



**WHAT ARE THE BENEFITS
OF FLAG FOOTBALL?**





FLAG

NO CONTACT

Flag football is a non-contact sport, so players aren't required to wear any heavy equipment. This creates an approachable atmosphere where kids can learn how to play and develop their skills without the aspect of physical contact.



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ACCESSIBILITY

Flag football is incredibly inclusive and opens the doors to many athletes, both male and female.

The National Association of Intercollegiate Athletics (NAIA) launched the first college sanctioned women's flag football league in 2021.



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LEARN TO PLAY

It's a common myth that flag football doesn't prepare kids for tackle football. The basic fundamentals taught in flag directly transfer to tackle, including catching, throwing, formations, routes, and defensive skills



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EASY COMMITMENT

Most leagues meet once per week, making it easy to fit flag football into a packed schedule.

Of course, some high-level competitive leagues offer increased playing time.



IT'S FUN!

Flag football is loads of fun!

With fewer players on the field, there's more engagement and a faster speed of play.

Games are quick, competitive and every drive counts, especially in tournaments.