



Vernon Hills Cougars Youth Athletic Association  
[www.vhcyaa.org](http://www.vhcyaa.org)

## **TACKLE & FLAG FOOTBALL PROGRAM OVERVIEW**

### **Tackle Football**

The Vernon Hill Cougars Youth Athletic Association (VHCYAA) provides organized tackle football for children ages seven (2nd grade) through 15 (8th grade) in the Greater Vernon Hills area. The Tackle Football program is a member of The Chicagoland Youth Football League (TCYFL) and plays teams throughout the area. The league teaches the children the benefits of being part of a team, while developing good sportsmanship, character, responsibility, respect, safety and the other essentials of being a good athlete.

The VHCYAA offer several tackle football programs to accommodate players of various skill ranges. We have five divisions of play in our tackle program, with one or two teams in each division. The Saturday teams are instructional teams and less competitive, while the Sunday teams are more competitive teams. While all of these teams play competitive football, only the top players are selected for the Sunday Division. This does not mean that Saturday players are any less motivated, but we feel by having an instructional level, all of our players will receive quality playing time.

Also by placing the players by ability, we reduce their chance of serious injury, as well as ensure they will enjoy and receive the most benefit from the VHCYAA football experience.

### **ELGIBILITY**

Boys and girls between the ages of seven and 15 years old are eligible to participate. Players entering 9th grade or who turn age 15 prior to September 1 of the current year are not eligible.

### **Flag Football**

The Vernon Hills Cougars Youth Athletic Association (VHCYAA) provides organized flag football for children ages 5 through 7. This is a community based program meaning multiple teams are formed from the those registering and these teams play each other in a structured season. All practices and games are held in Vernon Hills.

### **ELGIBILITY**

Boys and girls between the ages of five and seven years old are eligible to participate. Players entering 2nd grade or who turn age 8 prior to September 1 of the current year are not eligible.