



Adult Flag Football League

Welcome to Spokane Parks and Recreation’s Adult Flag Football

League! Our program strives to provide an opportunity to have fun, exercise, and spend quality time with friends and our community.

Alcohol, smoking, and vaping are prohibited in our league/parks to maintain a safe and inclusive league as well as to comply with local law. Please do not bring any to our facilities (including the parking lot) and do not partake in either smoking or drinking before or during league play.

We look forward to seeing you and your team this season!

Our Philosophy

We provide quality recreation leagues for a variety of skill levels. We emphasize a safe and fun environment that promotes good sportsmanship. Our leagues focus on healthy competition, while emphasizing participation over winning and losing.

Captain’s Meetings

Mandatory captains’ meetings communicate important league information. In this meeting we discuss the upcoming season’s rules, policies, and more! A team representative must attend if the captain is unavailable.

Register Your Team

Step 1: Register and pay for your team online at www.spokanerec.org or by calling (509) 755-2489. Full payment is due at the time of registration. League space is limited; team registration is accepted on a first-come, first-served basis. Athletics Administration has the discretion to move teams to different divisions based on need and past standings.

Step 2: Create your team’s roster and sign our waiver, player code of conduct, and player card. Directions attached in your step 1 receipt.

Refunds

Refund requests must be made to flagfootball@spokanecity.org. Once league registration is closed, there are no refunds issued.

Forfeit Policy

If your team needs to forfeit, you must notify the athletics administration staff via email **at least 24 hours prior to your scheduled game time. Games that are forfeited will NOT be made up.** This will allow staff to notify your opponent. In case of forfeit, your team will be awarded a loss. Two (2) or more forfeits per season may lead to disciplinary action.

Skill Levels

Our league is divided into 2 divisions for both 5v5 & 8v8

Competitive: This is the highest level of competition that we offer. Teams are comprised of players with foundational skills and experience playing.

Recreational Teams have a variety of prior playing experience and are looking for a more recreational atmosphere with moderate competition.

Team Sportsmanship Ratings (SR)

Teams are awarded sportsmanship ratings between 1-4 for every game. Ratings are entered by officials during score reporting. Teams must maintain a SR of 3 to be eligible for league playoffs. Teams who are scheduled to be championship playoffs (the top 4 teams) who do not meet this requirement will be replaced with the next highest-ranking team per the league standings. An average SR of 2.5 or less risks removal from current or future league play and/or disciplinary action at the discretion of the league administration.

SR Descriptions:

- 1 Extremely Poor Sportsmanship
- 2 Poor Sportsmanship
- 3 Good Sportsmanship
- 4 Excellent Sportsmanship

Roster Limits:

5v5 – 12 players max

8v8 – 21 players max

Players may play on no more than 2 teams per format (5 Man & 8 Man)

Free Agent (pickup player) for any adult sport league!

If you don’t have a full team, you can be placed on a list that gets sent out to team captains looking for additional players. Go to spokanesportsleagues.com and click ‘free agent sign up’.

Find Rules, Policies, Player Code of Conduct and more at:

spokanesportsleagues.com

under general information - downloads

Find Registration Dates, Cost, & League Dates/Times, at spokanerec.org and search ‘Flag Football’