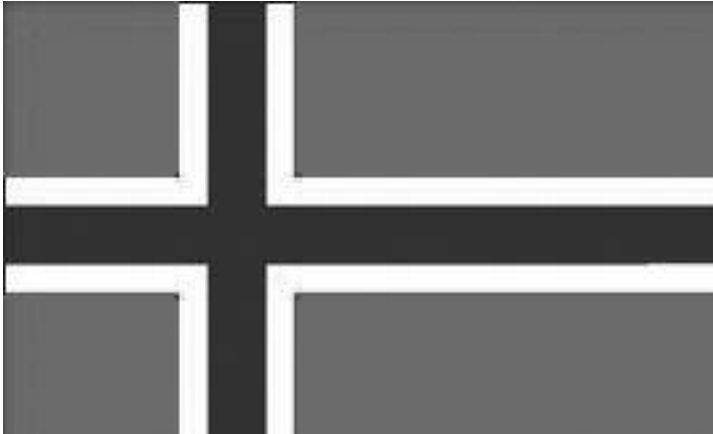


**12th annual IWFFA
Oslo, Norway
Women's Flag Football Tournament**



Oslo, Norway - July 2 - 3, 2011
**(THE OLDEST SCANDINAVIAN
WOMEN'S FLAG FOOTBALL TOURNAMENT)**

**12th annual IWFFA
International
Women's Flag Football Tournament
Oslo, Norway – July 2 – 3, 2011
Oldest Scandinavian Women's Flag Football Tournament**



🌐 **International Women's Flag Football Association (IWFFA)**

The International Women's Flag Football Association was founded in April 1997, by Diane Beruldsen, an avid flag football player herself. Introducing the sport in Norway, Sweden, Denmark, Iceland and Promoting the game in Finland, , Canada, Mexico and across the US since 1995, the IWFFA is the only international women's and girls flag football organization. Our goals and mission statement can be read on our web-site.

Web: iwffa.com / Email: iwffa@iwffa.com

Key Tournament *Players*

🌐 **Jeanette Thorsrud – TOURNAMENT DIRECTOR**
Jeanette started playing flag football in 2006. Her team is the Oslo Tigers as she Quarterbacks, and Coaches the team. Jeanette enters her second year as regional director for the IWFFA and has taken on the responsibility of directing the tournament. She will be responsible for tournament decision making. Please bring all your concerns to her.

🌐 **Diane Beruldsen – President / Founder IWFFA**
Behind the scenes organizer for this year's tournament.

🌐 **Lena Johansson – Scandinavian IWFFA Representative**
Lena has helped with awards and as consultant for the tournament. She has been the tournament director for many years. We will miss her this year and see her at the Gothenburg tournament this September!

🌐 **Birger (Bill) Klitgaard – IWFFA head official for Scandinavian Region**
Bill comes to us from Holstebro, Denmark and has officiated in our tournaments for every year since 2000.

🌐 **Larry Klitgaard – Tournament Official**
From Holstebro, Denmark, following the heels of his father Larry has officiated since 2008.

🌐 **Rori Baldari – Graphic Artist Extraordinaire!** Had designed this program as she creates all the IWFFA programs, fliers, logos and all our artwork.

🌐 **Kristin Hovde – Oslo Tigers –** Has helped to line the field for the second year. TAK!

🌐 **Grimstad Octopussies –** Hosting the half time games - Norway's newest team, and powerhouse! The Octopussies entered flag football last year at our 11th Oslo tournament and have competed in all the IWFFA Scandinavian tournaments since!

🌐 **Many Thanks to our Team Contacts** for taking the time and energy in organizing their team
Hilde Skagestad – Moss / Oslo Penguins (notice their new name)
Rigmor Brox – Grimstad Octopussies
Jeanette Thorsrud – Oslo Tigers
All the Loose Women

🌐 **Volunteers**
There will be many of you helping with the event, in one way or another and we thank you in advance. From selling tickets, holding the chains , helping to line the field, printing of programs, helping with communication, and much much more etc. Your help is very much appreciated.

All tournament results and photos will be up on our website: iwffa.com
– If you take photos during the tournament and would like to share with us, we will post – please email us.

Special Information to our Scandinavian Teams

Our survey conducted last year, revealed that equipment was a major concern for Scandinavian teams. For the Hjorring tournament, the IWFFA gave each team a new football

For the Oslo tournament, each team will again receive an IWFFA football (Rigmor has all the balls :) It has yet to be decided for the Gothenburg Tournament which piece of equipment would be most appreciated.

If there is some equipment your team is lacking, tell your representative

And if individuals would like their own equipment, let us know as well.

Denmark has a new representative: Pernille Dahl
Congratulations Pernille (who was recently elected during Hjorring tournament) also many thanks to Rikke Sorensen - for all her years supporting women's and girls flag football in Denmark: (who will continue to support)

Congratulations to Kristin Lervik – 2010 IWFFA Sports Woman of Year for Nordic Region

Norway has two committee members for the IWFFA:

Rigmor Brox – Grimstad Octopussies

Renate Aavik – Grimstad Octopussies (newest member)

Two Representatives for Norway

Norway's delegated representative is Jeanette Thorsrud (for the 2nd year)

During the Oslo tournament Meet & Greet, the Norwegian teams will vote for their newly elected Norway representative

You can go to our website to read their bios and more about each member <http://iwffa.com/Organization.html>

IWFFA Radio – “On The Air” – is our radio show that airs every 3rd Thursday of the month, begin-

ning at 9PM Eastern Time. Our “lively” discussions are all about flag football and our teams and players.

We welcome Scandinavians to be on the show, and because it airs at 3 AM in the morning (Scandinavian time), we can record our interviews with our Scandinavian teams ahead of time and during normal hours.

Our most recent show in June aired: Pernilla Dahl – Denmark and Renate Aavik – Norway. We want to give special thanks to Mr Aavik (Renate's father) for helping with her interview.

Sign up to go on our next or future show. WE WANT TO HEAR YOU – email us at: iwffa@iwffa.com

IWFFA IS LOOKING FOR - VIDEOGRAPHER – If you have any experience, and want to help take women's flag football to a higher level, contact our office. We Need You!

What ever happened to our Norway and Sweden Ellen Dance?

Nothing, we need a videographer! Someone to cut and edit the dances.

Tournament Survey - At the end of this tournament, we will email every player, coach and official our Tournament Survey This is the best way that we can hear from you directly. Please take the time to answer the survey. All survey results will be emailed one month following the tournament.

New Team in Norway Brewing: Look out for Bergen!

IWFFA now accepts payment in NKR, DKR and SKR through out IWFFA Paypal <http://iwffa.com/IWFFA-Paypal.html>

You are a member and this is YOUR organization!

The IWFFA is an organization run by women for women. We want to support your team and your flag football. We ask that you communicate with your representative, or our office, to better serve you.

Player Information

IWFFA - The Tournament is sanctioned by the IWFFA

Tournament Director: Jeanette Thorsrud / Head Official: Bill Klitgaard

Rules – IWFFA 2011 rules will be used and should be referred to should any discrepancies occur. Tournament Director has final say on all tournament matters.

Field / Team & Player Responsibilities:

Field Location : Ekeberg Field - please make sure to get to all your games on time

Player Officials – Teams are to have 2 or more players to officiate when their team is not playing

Chain Gang - You will need 3 persons to hold chains. See chain gang schedule at meet and greet.

Team Photos – 15 minutes before your first game (so your shirts are nice and clean). Check in with Lena.

Flag Belts - Each team is required to provide their own Flag - A-Tag WFVS Sonic Belts.

Pennies – Each team needs to clearly designate which players are “ineligible receivers” (center, 2 guards)

Game Football – The tournament will supply game ball which is a TDJ Wilson All Leather Football and regulation ball in IWFFA rules (no other ball is allowed during any part of game).

Designated Voter – Score Cards – Teams vote for their team and opposing team’s MVP offense and defense to rate each official’s performance, comments on the tournament . All Stars will also be selected using these cards. Make sure to include position, player, team
Please make sure you pick up your score card before your game. Return to information table after your game.

Water for the player - Please bring your own water
Food & Drinks – Will be available at the field Kiosk Store near the bathrooms

Half Time Games - Kick / Punt / Pass Games - will be done during every game’s Half Time – Everyone is invited to compete in these fun games. This year the Grimstad Octopussies will host.

Saturday Night Social – Barbeque – will be held at Ekeberg – 50 NKR includes food and beer! See Jeanette

Volunteers – Please look around you on the field and if you see something that needs to be done, please help us out. We welcome anyone who would like to help us during the weekend competition. Ask the tournament director if there is anything that needs to be done.

Players and Coaches:

we ask that you demonstrate fair play and use clean blocks. We are all demonstrating and teaching this new sport to many spectators and players who have never experienced such a game. Please show them the Woman’s Style of Flag Football, played with clean tactics, finesse and great excitement!

Special Note from the President of IWFFA
Sports can be used as a wonderful tool to teach skills to athletes to better themselves off the playing field. Many times in our societies, winning is everything. For the IWFFA, it is experiencing the excitement and playing the best you can which may not mean winning the game, but winning for yourself. Please enjoy these games, and learn some life skills. Lets change our sport and develop the true female style of women’s flag football.

- Diane Beruldsen

ITINERARY

FRIDAY July 1

MEET & GREET: FINAL REGISTRATION FOR TOURNAMENT

TIME 20:00 – 21.30

WHERE EKEBERGHALEN – 3RD FLOOR ROOM
(RIGHT BY THE FIELD)

Rosters will be finalized and last minute monies collected from teams

Teams will go over the rules, tournament schedule, chain gang, officiating for each team

Team rosters will be closed (except the Loose Women's Team which stays open throughout the tournament)

Election for IWFFA / Norway Representative

Tonight, the Norwegian Team players and coaches who are 2011 members of the IWFFA will nominate and then vote to decide who will be the ELECTED IWFFA / Norwegian Representative. Norwegian players are asked to nominate anyone who is a current member, and they may nominate themselves, for this position. Once all the nominations are in, a vote will take place.

The IWFFA has already delegated Jeannette Thorsrud, who has accepted her second term (each term lasts 1 year). Now, the players have the opportunity to elect a 2nd representative, and the two representatives will work together to help organize women's flag football in Norway and to represent all existing teams.

These elections were decided in the annual Scandinavian Board meeting and minutes of the meeting were sent out to all 2010 IWFFA members. If you would like a copy of the minutes, email: iwffa@iwffa.com or ask your country representative.

Officiating Instruction

Bill Klittgaard is our Head Official and he will explain to the teams how they should officiate when it is their team's turn to officiate during the tournament. Loose women will meet and decide what positions they will play (if you know women who want to play on the loose women's team, please bring them to the meet & greet)

There will be no food or drinks – Bring your own to the meet and greet if you like. Please clean up afterwards.

SATURDAY JULY 2

FIELD: Eleberg – There are bathrooms and Kiosk located at the field.

The tournament will NOT supply food or sodas this year. Please bring your own water, drink and food

GAMES BEGIN: 9:30 / 11 / 12:30 / 2 / 3:30 / 5
THE GAMES ARE SPACED EVERY 1.5 HOUR – To ensure that they start on time and to allow for Half Time Games

Player / Officials

Each team must provide at least two players to officiate during the tournament when your team is not playing. We use this tournament as a chance to build officiating skills. We encourage all players to officiate.

HALF TIME GAMES - Hosted by the Grimtad Octopussies (who recently won the Fair Play Award during the Hjorring Tournament! Players and Spectators are invited to compete in fun games such as : longest throw, furthest kick, sprints and more – during each game's half time. Please come to the middle of the field quickly during the half times if you would like to compete. Everyone welcome. What you win: PRIDE

SATURDAY NIGHT BARBEQUE !

At Ekeberg – 50 NKR per person – includes food, and all the beer you can drink (while the beer lasts)
Starting at 8PM – This is the tournament social for all the teams and their friends to come and socialize.

Jeanette Thorsrud will take your pre-reservation so we know how many people will attend and how much food and beer to buy. Please contact Jeanette to tell her how many from your team will come. Payment will be taken at the meet & greet. Jeanette's email: plat3_@hotmail.com

SUNDAY JULY 3

Play-Offs and Championship Games ! Games begin: 10:30, 12:00, 1:30 with awards to begin at 2:30

Tournament Awards

- Championship Team will receive Free Team Registration to next Scandinavian Tournament: 11th Gothenburg, Sweden September 3- 4
- Each Team Receives Certificate of Tournament Ranking (1st, 2nd, 3rd, 4th place)
- Each team receives an IWFFA All Leather Premium Grade Football
- Each Team Receives Most Valuable Player Certificate for: Offense and Defense

cate for: Offense and Defense

- Special Select All Stars will be nominated by each team and receive certificates
- Fair Play Award – To the team with the best Everything! On and off the field
- BEST BLACK AND BLUE (NEW!)
- Officials receive – Officials Certificate

Safe Home, and thank you for participating / competing in the 12th IWFFA / Oslo Women's Flag Football Tournament. Hope to see you Gothenburg!

Results for our 11th Oslo Tournament – June 26 – 27th , 2010

1 st Place Champs	Oslo Tigers
2 nd	Juhannustytoe feat Teurastajat
3 rd	Grimstad Octopussies
4 th	Moss Crows & Oslo Polar Bears

2011 IWFFA TOURNAMENTS

Kelly McGillis classic	20th	Feb 6 – 14, 2011
Reddington, NJ	1st	May 21 - 22
Key West Pride Week	1st	June 12
Hjorring, Denmark	7th	June 11 – 12
Chicago, IL Pride Bowl	1st	June 24 – 26 (Fri & Sat) Parade Sun 26th
Oslo, Norway	12th	July 2 – 3
Montreal, Canada	7th	August 13 - 14
Gothenburg, Sweden	11th	Sept 3 – 4
Key West, FL		
Women's Week Loose	3rd	September 11
Ptown Classic, MA	6th	September 17 – 18
Mexico, City	1st	October 8 – 9

21ST KELLY MCGILLIS CLASSIC – LARGEST IWFFA TOURNAMENT – new city for 2012
Will be announced on our July IWFFA Radio Show!

Team's Competing in Tournament

OSLO + MOSS PENQUINS (A) / GRIMSTAD OCTOPUSSIES (B) / OSLO TIGERS (C) / LOOSE WOMEN (D)

SATURDAY

TIME	TEAM	TEAM	CHAIN	REFEREE TEAM
9:30	(A) OSLO + MOSS PENQUINS	B) GRIMSTAD OCTOPUSSIES	TIGERS	Loose Women
11:00	(D) Loose Women	(C) TIGERS	(A) OSLO + MOSS PENQUINS	(B) GRIMSTAD OCTOPUSSIES
12:30	A) OSLO + MOSS PENQUINS	(D) Loose Women	(B) GRIMSTAD OCTOPUSSIES	TIGERS
2:00	(C) TIGERS	B) GRIMSTAD OCTOPUSSIES	D) Loose Women	(A) OSLO + MOSS PENQUINS
3:30	A) OSLO + MOSS PENQUINS	(C) TIGERS	B) GRIMSTAD OCTOPUSSIES	D) Loose Women
5:00	B) GRIMSTAD OCTOPUSSIES	D) Loose Women	(A) OSLO + MOSS PENQUINS	(C) TIGERS

SATURDAY NIGHT BARBEQUE - @ EKEBERG cost 50 NKR per person / Beer Included
(make sure to make your arrangements with Jeanette)

SUNDAY

TIME	TEAMS	CHAIN	REFEREE TEAM
10:30	PLAY-OFFS Teams will be Pre-Seeded 1 v 4	2	3
12:00	PLAY-OFFS Teams will Pre-Seeded 2 v 3	1	4
1:30	CHAMPIONSHIP GAME Top Two Teams	4TH PLACE TEAM	3RD PLACE TEAM
2:30	AWARDS Please come to awards presentations		