

# Spots Still Available for Boston Metro Flag Football League Spring Season

*Time is Running Out for Players to Join FlagMag.com's 2009 BMFFL Spring League*

LONDONDERRY, N.H., March 13 (SEND2PRESS NEWSWIRE) – For the 13th year in a row, Flag Football Magazine, aka FlagMag.com, will bring flag football leagues to the greater New England area by organizing the Boston Metro Flag Football League (BMFFL). The BMFFL currently offers both adult and youth leagues. The adult leagues begins Sunday, March 8th with late registration accepted through March 22nd. The youth leagues begin Sunday, April 19th with late registration through April 26th. Late teams will simply play double-headers to catch up.

Adult leagues are offered in various locations throughout Massachusetts, and New Hampshire. Games last one hour and 15 minutes and are offered in A, B, & C divisions to create even parity. There are a number of additional league breakdowns including 4, 5, 7, and 8 player teams in men, women, and co-ed divisions. Team costs vary depending on the league however individuals can be placed on a team for only \$25. More specific league information, including prices can be found on the BMFFL Spring League page at FlagMag.com.

Youth leagues are offered in Londonderry and Manchester, NH, as well as Boston, MA and run \$59 per child. Games last one hour and are offered in the following age divisions: 5-8 co-ed, 9-11 co-ed, 12-14 boys, and 12-14 girls.

Both individuals and teams are encouraged to sign up as soon as possible as space is limited.

Register online at [www.flagmag.com/BMFFL.asp](http://www.flagmag.com/BMFFL.asp), email [BMFFL@FlagMag.com](mailto:BMFFL@FlagMag.com) or call 1-877-369-3076. To register via mail, simply mail a check made out to "Boston Metro Flag Football League Inc." to BMFFL Inc. PO Box 1172 Londonderry, NH 03053.

Flag football is a version of American football. The basic rules of the game are similar to those of regular football, but instead of tackling players to the ground, the defensive team must remove a flag or flag belt from the ball carrier; this is referred to as "deflagging" to end a down.

In most organized play, players wear a belt. Flag football was designed in an effort to minimize injuries. However, contact leagues have emerged, where offensive and defensive players can block in certain zones or downfield, adding to the many styles now associated with the game.

Love the game, but not necessarily getting knee deep in the action? FlagMag.com is always looking for referees for the BMFFL and beyond. Simply e-mail [staff@flagmag.com](mailto:staff@flagmag.com) for more information.

FlagMag.com was created in 1998 as an interactive website for flag football

players in the USA and around the world. The President/Owner of FlagMag.com recognized the potential in new media resources and said, "It was a perfect prospect for flag football players around the globe to have their own source of information just like any other sport."

It was designed as a means for flag football players and enthusiasts to obtain up-to-date information on tournaments, events and leagues both here in the USA as well as internationally. The original idea of the site was to support a quarterly magazine that was sent out to players in the USA as well as affiliates in Canada, Mexico, South America and Europe, however as the business evolved printing of the magazine has gone on hiatus. The interactive nature of the website allows players to communicate via the message board, relive achievements through event stories and photos, and quickly obtain flag football-related information. FlagMag.com also serves as an online retailer of flag football products such as Sonic Boom Flags, Velcro flags, ball markers, rule books, play books, cones, and official FlagMag.com athletic apparel.

Flag Football Magazine can be found online at [www.flagmag.com](http://www.flagmag.com).

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