FLAG FOOTBALL POLICIES AND RULES PRESENTATION

2014
FLAG FOOTBALL PRESENTATION

• It is highly recommended that all participants review this presentation as it contains important information regarding intramural sport policies and Flag Football rules.

• As additional supplement, the Intramural Participant Handbook and Flag Football rules are viewable at:
  • Intramural Sports Website
  • IMleagues website: click on the info link on the left side of page, then click handbooks and manuals

• Unawareness is not an excuse
NEW REGISTRATION REQUIREMENT

• Captains cannot register their team without completing the Captains Quiz
• Captains can use the sport rules, participant handbook and this presentation to complete the quiz
INTRAMURAL SPORTS STAFF

• Associate Director for Intramural and Club Sports
  • Jonathan Johnston
  • jdjohnston@wcu.edu
  • 828-227-8807

• 10 supervisors and 13 officials
CONTACT AND TIMES

• Associate Director
  • 9-12 and 1-5pm Monday-Friday
  • In and out of the office during the day

• Calls and emails
  • If received after 5pm during the week, you will not get response until next day
  • If received after 5pm on Friday, you will not get a response until Monday
INTRAMURAL SUPERVISORS

• Policies?
• Sport Rules?
• Facility Concerns?
• Employee Concerns?
• Protest?
• Eligibility?
• First Aid?

• Ask an Intramural Supervisor!
STUDENT OFFICIALS

• The success of the Intramural Sports program is contingent upon the quality of its staff and participants.

• Intramural contests are officiated by fellow Western Carolina students. They are not professionals and are paid minimum wage for the service they perform.

• They deserve and expect your cooperation, respect and sportsmanlike behavior.

• They are trained to perform these jobs and we expect them to officiate to the best of their ability.

• We invite you to apply for the student officials' job available with our Intramural Sports Program.
IMLEAGUES

• www.imleagues.com/wcu
• All players must have an imleagues account to be listed on a team.
• League announcement emails and texts
• Schedules, scores, rosters, standings, policies and rules
• Add players
IMLEAGUES NOTABLES

• Always click Western Carolina University at the top to see a current list of sports and their league/tournament information

• Game notifications can now be sent to your phone or email. Click your name top right, then notifications

• Click on home at the top to see a list of your game times and an calendar of upcoming sports and registration deadlines.
LEAGUE SPORT QUIZZES

• To ensure that intramural team participants have a good understanding of our policies and procedures, league sport team captains are now required to complete a captains quiz to register their team.

• This quiz must be passed with an 80%.

• The quiz is based on the intramural handbook/presentation/rules and provides important information that will aid each team during their intramural sports season.
TIME PREFERENCES

• Each division has different time options that are left available or unavailable
• Input your teams time preferences before league registration closes
• System will best fit your preferences within your teams schedule
• Not 100% guaranteed
• Time preferences will not apply in playoffs
2014-2015 UPDATES

• Major league sport captains must take quiz before team can be created. 80% passing rate
• Reschedules can now be completed and approved by noon day of the game
• Player release policy (see next slide)
A player may only be released from a team if they first played for a team in their first regular season game and have not since played for another team or in another game.

They must notify an Intramural Sports professional staff member before they participate with another team.

Failure to notify will result in the second team they played for forfeiting the game and then the player will be stuck playing with the first team. Possible suspension may be served.
MEN’S LEAGUE UPDATE

• All independent men’s teams will play in one league
• Teams will be divided up in two different brackets based on record
• Above .500 will go to competitive bracket
• Below .500 will go to recreational bracket
• Champions in both brackets will receive shirts
ASSUMPTION OF RISK & INJURIES

• Strive to provide safe and well-supervised activities and facilities, however there is an inherent potential for physical injury or death in all sport activities.

• All participants are strongly encouraged to have a yearly medical examination and to carry medical insurance coverage.

• Participation in sporting activities may cause injury and exposure to blood borne pathogens.

• First Aid Care (IM Supervisors)
TEAM CAPTAINS

As a captain, I agree to and are fully responsible for the following regarding my team:

• Teams schedules
• Eligibility of players
• Behavior of myself, players and spectators
• Informing yourself and players of rules and policies
• Communication and cooperating with all IM Staff
• Being a team leader
FACILITY POLICIES

• Camp Lab Intramural Fields
  • Across the creek from Football Stadium and Ramsey Center

• Pets
  • All pets must be attended to at all times.
  • Intramural Sport Staff CANNOT fill the role of pet babysitter.
  • It IS NOT acceptable to bring a pet and tie it to a fence or pole while participating in intramural sports leaving it alone
  • No pets in football stadium

• Please help keep our facilities clean
TOBACCO, ALCOHOL, DRUG USE

- **Tobacco (chewing or smoking)** is not allowed on the Intramural fields or other activity areas as well as 50 feet from any structure on campus per university policy 45.
- **Alcohol/Drugs** are not allowed on the intramural fields/facilities
- If a player or spectator is suspected of being under the influence of alcohol or drugs, they will be removed from the contest.
WEATHER

- IM Rain Line updated by 3pm and throughout the evening
- Call: 828-227-8808
  - Do not call the rec center or AD asking about weather
- Rained out games will not be rescheduled unless it's playoffs
CHECK IN REQUIREMENTS

• All players must present their CatCard to the IM Supervisor prior to playing in each game
• No ID = No play
• Other forms of identification will not be accepted
• Captains responsibility to make sure all players are checked in
MIS-USE OF ID

• Any person caught misusing a University ID or falsifying name is subject to suspension from Intramural Sports

• Incidents may be reported to Student Community Ethics as it’s a violation of student code of conduct

• Either of the above could also result in game forfeit and suspension from Intramural Sports and the Campus Recreation Center
ELIGIBILITY

• Only current WCU student, faculty/staff or faculty/staff spouse/partner
• Playing with ineligible players will result in forfeit and suspension of players involved
• Teams can’t agree to play with an ineligible players
• Ask up front with all eligibility concerns to avoid a forfeit in season
FACULTY/STAFF AND SPOUSE/PARTNERS

• Faculty/Staff
  • Must show Faculty/Staff CatCard

• Faculty/Staff/Student Spouses/Partners
  • Must have and show a Spouse/Partner CatCard
  • Pay a $10 Intramural Fee at the Rec Center
  • IM sticker is put on CatCard at Rec Center
RESTRICTED PLAYERS

• Football varsity (WCU or other universities) athletes must be two full semesters (summers don't count) removed from playing to be eligible and includes all divisions, red shirts, practice squads, working out with team, etc.

• Allowed three non-corresponding sport varsity athletes on a team for flag football

• If Athletics recognizes a player as a varsity athlete in this academic year, then they will be identified as such during the entire academic year
RESTRICTED PLAYERS

• Players who are identified as professional or semi-professional athletes in Football are ineligible to play

• Club Players
  
  • **Allowed two club players on the entire roster**
  
  • Clubs players are identified as those who have appeared on the roster or waiver form and considered as such *one semester after their last appearance on roster or waiver form*

• Varsity and Club Sport Coaches
  
  • Coaches may play in their corresponding sport, but they will be considered a club sport player.
ROSTERS

• Rosters
  • Players may only play on one CoRec team and one men’s/women’s team
  • Once a player checks in for a team that’s it
  • Max roster size of 16 players

• Adding
  • Add any players at any time on IMLeagues and game site
  • Ask all players if they have played with another team

• Removing
  • You can remove players if they haven’t checked in for a game, once they check in after a team’s first game, they are permanently on your team
ROSTER MAX

• 16 for flag football
• Can add players if spots available on game sheet
• If no space available, you can scratch out a player who has zero games checked in and add a new player. That player will then be deleted from the team.
• Remind all players to get an imleagues account and join your roster
• Captains responsibility to know how many players on their team
RESCHEDULES

• Check with Associate or Assistant Director if there are any available times open
• Contact the other teams captain and agree on one of the open times
• Contact the Associate or Assistant Director, once agreed upon
• We have to receive confirmation from both captains before a reschedule game is approved
• All reschedules must be fully approved by noon the day of the original game. Friday by 4pm if a Sunday game
• Don’t assume a game is reschedule unless you’ve heard from an Intramural Sports staff member
PARTICIPANT CONDUCT

• Participants are expected to treat Intramural Sport staff and fellow participants with respect

• Teams and captains are responsible for their own behavior

• Please only have captains speak with officials and do so in a respectful manner.

• Baiting and verbal abuse of supervisors or officials will especially not be tolerated!

• Supervisors and officials have every right to end any game if they deem it necessary
PARTICIPANT CONDUCT

• Examples of unsporting behavior
  • Excessive touchdown celebrations
  • Taunting, cursing or gesturing lewdly at other teams or IM Staff
  • Insubordination
  • Continuously arguing with an official
  • Unsportsmanlike spiking the football
  • Physical contact/altercation with other players or IM Staff
  • Anything else deemed unsporting by IM Staff

• Failure to compose players or comply with requests from the Intramural Staff will result in a forfeited contest and further disciplinary actions
PARTICIPANT CONDUCT

• Physical contact directed towards an Intramural Sport staff member or involving participants will result in severe consequences.
• All participants are governed by the Intramural Sport Handbook and the WCU Student Code of Conduct
• Any incidents may be reported to DSCE as a violation of the code
• Additionally, participants may have CRC facility access privileges revoked
SPORTSMANSHIP RATING

• Team Conduct Rating System
  • Zero to four scale
  • Must have 3.0 cumulative score to qualify for playoffs
  • Game officials/supervisors give ratings at end of game
  • Given ratings are NOT NEGOTIABLE

• One and Zero Ratings:
  • Team is suspended from season play until Captain talks with the Associate Director
  • Depending on severity, one or zero ratings could result in a team being dropped from the league
UNSPORTSMANLIKE CONDUCT

• Teams that receive 4 UC’s total, 3 UC’s on 3 individual players or or have two ejections in their game will forfeit that game

• Unsportsmanlike conduct (UC’s) penalties are tracked and rolling throughout a students intramural career

• Players receiving three UC’s during a semester will have to speak with the Associate Director before they are eligible to play again
EJECTED PLAYER

• Must leave fields/facility immediately
• Automatically suspended from all Intramural Activities
• CRC access is denied
• Must set up an appointment with Associate Director before eligible to play
• Game suspension is dependent upon incident severity and case by case
FORFEITS/DEFAULTS

• **Forfeits**
  - 10 minute grace period with penalty
  - Clock starts at game time
  - Losing team = 2 and winning team = 4

• **Defaults**
  - Call by 2 pm the day of the game to default
  - Losing team receives a 3 and winning team a 4

*Once a team forfeits or defaults twice or has one forfeit and one default they will be removed from the league.*

*Do not call other teams telling them you are forfeiting!*
LATE PENALTY

- 0-3 Minutes = Option and 6-0
- 3-6 Minutes = Option and 12-0
- 3-9 Minutes = Option and 18-0
- At 10 minutes = game forfeited (19-0)
PROTESTS

• A team captain must make the protest with the IM supervisor/official at the instant the question occurs.
• If disagree with IM Supervisors final decision, a protest form will then be filled out.
• Protests may only be filed concerning rule interpretations, policies or procedures and player eligibility.
• Protests that challenge the accuracy of a judgment call by officials or supervisors will not be accepted.
ELIGIBILITY PROTEST

• All eligibility protests must be filled in writing with a protest form
• Phone calls, hear say, or emails will not be taken as formal eligibility protests
• In the regular season, eligibility protests can be filed before, during, or after the contest
• In playoffs, eligibility protests must be filed before the game starts, if player arrives mid game, then protest may be filed then
RULES

• Intramural Flag Football is governed by the 2013-2015 NIRSA Flag Football Rules
• The Intramural Sports Program reserves the right to put into immediate effect any new sport rule changes or modifications based on eligibility, league and tournament structure, or participant safety.
• Teams and players may not agree upon a different set of rules
• Unawareness is not an excuse!
NEW NIRSA RULES FOR 2013-2015

• Catch – The catch ruled as a force out is removed.

• Kick Catch Interference – Penalty – 10 Yard penalty from the spot of the foul and first down. (No longer choice)

• Legal Position – If a def. player covers an off. player positioned within 5 yards of the sideline, it is not a foul

• Illegal Forward Pass – CoRec Rule – If a female passer competes a forward pass to a male receiver behind the scrimmage line on either “open” or “closed” play and any A male runner advance beyond the scrimmage line, it is an illegal forward pass.
NEW NIRSA RULES FOR 2013-2015

• **Offensive Pass Interference Penalty** – The loss of down is removed

• **Defensive Pass Interference Penalty** – The automatic first down is removed

• **Player Responsibility** – The Player scoring must raise his/her hands so the nearest official can deflag the player. If the player is not able to be deflagged and the official determines the flag belt has been secured illegally, the score is disallowed, the offending team is penalized and the player is disqualified. Rule now applies to players who score a try or touchdown
NEW NIRSA RULES FOR 2013-2015

• **Touchdown – Foul During** – Enforcement is either the Try or succeeding spot

• **Try – Foul Prior** – Initially the Referee will ask the B captain whether he/she wants the unsportsmanlike foul on either the Try or the succeeding spot. Then the Referee will ask the A captain whether he/she wants to go for a 1, 2, or 3 point try.

• **Dead ball Fouls – More than 1** – If the same number of dead ball fouls are committed by both teams, and the order of occurrence cannot be determined, they will offset
• 7 on 7  (5 are needed to begin the game)
• 8 on 8 for CoRec (6 needed to begin the game)
• All players must bring their Cat Card to play (NO EXCEPTIONS!!)
• Substitutions on dead ball only
• All players must be checked in on the score sheet before playing
• Timeout must be taken to check in a late player or players
ATTIRE

- Only athletic style pants, shorts and shirts are allowed and must be worn
- NO POCKETS - can’t be sown, have zippers, stapled taped, or pulled out “elephant ears”
- Shirts - must be tucked in and no cut sleeves below 6 inches
- Teams are encouraged to wear similar colored shirts or wear the provided intramural jerseys
EQUIPMENT – REQUIRED

• A player must wear:
  • Pants or shorts - WITHOUT Pockets
  • A jersey/shirt tucked in
  • Rubber molded cleats, plastic, or tennis shoes only. NO METAL.
  • A flag belt
IMPROPER ATTIRE

• Hats or bandanas tied with knots
• Hooded sweatshirts must be completely tucked in
• Metal cleats, open toed shoes, boots, or boat shoes
• Jeans, cargo or straight shorts, and belts
JEWELRY

- No hoop/bar jewelry, rings or necklaces
- Stud earrings and bracelets must be taped down or taken off
- If a supervisor deems any jewelry unsafe, you will have a choice to take it off or not play
- Tape will not be provided by IM Staff
EQUIPMENT

• Casts or splints of any nature are not allowed
• Game balls can be provided, but teams may use their own. Must be proper size and inflation
• All equipment and attire decisions are at the discretion of the supervisor on duty
FLAG BELT

• Flag belts must be worn at ALL TIMES!
• 3 flags on each belt, two on the sides and one in the rear
• Tampering with the flag belt in any way to gain advantage, including tying, using foreign material, or other such acts is unsportsmanlike conduct. (10 yards, loss of down, and player ejection)
GAME FORMAT

- 2 - 20 min halves (3 min. halftime)
- Starts with coin flip
  - Winner chooses: receive or defer
  - Loser chooses: choice of endzone to defend.
- Clock stops last two minutes of the second half for dead ball situations.
- 3 time-outs during entire game
- 25-Second Play Clock
OVERTIME

• One OT series in regular season
• Playoffs as many as needed (After three series each must go for two)
• Coin toss: choice of offense, defense or direction of OT
• Both teams go same direction
• Each team gets one series of four downs
• Interception, the ball is dead, series over
• One timeout during entire OT
SCORING

• TD’s are worth 6pts.
• Try
  • 3 yards - 1pt.
  • 10 yards - 2pts.
  • 20 yards - 3pts.
• If the defense gains possession during the try, the play is automatically dead.
• Offensive penalties in the end zone, or a player deflagged in the end zone results in a safety (2 pts)
MERCY RULE

• If a team is 19 points (CoRec 25) or more ahead at 2 minute warning of 2\textsuperscript{nd} half, the game will be called.

• If a team is 40 points (CoRec 46) or more ahead at any point during the second half, the game will be called.
THE FIELD

- Teams will start from their own 14 yard line to start a new series.
- 4 downs to get past the line to gain.
- Player/Spectator area between the 20’s
SCRMAGE LINE

• No player may be in the neutral zone before the snap
• The offense must have 4 (Coed – 5) players on the line of scrimmage at the snap
• Officials will say “Line is good” if required players are on the line
  • This is a courtesy and does not mean offensive team has to wait for “line is good” to snap the ball
• The snap receiver must be at least two yards behind the line of scrimmage (NO UNDER THE CENTER)
SCRIMMAGE LINE

• Only one offensive player may be in motion at the snap and it may not be forward, must be parallel to line of scrimmage.
• After shift or huddle, all must be set for 1 full second
• The snap must be one continuous motion.
• All players for the next down must be momentarily within 5 yards inbounds before the snap. If def. covers off. within 5 yards it is not a foul.
• Ball must be snapped from the ground, not from the cone
RUSHING

• Defense may rush the passer once the ball has been snapped

• Rushers
  • Must go around any offensive blockers
  • Can not split blockers

• Roughing the passer
  • Defense must avoid any contact with the passer
  • If contact is made with the passer it is roughing the passer
  • Ball is part of the hand
SCREEN BLOCKING

• Offensive players may set “screens” to slow the rush to the passer or during a running play.

• Either team may obstruct an opponent by getting into his/her path.

• Moving screens impeding a defensive player from deflagging a moving offensive player are not allowed.
SCREEN BLOCKING CONTACT

• Nobody can use their hands, or any part of their body, to gain a physical advantage over another player.

• Contact to be judged similar to a block/charge situation in basketball. Must establish the spot!

• If contact occurs, the player who initiated the contact shall be guilty of illegal contact provided his/her opponent took a position which was initially legal and legally moved to maintain it.
RUNNING THE BALL

• To avoid being deflagged
  • Runners may spin but must be in control, or illegal contact
  • Runner may dive but not into people
  • Can not hurdle other players

• The ball can not be stripped from players hands

• Defense can NOT hold, grasp, or obstruct the forward progress of a ball carrier while trying to remove the flag belt (deflagging at same time, is not a penalty)

• A defensive player may take a position in the runner’s path provided the defense does not initiate contact. A defensive player must establish the spot
  • The runner must avoid contact
FLAG GUARDING

• At any time the official feels the ball carrier impeded the defense from pulling the flag
• Examples of flag guarding include
  • Placing or swinging hard or arm over belt
  • Placing ball over the flag belt
  • Lower the shoulders in a manner which places arm over belt
• The runner may NOT ward off defensive players with his/her hand or arm (flag guarding). NO STIFF ARMS!
• Best suggestion is to keep your hands and ball up
PASSING THE BALL

• Only one forward pass may be attempted per down, and it must be thrown from behind the line of scrimmage.
• If a passer (or the ball while in throwing motion) is contacted by the defense it is roughing the passer.
• All players on the field are eligible receivers.
• Unlimited backward laterals anywhere on the field
RECEIVING THE BALL

• A player needs only to possess the ball with one foot in bounds, without having gone out of bounds first, to legally catch the ball.

• Simultaneous catch goes to the offense (example)

• Illegal Catch
  • Illegal Participation – going out of bounds
  • Drop hat/beanie/flag
INTERFERENCE

• No player may push or pull with any part of their body to gain an advantage to catch the ball.
• A player may not “face guard” an opponent, they must make an attempt to catch/play the ball.
• Does not matter if catch or uncatchable
• Pass interference by:
  • the offense, results in a 10 yard penalty
  • the defense, results in a 10 yard penalty
DOWNING THE RUNNER

• A defender cannot grasp, trip, push, or otherwise contact a ball-carrier.
• The runner is down when an opponent removes his/her flag belt, the spot of the ball is where the flag belt breaks, not where it falls off.
• If his/her belt is all ready off, the runner is down when an opponent delivers a one hand tag between the runner’s shoulders and knees.
• A runner is also down when any part of his/her body, other than hand or foot, touches the ground.
INADVERTENT WHISTLE

• Play is dead at the time the whistle is blown.
• If inadvertent whistle is blown during a pass or kick (loose ball, not in player possession) the play is automatically replayed from the previous spot.
• If an inadvertent whistle blown while the ball is in player possession, the team in possession has option of taking result of play at the spot of where it was blown dead OR replay the down from the previous spot.
FUMBLES

• If a fumble or backward pass strikes the ground, it is **dead** and belongs to the fumbling/passing team at the spot it struck the ground.

• The offensive team may not bat a backward pass forward.
PUNTING

• On 4\textsuperscript{th} down, elect to go for it or punt. Once you tell the ref decision is final unless timeout is called
• Punter must be 2 yards behind the line of scrimmage at the time of snap
• All other offensive and defensive line players may not cross the line of scrimmage until the ball is kicked
• The offensive team is not allowed to move until the ball is kicked!
• A muffed punt is down at the spot
• Team may pick up a ball after being kicked and actively rolling on the ground.
• One motion and no fake punts.
TOUCHBACK

• It’s a touchback when the punt breaks the plane of the receiving team’s goal line.

• The team which was awarded a touchback will get the ball at their 14-yard line.
COED MODIFICATIONS

- 8 on 8 but can begin with 6
  - 4 men, 4 women
  - 4 men, 3 women
  - 3 men, 4 women
  - 3 men, 3 women
  - 4 men, 2 women
  - 4 women, 2 men

- 5 players needed on the line before snap
- Regular or youth ball can be used
- 9 points for a touchdown involving a female who either catches or throws for a touchdown
CO-REC MODIFICATIONS

• An offensive male runner may not run the ball past the offensive team’s scrimmage line. This restriction ends:
  • after the ball has gone beyond the offense’s scrimmage line
  • during a female player’s run
  • after a change of possession

• If a female passer completes a pass to a male player behind the line on either “open” or closed and he runs through the offense’s scrimmage line, it is an illegal forward pass.
OPEN/CLOSED PLAYS

• New series starts as open
• If a play is “open,” any player may complete a legal forward pass to any other player.
• If a play is “closed,” a female player must either throw or catch a legal forward pass for positive yards.
• There may not be two consecutive male-to-male completions.
OPEN/CLOSED PLAYS

• A legal forward pass caught jointly by male and female is considered female reception
• Penalties do not change whether a play is open or closed
PLAYOFFS

• Brackets will be posted soon after regular season ends
• All teams make playoffs if they fit the following criteria
  • Teams have an avg. 3.0 conduct rating. (NO EXCEPTIONS)
• All teams must maintain a 3.0 through playoffs or automatically dropped from competition
PLAYOFF PLAYER ELIGIBILITY

• Rosters lock after the last night of regular season.
• Players must have participated in at least one regular season game
• Must have an imleagues account and be listed on the printed imleague’s roster
• If not listed on game site playoff roster, will not be allowed to play that night
• Adding players can only be done through the Associate or Assistant Director
STANDINGS

• Teams will receive the following points in the standings for every league sport and these points will help determine playoff seeding
  • 4 points for win
  • 3 tie
  • 2 points for forfeit or default win
  • 1 point for loss
  • 0 points for default loss
  • -1 point for a forfeit loss
STANDINGS

• Tie Breaking Method:
  • Winning %
  • Head to Head
  • Game point differential
  • Sportmanship Rating
UPCOMING IM EVENTS

• Cornhole
  • Tuesday, August 19 by Blue Ridge/Balsam
  • Show up by 5:30 to play in bracket

• Table Tennis (6pm) and Billiards (8pm)
  • Wednesday, August 20 at Cat’s Den
  • Show up to play in bracket

• Sand Volleyball Triples Tournament
  • Tournament is Friday and Saturday, August 22/23
  • Registration ends Wednesday, August 20

• Kan Jam Tournament
  • Thursday, August 28th at 5:30pm in front of Reid Building
EXTRAMURAL TOURNAMENTS

• Looking for extra games and competition?
• How about representing WCU and the Intramural Sports Program?
• Compete against other universities at a state or NIRSA Regional Flag Football Tournament
• Great experience and high level competition
• Team entries cost $200-300
• NIRSA Tournament info
• *Teams must get approval before attending tournaments*
EXTRAMURAL TOURNAMENTS

• Tournament Sites and Dates
  • Campbell University, October 24-26 (State)
  • University of Florida, October 24-25 (Regional)
  • Middle Tennessee State, October 31-November 2 (At Large)
  • UNC Wilmington, November 7-9 (Regional)
  • Western Kentucky University, November 21-23 (Regional)
  • University of Southern Mississippi, December 5-7 (Regional)

• Championship teams of the Men’s Comp., CoRec, and Women’s Divisions will receive a paid team entry into one of the NIRSA Regional Tournaments
SCHEDULES

• Schedule posted by Thursday
• Start play on Tuesday, September 2nd
• Check imleagues schedule frequently
• All games are set at beginning of season
• Four or five game regular season
• Everyone makes playoffs
FREE AGENTS

• Don’t have a team?
  • Sign up as a free agent on imleagues
  • Come out to the intramural facilities
  • Facebook
    • WCU Campus Recreation and Wellness
    • WCU Intramural Sports Free Agents

• Captains use these resources to pick up players
• Free agency is not a guarantee as captains make the choice to pick up free agents
• Tell teammates to register on imleagues and join your team!
• NO POCKETS, NO JEWELRY!
• Double check player eligibility
• Review over detailed rules and policies
• Registration ends Sunday, August 24th
• Need minimum players on roster to make league
• Any questions please come ask!

Campus Recreation & Wellness
Western Carolina University
GOOD LUCK!