



2023 UK SCHOOLS INFORMATION PACK

WHAT IS NFL FLAG?



Played 5-a-side, Flag Football is a non-contact, modified version of the contact 11-a-side version of American Football that can be played by boys and girls.

The game can be played on any appropriate surface including indoor courts. The field of play is approximately 60-80 yards long and 20-30 yards wide but can be adapted to be played on a much smaller area if required. Like a rugby pitch, it has two endzones. It is an invasion game: players invade each other's space to score touchdowns and make conversions.

Unlike the contact 11-a-side version, kicking, tackling and blocking are not permitted. Players wear flag belts, and instead of tackling, an opposing player pulls the player's flag which brings the attack to an end. It requires minimal equipment, most of which can be found in school PE cupboards.

CORE VALUES & OBJECTIVES



RESPECT

Everyone matters.
Everyone contributes.

INTEGRITY

We always look to
make the right call.

RESILIENCE

We set high standards and
continuously strive for
excellence.

RESPONSIBILITY TO TEAM

As a team we support
one another. We depend
on one another.

Our mission is to empower youth athletes and instill a lifelong passion for flag football through leagues that are engaging, fun, and accessible for everyone.

With the support of the NFL, we provide a structured opportunity for kids to discover the importance of sportsmanship, teamwork, and friendship—both on and off the field.

ABOUT THE GAME



5 A SIDE



NON-CONTACT



BOYS & GIRLS



GRASS OR ANY SURFACE



FLAG BELTS INSTEAD OF TACKLING



INVASION GAME



TOUCHDOWNS SCORE

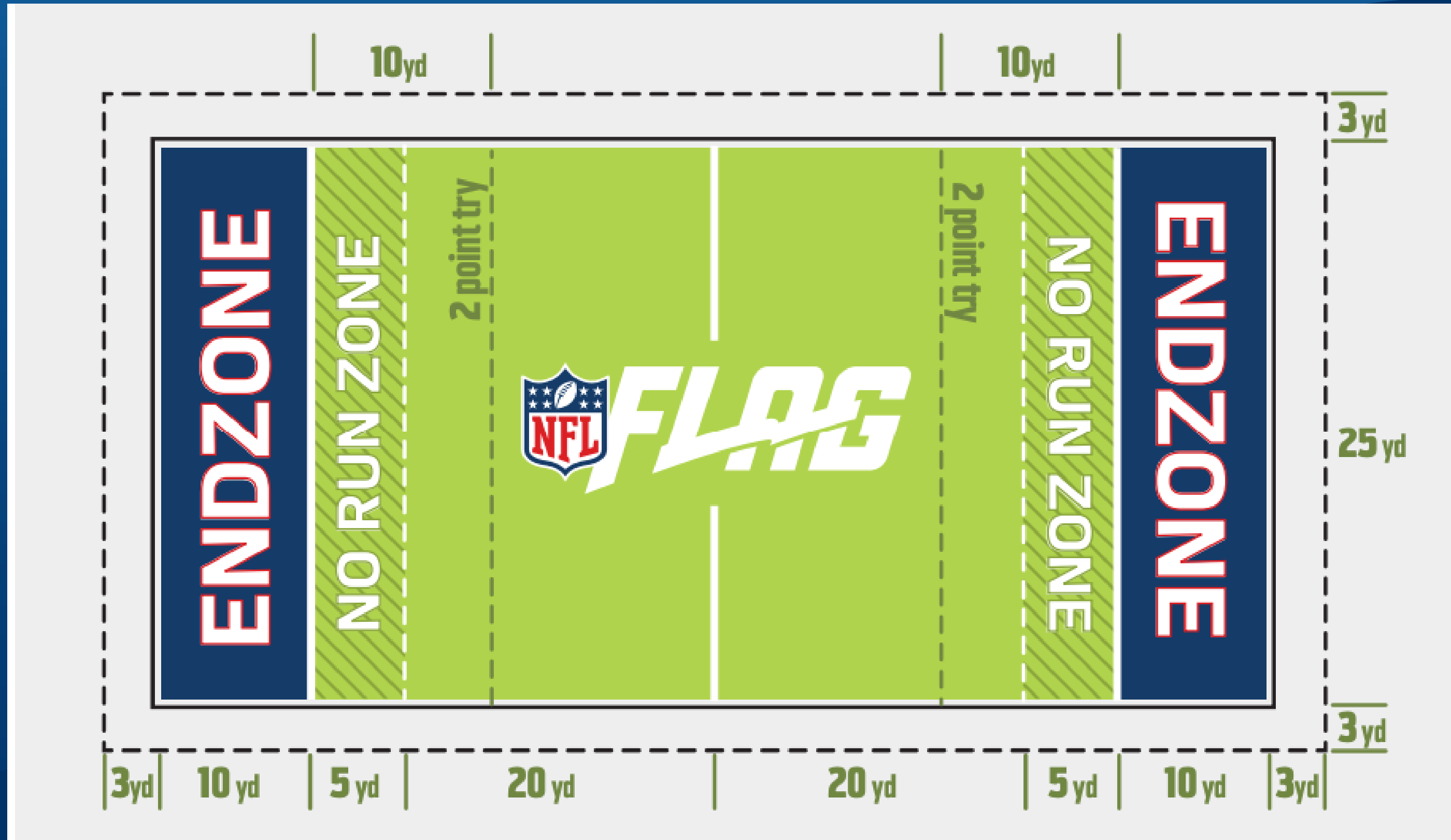


CONVERSIONS



MINIMAL EQUIPMENT

FIELD OF PLAY



ABOUT NFL FLAG PROGRAM



Our programme aims to use Flag Football to introduce young people to the NFL, American Football and inspire the next generation of players. The programme teaches the NFL values of respect, resilience, responsibility & integrity and the importance of leading healthy, active lifestyles.



SCHOOL 6-WEEK CURRICULUM



FREE TEACHER TRAINING & SCHOOLS' EQUIPMENT



YEARS 3-11



HIGHLY INCLUSIVE- ENGAGING YOUR LESS ACTIVE PUPILS



NFL FLAG UK



The NFL Flag UK Schools programme was launched in 2018 and has since grown from strength to strength. With schools participating from Inverness to the Isle of Wight, and an increasing number of ways for Active Partnerships, School Sports Partnerships, Active Schools Coordinators and Schools to get involved, NFL Flag is an exciting option for PE curricula and School Games offers alike.

With free resources, equipment packs and competition pathways for primary and secondary schools, there has never been a better time to get your area involved in NFL Flag. Previous national champion schools have gone on to represent the UK at the International NFL Flag Championships, played in the USA each year, providing players and coaches with a further opportunity to experience what our sport has to offer.



NFL FLAG UK REGIONS



In 2023, our program continues to grow across the United Kingdom. NFL Flag currently operates in 26 regions.

- A** INVERNESS
- B** GLASGOW
- C** NORTHUMBRIA
- D** LEEDS
- E** SHEFFIELD
- F** BURNLEY
- G** MANCHESTER
- H** MERSEYSIDE
- I** FLINTSHIRE
- J** DENBIGHSHIRE
- K** NOTTINGHAM
- L** LEICESTERSHIRE
- M** NORFOLK

- N** PETERBOROUGH
- O** BIRMINGHAM
- P** COVENTRY
- Q** WORCESTER
- R** NORTHAMPTONSHIRE
- S** HUNTINGDON
- T** OXFORD
- U** BRISTOL
- V** LONDON (NORTH)
- W** LONDON (EAST)
- X** LONDON (SOUTH)
- Y** LONDON (WEST)
- Z** SUSSEX



REGIONAL AND NATIONAL CHAMPIONSHIPS



The NFL Flag Football Championships take place during the Summer term. All active schools are eligible to compete at a Regional Tournament. Teams will compete across Regional tournaments across April, May and June with the National tournament taking place in late June/early July.

- *Primary mixed (year 5 & 6), Secondary mixed (year 7 & 8) and Secondary girls only (year 9 & 10) tournament pathways*
- *Regional winners qualify for National Championships*
- *Award ceremony*



CONTACT



Should you have any questions, please contact the NFL UK Flag Football team.

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WEBSITE

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