

Flag Football Division Descriptions

The Sunshine Bowl Flag Football tournament is a one day competitive experience that boast the following divisions:

Women's Recreation (6 v 6): Enjoy a friendly competition with other female flag football fans. Teams must be comprised of all women who play on a semi-regular basis or have limited organized football experience. May have recently come together for this event or just want to have fun!

Law Enforcement/Military Competitive (6 v 6): Our military and first responders play to win! Players must be current or retired LE/Military who play together on a regular basis, looking for a challenge and/or may be a part of a flag football league.

Law Enforcement/Military Player Development (6 v 6): Our military and First Responders play in a friendly competition. Players must be current or retired LE/Military who play on a semi-regular basis or have limited organized football experience.

Recreation Division (6 v 6): Enjoy competition with other flag football teams playing to win! This division consists of players with a mixed level of playing skills. Some teams may play on a semi-regular basis or have limited organized football experience.

Unified Division (5 v 5): is an inclusive program which combines individuals with intellectual disabilities (athletes) and individuals without intellectual disabilities (partners) on a team for competition.

Co-ed Division (6 v 6): Enjoy a friendly competition with other flag football teams. Roster comprised of at least four females. Teams must play with at least three females on the field at all times, play on a semi-regular basis or have limited organized football experience. May have recently come together for this event and just want to have fun!

Corporate Division (6 v 6): You think your company is the best? Prove by engaging in a friendly competition. All players must be actively employed with corporation/ organization. This division consists of players with a mixed level of playing skills.

Youth Division (5 v 5): Enjoy a friendly competition with other flag football teams age specific boys and girls supporting the following age categories:

- 6-9
- 10-13
- 14-17

High School Division (7 v 7): Enjoy a friendly competition with other flag football teams age specific boys and girls supporting a larger formation*Flag Football Field dimensions 25 yds. x 60 yds.