



The AAU Football offers opportunities for athletes of all ages and in all skill levels to compete in Tackle, Flag, and 7v7. Events are held throughout the country, including District Championship, Regional Events, and National Championships.

## BENEFITS OF COMPETING IN AAU EVENTS

1. **Insurance:** AAU members receive coverage from a multi-million dollar insurance program.
2. **National Championship:** AAU members have an opportunity to compete in National Championship events at world-class facilities across the country.
3. **Safety:** All non-athletes (coaches) must pass a background screening before competing in AAU events.
4. **Membership:** Nationally recognized non-profit Multi-Sport organization where anyone can join and compete.
5. **Events:** Freedom and flexibility in conducting programs and hosting events.

## Age Divisions

- 6-under
- 8-under
- 10-under
- 12-under
- 14-under

## Nationals Championship Events



West Coast Nationals- January



League Based Nationals- December



Unrestricted Nationals- December

## Sport Contacts

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