



**Cost:  
FREE!**



# MIDDLE SCHOOL GIRLS FLAG

Funded by:



## Why Play?

- ▶ Participate on your middle school team!
- ▶ Girls flag football is the fastest-growing sport nationally at the high school level, and is now an IHSA sanctioned sport.
- ▶ There are currently NAIA, NJCAA, and NCAA colleges and universities participating and offering scholarships in women's flag football, including Rockford University.
- ▶ Women's flag football will be played at the 2028 Olympic Games in Los Angeles.

## Location

Clarence Hicks Sports Complex  
2004 Ogilby Rd, Rockford, IL  
(west of RESA Middle School)

## Uniform Attire

- ▶ School Jersey
- ▶ Mouthguard
- ▶ Flags
- ▶ Head Protection
- ▶ Camp Gear

## Contact

See your school's athletic director or contact Rockford Park District Youth Sports at 815-962-7469 or [youthsports@rockfordparkdistrict.org](mailto:youthsports@rockfordparkdistrict.org).

## Ages

Must be a 2025–2026 middle school student.

## Pre-Season Camp

Tue., Mar. 31, 2026 · 10:00–11:30 am

Mercyhealth Sportscore Two

- » Speed and agility drills
- » Football skills and drills
- » Girls flag rules and interpretation
- » Competitions
- » Information parent meeting for upcoming league

## Chicago Bears Girls Flag Jamboree

Sat., Apr. 18, 2026 · 9:00 am

Clarence Hicks Sports Complex

- » 2 games
- » Meet Chicago Bears Alumni
- » Giveaways

## Regular Season

April 6–May 9, 2026

- » Games will be played on weekday evenings and Saturday mornings.
- » Practices will be held at local schools and parks.

## Coaches Needed!

Reach out to [youthsports@rockfordparkdistrict.org](mailto:youthsports@rockfordparkdistrict.org) if you are interested.



**To register, please scan the QR code.**

If your school is not offering a team, you may register for the Rockford co-op team.

Registration Deadline: April 1, 2026

