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 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.

ENTRY FEE
$100 per team

ENTRY DEADLINE
Wednesday, October 4, 5:00pm

www.facebook.com/UWRecreation
www.twitter.com/UWRecreation

ENTRY PROCEDURES
Team captains must submit $100 payment on-line at reg.recreation.uw.edu/fusionIM & register their team on reg.recreation.uw.edu/fusionIM prior to the deadline. Changes to the roster must be made on the last Wednesday of the regular season prior to the start of playoffs at reg.recreation.uw.edu/fusionIM. Entries will be taken on-line on a first come first serve basis beginning September 25. The Programs Office is open Monday through Friday between the hours of 8:30am and 5:00pm. Rosters are limited to 12 (co-rec) or 14 players (Men’s) per team. Entries will be accepted after this date if space is available. We will be using reg.recreation.uw.edu/fusionIM to manage the league.

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 on reg.recreation.uw.edu/fusionIM and attending the free agent meeting.

FREE AGENT MEETING
Thursday, October 5, at 4:00PM, 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. Team captains are asked to take the on-line quiz at reg.recreation.uw.edu/fusionIM covering program policies and league rules captains are responsible for knowing. Captains may elect to attend meeting if they choose to. The meeting is expected to last 30-45 minutes.

ELIGIBILITY
All Autumn 2017 UW Seattle, Bothell, Tacoma students, faculty and staff IMA members are eligible. Faculty/Staff members must purchase an annual or quarterly IMA membership or pay the $40 Intramural Sports Membership for OUTDOOR SPORTS ONLY. Players may participate on only one men’s and Co-Rec team. Current intercollegiate varsity football players are not eligible. Former intercollegiate players are eligible with some restrictions. Check the online Intramural Sports Handbook for additional eligibility requirements.

Shirt Rule: Teams will be designated as home (White 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.

AWARDS
Members of the winning teams in each division will receive an Intramural Championship T-shirt.
# Flag Football League Schedule

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<tr>
<th>League</th>
<th>Sunday</th>
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<th>Wednesday</th>
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<td>Men's Rainier</td>
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<td>Men's Cascade</td>
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<td>Men's Olympic</td>
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<td>Co-rec Rainier</td>
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