



HOKEY

ATHLETIC ASSOCIATION

FEEDER PROGRAM

FOR WHITEHALL SCHOOL DISTRICT

YOUTH FOOTBALL & CHEER

YOUTH FOOTBALL

	ROOKIE FLAGS	<ul style="list-style-type: none"> • Can not turn age 6 before August 1st.
	COMPETITIVE FLAGS	<ul style="list-style-type: none"> • Can not turn age 8 before August 1st.
	JUNIOR VARSITY	<ul style="list-style-type: none"> • Can not turn age 10 before August 1st. • Must weigh 100.9 pounds or less to run the ball. • Cannot exceed 130.9 lbs.
	VARSITY	<ul style="list-style-type: none"> • Can not turn age 13 before August 1st. • Must weigh 120.9 pounds or less to run the ball. • Cannot exceed 160.9 lbs.



- 7th grade players are eligible to play on a 120 lb. team as long as he/she does not exceed **100.9** lbs.
- 12-year-old players that are in 6th grade (during the current season) are eligible to play at the maximum weight of **160.9**.

Proof of school grade must be presented to the CYFL. If no documentation is turned in, all 12-year-olds will be considered 7th graders and must meet the **100.9** weight requirement.



★ CHEER AGES 4-13 ★ ★ ★

 <p>MINIS Introductory level focused on fundamentals, fun and confidence.</p>	 <p>JUNIOR VARSITY Builds skills, technique and teamwork with age-appropriate routines.</p>	 <p>VARSITY Advanced skills, stunts and tumbling with spirited performances.</p>
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SEASON BEGINS **JULY 27TH, 2026**

SIGN UP TODAY!



FOR MORE INFORMATION OR TO SIGN UP
GO TO HOKEYAA.ORG
 OR EMAIL
HOKEYAAPRESIDENT@YAHOO.COM

