

# *Hasbrouck Heights Junior Football League*



**REGISTRATION IS NOW OPEN for the 2025 Season!**



Register Online at:

**[www.hasbrouckheightsjuniorfootball.com](http://www.hasbrouckheightsjuniorfootball.com)**

## ***Divisions/Age Requirements:***

### **FOOTBALL**

Flag: ages 5-6 by 9/1

Mighty Mite: ages 6-7, turns 8 after 8/31

Pee-Wee: ages 8-9, turns 10 after 8/31

Junior: ages 10-11, turns 12 after 8/31

Senior: ages 12 & 13, turns 14 after 4/1

### **REGISTRATION**

- Discounted registration ends June 1<sup>st</sup>
- Registration fees will increase after June 1<sup>st</sup>
- Registration closes June 30<sup>th</sup>
- Register online at:

**[www.hasbrouckheightsjuniorfootball.com](http://www.hasbrouckheightsjuniorfootball.com)**

### **CHEERLEADING**

Flag: Kindergarten & 1st Grade

Mighty Mite: 2nd Grade

Pee-Wee: 3rd & 4th Grades

Junior: 5th & 6th Grades

Senior: 7th & 8th Grades

*(grade entering in September 2025)*

### **IMPORTANT DATES**

***Practices will begin August 4<sup>th</sup> for all teams***

- Football practices will begin the week of August 4<sup>th</sup>
- Cheer practices will begin mid-June for PeeWee, Junior, & Senior Divisions
- Cheer practices will begin the week of August 4<sup>th</sup> for Flag & Mighty Mite Division

Please email [HHJFLCorrespondence@gmail.com](mailto:HHJFLCorrespondence@gmail.com) with any questions.

You must be a Hasbrouck Heights resident to register.

*The Hasbrouck Heights Junior Football League is not affiliated with the Hasbrouck Heights Board of Education or Corpus Christi.*