



**16TH ANNUAL**  
**CAROLINA PANTHERS WEEKEND**  
**WARRIOR FLAG FOOTBALL TOURNAMENT**  
**MARCH 16-17, 2019**

**PLAY AT BANK OF AMERICA STADIUM!**  
**4-ON-4 ADULT FLAG FOOTBALL TOURNEY**

### Format

The Carolina Panthers are proud to present the 16th Annual Weekend Warrior Flag Football Tournament. The two-day 4-on-4 tournament is for ages 21 and over. Players must be 21 years of age by March 16, 2019. Teams are guaranteed a minimum of three (3) games during Day #1 "pool play" format. Fifty percent of all teams will qualify for Championship Day, which is a single elimination format. Both days of the tournament will be played on the Bank of America Stadium field and Carolina Panthers PrimeSport practice fields.

### Tournament Size

Registration limited to 128 teams.



### Divisions

#### Weekend Warrior

**Competitive.** Teams consisting primarily of former high school players or those who have played organized football. Division winning team will receive \$1,000 and championship rings.

#### Couch Potato

**Recreational.** Teams consisting primarily of players with limited organized football experience. Or if you are not in top shape, but want to play, this is the division for you! Division winners will receive championship rings.

#### 35 & Over

**Recreational and competitive.** We've created a division for players who have lost a step, but still love to compete. All team members must be age 35 or over by March 16, 2019. Division winners will receive championship rings.

#### Co-Ed

**Teams must play two men and two women at all times. Division winners will receive championship rings.**

### Player Registration

Each team consists of 4-6 players (four players + two substitutes).

**Roster changes must be made ONLINE and be FINALIZED by 5:00pm EST Wednesday, March 13th. NO EXCEPTIONS.**

## TOURNAMENT HIGHLIGHTS



**All teams guaranteed a minimum of three (3) games.**



**Custom-made championship rings awarded to division winners!**



**All games played on PrimeSport practice fields and Bank of America Stadium game field.**



**50% of tournament teams will advance to championship Sunday!**

Completed registration forms and entry fee (\$390) must be entered using the online system by Friday, March 1, 2019. Refunds are not available after Wednesday, March 6th. Team spaces are limited and are on a first come first served basis. In the event a team's requested division is sold out prior to receipt of entry form, team captain will be notified of availability in other divisions. Teams may elect to move up a division, but not down.

Date	Division	Time
Sat., March 16	Weekend Warrior	9 a.m. - 12:30 p.m.
Sat., March 16	35 & Older	9 a.m. - 12:30 p.m.
Sat., March 16	Co-Ed	9 a.m. - 12:30 p.m.
Sat., March 16	Couch Potato	1 p.m. - 4:30 p.m.
Sun., March 17	All Divisions	9 a.m. - 1:30 p.m.





## WEEKEND WARRIOR RULES

### THE GAME

- a. Each game will be monitored by two(2) referees allowing for accurate play calling, score reports, and safety.
- b. No intentional contact allowed.
- c. **NO BLOCKING.**
- d. A coin toss determines first possession.
- e. Games are thirty (30) minutes REAL TIME with running clock for entire game.
- f. Ball may be snapped directly between legs, between legs in shotgun formation, snapped sideways or snapped sideways in shotgun formation.
- g. The offensive team takes possession of the ball at their 5-yard line and has three (3) plays to cross mid-field. Once a team crosses mid-field, they will have three (3) plays to score a touchdown.
- h. If the offensive team fails to cross mid-field or score, possession of the ball changes and the opposite team starts their drive from their 5-yard line.
- i. All possession changes except interceptions start on the offense's 5-yard line.
- j. Each time the ball is spotted, a team has thirty (30) seconds to snap the ball. Failure to snap the ball within thirty (30) seconds will result in a Delay of Game penalty. Officials will give a ten (10) second warning before the ball must be put in play.
- k. Referees will give team a verbal "10 seconds" to inform teams the clock is ticking down. When it reaches 5 seconds, the referee will signal each second with an arm movement.
- l. A player leaving the field must exit on his/her side line only. Failure to do so will result in a foul for illegal substitution and a 5-yard penalty.
- m. At a minimum, a regulation sized high school football is required to play at all divisions except Co-Ed. Teams in the Co-Ed division, at the minimum, may use a regulation sized middle school (TDY) size football.
- n. Flag football tournament field size is 25 yards wide by 60 yards long. End zones are 5 yards deep with "no run" zones 5 yards before midfield line and end zone.

### ATTIRE

- a. Cleats are recommended. **Metal spikes are not permitted.**
- b. Shirts/Jerseys must be tucked in shorts, pants, etc. **Jerseys cut at least two (2) inches above the waist are allowed.** Pants with pockets are discouraged.
- c. No hats, visors or jewelry.
- d. All players must wear flags at all times during play. The flags must be flags provided by the tournament management. Players not wearing a flag at the start of the play are not eligible to participate in the play.

### ROSTER CHANGES

- a. Roster changes will ONLY be accepted ONLINE and MUST be done by 5pm Wednesday March 13th. Photo ID's must be legible.
- b. All roster changes must be approved by tournament officials.
- c. No player changes will be accepted due to injury after 5pm Wednesday March 13th.
- d. A team will forfeit any game in which it is determined that a player has participated who is not listed on the final team roster or is not of legal age.
- e. Official roster change must be submitted ONLINE by the team captain and include:
  - i. Team name, division, new player name and name of person being replaced.
  - ii. Legible photo copy of replacement player's ID and signed waiver (registration form).

## PLAYERS/GAME SCHEDULES

- a. Teams must field a minimum of three (3) players at all times.
- b. Teams consist of six (6) players (4 on the field with 2 substitutes).
- c. Co-Ed teams must field two (2) female players at all times.
- d. Game time is forfeit time.
- e. Tournament directors reserve the right to reduce, shorten, or reschedule games due to inclement weather or unforeseen circumstances.
- f. In Co-Ed, if only one female shows up, that team must play with three (3) players.
- g. All players must carry ID or proof of age.

## SCORING

- a. Games are played to 35 points or 30 minutes, whichever comes first.
- b. TD=6 points, Extra Point=1 (5 yards out); 2 (12 yards out), Safety=2 points
  - A team who scores 2 points for a safety will also take possession at their 5-yard line.
- c. If a touchdown is scored on the last play of the game the teams will move directly into an untimed down to run the EXTRA point play. Teams may go for either one point or two. If the defense intercepts the ball it may return the ball for a score equal to the amount of the extra point attempt.
- d. If defense intercepts an extra point attempt and returns the ball for a score, the defensive team will be awarded points equal to the amount of the extra point attempt.

## TIME OUTS

- a. Each team has one (1) thirty (30) second time out per game, in which the play stops. The clock will continue to run. After 30 seconds, the referee will put the ball in lay and start the 36 second clock.
- b. Time outs may not be called within the last five minutes of a game.

## RUSHING THE QUARTERBACK (QB)

- a. All players who rush the passer must be a minimum of seven (7) yards from the line of scrimmage when the ball is snapped. Any number of players can rush the QB. The 7-yard rule is also in effect on extra point attempts.
- b. Players not rushing the QB may defend on the line of scrimmage.
- c. Once the ball has left the QB's hand by either hand off, pitch, lateral or pass, the 7-yard rule is no longer in effect and all defenders are eligible to rush.
- d. A special marker, or the referee, will designate 7 yards from the line of scrimmage.
- e. Players may not line up in a three point stance at any time.
- f. Defenders must go for the QB's flag and not his arm.
- g. Defenders rushing the QB are allowed to raise arms to block passing lanes or to deflect a pass. No contact to the passer's arm, hand or head is allowed and will be called a foul.

## RUNNING

- a. The QB CANNOT run the ball. Exception: if the QB attempts to pass and a defender bats the football, the QB is eligible to catch it and run.
- b. The player that receives the snap is designated as the QB.
- c. The player who takes the hand-off or lateral can run with the ball as long as the line of scrimmage is not in a "No-Run Zone."
- d. The player who takes the hand-off or lateral can throw the ball as long as he does not pass the line of scrimmage.
- e. "No Running Zones" are located 5 yards before midfield and 5 yards before the end zone in each offensive direction. All pitches or laterals must be thrown BEHIND the line of scrimmage.
- f. "No Running Zones" are designed to avoid short yardage power running situations.
- g. Spinning is allowed, but players cannot leave their feet to avoid a defensive player.
- h. The team advancing the football cannot dive in order to gain yardage, either for a first down or touchdown.
- i. The ball is spotted where the ball carrier's BELT is when the flag is pulled, not where the ball is.
- j. Ball and flags must break the plane for a first down and touchdown.
- k. Downfield laterals will result in a 10-yard penalty and loss of down.

## PASSING

- a. The QB has a seven (7) second "pass clock". If a pass is not thrown in seven seconds, play is dead, loss of down, ball returns to line of scrimmage. Once the ball is handed off, the 7-second rule is no longer in effect.
- b. Interceptions change the possession and the ball is placed where the player is downed. Interceptions may be returned. The ball comes out to the 5-yard line if the interception occurs in the endzone and is downed in the endzone.
- c. Only one forward pass is permitted per offensive play, even if it occurs behind the line of scrimmage. Two forward passes on one play are not allowed.

## RECEIVING

- a. All players are eligible to receive passes (including the QB if the ball has been handed off behind the line of scrimmage).
- b. Only one player is allowed in motion at a time. Motion must be parallel to the line of scrimmage.
- c. Player must have at least one foot in bounds and control of the ball for a completed pass.
- d. Pass may not be intentionally tipped in any direction to another teammate.
- e. If a receiver goes out of bounds, he/she can't be the first to touch the ball.

## SUBSTITUTIONS

- a. Players may substitute freely between plays.
- b. A player leaving the field must exit on his/her side line only. Failure to do so will result in a foul for illegal substitution and a 5 yard penalty.

## DEAD BALLS

There are no fumbles. The ball is spotted where it hits the ground. Anytime the ball touches the ground, it is dead. Play is ruled "DEAD" when:

- a. Offensive player's flag is pulled.
- b. Ball carrier steps out of bounds.
- c. Touchdown is scored.
- d. Anything other than the ball carrier's hand or foot hits the ground.
- e. The ball hits the ground.
- f. Ball carrier's belt falls to the ground - ball is dead when the player is touched by a defender. Runners with no belt cannot jump, turn, spin, or other movement to prevent a player(s) from touching him - touching is assumed by official when it is determined when a player makes an actual attempt to touch the player.
- g. Receiver's belt falls to the ground - ball is dead when the player is touched by a defender. The receiver with no belt cannot jump, turn, spin or other movement to prevent a player(s) from touching him - touching is assumed by official when it is determined a player has made an actual attempt to touch the players.

## SPORTSMANSHIP/ROUGHING

- a. If the field monitor or referee witnesses any acts of tackling, elbowing, cheap shots, blocking, flag tying or any unsportsmanlike act, the game will be stopped and the player can be ejected from the game. Tournament director has authority to eject players from the tournament. FOUL PLAY WILL NOT BE TOLERATED.
- b. Trash talking is illegal. Official has the right to determine language which is offensive. (Trash talk is that which may be offensive to official, opposing team, or spectators). Referee can eject players from the game for trash talking.
- c. The first warning to one team will serve as a warning to both teams.
- d. Fighting is not allowed at any time. Any player(s) fighting will be ejected from the game and must leave the field. Tournament Directors have the authority to eject players from the tournament.

## OVERTIME

- a. If the score is tied at the end of thirty (30) minutes, teams move directly into overtime.
- b. Coin toss or "odd/even" number pick determines possession.
- c. Each team receives one play from their OWN 5-yard line.
- d. The team gaining the most yardage on the one play is declared the winner and awarded one additional point even if the result of the play is a touchdown.
- e. Negative yardage on a play is better than an interception, but not an incomplete pass.
- f. Defensive penalties may be accepted resulting in 10 yards and the option to run an additional play if necessary. Result of following play and the 10 yards from the penalty count towards the overall possession's yardage. A penalty on the offense is deemed as negative 10 yards and loss of down.

## PENALTIES

1. All penalties will be called by the Referee and may be declined.
2. All penalties are assessed from the original line of scrimmage.
  - Exceptions:
    - a. If a defender illegally pulls the flag of a runner or receiver, a 10 yard penalty is assessed from the spot of foul and automatic first down.
    - b. If a player possessing the ball is illegally shoved or pushed out of bounds and defender does not go for flag, it is a spot foul, 10 yard penalty and automatic first down.
3. A penalty will not move the ball more than half the distance to the goal line.

## DEFENSE

- a. Offsides.
- b. Interference.
- c. Illegal Contact (holding, bump and run, blocking, etc.).
- d. Illegal Flag Pull (before receiver has ball).
- e. Illegal Rushing (start rush from inside 7-yard marker).
- f. All defensive penalties are 10 yards (from line of scrimmage) and automatic first down.

## OFFENSE

- a. Illegal Motion (more than 1 person moving, false start, motion, etc.).
- b. Illegal Substitution.
- c. Offensive Pass Interference (illegal pick play, pushing off/away defender).
- d. Flag Guarding.
- e. Delay of Game – 10 yards and loss of down (clock will NOT stop).
- f. All offensive penalties are 10 yards (from line of scrimmage) and loss of down.
- g. Within 10 yards of goal, ball is placed half the distance to the goal.
- h. Referees determine incidental contact which may result from normal run of play!
- i. Only the team captain may ask the referee questions about rule clarification and interpretations. Players cannot question judgment calls.
- j. Games cannot end on a defensive penalty, unless the offense declines it.

## DIVISIONAL TIE BREAKERS

- a. 2 teams tied for one place – whoever won in head-to-head competition.
- b. 3 teams tied for two places – total points scored will determine the top two places – forfeits are worth 21 points.
  - If there is a three way point total tie, then least points given up will determine top two teams.
- c. If a team forfeits a game and they are in a two or three way tie, they are automatically the lowest seed possible within the tied teams.

## OTHER

- a. If flag is pulled before the football leaves the QB's hand, QB is down.
- b. Players experiencing bleeding must step off the field of play until bleeding is stopped.

## ALL ENTRIES

- a. Must have a minimum of four (4) players on registration form along with valid and legible photo identification, including date of birth AND photo.
- b. Confirmation letters will be emailed once registration form, signed waivers by at least four players and entry fee has been received.
- c. If your team has been confirmed in the tournament your entry fee is non-refundable after Monday, March 4th. Teams who are denied entry because of a full/closed division will have their entry fee refunded.

## DEADLINE

Completed registration forms and entry fee (\$390) must be entered using this online system by Friday, March 1, 2019. Refunds are not available after Monday, March 4th. Team spaces are limited and are on a first come first served basis. In the event a teams requested division is sold out prior to receipt of entry form, team captain will be notified of availability in other divisions. Teams may elect to move up a division, but not down.





## FREQUENTLY ASKED QUESTIONS

**Q: How do I confirm that the Weekend Warrior Flag Football Tournament has received my registration form and that my team is entered into the tournament?**

A: Each team will receive an email confirmation after their registration, entry fee and waivers signed by four players has been confirmed.

Team registration must include the following:

- 1) Minimum of four players on roster.
- 2) Signed waiver by each of those four players.
- 3) Upload minimum of four player's photo ID with date of birth.
- 4) Entry fee.

**Q: How do I know when my team plays their first game?**

A: Team Captains will find out their first game time via team schedule which will be emailed on the Thursday preceding the event. All teams will start play in the first hour of their division's time slot. Note: 35 & Over, Weekend Warrior and Co-Ed begin at 9:00am. Couch Potato Black and Blue divisions begin at 1:00pm.

Game times are subject to change, so please check the Bracket Board area after each game throughout the weekend.

**Q: Where is the pre-event Kickoff Party?**

A: In an effort to provide greater convenience for teams, and for those traveling from out of town, game schedules will be emailed to team captains, so a packet pick up Kickoff Party will not be held this year.

**Q: Why is the tournament requiring team participant's proof of identification with registration?**

A: This policy will ensure proper proof of age as well as provide a method to minimize illegal player substitutions during the tournament.

**Q: Does the Weekend Warrior tourney provide the game ball, jerseys or flags?**

A: 1) Teams must bring their own game ball.

\*Specifications – minimum, regulation size High School football; Co-Ed –minimum, approved junior size football.

2) Tournament does not provide jerseys.

3) Tournament provides flags.

4) If a team provides its own belts, they must be approved by a tournament official.

**Q: Can I change my roster after I submit my registration form?**

A: Teams may change their roster ONLINE, no later than 5pm on Wednesday March 13th.

**Q: How is the Tournament Set-up?**

Day 1 – Pool Play – Each team will be slotted in a four-team pool and will play each team in its pool. Teams are guaranteed a minimum of 3 games. The top 2 teams from each pool advance to Championship Day.

Day 2 – Single Elimination Bracket.



**Q: How are the divisions broken up?**

- A: Tourney Size – Four divisions with 128 total teams in tourney.
- a. Couch Potato (64 teams, 2 divisions of 32) – Recreational.
  - b. 35 & Over (16 teams) – Recreational and competitive.
  - c. Co-Ed (16 teams) – Social and competitive.
  - d. Weekend Warrior (16 teams)

**Q: Is there a division for all-women's teams?**

- A: The Weekend Warrior Flag Football Tournament does not want to exclude anyone over 21 from participating. The tournament will slot entries of all-women's teams and pair up women's teams in the same bracket if multiple all-women's teams enter the tournament.

**Q: Who can play?**

- A: Anyone 21 years of age or older. If a player turns 21 the year of the tournament, he/she must be 21 on or before the first day of competition.

**Q: Can individuals register separately and be placed on a team?**

- A: No. Only full team registrations will be accepted. Teams need a minimum of four players to register.

**Q: How do I register?**

- A: Go to Panthers.com, click on Weekend Warrior Tournament link and fill out registration online.

**Q: What if my requested division is sold out?**

- A: Teams may elect to move up a division, but not down, or be put on a waiting list.

**Q: What do I get if I play?**

- A: A Weekend Warrior Flag Football Tournament event item.

**Q: What do I get if I win?**

- A: All division winners will receive custom-made championship rings and enjoy a 2019 Carolina Panthers preseason home game experience. The Weekend Warrior division winning team will also receive \$1,000.

**Q: What time does the tournament start?**

- A: March 16, 2019      35 & Over, Weekend Warrior and Co-Ed 9:00am – 12:30pm  
Couch Potato – 1:00pm – 4:30pm  
March 17, 2019      Championship Day All Divisions – 9:00am – 1:30pm

**Q: Is there an admission cost for friends and family attending the tournament on either day?**

- A: There is NO cost for friends or family to attend the Weekend Warrior Flag Tournament.

**Q: Can tournament participants/family/friends bring coolers?**

- A: Yes, however alcohol and glass bottles are prohibited.

**Q: Are food or hotel rooms provided for players?**

- A: Concessions will operate both days of the tournament. Players are responsible for their own hotel accommodations.

**Q: If I still have questions, whom do I contact?**

- A: If you have additional questions, please contact weekendwarrior@panthers.nfl.com for assistance.

**Q: How many refs will be calling the games?**

- A: Each field of play will now have two(2) referees to call the active games. This is to ensure accurate play calling, score reports, and safety.

