

Westside Regional Flag Football Competition Sunday, October 16

Coaches Call

October 5th

6pm

Nicole Becker – Sr. NW Region Manager
Dori McGovern – SW Region Manager

Special Olympics
Washington



Agenda



- Welcome & Roll Call
- Sport Resources
- Short Rules Review
- Venue Specific Information
- CVS Vaccine Clinic
- Competition Structure & Schedule
- Allocations for State Games
- Questions
- Closing

Welcome & Roll Call



Introductions

- Name
- Program associated with
- Years volunteering with Special Olympics Washington





Resources

- [Flag Football Rules](#)
- [Flag Football Short Rules](#)
- [Flag Football Event Information](#)
- [Flag Football BSAT Form](#)
- [Flag Football Individual Skills Scoresheet](#)

Fall Sport Rules Updates



Flag Football

Roster: The team roster may contain a maximum of 12 players. Teams shall field 5 players to start the game.

Competition Format: All matches will utilize standard timing. The game shall consist of two (2) 20-minute halves (running clock) until the last (1) minute of each half.

- All possessions, except following an interception, start on the offensive teams 5-yard line.
- ▶ The offense will have four (4) downs to cross mid-field. Once the offense has crossed the midfield line, they have four (4) additional downs to score a touchdown.

Points of Emphasis:

- Screen blocking is the only form of legal blocking. This should be a basketball style (non-moving) screen.
 - ▶ The screen blocker may not take a position so close to a moving opponent that this opponent cannot avoid contact by stopping or changing directions.
- Interceptions are non-returnable, and the ball is marked dead at the spot of the interception.
- Flag guarding is an attempt by the ball carrier to obstruct the defense's access to the flags through contact by stiff arming, dropping the head or shoulder, or intentionally covering the flags with the football jersey.
 - ▶ The ball carrier may not dive, hurdle, stiff arm, or use either arm to shield a defender from grasping their flag.
 - ▶ A defensive or offensive player may only dive to catch a pass.
- It is now legal for a ball carrier to spin to avoid having their flag pulled.

Emphasis from Officials



No
jewelry

No
pockets

No Flag
Guarding

Venue Specifications



- ▶ 8:00 AM Check - in Begins
- 8:30 AM Coaches Meeting on Field 1
 - ▶ Volunteer Meeting Activities Tent
 - ▶ Officials Meeting
 - ▶ Merchandise is Open for Business
- 9:30 AM First Games Kick Off
- 11:30 AM Individual Skills Competition
- 1:00 PM Individual Skills Awards
- 12 PM - 1 PM Lunch Pick-Up (@Check-in)
- 5:30 PM Conclusion of Competition
(Tentative)



*Address: 26928 120th
St E, Buckley, WA
98321*

CVS Vaccine Clinic



What?

- FREE COVID-19 & Flu Vaccines

Who?

- All SOWA Community members
- Athletes
- Coaches
- Family Members
- Volunteers

Where?

- NW/SW Regional Flag Football Competition
- Gymnasium

When?

- October 16th
- Hours TBD

Competition Structure - Traditional



- Group A
 - Thurston County Dragons
 - Pierce County Thunderhawks
 - Legion of Boom #1
- Group B
 - Grays Harbor Hawks
 - Legion of Boom #2
 - Federal Way Thunder
- Group C
 - Clark County Jaguars
 - BKAT Jaguars Varsity
 - Renton Rangers
- Group D
 - Thurston County Dominators
 - Pierce County Seahawks
 - Everett Raptors
- Group E
 - South Kitsap Rebels
 - Legion of Boom #3
 - BKAT Jaguar JV

Double Elimination Style

Competition Structure - Unified



One Group - Single Elimination (2 Games Guaranteed)

- UW Gold
- Federal Way Thunder
- South Kitsap Bad Boyz
- UW Purple
- UW White
- Clark County Bulldogs

Brackets will be available 10/7 & will be sent to you via your region manager.

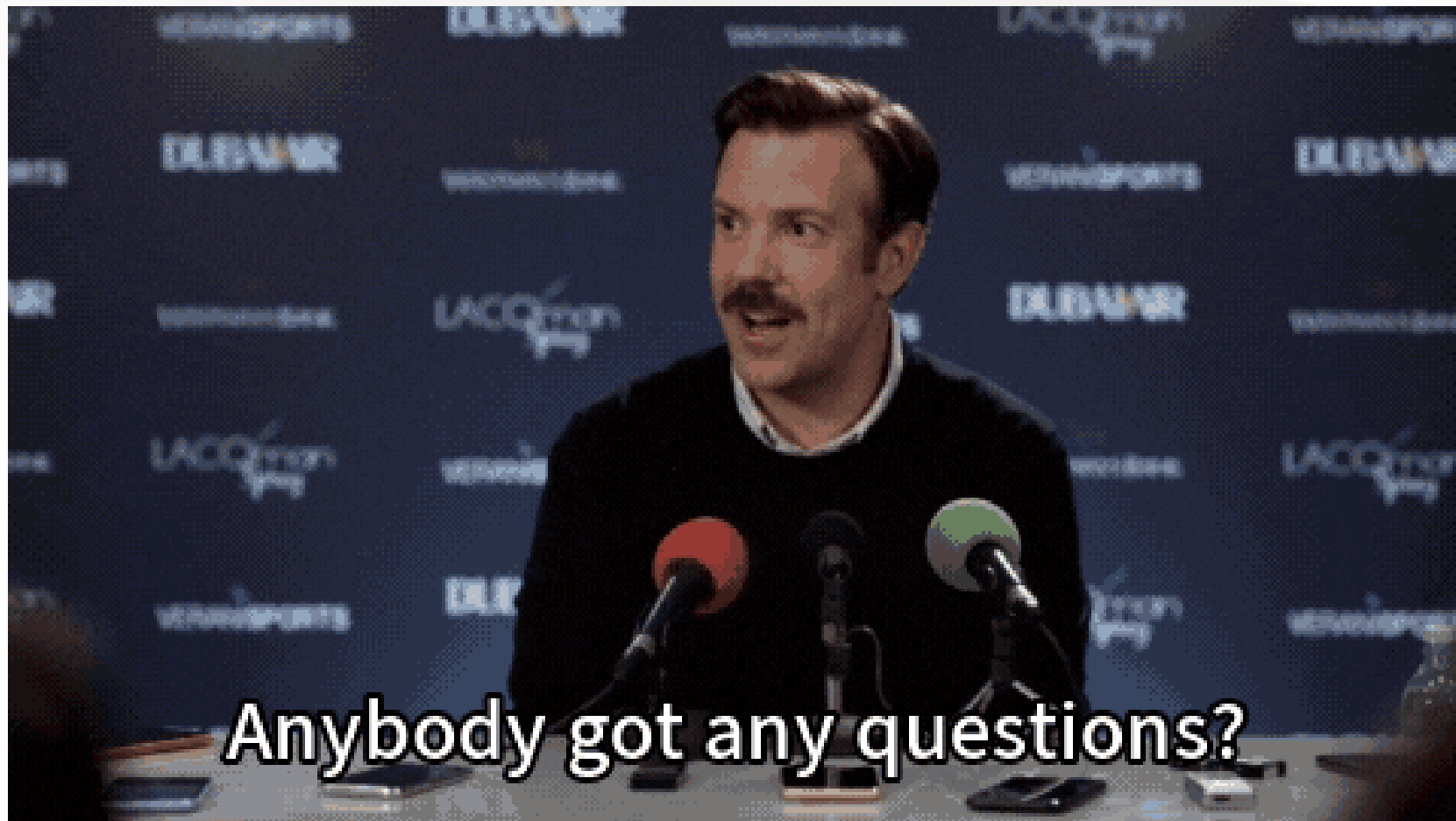
State Fall Games – Tri-Cities WA



- State Registration is due November 1st ONLINE!
 - Please ensure you are maintaining a 4:1 athlete ratio when completing the housing form
- Flag Football Competition hosted at Badger Mountain
- Health Promotion & Special Smiles November 19th
- Med Fest Screening November 18th
 - Deadline to Register is November 11th
 - Questions? Contact: Emma Richardson erichardson@sowa.org

November 18 –20th





If you have any questions or need to get a hold of me the weekend of the competition, please call my work number!

(206) 736-7087

I will be checking my email the night before as well!

Special Olympics
Washington

