



2026 SYOSSET DIVISION/NFL FLAG FOOTBALL FOR
SYOSSET-WOODBURY RESIDENTS!
ALL NON-CONTACT FLAG FOOTBALL REGISTRATION INFO!

The NFL FLAG/SYOSSET Division of the Long Island Flag Football League, will for our 31st year be offering non-contact Flag Football for Syosset Boys & Girls ages 5-17 years old at Stillwell Park & Robbins Lane. Last year's program was a huge success with over 600 participants learning and enjoying Flag Football in a safe, zero contact format. All games last 1 hour and are played on Sundays at Stillwell Park & Robbins Lane. NYS certified H.S. officials are used and flexible scheduling is available so there's no interference with other sports. There is zero blocking in flag football so it doesn't require weeknight practices that infringe upon a student's homework or studying time. Most teams practice before their Sunday game.

The season kicks off September 14th! You can register a full team of friends or just one child at flagfootball.com. It's all self-explanatory on the website. You may also email us at liff13@aol.com Parent volunteer coaches are always needed and appreciated! The season is 6 regular season games, playoffs, and a Super Bowl for each division. Each player receives a reversible NFL team jersey and flag belt!

