

League Director – Collin Jacobsen

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📍 Ambush Sports
1315 31st Street APT 323
Des Moines, Iowa 50311



Please Join us for the Summer Season of Ambush 7 on 7 Football in your area.

Ambush Sports 7 on 7 Passing league's inaugural season is open to boys and girls entering grades first through high school. This is a passing-only league that encourages skill development with modifications for younger ages.

League Mission

To provide an environment for competitive teams to excel in their football development and skills by providing quality league organization, competition, officials, and facilities. This should be a positive environment and unsporting behavior by players, coaches or fans may result in ejection.

League Dates

The 2023 session begins on **Monday, June 26th**, and will run on **Monday and Thursday nights from 5:00 PM until 8:30 PM on July 27th**. The week of August third is reserved for unforeseen makeup.

League Composition

Elementary & middle school students (1st-8th grade) and high schoolers (9, JV, Varsity) from Pella, Waterloo, Cedar Rapids, Norwalk, Ames, and the surrounding areas are eligible for the league.

Each grade will be further broken down into skill levels with three skill levels of competition

- Gold (strongest teams), Silver (mid-level teams), and Bronze. Teams are encouraged to "push themselves" in league play in order to get all they can out of their experience. Ambush Sports reserves the final right to slot teams according to skill level.

All Players must be listed on the roster and sign a waiver in consideration for playing in the league.

Number of Games

Teams are guaranteed 2 games per week, but it is likely that there will be weeks where teams play 3-4 games. Games are 25 mins in length and teams will play back-to-back with continuous clock. There will be 10-15 games over 5 weeks depending on field space.

Field Size and Eligibility

Field dimensions will be:

- 25 x 35 for 1st & 2nd Grade with a ten-yard end zone. They will play with a peewee size football 5 v 5 Players must start on or behind the line but formation rules are lax. They may run the ball.
- For 3-6th grade, the field size will be 40 x 40 with a ten-yard end zone. The 3rd and 4th graders will play with a pee-wee football and may run the ball.. Grades 5 and 6 will play with a junior size football. Start on or behind the line. Lining up properly is encouraged for older/more experienced groups.
- Grade 7-Varsity will play on a 40x50 field with a ten yard end zone. As close to true regulation as possible. Grade 7 and 8 will play with an intermediate football/youth size 7. High school ages will play with an official size football.

League Registration & Cost

Team registration cost is:

- \$450.00 per team for grades 1 and 2.
- \$800 per team grades 3-8.
- \$1000 per team grades 9, JV, Varsity.

We encourage 10 per team with a max of 14 players per team.

A \$100 non-refundable deposit is required at registration. The Balance will be due by Monday, June 4th at 11:59 PM. Failure to pay may result in the forfeiture of a spot.

- Full refunds are available until schedules are released.
- 50% refund if less than 2 weeks of the league are completed.
- No refund if 2 or more weeks are completed.

No admissions are charged for parents, siblings, grandparents, and friends to watch league play. Space is limited, so registrations will be handled on a first-come first served basis. Registration will close on May 26th at 11:59. Payment due June 4th at 11:59.

Registration Forms are available by email as well as social media and should be sent to our address.

Payment

Teams May pay deposits or full fees via Venmo @Ambushsports

Checks should be made out to Ambush Sports and mailed to 1315 31 st Street Apt 323 Des Moines, 50311. Late registration will be handled on a case-by-case basis but fees may apply.

Uniforms

Teams must wear t-shirts/uniforms that match in color and are substantially different from the other team. We realize that teams may not pay additional uniform expenses. Numbers and headgear are not required, but mouthpieces are required. Please bring 2 colors.

Officials

Two officials provided for 1st – 8th grade. Schools will officiate as a school fundraiser for their program. It's our goal to get high school kids interested in officiating football after high school as well. Adult high school officials will be used for high school games.

Coaches

A coaches update email will be sent in early June prior to league play beginning. Each team is allotted 3 coaches. Unsporting behavior will not be tolerated.

Schedule

The Schedule for the entire season will be released by June 19th. It is a tentative schedule, and we reserve the right to alter when necessary.

Individual Registration Form
<https://bit.ly/Ambushindividual>

“The posting of this flyer in no way suggests endorsement of the program by the Cedar Rapids Community School District.”

Team Registration Form
<https://bit.ly/Ambushteam>

These will be available on infosports.com as well as on our social media.

*Some rules are outlined throughout this letter but please see the coaches' email in June for additional info. We are open to rule changes by request until June 19th as you review these rules or the coaches' newsletter sent out in early June. Registration will close on May 26th at 11:59 PM. If you have conflicts with times or dates, please list them on the registration forms. Teams may be asked to play at 5 PM. We will try to keep this to a minimum for each team given work schedules.