

Elite 7v7 Flag Football League

League Scheduling

Leagues schedules will be released the Friday prior to the start day of the Intramurals session (Sunday). You can access registration information at <https://wsu.dserec.com/online/intramurals>. Elite leagues will have 4 weeks of pool play (2 games per week) and 2 weeks of playoffs. A Leagues will have 4 weeks of pool play (1 game per week) followed by 2 weeks of playoffs. B Leagues will compete in 6 weeks of pool play with 1 game per week.

Open	Coed	Women's
Location – Valley Road Field C and D Time: Sunday 6-10pm, Mon/Wed 6-10pm, and Tues/Thurs 6-10pm	Location – NA Time:	Location – NA Time:

Coed Ratios

Coed teams are required to have a balanced ratio of teammates on the court/field when competing in intramurals, if this is not met the team will be ineligible to play leading to a forfeit.

Ratios

Teams of 2 – 1:1 men:women or women:men

Teams of 5 – 3:2 men:women or women:men

Teams of 7 – 3:4 men:women or women:men

Teams of 10 – 5:5 men:women or women:men

Playoff Information

Teams are eligible for playoffs by having a sportsmanship rating of 2.25 or higher. Sportsmanship rating can be impacted by a team/fans sportsmanship before/during/after games or by forfeits. If a team has 2 forfeits, they are automatically removed from the league and ineligible for playoffs. Teams will no longer be able to add players to their team roster unless they reach out to the sport coordinator after playoffs begin.

Eligibility

Patrons are eligible to participate if they are currently enrolled students, are a faculty/staff UREC member, Spouse/Partner of UREC member (must reach out to sport coordinator) and have purchased the intramural pass. Varsity athletes must be removed from their sport for one year before being eligible to participate in their respective sport (ex: football and flag football, basketball and basketball, etc) Professional athletes are not eligible to participate. Club members are eligible to participate but are only allowed two members on a team when playing their relative sport (soccer, volleyball, baseball/softball, tennis).

All students must show valid Cougar Card/Get App prior to each game