

Iowa Girls Flag Football

Through the support of Des Moines Public Schools, Iowa has seen substantial growth in the participation of high school girls flag football programming. With their third season beginning in the Spring of 2027, Iowa has 100+ girls participating and they are looking to continue to grow. The Minnesota Vikings are committed to growing the game and bringing us closer to the status of being a sanctioned sport.

Resources

- **How to Register:**

- [Registration Link](#)
 - Registration for the spring 2027 season will open soon

- **Season Duration:**

- [April 12-May 10, 2026](#)
 - Please plan for a similar timeline for the 2027 season

- **State Resources:**

- <https://commed.dmschools.org/programs/youth/sports/high-school-girls-flag-football/>
- <https://www.iahsaa.org/officials/become-one/>
- <https://www.iahsaa.org/about/who-we-are/>

Please reach out to Chanya Jeffries at jeffriesc@vikings.nfl.net with any questions or concerns