

We are happy to share some exciting news! Our league is now officially certified to offer...

# FLEX FOOTBALL – A TRUE FOOTBALL EXPERIENCE



Flex Football is a fusion of flag and tackle football that focuses on developing true fundamentals and skills. Flex is inspired by the NFL's approach to practice, where for years pro teams have utilized soft-shell pads, allowing for high tempo, low impact, assignment and scheme focused practices.



- Created by former NFL players
- Strap up helmets and shoulder pads for the first time
- Experience the full game with none of the impact
- Extended preparation and skill building before full-contact

THIS IS THE START OF A LIFELONG LOVE FOR THE  
GAME.  
WELCOME TO THE FLEX FAMILY.



To learn more, visit us at [liverocksolid.com/flex-football](https://liverocksolid.com/flex-football)

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**WE GOT YOU** 

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