**HOW TO REGISTER FOR PAL FLAG FOOTBALL**

* Go to our website, [www.palde.org](http://www.palde.org)
  + Go to “programs” tab
  + Click “Sports Programs”
    - On the following page there will be a clickable link that says “Access the PAL DE sports registration site” click it
    - **IMPORTANT:** once you are on the sports registration site, there will be two buttons in the top right corner labeled “login” and “register” **if you do not already have an account on the site you will need to register before you can go any further.**
    - **Once you have registered, log in to the site and you should see the three available flag football programs that you can sign up for!**