



# THE FACTS ON GIRLS FLAG

A CASE TO SANCTION THE HIGH SCHOOL SPORT ↙

## ON THE RISE

While national surveys show an overall decrease in youth sport participation, Flag football is growing rapidly with a strong foundation.

- Since 2015, participation in flag football by 6-to-12-year-olds has increased 38%, according to NFL Flag. Tackle football among that age group has dropped by 29%.
- According to the National Federation of State High School Associations (NFHS), the number of girls participating in flag football increased by 40% from 11,209 to 15,716 participants between 2018-19 and 2021-22.
- 25% increase in youth flag participation since 2015 – an increase of 300,000 players.

## DID YOU KNOW?

Sanctioning a new sport can help accelerate the overall growth of the game, due to WIAA oversight, standardization, and championship opportunities. WIAA last introduced a new women's high school sport in 2001 (Girls Bowling).

## EVERYONE'S IN

Girls Flag provides a new channel to enjoy the game of football beyond the reach of tackle: making it both exciting and more inclusive.

- Because Girls Flag takes excessive contact and heavy equipment out of the equation, the sport puts a dynamic spin on the traditional strategy and skills of football.
- Girls Flag has been proven to be financially accessible. A 2019 Aspen Institute study found that parents spent 62% less money on Flag than sports such as basketball, soccer, and baseball/softball.
- Many schools who have already piloted Girls Flag programs saw interest from girls not served by the other sports offered same-season, which shows that the sport increases equitable access to the game of football overall.





## SHOW UP STRONG!



Girls Flag is listed in the Office of the Superintendent of Public Instruction's Title IX survey for schools to increase opportunities for female students.

## DAY ONE, NOT "ONE DAY"

As far as startup sports go, Girls Flag is flexible in a number of ways which make it possible for schools to start playing today.

- The WIAA amendment proposal for Girls Flag selects Spring as the official season, but also provides alternatives for Winter and Fall. This way, schools can choose what fits best into their curriculum. Most westside schools plan to offer in the Winter, with eastside schools favoring Spring.
- Logistically, the gameplay for Girls Flag allows multiple games to play alongside each other: leading to consolidated travel and minimal referee costs. A traditional football field can accommodate two coned Girls Flag fields, and a game runs only about 45 minutes including halftime.
- Based on expenditure by Washington schools that have started Girls Flag programs, equipment costs are relatively inexpensive. Players only need mouthguards, cleats, and any kind of pants/shorts that lack open pockets and contrast with the flag color.

## BY THE NUMBERS



- 35 yards x 50 yards is the measurement for one coned Girls Flag field
- \$5,000 - \$8,000 is the typical cost for balls, flags and belts, cones, uniforms, and coaches' stipend.

## THE FUTURE OF FOOTBALL IS GIRLS FLAG!

Flag football is one of the FASTEST-growing sports in the world right now. Girls Flag Football is a game-changer. And the more girls who play, the stronger the game will be!

- Flag Football was announced to debut at the 2028 Los Angeles Olympics, further cementing its global growth.
- Nike featured Flag football in a 2023 Super Bowl ad in an effort to continue championing the sport.
- Over 100 NCAA schools have expressed interest in scholarships for Flag football through the NAIA. In addition, the National Junior College Athletic Association (NJCAA) has provided grants to colleges in a joint effort with the NFL and RCX Sports, to support adding Women's Flag as an intercollegiate varsity sport.

**And at the local level, the Seattle Seahawks organization strongly supports the growth of the sport in the state of Washington.**

- Since committing over \$250,000 over the next five years in 2021, The Seahawks have helped 62 Washington high schools field a Girls flag team
- In June 2023, the Seahawks hosted their first annual Girls Flag championship for high schools at their headquarters Virginia Mason Athletic Center.

## STAY IN TOUCH

Follow all things Seahawks Flag as we work to get the sport sanctioned in Washington State.

[SEAHAWKS.COM/COMMUNITY/FOOTBALL](https://seahawks.com/community/football)

