



# 17TH ANNUAL CAROLINA PANTHERS WEEKEND WARRIOR FLAG FOOTBALL TOURNAMENT

## APRIL 4-5, 2020

**PLAY AT BANK OF AMERICA STADIUM AND PANTHERS PRACTICE FIELDS!**  
**4-ON-4 ADULT FLAG FOOTBALL TOURNEY**

### Format

The Carolina Panthers are proud to present the 17th Annual Weekend Warrior Flag Football Tournament. The two-day 4-on-4 tournament is for ages 21 and over. Team entry fee is \$390 with proceeds benefiting the USO of North Carolina. Players must be 21 years of age by April 1, 2020. 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, Panthers Practice Fields and in the Atrium Health Dome Indoor Facility.

### Tournament Size

Registration limited to 96 teams.



### Divisions

**Weekend Warrior:**  
16 Teams

**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:**  
32 Teams

**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:**  
16 Teams

**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 April 1, 2020. Division winners will receive championship rings.

**Co-Ed:**  
16 Teams

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

**Women's:**  
16 Teams

**New for 2020!** Teams consisting of all women. Division winners will receive championship rings.

### Player Registration

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

**Any roster changes must be made ONLINE and be FINALIZED by 5:00pm EST Friday, March 20th. 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 the Bank of America Stadium field, Panthers Practice Fields and in the Atrium Health Dome Indoor Facility.



50% of tournament teams will advance to championship Sunday!

Team registration and tournament entry fee (\$390) must be completed via the on-line registration system by Friday March 20, 2020. Team spaces are limited and on a first-come, first-served basis. Note: In the event a team's preferred division is sold out and spots are still available in other divisions, teams may elect to move **UP** a division, but not down (for example - a Couch Potato-level team can move up to a Weekend Warrior division).

| Date          | Division        | Time                |
|---------------|-----------------|---------------------|
| Sat., April 4 | Weekend Warrior | 10 a.m. - 1:30 p.m. |
| Sat., April 4 | 35 & Older      | 10 a.m. - 1:30 p.m. |
| Sat., April 4 | Co-Ed           | 10 a.m. - 1:30 p.m. |
| Sat., April 4 | Couch Potato    | 2 p.m. - 5:30 p.m.  |
| Sat., April 4 | Women's         | 2 p.m. - 5:30 p.m.  |
| Sun., April 5 | All Divisions   | 10 a.m. - 2:30 p.m. |





## WEEKEND WARRIOR RULES

### THE GAME

- a. No intentional contact allowed.
- b. **NO BLOCKING.**
- c. A coin toss determines first possession.
- d. Games are thirty (30) minutes REAL TIME with running clock for entire game.
- e. Ball may be snapped directly between legs, between legs in shotgun formation, snapped sideways or snapped sideways in shotgun formation.
- f. 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.
- g. 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.
- h. All possession changes except interceptions start on the offenses 5-yard line.
- i. 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.
- j. 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 arm.
- k. 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.
- l. At a minimum, a regulation sized high school football is required to play at all divisions except Co-Ed and Women's. Teams in the Co-Ed and Women's division, at the minimum, may use a regulation sized middle school (TDY) size football.
- m. Flag football tournament field size is 25 yards wide by 50 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.**
- c. **Pants or shorts with pockets are not permitted.**
- d. No hats, visors or jewelry.
- e. All players must wear flags provided by tournament management. Personal flags are considered illegal equipment and cannot be worn.

### ROSTER CHANGES

- a. Roster changes will **ONLY** be accepted **ONLINE** and **MUST** be completed by 5pm Friday March 20th. Photo ID's must be legible.
- b. No player changes will be accepted after the roster change deadline and player changes will not be accepted due to injury.
- c. 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.
- d. 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 until a team reaches 35 points or until the 30 minute clock runs out, whichever comes first.
- b. Should a team score a touchdown that reaches the 35 point threshold, the full scoring value of that touchdown will be counted towards the team's point total for that game. Extra point try will proceed as normal.
- c. 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.
- d. 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.
- e. 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 sixty (60) 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 30 second clock.
- b. Timeouts 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 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.
- l. If a player has established being a ball carrier, loses possession of the ball and it is intercepted in the air by a defender, the ball is live and may be advanced. (exception: if the ball is dislodged by a defender, the play is dead at the spot.)

## 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 seven (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 five-yard line if the interception occurs in the end-zone and is downed in the end-zone.
- 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. A 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 player.

## PLAYER CONDUCT

- a. If the field monitor or referee witnesses any acts of tackling, elbowing, cheap shots, blocking, flag tying or any unsportsmanlike act, teams will be issued a warning. Further infractions will result in single game ejection. Tournament officials have the authority to eject players from the tournament. FOUL PLAY WILL NOT BE TOLERATED.
- b. Trash talking is illegal. Officials have 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.
- e. Only team captains will be allowed to speak with tournament officials. The first infraction will result in a warning. The second offense will result in an unsportsmanlike penalty. Any further infractions by participants will result in ejection from the game and potentially the tournament.
- f. Tournament Directors have the authority to suspend/eject players for any violations of player conduct policy.

## 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. Off-sides.
- 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 two teams have the same point total, head-to-head competition will determine tie breaker.
- 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.
- c. Only team members are allowed on the sidelines of the game fields until 10 minutes are left in the current game.
- d. No food and drink in the Atrium Health Dome.

## ALL ENTRIES

- a. Must have a minimum of four (4) players on registration form along with valid photo identification with date of birth AND photo.
- b. Confirmation letters will be e-mailed once registration form and entry fee has been received. Please provide a legible email address. Confirmation and updated tournament information letters will be e-mailed one week prior to the event.

## DEADLINE

Completed registration forms and entry fee (\$390) must be entered using this online system by Friday, March 20, 2020. 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 and team entry has been confirmed. Teams must receive email confirmation to ensure tournament entry.

**PLEASE NOTE: Receipt of registration form and entry fee does not guarantee a spot in the tournament. Entries are limited to first-come first-serve.**

Team registration must include the following:

- 1) Minimum of four players on roster.
- 2) Signed waiver by each of those four players.
- 3) Legible copies of each player's photo ID with date of birth.

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

A: Schedules will be distributed to team captains at the email address provided. All teams will start play in the first hour of their division's time slot. NOTE: 35 & Over, Co-Ed and Weekend Warrior pool play begin at 10:00 am the morning of Saturday April 4th. Couch Potato and Women's pool play will begin at 2:00 pm. Please understand that all game times are subject to change, so please check the bracket board area after each game throughout the weekend. Teams that have scheduling conflicts should raise questions to tournament staff immediately.

**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 – regulation High School football and up; Co-Ed and Women's – approved junior size football and above.

- 2) Tournament does not provide jerseys.
- 3) Tournament provides flags.

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

A: Teams may change their roster up until the roster change deadline.

Official Roster change must include:

- 1) Team name, division, new player name and name of person being replaced.
- 2) Legible photo copy of replacement player's ID and signed waiver (registration form).
- 3) Roster changes should be submitted through the registration website.

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

A: 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 – Five divisions with 96 total teams in tourney.

- 1) Weekend Warrior (16 teams) - 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.
- 2) Couch Potato (32 teams) - Recreational division. Teams consisting primarily of players with limited organized football experience. Or if you are not in top shape, but want to compete, this is the division for you.
- 3) 35 & Over (16 teams) – 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 older.
- 4) Co-Ed (16 teams) – Social and competitive. Teams with rosters comprised of at least two women. Teams must play two men and two women at all times.
- 5) Women's (16 teams) - Recreational and competitive. Teams consisting entirely of female competitors.

**Q: Who can play?**

A: Anyone 21 years of age or older. All competitors 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: Registration can be completed at the link provided and must be submitted by Friday, March 20th.

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

A: In the event a team's requested division is sold out prior to receipt of entry form, teams may elect to move **up** a division, but not down.

**Q: Does every team have an opportunity to play in Bank of America Stadium?**

A: Game locations are set at random in each division. Each division will have games at Bank of America Stadium, but not every team is guaranteed a game in the stadium. All championship games will be played in Bank of America Stadium. Seating will be available in the stadium throughout the tournament.

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

A: All division winners will receive custom championship. The winning team of the Weekend Warrior division will also receive \$1,000.

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

A: April 4, 2020      35 & Over, Co-Ed & Weekend Warrior -- 10:00am – 1:25pm  
Couch Potato & Women's – 2:00pm – 5:25pm  
April 5, 2020      Championship Day All Divisions – 10:00am – 3:00pm

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

A: There is NO cost for spectators.

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

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

**Q: Is food provided for players?**

A: Concessions will operate both days of the tournament for both players and spectators.

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

A: If you have additional questions, please feel free to contact us at [weekendwarrior@panthers.nfl.com](mailto:weekendwarrior@panthers.nfl.com) and we will be glad to assist you!

