



# FORWARD PASS

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INTERNATIONAL WOMEN'S FLAG FOOTBALL ASSOCIATION

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ISSUE**





**OUR ORGANIZATION CURRENTLY IS TRANSITIONING IT'S LEADERSHIP FROM A SMALL NUCLEUS OF ORGANIZERS INTO A GLOBAL UNIT INCLUDING ALL OUR SANCTIONED INTERNATIONAL LEAGUES TO BE PART OF THE IWFFA'S DIRECTION AND DECISION MAKING**

# Letter from the President

## Diane Beruldsen

I look back at 2024 and am amazed at the work we've done. The IWFFA has transformed from a tournament oriented sports organization into a global women's organization doing great humanitarian work using flag football as it's vehicle. We are building strong women, strong female flag football players and increasing the skill level for the sport. In all our 2024 tournaments, you can witness what professional women's flag football will look like, because we have those future professional players competing today. IWFFA professionalizes the sport in 2027 and will be held in Sweden.

Our organization currently is transitioning it's leadership from a small nucleus of organizers into aA Global unit including all our sanctioned international leagues to be part of the IWFFA's direction and decision making. I myself as president of the IWFFA will hand over the reins come 2027.

We've grown our female Officials organization, FOFFA (Female officials flag football association). who have demonstrated to be highly qualified referees in our flag football competitions. Promoting women to become officials, has been part of a successful two year campaign effort. We continue to build and strengthen FOFFA and any player who wants to learn how to officiate and become an IWFFA Official can receive free training.

You can read about all our 2024 tournaments and promotions in this issue of Forward Pass Magazine. Please do and consider bringing your team to their next competitions.

In 2024, the IWFFA has brought in new countries and cities under our umbrella, expanding our organization: Pakistan, New Zealand, Ada, Ohio, Toronto and Winnipeg, Canada.

Our Flag Football Festival in Sweden was an absolutely amazing experience with it's women's workshops, activities while tenting in the outdoors for an entire week. We started girls flag football and will continue to build women's teams in the region of Håcksvik

We've expanded our girls divisions in Central America, and in the Florida Keys it's only moms coaching their daughters so that young girls can see women as leaders, we develop the female style to play flag football and mom's have the opportunity to bond with their daughter's. We encourage our players to coach a girls team. Sign up to coach contact our IWFFA office.



Most gratifying was our tour in Canada, where we traveled to support our Afghanistan flag football players. These were the women whom we were successful to get asylum for and out of Afghanistan back in 2022 after the Taliban took over their country. The Toronto Canada team is filled with our Afghans who now speak English very well, have jobs, or go to school and they are on their way to live a good life. Winnipeg holds many of our Central American players and the world is being reshaped as our flag football players look for better lives and opportunities.

Our Pakistan effort led by: Zeba Hussain, Mr. Qasim and Mr. Saleem Khan has grown exponentially since our tour this past February. They have expanded flag football all over their country and today exists a large number of teams and competitions. Pakistan also has the most female flag football officials of all our international countries.



Central American players are becoming recognized as top teams in the world. Guatemala has grown into two leagues, El Salvador has introduced its girls competition in it's tournament, Mexico builds our 8 on 8 IWFFA style of play and Honduras tournament remains strong in it's level of skill and competition. We work to build our Ada, Ohio, tournament, located in a college town which is our most affordable competition which we created for that reason.

For 2025 we have even bigger plans as we prepare to travel to: Thailand, Gibraltar, South Sudan, the Bahamas, Pakistan once again and Northern Region of U.S.A. The unity and growth of this organization strengthens each year and our future is exciting. I thank our Ambassadors, Team Captains, Coaches, Volunteers, Sponsors, Players and Fans who support our IWFFA flag football goals and mission. I wish everyone a great 2025 flag football season and hope to see you and your team in our IWFFA competitions and leagues.

Sincerely,  
Diane Beruldsen  
President / Founder IWFFA



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# EMPOWERING CHANGE

## *How the IWFFA is Transforming Lives Through Flag Football*

By Nassima Jaghar of Morocco



In 2021, amid the vibrant atmosphere of a Moroccan flag football tournament, two young athletes—Sissy and Abir—were quietly making waves. Playing for rival teams, they each demonstrated a remarkable passion and skill for the sport, drawing the attention of Diane from the International Women’s Flag Football Association (IWFFA). Little did they know, their encounter with Diane would set them on a path to global recognition and personal empowerment, underscoring the profound impact of mentorship and sports on women’s lives.

### A Chance Encounter

The Moroccan tournament was a thrilling event, but for Sissy and Abir, it was more than just a competition. It was a chance to showcase their dedication to flag football, a sport that was gaining traction in Morocco but still faced numerous challenges. Diane, a stalwart advocate for women’s sports, saw beyond their impressive gameplay. She recognized their potential not only as athletes but as future leaders in the sport. Diane’s role wasn’t just about offering technical advice; it was about opening doors and providing opportunities.

### Diane’s Vision

Diane’s influence was transformative. Her approach to mentoring Sissy and Abir went beyond traditional coaching. She saw their raw talent and the challenges they faced as women in a developing sports culture. With a deep understanding of the barriers women often encounter, Diane provided personalized guidance that was both strategic and inspirational.

She helped Sissy and Abir hone their skills through focused training, ensuring they were not only competitive but also confident in their abilities. But Diane’s support didn’t stop at improving their game. She believed in their potential to make a broader impact and encouraged them to explore international opportunities. Her mentorship was a blend of skill development, strategic advice, and unwavering encouragement.

## IWFFA's Global Impact

The International Women's Flag Football Association (IWFFA) plays a crucial role in fostering women's sports globally, and its influence was instrumental in Sissy and Abir's journey. The organization's mission extends beyond organizing tournaments; it's about creating a supportive network for women athletes around the world.

One of the most significant aspects of IWFFA's impact is its international tournaments. Events like the one in Key West, Florida, provided a stage for Sissy and Abir to showcase their talents on a global scale. For Moroccan athletes, participating in such tournaments is a rare and valuable opportunity. It's not just about the competition but about exposure to different playing styles, strategies, and cultures.

The Key West tournament was a milestone for Sissy and Abir. It offered them a chance to compete against some of the best teams from around the world and to connect with a network of like-minded women. This experience was pivotal, providing them with new perspectives and fueling their ambition.

## A Holistic Approach to Empowerment

The journey didn't end with the Key West tournament. Diane's encouragement led Sissy and Abir to the IWFFA's Valhalla Sweden Flag Football Festival, an event that exemplifies IWFFA's holistic approach to empowerment. The festival, held from July 29 to August 4, 2024, was more than just a series of games. It was a celebration of female strength, unity, and spirit.

In Sweden, Sissy and Abir participated in a range of activities designed to enrich their physical, mental, and emotional well-being. The festival featured workshops in meditation, yoga, and shamanic journeying, alongside traditional flag football training. These activities were aimed at empowering women in all aspects of their lives, fostering a sense of unity and strength.

The festival also offered opportunities for personal growth through activities like hiking, canoeing, and even woodworking. These experiences were integral in building confidence and resilience, qualities that are essential both on and off the field. For Sissy and Abir, the festival was a transformative experience, reinforcing the lessons they had learned from Diane and IWFFA and equipping them with new skills and insights.

## Creating a Legacy

Sissy and Abir's journey is a testament to the power of mentorship and the supportive role of organizations like IWFFA. Their rise from local competitors to international ambassadors of the sport illustrates the profound impact that dedicated individuals and organizations can have on athletes' lives.

Diane's role in their journey highlights the importance of having mentors who not only see potential but actively work to nurture it. Her guidance helped Sissy and Abir navigate the complexities of international competition and provided them with the tools to succeed. Meanwhile, IWFFA's commitment to creating opportunities for women, especially in underrepresented regions, has helped to break down barriers and promote gender equality in sports.

Today, Sissy and Abir are more than just athletes; they are role models and advocates for women's sports. Their experiences have inspired many young women in Morocco and beyond to pursue their dreams, proving that with the right support and opportunities, anything is possible.

The story of Sissy and Abir, supported by Diane and IWFFA, is a powerful example of how sports can be a vehicle for change. Through mentorship, international exposure, and holistic empowerment, Diane and IWFFA have made a significant impact on these athletes' lives, helping them to achieve their full potential and inspire others. Their journey underscores the importance of support, opportunity, and community in empowering women, demonstrating that the influence of a dedicated mentor and a supportive organization can transform lives and foster a brighter future for women in sports.



**International Women's Flag Football Association**

# 2024 Official Reflection

## By Georgeann Lewis - Head Official U.S.A.

Every year we strive to increase the number of female officials. As a league for women, run by women, our goal is to have a solid core of female officials. This year in Key West we trained a dozen women. Globally we have trained more than 4 dozen women. In 2024 we established an Officials Committee with head officials around the world.

Officials meet monthly. At our October meeting, we had 22 female officials on the call. As a group, we have evaluated, reviewed, and re-written the rules. Next up, organizing the officials. Under this new organizational system, officials will assume roles, assigned tasks, and responsibilities.

### **"Official" reflection: It's more than just the rules**

Players and officials are required to be active members of the IWFFA. I think it fair to say, this nominal membership fee is more symbolic than fiscal. Membership is like an 'invisible string' that connects us all. Officials have the unique privilege to observe these connections and relationships. It's more than just the rules. When on the field, officials have a responsibility to protect members, the connections, and relationships.

As an official I am always amazed at the deep and sincere care our athletes demonstrate for each other, on and off the field. Emotions and competition run high on the field. The love for the sport is apparent. Also apparent, is the respect. Respect for the sport, each other, each other's families, and pride in being an IWFFA member.

The best officials aren't just proficient in their knowledge of the game. The best officials recognize the sanctity of the connectedness. For me, the best part of officiating is getting to know the players. Watching them grow and learn as a team. Having a front row seat for their triumphs and defeats. Absorbing their love for the sport, the league, and the determination to always do better. Being part of this on and off the field is truly the most special part of officiating.



Each pre game huddle, whistle, flag, high five, explanation of a call, and touchdown signal, represent an official's commitment to the integrity of the game and to each athlete. Thank you to all of the IWFFA members. Being an official in the IWFFA is really something special.

If you are interested in joining our group of elite women as an IWFFA flag football official contact our office at:  
[IWFFA@IWFFA.COM](mailto:IWFFA@IWFFA.COM)

# Emigration: My Journey Escaping Afghanistan

By: Abeda Sultanzada

Life was normal in Afghanistan. “A calm, reassuring wind blew through our homes. The shopkeepers were doing good business, the students lived among their books, and the children played in the streets.” (Elie Wiesel-6) Suddenly, screams came from all around and everyone ran to take refuge. As far as I remember, shops, schools, and houses were closing everywhere.

Moreover, the uprising of people resulted in the generation of smoke that polluted the air, making it dark and dusty.

I had been taking a test when I saw the students rush from school and leave everything behind. However, I noticed that my cousin Samira was still busy with her test. “Why is everyone leaving the school?” I asked her. “I don’t know. Let’s walk around and ask somebody,” she said. When we came out of the school, I saw a large number of students who were screaming, “The Taliban! The Taliban are here!”

After 20 years, they had returned, and it was hard to believe. I remembered a tale from 20 years ago that involved my family, a narrative about the first arrival of The Taliban in Afghanistan. I was not born yet when the black history of the government of The Taliban began in Afghanistan. This terrorist group formed multiple functions to target politicians and entrepreneurs using physical force, violence, and extortion to seize their possessions and wealth. My father used to run a gas station and work alongside my older brother to provide for our family. As he was closing his shop, the Taliban demanded money from him, and when he said no to them, they arrested him and beat him severely.

Although my father was imprisoned, they came to my mother every night asking for money, but no one had news of his whereabouts. Finally, after a long wait, they brought my father to our home. However, during the return, the Taliban found a large sum of money in our house, and this caused my father to realize he needed to flee.





Several days went by without any updates on my father's whereabouts. One day, my uncle told my mother to leave the home, as he feared further incidents. Hopefully, my uncle convinced my Mom that my Dad was in a safe shelter. She left her home during the eighth month of pregnancy. As she stepped into her new home, she noticed how the Taliban tortured my father into confessing the location of his wealthy friends, and my mother couldn't afford to take him to a hospital. Now, let me ask you a question: imagine a situation where you encounter a terrorist group with a similar background to mine. What would be your concern? In other words, what would you try to do at that moment?



*Above: Zahra - Sakina - Diane  
Below: Abeda*



Here were all the questions that entered my thoughts: Would they kill me? Should I run away now? What if they arrest me before I arrive home? My cousin was scared and bursting into tears. She grabbed my hand, and we hurriedly ran as fast as we could. "Hurry up, Abeda! We are running out of time," she urged me. My eyes couldn't see well since the air was thick with smoke and dust. As I approached the house, I witnessed people rushing around in a panic, calling out names and making phone calls. It was as terrifying as Doomsday to be under those circumstances. After arriving home, I noticed my mom gazing at me with red, wet eyes. She inquired about my sister Sakina.

Unfortunately, I didn't have a response. Sakina used to go to a gym about ten minutes from our house. My mother asked me to call her since she couldn't make a call. Unfortunately, the antenna for telecommunication networks was interrupted, and we didn't know where my sister was. A few minutes later, Sakina returned home. However, the Taliban seized control of Afghanistan, which led to a loss of all significant gains made during this time. After 20 years, the catastrophic event was not yet over. Upon everyone's arrival at home, my father struggled to prepare for the upcoming situation due to the unpleasant memories from the previous arrival of the Taliban. However, after a few days, my elder sister Maryam, who used to play flag football with her friend Sabrya and other girls at Kabul University, reached out to Diane, the founder of the IWFFA organization. Due to the bad conditions for women in Afghanistan, Diane sent a gate pass to the members of the flag football team and their families to leave Afghanistan.

Regardless of our belongings, my siblings and I immediately left home and went to the International Kabul Airport when we heard the news. After all, when we arrived at the airport, we couldn't fly because of the explosion that had occurred there. My heart burned when I realized that we were not permitted to fly. At that moment, it seemed like the sky had fallen to the ground. For a couple of weeks, we stayed at home and couldn't dare go outside. Of course, it was impossible to continue having a normal life after watching the Taliban shooting people at the airport. Spending every minute under the control of the Taliban was a nightmare for me. Meanwhile, the founder of the IWFFA organization continued to work with lawyers to seek asylum for us in Mexico. After six months, the lawyers wanted us to relocate to Pakistan. It was 3:30 p.m., and the sun had not yet set. My father called my sister to inform us that our Pakistan visas were ready, and we needed to prepare to relocate the next day. By the time I heard that news, a sweet smile appeared on my lips, a smile I had never seen during six months of the Taliban's black entry. "Really?"

I asked Maryam so I could be sure of what my father said. "Yes!" she said. Without thinking a minute about my mom, I started collecting my clothes in a small suitcase and only put away the dress I chose to wear the next day. "Do you really want to wear those tight pants, short coat, and that small scarf? Would you like us to be shot before arriving in Pakistan?" Maryam asked me. "What is wrong with my outfit?" I asked her. "For God's sake, please wear your Islamic hijab. Don't let them (The Taliban) look for an excuse not to let you leave here." I thought my outfit had no problem, but she spoke the truth. A young woman couldn't go outside without her hijab. Early in the morning, before the sun had risen, my father, Zahra, Sakina, Maryam, Sakina, and I were ready to leave. While heading down the stairs, I dared to say goodbye to my mother and looked at her wet eyes. This must have been so heartbreaking! My heart trembled when the car moved, and my aunt dropped a container full of water on the ground. That day, we not only left our homeland but our beloved ones and, with them, our reminiscences. On my way to Pakistan, upon seeing my country in the chains of ignorant people who considered women as weak and disgraceful parts of society and didn't respect their human rights, my heart broke into pieces.

After one day of land travel, we arrived in Islamabad, the capital of Pakistan. Until this point, we were uncertain about what destiny had in store for us and the beginning of a new chapter of our lives. Within two months of staying in Pakistan, we realized that it was difficult to live in Pakistan in an ambiguous situation. We neither spoke Urdu nor were used to the scorching heat of the region. Besides, the life expenses were too high to afford. No one had a steady job, so renting a unit with three bedrooms and stocking it with groceries was not affordable for us. Meanwhile, my mother and the rest of my family had already moved to Iran. As a result, we decided to relocate to Iran until hearing from Diane and the lawyers. Eventually, our stay in Iran lasted about six months. After six months, we received a travel document and were able to leave for Mexico. I was seventeen years old.



So, I decided to come to Canada because my uncle, who is like a father to me, lives there. The journey was very long and terrifying. We traveled from Mexico City to Tijuana, another city in Mexico. From there, we tried to climb a six to seven-meter-high metal wall. We spent a whole day and night waiting under the wall in the cold with no supplies, but the US police sent us back. Then, we found a CBP form through a lawyer, filled it out, and waited for three months in the extremely hot border area between Mexico and the US. Finally, we crossed the border, stayed in the USA for a month, and then came directly to Canada.

How is your life in Canada now ?

I am happy to live here. I started studying at school and will graduate at the end of this 2024. I want to go to university and study my favorite subject. I must thank IWFFA and everyone who helped me get here. That would include Ms. Elba from Greenberg & Traurig, Ms. Bridget and Ms. Sahara from Aldea organization. In Mexico we were housed and fed and given special services by the Catholic church. We also received so much help from Casa Refugiados. There were so many people and organizations who made our safe passage possible, so I am grateful for all the efforts made for me, especially by coach Ms. Diane

However, my worries are not over yet. I still have family who still lives in Afghanistan, and I have four sisters who stopped their education after the Taliban came. I am concerned about all the women and girls living under Taliban oppression in Afghanistan. Lastly, I hope that one day all women will unite like IWFFA, to be strong, and help each other achieve their goals



*From top left to right: Madina, Tahira, Parisa, Viththia, Zahra, Diane, Khalida  
Botton: Suraya, Tamana, Manisha, Abeda, Basira, Shirin, Sakina*

# IWFFA AMBASSADOR FOR GUATEMALA

*By: Paula Rojas*

It's been two years since Diane asked me if I would like to become the IWFFA ambassador for Guatemala, a proposal I didn't fully understand at first but that ultimately changed my life. Accepting this role not only broadened my vision of flag football but also gave me the opportunity to represent my country on an international level. Today, I can proudly say that Guatemala has a recognized presence in the IWFFA community, and most importantly, I've built friendships around the world thanks to this experience.

One of the most fulfilling parts of this journey has been watching Guatemalan women stand out and grow in flag football. When I first started as a player, I noticed that other countries had strong unity among their teams, while Guatemala seemed more distant. This bothered me because I personally feel that Guatemalan women are friendly, intelligent, and dedicated to their passions—especially when it comes to sports. Seeing how eager everyone now is to participate in international tournaments fills me with pride. We went from attending only the tournament in El Salvador to becoming known in Key West, Honduras, El Salvador, Mexico, and even Morocco.

These achievements were not mine alone; they were possible thanks to the support and hard work of every Guatemalan woman who, with her talent and dedication, has elevated our country's name.

Although at first, I felt some fear and stress about the responsibility, I can now say that being an ambassador has been one of the best decisions of my life. I am deeply grateful to all the teams from Guatemala who have joined me on this journey, showing me that united, we can achieve so much more than we imagine. I also want to give a special thanks to my ambassador friends from El Salvador, Mexico, Morocco, Honduras, and the USA, who have been an inspiration to me on this path, and especially to Gabriela, my partner, and Karen, my friend. Thank you all for your unwavering support.



*ONE OF THE MOST FULFILLING PARTS OF THIS JOURNEY HAS BEEN WATCHING GUATEMALAN WOMEN STAND OUT AND GROW IN FLAG FOOTBALL*

# My journey in flag

By: Laura Hernandez

Hi!!! My name is Laura Hernandez from Guatemala city, I started on this journey called Flag Football back in 2013 with Gladiadoras GT, it was a totally new sport for me, but still I gave it a try and just can say that I loved it!, one of the first things I remember is the first international tournament in Guatemala, I meet two players, mom and daughter from Honduras, it was amazing to see their connection, the great moments that they were having and also that they were having fun; I imagined at that moment how great will be to play along with my daughter Cathy, but she was only 3 years old.

10 years have passed, I had to pause my participation in Flag for a few years, but when I wanted to come back, even if my “sports heart” was with Gladiadoras, I found an amazing team, who welcomed me and gave me the chance to live again all that exciting moments but now with my daughter on the field also as I always dreamed, thank you Diane, thank you Gladiadoras, thank you TITANES for being such a great team that cares about their players not only as players but as the strong women we are, inside and outside the field, thanks for allowing me to connect with my daughter through sports!



# GLADIADORAS

Gladiadoras was born between 2013 and 2014 through the initiative of a group of young women and their desire to practice a different sport. It became one of the first female teams to practice the 8-on-8 contact flag football modality, initially with few members and supported by university peers from the renowned men's American football team, USC, from the University of San Carlos of Guatemala.

With the aim of growing the team and gaining recognition, they began recruiting more young women, both university students and non-students, to join the team. Little by little, the number of young women increased, and these new members would later become an integral part of the team and pioneers of this discipline in the country.

A team in which the members had the desire to grow and be recognized, where teamwork, discipline, and self-determination contributed to them being invited by the IWFFA (International Women's Flag Football Association)\*\* through calls made by its president, Diane Beruldsen, to join the organization and give them the opportunity to represent Guatemala. They participated for the first time in 2014 in the international tournament held in El Salvador and in subsequent years in Honduras.

Additionally, they hosted international tournaments three consecutive times in Guatemala, welcoming teams and international representatives who are part of the IWFFA. As a team, Gladiadoras became the foundation for new players to gain visibility and inspired the desire to form new teams, based on the knowledge they acquired during their time as Gladiadoras. These new teams would become representatives of Guatemala in various events, thus contributing to the creation of the Guatemalan Women's Contact Flag Football League.



# COACHING GIRLS FLAG FOOTBALL IT'S MORE IMPORTANT THAN YOU REALIZE BY SUZY WORTHWHILE



Young people see things different than older people. Not only are they mostly looking up (because they are shorter), but their minds are forming ideas and impressions. They receive subliminal messages which will leave an impact on them for the rest of their lives. Now is the time to coach girls flag football, so the women can teach our young female athletes the right way to play flag football and the right way to behave on and off the field. Female coaches do not need to scream and yell at the side lines as the men do, that's testosterone and tackle football behaving that way. We need to promote our own style with the influence of estrogen and to be strong enough to create that style and not just copy what was for generations. We live in a new era and a new time, it's time for women to lead the way.



We don't have to "fire up " our team with "win- win-win", hit em hard, take em out, etc. We need to stop promoting the game "tackle flag football", instead we need to develop a smarter game played with finesse and strategy. Behavior on and off the field is import, to teach our athletes how to focus on the next play. Once the game is over, we make friends with the other team and are happy for the challenge no matter what the score is.



The old style of playing flag football (hard and rough) are over and the message we should be giving our girls is to "play your best", because that's the game that will help to develop strong bodies and leaders for our future game and the world.

Women, we need you to coach the girls now, to develop the female style of playing flag football. We need these young girls to see women as leaders and internalize that image that they too can be leaders.

If you work 2- 3 jobs, take 1 hour a week to coach a group of girls and feel their wonderful energy and the Joy of coaching young girls. You yourself will become a better flag football player and a better person.



# Suraya's Journey – An Afghan woman shares her experience before, during and after the Taliban

By: Suraya Avesta

How was your life before Taliban took over Afghanistan ?

Before the arrival of the Taliban, life in Afghanistan was completely normal. Everyone was busy with their work and life, and there was hope for a better future for women and girls. Many girls in cities and provinces went to schools and universities, and educated women worked to improve conditions for themselves and others.

How was your life after Taliban took over Afghanistan ?

After the fall of Taloqan in Afghanistan, everything changed for the worse. I vividly remember the day the Taliban were about to take Kabul. My boss called me and said, "We can't employ women anymore because the Taliban have taken over all the cities. This is dangerous for both you and the office." At that moment, it felt like my world was collapsing. I thought about all my plans and dreams, wondering what would happen if the Taliban took Kabul and we could no longer work or study. But I shook myself out of it and thought: I can't give up because I work and support my whole family." I couldn't believe that everything could come to an end. The next day, I contacted an acquaintance to see if they could help me find another job. We scheduled a meeting at noon, but when I arrived at his office, he wasn't there. I called him, and he said, "We can't have a meeting today. The Taliban have taken over everywhere and will enter the city in a few hours." Everyone was scared, trying to get home as quickly as possible. The traffic was horrendous. I could not believe this was happening.



How did you manage to leave Afghanistan?

I was hiding for several days, and all hope for a change in my situation was gone. We contacted our IWFFA flag football coach and asked for help. They sent us some papers that could get us to the airport and onto a flight, but unfortunately, we didn't succeed. We were just five minutes away from entering the airport when a suicide bombing happened. Many people were killed, people who were clinging to the airport gates hoping to escape this terrible situation. I'll never forget the sound of the explosion and the screams of the people.

Sometime later, I managed to get a visa for Pakistan. We were supposed to travel to Mexico with the help of the flag football trainer, but it was impossible to get a Mexican visa from Pakistan. We returned to Afghanistan, then went to Iran. After waiting for four months, with the help of lawyers provided by the IWFFA, we finally left Iran for Mexico

I still remember the moment I boarded the plane. I couldn't believe it—I was so excited. I thought everything would change and I became hopeful about life again

So why you left Mexico and how ?

We had some beautiful moments in Mexico City. The people responsible for taking care of us were very kind, and I am still grateful for their kindness. I thank them from here. However, unfortunately, Mexico City was not safe, especially for girls. Every day we heard news of kidnappings and thefts, and no one was allowed to go out into the public after 5 PM. One of my friend's families, who had come to Mexico before us, was kidnapped. We had traveled to find a safe place to live and breathe easily, but it was not possible there.



# Embracing Life with Flag 8

By: Kelly Marroquín

It's a long story to tell, but in summary; the Flag saved me, it gave me back the desire to continue. When I first learned about this sport, I was in the worst situation of my life; the process I was going through had left me with no desire for anything. I needed to do something different; something new that would take me out of my reality, something where I didn't know anyone, and that's when, by chance, I met a girl on TikTok who was the one who told me about this sport, which I was completely unaware of.

She invited me to one of her practices, and I thought it was the perfect opportunity to get away from everything and everyone in a new and different environment. The day of the practice I got lost, it was in Guatemala's zone 5, but I went around the place like 10 times. When I showed up, the first girls to welcome me with a big smile and kindness were Tania and Marcela, who are still special people in my life to this day.

I fell so in love with the sport that I went all in and gave it my all. I had great experiences playing friendly matches and tournaments with them, and I had the opportunity to participate in an International tournament in El Salvador. For me, it was a new and unique experience as it was the first time I left the country.

Fénix was my first step in this Flag 8 world, and the girls who at that time offered me their friendship were everything in a process they didn't know about, and without meaning to, they helped me get through it. Later, I had an incident and had to stop playing flag due to medical reasons. Recently, I started again and with more desire than ever. Now I belong to a new team called Halcones. Thanks to Paula and Gabriela, who have been like my "mentors" in this new beginning.

Flag has become part of my life, and I hope to play it for many more years!! Flag has been my refuge and support on many occasions; I owe so much to this blessed sport. And I am grateful to the Universe for conspiring in my favor; Flag gave me back the desire to do something with passion. Flag is the adrenaline dose that my life needed. I could say thousands of things and still fall short; so until you live it, you don't understand it. Flag 8 can surprise you, make your life change, and transform.



# EXERCISE AND HYDRATION BY RUTH LIM



Staying properly hydrated is important, particularly for athletes who are exercising for more than an hour. When you exercise, you lose both fluid and electrolytes through sweating, and even heavy breathing can cause you to lose fluids! Dehydration can increase the risk of injuries, and decrease performance. However, it's also important not to over hydrate, as that can cause levels of sodium in the body to drop, which can lead to headaches, vomiting, or extreme tiredness among other symptoms. Let's talk about some of the best ways to hydrate before, during and after exercise!

**Before Exercising:** About 2-4 hours before your workout, it is recommended to drink about one ounce of water or sports drink per 12.5 pounds of body weight. For athletes who will be exercising longer than two hours, or who tend to need to drink a lot of water to rehydrate, it is recommended to choose a sports drink. Some athletes may try to over hydrate before exercising but this is not recommended, as it dilutes the amount of sodium in our bodies, causing overhydration.

**During:** For athletes who are exercising more than two hours, or who need a lot of water to rehydrate, it is recommended to drink a sports drink while exercising. How much you should drink varies by the person, but the NSCA recommends 3-8 ounces of sports drink every 10-20 minutes for any exercise lasting longer than 1 to 1.5 hours.

**After:** After exercising, it's important to replace the water and electrolytes lost during exercise. It is recommended to drink between 8-16 ounces (1-2 cups) of water or sports drink per hour of exercise. If you're drinking water, eating a salty snack like pretzels or peanuts, or snacking on some fruits or vegetables will help replace the electrolytes lost during exercise!

Sources:

Greer, Ashton, et al. "Hydration and Athletes." Oklahoma State University Extension, Oklahoma State University, 1 Dec. 2021, [extension.okstate.edu/fact-sheets/hydration-and-athletes.html](https://extension.okstate.edu/fact-sheets/hydration-and-athletes.html).  
"Hydration and Performance." Edited by Nation Strength and Conditioning Association, National Strength and Conditioning Association (NSCA), NSCA, 3 June 2019, [www.nasca.com/education/articles/kinetic-select/hydration-and-performance/](https://www.nasca.com/education/articles/kinetic-select/hydration-and-performance/).

# Utzil: A Milestone for Women's Flag Football

By: Juancarlos "JayCee" Recinos

Guatemala City recently hosted the 9th Annual "Utzil" Tournament of the International Women's Flag Football Association (IWFFA). I had the honor of participating as a referee, invited while on a work trip to Virginia, USA. The tournament welcomed a new team from Mexico—the first in Central America—marking the IWFFA's growing influence.

## Preparation and Collaboration

This year's preparations raised the bar. Our officiating team met to refine mechanics, discuss rules, and ensure alignment. A session with coaches and captains clarified guidelines, leading to smooth gameplay and mutual understanding.

## The Journey and Warm Welcome

Traveling from El Salvador to Guatemala was an adventure. Despite delays, I arrived to a warm reception and quickly immersed myself in the tournament atmosphere. Meeting the energetic Honduran and Guatemalan teams at the field was a perfect start.

## Day One: Intense Matches and Team Spirit

The first day featured fierce competition, with nail-biting games decided in the final moments. Teams from Mexico, Honduras, El Salvador, and Guatemala showcased their passion. The day concluded with a lively social event, delicious pizza, and the traditional arm-wrestling competition, highlighting the players' dedication.

## Day Two: High Stakes and a Thrilling Finale

Elimination rounds built up to a dramatic final, where two powerhouse teams battled fiercely, separated by a single score. The spirit of sportsmanship shone as victorious teams comforted their opponents, embodying camaraderie and respect.

## A Referee's Perspective

Officiating this inspiring event was a privilege. Respect, sportsmanship, and fair play defined the tournament, free of major conflicts or injuries. The tournament was a testament to the strength and unity of women athletes.

I am grateful to the IWFFA and organizers for this unforgettable experience and look forward to supporting future events that empower women and advance the sport.



# “THE JOURNEY”

**YOUR INVITATION TO EXPLORE WITH ME.**

*By: IWFFA Philosopher Journey*

The word “indigenous” traditionally means “born from” or “being an integral part of a place or region on earth.” Over time, it has come to symbolize our rediscovery of something ancient and essential: that we, as human beings, are inseparable from the earth and nature itself.

As we witness the decline of the natural environment and feel the disconnection within ourselves, we are starting to recognize something vital. The earth is alive, and as we are reaching a pivotal moment of forgotten understanding of the fundamental unity of all life. To live indigenously is to recognize that we (our connection to the earth and each other) belong to the earth just as much as it belongs to us. It’s not just a place we inhabit, but a living force that shapes who we are.

The blogs share moments of revelation, moments of truth in stories and reflections, that remind us of the wild, untamed beauty and innate wisdom that still exists both within ourselves and in the world around us.

In this space, I explore the ways in which we can “re-language” our understanding of life, nature, and our place in it. By doing so, we may begin to see the world with fresh eyes and rediscover the deep-rooted connection we share with the earth — the passageways of the mind and spirit that bring us back to earth’s dreaming. The journey through these reflections is deeply rooted in the idea of living in harmony with the world of which we are inherently a part. You are invited to walk alongside me on this path of exploration, learning, and reconnection. Follow my blogs every month in the IWFFA Flag Football News emailed to every IWFFA member.

# One Million Miler Key Chain

Diane Beruldsen - President / Founder IWFFA

I got my One Million Miler Key Chain from American Airlines earlier this year. It means I've flown at least one million miles on American Airlines (there were plenty of other airlines I had flown through the years).

Anyone who knows me, knows I've dedicated my life since 1979, to organizing girls and women's flag football and the International Women's Flag Football Association.

It's hard for me to understand, what the key chain truly means. I also got 35,000 bonus miles with the key chain and my gold status will remain with me for the rest of my life (the airline will take this status away from you each year and you have to start working your way back up again by attaining lot's of miles).

The gold status in loyalty points is nice to have when you fly because you may be upgraded to fly first class. They put you on the standby list and if they have open seats in first class, you travel first class. If you fly more than 4.5 hours on that flight, you get a meal. They put a cotton napkin on your pull down little table, serve you alcohol drinks, warm nuts, a pretty good meal and make you feel like a million bucks. You're the first to board the plane and the first to get off. No having to wait, find a place to store your carry on and personal bag. And if I get an email day before, I can bring two - 70 pound bags to check in for free!. This makes a huge difference especially traveling to a tournament or one of our promotional tours because I bring the equipment and shirts.

I never buy a first class ticket, they're too expensive, so the times I have traveled first, have been a real treat for me. Once One time I purchased a pair of tickets for me and Ginny to travel to Honduras. We didn't find out until we were at the airport checking in, that we got "bumped" to first class. We were jumping up and down, hugging each other and you would have thought we won the lottery. First class going, and we prayed on the way back to again "get bumped", and we were : )

But this key chain means much more than these things. It means that the IWFFA has this woman, traveling around the world, to unite as many female flag football players as possible. It means the IWFFA has a Trainer who has reached so many different groups of girls and women teaching them how to play flag football and helping them develop their leagues. I can't tell you more for what this key chain really and truly means. This is all I have understood so far. But I feel there is much more than I'm able to realize. A lot of times, life leads us places we have no idea where or why, but there we are. And perhaps as I start to slow down (I'm 65 yrs now and feeling pain in my knees), the universe will start to give me answers as to what this key chain really means.

Whenever you fly - on whatever airlines, make sure you have signed up for their mile reward program so each time you fly with their company, you accrue reward miles to get free airline tickets. It's worth it!



**COUNTRIES TRAVELED TO FOR FLAG FOOTBALL:** Belgium - Canada - Cuba - Denmark - El Salvador - Finland - Germany - Guam - Guatemala - Honduras - Iceland - India - Jamaica - México - Morocco - New Zealand - Norway - Pakistán - Puerto Rico -Scotland - Spain - Sweden - Switzerland - United States

# "Summary of 2024 IWFFA Tournaments"

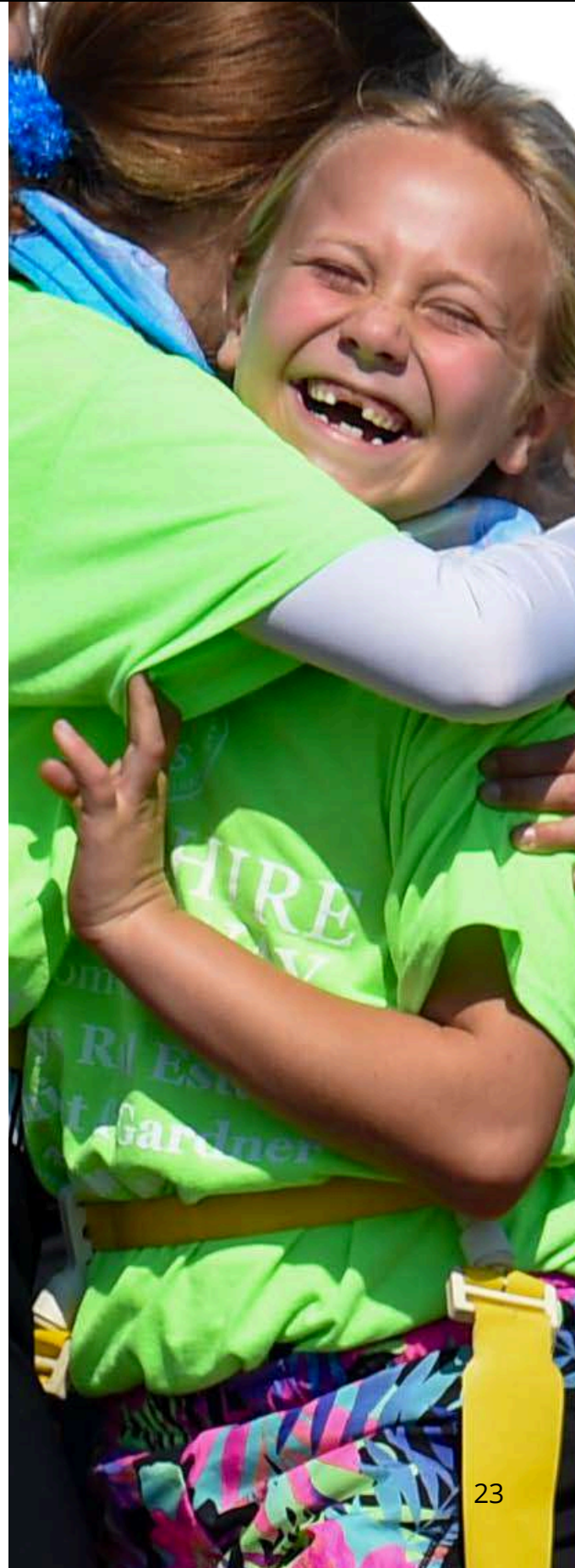


# THE KELLY MCGILLIS CLASSIC INTERNATIONAL FEMALE FLAG FOOTBALL CHAMPIONSHIPS - JANUARY 23- 29, 2024 KEY WEST, FLORIDA U.S.A. WAS FANTASTIC!

The Kelly McGillis Classic (KMC) is the IWFFA's largest flag football tournament which includes many special events in addition to the games. The full event is a week long, and for those teams who want just to compete in the tournament games requires four days to be on the island of Key West, Florida, in the U.S.A. The KMC is held during the last week in January, so the weather is beautiful and warm. . Many players will rent bicycles or mopeds to get around on the 2 x 4 mile subtropical island.

We have many international teams who travel from all over the world to compete (over 24 different countries thus far) as well as teams across the United States to compete in 5 different divisions: Girls (ages 8 - 11) , Juniors (12 - 15) , Young Ladies ( 16 - 17) , Women's Lower and Women's Higher. We offer special events: flag football player clinics all week long, flag football officiating trainings, women speaker series, tournament parade, acting with actress Kelly McGillis, arm wrestling contests, toilet relay races and parties every night. The purpose of the special events and the Kelly McGillis Classic event is to introduce IWFFA teams around the world with one another and to make friends, building unity and bonding with one another. The IWFFA is a unity of female flag football players around the world. At this event, we developed our: "Moms coaching their daughters flag football program" so girls can see women in leadership positions, bond with their moms, develop the female style of playing flag football, and to plant the seed in our young female athletes to message they too can be leaders when they grow up. This past KMC, we were honored to host Najia Fayez, and IWFFA Afghanistan flag football player who was one of 73 Afghans whom we got asylum out of Afghanistan in 2022. Our Loose Women's team brings individual players who do not have their own team, together and enables them to compete on the Loose Women's team.

The tournament is played on 3 different fields at the Wicker Complex on turf and grass. The competition is some of the best flag football you'll ever see. Every female flag football team should experience the Kelly McGillis Classic.





# PAKISTAN FRIENDSHIP GAME & PROMOTIONAL TOUR

*February 25 - March 3, 2024*

By Diane Beruldsen



This was a wonderful organization made by Pakistanis: IWFFA Ambassador Zeba Hussain, President Muhammad Qasim and Chairman Saleem Khan. These organizers brought together women from five different cities: Karachi, Balochistan, Punjab, Islamabad, and Peshawar who arrived to Karachi, Pakistan where the trainings and Friendship games took place.

Five regions of Pakistan women joined for the intense flag football training each day from morning till late afternoon. These committed women were learning flag football skills for the first time and then competed in the IWFFA Friendship Games on March 1. These new flag football athletes were competitive, talented and amazing in their freshly learned skills. The Pakistan Women Flag Football Federation was created and was successful to expand the sport in other regions of Pakistan while also creating organized competitions. The IWFFA continues its efforts in Pakistan for 2025, to travel to other cities. We establish an official IWFFA Pakistan tournament in February 2025 and invite international teams to compete.



# NEW ZEALAND - PROMOTIONAL TOUR

## MARCH 10 - 24, 2024



**IT'S NEW! - Exciting! - Fun!**  
**For Girls Only!**  
(Ash Della Bosca)



This is 8 MANA Flag football style is similar to NFL American Tackle Football - But NO Tackle, no fumbles & no shoulder pads.

10 girls to gain first down. Defender must grab flag of ball carrier, blocking shoulder to waist. There is a position for all girls and every girl should play!

**Moms encouraged to join their daughters!**

**PRACTICE FOR WOMEN 6PM**



Training for one week only at Victoria Primary School Field

We end with a Flag Football Friendship Game Monday - March 25

Awards will be given for half time games - prizes for winner



Tell your teacher Ash Della Bosca **YOU WANT TO PLAY!**

see video <https://youtu.be/foZuakm2N4k>



We introduced flag football. There were no teams, nor flag football in New Zealand so we were working from the ground up. We worked with Victory Primary School and established 3 teams of girls between the ages 8 - 11 years old. We also had an international group of women new to New Zealand from: Afghanistan, Malaysia and Colombia.

We trained the girls each day to prepare for our Friendship Games on March 25th, initiated our "Mom's Coaching their Daughter's flag football team" program and planted the seed for future leagues for girls and women. The promotions were very successful.

We'd like to thank: Amelia Regina Peinado, Principal of Victory Primary School: Dan George, Teachers Ash Della Bosca and Kelly Burrell, and very important Mom Coaches: Mandy Bezuidenhout and Katha.

# Honduras Tournament

The Third IWFFA Honduras Tournament was held on April 13 and 14, 2024 at the Olympic Stadium of the Olympic Village in Tegucigalpa, with the participation of Dolphins, Dragons, Panthers and Zafra from Honduras, Barbarians from El Salvador and Andromedas and Titanes from Guatemala. The results of the tournament were:

**First Place: Panteras**  
**Second Place: Dragons**  
**Third Place: Dolphins**  
**Fourth Place: Barbarians**  
**Fifth Place: Andromedas**  
**Sixth Place: Zafra**  
**Seventh Place: Titans**



# Ada, Ohio Tournament

## May 4-5, 2024

### Soon to be one of the IWFFA's largest tournaments

With inflation these days, traveling teams bear great pressure to raise enough money to make the travel and bear expenses. For this reason, the IWFFA created the Ada, Ohio tournament to offer our teams a very affordable and inexpensive competition. Ada is home to Ohio Northern University (ONU), this beautiful college town with green yards (and no fences) across everyone's properties is small, safe and easy to walk to get around.

The town has plenty of bars and restaurants with great food at very affordable (cheap) prices. The Inn hotel (5 minutes walking to the field) cost just \$100 per night for 4 players. The registration fee is minimal and this is where one of our sponsors: Wilson Sporting company produces our footballs. You can go into their factory for a tour!

We thank these person for their support of the 2024 tournament: Russ Crawford, who is an American Women's Football historian, Thomas Simmons, athletic director at ONU, Andy Wentling manager at Wilson, Joan Delbo manager at The Inn and Sophie Crawford.

Any team who registers for the 2025 tournament will receive our standard all leather junior size football. We use the ONU football field and the time of year is perfect, second weekend in May, We expect the IWFFA-Ada, Ohio tournament to become one of our largest competitions.



# Canada

## June 15 - Friendship Game

### Flag Football Promotional Tour June 8 - 14

Our promotions in Canada this year was emotional. Here, in Toronto is where the majority of our IWFFA Afghanistan flag football women relocated. From Afghanistan to Mexico to Toronto.

Seeing our Afghan flag football women was inspiring to me, proving that the work the IWFFA is strong and important. I was curious to see these women's skill level because it was a small group of Afghan women who traveled to India in 2018 to learn the sport, and then introduced flag football themselves going into the schools and coaching Afghan girls and women. I expected their flag football game to demonstrate a true female style since they had no male influence. They were trained by a female coach, and in turn, these women trained the girls and women in Afghanistan. I saw some great athletes on the field who have learned the game by reading the rules and not by watching men play tackle. We trained other women from their International School who came from: South Sudan, Sri Lanka, Pakistan who were learning flag football for the first time.

We trained not only in Toronto, but Winnipeg as well where many of our IWFFA Honduran flag football players relocated! It happens that the 7 on 7 flag football style is most popular in Canada. What we are working on now is to bring the 8 on 8 style which includes kicks, punts, fake kicks, blocking and 10 yards for the first down.

These groups of women are brought together not only for the sport, but for each other as many are new residents in Canada. Whether they are students or workers, they come to trainings happy to see each other, socialize, play and exercise. Their energy and desire to learn was amazing. And the gratitude from the Afghan women and their families for the work that the IWFFA along with: ALDEA - The Peoples Justice Center and the law firm of: Greenberg Traurig in Mexico, had done to get them out of Afghanistan. Every IWFFA member should feel proud to be a member as our work such as this continues. Many thanks to: Suraya, Parisa, the Sultanzada family, MJ, Suzy, Maria and all the players.

Next year we offer our Canada tournament as a one day competition, June 28, 2025



# International Flag Football Tournament El Salvador 2024

On July 6th and 7th, El Salvador hosted an exciting international flag football tournament with teams from Guatemala and El Salvador. The event made history by including, for the first time, a girls' match for players aged 8 to 12 in the "Friendship Game Girls."

Despite light rain, Saturday featured intense games, with Libélulas achieving a remarkable 18-0 win over Titanes. The day ended with a lively social night, fostering bonds through karaoke, arm-wrestling, and fun.

On Sunday, Titanes secured a 12-0 victory over Loose Women, and Libélulas defeated Barbarians 12-6, showcasing their strength. The event highlighted camaraderie, with IWFFA President Diane Beruldsen emphasizing the importance of growing the sport.

The tournament also successfully recruited new players for Loose Women, blending competition with friendship and empowerment.



**¡FLAG 8 EN EL SALVADOR!**  
Aprende a jugar Flag Football & Regístrate para jugar  
**¿Quiénes pueden inscribirse?**  
Niñas (8 años en adelante) - Mujeres de cualquier edad  
**ESTAMOS FORMANDO NUEVOS EQUIPOS**  
Contáctanos: +503 7926 8134

# Boston Tournament

As we close out the 2024 flag football season, I would like to thank all teams and their respective states and countries for supporting the IWFFA. A huge thanks to our officiating crews around the world! I look forward to continued growth in 2025, as we add more female officials and formally organize our crews.

Sponsoring tournaments is no small task. The New England Dolphins, invited me to their first tournament the Stars and Stripes Classic, in 2023. In July 2024 they hosted their second Stars and Stripes Classic. Sisters Alicia Ridge and Alex Eberhard, who are also the USA Ambassadors, run an exceptional tournament. Ridge and Eberhard, with the support of other New England Dolphin team members, really made this tournament shine.

The tournament emphasizes and promotes inclusivity and accessibility for all women. From working with local hotels for reduced stay rates (Doubletree by Hilton) to an open night ceremony that is next level (Mahi Harbor Sunset Cruise), to a smore's filled closing ceremony beachside, every detail leaves you ready to play! Kaffmandu Coffee has proudly been one of the largest sponsors for both years. All of this work, which begins far in advance of the tournament, culminates in a fantastic and competitive weekend of flag football. The New England Dolphins have established something special.

As an official and the US Head Official, it is an honor to be a part of the Stars and Stripes Classic. Officials have a front-row seat for all the action, and at the Stars and Stripes Classic, officials are treated like royalty. All our needs are taken care of, from housing, water, and snacks on game days. Players and coaches demonstrate respect for the officiating crew, making it not just a tournament of players, but a flag football community. Be on the lookout for the Stars and Stripes Classic 2025. You won't be disappointed!

Georgeann Lewis  
US Head Official in collaboration with Alicia Ridge and Alex Eberhard



# "The Valhalla Sweden Flag Football Festival" held from July 29 to August 4, 2024



Was a unique event that combined sports with personal development, offering participants a holistic approach to empowerment. Beyond the excitement of flag football, the festival featured workshops in meditation, yoga, and shamanic journeying, helping the athletes, cultivate mental focus, inner strength, and self-awareness. These activities encouraged the participants to connect with themselves on a deeper level, highlighting the importance of mental and emotional well-being alongside physical fitness.



# International Flag Football Tournament Mexico 2024

This year's flag football tournament in Mexico was a thrilling event, showcasing the unique and strategic way Mexican teams adapt their playstyle. While 5-on-5 non-contact flag football is the most popular format in Mexico, this tournament featured the 8-on-8 style, adding an exciting layer of complexity to the games.

One of the most intriguing tactics was how Mexican teams split their offensive line with large gaps between the center and guards. This setup created apparent "open doors" for rushers to sack the quarterback (QB). However, as soon as the rushers broke through, the QB quickly passed the ball to a running back (RB). The RB then tossed the ball back to the QB in a dynamic and creative play sequence resembling a lively game of "monkey in the middle."

Teams like Vaqueros, Leonas, El Salvador, and Guatemala stood out in the tournament, showcasing their skill, strategy, and passion for the sport. Each team brought its unique style to the field, raising the level of competition and strengthening the bonds among players from different countries.

It was undoubtedly an unforgettable tournament that celebrated the growth and camaraderie of flag football in the region.





# 18TH PTOWN CLASSIC PROVINCETOWN, MASSACHUSETTS SEPTEMBER 6 - 9, 2024

To be in Ptown in the month of September is breath taking. This gay tourist town is close to everything and filled with tons of bars and restaurants. All the teams get free bike rentals from the Bike Shack, and we use the Monday following the tournament competition for activities such as: Dune Bike Tours (free), Whale watching, drag shows, theater, comedy and more.

The IWFFA Ptown Classic is definitely is a destination tournament. We play on a beautiful grass field on Saturday and Sunday and teams come with their family and friends.

This year we hosted a fun parade down Commercial street sponsored by Michelle Rizzuto (it is called the Michelle Rizzuto parade - one of our players : ) Great officiating, good clean flag football play. The camaraderie amongst competing teams and level of skill is amazing.

Our next tournament will be during the third weekend in September 19 - 22, 2025.





## 9th Guatemala, Utzil International Tournament

The 9th Utzil International Tournament 2024 took place on November 2nd and 3rd in Guatemala, featuring seven teams: Titanes, Fénix, Andrómedas, Barbarians from El Salvador, Libélulas, Panteras from Honduras, and, for the first time in Central America, Mexico's team.

The name "Utzil", from the K'iche' language, means "goodness, peace, well-being" and reflects the tournament's goal of fostering sportsmanship, teamwork, and camaraderie.

This year, participation was limited to eight teams due to the use of a single synthetic field at Erick Barrondo Park, ensuring better precision in game setup. Karen Cruz, Latin America's head referee, played a key role in coordinating referees and ensuring smooth scheduling, while local and visiting teams were welcomed with a special dinner and registration event.

A standout feature was the unique trophy: a female figure running with flags and a ball, personalized with team logos. Additional prizes included t-shirts, caps, wooden medals for the winners, and IWFFA awards for All Star players and MVPs.

Organizing this tournament took two months of dedicated work. While not everything was perfect, significant improvements were made compared to last year. Special thanks go to Diane Beruldsen for her support in sending recognitions and the official ball, contributing greatly to the event's success.

This tournament was a celebration of flag football in Guatemala, showcasing unity and sportsmanship. The organizers are proud of the results and look forward to making the next Utzil even better.

For more event photos, visit the official league page: <https://aiff8gt.org/torneo-utzil/>.



# Official's Corner

As we close out the 2024 flag football season, I would like to thank all teams and their respective states and countries for supporting the IWFFA. A huge thanks to our officiating crews around the world! I look forward to continued growth in 2025, as we add more female officials and formally organize our crews.

Georgeann Lewis  
US Head Official

**KELLY MCGILLIS**  
**CLASSIC**

INTERNATIONAL FLAG FOOTBALL CHAMPIONSHIPS 2025  
JAN 21 - 27, FULL WEEK EVENTS, 23 - 27 JUST GAMES  
KEY WEST, FLORIDA

The Florida Keys  
**Key West**  
Close To Perfect - Far From Normal

INTERNATIONAL WOMEN'S FLAG FOOTBALL ASSOCIATION

# SPECIAL AWARDS



2023 IWFFA  
PORTER WILSON  
AWARD

JUAN CARLOS RECINOS  
EL SALVADOR



2023 IWFFA  
SPORTSWOMAN  
NORTH AMERICA REGION

MORGAN LINDBERG  
RHODE ISLAND, USA



2023 IWFFA  
SPORTSWOMAN  
LATIN REGION

LELIS JOANN ESPINOZA  
HONDURAS



2023 IWFFA  
SPORTSWOMAN  
CARIBBEAN REGION

NAOMI DODD  
JAMAICA



2023 IWFFA  
SPORTS GIRL AWARD

ASHLEY STRAMA  
FLORIDA, USA



2023 IWFFA  
SPORTS WOMAN  
AFRICAN REGION

AFAF KHAYATI  
MOROCCO



2023 IWFFA  
SPORTSWOMAN  
ASIA-PACIFIC REGION

Denasha Nicole Mondy  
GUAM



2023 IWFFA  
JUNIOR SPORTS  
AWARD

KEILY CARDONA - QUICHE  
FLORIDA, USA

Name: \_\_\_\_\_ Date: \_\_\_\_\_

# IWFFA PUZZLE #1 - General Flag Football

c	i	i	h	m	f	o	n	o	i	t	p	e	c	e	r	b	CHUCKING ZONE
g	n	i	d	r	a	u	g	g	a	l	f	s	v	l	y	e	FLAG GUARDING
g	c	a	a	y	h	i	e	p	e	n	a	l	t	y	t	l	INTERCEPTION
m	d	e	m	i	t	r	e	v	o	f	b	o	h	u	v	o	RECEPTION
w	s	w	r	a	z	s	i	u	o	l	t	s	a	b	i	h	DEAD BALL
i	l	y	i	n	t	e	r	c	e	p	t	i	o	n	k	p	TOUCHDOWN
t	a	k	l	s	g	b	k	t	y	h	w	d	n	z	n	b	OVERTIME
g	n	y	h	n	d	s	y	r	t	k	s	o	w	b	v	b	PENALTY
c	t	v	e	n	e	a	b	t	e	b	b	l	o	c	k	l	SAFETY
y	b	z	f	y	a	k	b	a	f	w	p	l	d	u	n	n	FUMBLE
k	c	a	s	c	d	t	f	f	a	y	f	e	h	l	l	z	BLOCK
w	o	w	r	v	b	n	n	s	s	r	v	e	c	i	p	e	SLANT
i	c	w	g	k	a	v	i	p	h	i	z	v	u	z	b	a	SACK
l	v	u	f	c	l	r	o	o	r	i	e	e	o	k	n	c	SPOT
u	k	d	g	y	l	y	p	t	p	w	o	h	t	f	k	h	OT
g	z	l	f	h	f	d	d	u	d	f	u	m	b	l	e	f	
z	n	c	h	u	c	k	i	n	g	z	o	n	e	b	s	r	



# 2024 IWFFA TEAM Ranking

PLACE	TEAM	IWFFA RANKING POINTS
1	Rhode Island Dolphins	43
2	Blue wave	33
3	Libelulas GT	24
4	Panteras HN	19
5	Andromedas GT	18
6	Marathon Young Ladies	13
7	Barbarians ESA	12
8	Green KPK	11
9	Dragons HN	10
10	First Order	10

CONTINUED NEXT PAGE



<b>PLACE</b>	<b>TEAM</b>	<b>IWFFA RANKING POINTS</b>
<b>11</b>	<b>Fenix GT</b>	<b>9</b>
<b>12</b>	<b>Leonas</b>	<b>9</b>
<b>13</b>	<b>Glacier girls</b>	<b>8</b>
<b>14</b>	<b>El Salvador, 518 All Stars</b>	<b>7</b>
<b>15</b>	<b>Pittsburgh Passion</b>	<b>7</b>
<b>16</b>	<b>Red Sindh</b>	<b>7</b>
<b>17</b>	<b>518 All Stars</b>	<b>6</b>
<b>18</b>	<b>Leo´s</b>	<b>6</b>
<b>19</b>	<b>Loose Women Mexico</b>	<b>6</b>
<b>20</b>	<b>White dragons</b>	<b>6</b>
<b>21</b>	<b>Dolphins HN</b>	<b>5</b>
<b>22</b>	<b>Titanes GT</b>	<b>5</b>
<b>23</b>	<b>Guatemala 1</b>	<b>4</b>
<b>24</b>	<b>Black Balonchistan</b>	<b>3</b>
<b>25</b>	<b>El Salvador</b>	<b>3</b>




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<b>PLACE</b>	<b>TEAM</b>	<b>IWFFA RANKING POINTS</b>
<b>26</b>	<b>Mexico</b>	<b>3</b>
<b>27</b>	<b>Ohio Loose Women</b>	<b>3</b>
<b>28</b>	<b>Blue Punjab</b>	<b>2</b>
<b>29</b>	<b>KWHS</b>	<b>2</b>
<b>30</b>	<b>Morocco</b>	<b>2</b>
<b>31</b>	<b>Vaqueras MX</b>	<b>2</b>
<b>32</b>	<b>Zafra HN</b>	<b>2</b>
<b>33</b>	<b>Boston Loose Women</b>	<b>1</b>
<b>34</b>	<b>Fairvilla Loose women</b>	<b>1</b>
<b>35</b>	<b>Guatemala 2</b>	<b>1</b>
<b>36</b>	<b>Loose women ESA</b>	<b>1</b>
<b>37</b>	<b>Polar Bears</b>	<b>1</b>
<b>38</b>	<b>Yellow Islamabad</b>	<b>1</b>
<b>39</b>	<b>R.I Hurricanes</b>	<b>1</b>
<b>40</b>	<b>Underground LW</b>	<b>1</b>






# GIRLS

RANK	TEAM	W-L-T	TOURNEY PTS	OFFENSE PTS	DEFENSE PTS	PT DIFFER	PLAY OFF PTS	CHAMP GAME	 IWFFA RANKING POINTS 2 PTS EACH WIN 1 PT EACH TIE 3 PTS WIN PLAY OFF 3 PTS CHAMP 1 PT PARTICIPATION
1	HOB GIRLS SHIFTING GEARS	3 - 0 - 0		35, 8, 12	0, 0, 0	+55		3	6 + 3 + 1 = 10
2	GA 4 - 5 BERKSHIRE HATHAWAY	2 - 1 - 0		8, 17, 15	13, 0, 7	+10			4 + 1 = 5
3	POINCIANA #2 FAUSTOS	2 - 1 - 0		0, 7, 12	8, 2, 0	+9			4 + 1 = 5
4	BIG PINE A CUT ABOVE / PARADISE DENTAL	2 - 1 - 0		20, 22, 0	12, 12, 12	+6			4 + 1 = 5
5	SIGSBE MIX SUNRISE ROTARY	2 - 1 - 0		12, 13, 20	20, 8, 12	+5			4 + 1 = 5
6	SUGARLOAF GIRLS MARINE DETAIL & AT GRAPHICS	2 - 1 - 0		12, 13, 7	6, 12, 15	-1			4 + 1 = 5
7	POINCIANA #1 PRIBRAMSKY & CO.	0 - 1 - 2		2, 6, 6	7, 6, 6	-5			2 + 1 = 3
8	POINCIANA #3 ISLE SMILE	0 - 2 - 1		12, 0, 6	13, 12, 6	-13			1 + 1 = 2
9	GERALD ADAMS 3 GRADERS PMO TRAINING TIGERS	0 - 2 - 1		0, 6, 12	35, 6, 12	-45			1 + 1 = 2
10	KEY LARGO GIRLS BLUE HEAVEN	0 - 3 - 0		12, 6, 0	20, 12, 7	-21			1



# JUNIORS



RANK	TEAM	W-L-T	TOURNY PTS	OFFENSE PTS	DEFENSE PTS	PT DIFFER	PLAY OFF PTS	CHAMP GAME	 IWFFA RANKING POINTS 2 PTS EACH WIN 1 PT EACH TIE 3 PTS WIN PLAY OFF 3 PTS CHAMP 1 PT PARTICIPATION
1	SUGARLOAF JUNIORS - COAST GUARD	2 - 0 - 1	7	6, 33, 6	6, 0, 0	+39		3	5 + 3 + 1 = 9
2	MARATHON JUNIORS - MERMAIDS	3 - 0 - 0	9	18, 12, 27	0, 0, 0	+57			6 + 1 = 7
3	SPECIAL MIX TEAM JRS - GODESS TATTOO	1 - 0 - 1	4	6, 0, 12	6, 12, 0	0			3 + 1 = 4
4	HOB JR - VFW	1 - 2 - 0	3	0, 19, 0	18, 0, 6	-5			2 + 1 = 3
5	KEY LARGO JR - KC CLEAN	0 - 3 - 0	0	0, 0, 0, 0	19, 33, 27, 12	-91			1

# 2025

## IWFFA TOURNAMENTS

**33rd Key West January 23 - 27, 2025 (games only)**  
**Kelly McGillis Classic (games only)/ Full Week Jan. 21 - 27, 2025**

**South Sudan Promo Tour March 2025**

**Pakistan Promo Tour April 2025**

**Honduras April 12 - 13 (2 days)**

**Ada, Ohio May 10 (one day)**

**Mexico August May 17 - 18 (2 days)**

**Bahamas, Nassau May 24 (one day) / Promo 16-23**

**North East USA Promotional Tour Month of June**

**Canada June 28 (one day) / Promo 23-27**

**Gibraltar July 13 (one day) / Promo - July 6-12**

**El Salvador July 12 - 13 (2 days)**

**Boston July 26 - 27 (2 days)**

**Sweden Flag Football Promo July 18-27**

**Festival July 28 - August 3/ Friendship Games August 2-3 (2 days)**

**Ptown Classic September 19 - 22 (2 days)**

**Thailand October**

**Guatemala November 8 - 9 (2 days)**

**Some dates may be modified, check with the office of the IWFFA**  
**If you would like to host a sanctioned IWFFA tournament in your city or**  
**for more info contact office of IWFFA: [IWFFA@IWFFA.COM](mailto:IWFFA@IWFFA.COM)**



# WHETHER YOUR A PLAYER OR A FAN BECOME A IWFFA MEMBER

IWFFA NOW HAS IT'S 2025 MEMBERSHIP LINK TO  
REGISTER FOR 2025 SEASON



<https://iwffa.com/25-registration-2025/>