



2025 SFL Flag Football Schedule

Start Times: JV 6:15, Varsity 7:30

Thursday With Frosh Football: JV 4:30, Varsity 5:45

St. Francis Home Games JV 4:00, Varsity 5:00

Tuesday, September 9th	Thursday, October 2nd
Rocklin at Whitney Davis at St. Francis Folsom at Oak Ridge Granite Bay at Del Oro	Whitney at Rocklin St. Francis at Davis Oak Ridge at Folsom Del Oro at Granite Bay
Thursday, September 11th	Tuesday, October 7th
Oak Ridge at Rocklin (9/10) Whitney at St. Francis Del Oro at Davis Granite Bay at Folsom	St. Francis at Rocklin Del Oro at Whitney Davis at Folsom Oak Ridge at Granite Bay
Tuesday, September 16th	Thursday, October 9th
Del Oro at Folsom Whitney at Granite Bay Rocklin at Davis St. Francis at Oak Ridge	Folsom at Del Oro Granite Bay at Whitney Davis at Rocklin Oak Ridge at St. Francis
Thursday, September 18th	Tuesday, October 14th
Folsom at Rocklin Oak Ridge at Del Oro Davis at Whitney St. Francis at Granite Bay	Rocklin at Folsom Del Oro at Oak Ridge Whitney at Davis Granite Bay at St. Francis
Tuesday, September 23rd	Thursday, October 16th
Granite Bay at Rocklin Oak Ridge at Davis Folsom at Whitney St. Francis at Del Oro	Rocklin at Granite Bay Davis at Oak Ridge Whitney at Folsom Del Oro at St. Francis
Thursday, September 25th	Tuesday, October 21st
Rocklin at St. Francis Whitney at Del Oro Folsom at Davis Granite Bay at Oak Ridge	Rocklin at Oak Ridge St. Francis at Whitney Davis at Del Oro Folsom at Granite Bay
Tuesday, September 30th	Thursday, October 23rd
Rocklin at Del Oro Whitney at Oak Ridge Folsom at St. Francis Davis at Granite Bay	Del Oro at Rocklin Oak Ridge at Whitney St. Francis at Folsom Granite Bay at Davis

League Rep: Ryan Spears, Rocklin HS

Practice Begins: August 4th

1st Scrimmage: August 15th

1st Contest: August 20th

Sit-Out Period: September 23rd

Last Contest: October 23rd

5/17/2025

