



City of Los Angeles
 Department of Recreation and Parks
 Metro Municipal Sports Office
 3900 West Chevy Chase Drive
 Los Angeles, CA 90039
 (818) 246-5613
Flagfootball.munisports@lacity.org



2025-26 Flag Football Fact Sheet

TOPIC	DESCRIPTION
Registration	<ul style="list-style-type: none"> Registration by teams only. Individuals may register for the Free Agent List. Registration will be accepted starting Monday, July 7th and will continue until the league fills or 5pm on Friday, August 15th.
Individual Players	<ul style="list-style-type: none"> Players seeking to join a team can e-mail the sports office with the following information: Name, Age, Phone number, Experience, and positions played. We will compile a list and circulate it to the team managers.
Type of League	<ul style="list-style-type: none"> 7-on-7: traditional, blocking allowed
League Starts	<ul style="list-style-type: none"> League is tentatively scheduled to start on Sunday, September 14th. Regular season will consist of 10-12 games plus playoffs for teams that qualify.
Manager's Meeting	<ul style="list-style-type: none"> Thursday, August 28th @ 6:00pm – To be held virtually
Games	<ul style="list-style-type: none"> Games will be played on Sundays at South Park Recreation Center Game times vary between 9am and 4pm pending total number of teams.
League Web Site	<ul style="list-style-type: none"> https://www.laparks.org/sports/flagfootball Web site consists of a variety of league information; in addition, all forms pertaining to the league may be downloaded from this site.
E-mail address	<ul style="list-style-type: none"> Flagfootball.munisports@lacity.org
Holidays (no games scheduled)	<ul style="list-style-type: none"> Nov 30 Thanksgiving weekend Dec 28 Christmas weekend Feb 8 Super Bowl
For More Information	<ul style="list-style-type: none"> Contact Eric Mellem at eric.mellem@lacity.org