East for 7th graders, and AFC West for 8th graders.

Games are played from late August to the first week in November.

**Registration for all 3-8<sup>th</sup> graders, including the new 7/8<sup>th</sup> grade girls division, is OPEN NOW**

Go to <https://www.molfootball.org/> to learn more. ALL ARE WELCOME!