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# FORWARD PASS

## OFFICIAL MAGAZINE

INTERNATIONAL WOMEN'S FLAG FOOTBALL ASSOCIATION

IWFFA.COM

### Spring/Summer 2015 Issue:

**Why was the International Women's Flag Football Association Created & 2016 Promotional Tour across USA and Latin America - by Diane Beruldsen**

Letter to the Editor

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**Coaching in Norway - by Diane Beruldsen**

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Barry Gaukel is the of Shady Palm Photography LLC .  
<https://www.facebook.com/ShadyPalmPhotography>



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## IWFFA Mission Statement

The International Women's Flag Football Association (IWFFA) is an alliance of girls and women's flag football teams, leagues and individual players from around the world. An organization run by women.

Our mission is to provide an opportunity for all females regardless of race, nationality, age, economic status or sexual orientation to enjoy healthy competition, have fun, develop teamwork skills, learn fair play, good sportsmanship, standardize rules of the game, create new teams and unify existing teams and leagues to help organize the sport.

Our goal is to promote the educational process, assist our players through our tournaments, trainings and promotional tours to build self-esteem, confidence, enhance leadership skills to better compete in the business and political world to one day have peace and to professionalize the sport of flag football for women.

We are a central office and support for girls and women's flag football, rank teams internationally, offer discounts for equipment and offer education and trainings in regions of the world where the sport does/does not exist. We also offer scholarship funds to underprivileged teams so that they may compete in IWFFA tournaments.



**It's Time Your League Joined the IWFFA**

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your story**



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photo: Barry Gaukel



## Why was the International Women's Flag Football Association Created?

*Celebrating 18 years promoting and supporting female flag football all over the world. Since April 1, 1997. We are an organization run by women for all females around the world.*



***In 2016, the IWFFA travels across the U.S.A. and Latin America. If you would like the IWFFA to schedule a player, officiating or coaching clinic in your city, or if you would like to join us in our travels - contact the IWFFA today. IWFFA@IWFFA.COM***

Women are different from men / girls are different from boys. In today's world, no matter what country a female athlete lives in, in daily life and in sports because of society and the number of athletes - women are overshadowed and overrun by men. Sometimes female athletes are compared to their male counterparts which is unfair because women and men are two different beings with different physical abilities and mentalities. And so, many times the women are thought to be: not as strong, not as fast, or not as good as the men in their same sport. For this reason alone, we need to stop comparing our athleticism with our male counterparts and create our own playing field.

It also is difficult to develop the female style of play, to create the female style of organizing, managing and coaching when so many female teams are influenced / and or dominated by men. Therefore it was time and we decided to: take control of our own sport, create our own playing field. We wanted to create a central organization to support and nurture the female style of playing flag football, highlight and recognize female athleticism and to respect and be proud of all our female athletes.

That was the purpose and reason why the International Women's Flag Football Association was created and most importantly to unite female flag football all over the world- no matter what skill level, age, sexual orientation, economic background. We are all volunteers working together.

United we stand and united we play. We invite all female to join us and all are welcome.



## Opinion

### Why professional women's sport is less popular than men's...and is it fair?

It is believed that the success of any sporting event depends upon a right blend of three factors mainly the consumer, media, and the commercial appeal that it has around the world. In my personal opinion, however, I have a rather different reason in mind. Women's sport is simply not as popular as men's due to the basic fact of gender roles. Since years unknown, men have been regarded as the ones possessing more muscular power compared to their counterparts. This is why sports involving men are more interesting as they cater to the preconceived notion of men being the more physically powerful than women. When both genders are put in the same category such as sports which evidently rests on one's physical strength and stamina, the one with more corporal vigor will steal the limelight.

- Ashley Mark - USA



photo: Barry Gaukel

## BE A PART OF IT!

### The IWFFA is creating a documentary film on the History of Women's Flag Football



#### Send us your League or Team history

- Name of League City, State, Country
- Year League was founded
- Who was the Founded of the League?

also send stories and any photos  
e-mail: [iwffa@iwffa.com](mailto:iwffa@iwffa.com)





## AMERICAN FOOTBALL INTERNATIONAL REVIEW

### 2015 IFAF World Championships Cancelled in Sweden

By Roger Kelly



**Less than 8 months before opening kick-off, disaster has struck the 2015 Stockholm IFAF World Championships**

The first clue was that hotel bookings were cancelled due to non-payment. Then the main host stadium, Tele2 Arena, could not confirm it was booked.

Then word began to spread. IFAF (International Federation of American Football) acting point of contact Roope Noronen has now confirmed the rumors.

The international American football's premier event, the 2015 IFAF World Championships, will not be held in Stockholm.

"We became aware of the situation in Sweden a couple of weeks ago and after examining all the facts and conferring with the Swedish federation made the decision yesterday to cancel the event in Sweden. We will look at whether we can move the event to another host country or postpone the world championships for a year or two."

According to Martin Söderberg, spokesperson for SAFF – the host Swedish American Football Federation – the money is not

there for them to organize a tournament of this magnitude:

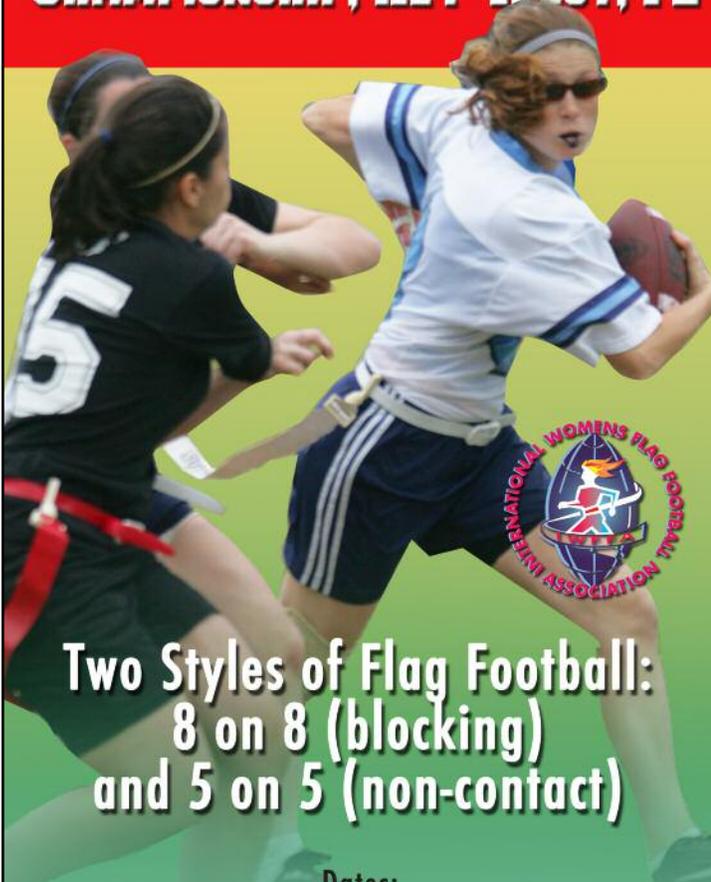
"This is a sad day for American football in Sweden. We really wanted this to work. We invested SEK 2.7 million (\$350,000) with a company called Amfium over the course of the past three years and/or we paid invoices presented to us by that company. We do not know how much money is left in the company. Their task was to raise funds for the world championships and handle all the arrangements. We have been asking for an accounting for at least a year now."

In a bizarre twist, the current president of Amfium is Tommy Wiking, who up until yesterday was head of IFAF and also SAFF. Amfium was contracted by SAFF to handle all the arrangements for the World championships. Wiking has taken a leave of absence and is unavailable for comment.

Noronen continued: "It is unfortunate that this has happened, and even more unfortunate that the gravity of the situation only came to our attention a couple of weeks ago. In the case of events of the magnitude of a world championship tournament, there is always the chance that funding can fall through or not be raised. That is part of the business. Our main task right now is, as I mentioned earlier, to fix the current situation and once that decision has been made to examine what has happened, to prevent it from happening again."

(continues on page 10)

**25TH KELLY MCGILLIS CLASSIC  
INTERNATIONAL FLAG FOOTBALL  
CHAMPIONSHIP, KEY WEST, FL**



**Two Styles of Flag Football:  
8 on 8 (blocking)  
and 5 on 5 (non-contact)**

**Dates:**

**January 28 - February 1, 2016 (games only)  
January 25 - February 1, 2016 (full week of events)**

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Flag Football Championship - Key West, Fl. USA  
Kelly McGillis & Special Guest  
Teams from around the world and USA  
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Parties every night, Half Time Games**

**Web: IWFFA.COM  
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## Letter to the Editor

Dear IWFFA

As a 30 year high school football and NFL Minor league official, I can say with some certainty that the IWFFA is one of the most consistently well run football organizations I've been associated with. Unlike all of the other levels of football from Pop Warner Football up to the highest degrees of professional football, the IWFFA has established, not only a legacy of adult flag football players, that are prodigious players, but has also generated a program of development for the young girls of the world. The tournaments that I attended and have observed closely as an official engender an atmosphere of benevolent athletic training and flag football information for the young ladies, plus a competitive adult level of play for the teams that come from all over the world. All this is coordinated by Diane Beruldsen and her staff with kindness and joy. There are many surprises, at these tournaments and hard bumps and bruises along the way but the tournaments always end in good loving sportsmanship and gamesmanship. Thanks you Diane for including my brother Dean and myself, in Ms. McGillis's Classic. My brother Dean and I look forward to seeing you next year in Key West.

Sincerely, Denny Lauria,  
Sto-Rox High School Sports Hall of Fame  
NFL Minor League Hall of Fame  
Rules Interpreter Western Pennsylvania  
Football Officials

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photo: Images by Doc



Tommy Wiking - "Wiking's leave may or may not have been brought on by his arrest by Swedish authorities in late August on suspicion of embezzlement."

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### **Amid Controversy, IFAF President Takes Leave**

It has also been announced that Wiking has taken a leave of absence from both IFAF and SAFF until the end of January 2015 due to health reasons. IFAF Senior Vice President Mac Kaneuji will act as head of the federation in the interim.

Tommy Wiking - "Wiking's leave may or may not have been brought on by his arrest by

Swedish authorities in late August on suspicion of embezzlement. "

Wiking's leave may or may not have been brought on by his arrest by Swedish authorities in late August on suspicion of embezzlement. He was held in custody for two weeks and then released while the Swedish crown prosecutor puts together a case against him. That process could take any-

where from a few months to up to a year if it materializes all. According to sources, the case is totally unrelated to the world championships and based on a misunderstanding. At this time, Wiking cannot comment on the case as the investigation is ongoing. He does say however, that the money SAFF has invested into Amfium has been well invested.

According to SAFF, they have been trying to get some kind of paperwork from Amfium, or at least a written confirmation that plans and arrangements were underway, for the past year. They are still awaiting a copy of the 2013 financial year ends from Amfium.

The story is muddled by the fact that in 2011 SAFF, who owned the shell company Amfium, sold it to a couple of unknown investors, arranged by Wiking. The company had been used to help arrange events such as the Swedish championship games. But according to Söderberg, at this time no one on the current board knows who the buyers were.

## **Future of the IFAF World Championships?**

Eleven of the 12 participating nations and their federations have already qualified and have been preparing for next summer's championships.

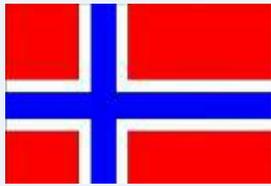


### **Where does this debacle leave the hundreds of athletes, coaches, and administrators?**

As Noronen mentions, there are two options moving forward. Another host country coming in to save the 2015 World Championships or a complete postponement the World Championships for a year or two.

The fallout from this embarrassing turn of events will surely hurt the reputation of American football within Sweden, and also give Sweden a black eye within the international American football community.

Hopefully this will be short lived and they can continue on a path that was beginning to give American football a very good reputation in Sweden, throughout Europe and around the world.



## Benefits of coaching: the Sardines in Stavanger, Norway

by: Diane Beruldsen

"As a coach, I get a different thrill than the players. For the player, it might be catching the ball or running with the ball then being chased by the defense. Or, it could be grabbing a flag or breaking through the line. For me, as a coach, my thrill is more cognitive and spiritual".

All the years I have been coaching flag football to groups of girls and women of all ages and all levels of experience ,..... coaching the Stavanger Sardines from Norway has been an extra special experience. I have had the opportunity to coach this team of women since November of last year, for almost every Wednesday from 6 - 8PM. Whether it is dark, cold, raining, windy or snowing... we are out there on the field training. Living in such a region, everyone has to accept the extreme weather and bear with it. You don't cancel a training because it is raining... everyone would laugh at you.

The Stavanger Sardines are grown women, who some had never heard of flag football, nor tackle American football, but were willing to try a sport which they knew nothing of. These women did not know the rules, never had seen the game, nor caught a football and never had seen an oval shaped ball (soccer is their main sport - and they can kick!). They were willing to learn the sport, and came to the trainings willing to do everything I asked of them. Each player paid attention and focused on what we were doing and added a little of their own flavor at times by sharing their thoughts, ideas and questions. The team was very interactive physically, cognitively and focused.

Because the sport was totally new to everyone, breaking down plays, then breaking down the



drills, I had to go one step further which was to break down the skills into micro-movements. For this, I had to really think hard for ways to approach this.

For example, before we could do a "sweep right", we had to practice running the pattern with no ball. Where to stand, how to stand, look straight ahead. I needed to explain why we needed to run wide, which was to avoid the defenders in the middle of the field, so we should try to reach the side lines. Then once this pattern was practiced and it's purpose understood (why do we use this running play? what is the game situation? how many yards do we need?, what should you be thinking as your running, what are the defenders trying to do? what is a "broken play"? what do we do in a "broken play"?, etc.) ,..... then we go to the ball.

It is important to show beginners how to properly hold the ball, how to push the ball from the palm of one's hand, pull back your arm - to get a full wind up, to allow the stitches on the ball to roll off the fingertips. In Scandinavia, handball is another popular sport. Those players throw the handball very differently, and step with same foot they throw with. Showing my Sardines how to "step into the throw" with opposite leg, took some time to get use to. Then there is the underhand pitch, learning all about how to lateral, and so on and so on.

I was born in the USA and grew up watching American tackle football on TV. At age 18, since I

(continues on page 13)

# IWFFA Circuit of Tournaments 2015



**Kelly McGillis Classic International Female Flag Football Championship & World Challenge, Key West, FL.**  
 24th games only: January 15-19, 2015  
 Full Week of Events: January 12 - 19)

**Tegucigalpa, Honduras**                      **1st**                      **March 28 - 29**

**Grimstad, Norway (friendship games)** **1st**                      **April 18**

**Puerto Rico - Hosted by Puerto Rico**  
**Flag Football League Federation**                      **1st**                      **June 11-15**

**Oslo, Norway**                      **14th**                      **June 20 - 21**

**Jersey Shore, NJ - Hosted by NJWFF**                      **4th**                      **July 18 - 19**

**Norristown, PA - Hosted by Norristown**  
**Ladies Flag Football League**                      **1st**                      **August 8 - 9**

**Gothenburg, Sweden**                      **15th**                      **August 29 - 30**

**Kate Clinton Classic, Ptown, MA**                      **10TH**                      **September 18 - 20**

**Guatemala City, Guatemala**                      **2nd**                      **October 31 - November 1**

**25th Kelly McGillis Classic International Women's & Girls Flag Football Championship & World Challenge Special Celebration!**

**Games Only**                      Jan. 28 - Feb. 1, 2016

**Full week events, clinics**                      Jan. 25 - Feb. 1

**NEW!** Offering 2 styles of play: IWFFA 8 on 8 (semi-contact) and Non-Contact 5 on 5

There may be other tournaments added, check with our website: IWFFA.COM



(continued from page 11)

## Coaching Side Lines

played flag football, for all the years that I have played, my teams ran drills and plays and maybe did some conditioning. I was never coached nor thought of the finer movements that were incorporated into developing a skill. I had taken these movements and skills for granted, never realizing their existence and importance to develop a well educated team. And now, when I coach a team of women so new to the sport, I am thinking differently, figuring out different ways of doing things and learning so much that by coaching the Stavanger Sardines, I have truly become a better and more experienced coach and a better player out on the field.

I encourage every female flag football player to take the plunge and the challenge and to coach a girls or a women's team. For the novice coach - do not be intimidated or afraid that you don't know enough of the sport. Let me say: It's everyone's "first day on the job" at some time in our lives. But then there is the next day and the next day and soon, you start to get into a groove and rhythm and confidence of coaching a team for the first time. The sport needs you to do this, to help develop the true feminine style of playing flag football which is exciting! We have had such a strong influence of male coaches, who played tackle football and brought their tackle experiences onto the women's flag football trainings. The men have their own style and manner of playing the sport and coaching the sport. It's time the women stepped up to the plate to not only develop great female flag football teams, but to allow for the female style to develop, to create a more natural female flag football player and a confident human being.

I have learned patience, broken out of my set patterns, found different ways to do certain

things, and I have learned to think differently. I discovered that I do not know everything there is to know about flag football, but by sharing with my team what I do know, and allowing each player to share with us all, we make a very special team, experience and I have grown as a result. As a coach, I get a different thrill than the players. For the player, it might be catching the ball or running with the ball then being chased by the defense. Or, it could be grabbing a flag or breaking through the line. For me, as a coach, my thrill is more cognitive and spiritual.

If your already coaching, I ask you to share your experiences with us. If you never coached before, I strongly encourage you to do so - to go out there and start coaching! It's a wonderful experience.





## Flag Football Clinic in Honduras - March 28, 2015

Switching over to IWFFA rules, and never used blocking in their past flag football games, the Honduras

Women's Flag Football League and the IWFFA conducted a players clinic to teach basic flag football skills and focusing on blocking. Players from Tegucigalpa, La Ceiba and Guatemala attended. It was a great clinic, with lot's of enthusiasm and energy and players learned a lot.



## Grand Bahama Flag Football League - by Vincent Marshall

What started three years ago as an effort to expand the Grand Bahama Flag Football League was met with much skepticism. For a group of guys that had been playing pick-up flag football games on Sundays for more than ten years the idea to introduce ladies flag football was considered farcical at best. For the few that seemed interested in the idea they felt that as the GBFFL was only in its second year that maybe it would have been better to



wait at least another two years before even seriously considering the idea. Then there was the notion that the women in Grand Bahama would not be interested in the sport, they were considered to be “too girly” and that flag football would not even be an option for them as they already had the sport of shopping.

Regardless of the detractors three male coaches set out to at least begin the process of educating ladies about the sport of flag football and hopefully teaching the fundamental skills of football that would be needed. What started out with as a small group of ladies looking for an opportunity to try something new and work



out in the process grew into the Piranhas Flag Football team. As news spread of a possible women’s flag football team on the island of Grand Bahama the spectators at the practices no doubt grew. In an effort to minimize distractions the practice was moved to a secluded area and the real work began. The idea was conceived to have a female team (Lady Spartans) out of New Providence visit along with their male counterparts during the 2nd Annual Grand Bahama Invitational Flag Football Tournament. Despite numerous practice sessions and two offence vs. defense exhibition games this would be the Piranhas first real competition. With less than one year of practice and no real game action they would fall to the Lady Spartans but their drive would only be strengthened by the experience. The publicity generated from the game would serve to be a catalyst needed to fuel the



(continues on page 16)



future of Women's Flag Football on the island.

The following season the need for in season competition was realized and the Piranhas Flag Football team split in two. Both teams would reap the benefits of the tournament being aired on the local news sportscast as there were now women inquiring on how to join and how soon would they be able to play. Both the Piranhas and the offshoot team Lady Assassins were in full bloom. The practices were packed and the excitement of the first season on women's flag football was gathering steam. There was, however, rumors of a third team practicing on the island as well.



However, no one knew who they were or who would have been coaching them. This coupled with the fact that they did not register with the league left persons content that it was just a rumor. When the ladies took the field for their first ever game during the GBFFL 3rd season they were amazed at the amount of spectators at the game. The crowd was so thick at the sidelines that person sit-



ting on the bleachers complained of not being able to see the action on the field. The season was by all labels a success. The ladies understood the pace of the game, they were able to run plays on offence and stars were slowly emerging. All conversations were centered on the Piranhas and Lady Assassins. Well, that was until the 3rd Annual Grand Bahama Invitational Flag Football Tournament. This was when the rumored "third team" proved to be no longer a rumor. The Lady Enforcers made their presence felt with a running game not seemed to be utilized by either of the already established teams. The three teams from Grand Bahama along with two teams out of New Providence proved to be proof that something wonderful was taking form with the Women's Flag

(continues on page 17)



Football. Women's Flag Football was now a topic of conversation.

Season four would see five women's teams registered with the GBFFL; Piranhas, Shockers, Lady Assassins, Lady Enforcers and Lady Marines. In three years women's flag football in Grand Bahama grew from fourteen female players to eighty female players on five teams. The growth has been phenomenal, but the greatest triumph has been the progress of the ladies on the field. Their agility, attitude to never give up, ability to read defense and desire to learn more has only proven that all they needed was the opportunity. And to think, some thought that we should wait another two years before even introducing women to the game of flag football. In case you're wondering if we expect the growth to continue to the next season, the answer is yes. At the time of writing this we have another four months before the start of season five and we already have eight female teams committed. There have been so many women showing an interest that we have increased the roster limit to twenty-four players and we are also currently making plans to compile a national women's flag football team to represent the island at international competitions.





## COBRAS FLAG FOOTBALL HONDURAS

**IN SPORTS, JUST LIKE IN LIFE, WOMEN SHOULD STICK TOGETHER AND HELP EACH OTHER.**

**-BY MARÍA FERNANDA MENDOZA - CAPTAIN - 'COBRAS' FLAG FOOTBALL HONDURAS**

In a country where all you hear about is soccer, we dared to be different and decided to play women's flag football. It all started with a small group of women, that group quickly grew as the word was

spreaded. After a couple of months, we chose 5 leaders and those 5 leaders had the task of starting their own team, we divided ourselves into teams and that's how our league started in 2012.

My name is Maria Fernanda Mendoza and I'm "COBRAS" team captain.

Our team had a very rough start given the fact that when I started the team, I wasn't really ready for it, we didn't even have a large group of players, actually, it was only one other player and myself. Nobody believed in 'COBRAS' at first because nobody thought I could really play, and start my own team? Never! Luckily, we pulled through and girls started getting interested. We never gave up on the idea and this effort rewarded us with the

opportunity of playing something we are truly so passionate about and meet many amazing and talented women.

On our first year we got to the final game, unfortunately, we lost the championship title against 'Panteras'. Eventhough we lost, the experience was something unforgettable, fun and filled with so much thrill! On our second year, things didn't go as smooth, we started having problems because some were no longer team players and when you don't play as a team? It's all downhill from there. That year, we didn't even go past the playoffs. At the end of the season, half the players left the team to start on a new team. Half the team's receivers left, as well as some other players. The team's future was a bit uncertain; as captain, I was drained

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COBRAS 2013



COBRAS 2014



COBRAS 2015



COBRAS-IFFA TOURNAMENT

and didn't really know if we had it in us to do it once again. We had to gather new players but our passion for the sport gave us the courage to do it all over, only this time? I wasn't alone, the team had many amazing players that remained loyal to the jersey and we built the team back up again.

This year things are different and the level of camaraderie is something that was much needed for the growth of our team. As a team, on 2015 we had the opportunity to play on our first IWFFA tournament right here in Honduras and it's safe to say it was one of the best experiences we've had! Not only because of the teams we played against and the fact that the team that we played in WON! but because we didn't play as 'COBRAS' we played as 'TIGERS'. Funny enough, 'Tigers' was a team with whom we had horrible beef on our first year playing and just now we realized that it was all due to great misunderstandings from someone that we had in our league, a type of person one would consider "toxic". At one point in our lives, we

once said: "I will NEVER wear a 'Tigers' jersey."

(I bet 'Tigers' probably said the same thing about us. hehe) This year we did, we united as women and played alongside great women from 'Tigers'. Now? They're probably the team we're the closest with.

We realized that sometimes, as humans, we bring each other down instead of lifting each other up, we're stubborn, we prefer to not talk things over and fix any misunderstanding that might come up.

In sports, just like in life, women should stick together and help each other. We are playing a sport that hondurans didn't even play, in a country where we have little to no support from sports entities, everything we have, we've obtained through sacrifices from each team, as well as from the honduran-American Football League. So now, more than ever, our league has to stick together, every team, every player because there is nothing we want more than for this sport to grow more and more as the years go by.. and it will!



## Which style of Flag Football is best and why?

**5 on 5 / 7 on 7 / 8 on 8 / 9 on 9**  
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## BOOGIE-WOOGIE - We have a Dance Challenge Going On! \$100 to best dance 2015



What seemed like a fun, silly thing to do : A dance contest at one of our tournaments, has turned into an international competition!

All the teams in the March IWFFA / Honduras tournament competed in a dance contest amongst each other. The contest came down to two teams, tightly matched and a sudden death competition between two women who would represent their teams: Panteras and Guatemala-Medusas-Lobas-Loose Women's team. Even the sudden death was a tie and a third tie breaker was needed to establish a champion dance team who were the: Honduras Panteras.

The Panteras got together and decided to chal-



lenge other teams, thus creating the new phenomenon: The IWFFA Dance Challenge. The Panteras challenged two other teams: Stavanger Sardines of Norway and the Guatemala Gladiadoras. As of today, the Sardines have answered with their own dance and they in turn have challenged two other teams: Puerto Rico Lighting and Sweden's Gothenburg Angels.

There are a few guide lines to follow and you can decide for yourself which team has the best dance by going to our Facebook page : "On the Air with the IWFFA". There we have established an election between the two teams until the end of this month.

Check out the two videos and vote by giving a thumbs up to your favorite team dance. Let us know if your team would like to join the contest The IWFFA has upped the anti by offering at the end of the year \$100 to the #1 Dance Team.

Facebook Page: On the Air with the IWFFA  
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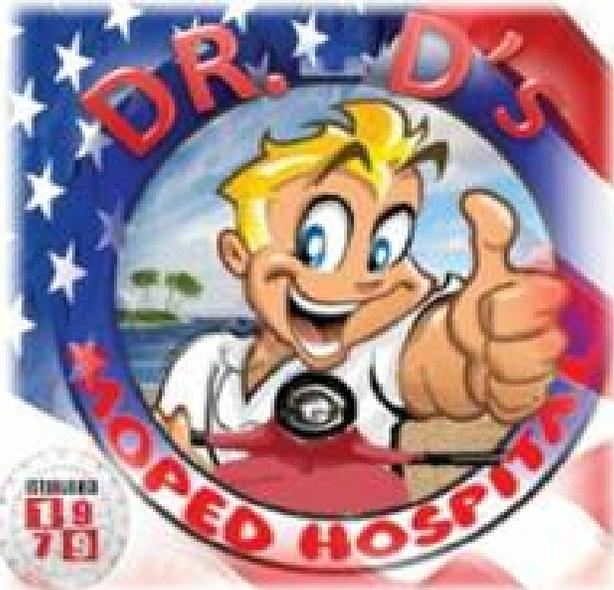
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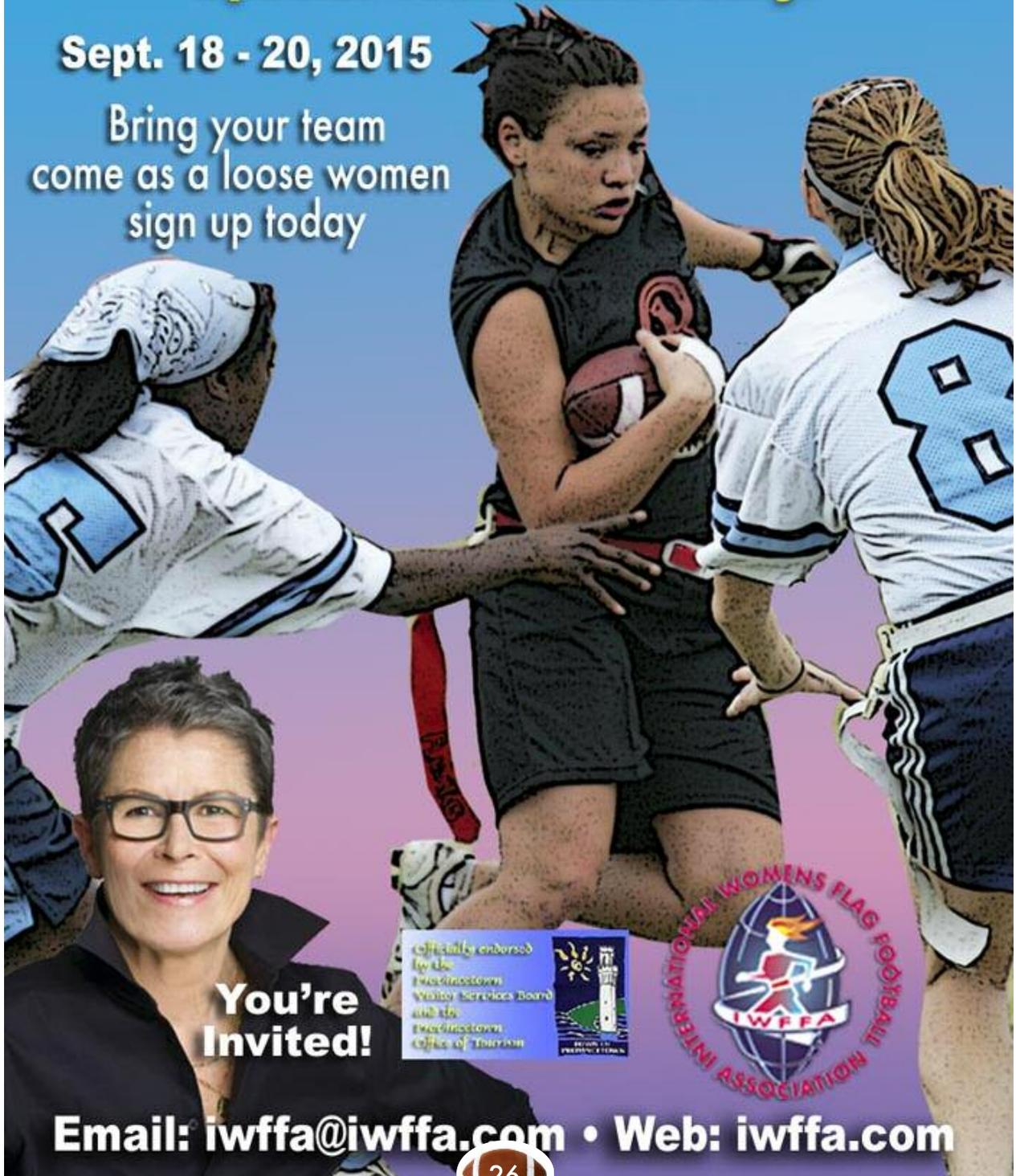
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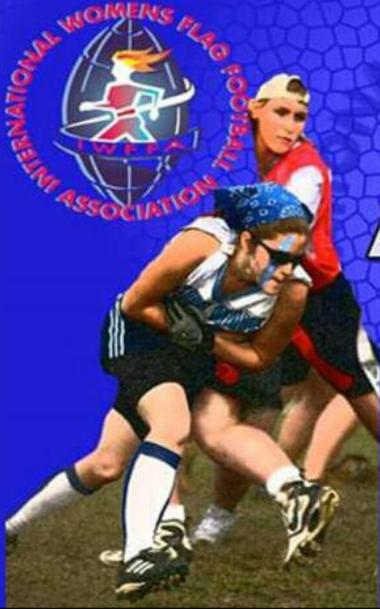
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A background image showing several women's flag football players in action on a field.

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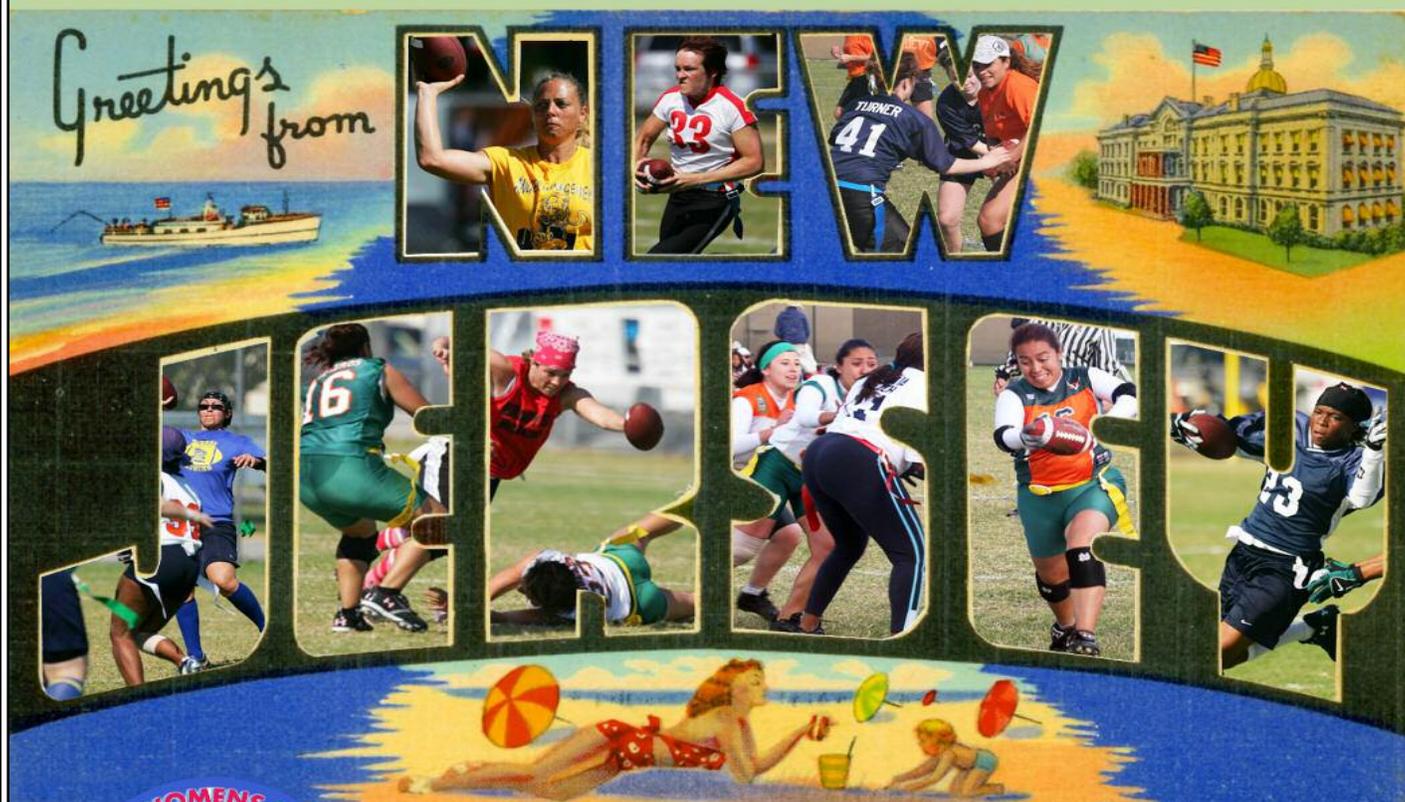
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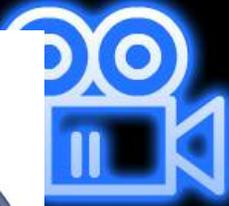
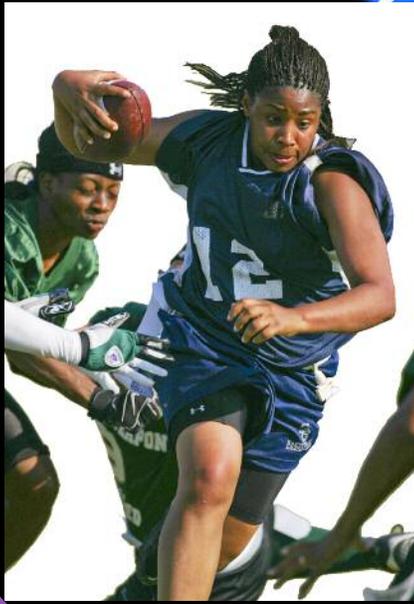
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**a girls flag football team?**

**IWFFA LATIN REGIONAL DIRECTOR: CELIA AREVALO**  
**- By: Maria Espoza**



but when I finally got to understand what was like flag Football I realize I want it to do this for the rest of my life”.

When teams form she start playing in Tigers and became the President of that team where she had a great experience. “Tigers was where I started and where I learned everything I know about flag Football! We use to had a great time, we practiced hard and we were very competitive! “ she said. Celia help organized the team and learn to be discipline with herself in a lot of aspects of her life. For personal reasons she leaves Tigers and joins Panteras next year. “ It was a hard thing for me change team specially when we were rivals a year before and I also was the new girl but Panteras girls help me to get over it quickly, they made me feel welcome and in a few months I felt part of their family! Celia has been playing with Panteras since 2014, that is when she goes with Panteras to the 1st Guatemala IWFFA Tournament and Panteras became champions.



“My experience in Guatemala IWFFA Tournament was amazing, not only I bound it more with my teammates, I got to meet new people, realize I was ready to play 8 vs 8 rules and I was very happy that we got to travel and win 1st place” she said. Celia is now our IWFFA Latin America Outreach Coordinator, our Latin America Region Director and one of our Spanish Radio Host.

(continues on p. 32)

Celia said “I love being part of IWFFA for many reasons but one of them is because as a woman I love the we can show the world we are capable not just playing a sport but organizing it and work together, IWFFA is the way to do this and more not only because we love Flag football but because we are woman playing Flag Football”

Now you can listen every last Friday of every month “On the Air IWFFA” in spanish with our hosts Celia Arevalo and MJ Eguigure. Where they have interview with spanish speakers around the world, and trivia questions. Now you can follow us in twitter and our fb radio page! Be aware because you can win fun stuff.

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## IWFFA CHALLENGE

### Steps to participate:

1. Team must make a video with the IWFFA song
2. Send us your video or upload and tag us
3. Nominate another flag football women's team
4. We will share your video on our facebook page and you will have to share it, to get more likes
5. Team with more likes will receive a special prize!!

### So get up and dance!!

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**IWFFA - Latin Region Sportswoman 2014 - ANA VOLK**

**HONDURAS, TIGERS**

**By: Ana Volk**



Ana Volk is back row -center



Happy Celebration with the Honduras Tigers - Ana Volk is 2nd from right

old end stopped at age 16. At school I played volley ball and soccer. Then it was soccer just for fun until I found out about Flag foot-ball.

It has been 3 years now that I play flag foot-ball. And I can say I do love this sport. What I love about this sport is that is fast, you need strategy, you got to be athletic and is rough though you don't tackle. Anybody can play it. It's a sport in which you need to train hard to have good results.

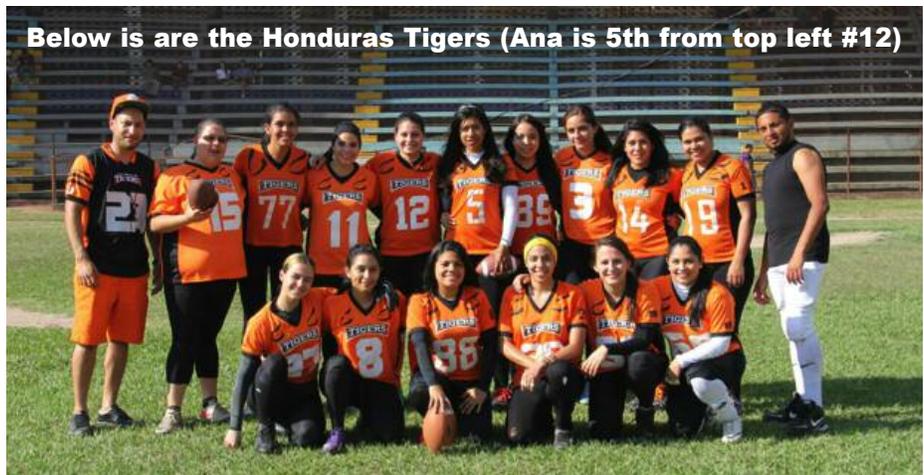
Ana is the first recipient for the Latin Region to receive the Sportswoman Award. In IWFFA - Guatemala Tournament 2014 she won MVP Offense and Defense for the Honduras Lobas Team. She again won MVP Defense in the IWFFA - Honduras tournament 2015 playing for her regular team the: Tigers and also won All Star for the tournament as Receiver.

Ana volk was born June 6, 1987 in Tegucigalpa, Honduras

I've had done sports all my life. I started with gymnastics since I was 5 years

My team is Tigers. I've been in the team since the LFFFH (Liga de Flag Football Femenino de Honduras) started in Honduras. Our team has been growing as well as other teams and league. I play in offense (wide receiver) and defense (safety).

**Below is are the Honduras Tigers (Ana is 5th from top left #12)**





## IWFFA - North America Sportswoman 2014

**Lisseidy Falcom**

**Morales from Puerto Rico**

by: **Cindy Trippet**



Lisseidy was born in Puerto Rico, February 13, 1989. She started playing flag football in November 2012 for Puerto Rico's first women's flag football team

the: Islenas. It was then when she truly found her sport as she exploded on the flag football field as Receiver, Safety and recently this past year as Quarter Back.

Because of Puerto Rico Women's Flag Football League's (PRWFFL) draft system, Lisseidy has played for several teams: Islenas, Blue Wave Sharks, Puerto Rico's National Team and currently for the Gladiators in the PRWFFL. Her phenomenal flag football performance however, was noticed at the 2014 World Challenge Game in Key West, Florida when she scored 3 touchdowns, played a tremendous defense and stood out above all the others.

She had a great childhood, being the youngest of three and the only girl. "I grew up with two brothers, which was great because I always had a "partner in crime". I spent most



of my time with my brother Jim, playing outside with the neighborhood kids". Lisseidy was a tomboy, always into sports, she liked playing them all. From basketball, baseball and volleyball. She also stood out in basketball and excelled

receiving a college scholarship for the University of Puerto Rico - Bayamon Campus (UPRB). There she received a Bachelor's degree in Education (Adapted physical education for special needs children).

Playing basketball for UPRB, she traveled to the states to play NCAA. Soon she played on the professional women's basketball team in Puerto Rico until flag football was introduced



into her life.

Lisseidy fell in love with flag football and has said "I will continue to play until my body

allows me to".

Asked why she loves flag football so much " I think it's a really interesting sport, very competitive. I can play more than one position. It betters me physically, intellectually & it allows for teamwork and sisterhood".

Currently, she teaches and lives in Toa Alta, Puerto Rico and has just enrolled in her last semester for a master's degree in Forensic Investigation.

Her motto is: "I still need to improve" and when asked to describe her most memorable moment in flag football she responded: " It was the Kelly McGillis Classic 2015, because I received multiple awards for my performance and I had put in a lot of hard work and effort to get ready for this tournament". Lisseidy has said she will play flag football as long as her body allows her to. She is dynamic, exciting and you should see her in action. 2014 IWFFA Sportswoman recipient for North America - Lisseidy Falcom.

**Awards**

**WORLD CHALLENGE 2013 INTERNATIONAL TEAM**

**WORLD CHALLENGE 2014 Team 2**

**North America Sportswoman 2014**

**All Star - QB - Kelly McGillis Classic 2015 - Puerto Rico Blue Waver**

**MVP Offense - Kelly McGillis Classic 2015 - Puerto Rico Blue Wave**

**Tournaments Played In:**

**Kelly McGillis Classic 2013 for team: Puerto Rico**

**IWFFA - Asbury Park, NJ 2013 for Team: Puerto Rico Islenas**

**Kelly McGillis Classic 2014 for Team: Puerto Rico Islenas**

**Kelly McGillis Classic 2015 KMC for Team: Puerto Rico Blue Wave**



## **Official's Corner: Enforcing Unsportsmanlike Fouls**

- by Marty Landin

There must be consistency in observance of and penalizing unsportsmanlike fouls . This deficiency causes belligerent actions to continue to fester during games causing a great deal of control issues.

All officials should enhance their focus on maintaining control of the games from start to finish . Advise the Captains at the Coin toss that there will be “ zero tolerance for unsportsmanlike conduct . “

Remind them that any player or coach who is issued a 2nd unsportsmanlike conduct fouls in a game will be ejected with further consequences determined by league or association to follow.

It goes without question that any player or coach who makes physical contact with a referee and/or throws a punch will be immediately ejected from the game and subject to possible expulsion from playing in the IWFFA.

What is considered Unsportsmanlike Conduct ( This is by no means an exhaustive list )

- Taunting and baiting
- Excessive celebration (celebration is allowed in IWFFA rules)
- Any belligerent act , physical ( non fighting, such as throwing a football at an opponent ) and/or verbal ( vulgarities, threats ) toward an opponent or an official

To manage a game and ensure that decorum prevails, all officials must focus on dead ball officiating. Keep your eyes and ears open, head on a swivel and monitor the tenor of the game. Most times it is obvious when two teams are becoming belligerent. In these situations, step in and in a positive mode, defuse the issue(s) immediately. Get ahead of the problem so to speak. When a situation does arise where you need to declare an unsportsmanlike foul do it immediately and demonstrably so everyone in the game knows what you are calling and why . No hesitation on your part is acceptable once the foul is committed. Notify the Coach that the next unsportsmanlike foul on player # XX or shirt color, etc will result in her ejection. The calling official and his partner MUST notate the foul on their scorecards.

**THERE IS NO ROOM IN OUR GAME FOR THIS TYPE OF CONDUCT AND ALL OF YOU ARE RESPONSIBLE TO MAINTAIN ABSOLUTE CONTROL OF YOUR CONTESTS.**

**In closing , we are all familiar with the phrase: AN OUNCE OF PREVENTION IS WORTH A POUND OF CURE !**

**PRACTICE THE ART OF PREVENTIVE OFFICIATING AT ALL TIMES, ADDRESS HOT SPOTS WITH POSITIVE WORDS WHICH ANNOUNCES TO ALL THAT YOU ARE OBSERVING THE ACTION.**

**THIS WILL GO A LONG WAY IN REDUCING IRRITATION AND MAINTAINING CONTROL.**

**BE BOLD IN YOUR ACTIONS TO CONTROL THE CONTEST**

**Time to show everyone  
who the Dragons are**  
- by Valentina Donado  
Panama City, Panama. Balboa  
Academy, home of the Dragons.



To travel is to live, to learn and to have fun. The IWFFA was the first organization that invited the Balboa Academy Dragons to a tournament in Key West, Florida for the annual Kelly McGillis Classic International Girls and Women's Flag Football Championship and World Challenge Game, January 12-19, 2015. For many players, this was a dream about to come true, it was a new goal to reach and something to fight for. Through practices and preparation, the Lady Dragons achieved the goal of becoming better players and defeating themselves. Every single one of them went for the extra mile and looked forward to this new experience. As the dates arrived, practices seemed shorter and the team looked better. Once in Key West, the nerves choked us and the excitement didn't let us sleep. The tournament was about to start and it was one of the few times where we all felt ready to beat anything or anyone who came across us. Rules were a little different and other teams were unknown, but we were prepared. As

soon and the sound of the first whistle rang, we knew it was time to show everyone who the Dragons were.

Through the tournament we were fortunate to win, and to leave our name on top of the chain. We met new friends, new team mates and a new culture. We learned about determination, patience and hard work. We had the great opportunity to watch and play with other countries like Puerto Rico, and look up to amazing players. Thanks to the hard work and dedication put in the trip and the team itself, we were able to achieve our goal, the championship. The medals we got and the MVP awards were all objects that will remind us of our first of many foreign experiences.

I am grateful of having such a great opportunity like this one, and I am happy to have



the pleasure to meet Diane Beruldsen, the founder of the IWFFA. When I first saw her in the IWFFA poster, I knew she had a passion and through the tournament I could see how she wanted to teach Flag Football to other young girls. It was amazing to hear myself speak on the local radio show, and to visit Key West and leave huge footprints behind. I hope to come back and play in the bigger leagues as well as to see how the young girls I played with have grown and developed into great athletes. Personally, I

saw a lot of hidden talent, and with time they will grow up to be great players. It was a pleasure to assist to the IWFFA tournament, especially because Dragons got the opportunity to push themselves and see how the hard work affected the results.

I want to give a special thanks to my school Balboa Academy, to my coach Alvaro Ducreux, to my team and to all the supportive parent. This experience will never be forgotten because its the start of a long journey ahead of us. ●



## MEET THE SARDINES!

**From Stavanger Norway - Here is a brand new team playing flag football for the very first time!**

**By - The Sardines**

### **Why was the team name Stavanger Sardines chosen?**

It relates to the fishing history of Stavanger which once had a huge industry canning sardines.

The Sardines travels in "teams" (schools) A Sardine is not a beloved fished by many so maybe that will intimidate some competitors ; ) On the negative site: They are an important forage fish for larger forms of marine life. We are brave and strong and do not need such intimidating names as: Tiger, Bear, etc.



The team started to take form at the end of 2014. Today, there is a full team of roughly 15 Sardines.

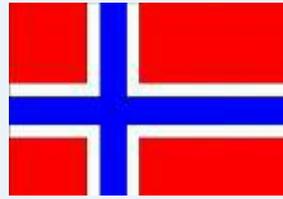
We train once a week for two hours and enjoy every minute! Everyone is friendly and supportive of each other.

Below we asked our players (some are missing) four simple questions:

- 1) What is your name - age - where were you born
- 2) What other sports do / did you play
- 3) What is your profession
- 4) Do you like playing flag football and why

### **Sara Harriet Pedersen - 27 years old - born in Silkeborg, Denmark**

She plays no other sports on regular basis. I have played tennis when I was a child and teenager, then some running and fitness. My



profession is Design Consultant - I have a master degree in Industrial Design from Denmark, but since I moved to Stavanger I

mainly have been working with user experience, interaction design, design thinking, graphic design and counseling. I love playing flag football!! It's great exercise for the body when you sit in front of a computer all day. It is liberating to be outside and exercise every muscle in the body as well as the brain. I

find it more interesting and intriguing than my initial thought because not only do you have to be fit, you also have to develop a great sense of team spirit and think strategic. For me flag football is great physical and mental training together with lovely, fun team members :D

### **Chalotte Rosenberg Kristensen - 26 years young born in Denmark**

In my youth I did rowing - just for fun. Now I do workout, all body, in fitness with my PT. I am a Consultant at Rogaland Fylkeskommune, a Political secretary I have only tried flag football once - and so far so good. I think the game is fun - but the rules are hard - maybe it will take a few more times to get it right

### **Elisabeth Oust Ledsaak**

I do not play any other sports. I am a Food technologist (work as a food developer at Tine)

I Love to play flag football! I like the teamwork, strategy thinking and the action!

### **Eriko Kory - 33 years old born in Japan**

I played soccer. I work in retail and like play-

ing flag football because it is a team sport and good exercise

**Oda Eiane - 25 years old, born in Oslo**

I swam in high school but never played any team sports (I was a nerd and played the violin and read books nonstop). I'm currently working as an assistant in a nursing home and am planning on nursing school in 2016. I've taken several years of liberal arts curriculum in college but no degree. I love playing flag football- I like the energy on the team and how it's such a fun way to workout. I can't wait until I understand more of the plays and how the game works in a general sense

**Tori Victoria Flores - 30 years old born in Texas**

I played Softball, an in Active duty military (USAF). I love playing flag football. I believe it gives you the opportunity to build a friendship and trust that I've gained in the military. It's a fun environment but, we always rely on each other to get the job done.

**Jennifer Thaxton Wilson - 25 years old, born in Alabama, USA**

I do not play any other sport. I like playing flag football because it gives me a reason to get

out and meet new people. All while staying active and having fun.

**My name is ElisabethHjelm, and I am 21 years old (soon 22).**

I am born in Kirkenes, Norway but brought up in Balsfjord (Tromsø). I am currently very in love with cross fit. I am working as an air mechanic. After the two trainings, I like it this far. When I finally going to understand the game (rules, technics and how to get a good flow on the field), It is going to be very fun. I can only get better, from here ! :)

**Tara Carlsrud - 35 years old born in Baton Rouge, Louisiana**

I play basketball, work at (NATO Jatta Warcenter). I Love playing flag football. IT allows me to challenge myself and compete again myself

**Marie Vindenes Løvås, 30 years old**

I was born in Stavanger Norway. I Dance and work as an Production Manager for the Stavanger Konserthus. Flag football is a fun sport where you get to use a lot of energy. It is wonderful to spend time outside and it is a fun team to be a part of!

**Julie Ferrari - 29 years old born in France 1985**

I played Basketball about 15 years. I work as an Event coordinator. I really like flag football! I have only been to one training! It was great! Basically I love being outdoors and enjoy very much team sport with a ball. I found it funnier to run carrying the ball compared to dribbling. But it's hard to talk more about the sport itself as I do not have much practice. I am really excited to learn more about the tactical aspect.



And yeah I love competition. It's definitely a factor that pushes my self and my limits you know.

**Hege Haugsnes, 35 years old born in Bergen, Norway**

I Played handball since I was about 6-7 years :)I am Working as an engineer in the Oil&Gas industry. I Just started playing flag football and really enjoy learning a new sport. It is a combination of fun, team work, strategy and a little bit of tackles are perfect for me :)

**Camilla Christoffersen**

I do not play any other sports. I am studying to become a health worker. Currently I work at house for old people as a caretaker. I like playing flag football for the action

**Marianne Sivertsen**

Played handball and did horseback riding. She works as an accouter at Stavanger regnskap and works in bar on Saturdays. She enjoys flag football because it is social, fun and you have to use your brain when it comes to positions and pattern.

**Maren Berg-Thomassen, 33 years old born in Stavanger, Norway.**

I have played Handball, football (soccer) and Roller Derby. I work as a Production Manager at Stavanger Concert Hall. I Just discovered this sport. Love that it is an outdoors sport. It's great how the sport and the game itself has room for all kinds of players, no matter size, age or shape. Our team is a group of great women from all over the world. We have so much fun together. That is reason enough to play flag football.

**Grethe Pedersen, 33 years old born in Jevnaker - Norway**

I played all sorts of sports when I was a kid (handball for the longest period) and I played

Roller Derby from 2012-2014. I'm an archaeologist. I like playing flag football because it is a social high energy team sport. It has got a little bit of everything and fits all kinds of various people.

**Mette Kristiane Kibsgaard, 33 years old born in Denmark**

I played Handball, European football. I work as an Advisor/coordinator at Sandnes Municipality. I am new on the team but I like playing flag football because it is a social and physical sport involving tactics and not least, throwing and kicking a ball.

**Diane Signe Beruldsen, 55 years old, born in Brooklyn, New York**

I was a tomboy growing up and played lot's of street sports, unorganized, then I played organized: softball, basketball, bicycling, running (ran marathons) and rugby. I work as a nattvakt for Stavanger Kommune and promote girls and women's flag football around the world (though I volunteer). I have been playing flag football since 1978, love playing the sport and really enjoy coaching and training at clinics. I QB for the team and love creating new plays on the field under pressure! I also coach the Stavanger Sardines, who have not been influenced by tackle football. They are virgins in the sport and play with a special style and have a beautiful attitude. The best thing about flag football is that everyone, no matter what physical condition, size or skill can play and be very much a part of the team. I also love the strategy and finesse of playing flag football.

**Stavanger Sardines Players missing from the bio's and very much a part of the team:**

Gunhild Knustad, Guro Tveit, Irene Meling. Janna Seim, Kitty Stancell, Vibeke Steinste

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## The Sun Bowl History

- by Chris Mann

In 1986 after some discussion the league at that time made-up of 4 teams decided that it was time to have a Football tournament, we named it The Powder Bowl. That first year 8 teams were involved with Delta Avengers taking first place. As the years went by, the tournament grew and Vancouver, Victoria and host Duncan were well represented. Then in 1991 The Sun Bowl was born and grew every year as the Fields, and the atmosphere surrounding the event became more solidified and more exciting, it was the place to end the Spring season for all the Coast and Island teams. Stars like Jennifer Stevenson, Margo Young and Kerry Kenyon from the Cowichan League kept their teams in the hunt against the power house teams from Vancouver. In 1993 the Sun Bowl moved all the games to McAdam Park and Rotary Park and created 3 fields to play the tournament, which added to the festival feel. It was not until 1996 when 18 teams came to play and from there it was a constant. The format also changed then two to create a reason for all levels of football to be recognized, the formation of 3 divisions after the round robin, Top Flight, Almost Top Flight and Grounded with prize money in every category. In 2007 the arrival of the Calgary Posse sparked the beginning of a bigger picture and more competition, in 2009 the Texas Adrenaline arrived and with that the name The Pacific Northwest Women's Football Championships, was born. The Texas team won 3 years in a row under the guidance of QB Vanita Krouch and this gave the teams a new drive to improve their game. History also shows us no other team has been able to match that feat other than The



Cowichan team the Wheelers who were able to win a remarkable 6 Sun Bowl's in the tournaments 30 year history, all with the Quarter backing skills of Tara McCaffery. One feature that has made the event stand out was the introduction of Themes, each team comes with a theme for their allowed area on the field and also get to transfer that theme into their playing uniforms, this has created many wonderful moments and laughs. 2015 will see a new era for Sun Bowl with the addition of 7 teams from Cowichan, 4 teams from Victoria, 8 teams from Vancouver, 1 team from Dallas Texas and 1 All-star team from Mexico plus several loose women from Calgary and Oregon the tournament has become the largest women's football championship's, guaranteeing each team 7 games. The games will start Friday night from 6pm till 9pm then begin Saturday at 7am and finish at 9pm, Sunday will see the teams start at 7am and the final Top Flight game will be played at 4pm. All games are 2 - 17 minute halves with 5 plays and it is a no contact 7 vs. 7 flag game. The field is 120 yards by 60 yards. In the case of a tie in play-offs the convert rules apply, each team has 3 plays in the end zone to score 1 or 2 points. When all is said and done it has been the effort of all the players, personnel, coaches, ref's, spectators and sponsors through the years which has made this such a successful event and the fact our City of Duncan has kept our fields pristine and ready



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