

Salem Parks & Recreation

2010 Flag Football

Women's League

1.	Football Gals	Amber Johnson	318-9371
2.	Tight Ends	Cori Brown	319-0887
3.	1st & Goal	Barb Adamson	361-2411
4.	Skyhawks	Jan Anderson	717-7939
5.	NothingButTan	Kim Willams	319-1993
6.	Nicklebacks	Jessica Kallas	423-1035



<u>Tuesday, September 28th</u> 7:00 Nothing But Tan vs. Football Gals 8:00 Skyhawks vs. Nicklebacks 9:00 Tight Ends vs. 1 st & Goal	<u>Wednesday, October 20th</u> 8:00 Nicklebacks vs. 1 st & Goal 9:00 Tight Ends vs. Skyhawks Date revised 10/2/10
<u>Tuesday, October 5th</u> 7:00 Tight Ends vs. 1st & Goal 8:00 Skyhawks vs. Football Gals 9:00 Nothing But Tan vs. Nicklebacks	<u>Thursday, October 21th</u> 8:00 Skyhawks vs. Nicklebacks 9:00 Nothing But Tan vs. Football Gals
<u>Tuesday, October 12th</u> 7:00 Skyhawks vs. 1st & Goal 8:00 Nothing But Tan vs. Tight Ends 9:00 Football Gals vs. Nicklebacks	<u>Tuesday, October 26th</u> 7:00 Nicklebacks vs. Tight Ends 8:00 Football Gals vs. Skyhawks 9:00 1st & Goal vs. Nothing But Tan Date revised 10/2/10
<u>Thursday, October 14th</u> 8:00 Football Gals vs. Tight Ends 9:00 1st & Goal vs. Nothing But Tan	<u>Tuesday, November 2nd</u> 7:00 1st & Goal vs. Football Gals 8:00 Skyhawks vs. Nothing But Tan 9:00 Nicklebacks vs. Tight Ends
<u>Tuesday, October 19th</u> 7:00 Nicklebacks vs. Tight Ends 8:00 Skyhawks vs. Nothing But Tan 9:00 1st & Goal vs. Football Gals	<u>Tuesday, November 9th</u> 6:30 #5 seed vs. #6 seed 7:30 #3 seed vs. #4 seed 8:30 #1 seed vs. #2 Seed Superbowl

1. 8 players will play on the field per team, each play.
2. Games will be two 20 minute halves. Teams will have 3 time outs per half.
3. No tackling. Defensive players should pull flags or **legally push ball carriers out of bounds**.
4. Game information, standings and weather reports can be found at www.salemcity.org
5. All games will be played on **Loafer View Park – Field #2 (600 East Canal Road)**
6. Offense will have 5 second from the snap for the QB to get rid of the ball. After 5 second it is a sack.
7. Blocking must be done in-front of the body. The blocker may extend his arms, hands in a fist.
8. Clock will stop the last 2 minutes of each half on out of bounds, 1st downs and incomplete passes.
9. Game ball size will be the TDY model.
10. Players must wear shoes or cleats. No medal cleats allowed.
11. Offense can not run plays up the middle (Between the center & guards).