



FLAG

NFL GIRLS LEAGUE



CHICAGO BEARS YOUTH GIRLS NFL FLAG LEAGUE

The Chicago Bears Youth Girls NFL Flag League is an empowering space where girls of all backgrounds and skill levels can learn, play, and grow through the game of flag football.

- ▶ Learn-to-Play Curriculum: foundational skills like catching, throwing, flag pulling, agility, and field awareness.
- ▶ Fundamentals First: Coaches emphasize understanding the rules, game-sense, and sportsmanship so girls feel confident.
- ▶ Team-Centered Play: Regular season games give players the opportunity to put lessons into action while making friends.
- ▶ All Skill Levels Welcome: First time player, or advancing your game, our league is committed to inclusion and equal opportunity for female participation.

All participants receive an official Chicago Bears Flag Football jersey, a set of flags, a mouthguard, an award, and an NFL certificate. Each team will have at least TWO 60-minute practice per week. Games will take place on various weekday evenings and Saturdays at Clarence Hicks Sports Complex.

PARTIALLY FUNDED BY:



AGE DIVISIONS

7-8 and 9-10 (If your child is in middle school, they need to register for our Middle School Girls Flag Football League)

CONTACT

Rockford Park District Youth Sports at 815-962-7469
or youthsports@rockfordparkdistrict.org.

SEASON

April 6-May 9, 2026

FEE

\$85 Resident / \$85 Non-Resident

PRE-SEASON CAMP AND TEAM PLACEMENT

Chicago Bears Monsters Flag Camp

March 31, 2026 · 10:00 am

Mercyhealth Sportscore Two

- ▶ Speed and agility drills
- ▶ Football skills and drills
- ▶ Girls flag rules and interpretation
- ▶ Competitions
- ▶ Parent meeting and team placement

CHICAGO BEARS GIRLS FLAG JAMBOREE

April 18, 2026 · 9:00 am

Clarence Hicks Sports Complex

- ▶ Two games
- ▶ Meet Chicago Bears alumni
- ▶ Giveaways

TO REGISTER, PLEASE SCAN THE QR CODE.

Registration Deadline: April 1, 2026

