



FORWARD PASS

OFFICIAL MAGAZINE

INTERNATIONAL WOMEN'S FLAG FOOTBALL ASSOCIATION

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Winter 2005

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www.iwffa.com

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Traveling all over the world, this group fights for equality of females



photo Todd Nagel

Dear Members,

Since our beginning, we have always printed some update, or piece of literature summarizing events and tournaments for the International Women's Flag Football Association. It was sporadic, untimely, and mixed with content. We were kids. In year's of establishing ourselves, we have started to become more organized in our production of the Forward Pass.

Last year, we published a beautiful, color front and back, glossy magazine and mailed out to every member. The cost of the production, expense for postage, length of time it took to travel to our members (a good percentage across the Atlantic Ocean), could have been sent a more efficient way and expense streamlined to make it so much more affordable.

We intended to keep the glossy magazine, but because we got hit with four hurricanes and lost our main computer, programs, etc. money talked and everything else walked. We go with the times.

We hope you like our new production, it's looks, ease in reading, photos (all in color!) and truly hope you enjoy the content. We welcome and encourage those who like to write, to send us materials for our next issue, and will accept at any time during the year.

The purpose of the IWFFA is not only to offer games, but to empower and educate our players. In this issue, you will see summaries of 2005 tournaments. You will not see all the tournament results, such as scores, all-stars, mpvs, because they are already posted on our website, and while you are reading this Forward Pass, you can easily go to our website to find all this information. We thought it redundant to do this, and decided to simplify instead.

We did not get any updates from our International teams by time of our deadline, and hope to make this a better section, so that our International teams can be more visible to all our players.

You will read about a very interesting organization, and our feature story : Women Without Borders. Here is a piece, I hope you will read carefully, because they are doing tremendous work around the world to help girls and women who live in suppressed regions. They are making a change, and so can we, with just a little bit of energy and a little bit of money. In unity we are strong. Go to the websites included at bottom of this story to find out more about Women Without Border organization as well as the Human Rights Watch Group.

Women Sports Foundation has been offering Sportswoman of the Year Award, which we have been making nominations. Read who we picked.

May 2006 be your best flag football season and experience ever!

Sincerely,
Diane Beruldsen
President / Founder IWFFA



We would like to thank our contributing Writers for sharing their stories with us (they are in alphabetical order) :

Arianna Nesbitt
Brownie Locks and the 3 Bears present The Ancient History of Football
Diane Beruldsen
Gail Bowen
Lisa Smith

We thank Women Without Borders for their interviews with:
Martina Handler and Elisabeth Kasbauer and congratulate Edit Schläffer, for her "Staatspreis" Award

We thank Mike Shields for his contribution to "How to take care of your football"

Correction from our 2004 Forward Pass Magazine – We failed to request official permission and give proper credit to our story in our Girls Section: Ten Tips for Coaching Girls Sports From Women' Correction: The writer was Sarah Murray, who is the Women's Sports Foundation's Web Editor. "This article was reprinted with permission from the Women's Sports Foundation's Web site, www.WomensSportsFoundation.org." We apologize to Ms Murray and the Women's Sports Foundation.

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Comments from our last Issue: Winter 2004

“I received your magazine Forward Pass and I want to thank you for taking the time to send same. Just reading through the magazine makes me real excited that women's flagball is actually world-wide and doing well. I'm working on moving our school up to 8-man flagball so that God-willing one day we can play in one of your tournaments. Keep up the good work! I'm going to advocate what you've set up to women/girls I come in contact with. I am VERY impressed with your organization and would love to play in it myself with so possible.

Again, thank you again for your time and your willingness to share what you've started! I really appreciate it!!!”

- Nicolette Verdugo

“Nice Job! The cover is beautiful I liked the story on tackle and flag football..... I would love to read more on such topics”

- Mary, Boston

“Suggestion: Couldn't you send the Forward Pass Magazine thru email?

Or have it up on your website?

Wrong address was used on my magazine, and I just got it! (in March)

- no name

Short Passes (*Little Tidbits*)

The 2005 Winter Forward Pass Magazine comes to you via PDF file. It is quicker to send, much less expensive, in color, higher quality and is about time we used this method. We have emailed to all our 2005 IWFFA members. For those who do not have email, we mail hard copy. We would like to get more personal, in our issues, and so, hesitate to put entire edition up on-line. Tell us what you think of the issue.

Our **2005 Winter Forward Pass** was designed by: Rori Baldari, IWFFA's graphic slave

2006 IWFFA Rules can be found on our website:

<http://www.iwffa.com/rules.htm>

We have made some modifications and clarity.

New Tournament will be added for 2006:

1st IWFFA Women's & Girl's Flag Football Tournament : Orlando, FL USA August 26 – 27

Two Tournaments taken out of our 2006 schedule (and may be included once again in the future):

Toronto York Regions Canada Day Classic & Va Beach Mermaid Classic (for girls only)

2006 Tournaments - Teams will be required to register their teams (registration packs post marked) no later than one month before date of tournament (exception is Key West, Kelly McGillis Classic, which is due December 31st and on that date).

New Position Added to All Star Team

We have added Position: Punter to be added to our All Star Select Team for the Offensive All Star Team

Flag A Tag – Will become more visible during 2006 as they increase promotions and benefits to our members by offering quarterly announcements on our website. We will announce in our IWFFA monthly updates, or you can check front page of our website.

American Airlines – New Star File For Discounts on travel to any of our IWFFA Tournaments
Phone 800 – 433 – 1790 and refer to starfile A9426AN

IWFFA donated \$300 on behalf of girls and women's flag football to the American Red Cross following the catastrophe of Hurricane Katrina. We would like continue donating monies to such causes, on behalf of girls and women's flag football, and will update our members when and amounts donated through our monthly updates.

Hurricanes Swept the nation this year, and got us good! Our office is located in Key West, FL USA and felt the affects of Hurricanes: Denise, Katrina, Rita and Wilma. The ones that got us good was Katrina and Wilma. Our computer was destroyed during Katrina, and Wilma took our Mermaid Mobile (the mermaids swam down the road). Since, we have purchased new computer and updated programs and I now ride my bicycle to work.

President of IWFFA goes Postal

Yep! It finally happened, Diane Beruldsen, President and Founder of IWFFA gets a real job at Post Office and becomes a very full time employee (6 days a week). We did not have any promotional tours during 2005 because of this and are looking for the right person to do this. Think about it.

IWFFA looking for International Trainer

You must be: female, willing to work like a slave basically working for food, travel all over the world, recruit, train and promote girls and women's flag football. Could this be you?

Women's Sports Foundations Sports Woman Year Award

We have nominated for 2005 and 2004, to the Women's Sports Foundation, but so far are 0 for 2. So, we decided to offer our own IWFFA Sports Woman Year Award, which goes strictly by statistics and records that we have for our tournaments. We realize we must add a Sports Girl Award and will do so for 2006. Read in this issue who our two nominations were.

Ranking of IWFFA Tournament Skill Levels – Upgrade
Certain tournament rankings have upgraded from their past years: Gothenburg, Sweden (from Beginner to Middle Division) and Washington, DC (from Middle to Higher Division) This was because the competition was just higher than previous years and needed to be adjusted. We determine the division level for tournaments according to the teams who compete, in those tournaments and base ranking mostly on their skill level.

IWFFA Accident / Medical Insurance

As of December, 2005, we still do not have a rate for players wanting the 2006 IWFFA Accident / Medical Insurance. It is in addition to your \$20 membership dues fee, and offers: \$100 deductible / \$15,000 maximum per injury – directly related to flag football for tournaments, league or practice play from Membership date till December 31, 2005. If you do not have any insurance, we encourage players to buy this! If you already have existing insurance, with a high deductible, this will act as a secondary and save you money.

Are you receiving your IWFFA / Monthly Updates? If not, chances are we don't have your email address, or you changed it, or we couldn't read it when you wrote it on your membership card, or we just made a typo (if you make one mistake on those email addresses, you can forget about it). It is the fastest, easiest and cheapest way to contact you. Updated IWFFA information available to you. Email us, to receive your next update: iwffa@iwffa.com

We realize that if we do not have a good email address for players, they would not be able to receive this production (or read the paragraph above, but this message was intended for those who are being mailed their copy)

Buying Flag A Tag Belts & Flags Directly through the IWFFA office – Saves you BIG money! Teams are starting to catch on, that by going through us (which seems like the middle woman), players will save money when purchasing Flag A Tag

Belts & Flags. We will be here (when the others catch on). \$49 for a dozen, \$90 for a starter kit (2 dozen, with ring). This is a benefit for IWFFA members only.

Wilson TDJ All Leather Footballs - Premium Grade with IWFFA Logo printed on them! \$35 for IWFFA members, \$40 for non-members. Contact our office.

Thoughts

How old are you, how long have you been playing and why do you play Flag Football?

Next time you are watching a flag football game.....
Notice which gender is coaching. Notice difference of coaching styles, and team's playing style.

Why do we award one player as most valuable player, when it is a team sport?

Why do we call the quarterback a quarterback?

What would the world be like if every girl and woman were a flag football player?

The IWFFA....

is an organization that uses the sport to bond women and girls from all over the world.

It just so happens we play flag football.

Please share your thoughts / comments with us, and we will include in our monthly IWFFA updates
You may be anonymous, or include your name, age, how long you have been playing
and team/s you play for.

Just email our office: iwffa@iwffa.com

Girls' Section

Leveling the Playing Field

By: Arianna Nesbitt, Key West, FL USA

Down! Set! Hut! has been heard on the field at the Key West Boys & Girls Club for years, but in 2001 Chavah Billin, with the help of her parents and Diane Beruldsen leveled the playing field between the boys and the girls by forming an official girls flag football team: the Key West Blue Dolphins. By creating this team the sport was no longer about strength but about getting flags and the skills that go along with that. It made them equal on the playing field and the girls began to win. This team has grown and evolved over the years playing in the Kelly McGillis Classic from 2002 on, and in the Washington D.C. tournament in 2002. This opportunity and its humble beginnings have given these young athletes more than just the love of a sport.

In addition to the IWFFA giving these young women the opportunity to fall in love with a sport that will keep them active long into adulthood, this organization gives these young players the chance to compete, travel, an introduction to female role models, and for the youth of the Boys & Girls Club this sport is so much more. Many of the girls who started the Key West Blue Dolphins in the fall of 2001 still compete today and are pushing to start a team in the 14-18 division because they have outgrown the 8-13 division. The team has evolved over the years as the girls have grown and learned more about the sport. In the beginning they had Coach



Bob and Coach Carole (Chavah's parents) who volunteered to coach. It was soon realized that coaching these girls was not just about teaching a sport, but about teaching life lessons, such as teamwork, compassion for others, selflessness, and patience. Through the IWFFA these girls who already belonged to the Boys & Girls Club now were members of a team. Their first game took place at the Kelly McGillis Classic in 2002. For most of them their jerseys were too big, and they were facing players twice their size. What they lacked in size they made up for in heart and determination. The sport gave these young ladies the chance to prove that they would never give up, no matter what the odds. This team has played teams twice their size, in the fall of 2002 at the tournament in DC these girls played a team from the 14-18 division. The ladies were quite surprised when they would miss flags from the girls on this team. It is a long way down where you are trying to pull the flag of an 8 year old.

In the fall of 2002 the team gained Coach Tanya, who helped to grow the team and coached them through the tournaments in DC and the Kelly McGillis Classic in 2003 and 2004. In those

short 3 years this team grew from its humble beginnings of losing all of their games, to playing in the championship game in 2004, but winning and losing aside...this sport and the IWFFA has taught these now fine young women sportsmanship, perseverance in the face of adversity, determination, kindness towards others, and how to have fun.

As someone who knows these players on a personal level, I could not be more proud of the team. The players who started the team are helping to coach, finishing out their time with the 8-13 division, and hoping there will be a team in the 14-18 division soon. The players who are new to the team are excited about the future and what the sport has in store for them.

In closing, to all of you out there who live in communities without girl's flag football, start a team. You will be surprised how easy it is, how much support you will have and how much fun you will have coaching and watching the young ladies turn into amazing athletes. The IWFFA is changing the face of girl's sports forever and these athletes are the future of this sport.



IWFFA Tournament Coordinators for 2006

This past year, our tournaments had a variety of Tournament Directors and Coordinators. Every person has their own way of doing things, and in some cases, did not allow for consistency among all our tournaments. Striving to improve the quality of our 2006 tournaments even more, we felt it important to use one person to

travel to each event to help coordinate / direct.

One person could bring consistency and help to standardize our tournaments, in such a way, as our rules have been standardized. Last year, we were successful in recruiting Lena Johansson from Sweden, to acts as our Scandinavian Tournament Coordinator, and continues to do so. This year, we were fortunate to have Gail Bowen who will be responsible for the North American Region.

Both our Tournament Coordinators will hone up on their skills for officiating, by attending our Official's Clinic held at the 15th annual Kelly Mc Gillis Classic, each will be involved in the registration of teams during Meet & Greet, and also be a part of the field developments and on goings as the games are played.

This is to prepare each for our 2006 Circuit of Tournaments.

Lena Johansson, Nordic Region, will be Tournament Coordinator for: Oslo Norway, Hjorring Denmark tournaments

and act as Tournament Director for Gothenburg, Sweden.

Gail Bowen – North America Region, will be Tournament Coordinator for: Quebec, Canada, Orlando, FL, Kate Clinton Classic, Ptown, MA and Washington D.C.

Introducing our Newest Team Player to our Administration: Gail Bowen

Gail has been a member of the IWFFA since it's inception, both as a player and as a coach. She played two years for the Women's Professional Tackle Football League for the Miami Fury football team.

Gail served four years in the U.S. Army as a Firearms Instructor. She went on to serve for twenty two years as a Police Officer, working as a Uniform Patrol Officer, K-9 Officer, Detective, and Undercover Narcotics Investigator. She retired three years ago as a Police Major.

Gail Holds Black Belts in Judo and Karate, and was a member of the United States National Judo team from 1975 - 1982, and qualified for the 1980 U.S. Olympic team.

For the past two years Gail has been working as a Stunt Woman for the television and motion picture industry. Her credits include such feature films as Universal Studios "Miami Vice" the movie (2006), Disney's "Hoot", Christmas in Miami, Delivery, and Plagiarism. The television series "South Beach" on UPN, and commercials for Pepsi, MasterCard, and Verizon

Wireless. She has also worked on several independent films and music videos. She is currently working on producing her own independent film "The Stuntie".

On a personal note:

Throughout the years, Gail's team at times had gotten the "shorter end of the stick", and still, during those times, Gail was always willing to work with the situation at hand. She is a very fair person, good listener and knows flag football and IWFFA rules inside and out. She has been the team's representative every year and for 2004 13th annual Kelly Mc Gillis Classic, won the Best Registration Prize.

Miami Bullets is one of two team's (Key West Women) who has been at every Key West tournament since our very first, which gives her even more experience with or inception, growth and direction for the IWFFA. She is new, fresh blood, and brings wonderful energy into our organization. 

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How to Take Care of Your Football

Interview with: Mike Shields of Wilson Sports Footballs

Take air out when you travel in plane (In higher altitudes air pressure increases and ball could pop)

How much air should the ball hold? 13 lb. of pressure

Balls are expected to last only one year (they are not long term or life term investments)

Break in a brand new ball before using it in a game. As a matter of fact, there is a special brush to roughen the ball up to get a better grip.

Allow ball to dry after getting wet (it's not the end of the world, and take it out of your sports bag to dry). After the game just place ball to sit on paper newspaper and in a normal tempered room (don't even think about the micro wave – remember what happened to that old.....RICH..... lady's dog)

Why do we use a leather ball? (and not the less expensive rubber or composite balls?)

Have you no respect for the game! PIGSKIN, was the original material (after they got tired of using the bladder from the cow and other animals – depending how far you want to go back). And so in tradition, pride, and standardizing rules and equipment, we go with tradition. There is nothing like the "feel" of a premium leather grade ball, which is the one we use. Of course, it gets heavier during rain, and is more difficult to throw in the

snow..... And that is what the game is all about. When the going gets tough, the tough get tougher. By the way, now we use cow hide (so much for tradition). And we use the JR size because our hands are not as big as the men's (so why use their size?).

Can you use some other type of football during tournament play?

Not in our IWFFA tournaments. In addition, last year, 2005, we changed rule which states: "only one game ball will be used and provided by the tournament". It is the Wilson TDJ all leather premium grade football. This was to save time for ball exchanges – which amazingly some teams used an extraordinary amount of time to get their ball onto the playing field (we found a correlation under certain game situations).

Should you use stickum on the ball?

No, no, no.

Should a separate ball be used when kicking?

Not necessary. The ball should withstand the kick. If you notice the ball is getting softer after so many kicks, then you probably have a SLOWWW leak.

Did you know that our balls have the IWFFA logo printed right on our TDJ Wilson All Leather Premium Balls? They make great gifts, not only for the QB's but for receivers, centers, running backs, offensive line, defensive team, fans and especially the players on the bench! You can order your very own ball (major credit cards accepted) contact our office today. \$35 for members, and \$40 for everyone else. 

Championship Teams for 2005 IWFFA Circuit of Tournaments

14th annual Kelly McGillis Classic – International Women’s & Girls Flag Football Championship
 Key West, FL USA Feb 6 – 14

Girls Division	Jax Lady Midget Jaguars
Beginners Division	FI Blue Wave
Middle Division	Va Panthers
Higher Division	Miami Drea Dolce Devils

Hjorring, Denmark	2nd annual	May 14 – 15	Oslo Panthers
Oslo, Norway	6th annual	June 25 – 26	Oslo Panthers
York Region’s Canada Day Classic	1st annual	July 2 – 3	Toronto Dawsports
Va Beach Mermaid Classic (girls only)	1st annual	July 30 – 31	Acreage Gators
Quebec, Canada	5th annual	August 6 – 7	Quebec X-Treme
Gothenburg, Sweden	5th annual	August 27 – 28	Oslo Panthers
Kate Clinton Classic Ptown, MA	3rd annual	Sept 22 – 25	RI Hurricanes
Washington DC	6th annual	October 8 - 9	Va Blue Thunder

You may go to our website to see all the teams results for all the teams, and their scores
<http://www.iwffa.com/natintlres.htm>

Top Teams in each Division for Final Rankings of 2005 Season

Throughout the year, points are tallied which have been accrued from IWFFA tournaments they participate in. At the end of year team with most points in their division gets recognition as the number one team for that division. Most teams participate in the Key West, Kelly McGillis Classic, our first tournament of the year, which is only tournament that allows for seeding and then breaking down into the Higher or Middle Divisions. Once a team is defined in the Key West tournament, they will continue to be ranked in that division until end of year. The Scandinavian Region has turned into the Nordic Region with Team from Finland participating and coming up on the score board, and only those tournaments in Scandinavia are used for the Nordic Region Ranking System.

Top Teams are then awarded at the 2006 Kelly Mc Gillis Classics and receive IWFFA necklaces.

We would like to thank Stephanie Vigneault from Quebec, Canada for helping to refine this ranking to a much more fair method, which we continue to use today.

During tournaments , teams receive these amount of points:
 2 pts for each win
 1 point for each tie
 0 point for each loss
 3 points for first place team in each division of tournament
 1 point awarded to each team that participates in a tournament



A; AND THE TOP TEAMS IN EACH DIVISION ARE:

Girls Division	Acreage Gators	Florida, USA
Beginner Division	Gothenburg Angels	Sweden
Middle Division	Oslo Panthers	Norway
Higher Division	Dolce Devils	Miami, USA
Nordic Region	Oslo Panthers	Norway

You may go to our website to see all the teams ranking <http://www.iwffa.com/natintlres.htm>



Porter Wilson Award - The most prestigious award offered by the IWFFA

Porter Wilson - Creator of "flag football", inventor of the Sonic Boom Belts & Flags, founder of Flag A Tag and our first sponsor and long time supporter, passed away in September of 2000.

(We wrote story in our last issue of Forward Pass about the history of Porter and Madeline Wilson... If you would like to get copy of that story, contact our office)

In tribute to Porter, and respect for the sport, the IWFFA chooses one person each year, since his passing from this earth, to acknowledge and commend any individual who also has done much for girls and women's flag football. We call this award the: "Porter Wilson Award". Our Porter Wilson Award recipients receive their special plaque during our Kelly McGillis Classics. Recognizing our first recipient at the 2001 Kelly McGillis Classic for year 2000.

We welcome nominations from any league, team, group or individual who knows of a well deserving person which they feel has done so much for girls and women's flag football. Please send any submissions to the office of the IWFFA by end of December 31st for each year.

List of Past Recipients for Porter Wilson Award

Year	Person	City, Country	Websites Addresses
2000	Rodney Johnson	Florida, USA	http://www.iwffa.com/rodd.html
2001	Stephanie Vigneault	Quebec, Canada	http://www.iwffa.com/stephanie.html
2002	Mashonda Gilmore	Georgia, USA	http://www.iwffa.com/kw03porterwilson.html
2003	Lena Johansson	Gothenburg, Sweden	http://www.iwffa.com/2003porterwilsonaward.html
2004	Wendy Romblad	Rhode Island, USA	http://www.iwffa.com/porterwilson04.html

2005 (to be announced at 15th annual Kelly McGillis Awards)

Women Without Borders

President, Founder of IWFFA: Diane Beruldsen receives recognition for work in helping to empower females.

In September, 2005, the IWFFA was contacted by a woman, Eva Maria Gauss, from an organization called: "Women Without Borders", which is based in Vienna, Austria. Women without Borders is an organization dedicated to empower girls and women around the world." They stand for non-violent and peaceful conflict resolutions in countries of transition and reconstruction. For positive politics that cultivate the decisive inclusion of women. They want to advocate a future without fear, suppression and violence".

Women Without Borders, had recognized Diane Beruldsen, Founder of the IWFFA, for her work in pioneering, documenting, uniting and empowering females through the sport of Flag Football on an international level.

What led the organization to Diane was the IWFFA's mission statement.

IWFFA Mission Statement:

The International Women's Flag Football Association's (IWFFA) mission is to provide the opportunity for young girls and women, regardless of their race, nationality, economic status, sexual orientation, aids, or age, to enjoy healthy competition, develop teamwork skills, learn fair play and sportship; to promote the educational process by remaining in good academic standing in school, increase the vastness of learning through increased understanding of the game and its theory' to promote good health through the physical play of the game; and to enhance leadership skills, build self-esteem and confidence through game-making decisions, play calling and execution, and by following the rules and regulations of the game.

The IWFFA is a an unity of female flag football teams and leagues who will offer scholarship funds to teams, so that they

may compete in IWFFA tournaments, and also offers educational flag football clinics to any group of females interested in learning the sport .

And by teaching girls and women leadership skills, to transfer into other parts of their lives, maybe one day, women will have more influence in politics, the work force, world affairs andpeace.

“ This Could Be You”, is one of the WWB’s current project, which highlights certain individuals, uses them as role models, with hopes to inspire others to encourage female empowerment. It is a prestigious recognition and brings attention to our Flag Football Organization, which demonstrates that we are not just playing games, but helping to change the world!

Women Without Borders

Traveling all over the world, this group fights for equality of females.

When Eva Maria Gauss, contacted the IWFFA, for their “This Could Be You” project, it was the first we ever knew of this organization. Women Without Borders’s (WWB’S), was founded by a woman, Social Scientist: Edit Schlaffer, who for the past 25 years has researched politics and human relationships. In September, 2005, Ms Schlaffer, was awarded Austria’s “Staatspreis”, which is similar to the “Nobel Prize”, for her work in this area.

The group is based in Vienna, Austria, their work effects different parts of the world to offer young girls, women and men, the opportunity to learn skills which will help them to better cope with female suppression in those countries. They also partner with other existing groups, and we hope the IWFFA and WWB’s will in fact, work together on future projects.

“Women Included” First Conference – Introduction of Women Without Borders

Their very first conference and introduction of the group, known as: Vienna Women Without Borders Declaration “Women Included” November 13 – 15, 2003 had representatives of women’s organizations from: Iran, Iraq, Kosovo, Israel / Palestine, Afghanistan, Senegal and South Africa. There they listed some very powerful resolutions, and here is copy of their declarations:

Recalling the United Nations Security Council Resolution 1325 on the participation of women in conflict resolution and participation in the political transition and recalling the UN Decade of Women commitments made in Mexico, Copenhagen, Nairobi, Beijing and New York to achieve equality, development and peace.

Therefore,

1. we wholeheartedly support the UN Security Council

Resolution 1325.

(Security Council Resolution 1325 was passed unanimously on October 31, 2000, which was the first resolution ever passed by the Security Council that specifically addresses the impact of war on women, and women's contributions to conflict resolution and sustainable peace.) You can read the entire <http://www.peacewomen.org/un/sc/1325.html>

2. we strongly urge the full implementation of all the provisions that were made in the above resolution.

3. we call upon the United Nations and all signatory governments to create mechanisms for the implementation of the resolution.

In particular we, the women meeting in Vienna, call for the urgent implementation of this resolution globally, to enable the women worldwide engulfed in conflict or undergoing political transition in one form or another, to be actively involved in finding a durable peace.

Having met in Vienna under the auspices of Women without Borders, believing that the real power balance lies in the inclusion of women, we hereby commit ourselves to establish a network of women to continue pursue the discussions we started on the involvement of women in political decision making processes and to ensure that the voices of women are heard more loudly. Women without Borders and women’s organizations throughout the world will undertake to mobilize, coordinate and monitor the efforts for the complete implementation of the Resolution 1325 globally."

Some of their projects:

I interviewed two of the women from WWB’s, I spoke with Martina Handler and Elisabeth Kasbauer. Elisabeth explains that their mission is to empower women in crises countries, to work with girls, women and men who want change. Asked why the organization focuses on women, she explains it is to empower them to get women active in politics, to give women same opportunities as men.

They decided on their name, influenced by another well known international organization: Doctors’ without Borders. There exists other “Border” groups, but WWB’s are not associated with those groups.

WWB’s works on many projects at one time. Some of their projects takes place in: South of India in region hit by the Tsunami – where two women co-operations are being founded, a health center is being constructed, and much more . Rwanda “Girls fit for leadership”, has been established to aid in the trauma and effects of their Genocide which occurred from April to June 1994. One important fact about Rwanda, is that 50% of the government today are women! In Latin America work is desired to help with the negative culture regarding women, health and

social issues. These are just a few of their projects. You may read more on their projects by going to: <http://www.women-without-borders.org/projects/underway/>
On their website, you may also read on a particular project you would like make financial donation.

Talking with Martina Handler

Her projects, was WWB's very first, in Afghanistan, working to utilize the once popular sport of Basketball in that country, prior to the suppression of the Taliban. Asked why focus on Basketball:

Basket ball serves a purpose:

- 1) sports is very important tool to empower girls/women
- 2) especially in these countries
- 3) they had a history in BB , role models, former players to help support the sport
- 4) women playing in 80's were their trainers.
- 5) Easy to play, buy a Basketball, put up some hoops
- 6) A team sport

The program is finished. They created the opportunity, gave equipment, trainers and the sport is in the school. They are hoping for the sport to become a regular program in the school. They have created a brochure for future trainers. And consider this first project as a success. A Community and Cultural Center in Nimruz was also created and there, every day, women are able to attend training classes.

What does this All Mean to us Flag Football Player ?

Whether you realize it or not, by us playing flag football, we automatically become role models not only for young girls, but for other groups: male population, suppressed women, other countries, politicians, etc. While, we, ourselves are empowering ourselves!

Our sport is an example of how dynamic and strong females really are and it teaches many empowering skills.

Our organization is a unity of such strong females, which uses the sport of Flag Football to transfer these skills and teach females how to better compete in their societies with the men who are in charge.

Suppressed Women – Many of us, may not be aware of the female suppression that exists in today's world. "Millions of women throughout the world live in conditions of abject deprivation of, and attacks against, their fundamental human rights for no other reason than that they are women.

Combatants and their sympathizers in conflicts, such as those in Sierra Leone, Kosovo, the Democratic Republic of Congo, Afghanistan, and Rwanda, have raped women as a weapon of war with near complete impunity. Men in Pakistan, South Africa, Peru, Russia, and Uzbekistan beat women in the home at astounding rates, while these governments alternatively refuse to intervene to protect women and punish their batterers or do so

haphazardly and in ways that make women feel culpable for the violence. As a direct result of inequalities found in their countries of origin, women from Ukraine, Moldova, Nigeria, the Dominican Republic, Burma, and Thailand are bought and sold, trafficked to work in forced prostitution, with insufficient government attention to protect their rights and punish the traffickers. In Guatemala, South Africa, and Mexico, women's ability to enter and remain in the work force is obstructed by private employers who use women's reproductive status to exclude them from work and by discriminatory employment laws or discriminatory enforcement of the law. In the U.S., students discriminate against and attack girls in school who are lesbian, bi-sexual, or transgendered, or do not conform to male standards of female behavior. Women in Morocco, Jordan, Kuwait, and Saudi Arabia face government-sponsored discrimination that renders them unequal before the law - including discriminatory family codes that take away women's legal authority and place it in the hands of male family members - and restricts women's participation in public life."

- Human Rights Watch

IWFFA / Women Without Borders - Planting the Seed

- (Nothing has been defined, and only initial proposal has been communicated)

The IWFFA would like to begin sponsoring groups of women from suppressed countries, to compete in our largest tournament, the Kelly Mc Gillis Classic. We would like to work with, and support WWB's in their projects taking place in certain countries. WWB's could decide which group of women from particular countries would best suit our cause and then we could follow up support for these women. We would train, one week in advance, house the team, supply uniforms and equipment and have them compete in our Beginners Division. This challenge, and experience, could then be shared with their peers when they would return home.

The IWFFA would then continue it's work, try to find a means to bring one of our trainers to their country, following the tournament, and working with the team of women who competed in our tournament , to assist the team in teaching others the sport. This could be our opportunity, as an organization of female flag football players, to try to make change for women and girls in other countries, who are suffering because they are female. We will keep you updated.

To find more information for the groups included in this story, check out these websites:

Women Without Borders - <http://www.women-without-borders.org/publications/>
<http://www.women-without-borders.org/aboutus/>
<http://www.women-without-borders.org/projects/underway/>
Human Rights Watch - <http://hrw.org/women>

THE WOMEN'S SPORTS FOUNDATION IS ACCEPTING NOMINATIONS FOR THE 2005 SPORTSWOMAN OF THE YEAR - INDIVIDUAL AND TEAM AWARDS

Unfortunately, our nomination this year was not the Women's Sports Foundation's Winner (or one of the winners). But we would like to share our nomination we made and from now on, will just have our own annual award:

IWFFA SPORTSWOMAN OF THE YEAR 2005

To Whom It May Concern:

I would like for your award's committee to make a serious nomination of this award to an outstanding athlete: Saadia Ashraf of Quebec, Canada for the sport of flag football.

IWFFA Nomination:

For these reasons we have described below, we nominate Saadia Ashraf of Quebec Canada as 2005 Sportswoman of the Year Award as she represents the essence of women's sports and the spirit of the woman's game: flag football

Her past 12 months achievements include:

International Women's Flag Football Association (IWFFA) Offensive Most Valuable Player for team Quebec Storm in the Highest Division : 14th Key West Kelly McGillis Classic February 2005, IWFFA All Star Special Select Team for the Provincetown Kate Clinton Classic September 2005, All Year Best Quarterback in Montreal, Canada league August 2004. She led her team to be ranked number one in IWFFA Competitive Division for 2004.

Description of Saadia:

Saadia has won many other numerous awards for her athletic performance over the past years as well. She has won eight awards participating in eight IWFFA tournaments since 2001, as well as winning the "All Year Best Quarterback" in Montreal, Canada for the past five years. Her style, speed, and accuracy of quarterbacking, has made a great contribution to the sport of women's flag football. Her style of play deviates from the traditional tackle football style, where most American teams learn from. Instead, she plays with such great finesse, speed and skill which brings out a more feminine style of play, that demonstrates clearly a difference with women's and men's flag football. This difference in style, shows the female athlete very exciting, creative, strong and has influenced other athletes.

A description of how she performs in competition:

As she diverts defensive linewomen charging her, sometimes three or four players at a time, she would scramble to free herself for passes as long as 45 yards long, for many completed passes. This great skill has created much excitement in the sport of flag football as spectators look on with great amazement.

During competition, if her team is losing, she keeps a high spirit, never gives up and keeps the team "in" the game, no matter what the score is. She never gives up, and this is what the spectators love to see when her team plays. She is a driving force for her team.

Her positive attitude and clean play during some very tough competitive competitions, demonstrates Saadia's wonderful sportship and great leadership skill.

What makes a great athlete?

May be an answer which can never fully be agreed upon by all. But for the International Women's Flag Football Association, it is attitude, style and conduct in addition to athletic performance on the field that matters more than wins and losses. It is the demonstration and example of how strong the female athlete really is, and to give such lasting impressions to other players and spectators of the sport. To demonstrate the female sport of flag football and use as a role model in order to teach others how to loose as well as how to win, with grace, and dignity not only in a game, but in life. Saadia is a great example of what women's sports strives for. She has the admiration of her team, coaches, opposing teams and spectators.

Sincerely
Diane Beruldsen
President / Founder /IWFFA

And while we are at it, we might as well share our 2004 nomination (which also did not win)
Here again, was our letter for our nominee

IWFFA SPORTSWOMAN OF THE YEAR 2004

To Whom This May Concern:

As president of the International Women's Flag Football Association (IWFFA)

I would like for your award's committee to make a serious nomination of this award to an outstanding athlete: Beatrice Hawthorne

Her past 12 months achievements include:

All Star - Secondary Defense in Washington, DC tournament October 2003 All Star - Running Back in Key West, FL Kelly McGillis Classic (Championship) - in the Highest Division February 2004 All Star - Safety - in Key West, FL Kelly McGillis Classic (Championship) - in the Highest Division February 2004 Most Valuable Player for team: Tampa Lethal Weapon - Washington, DC tournament October 2003

In addition to her 12 month athletic performance and achievements Since 2000, every year Ms Hawthorne competed in the Kelly McGillis Classic - Championship of Women's Flag Football, she has received Most Valuable Player Award each year. The Most Valuable Player Award is an award nominated by the teams The All Star team is selected by officials and special select team She has the admiration of her team, opposing teams and organizers of the events.
Description of Bea Hawthorne:

Her attitude, camaraderie and sportship is above and beyond. She is very competitive while caring about her team and opponents. She is also the team manager who does the extra task and burden of administrative duties to bring her team to all their competitive events.
Her speed, skill, finesse, clean tactics and game strategy is

one of the best this association has ever seen!
Ms Hawthorne is really a prime example of a strong female athlete and excellent role model for all.

Please accept her nomination, as she represents the essence of women's' flag football and the spirit of the woman's game: flag football

Sincerely
Diane Beruldsen
President / Founder
IWFFA

Our two Tournament Coordinators: Lena Johansson, and Gail Bowen, will choose next year's IWFFA Sports Woman Award 2006 for the Nordic Region and North American Region.

Pro /Flag Football Trivia

**Do you know the answer?
Win a free tee shirt**

Be the first person to get all questions correct and we will send you a free IWFFA tee shirt
(we won't ask what size you are either)

- 1) Which two teams played in the first super bowl game, what was year and who won?
- 2) What was the "Heidi Game"?
- 4) What team did "Broadway Joe" play for
- 5) Who said "If winning didn't matter, why do they keep score?"
- 6) Which team was the first championship team for the very first Key West Women's Flag Football Tournament/ and what year was it?

Email us your answers: iwffa@iwffa.com / If you don't hear from us - you did not win

Flag Football History Section

- The beginning of our game (part 2)

(most of this section was taken from another piece: Brownie Locks and the 3 Bears present The Ancient History of Football)

If you remember our last issue of Forward Pass, we explained how the ball was developed. We're gonna give you bit's and pieces of the history and build up until we finally get up to the

birth of flag football.

In the 1800's, the game was actually turned more like what we know as Soccer today than American football. The ball could be hit and kicked with any part of the player's body. The only rule was "no running with the ball."

Then something happened

A private boy's school named: "Rugby" in Warwickshire, England changed the game in 1823. A school boy named William Ellis got really impatient. In a moment of sports rage he just picked up the ball and ran with full speed down the field. Everyone yelled at him. The coach was infuriated with him for breaking the rules, while other kids laughed. All this emotion stirred the imagination of many football players and fans. This led the way to a new type of football game, where you were finally allowed to run with the ball. People started calling it "Rugby" after the name of the school and after William Ellis.

The game didn't make it's way to the United States until the late 19th Century. At first it was a blend of Rugby and Soccer. Kicking was important. And the points were: Field Goal = 5 points / Safety = 1 point / Touchdown = 2 points. In 1883 the touchdown points were doubled to 4 points. Then in 1897 it was increased to 6 points, how the game is scored today.

The next thing that changed, was the shape of the ball. In 1906, America changed it from the round Rugby ball to the more egg-shaped ball that we know today (to help make a more accurate throw). Then the length of the field was shortened by 10 yards from 110 to 100 yards. Then the game got divided up into two halves periods (45 minutes each) with a rest period in between. The game was still long so they changed the halves to 30 minutes as they remain today. OK, lets stop here, because the next history lesson will talk about the helmets When there were none!

Lets talk about our 2005 tournaments

We pride ourselves in being fair and honest and accepting criticism so that we can correct our mistakes, because we know we make mistakes. In 2005, one such criticism was that the tournaments were not consistent or as organized as our Key West Kelly McGillis Classic. In prior years I, myself, was able to travel to every tournament the IWFFA offered. This created a consistency and kept a certain quality to each event. This allowed players and teams to expect certain things during these tournaments. Since last year, 2005, I have a full time job, and was not able to travel to the events. We were fortunate to find women who were able and willing to make the travel and act as IWFFA Tournament Coordinators. Using different people, did not allow for consistency which led to some problems at the events. Having experience for overseeing our hosted tournaments (Hjorring, Denmark, Va Beach, VA, Toronto, Canada, Quebec, Canada, Gothenburg, Sweden, Washington, DC) , or running our tournaments (Kelly McGillis Classic – Key West, Oslo, Norway, Kate Clinton Classic – Ptown) allows for smoother and more well organized events.

2006 Goal for the IWFFA – Ensure Quality and Standardization for all our IWFFA Tournaments
(Read below how we plan to to this)

For 2006, we use one person to travel in each continent I myself, can act as Tournament Director for the Key West tournament, and for our three Scandinavian Tournaments, Lena Johansson will be responsible for the Scandinavian Tournaments and for our four North American Tournaments, Gail Bowen, is in charge.

We believe that training these Tournament Coordinators at our 15th annual Key West Kelly McGillis Classic will prepare each to understand: IWFFA Rules (they will participate in our Officiating Clinic), Standard Tournament Procedures (taken aside and explained what goes on from start to finish and be there at the event to witness and participate in tournament procedures, conflicts, etc) , Standard Registration Processes (these women will be involved with the tournament registration at the Meet & Greet), to prepare each person for other tournaments throughout the year for great consistency, higher quality of each event and will allow teams to become more comfortable knowing what to expect.

One Month Prior Registration of your team for 2006 Tournaments

What else must be done to ensure organization for each event: is registration of teams ONE MONTH PRIOR to each tournament.

Knowing how many teams will be involved in the competition, hiring enough – qualified officials, creating a fair game schedule will certainly allow us to offer an organized event. And if we have to turn teams away because they past the deadline for registration..... so be it. Quality before Quantity.

Quality Officiating

While teams bring great competition, it is the quality of our Officials who can make or break a tournament. We have been offering free Officiating Training for our Players, in hopes of creating a pool of Officials to turn to for our tournaments, as we feel women would take more care, compassion, responsibility for our female players in our sport. Of course, this can be argued, but what we find is that most of our female officials (smaller percentage than male officials), are mostly highly rated on our score cards given to each team rep during tournament play. Female Players who turn into Official's, know what it is like to be on the playing field, and so when questions are asked, they can relate to the player in a different way, that we find is more beneficial for our players. This is why we continue to encourage players to learn how to officiate and can do so at most of our 2006 tournaments. Most of these clinics will be for free, and our most intensive training is in Key West, Tuesday, February 7th , which is an all day event and allows for participants to practice what they have learned and act as a 4th official on field during the Kelly McGillis Classic. For more information on Officiating Clinics and training go to our website: <http://www.iwffa.com/offclinic.html>

For our 2005 Tournaments, we would like to thank our Tournament Coordinators and Directors for wanting to help our organization, supporting women's and girls flag football, taking time off their regular work schedules, traveling to the events, working hard and doing their best for the sake and benefit of each event.

Hjorring, Denmark	Lena Johansson
Oslo, Norway	Lena Johansson
Toronto, Canada	Cindy Redman
Va Beach Classic, Va Beach, VA	Jennifer Taylor
Quebec, Canada	Stephanie Vigneault
Gothenburg, Sweden	Lena Johansson
Kate Clinton Classic, Ptown, MA	Cindy Redman / Bridget Lynch
Washington, DC	Jennifer Taylor

2006 IWFFA Circuit of Tournaments

(Teams must register no later than one month prior to starting date)

Tournament	Annual	Dates	Hosted By:
Kelly McGill's Classic Key West, FL (4 day competition)	15th	Feb 5 – 13	IWFFA
Oslo Norway	7th	May 6 – 7	Norway Flag League
Hjorring, DK	3rd	June 1 – 2	Danish Devils
Quebec, Canada	6th	August 5 – 6	Quebec Storm
Gothenburg, Sweden Gothenburg Angels	6th	August 26 – 27	
*Orlando, FL (to be confirmed)	1st	August 26 – 27	IWFFA
Kate Clinton classic Provincetown, MA (3 day competition)	4th	September 21 - 24	IWFFA
Washington DC	7th	Oct 7 – 8	Va Blue Thunder



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2006 IWFFA MEMBERSHIP APPLICATION - (PRINT ALL INFO - CLEARLY)

(circle 2 or more) Women (18yr + older) / Girls (7 - 12) / Juniors (13 - 17 yr) / Coach / Manager / Official / International / U.S.

Certified check, or money order (payable to: IWFFA) \$20 for all membership categories

Name _____ Address _____ City _____ State/Province _____

Country _____ Zip Code (or country postal code) _____ / Date of Birth (month/date/year) _____

Phone (area /country code) Home (____) _____ Work(____) _____ Cell/Mobil (____) _____ Fax (____) _____

Email (please write very clearly) _____ Team Name _____ Team Contact _____

League _____ Field Location _____ How did you find out about IWFFA? _____

Waiver / Liability Release

I, the undersigned, have agreed to participate in the International Women's Flag Football Association (IWFFA) event & appear in a video / or photos produced by the IWFFA and it's assigns and licensees, in any manner in any media either alone or in a conjunction with any other material.. I sign Release for year 2006 (initial here) _____

I hereby waive and release and agree to hold harmless the IWFFA from any and all claims damages, causes of action, suites and liability, of any kind for any personal injury, death or property damage which I may sustain arising out of or occasioned by my participation in the IWFFA activities. This wave and release shall also be binding upon my spouse, partner , heirs, personal representatives and any other person who may claim through me. I sign agreement / waiver for year 2006 (initial here) _____

Signature _____ Date _____

For IWFFA Medical Accident / Injury Coverage At an additional rate, contact our office. Yes (I do want the IWFFA Medical coverage) _____
\$100 deductible / \$15,000 maximum per injury – directly related to flag football for tournaments, league or practice play from Membership date till December 31, 2006
You will receive full description of medical policy along with rest of membership materials.

You will receive your IWFFA membership card, IWFFA embroider patch and benefits begin once we receive payment.

Mail to: IWFFA / Membership / 1107 Key Plaza #233 / Key West, FL / USA 33040 – 4077
Certified check, or money order (payable to: IWFFA) \$20 for all membership categories