Flag Football 2026

How do I register?

Register online at www.fhyaa.com. Registration window will be August 1st-September 15th. Once a division is at capacity, we will have to close registration.

New for 2026, our Girls Only divisions!

- Rookies 2017-2019 Birth Years
- Playmakers 2015-2016 Birth Years
- Gridiron Girls 2012-2014 Birth Years

What divisions will there be this season?

In addition to our girls only divisions, our coed divisions will return:

- Clinic: 2020-2021 Birth Years
- Pee Wee: 2017-2019 Birth Years
- Sophmore: 2015-2016 Birth Years
- Junior Varsity 2013-2014 Birth Years
- Varsity: 2009-2012 Birth Years

Can I make teammate or coach requests?

All divisions are drafts, so no requests taken.

What is the cost of the league?

The registration fee is $275 per player for the 2026 season.

How often are practices and when are they held?

Practices vary by team, but are usually once a week, per the coaches' availability and at their discretion. This will be communicated to families once teams are finalized.

What equipment does my child need to play?

Mouth guards are mandatory. Cleats should be worn. Players will receive jerseys and belts with flags. We recommend football gloves. Games will be outside so dress appropriately for the cold weather.

When will I find out what team my child is on? When will I receive a game schedule?

Teams and schedules will be sent late October before the season starts. You can access team rosters and schedules in the TeamSnap One app. If you haven't heard from your coach by that time, please email fhyaafootball@gmail.com

What if my child decides they don't want to play after we sign up?

We will try to accommodate a refund if the request is made **before the season starts**, but refunds are reviewed on a case by case basis.

F.H.Y.A.A.
Forest Hills Youth Athletic Association

FAQ

How often are games and when are they played?

2 games per week for all divisions. Games are two 22 minute halves with a 5 minute halftime.

Clinic: Tues evenings & Sat mornings
PW: Mon evenings & Sat afternoons
Sophs: Mon evenings & Sat afternoons
JV: Tues evenings & Sat mornings
Varsity: Weds evenings & Sat mornings
Girls divisions: Thurs evenings and Sunday mornings/afternoons

What is the weather policy?

We strive to play as many games as possible, but will suspend or cancel games in inclement weather. You will be notified via email, TeamSnap, via coaches communications, on the FHYAA website/social. If you are not notified, please assume the game is on.

Will my child play in games?

Yes, FHYAA is an inclusive community league committed to delivering the positive benefits of team sports for all children. All players will play at least 50% of a game.

How can I sponsor a team?

Luckily we have a collaboration with the NFL for flag football so sponsors are not needed. If you would like to sponsor for another sport or make a donation to the FHYAA, please email fhyaasports@gmail.com if interested.

How can I be a coach?

There is an area to indicate that you'd like to coach on the registration form. You may also specify if there is someone you'd like to coach with. If you'd like more information, please email jenfrankel13@gmail.com

Do I need to be a Forest Hills resident to play?

No, all players are welcome.

How can I connect with others in the FHYAA community?

Follow FHYAA on Facebook or Instagram. Hang out at the fields before and after games. Grab a snack at the snack bar. Attend FHYAA fundraisers and events.

How long is the season?

Season starts November 14th and concludes December 20th (including playoffs). Weather permitting.

How can I donate to FHYAA?

You can donate on the registration form and an option to donate on our new website is coming soon

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What size ball is used?

- Pee Wee and Rookie Divisions: 9.75 inch
- Sophmore & Playmaker Divisions 10.5 inch
- Juniors & Gridiron Girls Division: 10.5 inch
- Seniors Division: 10.5 inch

How is the league run?

League officials are a small group of parent volunteers whose children currently play or previously played in the league. They dedicate their time with no compensation to better the community. The success of the league is defined by the volunteer coaches. In short, the league is run by the families of Forest Hills (and neighboring communities). Please be kind to all league officials, coaches, and umps!

Where are practices and games held?

At 66-01 Fleet Street, Forest Hills, NY 11375.

What will happen if my child misses some games and practices?

As parents ourselves, we understand that vacations happen, kids get sick, or life just becomes crazy. We encourage you to make as many practices and games as you can, so children can benefit from the league to the fullest extent. However, there are no league penalties for missing games or practices.

How are teams created?

For all divisions, mandatory evaluations will take place in late September/early October at 66-01 Fleet St, Forest Hills. Then a draft takes place in October. Coaches draft players based on the information coaches received during evaluations.