

2026 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 8th	Thursday, October 1st
Rocklin at Granite Bay Davis at Oak Ridge Folsom at Whitney St. Francis at Del Oro	Granite Bay at Rocklin Oak Ridge at Davis Whitney at Folsom Del Oro at St. Francis
Thursday, September 10th	Tuesday, October 6th
Oak Ridge at Rocklin Whitney at St. Francis Del Oro at Davis Granite Bay at Folsom	Rocklin at Oak Ridge St. Francis at Whitney Davis at Del Oro Folsom at Granite Bay
Tuesday, September 15th	Thursday, October 8th
Folsom at Del Oro Whitney at Granite Bay Rocklin at Davis St. Francis at Oak Ridge	Del Oro at Folsom Granite Bay at Whitney Davis at Rocklin Oak Ridge at St. Francis
Thursday September 17th	Tuesday, October 13th
Rocklin at Folsom Oak Ridge at Del Oro Davis at Whitney Granite Bay at St. Francis	Folsom at Rocklin Del Oro at Oak Ridge Whitney at Davis St. Francis at Granite Bay
Tuesday, September 22nd	Thursday, October 15th
Whitney at Rocklin St. Francis at Davis Oak Ridge at Folsom Del Oro at Granite Bay	Rocklin at Whitney Davis at St. Francis Folsom at Oak Ridge Granite Bay at Del Oro
Thursday, September 24th	Tuesday, October 20th
Rocklin at St. Francis Del Oro at Whitney Davis at Folsom Granite Bay at Oak Ridge	St. Francis at Rocklin Whitney at Del Oro Folsom at Davis Oak Ridge at Granite Bay
Tuesday, September 29th	Thursday, October 22nd
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

3/23/2026