



OFFICIAL IN SZN FLAG FOOTBALL

PLAYBOOK

(RULES & REGULATIONS)

SZN



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PREFACE

WELCOME TO IN SZN!

AT IN SZN, WE TAKE PRIDE IN HELPING CELEBRATE ATHLETIC TALENT & HARD WORK. FOUNDED BY PASSIONATE ATHLETES, OUR MISSION IS TO PROVIDE A COMPETITIVE & INCLUSIVE ENVIRONMENT ALLOWING PLAYERS TO ELEVATE THEIR SKILLS, WHILE ACHIEVING SUCCESS & RECOGNITION FOR THEIR DEDICATION TO THE SPORT.

OUR LEAGUES

EACH SZN OFFERS A VARIETY OF SKILL LEVELS FROM BEGINNER TO ADVANCED, PROVIDING A WIDE RANGE OF OPPORTUNITIES FOR THOSE 16 YEARS OF AGE & UP. EACH WEEK, ALL ATHLETES CAN EXPECT ACTION-PACKED GAMES, ENTERTAINMENT & A SELECTION OF FOOD TRUCKS WITH A DIVERSE MENU TO CHOOSE FROM. WHETHER YOU'RE A SEASONED PLAYER OR JUST STARTING OUT, WE WELCOME ALL & ENSURE A SUPPORTIVE ENVIRONMENT THAT FOSTERS SPORTSMANSHIP, PERSONAL DEVELOPMENT & TEAMWORK. IN SZN IS COMMITTED TO FORGING A VIBRANT, FAMILY-FRIENDLY ATMOSPHERE WHERE ATHLETES & SPECTATORS CAN COME TOGETHER TO ENJOY ONE OF THE WORLD'S FASTEST GROWING SPORTS!



SCHEDULES

WINTER

3:00pm - 7:00pm

WEEK 1: February 16

WEEK 2: February 23

WEEK 3: March 2

BREAK: 3/23, 3/30, 4/6, 4/13 & 4/20

WEEK 4: March 9

PRO-BOWL: March 15 (Saturday)

PLAYOFFS: March 16

SPRING

4:00pm - 8:00pm

WEEK 1: April 27 (5/4 BYE)

WEEK 2: May 11

WEEK 3: May 18

BREAK: 6/8, 6/15, 6/22, 6/29, 7/6 & 7/13

WEEK 4: May 25

PRO-BOWL: May 31 (Saturday)

PLAYOFFS: June 1

SUMMER

4:00pm - 8:00pm

WEEK 1: July 20

WEEK 2: July 27

WEEK 3: August 3

BREAK: 8/24, 8/31 & All of September

WEEK 4: August 10

PRO-BOWL: August 16 (Saturday)

PLAYOFFS: August 17

FALL

3:00pm - 7:00pm

WEEK 1: October 5

WEEK 2: October 12

WEEK 3: October 19

WEEK 4: October 26

PRO-BOWL: November 1 (Saturday)

PLAYOFFS: November 2



SCHEDULES

MODIFICATIONS

IF THERE ARE ANY MODIFICATIONS THROUGHOUT THE YEAR, WE WILL GIVE NOTICE IMMEDIATELY .

MAKE-UP GAMES

RE-SCHEDULED GAMES (DUE TO WEATHER OR EXTENUATING CIRCUMSTANCES) WILL BE MADE UP ON WEDNESDAY OR THURSDAY OF THE FOLLOWING WEEK.

CUSTOM SCHEDULES

PLEASE REVIEW THE ANNUAL SCHEDULE TO ENSURE YOU'RE AVAILABLE TO PARTICIPATE BEFORE SIGNING UP. WE RECOGNIZE AND SALUTE EACH OF YOU LADIES FOR ALL OF THE RESPONSIBILITIES YOU CARRY; HOWEVER, WE CANNOT ACCOMMODATE INDIVIDUAL SCHEDULES. GAME TIMES WILL REMAIN AS IS, UNLESS THERE ARE EXTENUATING CIRCUMSTANCES THAT IMPACT THE ENTIRE LEAGUE.



SCHEDULES

IN SZN 2025

January						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

February						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	

March						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

April						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

May						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

June						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

July						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

August						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

September						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

October						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

November						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

December						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

○ = PRO BOWL

△ = PLAYOFFS



RULES & REGS

USA RULES

WE WILL ABIDE BY USA RULES DURING GAME PLAY. FOR A COMPLETE LIST OF RULES, PLEASE VISIT [USAFLAG.ORG](https://usaflag.org)

CELEBRITY SHOT PLAYERS

"CELEBRITY SHOT" IS A CHANCE FOR YOU TO INVITE & ENCOURAGE YOUR FRIENDS/FAMILY TO GET OUT ON THE FIELD TO PLAY IN A LIVE GAME SETTING, WITHOUT ANY PRESSURE OF COMMITTING TO AN ENTIRE SEASON.

- **2 PER TEAM, PER SEASON**
- **1 PER PERSON (CAN'T USE SAME PERSON TWICE)**
- **MUST LET LEAGUE KNOW, BEFORE ALL GAMES START**
(IF YOUR PLAYER ENDS UP NOT PARTICIPATING, YOU CAN RETAIN YOUR PASS FOR ANOTHER TIME/PLAYER)
- **ANOTHER TEAM CANNOT USE THE SAME PLAYER**
- **"CELEBRITY" PLAYERS DO NOT PAY FEE**
- **WAIVER REQUIRED PRIOR TO GAME START**



RULES & REGS

PLAYER ELIGIBILITY

PLAYER

- PLAYER PROFILE SIGN UP COMPLETED ONLINE
 - FEES PAID
 - MINORS ALLOWED WITH PARENT/GUARDIAN SIGN OFF
 - REGISTERED ON *ROSTER BEFORE GAME PLAY
- *ROSTER CHANGES/ADDS/TRADES MUST BE BEFORE THE START OF PLAY OF WEEK 2.*
- ROSTER CHECKS WILL BE REQUIRED BEFORE THE START OF EVERY GAME. TEAMS MUST LINE UP ON THE FIELD TO ENSURE REFEREES CAN VISIBLY SEE ALL COMPETITORS FOR THAT DAYS GAME PLAY.

TEAM

- ROSTER MINIMUM: 7 | ROSTER MAXIMUM: 14
- "CELEBRITY" PLAYERS DO NOT COUNT TOWARDS ROSTER TOTAL

PLAYOFFS

A PLAYER MUST PARTICIPATE IN 2 WEEKS OF REGULAR SEASON PLAY (TOTAL OF 4 GAMES) TO BE ELIGIBLE FOR PLAYOFFS. NO EXCEPTIONS.

PLAYOFF SCHEDULE WILL BE BASED OFF OF REGULAR SEASON SEEDING AND POINT DIFFERENTIAL.



RULES & REGS

PLAYOFFS

LEAGUE MVPS WILL BE DECIDED BY ONLINE (ANONYMOUS) VOTING PLATFORM, AVAILABLE IN PLAYER PORTAL.

PRO BOWL

PRO BOWL WILL BE A WEEKEND OF LIGHT-HEARTED FRIENDLY FUN AND COMPETITION. AFTER THE REGULAR 4 WEEK SZN, EACH TEAM WILL CHOOSE 2 OF THEIR OWN PLAYERS TO REPRESENT THEM IN THE "PRO BOWL" AND COMPETE FOR RECOGNITION AND PRIZES.

- TEAMS WILL BE SPLIT UP INTO "BLACK" AND "WHITE" JERSEYS, PROVIDED BY IN SZN
- TEAMS WILL BE DECIDED THE DAY OF GAME PLAY, AS TO PROMOTE THE MOST FUN & FAIR WAY OF COMPETITION.
- EACH TEAM WILL HAVE AN ASSIGNED COACH
- 15 MIN HALVES

PRO BOWL GIVES WOMEN A CHANCE TO MINGLE, PLAY WITH AND BUILD RELATIONSHIPS OUTSIDE OF THEIR REGULAR SEASON TEAMS. COME ON OUT & BRING THE WHOLE FAMILY!



PAYMENT & FEES

REGISTRATION

OPEN REGISTRATION: \$55 PER PLAYER
FEBRUARY 2 - FEBRUARY 15

LATE REGISTRATION: \$60 PER PLAYER
FEBRUARY 16 - 23

LATE FEES

A LATE FEE OF \$5.00 WILL BE ADDED TO PLAYER TOTAL WHEN SIGNED UP DURING LATE REGISTRATION WINDOW. NO EXCEPTIONS.

REFUNDS

A REFUND **WILL BE ISSUED (BY REQUEST) TO PLAYERS WHO:**

- HAVE **NOT** BEEN PRESENT FOR A ROSTER CHECK
- HAVE **NOT** PARTICIPATED IN **ANY** GAME PLAY
- REQUEST IT BEFORE START OF *WEEK 3

**REQUESTS AFTER WEEK 3 WILL BE ISSUED AS SEASON CREDIT*

A REFUND WILL **NOT BE ISSUED TO PLAYERS WHO:**

- HAVE BEEN PRESENT FOR A ROSTER CHECK
- MAY BE INJURED, BUT WHO HAVE PARTICIPATED IN GAME PLAY



CODE OF CONDUCT

SIDELINE ETIQUETTE

TRASH

DISPOSABLE PLASTIC BOTTLES, ALUMINUM CANS & GLASS CONTAINERS WILL NOT BE ALLOWED ON SIDELINES - ONLY PERSONAL WATER BOTTLES/CUPS.

REFEREES

PLAYERS & SPECTATORS SHALL STAY OUT OF REFEREE'S DESIGNATED AREA (3FT OFF OF SIDELINE).

TEAM PLACEMENT

TEAMS ARE TO STAY ON THEIR HALF OF THE FIELD BETWEEN BOTH PLAYING FIELDS (FACING OUTWARD SPECTATORS). THE OPPOSITE SIDELINE IS DESIGNATED FOR SPECTATORS. SEE MAP.

CONSUMPTION/ENTERTAINMENT

ABSOLUTELY NO USE OF SUBSTANCES ON THE FIELD. ANY LEGAL USAGE MUST BE AWAY FROM FIELDS, AT RESPECTIVE CORNERS, AWAY FROM ALL GAME PLAY (AT DESIGNATED SPECTATOR AREAS).



CODE OF CONDUCT

SPORTSMANSHIP

ALL PLAYERS SHALL RESPECT ALL THE CALLS OF THE EFFL OFFICIALS. NO EXCEPTIONS.

ANY PLAYER INVOLVED IN A PHYSICAL OR VERBAL ALTERCATION WILL BE IMMEDIATELY EJECTED FROM THE GAME AND MAY BE SUBJECT TO FURTHER SUSPENSION AT THE DISCRETION OF THE LEAGUE.

GAMES MAY BE "DOUBLE-FORFEITED" DUE TO ALTERCATIONS. PLAYERS AND/OR TEAMS INSTIGATING FIGHTS WILL BE EXPELLED FROM THE LEAGUE AND ASKED TO LEAVE THE PREMISES.

WARNINGS/EJECTIONS/SUSPENSIONS

VERBAL WARNING

TWO VERBAL WARNINGS WILL BE GIVEN BEFORE EJECTION.

EJECTION

IF EJECTION OCCURS, PLAYER(S) MUST LEAVE FIELD IMMEDIATELY. POSSIBLE SUSPENSION TO FOLLOW, UPON LEAGUE'S DISCRETION.

SUSPENSION

DEPENDANT UPON OFFENSE - AT LEAGUE'S DISCRETION.



FIELD/SPECTATORS

CONSUMPTION/ENTERTAINMENT

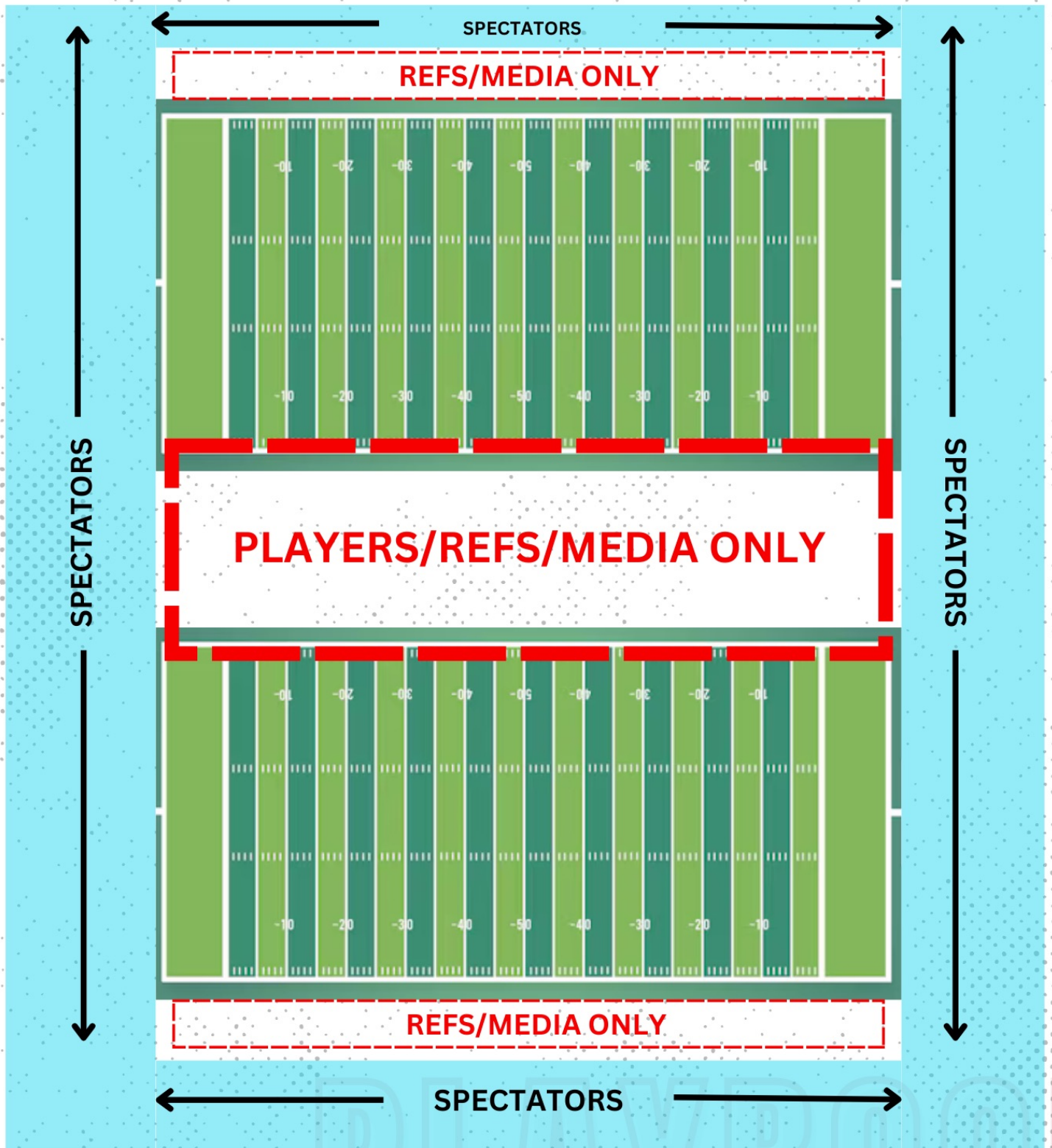
**ABSOLUTELY NO USE OF SUBSTANCES ON THE FIELD.
ANY LEGAL USAGE MUST BE AWAY FROM FIELDS, AT
RESPECTIVE CORNERS, AWAY FROM ALL GAME PLAY
(AT DESIGNATED SPECTATOR AREAS).**

SPECTATOR SPACE

**GUESTS & SPECTATORS ARE TO REMAIN IN
DESIGNATED AREAS - AWAY FROM PLAYER/REFEREE
SIDELINES (SEE MAP).**



FIELD/SPECTATORS





MERCHANDISE

1



2



3



4





MERCHANDISE

5



6



7



8





MERCHANDISE

9



10



11



12

