

# 2019 Captain's Cup Flag Football League



## Individual/Team Participation guidelines:

- Eligible participants must be 18 years of age or older.
- Open to all Active Duty military, reservists, retirees, dependents, and all DOD contractors affiliated with NSA Mid-South.
- Must have a current and valid ID card that grants access to NSA Mid-South base and facilities.
- All teams must be comprised of a single command affiliation
- All players must play for their command's team. NO EXCEPTIONS.

## Captain's Meeting:

Wednesday, Sept. 4 | Noon at Joe Dugger Fitness Center

## Season Begins:

Monday, Sept. 9

## Games format:

Monday and Wednesday at 11:10 p.m. and 12:10 p.m.

## Game Location:

N-82 Multi-Purpose Grass Fields 1 & 2 and Turf Field

## How to sign up:

Team registration forms can be picked up at the front desk of Joe Dugger Fitness and Sports Center.

[www.facebook.com/groups/FitnessandSportsMidSouth](http://www.facebook.com/groups/FitnessandSportsMidSouth)



For more information or to sign up for activity contact:

Kerick Gibson, Sports Specialist

901-574-2111 or [kerick.gibson@navy.mil](mailto:kerick.gibson@navy.mil).

