



WHO ARE WE?

WE ARE AN AAU AND USA FOOTBALL AFFILIATED LEAGUE THAT AIMS TO PROVIDE THE VERY BEST EXPERIENCE POSSIBLE FOR THE YOUTH OF THE GREATER METROPOLITAN AREAS OF WASHINGTON D.C, MARYLAND AND VIRGINIA.

WE HAVE A UNIQUE LEAGUE STRUCTURE, WHICH INCLUDES USA FOOTBALL'S NATIONALLY RECOMMENDED AGE ONLY DIVISIONS. WE OFFER FAIR, BALANCED AND COMPETITIVE EXPERIENCES FOR CLUBS THAT WISH TO REMAIN LOCAL AS WELL AS TRAVEL OPTIONS FOR THOSE THAT WISH TO EXPERIENCE COMPETITION OUTSIDE OF THE IMMEDIATE AREA.

WHY SHOULD YOU CONSIDER US?

- . WE OFFER AFFORDABLE LEAGUE FEES, JOINT LEAGUE INSURANCE
- . GOOD, RELIABLE OFFICIATING
- . GREAT LOCAL AREA COMPETITION WITH TRAVEL OPPORTUNITIES
- . STRICT, NO NONSENSE SAFETY 1ST GUIDELINES
- . MANDATORY PLAY FOR ALL PLAYERS (6 TO 8 PLAYS GUARANTEED)
- . NON-WEIGHTED = NO KIDS LEFT OUT
- . NEVER SWEAT ANOTHER KID TO MAKE WEIGHT



DIVISION 1 COMPETITION - CONFERENCES

NATIONAL: Core: 8U, 10U, 12U & 14U 4A LEVEL
 AMERICAN: Core: 8U, 10U, 12U & 14U 3A LEVEL
 CENTRAL: Core: 8U, 10U, 12U & 14U 2A LEVEL

All above conference champions qualify for the AAU national competition

USA FOOTBALL NATIONALLY RECOMMENDED AGE RANGE											
DIVISION	4	5	6	7	8	9	10	11	12	13	14
4-6u Flag		X	X								
6U		X									
8U				X	X						
10U						X	X				
12U								X	X		
14U										X	X
AGE CUT-OFF AUGUST 1. OF THE CURRENT YEAR											

FOR MORE INFORMATION:

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- This event is sanctioned by the Amateur Athletic Union of the U. S., Inc.
- All participants must have a current AAU membership.
- AAU membership may not be included as part of the entry fee to the event.
- AAU Youth Athlete membership must be obtained before the competition begins except where the event operator has a laptop available with an internet connection.
- **Be Prepared:** Adult and Non Athlete memberships are no longer instant and cannot be applied for at event. Please allow days for membership to be processed.



Official Youth Football Development Partners

Participants are encouraged to visit the AAU web site www.aausports.org to obtain their membership.