

# YOUR FAMILY ANY GOOD AT FOOTBALL?



**Thanksgiving Day @ 10:30am, Butler Park**

*Double-elimination tournament should be completed by 1:30pm*

## **7v7 Co-ed Flag Football**

**Pickup/backyard-style**

**This is a Recreation-Level, friendly competition**

**(although if you win, you get a very prestigious trophy for your mantle)**

**\*\*Teams must consist entirely of family members\*\***

**\$50/Team**

**See details and game rules on backside.**

Where: Butler Park (behind Butler Middle/CHRC)

When: Thanksgiving Day, Thursday, November 22 @ 10:30AM (if you get all the way to the final, you *should* be done by 1:30pm, home and cooking by 2pm)

Who: You, your kids (14&up only), your spouse, your cousins, in-laws, etc.

Why: Because the family is in town and you'd be playing anyways

## Does your backyard turkey bowl have refs? *This tournament wont, either.*

- There will however be a CHRC employee keeping score and working the clock for each game, but will step in to help control the game, if necessary.
- It's a pick-up style game, so "call your own fouls" - BUT you should also assume that many players don't know the entire rulebook, so let things slide unless it's problematic. Again, we'll have someone on the field with you to step in if necessary, and dirty or overly-physical play will not be tolerated.
- We can't emphasize this enough, but we're going to try: This tournament is RECREATIONAL and is for FUN. Looking to show that you still have it like the old glory days? We don't want that here. CHRC reserves the right at it's sole discretion to keep a team from participating for reasons including but not limited to: a team is too physical or competitive, a team is obviously "stacked" with non-family members, a team or individuals on a team disrespecting other teams/players and/or CHRC staff.
- You're cooking later, so we'll take care of the oranges and snacks!
- Participants must be 14 or older to play.
- Each team must have a minimum of three (3) females on the field at all times.
- NO FLAG GUARDING - Can't swat at or attempt to block anyone's attempts to pull your flag.
- There are no defensive or offensive lines, and blocking is not allowed under any circumstances, at any point, on any play.
- Games are 25 minutes long with a running clock, although the clock can stop within the last two minutes via timeouts, incomplete passes and/or getting out of bounds.
- 25 second play clock.
- PAT's - can go for 1 or 2 but both attempts are normal scrimmage plays (no field goals).
- 60 yard field not including end zones, 1st down every 20 yards.
- Each possession starts on your own 20 yard line, unless possession gained off of turnover, then you begin from that spot.
- Fumbles are dead balls, can't strip or attempt to strip the ball from a ball carrier at any point.
- Ball must be snapped to begin each play but remember, there is no offensive or defensive line.
- QB's can only run if they are blitzed. Rushers must count '5 Mississippi' before they can blitz.
- Any penalty called (self-regulated or by CHRC staff) will be 5 yards.
- If you have a small family that wants to combine with another family, contact us and we'll help you figure it out.
- Uniforms encouraged but not required. You should at least be all wearing the same color...
- CHRC may require you to turn in a family tree or some form of roster prior to your arrival on game day. Don't pretend your friends are family, please be fair to the other teams and only bring your family members, unless your have permission from CHRC to combine with another family. It's very possible a circumstance may arise during games that isn't detailed in this list. In that case, CHRC reserves the right to update or add to these rules as games proceed in a fair and consistent manner, as deemed necessary and as appropriately communicated to teams and players.

Register in-person at CHRC or online via ActivityReg.com. Contact Loni Fa with any questions - 801-943-3190 ext. 154, [loni@cottonwoodheights.com](mailto:loni@cottonwoodheights.com)