

# FLAG FOOTBALL LEAGUES

## ACTIVITY

Flag football is an action packed game which emphasizes finesse, speed and deception as compared to the power aspects of tackle football. Due to the rules and strategies of the game, it is a fun activity for players of all sizes and ability levels. Men's & Women's teams have seven players. **Co-rec teams consist of six players (three women and three men).** Teams will be scheduled for four weeks of round robin league play followed by single elimination playoff tournaments for all teams that do not forfeit during the regular season. The seeding of teams into the playoffs will be determined by league standings with various divisions tiered by win-loss records. National Intramural-Recreational Sports Association (NIRSA) rules will govern play.

**Note New Shirt Rule:** Teams will be designated as home (light colored shirt) and away (dark colored shirt) as indicated on the schedules. Teams are responsible for wearing the appropriate colored shirt each game. Team captain's need to check the schedules carefully.

## ENTRY FEE

**\$40.00 per team**

## ENTRY DEADLINE

**Wednesday, October 7, 5:00pm**

## ENTRY PROCEDURES

Individuals or teams may enter this activity by submitting their name or team roster to the Programs Office, 3rd floor IMA, beginning September 21. Entries will be taken on a first come first serve basis, Monday through Friday between the hours of 9:00am and 6:00pm. Enter early for best selection of playing times.

## TEAM CAPTAINS' MEETING

Thursday, October 8, at 5:30pm, Lounge, IMA Building. The meeting agenda will include the following topics: player eligibility, schedule information, protest procedures, rules review, and other important information that team captains are responsible for knowing. The meeting is expected to last 30-45 minutes.

## ELIGIBILITY

All 2009 Autumn Quarter UW students, faculty and staff IMA members are eligible. Faculty/Staff members must purchase an annual or quarterly IMA Membership. Current intercollegiate football players are not eligible. Former intercollegiate players are eligible with some restrictions. **Participants are limited to playing on only one men's team and one co-rec team.** Check the *Intramural Sports Handbook* for additional eligibility requirements.

## COMPETITIVE DIVISIONS

### Cascade Division:

This division is for teams seeking a high level of competition.

### Rainier Division:

This is a recreational division and offers a less competitive environment for teams that desire to participate in a more relaxed atmosphere.

### Olympic Division:

This is a recreational division open to graduate students and faculty/staff IMA members only.

## FREE AGENTS

The free agent program assists in helping individuals to become participants on teams even if they don't know enough people on campus to form a team. All it takes is signing up on a free agent roster in the Programs Office and attending the captains' meeting.

## EQUIPMENT

All equipment other than personal clothing, shoes, and mouthpieces will be furnished by the Department of Recreational Sports. Molded rubber or plastic cleat shoes are recommended. Metal cleats are not allowed.

## GAMES BEGIN

**Sunday, October 11**

Available playing times are listed on the back of this bulletin.

## AWARDS

Members of the winning teams in each division will receive an Intramural Championship T-shirt.



# FOR MORE INFORMATION

CONTACT THE PROGRAMS OFFICE 543-8558 BETWEEN 9:00AM AND 6:00PM, MONDAY – FRIDAY

[ima@u.washington.edu](mailto:ima@u.washington.edu) <http://depts.washington.edu/ima>

To request disability accommodation contact the Disability Services Office at least ten days in advance at 206-543-6452/TTY 206-685-7264 (FAX) or [dso@u.washington.edu](mailto:dso@u.washington.edu)

UNIVERSITY OF WASHINGTON  
DEPARTMENT OF RECREATIONAL SPORTS PROGRAMS

### Flag Football League Schedule

| League                | Sunday                 | Monday       | Tuesday | Wednesday                    | Thursday     | Friday       |
|-----------------------|------------------------|--------------|---------|------------------------------|--------------|--------------|
| <b>Men's Rainier</b>  | 11:30<br>12:30<br>2:30 | 3:30<br>4:30 | 6:30    | 3:30<br>4:30<br>5:30<br>7:30 | 3:30<br>5:30 | 4:30<br>7:30 |
| <b>Men's Cascade</b>  |                        | 7:30         | 3:30    | 6:30                         |              | 5:30         |
| <b>Men's Olympic</b>  |                        | 6:30         |         |                              | 6:30         | 6:30         |
| <b>Co-rec Rainier</b> | 1:30                   | 5:30         | 5:30    |                              | 4:30         |              |
| <b>Co-rec Cascade</b> |                        |              | 4:30    |                              |              | 3:30         |