



We are excited to announce and introduce the New Jersey Girls Flag Football League. This league will be dedicated to developing Grades 5-8 girls for their future in High School Girls Flag Football. We will look to develop their knowledge and skills of the game by providing clinics, games and tournament play.

We are reaching out to all communities in Monmouth and Ocean Counties to help us in building a league to last and provide the girls with the growth necessary to compete in the game at the highest level. The Shore Conference introduced Girls Flag Football three years ago with the help of the NY Giants, USA Football and Nike. Over the past three seasons the number of teams in the Shore Conference has grown from 8 to 14 teams. There are many more high schools looking to start a team in 2024. The State of New Jersey now has high school teams in North, Central and South New Jersey. The game has become the fastest growing sport on the East Coast!

NAIA Colleges have begun to offer scholarship opportunities to girls wanting to play the game at the next level and Olympics are considering adding the game to its games in the very near future. This is only the beginning! New Jersey will look to join Florida, Georgia, Alabama, Alaska, Nevada and California as the only states to be playing for a State Championship. The New Jersey Girls Flag Football League will provide the opportunity to create feeder programs for all of the existing and all of the future programs moving forward. The State of New Jersey has already begun the process of looking to sanction the sport in the next 2-3 years. It will be imperative communities begin the process of developing sustainable programs and this league will help to support that process.

Please look to join us as we are opening registration June of 2023 for our inaugural season beginning September 2023. A Spring Season will also follow, registration details will go out in February.

Our team myself Steve Antonucci and Marc Tomo look forward to continuing to help the growth of this great game. For more information please email me at Njgirlsflagfootball@gmail.com Register at our website for the Fall 2023 season. <https://www.njgffbl.com/>

Yours in Football,
Steve Antonucci

Head Football Coach Middletown High School South