



**MILL CREEK YOUTH  
FOOTBALL LEAGUE**

## Age Verification and Boundary Process

The player's age on July 31st shall be the player's league age for the current season. No fifteen- (15) year olds or ninth (9th) graders are allowed to play in NSJFL. Any 14-year-old playing also must not turn 15 before December 1st. No 9-year-old is allowed to play Pee Wees, no 11-year-old is allowed to play 89ers, and no 13-year-old is allowed to play Junior's.

Any Rosters or NSID rosters that show a player's age outside of their division must be brought before the NSJFL Associate and NSJFL Executive boards.

Go to <https://www.nationalsportsid.com> to upload the required proof of age and boundary documentation.

If you need help, please watch this video <https://youtu.be/mNhHhX86gEk?si=dgdLOdVm6erQkXER>.

## Boundaries

### GLACIER PEAK HIGH SCHOOL feeder AREA

Players are eligible to play for the Mill Creek Cougars if they reside in the [Glacier Peak High School feeder area](#) OR attend any of the following schools:

- Cathcart Elementary
- Little Cedars Elementary
- Seattle Hill Elementary
- Totem Falls Elementary
- Valley View Middle School

### CASCADE HIGH SCHOOL feeder AREA

Players are eligible to play for the Mill Creek Cougars if they reside in the [Cascade High School feeder area](#) OR attend any of the following schools:

- Evergreen Middle School
- Emerson Elementary
- Eisenhower Middle School
- James Monroe Elementary
- Silver Lake Elementary
- Penny Creek Elementary
- St. Mary Magdalen Elementary

### NORTH CREEK HIGH SCHOOL feeder AREA

Players are eligible to play for the Mill Creek Cougars if they reside in the [North Creek High School feeder area](#) OR attend any of the following schools:

- Skyview Middle
- Canyon Creek Elementary
- Fernwood Elementary
- Kokanee Elementary
- Ruby Bridges Elementary