



**RECOGNIZED SPORT
ORGANIZATION**

FAQS ON OLYMPIC INCLUSION

As the U.S. governing body for the sport and the organization responsible for selecting and leading the U.S. National Team in international competition, we're excited about Flag Football's inclusion in the Olympic games. We will update these Frequently Asked Questions in the coming days, weeks, and months to help everyone navigate the next steps in this exciting process.

You can also find a [Glossary of Terms used here](#).

PARTICIPATING ON THE U.S. NATIONAL TEAM

Who operates the U.S. National Team?

USA Football is the sole United States member to the International Federation of American Football (IFAF) and exclusive operator of the U.S. National Team.

How many national teams does USA Football operate in flag football?

USA Football currently operates six (6) national teams in flag football; Men's, Women's, 17u Boys, 17u Girls, 15u Boys and 15u Girls. Adult teams participate in IFAF-sanctioned competition. Junior teams participate in the Junior International Cup; a USA Football hosted international competition.

When are your next international competitions?

- Adults
 - IFAF World Flag Championship (Lahti, Finland) – August 2024
 - IFAF Americas Continental Championship (Location, TBD) – 2025
 - The World Games (Chengdu, China) – August 2025
- Juniors
 - Junior International Cup (Location, TBD) – July 2024
 - Junior International Cup (Location, TBD) – 2025

How do I make the team?

Athletes wishing to make the U.S. National Team must participate in U.S. National Team Trials. Trials occur every spring at the United States Performance Center in Charlotte, N.C. The event is invite only.

- **USA Football will facilitate a [FREE Digital Combine on GMTM, October 23 - December 4, 2023](#). This is the last qualifying activity prior to 2024 Trials. There will be two combines available, one for Juniors (17 or younger on 12/31/2024) and one for Adults (18 or older on 12/31/2024).**

Qualifying Events and Activities (beginning January 1, 2024) for 2025 U.S. National Team Trials will be posted to USA Football's website.

How many people will be invited to U.S. National Team Trials?

In 2024, USA Football will invite 60 men and 60 women to tryout for its adult national teams. In addition, we will invite 36 boys and 36 girls for each of its junior national teams. Invites will be sent December 2023.

How is the team selected?

The selection committee (inclusive of USA Football staff and National Team coaches) selects athletes for national teams. Selection criteria includes the athlete's performance at U.S. National Team Trials and the athlete's likelihood of contribution to the national team's competitive success.

How many athletes will be selected to the U.S. National Team?

The final roster will consist of 12 active players and six alternates.

What if I don't make the active 12 roster?

Each roster will carry up to six alternates. Further, all active athletes and alternate on the men's and women's national teams will receive an automatic invite to U.S. National Team Trials the following year. All 12 active rostered Junior National Team athletes will receive an automatic invite to U.S. National Team Trials the following year. Junior National Team alternates do not receive an automatic invite to the next year's Trials.

What do I need to be eligible for the U.S. National Team?

To be eligible for the U.S. National Team, athletes need to meet the following requirements:

- Athletes must be a citizen of the United States at the time of selection.
- Athletes must hold a valid U.S. passport that will not expire for six months after the conclusion of the international competition.
- Athletes must be members of USA Football and in good standing.
- Athletes over the age of 18 must complete a background screening.
- Athletes must participate in anti-doping training with the United States Anti-Doping Agency (USADA) and are subject to anti-doping screenings pursuant to IFAF and World Anti-Doping Agency (WADA) policies and procedures.

What is the age cut off for the U.S. National Team?

USA Football uses the IFAF age determination for national teams; December 31 of competition year.

Therefore in 2024, ages are the following:

- Adult: Athletes 18 or older as of December 31, 2024.
- 17u: Athletes 17 or under as of December 31, 2024.
- 15u: Athletes 15 or under as of December 31, 2024.

I am a current college student-athlete. Am I eligible?

USA Football processes are open to currently enrolled student-athletes; however, we advise all currently enrolled student-athletes to seek advisement from their institutional compliance departments and/or collegiate association to understand if/how national team practice or competition may impact collegiate eligibility.

I am a professional athlete. Am I eligible?

USA Football processes are open to professional athletes; however, we advise all athletes to seek advisement related to their professional participant agreement with their respective leagues to understand if/how national team practice or competition may impact them.

Where can I find the rules for flag football in the Olympics?

The Olympics will be competed under IFAF rules. [You may find the current form of those rules here.](#)

If I make the U.S. National Team, how often do I have to try out to make the team again?

Tryouts for the U.S. National Team currently occur on an annual cycle.

What should I be doing to give my son/daughter the best chance to make the U.S. National Team in the future?

USA Football will be releasing exciting news regarding this topic very soon. Stay connected with us on social media and visit our [website](#) to never miss an update.

Is it worth getting scouted if I primarily play a sport other than flag football?

Absolutely. USA Football is not only looking for attributes on-field, but fundamental athleticism that may translate to flag football at the highest levels with development and coaching. We encourage athletes new to flag football to try out and engage in our programming.

Will there be opportunities to meet U.S. National Team coaches or USA Football personnel in person?

Yes. Visit our [website](#) and stay connected with us on social media to never miss an update.

How can I become a coach for the U.S. National Team?

There are several opportunities on the horizon to be part of the U.S. National Team Program. USA Football will post an open-call for interested coaches and personnel in late 2023. Stay connected with us on social media and [visit our website](#) to never miss an update.

If you have additional questions regarding USA Football's U.S. National Team Program, please contact TeamUSA@usafootball.com.

USA FOOTBALL MEMBERSHIP

How do I join or renew my membership with USA Football?

[Visit us here](#) to get started and to learn more about the benefits of both membership options.

When does my membership start and end?

USA Football Memberships are on a calendar year basis (January – January). You'll have access to your membership and its benefits from the day you sign up until your renewal date in January of the next calendar year. This date will be reflected in your member dashboard. There are no pro-rated membership options. Your membership will automatically renew at the current membership type at the beginning of the following year during the month of January. If you have questions, you can email us at support@usafootball.com.

Do I have to be a member of USA Football to be scouted for the National Team or High Performance Pathway?

Yes. All athletes hoping to be scouted by USA Football must hold a current Athlete membership in good standing. The exception to this is participating USA Football's Digital Combine through GMTM.

What is my USA Football Member ID# and how do I find it?

Your Member ID# will be important to unlocking participation in USA Football sanctioned events, the high performance pathway, Qualifiers, and The One. Your ID# is located under your name and member type on the main page of your dashboard. To login to the dashboard go to usafootball.com and click on the "login" or "dashboard" icon on the top right of the webpage.

Do I need a USA Football Membership to participate in the Digital Combine?

The USA Football [Digital Combine on GMTM](#) is completely FREE for athletes and does not require a membership to submit. If selected to attend a Talent ID event and National Team Camp, athletes will be required to become a member before they can participate on the field.

I'm a parent or legal guardian, how can I purchase my athlete's membership?

A parent or guardian must purchase a membership for athletes under 18. Parents or guardians should create a free account with which they can manage benefits on behalf of their athlete. Parents or guardians will be invited to the USA Football Community until the athlete is 18 or older.

Where can I find details on the Accident Insurance policy that comes with my membership?

You can visit usafootball.com/insurance to learn about the insurance program details. Members can access the policy documents via their dashboard or by sending a request to insurance@usafootball.com.

I'm already a Certified Coach, can I upgrade to a Coach & Commissioner Membership?

Yes. Certified Coaches can upgrade to a Coach & Commissioner Membership through their dashboard by selecting, Purchase Membership. At checkout, they will only be charged the difference in price between Certification and Membership.

My organization isn't part of USA Football. Can I still join?

Yes, you can through the normal sign-up process.

Are Memberships refundable?

Due to the significant volume of access and resources, memberships are non-refundable and non-transferrable following the completion of the purchase.

I am a Coach & Commissioner member. Do I need to complete Certification?

Yes. People purchasing this membership should complete Certification before any athletes and/or coaches' step on the practice field.

Can I talk to someone about Membership?

Please contact our [Consulting Sales Team](#) via email at support@usafootball.com or reach them at 317-614-7752.

USA FOOTBALL SANCTIONED TOURNAMENTS

What is a USA Football Sanctioned Tournament?

"USA Football Sanctioned Tournament" is a designation granted to qualified Affiliate Organizations or Tournament Operators who apply for and are accepted to host tournaments. Sanctioning standards are set to ensure USA Football sanctioned tournaments are safe and fair for athletes, coaches, officials, and spectators. A USA Football Sanctioned Tournament must abide by USA Footballs' policies, procedures, membership, and rules.

Why should my team/club attend a USA Football sanctioned event?

All USA Football Sanctioned Tournaments follow USA Footballs' safety requirements and guidelines, rules, regulations, and policies. USA Football Sanctioned Tournaments are actively scouted by USA Football National Team Staff and Scouts. Outside of specific Talent ID camps and digital combines, sanctioned tournaments are one of the best ways to be seen and scouted.

In addition, participation in USA Football Sanctioned 5v5 tournaments will earn your team points towards National Rankings. These rankings go towards seeding at USA Football Qualifiers and will aid in determining at-large bids to USA Football's The One tournament.

For more information regarding sanctioned tournaments, scouting, team rankings, or the benefits of USA Football Sanctioned Tournaments, please visit usafootball.com or email sanctioning@usafootball.com.

How do I get my event sanctioned?

Tournament or Event Operators must [submit an application](#) in order to be considered for a USA Football sanctioned event. Upon approval of your tournament sanctioning application, USA Football will lock down your date and location.

What are the benefits of getting my event sanctioned by USA Football?

Tournament Operators receive many benefits to sanctioning their tournament with USA Football. For a list of benefits visit usafootball.com to learn more or email sanctioning@usafootball.com to inquire.

Are there any costs to get my event sanctioned?

Sanctioned event fees may vary. Please contact sanctioning@usafootball.com for more information.

What are the requirements for sanctioning my tournament?

Additional requirements may apply. Please visit usafootball.com or email sanctioning@usafootball.com for more information.

What is USA Football Scouting and Talent Identification at Sanctioned Tournaments?

Athletes participating in USA Football Sanctioned Tournaments are eligible to enter the athlete selection pool for the U.S. Junior and Adult National Teams for the concurrent athlete evaluation cycle. Opportunities for in-person Scouting and Talent identification by USA Football staff and coaches will be exclusive to USA Football Operated Events, Sanctioned Tournaments, Qualifiers and The One.

How do I know if a tournament has been sanctioned?

There are two ways to know if a tournament is sanctioned. A USA Football Sanctioned Tournament will have rights to the USA Football Sanctioned Tournament Logo and use that logo to acknowledge that they are a part of the program. Additionally, you can go to the sanctioned tournaments page to see a list of currently sanctioned tournaments.

For more information on USA Football Tournament Sanctioning, please contact sanctioning@usafootball.com.