

# COMMERCE CHARGERS

## FOOTBALL AND CHEER!

### OPEN REGISTRATION BEGINS MARCH 19TH

For boys and girls ages 6 to 13 interested in Junior League FOOTBALL or CHEERLEADING in the Fall of 2019

#### FOOTBALL

Football is comprised of four teams: Flag, Freshman, Junior Varsity, and Varsity with approx. 30-35 players per team. See below for age and weight divisions. Each player gets a minimum 5 plays in each half of every game. Practice begins in August and the season runs through first week of November.

##### Football Player Age Requirements and Weight Maximums

**Flag** - 6 or 7 years old on 08/01/19  
No weight restrictions



**Freshman** - 8 or 9 years old on 08/01/19  
Weight Maximum 130 lbs.

**Junior Varsity** - 10 or 11 years old on 08/01/19  
Weight Maximum 160 lbs.

**Varsity** - 12 or 13 years old on 08/01/19  
Weight Maximum 195 lbs.  
14 years old on 8/01/17 through 11/15/19  
Weight Maximum 145 lbs.

#### CHEERLEADING

Cheerleading squads are broken down into Flag, Freshman, Junior Varsity, and Varsity with approx. 20 girls on each squad. Cheerleaders are grouped according to grade level. The cheerleading season begins in August and runs through first week of November.

##### Cheerleader Age Requirements

**Flag** - 1st or 2nd Grade

**Freshman** - 3rd or 4th Grade

**Junior Varsity** - 5th or 6th Grade

**Varsity** - 7th or 8th Grade



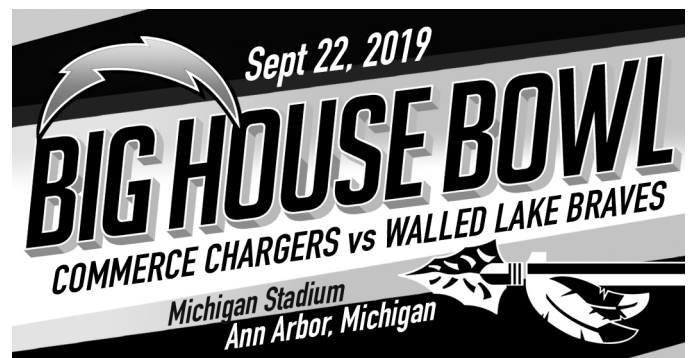
##### Registration Requirements & Information

A registration fee of \$200 (\$150 for flag football and flag cheer) is required to hold your spot.

This year there is also an **additional \$25.00 fee** to help offset the cost of playing at Michigan Stadium on Sept. 22nd.

All selections for open roster positions will be handled on a first come/first serve basis from the team's respective districts.

**If you would like to register your son or daughter to be a Commerce Charger, contact Maria Branoff at 248-219-8706 or mariabranoff@yahoo.com**



All of our coaches get the tools, resources and certified education to help make football better and safer by teaching and implementing Heads Up tackling and blocking techniques designed by experts to move America's game to the new standard in football safety.

