

INTRAMURAL FLAG FOOTBALL

PRESEASON CAPTAINS GUIDE

Here's a Breakdown of What You Need to Do to Get Your Team Into an IM League This Season.

Form a Team.

Gather Up Friends (FSU Students) to Be on Your Team. It's FREE to Play! Men's & Women's Flag Football is 7-on-7, Co-Rec is 8-on-8 (4 Males, 4 Females). Additional Substitutes are Recommended. Players Can Only Be on 1 Men's or Women's Team & 1 Co-Rec Team. No In-Season Team Changes are Permitted.

Choose a League.

Men's, Women's, & Co-Rec Leagues are Offered. Various Divisions are Available in Each League for the Talented (Division I), Moderately Talented (D-I-AA and D-II) and the Not-So-Talented (D-III). Each League Includes 4 Regular Season Games Over 5 Weeks of Play (One Bye/Off Week per Team), Followed by a Single-Elimination Postseason Playoff Tournament.

Pick a Playing Day & Time.

Games are Played Sunday, Monday, Tuesday, Wednesday, & Thursday Nights. Each Game is 1-Hour Long. Teams Select Their Playing Day & Time at Registration. Teams Should Have Several Options Ready. Teams Play One Game per Week on the Same Day and at the Same Time Each Week.

Get Your Team Registered.

Just One Person Needs to Register the Whole Team (Have a Good Team Name!). Registration Starts Wednesday, September 7th at 12 Noon and Ends Tuesday, September 13th at 3:00 pm. Register Early for the Best Selection of Leagues, Days, and Times. It's All Online at fsu.campusrec.com/im

Take the Online Captains Exam.

View Our Online Captains Videos and Review Our Rule Summaries. Then, Demonstrate Your Knowledge of IM Guidelines and the Flag Football Rules by Taking the Online Captains Exam and Scoring the Required 90%. The Exam Must Be Completed by Wednesday, September 14th at 8:00 am. You'll Use Blackboard to Take the Exam, but Get Directions and a Link Online at the IM Web Site at fsu.campusrec.com/im

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REGULAR SEASON & PLAYOFF CAPTAINS GUIDE

Here are the Keys to Make Sure Things Run Smoothly for Your Team During the Season.

Check Your Regular Season Schedule.

Visit the IM Web Site at fsu.campusrec.com/im to Check Your Team's Regular Season Schedule for Opponents and Special Playing Dates or Times. Note that Wait List Teams Have a Special Meeting to Attend, Details Online.

Inform Your Teammates & Come Out to Play!

Pass Along the Key Information to Your Teammates. In Addition to When Your Games are Scheduled, Remind Players to Arrive at Least 10 Minutes Prior to Game Time to Check-In. All Games are at the Rec SportsPlex East. Each Player Needs His/Her FSUCard Every Game. Review the Key Rules and Uniform Requirements (Shorts or Pants Without Pockets & No Jewelry).

Avoid a Fine.

Can't Make a Scheduled Game? Be Sure to Notify the IM Sports Office by 12 Noon on the Day of the Game. Call 850-644-2430 or Email Us from Our Web Site for a FREE Default. Forfeits Result in \$30 Fine for the Captain!

Keep Your Sportsmanship Up.

Sportsmanship Matters! Make Sure Your Team Maintains a 3.0 Sportsmanship Average (on a Scale of 0-4) Throughout the Season.

Attend the Playoff Draw Meeting.

Captains Can Select the Playing Days and Times of Their Playoff Games. Playoff Draw Meetings are Scheduled for the Week of October 17-20 at the Rec SportsPlex Tournament Building. Meetings are Just 15 Minutes Long. Get Meeting Times for Each Division Online at fsu.campusrec.com/im

Check Your Playoff Schedule.

All Teams, Regardless of Record & with the 3.0 Sportsmanship Average, are Scheduled for the Playoffs. Schedules Debut Starting Thursday, October 20th. Double Check When You Play Online at fsu.campusrec.com/im. Flag Football Playoff Action Begins Sunday, October 23rd.



FSU Campus Recreation
INTRAMURAL SPORTS

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