



2024 FLAG FOOTBALL

First Day of Practice: August 12, 2024

Max Contests: 24 plus 2 scrimmages

Game Times: **Weekdays: 5:30, 6:45, 8:00; (BC) Saturdays TBD**

APPROVED MAY 14, 2024; Year 1 of 2; UPDATED 8/5/2024

Nov 7 Final Date of Competition & Playoff Applications due 10:00 pm

Nov 8 NCS Seeding Meetings

Nov 12 NCS 1st and 2nd Round TBA

Nov 14 NCS Semi Final and Championship TBA

Foothill Division: Acalanes, Benicia, Berean Christian, Clayton Valley, College Park, Northgate

Valley Division: Alhambra, Campolindo, Concord, Las Lomas, Miramonte, Mt. Diablo, Ygnacio Valley

NOTE: Only Divisional games count toward the Divisional Championships

Non-Divisional games are considered Non League games and count toward overall record

* Non League Games

Top 4 teams in each division will participate in the end of season DAL Tournament to determine the NCS AQ. Tournament Champion in each division wins the DAL NCS Automatic Qualifier

Week 0: Saturday Aug 24 - DAL JAMBOREE@ ALHAMBRA, Round robin scrimmage with all DAL teams.

Week 1: Wednesday Aug 28

Week 2: Wednesday Sept 4 - BYE Aca, Ben, BC, CV, CP, NG, LL

@ Alh		@ Mir	
YV v Alh		MD v Mir	
YV v Cam		MD v Con	
Cam v Alh		Con v Mir	

Week 3: Wednesday Sept 11 - BYE Aca, Ben, BC, CV, CP, MD, NG

@ LL		@ Cam	
Alh v LL		Mir v Cam	
Alh v Con		Mir v YV	
Con v LL		YV v Cam	

Week 4: Wednesday Sept 18 - BYE YV

@ BC		@ CP		@ Con		@ MD		*Non Divisional Games
NG v BC		CV v CP		Alh v Con		Mir v MD		
NG v Cam*		CV v LL*		Alh v Aca*		Mir v Ben*		
Cam v BC*		LL v CP*		Aca v Con*		Ben v MD*		

Week 5: Wednesday Sept 25 - BYE Cam

@ Ben		@ NG		@ YV		@ Mir		*Non Divisional Games
Aca v Ben		BC v NG		Con v YV		LL v Mir		
Aca v MD*		BC v Alh*		Con v CP*		LL v CV*		
MD v Ben*		Alh v NG*		CP v YV*		CV v Mir*		

Week 6: Wednesday Oct 2 - BYE Con

@ Aca		@ CV		@ Alh		@ LL		*Non Divisional Games
Ben v Aca		CP v CV		MD v Alh		YV v LL		
Ben v Cam*		CP v Mir*		MD v BC*		YV v NG*		
Cam v Aca*		Mir v CV*		Alh v BC*		NG v LL*		

Week 7: Wednesday Oct 9 - BYE Alh

@ BC		@ CP		@ Mir		@ Cam	
Aca v BC		Ben v CP		Con v Mir		LL v Cam	
Aca v CV		Ben v NG		Con v YV		LL v MD	
CV v BC		NG v CP		YV v Mir		MD v Cam	

Week 8: Wednesday Oct 16 - BYE YV

@ Ben		@ NG		@ LL		@ MD
CV v Ben	CP v NG	Alh v LL	Cam v MD			
CV v BC	CP v Aca	Alh v Mir	Cam v Con			
BC v Ben	Aca v NG	Mir v LL	Con v MD			

Week 9: Wednesday Oct 23 - BYE Mir

@ BC	@ Aca	@ Alh	@ Con
CP v BC	NG v Aca	YV v Alh	LL v Con
CP v Ben	NG v CV	YV v MD	LL v Cam
Ben v BC	CV v Aca	MD v Alh	Cam v Con

Week 10: Wednesday Oct 30 - BYE Con

@ CP	@ CV	@ YV	@ Cam
Aca v CP	Ben v CV	LL v YV	Alh v Cam
BC v Aca	Ben v NG	LL v MD	Alh v Mir
BC v CP	NG v CV	MD v YV	Mir v Cam

Saturday Nov 2 - DAL PLAYOFFS @ BENICIA

Foothill Playoffs

Semi Finals: 4 seed vs 1 seed
3 seed vs 2 seed

Finals: Winner of the Semi Finals

Valley Playoffs

Semi Finals: 4 seed vs 1 seed
3 seed vs 2 seed

Finals: Winner of the Semi Finals