



## Palama Settlement Spring Registration: New Players

# Flag Football

### When

Monday, Feb 23 –  
Thursday, March 5, 2026

### Where

Palama Settlement (in person) – Gym Pavillion **or**  
Online at [palamasettlement.org](http://palamasettlement.org), follow the link down below

Palama Settlement's Spring Football Program is open to **boys & girls ages 4 to 14**.  
Anyone interested in coaching please email Coach Jr at [football@palamasettlement.org](mailto:football@palamasettlement.org).

Practices Begins on **March 23, 2026 from 4:30-6:30pm, Mondays through Thursdays**

Requirements to bring on 1st day of practice: **Football Shoes (cleats) and Birth Certificate**

- Practices are Monday-Thursday from 4:30-6:30pm at Palama
- Games are played on Saturdays or Sundays
- Game times range from 8:00am - 5:00pm
- Game sites are determined by league at different parks on the island (i.e. Kahalu'u, Kapolei, Mahiko, Ewa Beach, Mililani)
- Game schedules are published weekly by the league
- Players are responsible to find their own transportation to and from game site

To register online please scan the QR code to the right, any questions please email [football@palamasettlement.org](mailto:football@palamasettlement.org)





Palama Settlement Spring Registration: Returning Players

## Flag Football

If your child interested in playing in the Spring Season, please send a message through the Sports You app.

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