



FLAG FOOTBALL 2025

Roster Policy: NEW

- A team roster must be fully updated **3 days prior to the game day. If a team has a scheduled game on Sunday their rosters must be fully updated and complete at noon the Thursday prior.** Any changes after Thursday at noon will not be valid for that week of play.
- Rosters will be printed each Thursday at noon and will be onsite at the fields for staff to complete roster checks prior to the start of each game.
- Any players without a picture or an acceptable picture outlined during the player card process on Spokane Sports Leagues will be deemed ineligible and will not be able to participate in the game.
- If an ineligible player plays at **ANY** point during a game, the game will be an automatic forfeit for the team in which the player participated on. There will be a **ZERO** tolerance policy regarding this.
- If a player shows up late to a game, they must check in with on-site staff **first before entering the game. This is the responsibility of the individual player and the team captain to ensure this happens.** If the step does not take place before entrance into a game and comes to the attention of the staff, officials, site supervisor, or administration, the game will be automatically forfeited, and the player may be suspended for a minimum of one week of play from all games. The length of the suspension will be determined by the athletic administration staff.

Player Limits

- Players may only play on 2 teams per format (5 Man & 8 Man).
- 8 Man roster limit: 21
- 5 Man Roster limit: 12
- For 5 Man Lower - a team may only carry 2 upper level players.
- For 8 Man Lower - a team may only carry 3 upper level players.

Playoff Rules:

- If a player is on 2 rosters in the same division, they must decide which team they will play on prior to participating in their first game in the playoffs.
- You can only play on 1 team during playoffs per format (5 man or 8 man).