



2023 East Regional Flag Football Competition



 Sunday, October 15, 2023

VENUE LOCATION



BADGER MOUNTAIN PARK

3500 Keene Rd.
Richland, WA.

FINAL REGISTRATION

September 25th: Submission due date

Complete the FINAL REGISTRATION form emailed to you after being prepared by SOWA - based off your pre-registration. Go to the East Region Webpage and click on "Registration Portal" to submit.

GENERAL INFORMATION

NO HOUSING is being provided.

LUNCH provided to only those on delegation roster.
Food for purchase is available near the venue

NO "Day of" COACHES meeting.
Pick up TEAM PACKET at Information Table when you arrive.

Attend required zoom **FLAG FOOTBALL** coach meeting on **October 2ND @ 6:00pm**.
Go to EAST REGION WEBPAGE for required registration link!

Team Competition format will be double elimination. Brackets will be made available prior to the competition.

* **SOWA merchandise** - including fall season t-shirts will be available for purchase.

GENERAL SCHEDULE

9:45 AM Team Check-In Begins

10:30 AM Team Competition

10:45 AM Individual Skills Competition

5:30 PM Approximate conclusion

AWARDS and State Advancement



Awards are presented at the venue as results are processed and confirmed

Allocations are the number of teams / individuals can advance to state from this event. They are pre-determined according to FINAL REGISTRATION participation numbers in FLAG FOOTBALL throughout the state.

Advancements requirements will be communicated before the competition.

FALL STATE GAME

November 17-19 in TRI CITIES

FLAG FOOTBALL RULES

Do you need clarification on rules and modifications...or simply need to "brush up" on things? Go to our **EAST REGION Webpage** to find rules manual and our condensed "short rules".

VOLUNTEERS NEEDED

Send interested to:

<https://sowa2023eastflagfootball.my-trs.com/>

EAST REGION Contact Information

Program Manager: Tim Toon - ttoon@sowa.org (transportation related)

Operations and Competition Manager: Grant Opland - gopland@sowa.org (event related)