

Salem Parks & Recreation

2011 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.	Meat Man Ladies	Jan Anderson	717-7939
5.	Baby got Tailbacks	Molly Cranford	636-9902



<u>Tuesday, September 27th</u> 7:00 BG Tailbacks vs. Football Gals 8:00 Meat Man vs. Football Gals 9:00 Tight Ends vs. 1 st & Goal	<u>Tuesday, October 25th</u> 7:00 Tight Ends vs. Football Gals 8:00 1st & Goal vs. Meat Man Ladies 9:00 BG Tailbacks vs. Meat Ladies
<u>Tuesday, October 4th</u> 7:00 Meat Man Ladies vs. Tight Ends 8:00 1 st & Goal vs. BG Tailbacks	<u>Thursday, October 27th</u> 7:00 Football Gals vs. 1st & Goal 8:00 BG Tailbacks vs. Tight Ends
<u>Tuesday, October 11th</u> 7:00 Football Gals vs. 1st & Goal 8:00 BG Tailbacks vs. Tight Ends 9:00 Meat Man Ladies vs. BG Tailbacks	<u>Tuesday, November 1st</u> 7:00 1st & Goal vs. BG Tailbacks 8:00 Meat Man Ladies vs. Football Gals
<u>Thursday, October 13th</u> 7:00 Tight Ends vs. Football Gals 8:00 1st & Goal vs. Meat Man Ladies	<u>Tuesday, November 8th</u> 6:00 #5 seed vs. #4 seed (Football Gals vs. Meat Man Ladies) 7:00 #3 seed vs. #2 seed (Baby Got Tail Backs vs. Tight Ends) 8:00 #1 seed vs. winner of 6:00p game 1 st & Goal vs. _____ 9:00 (winners 7:00 & 8:00p games) - Superbowl
<u>Tuesday, October 18th</u> 7:00 Meat Man Ladies vs. Tight Ends 8:00 Football Gals vs. BG Tailbacks 9:00 1 st & Goal vs. Tightends	

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.
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).
12. Start of offensive plays, Five players on the line anywhere.
13. Shirts and hoodies must be tucked in to allow flags to hang without shirt tail interference.