



FORWARD PASS

OFFICIAL MAGAZINE

INTERNATIONAL WOMEN'S FLAG FOOTBALL ASSOCIATION

2019 Annual Issue

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OFFICIAL MAGAZINE

International Women's Flag Football Association

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Letter from the PRESIDENT

Reading this year's issue of the IWFFA Forward Pass Magazine, you can taste a different flavor.

The magazine is no longer just about our tournaments or our leagues, but rather empowering females all over the world. You will read about so many new countries from new regions of the world where the IWFFA now exists.

Through the years, our organization had been defining itself, and today one can see more clearly as we have established ourselves. Our biggest challenge has been to define flag football as it's own sport, and separate it from tackle football, where it grew out of. The nature and differences of the two sports: flag football and tackle are over bearing. One sport "takes down" their opponent, the other "grabs a flag", which creates a different type of athlete. We are not focused on winning, but rather participation. "Experience the excitement", make friends with the other teams, play fair and clean, unite under one umbrella. That's what we're all about. And the nature of our tournament teams, clearly depicts this philosophy as well. Not everyone can be the championship team, yet should all the other teams be diminished because of the score of their games? In every team, there is team work, getting to the tournament or / league games is an effort and hard work, and we commend all the players and teams who participate in flag football. We honor those, who in other sports organizations, may not be recognized.

For us, flag football is a journey to build leaders.

In our 2018 Ptown Loose Women's team, played our oldest player: Maureen Travis. At age 70, she caught passes, ran on the field for: offense, defensive. kicking and receiving teams. This year at our 2019 Ptown Loose Women's team, Maureen broke the record again, playing on the Ptown loose women's team at age 71.

Early in 2018, the IWFFA was contacted, asking if we could teach a group of women from Afghanistan, flag football. Since IWFFA is based in the USA, travel to Afghanistan was impossible due to the ongoing war, so a neighboring country safe for both parties to travel to was needed. Partnering with India and it's organization: EFLI and Poornima University, who hosted our 2018 Promotional Tour to India, we were successful in bringing the 8 on 8 game to India, and were able teach the group of women from Afghanistan. Today, in Afghanistan, the women are coaching girls flag football and officiating. The women are ruling their own sport.... this is why the IWFFA exists.

Since 2015, the IWFFA introduced the sport to females in Cuba. With sanctions and travel restrictions, we still were able to train groups of girls and women forming three girls teams and two women's teams in Cuba. In 2017, we had American girls travel to Cuba to compete in a friendship game, and in 2018 a full team of faculty players from the "A Lot" women's flag football team competed in Cuba's first international competition. This year in 2019, the IWFFA traveled Cuban player: Yusiley Fuentes Hernandez to the El Salvador Women's Flag Football tournament (you can read story from Yusiley in this magazine). As you can see, political and financial challenges do not sway us, but rather women and girls who want to learn how to play flag football.

We are the only organization willing to travel anywhere around the world, to bring flag football to a country who never heard of the sport before. We are women, who rule our own sport, working to create the female style of playing flag football, because we have been so influenced by tackle in our early years. From the first generation of female flag football in the early 70's, in the United States where flag football originated, there were no role models for the sport. Then, there was only only tackle football on television, as women watched the men play on Saturdays and Sundays during Fall season. All my flag football coaches were men who played tackle football growing up, who coached me "tackle flag football". My coaches would scream from the side-line "hit her hard", "take her down" and it took me years to understand that women's bodies, women's mentality and our spirits are different from the men. That while the male gender may play with greater force and speed, the female gender should play it's own style for the sport, emphasizing on finesse and strategy, which makes flag football a perfect sport for females of all ages. And the female version of flag football, in it's own identity is truly more exciting to play and watch. The IWFFA nurtures the female style, focusing on female characteristics to build upon and make each person stronger, whether you are an athlete or not. So, when we enter a new country where tackle football does not exist, and our female trainers

teach the sport to girls and women, slowly but surely, we are getting there, developing the female style, because the female athlete is exciting, smart, powerful and in her own way, she needs to be recognized and highlighted. This is what the IWFFA is all about. The female athlete. We make leaders using the sport.

Next year, in 2020 the IWFFA promotional tour takes us to two continents: Asia and Africa. Our Asian Steering Committee, comprised of representatives from: Pakistan, Kyrgyzstan, Afghanistan, Indonesia and India, is organizing countries to travel to, to introduce the sport and help to develop leagues for women to rule their own sport.

In Africa, the IWFFA will travel to Sierra Leone, a country devastated by a civil war which raged on for 11 years from 1991 till 2002. In that civil war, soldiers were brutal to civilians. Children were turned into soldiers, over 20,000 persons were mutilated and amputated, hundreds of thousands women and young girls were raped. The use of rape during times of war is not a by-product of conflicts but a planned and deliberate military strategy. To this day, rape of women and young girls continues and is epidemic in their country.

Letter from the PRESIDENT

The Jimmy Foundation Sports Academy for Girls (JFSAG), is an organization founded in 2016 by survivor: Jamie Saffa, who was raped at age 9 during the civil war, her brother was amputated and father killed. Her family fled to Canada, where she now resides. Ms. Saffa is giving back to her homeland and uses sport to heal girls and women: "the power of play". Two thousand girls and women are part of their organization in Sierra Leone, living in a country where child marriages are outlawed but still prevalent, where walking to school is dangerous to become another rape victim. Sport, exercising one's body, joining other girls and women in team work can be one way, and very effective to empower females, to make whole and strong again, in such male chauvinistic and patriarchal societies.

The IWFFA has partnered with JFSAG, to bring flag football to Sierra Leone for the entire month of April 2020. The IWFFA will bring it's female trainers to teach how to play, coach and officiate flag football. The IWFFA will also provide the equipment for Sierra Leone, so that the women can continue the sport, to make it grow and establish female leaders as each team must have: a female captain, each league a female representative and each country a female ambassador to the sport. This will be the IWFFA's largest project to date, and we ask women around the world for your support. The IWFFA is a non-profit 501-3C and all donations are tax deductible. We invite women who would like to join us on this journey to travel with to Sierra Leone to support these women, or to financially support the equipment. Email if you are willing to help: IWFFA@IWFFA.COM



I hope you enjoy this issue of the Forward Pass Magazine. I thank all the women who edited, wrote stories, shared their experiences, and or worked hard to organize their team or league. It is amazing what women and girls can do when we work together. United we are powerful.

Diane Beruldsen
President / Founder
International Women's Flag Football Association

Letter from the Editor

Letter from the Editor

Dear IWFFA,

I'm going to start off by introducing myself. My name is Cassandra (Cassie) Krencisz. I am a rising senior at Ohio Northern University in Ada, Ohio, USA where I major in political science and communications and minor in professional writing and public policy. (I know, it's a mouthful.) Post graduation, I plan on pursuing a graduate degree in Women's and Sexuality Studies.

This may shock most of you, but I don't play flag football and unfortunately, I probably never will. I have suffered many injuries over my many years as an athlete (and not): countless sprained ankles, broken wrist, dislocated knee, tendon problems and most recently a severe concussion. These injuries will most likely keep me from ever playing sports competitively ever again.

Now some of you may be wondering how I got involved in, or have even heard of the IWFFA if I don't play myself. One of my professors, Dr. Russ Crawford, researches the history of women's football. Well, I am very into the NFL (Go Falcons) and Dr. Crawford and I were talking about it. Somehow, we began talking about women's rights and the IWFFA came up. I immediately became interested because it was two of my favorite things combined: football and women's rights. I talked with Diane Beruldsen, President and Founder of the IWFFA and I was hooked. Now we're here.

I absolutely love that this organization uses flag football to empower women, teach women how to be strong and stand up for themselves, and most important (to me) gaining self-confidence. Whether each individual player realizes that they are learning these things or not, they are. Every time you, yes you, step onto the field, you are gaining each and everyone one of these skills. While I may not be able to be a part of that physically, I get to be a part of that on the administrative side.

In this issue, you will read a variety of stories from amazing women around the world just like you. Each and every one of you deserve to be in this magazine, it would just be too long if we included all of you. Women like you will inspire and empower the next generation of women. As the saying goes, "Empowered women, empower women."

Now go play some flag football!

Cassie Krencisz
IWFFA Coordinator

And now... a word from our philosopher Patricia Gorky

Today, fires rage in the Amazon set by profit-hungry agribusiness owners, and hurricanes have devastated our brothers and sisters in the Bahamas. Why? How did we get to this point?

Every one has their own understanding of the world and our place in it. That understanding is a core part of us: this shapes the way we live our lives, and how we interact with one another. Another word for this understanding is *philosophy*.

Our understanding continually changes as we take in more information, meet others and process the world around us. Sometimes our understanding is based on the wrong information or faulty logic, which then distorts the steps that we take in life. As we learn more about the world, we must use that to further our understanding, and to transform the world into a better place.

This is also true of economic systems, which also have driving forces that change the world. Depending on the philosophy of these systems, however, that change can be destructive.

Climate change is one result of an economic system based on maximizing profit. Forty years ago, for example, the oil company Exxon knew from its own research that petroleum extraction and use would destroy the climate. Yet because Exxon's driving force is to make as much money as they can, they hid that crucial information from the people and continued to drill.



We can work towards creating new systems that accurately reflect the philosophy of the vast majority of humanity: environmental preservation. But this can only happen when we put that philosophy to use and in action. It is clear that philosophy is a force to change the world. Our responsibility is to use that force and build a better society

Mom is playing flag football - A Reason to Play

By Lowe Matheson

I came to the field feeling uncertain. I was a Mom who wanted to try something different. I wanted to get some exercise, meet new people, and get out of my comfort zone. I was joining a flag football team that included an administrative assistant, a cafeteria manager, an art director, a marketing VP, a restaurant manager, a school office manager and a high school wrestling champ. I knew very little about catching a pass much less the rules and competition of flag football, but I wanted to join anyway.



This team of women enjoyed the sport for the camaraderie and just the joy of playing. A team of women who wanted to dedicate every Sunday to bettering themselves and bettering the game. We were a team who knew we would not win any championships but we loved being on the field, trying our hardest and challenging ourselves in ways we never thought we could. We were flag football players; I became one of them.

I decided to try flag football after my 8 yr. old daughter signed up. She had come home asking to play and I had watched her practice for a few weeks before we decided to create a Moms team. Something vitally important to me is letting my daughter see me try new things and seeing me as someone other than her mother. She never knew me in high school when I was a varsity tennis player and when I raced paddle boards. I wanted her to know that I am athletic, that I am driven and that I can compete. That I won't give up because something is hard and that our lives should be full of more than the ordinary. I wanted her to see me being open to new experiences even the difficult ones. I wanted to help instill these qualities in her as she grows older, because these are essential skills for any woman to have.

Mom is playing flag football - A Reason to Play

By Lowe Matheson



For 3 months, our Moms team practiced but we never had a full team. We ran plays, learned formations and acted as each other's coaches and motivators. With our small team and limited practices, we only played one competitive game before we entered the International Championship Tournament. When we arrived at the Tournament, I did not know what to expect. I was stunned looking out over the fields because all we saw were teams of Women and Girls. I had never seen a sporting event filled with only Women, it was simply amazing to share this experience with my daughter. These were Women full of confidence. They strutted, talked smack, greeted friends and owned those fields. Some teams had played together for 20 years and some teams were made up of women who just met from across the states. We met players of every age, type and background. We all cheered for each other and congratulated each other on wins. We laughed, we hurt and we gained a pride from sharing in this amazing experience of competition. My daughter's team dominated while we were ranked at the bottom. My team lost every game we played but we had the absolute best time.

Mom is playing flag football - A Reason to Play

By Lowe Matheson

As a woman, it is so empowering to be a part of this sport. Watching my daughter play was the most wonderful part. She had joined the team but never really shown a lot of passion. But when she was taking to the field to compete, it all changed. My daughter was relentless, chasing players till they fell over trying to get their flags. I watched as her shoulders dropped, her stance took form and she engaged fully every time. I am so proud of her. I am so proud that she saw fields of Women and Girls competing as natural. The sexism and dismissive attitudes I encountered for being athletic would never effect her. She is part of a sport that is based on strength, teamwork, toughness and ability where gender does not matter. This is an experience that fills her with pride and respect and she will carry this with her forever. Seeing all the different Women and her own Mother play has helped to shape how she sees herself. For her to know that Women can compete, laugh, share and be part of a bigger collective of supporting Women' Sports, is so important for changing the world.

I am honored to share this with her, with my team, with each of the women I meet on the field. We are playing because we love the sport. But we also play because we know who we are, what we can accomplish and we are unified in bringing this sport to the world.



Thinking About the Greatest Coach in History

My Greatest Coach for me, was never known to the Outside World.

My Coach was never Highlighted on TV, Newspapers, or Recognized by Some Organization.

My Greatest coach influenced my thought process, my actions, the way I behave and the way I played ever since.

There was no fanfare, excitement, press releases, or media coverage to tell the world how great my coach was.

And I don't even know if my coach knows how great she/he was.

But my coach was great and I am so grateful they took the time and love to share their knowledge and skill to coach me.

Thank you, Coach.

Jen Gold - Coaching since 2001 Mom's Coaching Their Daughters

Hi. I started back in 2001 with my oldest daughter playing. I have two daughter that will be playing in this girls season and one who also plays on a tournament team also. I'm a coach who believes in all of my players playing the game. I tell them it's not all about the win, but everyone getting to play, learning the game, making friends and having fun. We are a rec league out her in Loxahatchee, Fl. With my way of coaching I like to have them learn the way to hand off the ball correctly. Teaching them how to catch the ball with their hands. See quite a lot of girls try and use there bodies more instead of their hands and always dropping the ball. Showing them how to pull flags.

Work with them engaging the offense. How to run routes and be conditioned. I do my best to make sure the girls understand how to play. We do have coaches who are just in it for the win and will only play there best players and not all their players. Which makes so the girls don't want to come back. I have four daughters who all play. One gets discouraged because she goes out and plays her best but doesn't always get to be on the field as much. We need coaches who will coach all their plays and making it the girls will all want to play not just the ones who they think are best. We do get a good number of girls to come out but we need to have more interest from the girls in the sport. This is a sport that is growing more and more. The majority of the high schools if not all have girls flag football as a sport but not in college so there are girls who would love to play it in high school but there are no scholarships for it. So they play other sports for that.

I also play on a women's team. That could use more women to come out for that. Its a great sport and a lot of fun. We also have a coed season that I coach as well. We do hold a couple of tournaments out here. In August we will have one for FLorida flag football league. We also have a 4 on 4 tournament for Flags For The Cure which also has a big tournament the first weekend in January that raises money for the fight against cancer.



IWFFA - El Salvador Women's Flag Football Tournament: "Changing a Culture"

By: Gloria Elizabeth Figueroa



On a daily basis, we see how sports are dominated by men, but that doesn't mean women are not amazing athletes. And it is important for women to practice the skills that allow us to succeed daily in the hard world in which we live, and also for us to become great athletes.

A clear example of women demonstrating their athletic talents and learning life skills from a sport comes from the recent IWFFA tournament hosted in El Salvador this past June 29 - 30, 2019. If you ask me, it was a complete smash hit from day one and the women demonstrated a highly skilled level in flag football, playing with great finesse and fairness and made many new friends.

As you may have heard, people in Central America are known for being late. Trust me on this. For this reason, I was expecting everything with the tournament would be late. Much to my surprise and relief everything started on time as it was scheduled. The El Salvador tournament is run by women and hosted by our local women's flag football league: Asociacion Salvadorena de football americano (ASFA).

The organization for this year's tournament was outstanding, the field was great and there was security everywhere so the girls were safe at all times. There were healthy lunches available made with lots of love, and the atmosphere was quite warm, but not because of the Central American tropical weather, but by the closeness and the camaraderie between all the players, regardless from where they came.

IWFFA - El Salvador Women's Flag Football Tournament: "Changing a Culture"

By: Gloria Elizabeth Figueroa

We had 8 teams from 3 different countries: Guatemala, Honduras, El Salvador as well as a special visit from an all-star athlete from Cuba: Yusily Fuentes Hernandez. Her visit was very special as she was not only representing her country, but also to experience an IWFFA tournament with so many teams and bring back what she learned to the Cuban women and girls. Yusily played many games on the loose women's team, which consisted of players from each country, she also shadowed the officiating staff to learn more about officiating. She was also delighted to have won the tournament arm wrestle contest. All the women were delighted to meet her and wanted a photo with her which she was happy to allow. We are so happy that now, Central American Countries count the Cuban women as their family.



IWFFA - El Salvador Women's Flag Football Tournament: "Changing a Culture"

By: Gloria Elizabeth Figueroa



Recently, El Salvador organizers and players: Briseida Beltran, Veronica Coto, Elise Montalvan, Olga Flores Castillo, Leticia De Mendoza, Yennifer Alabi and JC, traveled to the Kelly McGillis Classic International Women's Flag Football tournament in Key West, Florida. This tournament allowed the Salvadorians to experience the: social events, half time games, new friends as well as giving them the experience of helping organize the Key West tournament. Our El Salvador team participated in officiating and took what they learned from Key West and applied it to the El Salvador tournament.

As an athlete that has played Flag Football for the past 5 years, I can say that the quality of this year's El Salvador tournament significantly improved because of their Key West experience.

In the El Salvador tournament the quality of our officiating staff was excellent and praised by teams at the tournament. I also believe that the officiating improvement was a direct result of having Veronica Coto as the head official and 2 other female referees for all the tournament games. These female officials were once players, allowed to officiate, and because of their player experience, I believe it made them better at officiating. Their player experience allowed them to be better aware of all things that can happen on a field.

IWFFA - El Salvador Women's Flag Football Tournament: "Changing a Culture"

By: Gloria Elizabeth Figueroa

At the El Salvador tournament, all teams contributed 3 players to handle the chains and two players to officiate for one or more games. It also was obvious that the players themselves had a better understanding of the rules. This was evident in game play and higher level of skill and fairness on the field.

Out of the 8 teams from 3 different countries and a special guest player from Cuba, the tournament had the least number of complaints ever. Fun fact I want to share: This year's tournament had the least number of male coaches and the least number of complaints received in any of the tournaments. The women and girls from all the teams respected the tournament organizers and helped when asked.

At the end of day 1, we had the social events which were very well attended and so much fun and amazing. We had an arm wrestling contest and lot's of players from all the teams wrestled with each other. The final arm wrestling champion was our friend Yuseli from Cuba! It was so wonderful to have so many teams from so many countries in the social events, allowing the players to make many new friends from different countries. It was Great!



IWFFA - El Salvador Women's Flag Football Tournament: "Changing a Culture"

By: Gloria Elizabeth Figueroa



We use the sport of flag football for fun, competition, bonding and socializing. We were also able to proudly represent our country's. We are so proud to be able to make new friends from other teams and countries because of the common bond of flag football. I want to thank the IWFFA, for making this possible, it is a wonderful organization that has helped to create our women's league in Central America and has put the women in charge. This allows us to be leaders in our own sport. We Salvadorians are so proud of how we have developed the sport and our tournament. We are proud of our comrades: Guatemala, Honduras and Cuba flag football teams. We have worked hard and been successful under the umbrella and guidance and support of the International Women's Flag Football Association. I encourage all the women's flag football leagues around the world to join the IWFFA.

Together, united, we truly are much stronger.

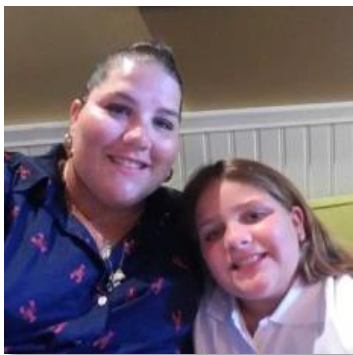
Elizabeth Figueroa
Mustangs, El Salvador



Move over Dads The Moms are taking over

By: Wenke Breistein

Since the 2019 Kelly McGillis Classic, this past January, a group of mom's from the Florida Keys, USA, have signed up to learn how to coach flag football and have participated since March in the coaching course: 'Flag Football 101 for mom's coaching their daughters'. The course designed for mothers who know very little about the sport or about coaching. The instructor: Diane Beruldsen explains: "The purpose of moms coaching their daughters is to promote the female style of playing flag football, and for girls to see women in leadership roles. It's also an opportunity for moms and daughters to bond, a benefit dominated all these years by dads and their sons with the sport of football. A sport can ruin when so much emphasis is placed on "winning". The rippling effects of this methodology negatively effects individual players, teams, coaches and ruins leagues. Therefore our philosophy emphasizes on: playing your best, understanding how to play your position, playing clean and honest, having fun and more important than winning is making friends with your own and other competing team".



This year's Kelly McGillis Classic proved this style of play can be successful on the flag football field, as 11 out of 13 girls and junior flag football teams were coached by a female coach, which also demonstrated a difference in the behavior of the girls. Many times female flag football teams are influenced by it's father game: tackle. Men who have been the dominant gender to coach girls flag football, and have played tackle football who volunteer to coach their daughters flag football team can easily mix the two sports (flag football and tackle) and end up coaching: "tackle flag football". Many times these male coaches will transfer what they learned in tackle. What the mothers are working to create is the female style of flag football to utilize finesse and strategy rather than brute force and tackle tactics.

Move over Dads The Moms are taking over

By: Wenke Breistein

Most of the mothers have no experience coaching. Some have little knowledge of flag football, yet, they are eager to take on their new positions. So far the mothers who have attended the training and practices are: Amanda McCauley, Andrea Rainer, Kristie Bareika-Artigue , Evonne Aviles and Vivian Smith who are the first group of moms to get on the field to coach the Key West girls flag football teams. A combination of school teams from the Kelly McGillis Classic have continued to practice each Saturday or Sunday for fun and moms practice their coaching skills teaching new plays and flag football drills to the players.



"Coach Moms" have started to make new rules for the girls flag football league, emphasizing fun, the importance of camaraderie, fair play, inviting junior players to join as assistant coaches, to build leaders and restructure coaching girls flag football.

"To Coach my daughter is an absolute honor! I enjoy coaching all the girls and it brings me great pleasure to see the joy on all of their faces" - Coach Andrea Rainer whose daughter is Keily.

"When the opportunity arose for me to coach flag football, I was hesitant to step up to the plate. I had to be nudged just a tad. I am so grateful Coach Diane and the athletes nudged me! I saw how the program had a need and I didn't see many people stepping up. My daughter was playing, she was into it, and she was pretty good! I hadn't even realized she was athletic until I started coaching her!! It has brought me such joy and excitement to be part of such a wonderful program. Sports are expensive these days and for this program to be 100% free to the girls is absolutely amazing! The young athletes had such a great time at the Kelly McGillis Classic Tournament. I couldn't believe some of the fantastic plays these girls pulled off and it was so nice to be able to compliment them no matter what team they were on and see their faces light up! I am there to guide them and coach them, but really I am just there to tell them how amazing they are!!"

- Coach Kristie Bareika-Artigue whose daughter is Ava.

Move over Dads The Moms are taking over

By: Wenke Breistein

"My name is Amanda Mayer and I am the mom to Elizabeth McCauley-QB. I'm also a Coach in training! I'm enjoying every moment of coaching these girls. Diane has been real helpful but I know I have a long way to go. I want to help these young girls to play as a team and bring out each other best qualities. I'm excited that I get to coach my daughter's team as well. If it wasn't for my daughter I wouldn't have this opportunity. Elizabeth came to me and told me coach Diane was looking for moms to help coach, and she asked me if I would do it. I was very nervous about it at first but now I look forward to seeing how fast I learn and how fast I can teach. I guess we'll know by the way my team plays. " - Coach Amanda Mayer whose daughter is Elizabeth.



"I believe our coaching philosophy will be healthier, create stronger flag football players and be more fun. Everyone plays, and will feel very much a part of the team. It may take longer to establish a high level of flag football play, because we are developing each player from within, taking more time to explain to players: what it is they are suppose to do, what their goals should be, then ask players what they can anticipate thinking of possible solutions which are then practiced on the field. We want to create smart, thoughtful athletes, physically fit so that they can become leaders in their communities" - Coach Diane Beruldsen

Any female wanting to sign up to coach the girls flag football - No Experience Necessary and if interested to host a coaching clinic for a group of moms can contact the office of the IWFFA at: IWFFA@IWFFA.COM

My name is Yusiley Fuentes Hernandez, I'm from Cuba.

By: Yusiley Fuentes Hernandez

My name is Yusiley Fuentes Hernandez, I'm from Cuba. I starting playing flag football in Cuba three years ago when the IWFFA first came to Cuba. We were unsure what this sport was about. In Cuba, we have never seen flag football before. But this American woman, MS. Diane Beruldsen, showed us some drills and taught us enough to play some games. My first thought when I saw the football was it's funny shape. I was wondering how to kick this ball, but found out you throw the ball in a special way so it spins in mid-air. The first few years I played flag football, I do not think I was very good, nor my team. Last year, an American team came to play us, and we won, but they were older women and we were younger athletes in very good shape. It seemed to me to be a very smart game where it is important to think before you act.

For the last three years, I coached my daughter's team. The girls really enjoy playing flag football. This year, I got the privilege to participate in the Flag Football Tournament in El Salvador, thanks to the IWFFA who sponsored me.



My name is Yusiley Fuentes Hernandez, I'm from Cuba.

By: Yusiley Fuentes Hernandez



It was the first time I would fly in an airplane, and I was a little nervous. I arrived to the tournament on time and I played with the Loose Women team. On this team, I got the opportunity to play with women from other countries, who didn't have their own team. We won 5th place (8 teams total) it was really great and I was motivated. I played having hunger of success. I also got the honor of being invited to play with Panteras team from Honduras. It was a really great experience playing with them, everything was awesome. We understood each other, I had a great time socializing and made some very good friends.

At the tournament, I played 4 games every day, and I also practiced officiating in one of the games. When the tournament was over, I got the Most Valuable Player award for Defense and also the Offensive All Star Award playing the offensive line with my Loose Women team. It was fabulous participating in such a beautiful tournament, also meeting many players from other countries, who are really good at flag football. Now, I see how competitive flag football can be. It really is an exciting sport.

This is the first time I played internationally, and now I will give back to my country. I will continue participating in order to develop flag football further in Cuba. The experience to play in an international tournament has taught me so much more that I have become a better player and coach.

A Custom of India - Ways of Greeting in India

BY: Anushka Bhatnagar



Welcoming a guest is as much an expression of man's cultural sensitivities as his world view. Hence, each culture has its own way of welcoming guest. In Indian custom, it is said that one should look upon a guest as God verily. It is based on the Sanskrit sloka, Atithi devo bhava, ie May the guest be god unto you. And treating an atithi as God is the Indian way of life.

There are many ways in which a guest is welcomed in India. Applying tilak on forehead is one of them. Tilak is considered not only a symbol of warm wishes but also an expectation of well being of a person on whom it is applied. A symbol of unity and auspiciousness, Tilak, along with some rice grains is put on the forehead. This is the highest form of welcome.

IWFFA Promotional Tour 2018 - India - June 16 - July 3, 2018

By Diane Beruldsen
Edited by: Mary Galazin



I am really excited to tell you about our 2018 promotional tour for India and Afghanistan, but first, let me clarify several points. The International Women's Flag Football Association (IWFFA), is a woman's organization first. This makes a big difference in how we operate. Obviously, traveling, training, and supplying the equipment takes time and a TREMENDOUS amount of effort. Additionally, it is important to understand that when we consider countries to travel to, our purpose is not to make money, but rather to support women and girls.

We use the sport of flag football to teach leadership skills, empower women, and unify female flag football teams around the world because we want women to bond, learn to work together, become leaders in their communities, to have female influence in the world and one day peace. We travel around the world to teach how to play the sport, many times introducing the sport to each country we visit. We help to develop leagues for women for them to run, operate and to be independent so the women can control their own sport.

Of all our IWFFA promotional tours around the world over the past 30 years, including North America, Nordic regions, Central America, the Caribbean and Europe, the region of the world which best demonstrates our purpose is clearly Asia. Last year the IWFFA traveled to India to train not only the Indian women, but our primary purpose was to train a group of women from Afghanistan, as well. And the journey begins.



A great deal of preparation, planning and expense went into the Asian promotional tour before I traveled to the other side of the world. It was three days of travel from Key West, Florida, USA to New Delhi, India, and included thirty-four hours of airplanes and airports. It was the longest travel I had ever made by plane. When I arrived, I was greeted by Andray, who was one of the coaches for the women's teams. With a big smile on his face, he led the way to a small taxi which we filled with my bags of equipment. We left the airport in New Delhi and jumped on a bus which would take four hours until we arrived in Jaipur, Rajasthan. We stopped along the way for coffee and restroom breaks. The facilities were primitive (there was no toilet seat, only a hole). I don't think I did it right, but I went. The coffee was delicious and we were soon back on the bus. It was hot. 110 degrees Fahrenheit (43 Celsius.) The windows were open to cool the bus. The scenery was so different from home. It was a whole new world for me, including the people and their style of dress.

Once we arrived at our destination, Poornima University, which would host all the women, I was greeted by a group of male football coaches and given a traditional Indian welcoming ceremony, which included red dye on my forehead, a bouquet of flowers and a slice of yellow cake, which was placed in my mouth. I was honored to be welcomed in such a traditional way. After many photos were taken, I was shown to my room, which had a shower, air conditioning and a comfortable bed.

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For safety's sake, I also made sure that I had plenty of bottled water.

The next day I met with one of the women's flag football teams, coached by Andray. All the women were young, sweet, friendly and very polite. Growing up and raised in Brooklyn, New York, I am always amazed how civil, polite and friendly the rest of the world can be. My tongue can be sharp and to the point and may come off as impolite. But I have become reconciled to my mannerisms, and I have decided that I must be natural and not pretentious. What you see is what you get. I just hoped that the Indian women would understand.

We held a training for the team, and the male coaches joined me. India had played 5 on 5 over the last two years. It was a new sport for them, but most found the 5 on 5 style boring. Their league wanted a more exciting game and were eager to learn the IWFFA 8 on 8 style of play. They were not used to blocking, designing plays for the run and offensive line to come off and run downfield to block for their running plays, so these skills were my focus.

I have been training women since 1995. When I get on the field with a new group of women, I look at their body language, their mannerisms, their level of cooperation and of course, their athleticism. Every woman is a great flag football player.





I only have to find her strengths to bring out, or I find her weakness and make her skills stronger. What is wonderful about the IWFFA rules is that there is a position for everyone no matter what her size or skill level.

After our first training, I asked if we could go into town for coffee. I wanted to socialize and talk to the women because up until then I was mostly talking to the men. I wanted to learn about their culture, to ask if women are respected and treated equally in India, and just to find out what life is like for a woman in India. So off we went. Some women rode on mopeds for transportation with two or even three persons on one moped (I had seen as many as five persons on one moped in India). The traffic was crazy with cars driving against us on our side of the road (did we have a side?), cars weaving inside and outside (including us) and there were cows alongside the road. Yes, there were cows alongside the road, walking freely. No collar, no owner. They could go anywhere without being disturbed. Amazing.

The town was super crowded, and when we finally found a table, our team seemed a little tense. Everyone called me "madam" and one woman kissed my feet. All I could do was smile. We decided to do something special for my visit to India, so we planned that the next day we would go to a famous historical building and then on elephant and camel rides! Wow!!

So the next day, we hopped on a bus and off we went. I can't remember the name of where we went, but it reminded of China's Wall. There was a wall all around the area, many tourists from all over the world, and elephants! Time to ride the elephant. The cost to ride the elephant was more than I expected. I had wanted to give everyone in the group a fun ride, but I could only afford one extra ticket, so we pulled straws and Komal was to be my "elephant partner". We had to climb a ladder to get on the elephant (of course). Riding the elephant was special, fun and uncomfortable. You sit sideways, so when you turn to see where you are going, you are always twisted. The rest of the flag football women and coaches were walking behind my elephant. It was a long road that went up hill, very hot and dry and must have been tiring. Because the elephant walked very slowly, the group kept up and was always behind my elephant.

Afterwards, we went to another tourist place where we could ride camels. This time, it was so cheap to ride the camel, that all of us (approximately 16 people) could ride for about \$20 US dollar, so the ride was on me, and no one had to be left behind. The camels were thin, and I worried that my weight would be too much for the animal. But I trusted the owners, and got on my camel.



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We rode slowly along a main road, accompanied by a man holding the reins and leading the way, as cars were passing by. This was more fun than the elephant because everyone was riding, you looked straight ahead, and sitting was more comfortable. Everyone took fun photos as we passed by each other. After our ride, there were street vendors selling Indian foods and drinks, made right there on the spot. I was encouraged to try each food, but I was afraid because of the water. Sorry to say, but one time when I traveled to Peru, I was so good in drinking only bottled water, but then had a salad washed in water, which made me sick for days. So, while I was in India it was so important that I be healthy, because I had one country learning the 8 on 8 rules, and another country learning how to play flag football who knew nothing of the sport. Forget about "no guts, no glory." It was "better to be safe than sorry". Then, back on the bus, back to Poornima University, and end of our tourism. Now it was time to focus on flag football.

The rest of the Indian women would soon arrive at Poornima University to stay for the 10 days of training. We also were waiting for the Afghanistan women, who were having trouble getting their visas to travel to India. This made me very nervous. The promotional tour was originally planned for them, but because I was American and not able to travel to Afghanistan, it was necessary to find another country safe for all. India became the destination.



The hosting group in India was Elite Football League of India (EFLI). The league president, Mohit Singh Rajawat, was my initial contact and remained so throughout the trainings. Mohit had organized the men's tackle and women's flag football programs in India. I was very impressed with how well he put all the pieces together.

The women stayed at the dorms, ate together, slept together and trained together. There were three teams of Indian women who came from different regions. The trainings were intense as was the heat which reached as high as 112 Fahrenheit. To escape the sun, we trained on the field early morning from 5:30 a.m. until 8 a.m., then ate breakfast. I would then go back to rest in my room until 11:30 a.m. when it was time to go to our classroom training. From noon to 3 p.m., (or sometimes 1 p.m. to 3 p.m.), all the women had to learn the rules, positions of players, their duties, plays and strategies, and also how to officiate. What was the penalty? Where did it occur? Was it a live ball or dead ball foul? Where to apply the penalty? Upon completion of the training, an officiating certification test was given, which participants were required to pass. After the afternoon classes, I would retreat back to my room to rest, then get back on the field from 5:30 p.m. to 8 p.m., when it got dark. After our evening training, everyone would go together for dinner. During the trainings, the male coaches assisted. We had plenty of support from EFLI. The women trained hard and it was all coming together. If only the Afghans were here.

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I was still on eastern time, and I don't think my body ever adjusted. My trick was just to take naps whenever possible. Time for my laundry, so Andray took me to a village where I dropped off my clothes to be washed. Every item washed would be ironed as well and it would cost me ten cents per item. We then went to McDonalds for lunch. You won't find any meat burgers, but plenty of chicken sandwiches (remember the cows are sacred). After lunch, we shopped for souvenirs. I couldn't believe how inexpensive everything was. When you go into a store however, it is customary to barter with the merchant. Never pay the price on the ticket. It was a good thing I had Andray with me because he managed to get everything even cheaper for me. I bought souvenirs for everyone back home.

Trainings were going nicely. I was impressed with the skill level of the Indian women, and also with the level of their enthusiasm and commitment to flag football. They demonstrated the same level of commitment when asked to be part of media promotions, photo shoots, and last-minute calls to meet. Everyone jumped when they got the call to be somewhere. Originally these trainings were to last ten days, and that was to include our "Big International Game" against Afghanistan. However, as we waited for the Afghans, we couldn't just stop our trainings, so the Indian women trained for almost three weeks.

June 24 - Afghanistan Arrives!

It was early Sunday morning, during our regular morning training at 7:25 a.m., when the Afghan women finally arrived. They came to the field to say hello to everyone. Their plane was delayed, they traveled all night, and slept on the bus. As a result, they were totally exhausted. As I stood there looking at them all in line, wearing their head scarfs, and watching flag football for the first time, I almost cried. So many emotions and thoughts were running through me. No one thought I would be able to coach the women from Afghanistan, because the U.S. is in a war in their country. The longest war ever for the United States, and I still don't understand why the U.S. military is in Afghanistan, when there is no reason to have gone there in the first place. I felt so bad then and still do, for all the destruction that has taken place and still goes on in Afghanistan. I didn't know if the stories I heard about the Afghan women were true, but I would soon find out. After the introductions, the Afghan women left to have breakfast, and then to their rooms to rest. Thank you Najeebullah Fayez, for it was he who made it all possible by bringing these women to India. The Afghans first training will be this night.



As we ended the training that morning, I told the Indian women they were now on their own. There was just one more play I wanted to show them, and after I demonstrated, this play got "oos" and ah's". It was: In motion - running back catches the snap and runs with the ball up the side line with everyone blocking. This was definitely their new favorite play. We then divided the Indian women into three teams, separating by their positions, and now the male coaches took over.

I needed to focus on the Afghans, to teach them how to play and officiate (if they know how to officiate, they know the rules). The Afghan women awed at the shape of the ball, and one woman would have to learn to throw the ball accurately enough to become the quarterback. We started with the basics: pitch, catch, run with ball, grab flag, throw overhand, catch on the run, etc. All these movements were new to these women and we moved fast during our trainings so we could cover lots of territory.

It may seem as if the Afghans had such a disadvantage having to compete against the Indians, but not really. Our Afghan group was smaller (8 players) so our trainings were more effective. We went into positions quickly (each player got an offensive, defensive, kicking and receiving position), and then focused on those positions. We practiced plays in preparation for the big game, which would be in less than a week. Fayeze was our translator. Most of the Afghan women didn't speak English, and this was a blessing in disguise, because now Fayeze would also learn the sport and help to coach the team when it was game time.



I shared my room with Sabria, who was captain of the Afghanistan team. We talked about our countries and what our lives were like as women. Afghanistan was not always the way it is today. Less than twenty years ago, the Taliban came in and made great changes, such as what women had to wear and how women had to follow orders from their husbands, to walk in public, women had to be accompanied by a man. Outside the capital city of Kabul, the women are not allowed to watch T.V., use the internet or go to University. All these women who traveled to India lived in Kabul. We talked a lot that night and if you want to hear a great conversation, the IWFFA did a radio interview: "On the Air with the IWFFA" where you can hear about: The Women of Afghanistan. Go to website:

<https://www.blogtalkradio.com/jchawkssportsnetwork/2018/08/17/iwffa-radio--the-women-of> (To hear our interviews with the Indian women go to:
<https://www.blogtalkradio.com/wfbtalk/2018/09/21/iwffa-radio--india-womens-flag-football>)

Finally, the Afghan women needed a break, and so did I, so we did the camel ride! Again, it was so much fun. Afterwards, we were entertained by a street performer who was a young boy doing magic tricks. He was quite good, very entertaining as everyone had their hands in their own pockets. It was a short break and back to the field. Friday and Saturday would be our scrimmage games and Sunday would be the very first international women's flag football competition in India.

During one of our scrimmage games, we lost a few players to injuries, and one of them was from the Afghan team. Now with only seven players, I had to step in. More important than winning, is understanding what you are supposed to do. For me to play, and not coach, was upsetting for me. When you are on the side lines, you





The Indian team had plenty of male coaches, and Afghanistan had only Fayez and myself. Also, I wanted Sabria to quarterback, because she will go back to Afghanistan and needed this experience. But, perhaps for me to be in the huddle and give the plays was a better position. Calling plays is crucial in competition. If the huddle is not organized, it affects the offensive team. Everything happens the way it's supposed to happen.

Late in the afternoon, the day before the big game, we had our "Ice Bucket Challenge!". As I explained earlier, for our IWFFA promotional tours, we provide the training and the equipment. Providing the footballs, belts, flags, and kicking tees for these two countries was quite expensive, so the IWFFA decided to use a fun Ice Bucket Challenge to raise money. We were offered a \$500 donation the day before from an anonymous man who lived in Key West. To get the money, he requested that both the Indian and Afghan teams have buckets of ice water dumped on their heads. The real challenge was keeping the ice cubes from melting, but we managed and it was GREAT! In fact, it was one of our best videos ever. Take a look on our IWFFA You Tube Channel for the video: <https://www.iwffa.com/fundraiser-iwffa-promotionaltour2018/>

Later that night was our dance contest. Earlier during our Indian training sessions, I asked the Indians if we could have a talent contest and the winner would become Ms. IWFFA India 2018.

Quickly they offered their dancers and asked if it could be a dance contest, so a dance contest it would be. And Wow! You had to see some of the Indian dances. Unfortunately, the Afghan women were restricted from dancing in public, but the night was a gathering of new friends and team mates. You can see the dances on our website: <https://www.iwffa.com/iwffa-promotional-tour-2018-india/>

July 1, 2018, Sunday morning. After so much fanfare, photos, and media opportunities, it was time for the big game! The team from Afghanistan team had 8 players, and India had 20 players. I asked the Indian team if they would loan us a few players, so we could rest during the game. Eight players meant that we would be on the field the entire time and for our first competition, playing in such heat, and being the visiting team, we were definitely playing against the odds. So, a few extra players would be great to have. However, this proved hard for the Indians to do. The women have so much pride, and this was their first chance to compete in flag football and to represent India. But three Indian women did join the Afghans, and that morning we practiced some new plays. I have to admit, I was very excited about the game.

The Big Game: India vs. Afghanistan

There was so much more fanfare than ever before with over three hundred spectators lining the side-lines to see the game. The two teams came out in a line, and ran down to one of the side lines for photo ops. Dignitaries addressed the crowd and Team Afghanistan was welcomed officially. The media presence was just like a pre - NFL game. Seconds before the game, we made our huddle, cheered and ran onto the field. I realized then, it was really good that I was playing, because I could position each Afghan player on the field exactly where I thought best. We looked good.



We almost scored on our first possession, as we were moving the ball down the field. We definitely controlled the ball. Our defense was awesome, and India could not score. Then, during our second possession, it was a 15 yard pass over the middle for the first touch down in the game. Score: Afghanistan 6 vs. India 0. Everything was going well, until the game got longer. We got tired, and lost our all our Indian teammates to injuries. Near half time, India scored and then scored again.

At half time, we had a running sprint half time game between a group of young school girls. They all had skirts on, as they lined the entire field from side line to side line and off they went! The winner won an IWFFA tee shirt: Our Women Kick Balls. Then it was time for the second half. The Afghans never gave up, and truly were fighting for honor I have noticed that in smaller countries (smaller than the U.S.A.) that teams play with such great pride. I never gave up. I wanted another T.D. on the score board for Afghanistan. But it wasn't supposed to happen and India scored again on an interception by yours truly. Game over, high five's, and then awards.

The Awards were so formal. There were dignitaries handing out the awards, and giving speeches. I think every player had their parents present. India is a very proud country. Parents are to be respected, and even if you are sixty years old, you need to listen to your parents. Again, there were so many photos. I said good -bye to the Afghanistan team and reminded them of their duty. Their job now is to take the sport of flag football back to their country and teach other women. Then each women's team is to coach a girls team and today, in 2019, the women are coaching girls flag football and officiating in Afghanistan!





The day after the big game was my last day in India. I met with the Indian team and explained more about the philosophy of the IWFFA and that they need to be responsible now for female flag football in India, to coach girls and help to make it grow. Each team should have a female captain and one woman would be the IWFFA ambassador for India, representing her country and communicating with other women's teams. Due to the fact that men dominate in India, my request presented a unique new obligation for the women of the Indian team, and continues to be a challenge today.

This promotional tour was a huge success. I am very grateful to the organizers and sponsors. Thank you: Najeebullah Fayeze, Mohit Singh Rajawat, Ar. Rahul Singhi, Prashansa Yadav, Shweta Singh, Anushka Bhatnagar, Ayushi Rawat, Andray Benjamin, Preetesh Balyaya, Sushil Sharma, Divya Moorjani, RJ Shivangi, Dr. Sandy Pape, Elite Football League of India (EFLI), ESI, Poornima University, Isle Smile, Red Gym – Gym Partner, FM 93.5 Bajaate Raho! JNU Medical -Medical Partner, My Physio – Physio Partner, Day and Night, all the coaches and players who gave 100% at all times and mostly in 107 degrees F. heat.

Shushita..... I still miss you

It all began when I met Diane Beruldsen at the Gay Games in NYC in 1994. Wait, it goes back further than that. How far back to go? All the way back to 1966? I wasn't yet 4 years old. My parents took me to a Minnesota Vikings game at Bloomington stadium. It was super cold and my parents fought over who got to hold me on their lap. I didn't care. I was immersed in the game.

I've loved football all my life. I played with the guys in the neighborhood every chance I got. These are some of my best childhood memories. As a young girl, I intensely grieved that I didn't get to play organized football. It pained me to watch the boys in my class, in their football jerseys with their name on back, brag about their games. When I said I wanted to play, I was ridiculed and told girls could be cheerleaders. OMG. I thought cheerleading was the silliest of activities and this made me furious.

In the 60's and 70's there were few opportunities for girls in sports—certainly not football. If I had been able to play football or softball or golf or tennis or hockey—anything but 6-on-6 girls' basketball (google it—it was thing), I would have focused my energy on sports. And, likely would have pursued a career in coaching. Instead, I took that competitive drive and focused on academics and a career as a psychologist.

However, I never let go of the desire to play football. In 1995, I was complaining to some friends about my squashed dream of playing football. I bemoaned how I was oppressed as a girl and never got to fulfill my dream. These were good and honest friends—they all asked me, "so what are you going to do about it?" At first, I was defensive and indignant, as if it was my choice not to live my dream. But I let that question sink in, "What am I going to do about it?"

I had kept in contact with Diane who invited me to play for the Loose Women in Key West in 1996. I played center to her quarterback, by the way. She said she knew she was in trouble when she could see the entire body of the woman playing opposite me on d-line. At the end of that game, I cheered as if we had won (we didn't win—we lost by a lot) because I got through the game without an injury. Thankfully, I got to play receiver for our remaining games. But on to my story.



To the brim, to Houston for a week. She paraded her mermaid mobile with women's flag football signs in the Houston Pride Parade and passed out flyers. She helped me talk to Diane about forming a league in Houston. That summer, she drove her mermaid mobile, stuffed Diane (Diane has never met a stranger) about forming a women's flag football league in Houston. We called it the Houston Women's Flag Football League (HWFFL). After she left, I found a great group of women to form our first board in the summer of 1996.

One of our biggest obstacles was finding a field for play. Soccer fields said no to football. Football fields said no to women's flag football. City parks said all their open space was taken.

It was really frustrating. We had to think outside the box and found a grade school who let us use their playground area for a small donation. We had to line and mark it ourselves every Saturday morning (and we were glad to do it).

I borrowed rules from the IWFFA and changed them a little. The biggest difference is our league made everyone eligible. My thinking was that catching the football and scoring touchdowns is fun—why not let everyone have that chance? It also opened up more plays. We had a chain gang the first season but that was a huge hassle. No one wanted to do it. Players wanted to focus on the game. Spectators just wanted to watch. The second season I changed the rules so that each 10 yard line was the line to gain. This saved us hassle and expense (no chains needed) and was a great decision.

In our heyday, there was a lot of excitement around the HWFFL. We had every spot on the board filled. Our elections were competitive and energetic. Our board meetings were lively and passionate. We had pre-season signup socials with an end of the season party and awards. As our league membership grew, we were able to procure better fields (we only played at the grade school one year). Our favorite field venues were ones that had concession stands. Teams and players would gather to wait and watch other teams while they played. Some teams literally tailgated after their games were over.

For a couple years we had 12 teams with two divisions. We had teams and players come and go with a core group of us that played nearly every season. As the number of teams dwindled to less than 10 (usually around 6 to 8), we had only one division. This was problematic as the team skill level varied greatly. We wanted to attract new players and new teams, but a new team had a hard time competing with ones who had played for years. Football of any kind was a new sport for most women. Even the best athletes had to learn new skills. Flag football can be frustrating without a good quarterback and good strategy. But to get there, everyone needed experience. Some were too impatient and quit.

Another situation was the rise of women's tackle football. Tackle players were getting more skilled as they trained for their professional team vs the weekend recreational player. I think for a year or two we had a rule that only 2 (or was it 4?) of the 8 team players on the field could be professional players. This was a cumbersome rule and we learned it wasn't really fair. Some women were on a pro team but never played and weren't that skilled. It meant breaking teams up who had played together for years. Part of the fun of playing is the friendship and camaraderie—we didn't intend to squelch that. However, this issue worked itself out and became a non-issue. I can't remember the last time a flag player cared if another player played pro. I'm glad it resolved—more football is more football.

The last season of the HWFFL was 2013. For a few years prior, no one wanted to be on the board to run the league. We had a secretary who worked hard for many seasons but was getting burned out. The president was president more out of default as no one else was willing. We stopped having parties and socials. No one was interested in organizing them and maybe no one was interested in going. People wanted to just show up, play football, and leave. In 2014, at our last board meeting, we found there were only 4 teams that wanted to play. The decision was made to schedule tournament play once a month. Our president quit a few weeks later. Our secretary sent out emails. No one answered. No one stepped up. No one even said "hey, I don't want to do this anymore." I think this was like a break up--you don't want to say it's over so you just let it fade away.

I've thought about why it folded. One theory about this is that in 2014, there were now many opportunities for lesbians to hang out. Back in the 90's, your choices were bars or softball. The HWFFL added another hang out. It was fun and social. We made many friends and found many dates (many of whom are married today). Now, in the 2010's, there are lots of places to hang out and lots of sports for women to play. Lesbians are mainstream and can enjoy all places (thank goddess!). We didn't need to have the HWFFL social activities, but without them we didn't build friendships that enhanced our commitment. Without new and younger players, the league essentially aged out.

For many years, women in Houston had the opportunity to play flag football with other women who had a dream of playing football. Our fields were well-groomed, the referees were good (although, I admit, complaining about refs was one of the favorite past-times of players) and our camaraderie was strong. We had our share of bruises, concussions, broken fingers, and torn ACLs. We became a highly competitive league with very skilled athletes. New women would show up to play and think "s%@*, these women are good!" Our players formed teams that won tournaments in several cities over the years. Houston tackle teams drew from our league and it is partly what made those teams so good. I don't think it's hyperbole to say we developed some of the best flag football players in the country. And we made some of the strongest friendships of our lives.



The HWFFL was my baby for many years. Because of it, I got to live my dream of playing football—both flag and tackle. I got to have my own jersey (many of them over the years) with my name on back. I got to make many friends who are friends for life. In fact, I met my wife through flag football (talk about a dream!). It's a true gift when one can build and live a dream that is life changing for so many in so many ways. In that way, it will always live on.



Afghanistan Female Coaches Making a Difference

The IWFFA 2018 Promotional Tour to India helped to bring great changes to Afghanistan.

The Afghan women who traveled to Jaipur, India, during the hot summer of 2018 to learn how to play flag football, has taken the sport back to their country. It was clear, that these women would have to learn the sport well enough as the responsibility was put upon them to continue to develop flag football in Afghanistan. Temperatures were above 110 degrees farenheit, the team trained twice a day on the field and attended classroom instruction during the day. Their final duty was to compete against India's national team in their first competitive match.

Today women are coaching girls flag football in Afghanistan.

These women are leaders in their sport, and seen as such, offering young girls a role model to look upon and aspire to.

Many thanks to their leaders: Najeebullah Fayez and Sabria Mahboobi (both Porter Wilson recipients 2018).

And to all the players who worked hard to train and learn flag football. They are the founders for flag football in Afghanistan.

Here are the women making a difference to the lives of young girls in Afghanistan. Also many thanks to EFLI and Poornima University for hosting the Afghanistan women's flag football team in Jaipur, India



The women are coaching girls flag football in Afghanistan Making a difference to the lives of the young athletes

These women are coaching girls flag football

Najeebullah Fayez
Sabria Mahboobi
Ainoor Mohmand
Atifa Mahboobi
Frishta Shalkhmiri
Khalida Maboobi
Khatima Nazari
Masooma Ahmadi
Mohammad Haroon Tareen
Roona Yadgar
Sosan Shamsi





By Alison Wood

Let's Talk Flag Football How To Be A Better Receiver

I was watching a preseason game and Troy Aikman was announcing. A young receiver went over the middle and was unable to complete the catch. Troy remarked that he was, “in too much of a hurry” and that he could be a great receiver, he had all the qualifications – tall, fast, good hands, but that he did not, “possess the nuances of the position”. What on God’s earth is he talking about? Well, for the first part he explained that if you run your route at the same speed and as fast as you can it is actually easier for the defense to defend you. Also, he was open but he ran through the area he was open. He, “over ran” his route. What he should have done was, “sit in the gap” or “sit down”. This feel for when you are open and being able to slow down or even stop is part of the nuances of the position. The ability to change your speed to deceive the defense, to make them believe you are running a slant when you are running a post these are the differences between a good receiver and a great one.

Flag Football is not a game of speed, it a game of change of speed. Steve Largent played for many, many years for the Seattle Seahawks and until recently was their all time leading receiver in every category. Steve was neither tall, nor fast. He was simply a great receiver with the ability to get open and make people miss after the catch. Don’t get me wrong speed and height are great attributes but they are not the whole story to being a receiver.

Your job as a receiver is to get open, within the context of the play. The play may call for you to run a short out, a little line with an arrow at the end indicating where you should go. Really your goal is to get open in the flat, and if you want the ball trust me the quarter back doesn’t care nor even know how you did it. They will look over to the flat and either you are open or you are not. How often they are wrong is a discussion for another day, just know as a receiver you will be open often and not get the ball, it is the curse of the position. This is true in the NFL as well as flag. A big day for a receiver is four or five catches, how many routes did they run, how many yards to get those catches? Do not despair, know that if you don’t get open you have no chance at all of getting the ball. So you must get open and doing that, well that is the nuances of the position.

This is true in the NFL as well as flag. A big day for a receiver is four or five catches, how many routes did they run, how many yards to get those catches? Do not despair, know that if you don't get open you have no chance at all of getting the ball. So you must get open and doing that, well that is the nuances of the position. To get open you must deceive the defense, you must make them think you are going left when you are going right, you are going long when you are going short. You MUST make them move, however little, in the wrong direction. Using your head, your hands, and a change of speed will accomplish this. Why a change of speed? Well from playing defense I will tell you that if you run at me as fast as you can I'm simply going to wait and see where you're going in such a hurry and when you make your cut left or right I'll close then. But if you come off the line and you aren't going so fast and I read it's a quick throw to the inside for example I will bite. I don't want to, but I'll read it and take that one step in or right and you'll cut the opposite way and no defense will be able to recover in time. They may get your flag but you will get the completion. That is what Troy meant by too much of a hurry.

Besides change of speed there is understanding when you are open. In a zone defense you are open when you find the area of the field that the defenders are equally removed from. This is called a gap meaning a gap or deficiency in the defense. For example, if there is a defender at the ten and another at the twenty the gap would be at the fifteen. Every step you take toward either the ten or the twenty makes you less open. So if you are running and you are heading toward the twenty slow down or maybe you can even stop.

But now for the tricky part, "within the context of the play". That is the hardest part. You can't always slow down, you can't always stop because as a receiver you are part of the play and sometimes you will simply clear the zone for your teammate. This is the hardest part of being a receiver is understanding the play, when you can vary your route, depth, slowing, stopping, and when you can't. Know this, there is always a way to get open that fits within your route and the play. You may not always be the best option, you may not always be open enough to get the ball but you must always try to create space between you and the defender.

The best receivers are like the best people. They work hard they don't complain and they are unselfish. Every catch that is made either by you or your teammate is the result of every receiver on the field (and of course the Offensive Line). No one gets open without everyone. Rejoice when the two defenders take you and leave your teammate wide open. When you set a screen that opens your teammate, that is as much your reception as hers.

The best teams have receivers that understand this and I am blessed that my team does. Flag Football has many positions and plays that it is NOT the person with the ball that made the difference but the people without it.

A quick story to illustrate, many years ago in the Ptown tournament we were in a tie game nearing the end of the first half. We varied a play where we put trips right and a single receiver left. The receiver on the left was the target on a down out up. I was QB. The first mistake I made was I looked left too soon and our receiver was getting jammed. Going to my second read I over stepped to the right so as not to be able to come back to the initial read before the rush got through. As luck would have it they came from the left side which was a disaster because the primary receiver was to the left and all other routes were going left so being forced right would leave me with no one to throw to. So I did the only good thing I had done all play and decided to run left. This is very problematic for a right handed QB, which I am. I had to drop deep and get around the rush and I looked down field for the primary target but as luck would have it one of the other receivers, seeing I was in trouble, had come all the way across and was open maybe ten yards down field. A much easier throw when rolling left. I threw to her she made the catch and started up field. The primary receiver, who played tackle and knows more about this game than anyone I've ever met, had also come back to help the QB.

She set the perfect block on the one and only defender who could get the ball carrier. She sealed the outside of the field and we scored a touchdown. I still get chills thinking about that play. But not how most people saw it. I got quite a few compliments on that play that a lot of people don't understand I totally botched up the first part. Our receiver who scored (who is awesome) got a lot of praise. But that play, that play belonged to the primary receiver who set that block. Without that block that play isn't a touchdown, it probably isn't even a first down. That play, that play belonged to the player who neither threw nor caught the ball. That is flag football.

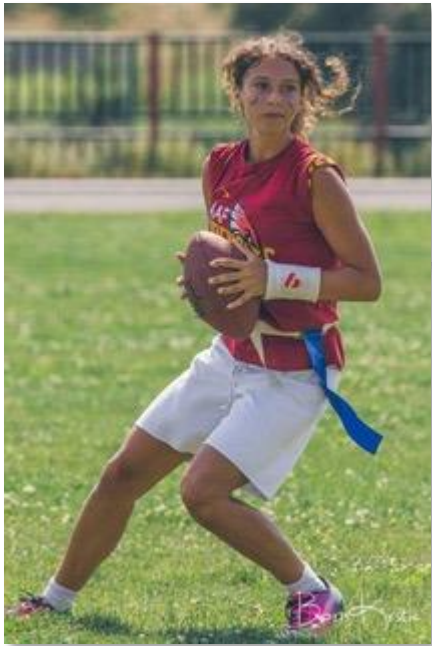
We want to give a warm welcome
and a shout out to two great teams:

Indonesia Bandung Women's
Flag Football Team



We want to give a warm welcome and a shout out to two great teams:

Serbia Hawks Obrenovac



**Mr. Porter Wilson - Inventor of flag football as we know it today.
Our biggest supporter in our early years.**

Sabria Mahboobi

Afghanistan 2018 Porter Wilson Recipient #22



My Name is Sabria Mahboobi, I was born on 22, April, 1996 in Kabul, Afghanistan. I love sports from my childhood. When I was at school, studying in grade 10, I joined school's soccer team and played almost for three years. Once the Afghanistan Football Federation conducted a tournament in which our school's team also participated, after the tournament, the Afghanistan Football Federation invited me to play in Women's National Soccer Team, then I joined Afghanistan Women's National Soccer Team and played for 5 years. During these 5 years I traveled to 7 different countries in Asia to compete in tournaments.

In February, 2018 Mr. Najeebullah Fayez, one of my best friends, who use to work for Afghanistan National Olympic Committee, told me about the International Women's Flag Football Association. This was a total new sport which we do not have in my country. It sounded exciting, fun and with a purpose.

We both decided to form a group of Afghanistan women to travel the last week of June, 2018. We would learn the sport, then teach the women and girls in Afghanistan. Our group of women traveled to India, Jaipur to train in the IWFFA & EFLI Women's Flag Football Clinic.

Mr. Porter Wilson - Inventor of flag football as we know it today. Our biggest supporter in our early years.

There we met Madam, Diane Beruldsen, who taught us how to play and officiate women's flag football. The Afghanistan women received training together with the Indian women for one week, and then had a friendly match with India's national team. It was so exciting!

With our training and experience in India, we returned back to Afghanistan. We are the only people in Afghanistan who know how to play. Our responsibility is to coach the girls to develop the sport in our country. Now I have my own teams of girls in schools and I love coaching them. I truly love Flag football and I am so happy to have my own teams.

I would like to thank Mr. Fayez for bringing to our group of women, the opportunity to travel and learn flag football. Without him, it would not have been possible. I would also like to thank Madam, Diane as Founder of the IWFFA for traveling to India giving us this great opportunity. Now we have such an exciting and interesting game for girls and women by bringing it to Asia for us. I really appreciate her hard work especially the days she traveled to Asia because of us.



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Our biggest supporter in our early years.

Sabria Mahboobi



Of course, in Afghanistan, due to cultural issues it is really difficult for women and girls to play sports, but we struggle until we achieve our goals.

Note: Special Recognition goes to - Najeebullah Fayezi - Afghanistan Porter Wilson Recipient #21

Without this man's vision for what could be possible for the women in Afghanistan, and his hard work and commitment to make their travel and participation possible, Afghanistan girls and women would not be playing flag football today. Thank you Sir Najeebullah Fayezi

To read about all our Porter Wilson Recipients go to :

<http://iwffa.com/porterwilson.html>

Congratulations to our Special Awards Recipients

2018 Porter Wilson Recipients

Najeebullah Fayez #21 recipient – Afghanistan



Sabria Mahboobi - #22 recipient - Afghanistan



2018 Sports Women Girl Recipients

Ayushi Rawat

IWFFA Sports Woman Asia Region India



Laurie Mott

IWFFA Sports Woman North America Region USA



Sara Persson

IWFFA Sports Woman Nordic Region Sweden



Sherine Sherif

IWFFA Sports Woman Africa Region Egypt



Maria Eguiguire

IWFFA Sports Woman Latin America Region Honduras



Samantha Torna

IWFFA Sports Girl USA



2019 IWFFA Sports Female Athletes will be announced at the 29th Kelly McGillis Classic

Samantha Torna - USA IWFFA Sports Girl Award 2018



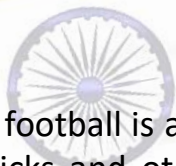
Samantha is an 11-year-old, Key West Native. Samantha's mom and grandma have been residents of Key West for the last 19 years. Sammy has an older brother named Alexander, who is 12.

Sammy loves art; however, her first love is flag football. She fell in love with the sport since she started playing. Two years ago, in 2017, Sammy traveled to Havana, Cuba, to play in a flag football game. She says, "the game is not just speed, it's brains in the game. You don't have to be fast and you don't need to be the best one out there. The game is about strategies and team effort, there's a spot for everyone! Always try to have fun and do your best!"

Congratulations Sammy!



Ayushi Rawat - IWFFA Sports Woman Asian Region



American football is a mixture of games like football kicks and other games catches. In this sport, running, catching, stamina, etc. are needed and I love to play this game. Its not just a game to me, its a passion for me. During the International training camp of 2018 between Afghanistan and India which was conducted in Poornima University American Football field, I was injured during the practice session. There was a Ligament injury and that dragged me to an operation.

Unfortunate that I got injured playing flag football, but the injury made me stronger. After my injury I wanted to prove that I was not weak even though I was injured. Part of my strengthening , I started physiotherapy treatment daily and also exercised regularly.

During the National cup it was very tough for me to prepare for the tournament. It is very hard to run with that injury but still I was successful to prepare for it. The tournament events went well with full support of family and friends and coaches. It was a great moment when we reached to the semifinals and then finally reached the finals.



Ayushi Rawat - IWFFA Sports Woman Asian Region



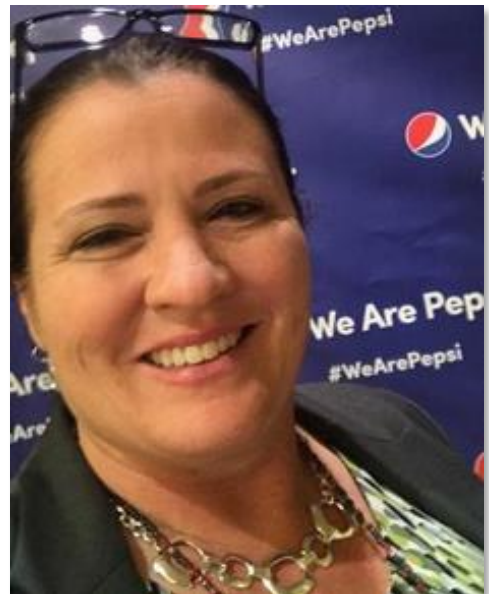
This tournament went very well and our team Rajasthan secured 2nd position. During the closing ceremony it was unexpected that I will be awarded with the Best Quarterback Award. And that was a very proud moment for me to receive that award.

By playing American Flag Football I gained leadership and teamwork skills. My group of teammates works as a team in this game and during the game, my team is dependent on me as the quarterback (QB). The QB plays a very important role in the whole game. The QB is a leader on the field who decides the routes and focuses and decides whom to throw the ball, who is free. The QB needs to be free and focused throughout the game because much of the team is dependent on her. A small mistake can lead to a big mistake for losing the match.

Laurie Mott - IWFFA Sports Woman North American Region - USA

I first started coming to the Kelly McGillis Classic in 2004 with friends and became a Loose Woman in 2007 after a 15 month deployment in Iraq. I absolutely fell in love with the Tournament but mostly with the "Loose Woman". I have met so many different people over the years. One thing that has been consistent is the love of the sport and the excitement of meeting new people and clicking to come together as a team. I couldn't be more proud to have received the Sportswoman Award. I believe it is the highest honor you could receive from your peers. Thank you so much and I look forward to the 2020 tournaments.

Laurie Mott



Maria Eguigure - IWFFA Sports Woman Latin America Region - Honduras



Many times I am asked: What is Flag Football. I am used to hearing that question a lot. That was the question I asked my sister MJ in 2013, I didn't know that this question was going to change my life and I couldn't imagine the path that awaited me. In the blink of an eye just at age 14.

Back to 2013 I went to my first Flag football practice in a small court in Tegucigalpa, Honduras where I was born and raised. Before giving me the welcome speech to Honduras Panteras Flag football team which my sister was part of, the team decided to do a competition between me and my sister. They wanted a race between us to see who was the fastest which I won and so, became part of the team. Just a few months later I was an active Flag football player and I played in my first flag football tournament. We won the national tournament that year and ever since then, my teammates call me: Gazelle.

I have always been a very competitive person, since I was a little girl. I was very much a girly girl and didn't like sports much. Then, I only played soccer, since I was in 4th grade and I also did dance Ballet. But that was it. Then I found this sport, flag football, and wanted so much to be part of it because it was a unknown sport for me and something different. I always liked to do different things.

Since my first flag football experience, I've been part of six National Honduras Tournaments, in the 1st and 2nd Annual IWFFA Guatemala Tournament, 2018 Cancun Bowl in Mexico and in the 24th, 25th & 26th Kelly McGillis tournament in Key West Florida, USA.

I appreciate the IWFFA for it's unity of women and to allow me as a woman to do something different for the sport itself. In 2016 I travelled for the first time outside Central America to play and represent my Country at the Kelly McGillis Classic in Key West Florida. Then I was played for the loose women team.

Maria Eguigure - IWFFA Sports Woman Latin America Region - Honduras

In 2017 I travelled with a teammate and we played on the Latin Women's Flag Football team at the Kelly McGillis Classic and in 2018 I travelled with my whole team from Honduras and we won the championship in the women's lower division.

I became the IWFFA secretary in September 2017- September 2018. It was a privilege to work with the IWFFA, help the association to expand flag football horizons, and to help with the organization of tournaments in different countries. It truly was a once in a life time experience, as this association has so much to give to the world. What love most about the IWFFA is that it is run by women, for women.... ¡how incredible is that!



Awards Maria Has Won:

2014: (1st Anual IWFFA Guatemala FF Tournament) Defense All Star Award- SECONDARY

2015: (1st Anual IWFFA tournament in Honduras) - Defense All Star Award - SECONDARY

2015 Safety - Panteras Team (2nd Anual Guatemala IWFFA Tournament)

2017 (FENAFAH- Honduras flag football league)

2017 Recognition for having made the most grabbed flags during 2017 Honduras tournament

2017 Certificate of recognition - Flag football Referee Clinic

2018 Miss IWFFA

2018 World Challenge International

2018 Recognition for having made the most grabbed flags during Honduras tournament (FENAFAH)

2018 Sports Woman (Latin American Region)

Maria Eguigure - IWFFA Sports Woman Latin America Region - Honduras



Currently I am 20 years old, and I am in the midst of my 3rd year studying for a Marketing career in Honduras National University.

I Can Do All Things Through Christ Who Strengthens Me (Philippians 4:13); That has been the Bible verse which has reminded me I can achieve greater things and great things are yet to come.

Thanks IWFFA for this award, I am truly honored to receive it.

International Team Rankings 2018 and 2019



JUNIOR DIVISION 2018

Rank	Team	Offensive	Defensive	Pt Diff	IWFFA Ranking Pts	Tournament
1	Key Largo A	95	16	79	8	27th Kelly McGillis Classic
2	Pribramsky CPA'S HOB	78	31	47	5	27th Kelly McGillis Classic
3	Spark Chaser Sugarloaf	32	62	- 30	3	27th Kelly McGillis Classic
4	Key Largo B	0	96	- 96	1	27th Kelly McGillis Classic

7 V 7 DIVISION 2018

RANK	Team	Total Offense	total Defense	Pt Differ	IWFFA Ranking Pts	Tournament
1	Smyrnas Flag	94	18	76	17	Turkey
2	Philly Lightning	27	18	9	14	Readington, N.J.
3	Ege Lady Dolphins	62	26	36	11	Turkey
4	Yeditepe Eagles	104	53	51	9	Turkey
5	NJWFF Fire	50	6	44	7	Readington, N.J.
6	Yildiz Stallions	46	51	(-5)	7	Turkey
7	Koc Rams	67	50	17	6	Turkey
8	ITU Hornets	63	49	14	6	Turkey
9	Uludag Timsahlar	25	22	3	3	Turkey
10	DC/Loose Women	24	41	(-17)	3	Readington, N.J.
11	Yasar Admirals	28	90	(- 62)	3	Turkey
12	RI Clam Jammers	10	46	(-36)	1	Readington, N.J.
13	Bahcesehir Lady Lions	20	75	(-55)	1	Turkey
14	Ozu Sehwolves	39	126	(-87)	1	Turkey

GIRLS 2018

Rank	Team	Offensive Pt	Defensive Pt	Pt Differential	IWFFA Ranking Pts	Tournament
1	USA - BIG PINE ACADEMY SCORPIONS MOOSE-MURRAYS-IBEW	68	19	49	10	27th Kelly McGillis Classic
2	USA - POINCIANA BLUE HEAVEN ANGELS	59	25	34	5	27th Kelly McGillis Classic
3	USA - FAUSTOS GERALD ADAMS	31	19	12	4	27th Kelly McGillis Classic
4	Cuba - JUANITAS	12	6	6	4	3rd Cuba Friendship Game
5	USA - SUGARLOAF SUNRISE ROTARY	25	33	-8	4	27th Kelly McGillis Classic
6	USA - HOB ISLE SMILE	20	49	-29	3	27th Kelly McGillis Classic
7	Cuba - PANTERAS	6	12	-6	1	3rd Cuba Friendship Game
8	USA - GIRLS & BOYS & ST.MARY & SIGSBEE	12	64	-52	1	27th Kelly McGillis Classic

International Team Rankings 2018 and 2019



Higher División 2019

Final Rank	Team Name	Offensive Pts	Defensive Pts	Pt Differential	IWFFA Ranking Pts	Tournament Name
1	Blue Wave	162	42	120	29	28th Kelly McGillis Classic + Ptown Classic
2	St. Louis	89	15	74	16	28th Kelly McGillis Classic
3	Cat 5	62	32	30	5	28th Kelly McGillis Classic
4	Egypt	25	63	- 38	3	28th Kelly McGillis Classic
5	India	0	118	- 118	1	28th Kelly McGillis Classic

Women's Division 2019

Final Rank	WOMEN'S LOWER	Offensive Pts	Defensive Pts	Pt Differential	Pts Differential TOTAL	IWFFA Ranking Pt	IWFFA final Ranking pts	Tournament Name
1	First Order	91	13	78	75	18	25	28th Kelly McGillis Classic
2	Barbarians - El Salvador	19	8	11	10	12	17	4th San Salvador, El Salvador
3	Blue Wave	104	36	68	68	17	17	P Town Classic
4	Amazonas - Honduras	22	7	15	99	5	17	4th San Salvador, El Salvador
5	Libelulas - Guatemala	26	13	13	40	6	15	4th San Salvador, El Salvador
6	Latin Loose Women	14	13	-5	-58	5	10	4th San Salvador, El Salvador
7	Fairvilla Loose Women	50	19	31	31	9	9	28th Kelly McGillis Classic
8	RI HURRICANES	98	84	14	14	8	8	P Town Classic
9	Key West	20	40	-20	-20	7	7	28th Kelly McGillis Classic
10	Dolphins - Honduras	35	0	35	35	5	5	4th San Salvador, El Salvador
11	NJWFF-FIRE	19	55	- 36	- 36	4	4	P Town Classic
12	Mustangs - El Salvador	0	30	-30	-58	1	4	4th San Salvador, El Salvador
13	Fenix - Guatemala	0	27	-27	-77	1	4	4th San Salvador, El Salvador
14	Panteras - Honduras	19	25	-12	-12	2	2	4th San Salvador, El Salvador
15	PTOWN LOOSE WOMEN	18	61	- 43	- 43	1	1	P Town Classic
16	Big Piners	0	68	-68	-68	1	1	28th Kelly McGillis Classic
	Amazonas - Honduras	92	8	84	84	12		VI Guatemala City, Guatemala
	Barbarians - El Salvador	20	21	- 1		5		VI Guatemala City, Guatemala
	Fenix - Guatemala	18	68	- 50		3		VI Guatemala City, Guatemala
	First Order	33	36	- 3		7		P Town Classic
	Latin Loose Women	14	35	-21		4		28th Kelly McGillis Classic
	Latin Loose Women	0	32	- 32		1		VI Guatemala City, Guatemala
	Libelulas - Guatemala	57	30	27		9		VI Guatemala City, Guatemala
	Mustangs - El Salvador	10	38	- 28		3		VI Guatemala City, Guatemala

Juniors Division 2019

Final Rank	JUNIORS	Offensive Pts	Defensive Pts	Pt Differential	IWFFA Ranking Pts	Tournament Name
1	Key Largo Caputo	90	13	77	15	28th Kelly McGillis Classic
2	Marathon Barnes – FI Steak & Lobster	71	26	45	7	28th Kelly McGillis Classic
3	HOB A Faustos	33	25	8	5	28th Kelly McGillis Classic
4	HOB #2 Paradise Dental	6	90	- 65	3	28th Kelly McGillis Classic
5	Sugarloaf Pribramsky CEO's	6	71	- 65	1	28th Kelly McGillis Classic

International Team Rankings 2018 and 2019



Girls División 2019

Final Rank	GIRLS	Offensive Pts	Defensive Pts	Pt Differential	IWFFA Ranking Pts	Tournament Name
1	HOB Blue Heaven	39	20	19	13	28th Kelly McGillis Classic
2	Little Giants	44	26	18	5	28th Kelly McGillis Classic
3	Sugarloaf Spark Chaser	24	13	11	5	28th Kelly McGillis Classic
4	Gerald Adams	38	24	14	5	28th Kelly McGillis Classic
5	Poinciana #1 Isle Smile	26	26	0	3	28th Kelly McGillis Classic
6	Big Pine Berkshire Hathaway	21	34	- 13	3	28th Kelly McGillis Classic
7	Poinciana #2 Sunrise Rotary	33	52	- 19	3	28th Kelly McGillis Classic
8	Poinciana #3 Blue Sophia Jewelry	8	38	- 19	1	28th Kelly McGillis Classic
	Green Team - Cuba	12	0	12		4th Cuba Girls Friendship Game
	Yellow Team - Cuba	0	12	-12		4th Cuba Girls Friendship Game

7v7 Division 2019

Final Rank	Team Name	Offensive Pts	Defensive Pts	Pt Differential	IWFFA Ranking Pts	Tournament Name
1	NJ Fire	52	6	46	16	7th Readington, N.J.
2	MOJO	31	25	+ 6	7	7th Readington, N.J.
3	Phantoms	46	18	28	5	7th Readington, N.J.
4	Sharks 369	12	26	- 14	3	7th Readington, N.J.
5	RI Hurricanes	7	47	- 40	3	7th Readington, N.J.
6	BT All Stars	12	31	- 19	2	7th Readington, N.J.

2020 IWFFA Tournaments

29th Kelly McGillis Classic International Women & Girls Flag Football Championship Key West, Florida, USA Only)	January 23-26, 2020 (Games (Full Week of Events: January 21 - 27)
2nd Honduras, Tegucigalpa	March 21-22
Sierra Leone, West Africa	April 25 - 26 (clinics April 2 - 23)
Qutte, Pakistan	May 30 - 31 (clinics May 16 - 28)
Jaipur, India Asian Women's Flag Football Championship	June 13 - 14 (clinics June 2 - 14)
8th Readington, New Jersey Hosted by NJWFF	June 20-21
5th San Salvador, El Salvador Hosted by ASFA	June 27-28
5th Havana, Cuba Clinics & Games	July 4 - 5 (clinics 1-3)
Central America Women's Flag Football Conference Tegucigalpa, Honduras	July 24 - 25
17th Gothenburg, Sweden Hosted by Gothenburg Angels	August 22-23
15th IWFFA Ptown Classic Provincetown, Massachusetts	September 18-21
6th Guatemala City, Guatemala 6 th Hosted by Guatemala Women's Flag Football League	November 7-8
2nd Asian Women's Championship - India, AGRA	November 14-15