

**THE ONLY FEEDER
PROGRAM
FOR WHITEHALL
FOOTBALL AND CHEER**



• Football & Cheer •

Signups

**Hokey
Athletic
Association**

ONLINE REGISTRATION

Register at hokeyaa.org

Check our Facebook for in
person sign ups and spring
camps

FACEBOOK- Hokey Athletic Association

**SEASON BEGINS
JULY 27TH 2026**

**Cheer program
Ages 4 to 12 years old**

Rookie Flags – Instructional Level Play

Cannot turn age 6 years old before August
1st

Flags – Competitive Level Play

A. Cannot turn 8 years old before August 1st

Junior Varsity- Competitive Level Play

- A. Can not turn 10 years old before August 1st
- B. Must weigh 100.9 lbs. or less to run the ball
- C. Can not exceed 130.9 lbs.

Varsity-Competitive Level Play

- A. Can not turn 13 years old before August 1st.
- B. Must weigh 120.9 lbs or less to run the ball
- C. Can not exceed 160.9 lbs
- D. 7th graders may play, but can not be more than 100.9 lbs, no matter age.